

# THE VILLAGE HUG



Connecting Community Creatively

Issue 8 – 5<sup>th</sup> June 2020

*“Peace I leave with you; my peace I give you.  
I do not give to you as the world gives. Do not let  
your hearts be troubled and do not be afraid.”  
John Chapter 14, Verse 27*

**The Village Hug is a weekly newsletter created by the young folk of Torrance Parish Church as a gift to the people of Torrance during the Coronavirus Emergency.**

**Please pass on this PDF to others who may enjoy it and print it off for people not connected by email or Facebook (whilst taking the appropriate social distancing precautions of course).**

**If you have any ideas for future content then please contact us at [thevillagehug@gmail.com](mailto:thevillagehug@gmail.com)**

## INTERVIEW *with Alan Cameron*

I set up the Emma Cameron Foundation in 2011, shortly after my daughter Emma passed away from bone cancer while in her final year at Torrance Primary.

The charity was set up to support organisations who helped Emma when ill, provide support for young people with cancer and to provide an overnight caring service for young people with cancer.

Thanks to amazing support received by the charity, they have raised over £600,000.

A large proportion of the charity expenditure each year is on its “Sleep Tight” service. This is an at-home/overnight service run by CHAS. It was established following work between the Foundation, CHAS and Glasgow Children’s Hospital. It established at-home nursing support for end-of-life situations, which did not exist during Emma’s illness. CHAS now provide this service throughout Scotland.

During Emma’s illness she was helped with a real hair wig, received a trip to Lapland and to several meet-and-greet concerts to see her music and TV favourites. The Foundation continues to support those who provided these, amongst other caring bodies.

In the last few years, as Emma’s friends have had important exams and moved on to university, the Foundation has developed support, via the hospital social workers, for youngsters needing additional help with their education and studies, having suffered through their illness and treatment. Indeed, this type of support has continued into the current crisis where they have provided at-home exercise equipment for vulnerable kids who are unable to leave their homes. The educational support has been additionally funded by local youngsters taking part in the school’s YPI initiative, learning about charities and successfully winning funds for the Foundation!

Around half of the charity’s fundraising is achieved each year via the four events they host, a football quiz (just completed on-line in lockdown!), a Golf Day (scheduled for Balmore in August), a ceilidh at Oran Mor in October and a Ladies’ Night in the village.

The charity has been well supported locally through a range of activities including the Primary School, Girls’ Brigade, collecting can in The Rambler, Sweet Rosie Jewellery and the annual Jason Lyons Tribute Football match.

Having hosted a range of activities through the years, the Foundation has a small supply of cycling shirts, water bottles and running shirts which some may wish to buy if they’ve taken up these activities during lockdown!

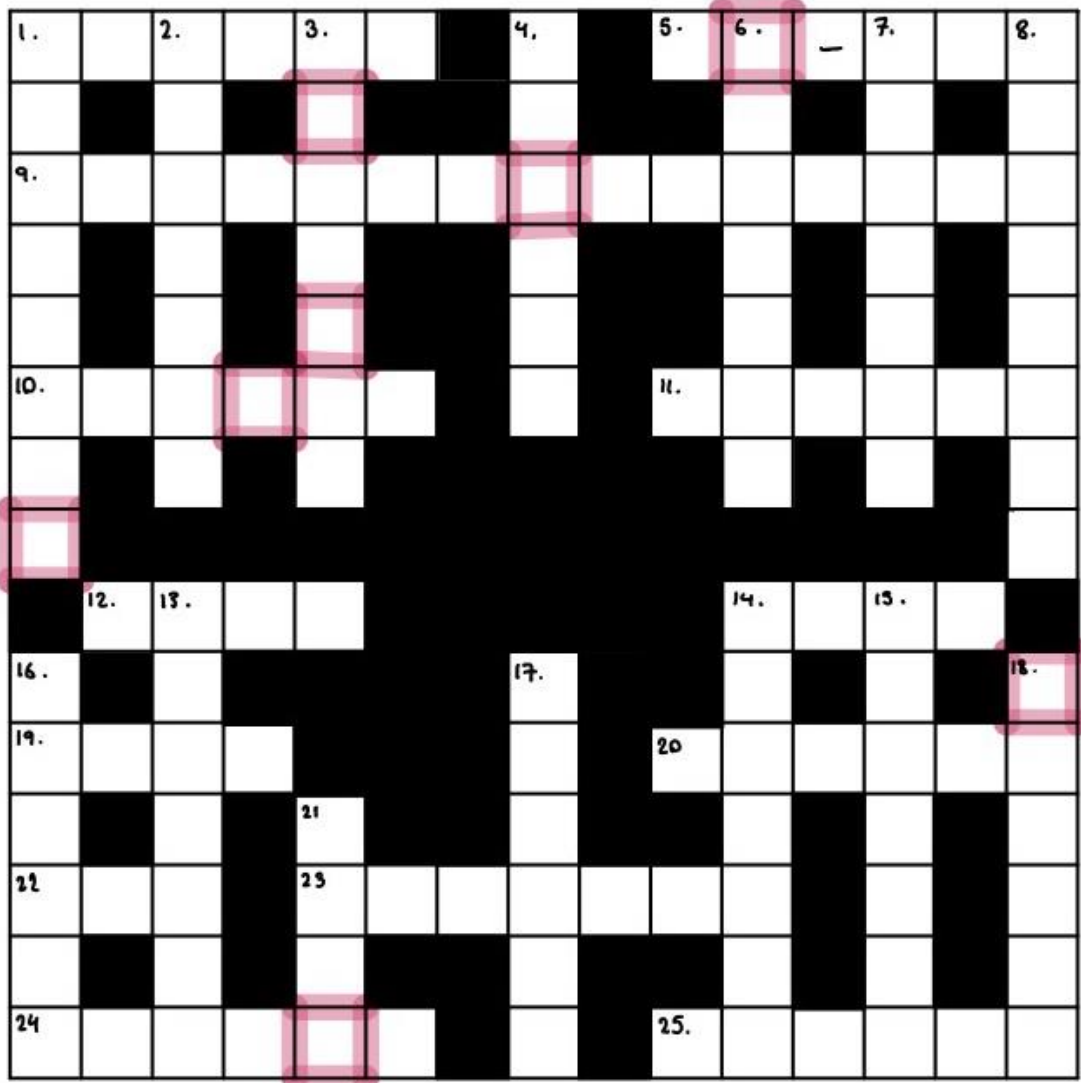
My elder daughter Rachel now helps me run the foundation.

**You can find out more at <http://www.emmacameronfoundation.org.uk/>**



## BLACK LIVES MATTER

Following the tragic events of the last week in the United States, we stand with our brothers and sisters around the world and ask that people give expression to Jesus' words: *'Blessed are the peacemakers, for they will be called children of God'*.



Complete the crossword, then rearrange the highlighted squares for the name of Nigel's favourite TV Show, first email to [thevillagehug@gmail.com](mailto:thevillagehug@gmail.com) wins!

**Across**

- 1) Number of varieties in a Quality Street Box as of last month (6)
- 5) Without previous preparation (2-3)
- 9) Board game with hexagonal game board (8,2,5)
- 10) Having a PH below 7 (6)
- 11) One of Jacobs sons (6)
- 12) 30th Book of the Bible (4)
- 14) Mountain range in Europe (4)
- 19) "Titanic" protagonists first name (4)
- 20) "Thank U Next" singers first name (6)
- 22) Day before (3)
- 23) The \_\_\_\_ of Torrance (7)
- 24) Dominic Cummings driving location (6)
- 25) Elon Musk's Starlink Missions Corporation (6)

**Down**

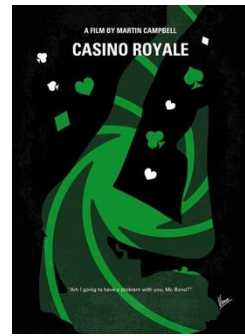
- 1) "Strictly Come Dancing" Presenter (4,4)
- 2) Country with "Tallinn" as capital (7)
- 3) Amy Winehouse hit song (7)
- 4) First name of pictured celebrity (6)
- 6) Periods of 10 years (7)
- 7) Beatle hit song (3,2,2)
- 8) Coloured handkerchiefs (8)
- 13) Come again? (7)
- 14) Apple device sending feature (7)
- 15) A malleable synthetic organic compound (7)
- 16) Complete the Toy Story hit song "You've got a \_\_\_\_ in me" (6)
- 17) Surname of pictured celebrity (6)
- 18) 1999 Keanu Reeves movie "The \_\_\_\_" (6)
- 21) Operatic Song (4)



**Casino Royale – Cert 12A – ITV, 20:30 – Saturday 6th June**

This is Daniel Craig’s strongest performance as James Bond, and he has the charm and acting chops to prove it. This is a more ruthless Bond than we’re previously used to seeing; he tends to shoot first and ask questions later, which creates an interesting dynamic between himself and Judy Dench’s M. The film’s villain, Le Chiffre, played by Mads Mikkelsen is one of the strongest Bond villains to date, making him the perfect match for 007.

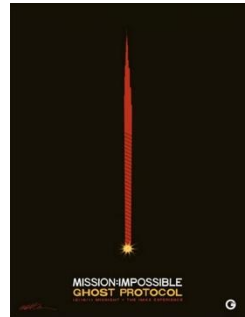
4/5 Village Hugs



**Mission Impossible: Ghost Protocol – Cert 12 – E4, 21:00 – Saturday 6th June**

Birds’ only live action film, *Mission Impossible: Ghost Protocol* feels like a fresh entry to the series despite being the fourth film in the franchise. Tom Cruise gives a strong performance as Ethan Hunt, who, unlike Bond, is all about the mission. The film’s most thrilling sequence is the Burj Khalifa scene, where Cruise scales the side of Dubai’s tallest building (which was filmed practically). Although the plot is a bit cliché, the film makes up for it with its thrilling action set pieces.

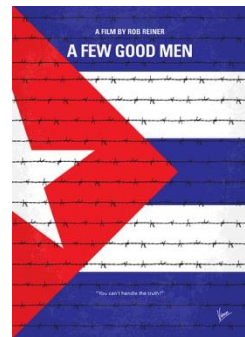
4/5 Village Hugs



**A Few Good Men – Cert PG – Star 5, 21:00 – Sunday 7th June**

Another Tom Cruise classic, this time round Cruise plays a military lawyer trying to prove the innocence of the Marines who are accused of murder. Jack Nicholson also gives one of his best performance as Col. Nathan R. Jessop, topped off with the iconic, “you can’t handle the truth!” line, which is now solidified in cinema history as one of the greatest lines of dialogue ever written. The film is riveting, emotional and keeps you on the edge of your seat during the court room scenes, which some younger viewers may find harder to follow, but that doesn’t stop this film from gaining its place as one of the greatest motion pictures ever made.

5/5 Village Hugs



**LOCK DOWN LAUGHS**

“Rainbow in the window you say...?”



David QC  
@DavidMuttering

I’m trying to work out an easy way to convert the 2 metre social distancing rule into imperial measurements, but it’s just a bit more than I can fathom.

Romain Revert  
@romainrevert

Due to less air pollution the sky is so clear ! I can see the Universal logo !



## Skulls & Roses

This is a great bluffing game for 3 to 6 players which can be played with an ordinary deck of cards. Give everyone a hand of four cards (three number cards and one face card (Jack, Queen or King)). Then, everyone chooses a card and plays it face down in front of them.

Starting with the First Player (the youngest person for the purposes of the first round) and moving clockwise, either add another card from your hand face down on top of the one(s) you have already played – or issue a challenge!

Once someone issues a challenge, no more cards can be played in this round. The player issuing a challenge specifies a number of cards they say they can turn over, without revealing a face card. Then, proceeding clockwise again, the other players can try to out-bid them. So, if the original player issuing the challenge says they can turn over five cards without revealing a face card, then the next player would have to say six or more, or pass. Obviously, you cannot bid more than the number of cards which have been played that round.

Then, the highest bidder starts turning over cards, starting with all of their own played cards, from top to bottom, and then – in any order – any of the other cards played this round by other players. You cannot turn over a card if there is another card on top of it.

If the player successfully turns over the number of cards they said they could without revealing a face card – they win the round! However, if they turn over a face card, then the round stops there, and they lose one of their four cards (selected randomly by the player whose face card they just turned over).

This is where the bluffing and the fun really comes to life! I just said I could turn over six cards without revealing a face card. So, all of my cards must be safe for someone else to turn over. So, maybe you should bid seven? Or, maybe I'm bluffing and you should pass, leaving me to turn over the face card (or "skull") in my own pile of cards?

You then start again by gathering all of your cards into your hand, and all players playing a card face down in front of them. The player who was turning cards over in the last round is the First Player in the next.

You win the game by winning two rounds. If you lose all four of your cards, you are out! If you are the last player still in, you also win the game!

## PRAYER OF THE WEEK

Please join us as we pray each week for the needs of our Village.  
This week we are praying about "unemployment":-

### ***"Dear Lord***

*We pray for those facing challenges and uncertainty around employment.*

*Give hope to those who are furloughed, redeployed, self-employed and unemployed.*

*Give peace and patience to those working from home juggling childcare, home schooling and technology.*

*Give comfort and provision to those facing financial hardship and poverty.*

*Thank you, Lord, that you know the plans you have for each one of us. Plans to prosper us and give us a future and a hope.*

### ***Amen"***

Are you in need of help, prayer, to be listened to in confidence?

Please don't hesitate to contact the following number by phone call, WhatsApp or text:

**07788 797238**

This is a dedicated phone number, used only by the Prayer Ministry Team.



## ECO COMMITTEE – GROW YOUR OWN FOOD!

Some of you may be attempting to build the amazing plant trough from Issue 7 of The Village Hug. You could consider growing food in it rather than flowers!

Growing your own food can save you money, reduce the carbon footprint of your shopping basket and give you the freshest of ingredients.

A good starting point would be growing your own salad leaves. A packet of lettuce seeds could produce as many as 16 bags of salad. Saving you around £24. Many types of salad leaves can be harvested as quickly as 3 weeks after sowing.

Other seeds and plants that grow well in Scotland without a greenhouse include: onions, carrots, potatoes, peas and courgettes.

You can pick up seeds at supermarkets, DIY shops or garden centres when there for other shopping. Or you can order seeds online to receive them through the post.

If you don't have a garden, you could grow herbs indoors on your window cill. You don't have to buy fancy seed trays – old ice cream or butter tubs can be adapted.

If you have space for pots, these work well at a window or outdoors.

In bigger gardens you could create a raised bed to accommodate larger numbers and varieties of plants.

You can also use this as a great way of teaching children about where their food comes from, healthy eating, sustainability and flavours.

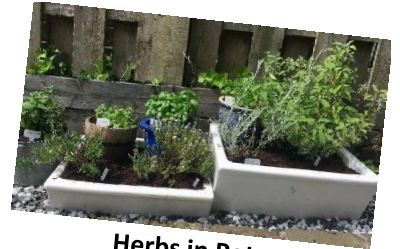
**Whatever your situation, enjoy the process of growing the plants and great flavours when eating them!**



Seeds



Window cill seedlings



Herbs in Pots



Vegetables in Raised Bed

## ECO COMMITTEE – KIDS NATURE CHALLENGE

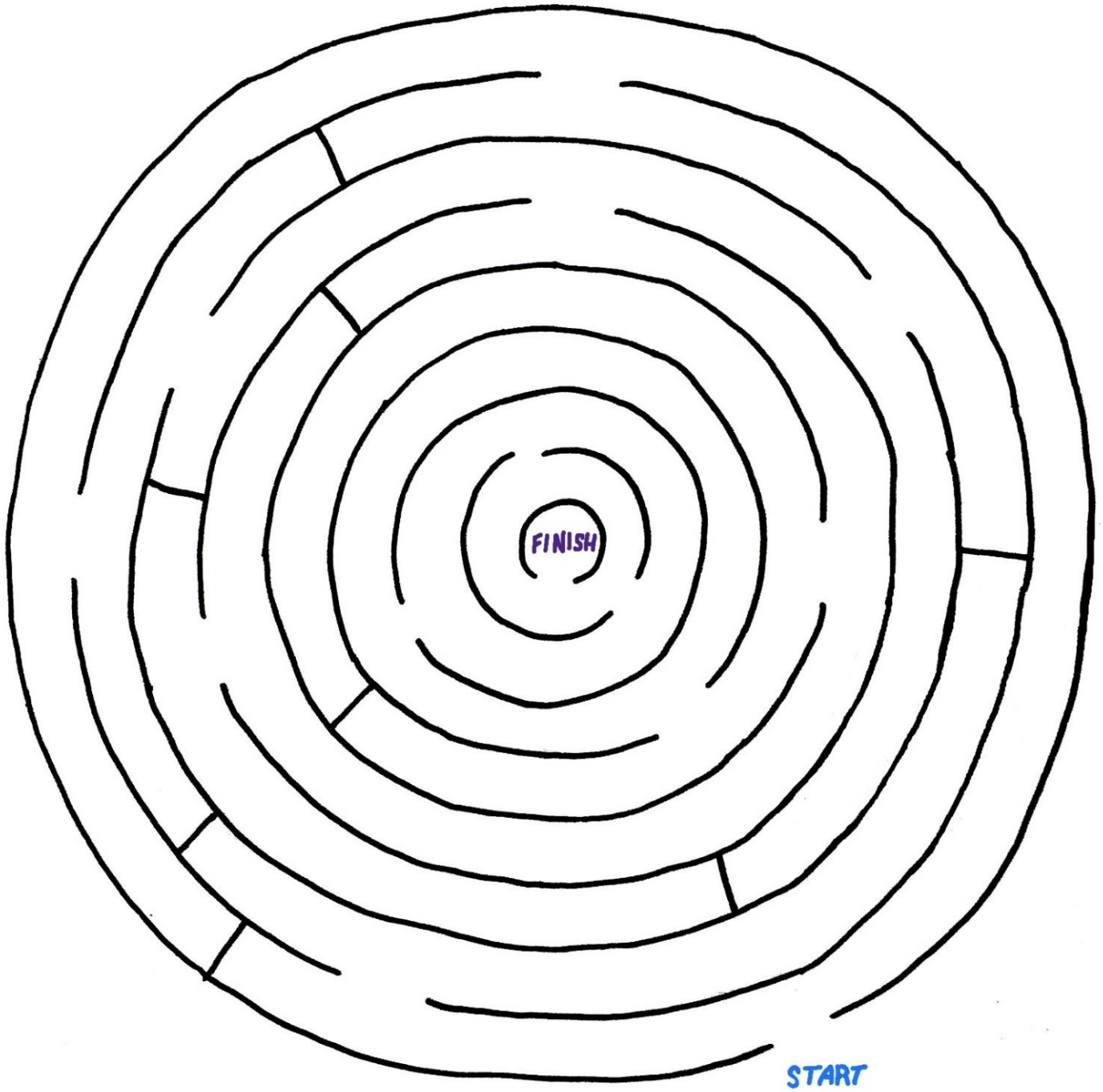
We challenge all nature lovers to find out two amazing nature facts and send them in to The Village Hug at [thevillagehug@gmail.com](mailto:thevillagehug@gmail.com)

Here's ours, as an example, about Blue Tits:

1. On average a blue tit lays between 10-12 eggs.
2. Each chick eats up to 100 caterpillars a day!

Now that is what we call full-on parenting!

Print this maze and then used coloured pens or pencils to find as many routes from the start to the finish as you can!



## Pop-up restaurant menu for 2 people.

During lockdown when we are trying to shop less, sometimes we are opening the fridge and wondering what we can cook. Let's use our imaginations and get creative. What follows is what three members of our household (aged 12, 15 and 17) came up with and served as a date night to the grown-ups.



### Starter - Oatcakes with toppings

You may not have the ingredients we had in your fridge, so use whatever you can find to create an interesting topping for your oat cakes.

We were delighted with caramelised onions with goats' cheese, and mushrooms.

### Main Course - Noodles

*Noodle Sauce Recipe*

*1 tablespoon sesame oil*

*1 tablespoon garlic oil*

*1 tablespoon soya sauce*

*2 tablespoons sweet chilli sauce*

*1 teaspoon peanut butter - (optional)*

Mix sauce ingredients together.

1. Chop a few handfuls of whatever vegetables you have in your fridge *eg* green beans, carrots, pepper, cabbage, mushrooms into small chunks and steam or boil for 2 mins.
  2. Cook noodles according to instructions on the packet.
  3. Mix together the sauce, vegetables and noodles.
- If you want you could fry up some prawns, small chunks of meat or Quorn to add to the dish.

### Dessert - Lemon Cheesecake

*110g digestives (or other sweet biscuits) crushed*

*50g butter*

1. Melt the butter in a pot and add the crushed biscuits.

2. Stir together and then press into the base of your dish (approximately 30cm diameter) and then chill in the fridge whilst making the filling.

*Tin of condensed milk*

*2 lemons*

*150g cream cheese*

1. Put the zest and juice of the 2 lemons in a bowl with the cream cheese and condensed milk and whisk together until fully combined.

2. Spread on the top of the biscuit base and chill for at least 2 hours before serving.

Now it's your turn! Be creative with what you've got in the fridge and then send in photos and recipes of your 'Ready, Steady, Cook' style dining: to [thevillagehug@gmail.com](mailto:thevillagehug@gmail.com)

For great tips, recipes and more check out <https://lovefoodhatewaste.com/>





# NEIGHBOURHOOD NOTE

As we get used to this first phase of relaxing out of lockdown many of us are enjoying a renewed sense of freedom. However, for some this is an anxious time especially if they are still 'shielding', or if their family live far away and are unable to visit under the current rules.

Given the above, now may be a good time to connect again with people in your street using the leaflets on this page or something similar. Fill them in then post them through people's doors. Always remember that social distancing guidelines are still in place.

## HELLO! These are difficult times...

My name is .....

I live at .....

My mobile number is.....

**Call or text me if I can help you in any way, or if you'd just like a friendly chat, or to be part of a street WhatsApp group.**

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*Here is a very easy, no-bake recipe for tasty chocolate truffles.*

**Ingredients:**

- 1 large pkt of digestive biscuits ( crushed )
- 100 g butter
- 4 tablespoons of drinking chocolate powder
- 1 tin of condensed milk
- Coconut or vermicelli

**Method:**

1. Melt the butter and mix with the condensed milk.
2. Mix in the drinking chocolate powder and crushed biscuits.
3. Roll into small balls and cover in coconut or vermicelli ( this is easier to do if you wet your hands first ).

**Do you have a great recipe worth sharing with the Village?**

-Send it to [thevillagehug@gmail.com](mailto:thevillagehug@gmail.com)



## SUNDAY SERVICE AT 10:30AM EVERY WEEK

During the Coronavirus Emergency you can listen to and watch the service using the Zoom webinar conferencing app. You'll be able to see the song words and the people leading the service. As a viewer you won't be visible on screen.

<https://zoom.us/j/462751387>

The Meeting ID is: 462 751 387.

**OFFICE** Email [office@tpc.org.uk](mailto:office@tpc.org.uk) Phone 01360 620 970  
Website <http://www.torranceparishchurch.org.uk/>



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