

Saving the Planet Whilst Having Your Morning Coffee

We found this useful article on *Apple News* which some local Coffee drinkers may find useful.

If you make your own morning brew with a good old fashioned coffee pot or French press, you may be stuck with literally lots of coffee grounds each week. And while it may be your instinct to toss these into the rubbish, the beverage byproduct can actually be repurposed and used for a variety of daily tasks. In the spirit of sustainability, we've rounded up some of our favorite ways in which coffee grounds can enhance your day-to-day routine.

Composting

Nitrogen-heavy coffee is a perfect supplement to any at-home compost bin and it's proven by science that a grounds-based compost is actually richer in nutrients than one made with food scraps alone (and also more environmentally-friendly). In our comprehensive guide to composting, you can learn how to turn your leftovers into nutrient-rich soil that will have your garden flourish.

Cleaning Pots And Pans

Coffee grounds are a natural abrasive and can be added to any dish soap and water combo to scrub away pesky scum and food stains. But do not use those grounds on anything too delicate, or it can permanently scratch the surface and defeat the purpose of cleaning in the first place.

Tenderising Meat

Not only does the high acidity level of coffee grounds tenderize your meat, but it can also impart a wonderfully earthy and rich flavor that complements more bold and complex spices. Simply coat your protein an hour or two before cooking to yield tender, juicy bites. And if you're a fan of ribs in particular, we've got you covered with a breakdown of how to incorporate coffee into a rack before throwing them on the grill.

Acting As An Odour Neutraliser

We know about the wonders of baking soda as an odor neutralizer in places like the refrigerator or kitchen cabinets, but coffee grounds work just as effectively and will even leave behind the invigorating aroma of being in your favorite cafe. It also doesn't take much — toss a handful of grounds into a small bowl and set it anywhere in need of a quick refresh.



Treating Bags Under Your Eyes

Didn't get the recommended eight hours of sleep? Don't sweat it. Caffeine is one of the most sought-after ingredients for any under-eye cream or roller and coffee grounds are obviously chock-full of it.

What You Need:

- Two teaspoons of coffee grounds
- Half tablespoon of honey or egg whites
- Mix grounds with honey or egg whites.
- Pat the mixture directly under your eyes and allow it to sit for about 10 to 15 minutes.
- Wipe it away with cold water and proceed with your typical morning skincare regimen.

Keeping Away Pests

The alluring smell of a fresh cup of coffee does not have the same effect on insects and pests like snails and slugs. In fact, they downright hate it. Simply set out bowls of coffee grounds among your outdoor seating areas to prevent ants, mosquitoes, fruit flies, and squirmy critters from crashing your barbecue.

Removing Hair Impurities

If you suffer from excess hair build-up, dullness, or thinning, it's time to wake up those follicles with caffeine-packed coffee grounds that can be massaged into the scalp to promote luster and thickness. Blondes, beware: The grounds do have the potential to dye lighter shades, so don't leave them in your hair for too long.

Repairing Furniture

There are few misfortunes greater than scratching a new piece of dark wood furniture. But wet coffee grounds, when applied delicately with a Q-tip and left to sit for a few minutes, can actually repair and conceal these imperfections once scrubbed away with a rag. It's practically magic, much like the type you feel after sipping a mug's worth first thing in the morning.

Whipping Up Body Scrub

Rub a dub dub, coffee grounds make a good scrub.

What You Need:

- Half cup of used coffee grounds
- Quarter cup of any body-friendly moisturizing oil like coconut or olive
- Splash of fragrance from either citrus, herbs, or essential oils
- Combine used coffee grounds, moisturizing oil, and a splash of fragrance together.
- Safely rub homemade mixture into your skin when showering, and voila — dead skin doesn't stand a chance against this dermis-friendly concoction.

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for Caldecote, Edworth, Hinxworth and Newnham

No.264

Don't forget the Fun Day...

The St Nicholas Family Fun Day and Village BBQ takes place on Sunday 3rd September in our beautiful church grounds. All welcome!



Welcome to Hinxworth and
St Nicholas Church
Village BBQ and Family Fun Day

Sunday September 3rd 2023 2-5pm
All welcome & come hungry!

Order of Events:

- 2pm Sign up for dog events
- 2pm—4.30 Treasure Hunt
- 2pm -5 Bouncy Castle all afternoon
- 2pm -4pm Face Painting
- 2.15pm Bygrave Handbell Ringers
- 2.30pm —3.30 Pony Rides at Field Gate £2 under 10s only
- 2.30 pm Dog Events start
- 2.30 pm Hitchin Community Brass Band
- 3.15pm Bygrave Handbell Ringers
- 3.30pm Hitchin Community Brass Band
- 4pm Tug of War Knockout Rounds
- 4.30pm Tug-of-War Final
- 4.45pm All Results

Throughout the afternoon:

- BBQ
- Bar
- Cake Stall
- Tombola



Tug o' War

TREASURE HUNT

Shoes Charity Golf Day

This year was another fantastic and memorable golf day where 29 golfers turned out to play Wyboston Lakes and their partners joined in the evening for dinner and music.

There were some great scores and stories out there which resulted in unbelievably, myself winning on 41 points (the first time since I have been organising this event since 2009) and even more unbelievable with scoring a 'Hole in One' !! Second place went to Norman Jensen with third going to Dean Gilbert. In last place awarded the wooden spoon was Dick Cobb (last years winner, a lot can change in year).

Thank you Dick for stepping up to help me with all the presentations and prize giving, a great sportsman.

The winner of the Baz Huber Trophy was Jack Van Gorder, again a big thank you to Karen, Linda, both Steve's and family for their continued support in awarding a voucher to the winner.

Before the band started, we had our usual charity raffle and auction and I am pleased to announce we raised £2,125 for our charity 'Cancer Hair Care' who support people going through hair loss during a difficult time dealing with cancer.

Lastly, I would like to say a big thank you to Gerry, Julie and staff for all their help before and during the day which made the whole day a success.

Simon Cheshire



Picture above, Simon Cheshire and Dick Cobb with their trophies and The Three Horseshoes Landlord, Gerry Methven

Copy Date: Please send all copy/pictures for the October edition by September 20th. E: villagevoice3@gmail.com

On The Beat

Special Constabulary and farming community thanked after assisting with a fire in Baldock Hertfordshire's

Special Constabulary and local farming community have been thanked for the role they played in assisting the fire service with a large fire in Baldock.

At around 6.15pm on Tuesday 11 July, police were called by Herts Fire & Rescue Service to reports of a large fire at Baldock Industrial Estate, off London Road, Baldock.

Three out of the five Special Constables who were on shift that day, were first on scene to support the fire service, evacuating anyone near the premises and put road closures in place.

As the situation became resource intensive, a call was put out for any additional Special Constables who may be able to assist at the scene and support our Intervention teams with other calls they were responding to.

A further 12 Special Constables responded to the call and were deployed at the scene of the fire or with other officers on duty across the county, committing to staying on until the early hours of the morning.

Special Constables are volunteer police officers. They come from all walks of life and give up their spare time for a minimum of 16 hours a month. Highly trained, with full policing powers including the power to arrest, they play an essential role in preventing, reducing and tackling crime.

Local farmers also supported the fire service at the scene, responding to a call for additional water.

Chief Inspector for North Hertfordshire Hannah Treadwell said: "I would like to say a big thank you to all the Specials who provided their support during this incident and who also assisted our Intervention colleagues respond to other jobs across the county. Being able to rely on the Special Constabulary to provide additional support in times of need was a great help and I'm extremely grateful to all involved.

"This incident also shows how the community comes together. I was amazed by the response from our local farming community who came out to support the fire service following concerns that the water supply may be interrupted.

Farmers were contacted and within hours, arrived at the scene in their tractors with bowsers and assisted the fire service. A great example of the community working together, and I'd like to extend my gratitude to the farmers that offered their resources and time to help."

Special Superintendent Jo Reay said: "I would like to say thank you to all the Specials who gave up their evening and presented themselves to help, providing urgent resilience, with many staying on into the early hours of the morning. The support was well received by local officers and showed the value the Special Constabulary adds to policing in Hertfordshire and keeping our communities safe."

For more information about the Special Constabulary, including how to apply, visit our website. If your employer registers with our Employer Supported Policing scheme, you could be eligible for paid or unpaid leave to carry out some of your Special duties. Find out more on the website or Email - ESP@herts.police.uk.

Reminder to remove all valuable items from vehicles

Drivers in Hertfordshire are being urged to remove all valuable items from cars and vans when leaving them unattended, following a recent spike in thefts from vehicles across the county.

During many of the offences, vehicles had been left unlocked or items of value had been left on display, including cash and laptops.

PCSO Chris Brabrook from Royston SNT, said: "We understand that theft of any property is upsetting for victims and is particularly frustrating when tools are stolen, as this has a huge effect on peoples' livelihoods. "We're determined to do all we can to stop it from happening and patrols have been increased in hotspot areas."

He continued: "Sadly, it takes just seconds for an opportunist thief to strike and even a few loose coins left on display can be enough to entice them. "With this in mind, we'd urge drivers to please review the security of their vehicles and ensure they aren't giving thieves the easy target they are looking for. "Take a few seconds to ensure your vehicles are fully locked and secured when leaving them unattended and remove all items from display, including loose coins, sunglasses, clothing and bags. Ideally, items should also be removed from the boot. "Wherever possible, try not to keep tools in vans, especially overnight. I fully appreciate it's not always easy or convenient to remove them, but it's the best way to keep them more secure. If removing them is really not an option, you could also consider installing a good quality tool safe and additional locks, to add an extra level of protection."

If you witness any suspicious activity taking place around vehicles, please call 999 straightaway.

Your local Neighbourhood Police Teams website

<http://snt.herts.police.uk/Teams.aspx?TeamID=G01>

Useful Links

<http://www.herts.police.uk/>

<http://www.doglost.co.uk/>

<http://www.stolenhorseregister.com/>

Royston Rural Neighbourhood Team Tel – 01438 757935

Church Services For September

Sun 3rd Sep	09.15	Family Service	St Nicholas, Hinxworth
Sun 3rd Sep	10.45	Special Pet Service	St Mary's, Ashwell
Sun 10th Sep	09.15	Holy Communion	St Nicholas, Hinxworth
Sun 17th Sep	09.15	Holy Communion	St Nicholas, Hinxworth
Sun 30th Sep	09.15	Service of the Word	St Nicholas, Hinxworth
Sun 30th Sep	09.30	BCP Communion	St Vincents, Newnham

Every Wednesday afternoon at 4pm we have a gentle Evening Prayer service at St Nicholas, lasting about 15 minutes.

Harvest Festival

Advance notice: Harvest Festival at St George's Edworth at 10am on Sunday 8th October and at St Vincent's Newnham at 4:30pm.

Hinxworth & Edworth WI Update

I do hope everyone had a lovely August. September is nearly here and so is our next WI meeting - the 14th Sept in the village hall at the usual time of 7.30pm. It will be great to catch up with everyone. Potential new members - we are a lovely group of ladies and you are guaranteed a warm welcome so do please come a join us for one of our meetings at the village hall. We start at 7.30pm and the meetings generally finish about 9.30. For further details contact our President Anki . Her email is ankiandchris@live.co.uk

Chrisi Hook

Community Lunch

Hello everyone - hope you all had a lovely August and some great holidays. We are settling back into our routines again now and so the next Community Lunch will be on Friday 15 Sept 12.30 - 2pm. We are going for another ploughman's lunch in September and then changing to soup for the winter months. So looking forward to seeing everyone again on the 15th.

Chrisi Hook

COMMUNITY LUNCH
HINXWORTH & EDWORTH VILLAGE HALL
Friday 8th September



£4

Price includes selection of homemade soups, breads & desserts plus tea / coffee

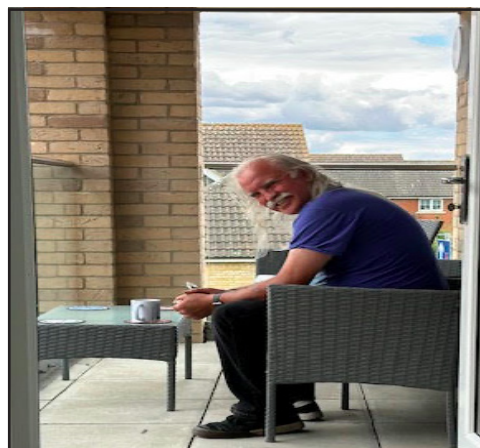
Ashwell Book Sale

The 23rd Ashwell Book Weekend at St Mary's Church Ashwell - Saturday 7 th October 10.00am-5.00pm and Sunday 8 th October 1.30pm-4.30pm. Entrance £1.00, children under 16 free. A great selection of second-hand books to browse and buy for children and adults, both fiction and non-fiction. Tea, coffee and home-made cakes available. Money raised goes to the St Mary's Restoration Fund.



Goodbye Hinxworth

After twenty three very happy years (and fifteen for Jack) we would like to say a really big 'Thank You' to Hinxworth, it has been a most interesting journey living here finding so many cherished friends who have always been happy to help us whenever needed.



Picture above, Jack enjoying Chamomile Gardens

We would especially like to mention Yvonne who we met first, introducing us to villagers at the WI. Also to Ed, Jerry and Libby, Viv and Geoff, Annette and Patrick (our ever helpful neighbours), Ruby and Pauline, Marion, Audrey and Gerald. Most of all my biggest "Thank You" is to Elaine Watler "Lenni", she has been the best friend we could have asked for. We already miss her like crazy. We are now settled into our amazing apartment in Chamomile Gardens, meeting lots of new people. We would very much welcome visitors, just email us and we will knock up some cakes!

Brenda Smith

What's On at The Three Horseshoes?

We have some great events taking place in September.....book early to avoid disappointment!

20th September Quiz Night - Every third Wednesday of the month	24th September Three Horseshoes Car Show
30th September Guest Chef Night - with Mucca Cambridge	

