

Sedlescombe and District Garden Society

Newsletter No. 58 – May 2020

This Newsletter is a little longer than usual as I have added an information sheet about the scams that are going around. I know it is awful to think that despicable people are taking advantage of this worrying and, for some, very distressing situation but unfortunately rotten apples are always lurking in the good crop. We must all be aware and take care.

Also – a reminder that handwashing is still an effective weapon against Covid 19, especially if you are not totally house bound and are living with others. We all know how to do it and we are already careful about washing in hot water before preparing food and after using the bathroom but remember to also wash your hands and the doorhandles when returning home, after opening post and disposing of the envelopes carefully and washing/sanitising your shopping (as much as possible) when it comes into the house. It seems a fag but it soon becomes routine. Don't forget to moisturise your hands more than you used to as they are likely to be dryer and the rough surface will make it more difficult to wash away the bugs.

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R John Tunstall has sent in these pictures of dwarf chilli plants and another variety of dwarf tomato. Perhaps it is time to repeat our chilli fest when we get back to normality but maybe not with tomatoes this time. Any ideas to ring the changes would be appreciated.

Seeing these bright red plants reminds me of the beginning of a rainbow. As rainbows are appropriate at the moment I thought we could make our own from what we do best. So each week I will endeavour to display flowers/plants that are the colours of a rainbow in chronological order – ROYGBIV – I have some orange, yellow and green pictures but no blue, indigo or violet. However, I am sure there are members out there with gorgeous gardens who would be willing to help as the weeks go by.

Personal reflections of this unusual Spring by Sheila Benson

I know that many people have sadly been adversely affected by the lockdown but I have been very lucky and find the quietness of life in general to be very therapeutic. I suffer with a very bad back problem which stops me from real gardening but I do potter about dead-heading etc. and organising my husband on what needs doing - that, of course, hasn't changed - and since retirement have become addicted to patchwork, general sewing and flower arranging, all very sedentary hobbies but which have made for a very busy life, dashing from one thing to another (by car) and never finding the time for simple pleasures such as walking. We are very fortunate to live on a country lane so now, with so much time to fill each day, my husband, sister and I go out every morning. Not normally being a walker myself, we started with a short walk but venture a little further each day and so far we have reached the bluebell wood along Float Lane. It isn't a very big wood and, unfortunately, is just a little too muddy at the moment to go into but it stretches uphill so the whole carpet of blue can easily be seen. Scattered here and there along the hedgerows are some beautiful graceful grasses and wild flowers, some of which we haven't been able to name so I am attaching some pictures in the hope that perhaps some of our members can identify them. As a flower arranger I am disappointed that they cannot be used in arrangements as, like so many garden flowers, they do not take kindly to being cut and put in Oasis but they are certainly brightening up our daily walks with their amazing range of colours.

We also have the river running past our garden and alongside the lane and have discovered two sets of swans nesting on the banks of the rapeseed fields. Maybe, if we continue with our lockdown walks long enough, we will be lucky enough to see the cygnets sitting there as well one day.

I look forward to the day when this very surreal situation ends and I can go back to my sewing groups, flower arranging etc. but with no alternative than to accept things as they are, then I will continue to go out for walks and realise anew what a beautiful thing nature is.

This relaxing and quiet article was submitted by Sheila, who is Chairman of the local Flower Arranging Club. As she asks, can anyone name the wild flowers below with Latin and/or Common names



A



B



C



D



E



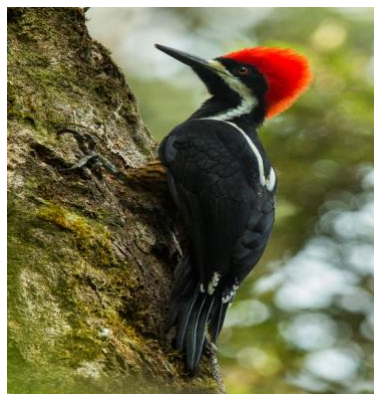
F

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Answer to Crossword No 1

Look out for the next crossword later this month

C	A	B	B	A	G	E	R	O	S	E			S		
Y		U		S		A		U		X		D	H		
P	E	N	S	H	U	R	S	T		P	L	A	C	E	
R		C				S		H		E		B	B		
E	T	H	I	C	S			F	O	L	L	I	C	L	E
S				H				U				H	A		
S	A	G	G	A	R			E	S	P	A	L	I	E	R
			A		I		N		E	Z		C			
C	A	L	E	N	D	A	R			C	U	C	K	O	O
I		L				R				R					L
C	O	W	S	L	I	C	K			N	E	T	T	L	E
A		A		A		I		K					O		A
D	U	S	T	S		S	U	N	F	L	O	W	E	R	
A		P		T		S		O		E	E			I	
S					S	A	I	N	T	P	A	U	L	I	A



How many times can a Woodpecker peck per second?
10, 20, 30, 40 or 50 times. Answer next time

It won't be too long before all those little seeds you have been carefully planting will produce delicious goodies. So I thought you might like to have a few recipes and ideas how to use your produce, to collect over the next few issues, to be ready for use when your garden is spilling out its fruits. The first is Courgette Fritters, simple and nice for a starter or a light lunch. You will need:

- 2 courgettes (makes 4 fritters)
- 1 large egg
- 3oz plain flour
- 5ozs feta
- 2 tablespoons olive oil to cook
- And for the sauce*
- 1 clove garlic
- 200gr Greek yoghurt
- handful of mint
- handful of dill (optional)

- Grate courgettes and squeeze out the liquid.
- Mix in the egg, flour and Feta and season to taste. Easy on the salt as feta maybe salty enough for you. Fry gently in olive oil until browned.
- Crush garlic and mix thoroughly with other sauce ingredients. Season to taste, spoon over fritters and serve with Rocket and Cherry tomatoes.
- Alternatively, for a more substantial meal, serve in Pitta breads - fritters, sauce, tomato and rocket or lettuce. Then enjoy.

Since receiving this scam notice, John and I have received a different on-line scam concerning TV licences so I think it maybe wise to question all unknown e-mails you might receive. If you believe it is a scam don't open it just re-direct it to report@phishing.gov.uk. It appears that GCHQ are on the case and have already shut down hundreds of scams like this.

Please be aware of the following scams. Forewarned is forearmed.

COVID-19 scams identified include:

Doorstep crime

- Criminals targeting older people on their doorstep and offering to do their shopping. Thieves take the money and do not return.
- Doorstep cleansing services that offer to clean drives and doorways to kill bacteria and help prevent the spread of the virus.

Online scams

- Email scams that trick people into opening malicious attachments, which put people at risk of identity theft with personal information, passwords, contacts and bank details at risk. Some of these emails have lured people to click on attachments by offering information about people in the local area who are affected by coronavirus.
- Fake online resources – such as false Coronavirus Maps – that deliver malware such as AZORult Trojan, an information stealing program which can infiltrate a variety of sensitive data. A prominent example that has deployed malware is '*corona-virus-map[dot]com*'.

Refund scams

- Companies offering fake holiday refunds for individuals who have been forced to cancel their trips. People seeking refunds should also be wary of fake websites set up to claim holiday refunds.

Counterfeit goods

- Fake sanitisers, face masks and Covid19 swabbing kits sold online and door-to-door. These products can often be dangerous and unsafe. There are reports of some potentially harmful hand sanitiser containing glutaral (or glutaraldehyde), which was banned for human use in 2014.

Telephone scams

- As more people self-isolate at home there is an increasing risk that telephone scams will also rise, including criminals claiming to be your bank, mortgage lender or utility company.

Donation scams

- There have been reports of thieves extorting money from consumers by claiming they are collecting donations for a COVID-19 'vaccine'.

Loan sharks

- Illegal money lenders are expected to prey on people's financial hardship, lending money before charging extortionate interest rates and fees through threats and violence