

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

#### **Rector's Letter**

I write this on the feast of the Ascension (40 days after the Resurrection), a day when we celebrate the time Jesus ascended to His Father, drawing His earthly ministry to a close before He sends His Holy Spirit at Pentecost (50 days after the resurrection). These are two important festivals within the Christian calendar that so many people let slip by. Not so long ago, the schools would attend church on the morning of the Ascension and then have the rest of the day off.

This week, along with other church members, we went into two schools within the benefice to share the story of the Ascension/Pentecost by acting it out in front of all the children. Within the story that we told, Jesus asked His disciples that once He was gone, to share His story about His life and His teachings with others. On the feast of Pentecost, the Holy Spirit came down upon those same disciples to empower them and to give them the courage to do what He asked.

Sharing the good news is not always easy; some people we encounter won't even listen to what we have to say. Within scripture, there is the famous story of Thomas. On the night of the resurrection; he was in the company of his friends, who had just witnessed the risen Christ, even though he was well aware of the stories that Jesus told, and an eye witness of His miracles, he would not accept their testimony and asked for proof.

Many people around us ask for the same proof before they will believe what we say. They always hold out the negative side of life of what's going on in the world without taking the time to reflect on all the good positive things that are going on around us, for example, the creation, the birth of a child etc.

Some years ago, I was sitting in a friend's house drinking green tea, deep in conversation. I paused to take a sip and looked out the window into the garden; it was a lovely spring morning. To my surprise, the most beautiful scarlet macaw (parrot) sat in one of the trees. In my excitement, I told my friends; they laughed at me, and for a good five minutes, they refused to look out of the window, believing I was telling them a story, even though I described the bird in detail. When they finally did look, they could not believe that I'd been telling the truth all along. They wouldn't take my word even though we had been good friends for years. Because they saw it with their own eyes, they too enjoyed the encounter; it has stayed with them over the years.

More and more people are questioning the meaning of life and exploring their spirituality, only to give up quickly because they don't find the answers they are looking for. Thomas understood the Scriptures and had spent time with Jesus, but he still requested more proof, and if he hadn't received that, he might have turned away and returned to his old life, like so many people do today when life is hard. Jesus came to Thomas the same way He comes to each of us. If only we would open our hearts and eyes to see Him around in creation, on the face of a small child, or in the voice of a friend.

One way to find out more about our spirituality, like Thomas, would be to meet with like-minded people, people who are searching for answers to questions that we all have. I invite you to come and join us in the different churches within the benefice on a journey of discovery; it is in the sharing of our stories and experiences that we come to understand our faith and our relationship with the Divine. Our eyes can be opened by listening to others and accepting their witness. When we don't listen to others because we are convinced of our own understanding of life, we miss more glimpses of God in the same way that my friends nearly missed the most colourful bird they would ever have in their garden. 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 3BJ, 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 and Mr John Brough, tel 01604 862646/07768 181598 Churchwardens of Grafton Regis: Mrs Jean Glanville, tel 01908 543463 and Mr Nieldre Laubscher, tel 01908 542979. Churchwardens of Alderton: Mrs Margaret Hall-Townley, tel 01327 811307 and Mrs Linda Dards, tel 01327 811265. Churchwarden of Milton Malsor:

#### Service Schedule for June 2023

<u>Sunday 4 June, Trinity Sunday</u>	<u>Sunday 18 June, Trinity 2</u>
9.30 a m: Milton Malsor, Family Eucharist	8.00 a m: Alderton, Fathers' Day breakfast
11.00 a m: Blisworth: Family Eucharist	9.30 a m: Milton Malsor, Family Eucharist
<u>Sunday 11 June, Trinity 1</u>	11.00 a m: Blisworth, Family service
9.30 a m: Stoke Bruerne, Family Eucharist	Sunday 25 June, Trinity 3
9.30 a m: Milton Malsor, Family service	9.30 a m: Milton Malsor, Family service
11.00 a m: Blisworth, Family Eucharist	9.30 a m: Stoke Bruerne, Family service
	11.00 a m: Blisworth, Family Eucharist



#### STOKE BRUERNE

#### <u>St Mary the Virgin Church for Stoke</u> <u>Bruerne and Shutlanger</u>

Musical Event: It was a joy to walk into church on the evening of Friday 19 May and see it full of people

anticipating an evening of original, high-quality music; they were not disappointed. Around 90 people were treated to performances by Kelly Jane Barnes, Lauren South, Paul McClure and Tu-Kay and Ryan. The event was presented by AUDIO VENDOR which is run by Tu-Kay and Ryan. This is to become an annual event, hopefully on the same weekend each year. Look out for it next May!

Church Coffee Morning: It was a beautiful sunny morning for our coffee morning on Saturday 27 May, and it encouraged lots of people to venture out. We were pleasantly surprised and delighted by the number of people who came along to support the event. The large variety of plants on sale was a popular addition to the cakes and bacon rolls on offer. Many thanks to all those who attended and to the team who worked hard before, during and after the event. It was a great success thanks to you! Our next coffee morning will be on Saturday 12 August.

Churchyard Tidy: The recent weather conditions have been perfect for plant growth. As a result, the





churchyard has very quickly become overgrown before our next planned working party. For this reason, we are organising an extra working party on Saturday 10 June from 9.30 a m to12.00 noon in an attempt to keep it under control. We now have a group of loyal and willing helpers who make such a difference thanks to their hard work, but we are always delighted to welcome newcomers, offering their help. Please feel free to join us.

#### SHUTLANGER AND STOKE BRUERNE (Combined)

#### Garden Party in Memory of Suzi Dimmock

This will take place on 11 June 2023 from 1.00 p m to 3.30 p m at Grange Farmhouse, Water Lane, Shutlanger. This is a garden party in commemoration of Suzi - all are welcome. We shall spread her ashes under the oak tree, in keeping with her wishes. There will be drinks and nibbles (please let me know me know if anyone has dietary needs). Peter Colak



#### SHUTLANGER

Website: <u>www.shutlangervillagehall.org.uk</u>, phone number: 01327640547, Twitter: @ShutlangerVHall Facebook: Shutlanger Village Hall, Instagram: shutlangervillagehall

#### Coffee Morning

Our monthly coffee, cake and chat morning was on Thursday 18 May from 10.00 a m until 12.00 noon. We were back in the hall because, excitingly, the roof is finished! We expect the new clock to be installed by the end of the month. We have free wi-fi and contactless payments. We serve excellent coffee and delicious homemade cakes. The bacon rolls are very popular too.

Our coffee mornings are always on the third Thursday of the month; put a note in your diary so you don't miss it.

#### Tote Draw

The latest draw was, as always, during the coffee morning. This month's prize was a fantastic £177.50. Congratulations to this month's winner.

The tote has raised over £3,500 towards keeping our hall as a centre for community and celebration. Thank you.

It's easy to join the tote; it costs just £5 a month; half the money goes to help the village hall and the other half to one lucky prize winner. The odds are much better than the national lottery!

There are application forms in the hall; you can call 01327 640547 or email secretary@shutlangervillagehall.org.uk any of these make it easy for you to join our ever-growing band of supporters.

#### Recent Events

Shutlanger celebrated the Coronation with a wonderful garden party. The village enjoyed a special Coronation cake, made for us by Holly's Hot Cakes from Stoke Bruerne, cream teas, a toast to the new King and a bouncy castle in the garden that kept the children entertained all afternoon

#### Forthcoming Events

The Village Open Gardens will be held on 4 June from 10.30 a m. Get your tickets and map from the village hall on the day or buy from the website www.shutlangervillagehall.org.uk/events. There will be a plant stall, nature trail and local art sale. Bacon rolls, coffee, cake and ice cream will be available in the hall.





If you have any spare plants you would be willing to donate for our plant sale, please bring them to the hall prior to the event.

#### Renovations

The replacement of the clock will be the final triumph of our latest project. The committee is not stopping there though! We have more projects planned.

#### Fundraising

As ever, we continue to raise funds to renovate the excellent facilities within our most important community asset. There are several opportunities to get involved:

Direct donations via the website homepage and by using QR codes in the hall and at events. The 'donation station' in the lobby at the entrance to the hall, lets you put a cash donation in the box or use your phone to scan the QR code. You can also recycle your old ink cartridges in the hall.

We are members of JustGiving and Easyfundraising where you can easily make donations.

Don't forget to join the tote too!

Thank you for all your support. Your help matters to us. EVERY penny counts!

Barbara Stanbridge, Secretary Shutlanger Village Hall Management



# Concert

**GRAFTON REGIS** 

On the evening of Friday 28 April, the Fiori Musicale group put on a Coronation concert at the church. The singing was exquisite and the sound of the medieval instruments unfamiliar but fascinating. It was a very high-quality performance.

#### Ringing the Church bells on Coronation Day

Thank you to our bell ringers for not only ringing at the concert but also ringing again on the morning of the Coronation of King Charles III.

#### Coronation Party

We held our Coronation party on Monday 8 June, and the weather was a little chilly. However, with some casual seating arrangements, everyone fitted into the hall and circulated, having a chat with as many people as possible.

As a memorial to the event, we planted a flowering cherry tree in the garden of the hall. Charles (FitzRoy) agreed to take on the task of planting the tree and heeling it in.



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Volume 43, Issue 6

#### The First Walk and Talk Event of the Season

The first walk and talk took place on 13 May; our visitors were fascinated with the tales of the history of the village and also enjoyed the home-made cakes. Our next event in on 17 June.

Church Bazaar and Visit from ARC at Chester House

Press release from ARC prior to their visit to Grafton Regis:

'We will be in St Mary's Church in Grafton Regis on Saturday 20 May for their heritage afternoon! We will be bringing a range of historically important archaeological finds from the excavation which took place at Grafton Regis Hermitage Priory in 1964/5. These include tiles from the beautiful medieval floor tiles. These tiles are thought to have been laid specially for the wedding of Elizabeth Woodville (born at Grafton Regis) and Edward IV who married in secret at the Grafton Regis on 1 May 1464. This is the first time these tiles have been available to view to the general public.

They have been in storage for decades. It is through ARC that all finds from the Grafton Regis Hermitage Priory are now being stored in Northamptonshire. Come down between 2.00 p m and 4.30 p m to ask why was this a secret wedding and all your questions, see the tiles and other finds for yourself! '

The attendance of ARC at the church bazaar was very popular and the church was very busy throughout the afternoon. The weather was sunny and dry and visitors were able to sit outside to enjoy their tea and cake.

#### <u>Thank you</u>

All of the above events have taken a great deal of organising and it is only because of volunteers that they have taken place. Whether it is baking a cake, mowing the grass, moving furniture, organising the food, donating goods and general administration, it has really been a terrific effort by everyone. Jean Glanville



## **BLISWORTH**

#### Hunsbury and Blisworth Community Choir

The choir is very pleased to announce they will be performing two concerts this summer with a full and very varied programme featuring songs from the charts, old and new, musicals and films, songs in Spanish and songs in French - truly something for everyone.

The first concert is at St. John the Baptist Church, Blisworth on Friday, 16 June at 7.00 p m and the second concert is at the Abbey Centre, East Hunsbury on Saturday, 24 June at 7.00 p m.

Entry is free and there will be a raffle and collection in aid of local charities so come along and enjoy an evening full of joy and happiness.

#### Garden Party for Ukraine

As a result of the Ukrainian garden party where £1,700 was raised, these funds are already making a difference. Hygienic wipes and dried food parcels have been sent to the troops fighting in the Bakhmut area. Help has started to be given to a school in the northeast of the country. The headteacher has written, "War is a test, a test for the whole world. Today our institution received an unexpected gift from those who care about the fate of Ukraine, our city, and the school. Careful, kind, residents of the village of Blisworth and surrounding villages in the county of Northamptonshire, learned about our small town." Some of the money raised has paid for fire extinguishers for the school as well as repairs following damage from Russian troops.

Most of the money raised has yet to be allocated so I will give further updates next month. Thanks again for all who came and for their generosity.

June

June



## **ALDERTON**

Church Cleaning Rota Churchyard Rota

Dawn and Doris Bob and Daryl Halsey (first half of month) Nessa and Ella (second half of the month) **18 June – Fathers' Day breakfast** 

#### Sale for the Knight

We will be holding another of our sales for the Knight on Saturday 3 June; this will be in church again as it's easier for us not to have to lug tables and boxes out to the top of Church Lane. There will be the usual array of wonderful things to buy, cakes and biscuits and jams and pickles. These events are always lovely and you will be offered a free cup of tea or coffee just for coming along. We are definitely nearing the end of this project but there is still a way to go in terms of finding the money to complete what we want to do so every penny raised makes a difference.

We look forward to seeing you.

Margaret and Linda

#### Fathers' Day Breakfast

As we did last year, we will be holding a breakfast to celebrate Fathers' Day on Sunday 18 June in the churchyard. Everybody is welcome to attend whether you are a father or not! We will be serving a full English breakfast; Richard will precede the breakfast with a Grace and a few words. Please come and join us. Donations will be gratefully accepted for church funds.

#### Plant Sale

We held our plant sale on 29 April – an absolutely beautiful day. We were thrilled that people arrived in their droves to buy plants, cakes, jams, soup and pizzas, together with jewellery etc and drinks. There was a wonderful atmosphere and we made the incredible sum of  $\pounds$ 840.

Thanks as always to all those who contributed to this event – those who erected the tents, moved all the tables and chairs, grew the plants, did the cooking, made the pizzas, manned the stalls etc etc – and also to those who cleared up afterwards. We were exhausted but really happy that the event had been so successful.

#### Celebration for the Coronation

The event for the Coronation was held on 7 June; this was arranged by a small group of very capable people who all got on with what they had agreed to do and what a wonderful party it was! The tents had remained in situ since the plant sale but a group of volunteers decorated them in the morning so when people arrived, they looked absolutely wonderful. The afternoon started with a glass of fizz and a loyal toast to our new King – and there were also toasts to absent friends and to those who are not so well at present.

A choice of soups was then served with homemade bread, followed by lasagnes, moussakas, tomato tart, hot smoked salmon with various salads and then a huge array of desserts. After this, a magnificent cake which Margaret had made was produced and shared out.



The event was attended by about 60 people and the party was still going on at 3.00 a m.

A delphinium plant was given to those who attended, thanks to the Parish Council, who also sponsored the welcoming drinks. So many people deserve thanks for putting this event on – they know who they are!

#### **GENERAL NEWS**

#### Notes from a Local Farmer

#### Dear readers

It's some time since I spoke to you, in which time a lot has happened. Lambing finished in late March and with the mild weather, they are doing very well. There has been plenty of grass as those with lawns to mow will know. The first lambs born are going to market this week but we have fed them to encourage them to grow. Shearing will start shortly whilst we are currently spraying lambs against blow fly, which produce maggots. On the arable side, things are looking good with spring crops and maize looking well with winter crops looking good all winter. We seem to be constantly spraying crops at the moment due to their rapid growth. So it's a busy time of the year. Speak to you all again soon. Robert Davy

#### **Police Information**

#### **Burglary Prevention Advice**

Our aim is to prevent Northamptonshire residents falling prey to criminals. We are taking a more scientific approach to repeat victimisation. Due to the location of recent burglaries, we know that your home is at heightened risk of being burgled. An opportunistic type of criminal is enticed into a situation as a result of an insecurity or easy opportunity. If we simply remove that temptation and make it difficult, then it is estimated that a staggering 90% of crime would be prevented. We have compiled a short home security checklist to help guide you through your security arrangements. Working through this checklist will help you ascertain whether you have any security weaknesses. Please remember to call 101 if you see any suspicious activity or 999 if you see a crime in progress. Alternatively, if you have any information about crime or criminals in your area, you can call Crimestoppers anonymously on 0800 555 111.

#### Outside the property:

• Make thieves feel exposed when they approach the front of your property by using low hedges or low fencing. Keep any gates shut when you're out.

• Use garden lighting to deter trespassers. If the property is well overlooked, choose lights which come on automatically at dusk and stay on all night until dawn. Low wattage bulbs can cost less than 1p per night in electricity.

• You can reinforce your boundary by using prickly plants. Use of natural plants is exempt from the Occupiers' Liability Act 1984 - because it is natural.

• Don't leave tools and ladders lying around for burglars to use. Remember to keep the shed as secure as possible. Thieves often search for tools nearby to break into properties.

• Where possible, keep bins chained up away from the main house and out of sight. Criminals often use them as climbing aids or ways to transport stolen property.

• Thieves often look for subtle changes in the environment. Open gates, empty driveway, letters left in the mailbox are all invitations to a criminal. *Inside the property:* 

• Keep all doors and windows locked - even if you are in the house. If you leave a room, close and lock the doors and windows.

• If you have an alarm, use it! Most alarm systems can be 'zoned', which means parts of the house can be active at night time. Always remove the keys from locks to stop someone breaking a small pane of glass and entering using the key. Keep keys out of sight and in a safe place.

• Leave lights on in multiple rooms. Automatic timers can switch on lights and radios. Remember that in the winter it can get dark in the early afternoon.

• Make items traceable. Mark your property with your postcode using a UV pen or consider specialist liquid forensic coded solutions. Following the above measures will make you a less attractive target for thieves. People who are security conscious are less likely to be burgled than those who are not.

For more crime prevention advice visit: www.northants.police.uk/crimeprevention For approved security companies and products, visit Secured by Design www.securedbydesign.com Sold Secure - www.soldsecure.com Security Systems Alarms Inspectors Board - www.ssaib.org National Security Inspectorate - www.nsi.org.uk Register your property on www.immobilise.com

Charlotte Morris Police Community Support Officer PCSO 7029 Neighbourhood Policing Team – Towcester Northamptonshire Police Telephone: 101 Ext: 348069 (03000 111222 if outside Northamptonshire) Mobile: 07557776333 Address: Towcester Police Station Watling Street Towcester Northamptonshire NN12 6DE

#### News from The Old Mail

For events and happenings in the nearby villages: Cosgrove, Potterspury and Yardley Gobion, see the newsletter, The Old Mail, is available online at various websites: www.cosgrovevillage.co.uk; www.potterspurypc.org.uk; www.yardleygobionpc.wordpress.com

## **SNIPPETS:**.

You never really learn much from hearing yourself speak.

Life is like a coin. You can spend it any way you wish, but you only spend it once.

Life's tragedy is that we get old too soon and wise too late.

If you live long enough, you'll make mistakes. But if you learn from them, you'll be a better person.





Both Windows 7 and 8 have reached end of life, and will no longer receive security updates; it is time to change.

I can upgrade them to Windows 10; all your documents, pictures and programs will transfer as well. If your computer is slow I can make it faster. Looking for a laptop? I have a number of refurbished laptops, prices starting

from £150. I repair laptops down to component level; ask for a free quote.

Contact Paul Dards on 07540 000844 or 01327 811265 or paul@dards.co.uk

> PDC, Moorend, Spring Lane Alderton, NN12 7LW www.dards.co.uk

# R. Wilson Garden & Tree Maintenance

Robert Wilson is a qualified tree surgeon and gardener based in Hartwell covering the Northamptonshire and Buckinghamshire area.

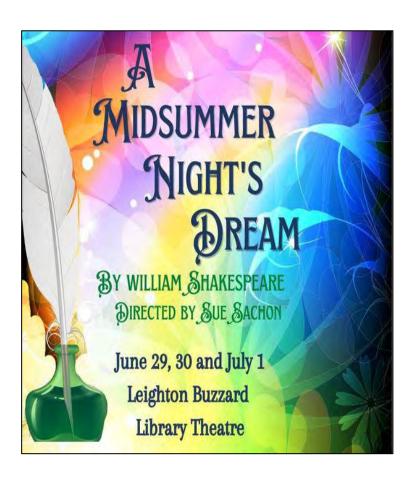
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## A Midsummer Night's Dream

'Love looks not with the eyes but with the mind'. says Helena, suspecting Demetrius has been swayed by Hermia's beauty. Whether this is true or not is another matter! But Leighton Buzzard Drama Group is delighted to have director, Sue Sachon, bring it all to life in what she describes as a 'joyful' production 'essentially about love and hope'.

You can fall under its romantic, hilarious and magical spell at Leighton Buzzard Library Theatre on 29, 30 June and 1 July 2023, at 7.45 p m.

Tickets £15, (concessions £13), including booking fee. Ben, who played Algernon in last year's 'The Importance of Being Earnest' in Alderton is playing Bottom.

Buy tickets here: https://bit.ly/LBDG\_Midsummer

#### United Benefice Calendar for 2023 All groups and organisations within the community are warmly invited to include events here.

#### <u>June</u> 3

- 3 Coffee morning, Milton Malsor, 10.00 a m to 12.00 noon
- 3 Sale for the knight, Alderton church, 10.00 a m to 12.00 noon
- 4 Open gardens, Shutlanger, 10.30 a m
- 5 Blisworth Parish Council meeting, village hall, 7.30 p m
- 7 Police drop-in surgeries, Stoke Bruerne, Tiffield & Roade
- 8 WI meeting, Blisworth village hall, 7.30 p m, Northamptonshire walks open meeting
- 9 Farmers' market, Towcester, 9.00 a m to 1.00 p m
- 10 Churchyard tidy, Stoke Bruerne, 9.30 a m to 12.00 noon
- 11 Garden party in memory of Suzi Dimmock, Shutlanger, 11.00 a m 3.30 p m
- 15 Coffee morning, Shutlanger 10.00 a m to 12.00 noon
- 16 Hunsbury & Blisworth Community Choir concert, St John's Church, Blisworth, 7.00 p m
- 17 1,000 years in 100 minutes walk and talk in Grafton Regis, 2.30 p m
- 24 Stoke Bruerne churchyard working party, 9.30 a m to 12.00 noon
- 24 Hunsbury & Blisworth Community Choir concert, Abbey Centre, East Hunsbury, 7.00 p m
- 30 Coffee morning, Blisworth, 10.00 a m to 12.00 noon, 7 Pondbank

#### July

- 3 Blisworth Parish Council meeting, village hall, 7.30 p m
- 13 WI meeting, Blisworth village hall, 7.30 p m, 'Women in the 'R.N.L.I'.
- 18 Parish Council meeting, Stoke Bruerne
- 22 Stoke Bruerne churchyard working party, 9.30 a m to 12.00 noon
- 28 Coffee morning, Blisworth, 10.00 a m to 12.00 noon, 7 Pondbank

#### August

- 7 Blisworth Parish Council meeting, village hall, 7.30 p m
- 10 WI meeting, Blisworth village hall, 7.30 p m, local trip watch this space
- 12 Coffee morning, St Mary the Virgin Church, Stoke Bruerne, 10.00 a m to 12.00 noon, raffle
- 25 Coffee morning, Blisworth, 10.00 a m to 12.00 noon, 7 Pondbank
- 26 Stoke Bruerne churchyard working party, 9.30 a m to 12.00 noon

#### **September**

- 2/3 Alderton Art Festival
- 4 Blisworth Parish Council meeting, village hall, 7.30 p m
- 12 Parish Council meeting, Stoke Bruerne
- 14 WI meeting, Blisworth village hall, 7.30 p m, 'A taste of the Camino de Santiago'
- 23 Stoke Bruerne churchyard working party, 9.30 a m to 12.00 noon
- 23 1,000 years in 100 minutes walk and talk in Grafton Regis, 2.30 p m
- 24 Honey show, York House, Stony Stratford, 1.00 p m
- 29 Coffee morning, Blisworth, 10.00 a m to 12.00 noon, 7 Pondbank

#### <u>October</u>

- 2 Blisworth Parish Council meeting, village hall, 7.30 p m
- 12 WI meeting, Blisworth village hall, 7.30 p m, 'Three in Accord Entertain'
- 27 Coffee morning, Blisworth, 10.00 a m to 12.00 noon, 7 Pondbank
- 28 Stoke Bruerne churchyard working party, 9.30 a m to 12.00 noon

#### November

- 9 WI meeting, Blisworth village hall, 7.30 p m, 'The Blisworth Tapestry'
- 11 Coffee morning, St Mary the Virgin Church, Stoke Bruerne, 10.00 a m to 12.00 noon, Remembrance weekend **December**
- 14 WI meeting, Blisworth village hall, 7.30 p m, Christmas party

## THE CLOSING DATE FOR THE NEXT EDITION OF GRASS is 19 June 2023

## If you can get any copy to us earlier than that it would be very much appreciated

Please send any copy to: Linda Dards, Moorend, Spring Lane, Alderton NN12 7LW tel 01327 811265, e-mail: <u>linda@dards.net</u>. **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 tort these are veloceme and can be supplied via email or as photos and returned after scenario. Contributions by email or prosterior of the supplication of the supplication of the supplication of the supervised state scenario.

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.