

# Editorial

Dear Villagers,

Finally!!! Lockdown is slowly being eased and we are emerging into the 'new normal'. The shops, barbers and hairdressers are open, you can have some limited beauty treatments and most important - pubs and restaurants have reopened - albeit a rather different environment to what we were used to but if it keeps us safe, then so be it.

We're running a 'Thank you' feature this month and next so please feel free to let us know of anyone who has gone above and beyond (it doesn't have to be pandemic related). We also have news of some lovely new residents in the village - if you would like to let us know about new additions to your family please do - with a photo if possible.

Keep safe and well.

*Lois*

Contact is also regularly being published on-line now - <https://harlingtonvillagemagazine.org>

## DISCLAIMER

*Please note that Contact Magazine does not officially endorse any advertising material included in this publication*

Our preferred typeface is Times New Roman for regular articles and notices. Submissions should be suitable for A5 format. Submissions may be abridged for space reasons and inclusion it at the discretion of the Editor/Management Team.

**September copy by 12<sup>th</sup> August please.**

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## Letter from the LiFE Church

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A couple of months ago Keith and I watched a film called ‘The boy who harnessed the wind’. It was based on the true story of a 13-year-old Malawian boy, William Kamkwamba, who was forced to drop out of school because a crippling famine meant that his family was unable to afford the tuition fees.

Seeing past the desperation of their circumstances he was determined to find a solution, so he regularly sneaked back into science classes and the library until he was caught out.



With the knowledge he discovered, he built a model windmill to convince his father that a full size one could harness the wind to drive a motor. A motor which would be able to pump water from the well onto the land during the dry season and so allow them to continue to grow their crops.

Initially his father was very dismissive and forbade him from breaking up his bike to use the moving parts, the wheels etc, which he needed to make the windmill.

However long story short, his father is eventually convinced and the men in the village build the windmill. It worked successfully and saved the village from starvation.

As the film ends these words come up – “God is as the wind which touches everything.”

This is an extreme story of one young boy seeing beyond his circumstances.

We are now four months on from the time Coronavirus hit our lives. How are you feeling? As time goes on and we see there is no absolute end in sight do you sometimes, like me, feel our situation is harder than it was at the beginning.

This morning I remembered the true story of that young boy, William Kamkwamba. It has encouraged me not to dwell on the problems but to look at how we can make the best of the situations we are in.

This is not to make light of the very difficult circumstances some people face but it reminds me of the prayer written by the theologian Reinhold Niebur (1892-1971)

“God give us courage to change what must be altered, serenity to accept what cannot be helped and the insight to know the one from the other”.

Keep well.

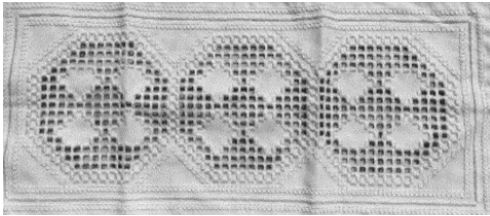
*Rosie Hughes*  
*Life Church*

## theWI INSPIRING WOMEN

Social distancing, face masks and hand sanitiser have become the new normal so that we remain safe. It will take quite a while for many of us to feel secure enough to venture out again after the months of lockdown and shielding. However, as the restrictions are now lifting, we can at last start seeing family and friends again. We can visit the shops that are opening and take trips to the countryside.

Sadly, we are not yet able to resume our monthly meetings. As soon as we are allowed to, we will be up and running with a programme that fits in with the guidelines to keep our members safe.

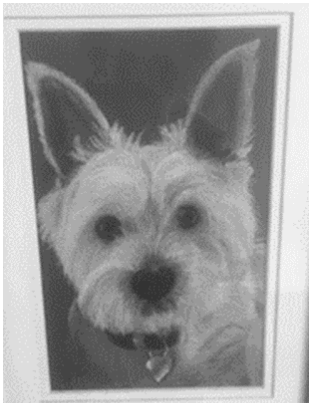
Many of our members have been busy producing some beautiful arts and craft while at home.



Rosemary has been sewing some lovely Hardanger embroidery (see picture left) (a technique originating from Norway), plus some very pretty face masks.

Another skilled embroiderer, Julia,

has embroidered some beautiful gold work. Lin has been very busy knitting lots of items for premature babies and dementia patients.



Artist Pat has painted a lovely portrait of a Westie (left) and Carole has been busy baking bread (right).

What creative members we have!

Iris's grandchildren really cheered her up during lockdown by dressing up in Toy Story costumes.

What a lovely way to make her smile!



In the meantime, take care and stay safe.

**For further information please contact Lin Merrison on 01525 757161**

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# Flittabus services from Harlington



## Update on the future of the Flittabus services from Harlington

**Thanks to everyone who contacted with your views about the future of our two Harlington Flittabus services – to Milton Keynes monthly on a Tuesday and to Ampthill and Flitwick weekly on a Thursday.**

We had a mixture of responses by phone, note and in person - thank you!

- Some of you are not bothered if the service is discontinued.
- Others are very concerned that it does continue, even with some worries still about using such a service - but you are happier to use Flittabus than say the trains or the usual double decker public bus services if you can't drive yourselves.
- Both routes would be used and there is an additional request to consider dropping off and picking up at Flitvale.
- You would like drivers, passengers and helpers to wear PPE especially face coverings.
- You would like numbers limited to allow for distancing where possible.
- October/November were suggested as start dates.
- Harlington folk are considered a sensible lot and can be trusted to follow the rules.

Linda Horn, the Acting Chairperson of Flittabus, took these responses to the committee meeting on Tuesday July 7<sup>th</sup> and reports back with a thank you and the news that they will be investigating a very limited return to some services at the beginning of September, although they have yet to decide which.

The good news is that it looks like they will have sufficient drivers to make a limited restart.

We will all be in touch with any news after the next meeting on the 4th August.

*Thanks on Behalf of Flittabus / HNH Suzan Whittle*



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## 'Covi' Treasure Hunt *plus* 100 Club *plus* HHT

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Thank you so much to everyone who participated in the village-wide dinosaur hunt! We were so thrilled to see so many explorers, big and small searching for Covi and collecting the clues.

We have chosen three winners who solved the clues to make the words "**NHS Charities**", which is the fund that proceeds of the two Covi dinosaur story books go to. These donations will be used to meet the immediate and urgent needs of staff, volunteers and patients, as well as helping tackle the longer term effects on health and wellbeing.

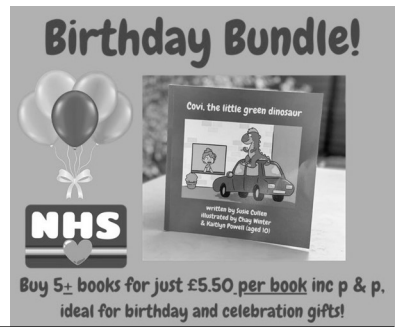
If you would like to buy a story book you can buy online at Amazon (search Covi Dinosaur), pick one up at The Shop in Lincoln Way, Poplars Nursery, Earth Stones & Fossils in Barton or order a "bundle" (minimum of 5 books) from Susie Cullen ([suecullen@gmail.com](mailto:suecullen@gmail.com)) at a discounted price. They make great gifts for little ones birthdays or as a legacy keepsake for this generation.

Alternatively, donations can still be made via our fundraising account: [PayPal.me/CoviDinosaur](https://www.paypal.me/CoviDinosaur) .

The competition winners are: **Holly Timson**, **Finn Armitt** and **Elena Thurston-Lack**.

Covi, the real dinosaur will be visiting the winners (at a social distance) in the very near future!

Thank you for your continued support,  
*Jenny, Susie, Chay, Kaitlyn and Covi*  
(Chris Gibson)



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## HVH 100 Club

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This month's winner is Tom Iddon with ticket no. 14.

If you wish to be part of the 100 Club and have the chance to win £50, please contact our Treasurer, Dave Thew at [hvhtreasurer@btinternet.com](mailto:hvhtreasurer@btinternet.com). The money raised each month helps to fund the upkeep of the Village Hall.

*Barbara Thurston, Secretary,*  
*HVH Management Committee*

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## Harlington Heritage Trust

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No Harlington Heritage Trust event is scheduled for August.

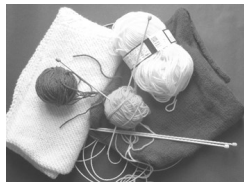
Keep safe everyone.

*Barbara Thurston*  
*HHT Secretary*

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## Crafternoon Tea *plus* Quote *plus* Advert

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How are you? Is the slow reduction of lockdown to your liking or not? Some of the working members of Crafternoon Tea have been working from home, and some of the rest of us have been in isolation. I have found I have been doing less craft, because my days are much less structured, and other things have taken priority. However, we are, we

discover, going to get our summer holiday, so I am working out what crafts to take with me – Cornwall is great, but the weather is British – unreliable!

If you would like to join our Zoom meetings, please contact me through any of the routes below, and I will make sure you are included. Whatever your craft, you are welcome to join us. Or even if you just want to see some friendly faces, and have a chat.

We will continue to use Zoom for our meetings until we are able to use the Church building again, and our meetings through August will be on 17<sup>th</sup> and 31<sup>st</sup> – yes, it will be Bank Holiday, but if you are not anywhere else, why not join us? The dates are also on our website, should you lose your copy of Contact.

**Contact: Tina Salmon ([christinasalmon60@gmail.com](mailto:christinasalmon60@gmail.com)), 874481, website: <https://cliveandtina.co.uk>**

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### Inspirational Quote

# *Happiness*

*is like*

# **Jam**

*– you can't spread  
even a little without  
getting some on  
yourself...*

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## LiFE Church *plus* Walking4Health

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Loving God... Loving His people... Loving the world

As part of the Pioneer Network of churches we are able to link into our Midlands Area Hub Church in Loughborough to join in with their Sunday services at 10.30am & 4.30pm. You can find their website at: **open heaven.org**

We are continuing to keep in contact with each other through Zoom meetings. On a Wednesday at 7pm we have a catch up with each other and time for prayer.

Then on Sundays at 6pm we meet for worship and a bible based reflection. It is an interactive session in which everyone can share their thoughts and experiences.

Over the summer we plan to have some outside meet ups. If you would like to join in with any of these, have any prayer requests or would like to talk to someone please contact us at:

**[lifechurchcentralbeds@gmail.com](mailto:lifechurchcentralbeds@gmail.com)**

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## Walking4Health

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Following the reintroduction of individual volunteering activities earlier this month, planning is going ahead for the restart of small group walks.



From July small group walks can restart but there are significant restrictions subject to following the latest government guidelines which mean that we must take extra steps to ensure that walks are safe and responsible by:

- Limiting group size to a maximum of 6 people – 1 walk leader, plus 5 walkers.
- Following the latest guidelines on physical distancing and hygiene.
- Taking steps to assess and reduce the risks on group walks.

At the time of going to press the W4H group leaders are aiming to discuss this and look at how to support each volunteer to make the right choice for them, based on their personal circumstances – and to plan together as a group.

We have enough leaders and back stops to do two walks if need be and the group is large enough.

*The Walking4Health Team*

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## Messy Church *plus* Jigsaw Library

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The Coronavirus lockdown continues, but so does Messy Church! We can't actually meet, but we can learn the stories and do some of the activities that we would have done. If you signed up on our contact list then we will email material to you. If you haven't, then it's available on our website

<https://cliveandtina.co.uk> and you can download it from there. Alternatively you can email me at [clivedsalmon@aol.com](mailto:clivedsalmon@aol.com).



In June we considered Abraham, and tents, camels and travel. Abraham is considered to be the Father of the Jewish nation, and Paul describes Christians as heirs to the promise made to Abraham by God. Like the other characters in the Old Testament, he was far from perfect, but he did try to follow God.

He also argued with Him, which has been a good Jewish tradition ever since!

In July we looked at homes, with the main story being about Mary and Martha disagreeing when Jesus paid them a visit. Other stories that tell us about homes in Jesus' day are the healing of the man lowered down through the roof, parables of people calling round, and stories of Jesus visiting richer peoples' houses.

In the very unlikely event that the lockdown no longer affects us, Messy Church meets in the Methodist Church and Halls on the 3<sup>rd</sup> Saturday each month from 4 to 6 pm. We do not normally meet in August, but keep an eye on Facebook and our website.

Don't forget, while children need an adult, Messy Church is not just for children.

*Clive*



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## Harlington Jigsaw Library

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It's a nice situation to be in to welcome a few more borrowers at the moment. Hopefully you're all enjoying the jigsaws you've collected or had delivered? And I love receiving photos showing your finished jigsaw – just remember to give yourselves a pat on the back. They can be addictive, so do to take a break sometimes, have a cuppa or do the washing up!

Just call/ text or email your request; approximate size, small or large pieces and I can then deliver to your home. You're welcome to collect if you prefer. So if you'd like a different challenge, why not give it a go? Simply contact me when you have finished – include a photo of the finished article if you'd like to, just to celebrate.

Tricia 07711 511729 [tricia.murphy5@ntlworld.com](mailto:tricia.murphy5@ntlworld.com).



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# HNH *plus* New Arrivals

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(Working in partnership with the Bedfordshire Rural Communities Charity)

The phone has been very quiet this last month, and this is true of all of the local villages who are still running a scheme.

We are now standing down all of our extra volunteers – a big **thank you** goes out to you all, and please, if you have enjoyed working with us, do consider joining us. We will organise Disclosure and Barring Checks for you and for drivers we pay mileage at 45p per mile as out of pocket expenses. It is not an onerous commitment and very satisfying to be able to help a fellow Harlington resident.

We are contacting all of our permanent current drivers to see what their current situation is – many are still self-isolating.

We were fortunate to get some funding to boost our donations pot via Mary Walsh our CBC Councillor from the Community Grant Fund – and will be using this to help pay for the phone line and to purchase PPE for volunteers and clients when we do start going to appointments again. If there are other things you think we should be doing, please do let us know.

Meanwhile we are still getting in shopping, dropping off and collecting prescriptions from local doctors and the pharmacies in Toddington, Barton and Flitwick, and doing errands around the village.



**Help line:**  
**07849 83541**



*Sue Whittle, HNH Co-ordinator*

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## **Babies...!!!**

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### **A worrying time to give birth but....**

**Lorelai Lambert**  
Proud parents:  
Sister to Isobelle

Born 23<sup>th</sup> April 2020  
Angie and Kevin  
aged 11

**Bertie Measham**  
Proud Parents :  
Sister to Charlotte

Born 10<sup>th</sup> June 2020  
Helena and Simon  
aged 3

**Maisie Annie Carter**  
Proud Parents:

Born 14<sup>th</sup> June 2020  
Sarah Ann Daly and Lewis Carter

**Congratulations to all the families**

---

## Thank you - You're a Star!

### **Linda Ilott**

I would like to say a personal THANK YOU from myself and family to everyone who made a donation in my Mother's memory to The MS Therapy Centre.

The Total Donation was £430.00.

Yours Sincerely

*Rod Ilott (Son)*

### **Suzie Bumfrey**

We would like to say a huge thank you to Suzie Bumfrey at Harlington Village Pre School. Throughout the pandemic Suzie has been working hard to provide a safe and secure environment for key worker children and for other children who returned to school when the Government gave permission for them to do so. These are unprecedented times but she has remained a picture of serenity throughout, keeping parents up to date regularly as new guidance was published and decisions were made. She has provided some much needed normality for the village children who have attended, after it was all stripped away in March. Suzie and her team have worked hard, kept on top of guidance and managed to create an environment that is even safer and more nurturing than before. They are an asset to the school and to the village and I will be forever grateful to them for standing tall and strong in these difficult times.

**Amanda Horlick and parents of HV Pre-school children**

### **Aimee Boothroyd**

I would like to thank Aimee Boothroyd of Harlington 0-4 Club for doing live videos throughout this pandemic. She has provided huge amounts of entertainment to the village children as well as giving them a small dose of normality in this difficult time. She has bundles of energy and enthusiasm which comes across really well as she's singing, dancing and being silly to put smiles on faces of everyone in the village who has watched! Thank you Aimee!

**Amanda Horlick**

### **Rita Panchal**

I'd really like to say a big THANK YOU to Rita Panchal who demonstrates community spirit time and again. Throughout the pandemic she has totally stepped up. Not only has she offered to help people with shopping many times, she has turned her hand to all sorts of ventures to support the NHS, whether with offering to prepare meals for the overworked staff or stitching much needed garments. Her resourcefulness and kindness is a beacon for all of us and she remains upbeat and positive throughout. Thanks Rita, you're a star!

**Silvia Collins**

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# Thank you - You're a Star!

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## **Dawn Gilbert**

Our parents, Bill and Barbara Gilbert, lived in Westoning Rd, Harlington for over 50 years. Despite Mum passing away over two years ago, we never really got round to thanking my sister, Dawn, for all the years she looked after Mum. She spent hours taking her on hospital and doctors appointments, shopping, cooking, cleaning and gardening for her. Dawn also often took mum on holiday with her. We are so grateful to her for spending time with Mum and caring for her. Dawn, we all thank you so much.

**Love Wendy, Debbie and Tina xxx**

## **Ian & Margaret Wade**

We would like to say a massive big THANK YOU to Ian and Margaret Wade for their kind support they have given to our sister, Dawn, after the passing of our Mum. They have welcomed my sister into their home and made her part of their family. Often inviting her to dinner and spending time chatting with her. I know Dawn cannot thank you enough for your generosity and kind support. It really means a lot to us knowing Dawn has such lovely friends looking out for her as we do not get to see her as often as we would like. Thank you Ian and Margaret.

**Wendy, Debbie and Tina**

## **Sue Whittle**

Throughout the whole of lockdown every Saturday and on a few other days too, Suzan has been supporting a number of residents in Sharpenhoe. Many of the residents have been isolating/shielding and Suzan has been fantastic getting shopping / newspapers / postage stamps etc. This meant she was visiting various shops for us including Sanjeevs, Tescos, Flitvale - each time having to queue! She seemed to spend most of her Saturday afternoons at the height of the lockdown queuing in Tescos. On one particular Saturday I think her Tesco shop for Sharpenhoe took over 4 hours! Suzan has dedicated so much of her personal time to the residents of Sharpenhoe and I think everyone should know about this commitment and support. We really cannot thank her enough for all the hours she has spent keeping Sharpenhoe stocked and her tenacity in finding Abernathy biscuits! A heartfelt thank you to Suzan Whittle.

**Sarah Evans & Residents of Sharpenhoe**

**We will be continuing our 'Thank You' feature in the September edition as well, so that anyone who missed my post on-line can write or phone up (or ask a friend to email etc), if there is someone specific they would like to thank. It doesn't have to be Covid-19 / Lockdown related - just a thank you to someone you appreciate.**

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# Fluffy Cloud Brain Tumour Research

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**Brain Tumour  
Research**  
Funding the fight



## Growing success!!

Another great month - plant sales have increased by £227.38 taking the total to £3773.84. It is slowing up a bit but by now you will all have bought your vegetable plants and may even be harvesting your crops! I get as much pleasure from hearing supporters telling me how tall their plants are, they are flowering or even vegetables forming and to know you are all as excited as me when your dinner was picked from your garden just half an hour before. And don't they just taste so much better than those you buy in the shops!!!

Don't worry if you haven't got your vegetables yet - I still have tomatoes, beans, chillies, peppers, brassicas and leeks if you want to have a go. My plants are beginning to produce and I should have rhubarb, tomatoes, courgettes, patty pans, beans, marrows, beetroot and anything else that those with an excess of produce donate to my produce trug at 132 Goswell End Road. All donations gratefully received.

I would also like to thank the Rotary Club of Flitwick Vale who kindly held an auction and donated £3,940 to Brain Tumour Research. This will support their efforts in the hope that one day a cure can be found. This was an amazing boost to the charity. Our grateful thanks.

Thank you again for another successful fundraising month. Please continue to visit. I now also have some gardening magazines you may like to read. Finally one of my supporters stopped me early one morning to tell me how delicious the rhubarb was that she had taken from my trug and how she was trying to eek it out to make it last but not so that it went over and spoilt. I suggested that she could freeze it or better still make a Canadian Rhubarb pie which could also be eaten fresh or frozen. Here is the recipe:

### Canadian Rhubarb Pie

10oz Sugar

2 tbs Butter

1lb Chopped Rhubarb

1 Egg

2 tbs Self Raising Flour

Pinch of Salt

**Method:** Cream sugar and butter, beat in remaining ingredients. (I whizz it in my processor). Place in an unbaked pastry case. Bake in an oven at 350 F for 40-50 mins. The top of the pie should be brown. Serve cold with cream for special occasions. You can also make mini ones in bun tins, a real winner in our family!!!

Hope you enjoy!

Continue to take care, stay well, enjoy your gardens, all your hard labours and the produce, flowers and effects you have created in them.

*Jane and Emma Barltrop and Alice Sulaj*



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# Harlington Society of Art & Crafts

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## Harlington Society of Arts & Crafts

I hope that you are continuing to create artwork and craft projects during these very strange times. Having to cancel the artists and crafts people I had booked has been very disappointing, but the good news is that most have agreed to come and visit us next year. The value of art & craft has always been considered valuable in contributing to peoples wellbeing and emotional state. So true in our present situation. In recent weeks most of us have had more time to be creative, whether it be a simple 10 minute sketch or a full blown masterpiece that has taken days. However, you do not have to make anything to appreciate art around you. It could be as simple as seeing the intricate patterns in nature, such as a beautiful butterfly.

There is inspiration all around us, but if you are feeling a little lack luster in motivation why not tune in to one of the many art programmes on the television. Recently, there has been reruns of 'The Joy of Painting' with Bob Ross. For those that have never come across Bob he was a gentle, softly spoken American man with a huge talent for painting and the gift of inspiring others to have a go at painting during the 80's and early 90's. Even if you have no interest in painting just listening to his dulcet tones, as he describes what he is doing is very relaxing. His programmes are available on the BBC iplayer, so treat yourself to 30 minutes of relaxing bliss!

Another excellent programme to inspire you is 'Home is where the Art is.' Presented by Nick Knowles, the programme challenges 3 artists to compete to win a special new commission for one paying homeowner. It showcases many different talented artists, from traditional wood carvers and painters to modern, abstract ceramic and glass sculptors, plus many more. The artists are given a brief from the home owner and then they are allowed to go and 'snoop' around the house looking for clues of what the home owner may like. Then, one at a time they pitch their idea for their individual artwork to the home owner. The home owner then has the difficult task of choosing which artist will make a piece of art for them. All is revealed at the end of the show. Well worth a look! At the time of writing series 2 was being repeated on Tuesday's on BBC 2 at 8am! (Much more uplifting than the news!) Also available on the BBC iplayer.

If you are inspired to be creative we would love to see the results on our Facebook page. Just search for 'Harlington Society of Art and Crafts.' Make sure that there is a picture of origami flowers at the top and request to join so you can share your wonderful creations.

Happy Art & Crafting

*Julie Taylor* (Chairperson)

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## Methodist Chapel *plus* Cleaner required...

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If we learn anything in lockdown, it is that the church is not the building, but the living community of those who love Christ. We meet in one particular way and usually in one place, but the building is not the heart of our faith, our love of God is. So we continue to join in fellowship mainly through the medium of Zoom, and are further developing the use of live streaming which makes it easier to join without passwords. Have a look at the Harlington Methodist Church channel on YouTube where recent services can be found and where, technology willing, the live stream will be shown.



We are not yet opening the building; watch out for more information. Although this is unlikely to happen before September, and even then it is probable that we will still use Zoom for some time, as loud singing is currently not allowed. However, this is a rapidly changing situation and September is a long way off.

### August preachers are:

- 2<sup>nd</sup> Rev. Joanne Sherwood
- 9<sup>th</sup> Rev. Nina Johnson
- 16<sup>th</sup> Rev. Vindra Maraj-Ogden
- 23<sup>rd</sup> Rev. Jenny Spouge
- 30<sup>th</sup> TBC (may involve Greenbelt)

Our circulated material is available on <https://www.southbedsmethodist.org.uk>. If you would like to join us, our service time is 10am, with the link normally sent out the day before. Email me, [clivedsalmon@aol.com](mailto:clivedsalmon@aol.com), or phone 874481 to be added to the link email list.

**Ladies Bright Hour** is not meeting but are keeping in contact by phone.

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## Cleaner required...

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The Methodist Church needs to recruit a new cleaner.

The requirement is for 3 hours per week at £9.30 per hour, which is the national living wage. These hours will be split between two or three visits to take account of the actual usage of the building.

An initial 'deep clean' before reopening the Church may also be required. As the cleaner is a key-holder for the church, they will be required to undertake a DBS check, which the church will arrange and pay for.

If you are interested, please email Helen Westcott, [helen.westcott@ntlworld.com](mailto:helen.westcott@ntlworld.com) by 8<sup>th</sup> August.

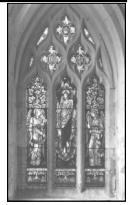


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# St. Mary's Church

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St Mary's Church offers a variety of opportunities to gather during August with our existing online services and gatherings and also with increasing opportunities to meet at church, socially distanced, to worship and pray.



## Online Services:

Sunday morning 9am - zoom 'Upper Room' service (contact Nigel and Linda for access link)

Weekly recorded service released each Sunday but available for viewing during the week via our website; <http://www.harlingtonchurch.org>; or Facebook page: St Mary's Harlington, and on St Mary's Harlington 'A Church Near You' page.

Tuesdays at 9.30am 'Morning Prayer' by zoom (contact Linda for access link).

Virtual 'coffee mornings' will continue by zoom. Please contact Linda or Nigel if you would like to join the gathering. You will be most welcome.

## At church:

Private 'individual' Prayer: The church is open on Thursday mornings 10-11am for private prayer and Sunday afternoons 2-3pm.

Gatherings for worship:

Wednesday morning 10am in the church grounds.

Sunday morning 11am in the church grounds (times or arrangement may change. Please check our website and notices for updates).

Some gatherings will be outside in the church grounds during the Summer, but we are also looking to return to services of public worship inside church at some stage during August.

The church is also now available for weddings, funerals and baptisms with restricted socially distanced attendance of up to about 30 people.

**Please continue to check our notice board, website and Facebook pages regularly for new updates.**

If you do not have internet access and would like to receive a copy of our weekly service sheet, or our weekly news email please contact Linda or Nigel, to register your interest 01525 714442, [linda@harlingtonchurch.org](mailto:linda@harlingtonchurch.org) or [nwashy2@gmail.com](mailto:nwashy2@gmail.com).

Please do contact us if you would like to discuss future services, to request a prayer or pastoral support', or simply for a chat. We are here to support you and care for you, and are always keen to hear from you.

Revs Linda and Nigel



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## Update from St Mary's Church Warden *plus* Recipe

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The "Appeal for a Peal" for our bells has been going incredibly well, with sincere thanks to **Roger Ivett** who organised a JustGiving page. Thank you to everyone who has kindly donated, either through the page or through personal donations. We are really grateful. As I write, I know we have reached our target and gone beyond it. Now to arrange the repairs, and we'll let you know how these go. If only we could have a big party to celebrate!!...



The latest on our lovely churchyard is that I will be meeting with the Beds Wildlife Trust and also a diocesan advisor, to see if we can make part of the churchyard a more natural "haven" for plants and wildlife. Hopefully they'll have some good advice, and I'll update you as things develop.

The church has recently been open for an hour on Sundays, 2-3pm & Thursdays 10-11am for anyone who would like to pop in - for prayer, or just to sit quietly in the peace of the church. With well over 700 years of prayer and praise within the building, it still retains a lovely air of stillness and calm. As to the current situation - as guidelines change, please see the St Mary's website, Facebook page or church noticeboard. Or please give me a call.

Best wishes,

*Tricia*

*Churchwarden 07711 511729*

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## Almond Sultana Slab Cake

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Grease and line a 8x12in (21x31cm) roasting tin

Preheat the oven to Gas Mark 3 / 325°F / 160°C

### Ingredients:

1lbs (450g) sultanas

3 eggs

12 oz (350g) caster sugar

3 tsp (15ml) almond extract

8oz (225g) margarine or butter

12oz (350g) plain flour

2 tsp (10ml) baking powder

### Method:

Place the sultanas in a saucepan, cover with water and bring to the boil. Cook for 15 minutes. Meanwhile mix the eggs, sugar and almond extract in a large mixing bowl. Drain the sultanas, return them to the saucepan with the marg/butter. Stir occasionally over a low heat until the butter has melted. Remove from the heat and add to the egg mixture. Add the flour and baking powder and mix together thoroughly. Pour into the pre-prepared tin and bake for 45 minutes until golden brown. Leave in the tin for 5 minutes before cooling on a wire rack. Sprinkle with caster sugar while hot. When cool cut the cake into slabs.

Many thanks to **Sue Cullen** for reminding us about this delicious recipe.

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# On-Line Scamming

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On-line scamming is becoming a plague. The Covid-19 crisis has given criminals new opportunities to trick people, especially when many people are new to communicating online. So here's a reminder of what to look out for:

A scam is an illegal attempt to make money that usually involves tricking people. Scammers take advantage of distressing situations like coronavirus, hoping to catch us off-guard. Unfortunately, they are becoming ever more ingenious. Here are two examples of how scammers are trying to exploit the coronavirus crisis:

- They target people whose holidays or travel plans have been disrupted by Covid-19 pretending to issue refunds for cancelled holidays. They say they are authorised to pay you money due as a refund but 'just want you to confirm your bank details'. No bank or travel company would need to do this, and even if they asked, would quite understand if you insisted on contacting them rather than them contacting you.
- They pretend to be part of the NHS 'track and trace' system. We all know how important it is to set up a system for tracking and tracing potentially infected people, but unfortunately criminals are trying to take advantage of this. So be on the lookout for rogue emails. Just remember one important fact: Genuine texts, calls or emails from the NHS service will never ask you for any personal details upfront. Why would they? They already have them.

Here is a brief guide as to what to look out for (this applies to phone calls **and** e-mails):

- Someone or an organisation contacts you out of the blue. Sometimes these calls are genuine, but genuine callers will never mind you checking their ID.
- You are offered a deal that is too good to be true. If it is too good to be true it probably is - it won't be a genuine deal.
- You are asked for personal details. Don't share them unless you are certain you know who is asking and why - if in doubt - don't.
- Someone puts you under pressure. Anyone who rushes you is definitely not to be trusted.
- Spelling mistakes in emails and texts. Legitimate companies don't make this type of mistake, so be very suspicious of these, especially where addresses look very similar to, but do not quite match, that of a legitimate company. Ignore or delete.
- You are asked not to tell anyone else about the deal. Someone who tries to compel you to keep everything secret is a safeguarding risk. They are definitely not to be trusted.

Sign up for regular information about the latest scams. A good way of doing this is to sign up to the Central Beds Trading Standards regular e-mail alerts ([https://www.centralbedfordshire.gov.uk/info/60/trading\\_standards](https://www.centralbedfordshire.gov.uk/info/60/trading_standards))

Keep well and stay safe.

*Robert Johns*  
*St Mary's Parish Safeguarding Officer*



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## 0-4 Club *plus* HiB

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Harlington  
**0-4**  
Club

**We look forward to welcoming  
you again soon**

We hope you are all keeping well and staying safe. We really miss you all at 0-4 Club and look forward to welcoming you back as soon as we are allowed.

Thanks you for your continued support during this time. It has been lovely to see so many of you joining Aimee for our Facebook Live singing and story sessions. We will be taking a little break from our online sessions during the summer but should be back towards the end of August.

We will let you know as soon as we have any news on when we can reopen so keep checking our Facebook and Instagram pages for updates. In the meantime, we hope you all have a great summer and enjoy lots of outdoor play.

See you soon!

 Harlington 0-4 Club

 harlington0to4club

 Harlington 0-4 Club

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## HiB

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**Summer Planting:** The plants are starting to grow and develop as I write, thanks to some lovely rain as well. The plants were perhaps less well developed than last year because of the demand for nursery plants, but hopefully they'll do their best to keep us smiling.

**Weeding & Maintenance:** Lots of us enjoyed the sunshine as we tidied and weeded the planters and beds on July 11<sup>th</sup>. Where do all those weeds come from! Next work party date is **Saturday 22<sup>nd</sup> August**, usual meet time of 10am at the Village Hall. We'll be in touch with all of our helpers and do get in touch if you'd like to join us..

**Summer Judging:** judging will have taken place as you read this, and the results will be announced in the September Contact. At the moment, our Awards Evening is booked for **Friday 25<sup>th</sup> September** in the Parish Hall, but of course we may have to postpone, or think of a different way to present the awards. We will wait and see.

If you'd like to volunteer to water, weed or maintain HiB planting around the village, please contact Ian on 874720 or Tricia 07711 511729.

*Happy Growing to all, from the HiB Committee*

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