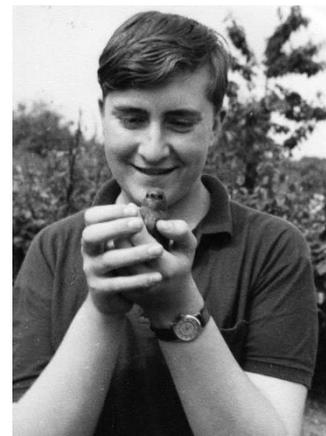




Colin's Blog

2nd June 2017



A change of mood, a touch of joy, putting the colour back into life, giving us new hope as we move closer to Summer.

Having been born and bred in Walthamstow (Essex as it was then), I have wonderful fond memories, as a child, living so close to the Waltham Forest part of Epping Forest, where just a short distance from home, I could be walking through a wonderful wildflower meadow (sadly long since gone). I Would be at peace with the world, looking in Orr at the wonders and colours around me.

Those childhood memories have stayed with me, and were the foundations of my life-long love and respect for nature, which I cherish, close to my heart.

As a caring human being, looking back at recent events, also hurts, deep down, and fills me with disbelief and sadness, which is why I have deliberately changed my mood, not to forget, but to think about the brighter side of life, the wonders of nature, that often go unnoticed as we go about our daily routines and lead our busy lives.

Spring sees the conception and birth of new life, from seeds, saplings, buds and splendour, into the wonder that we call 'Summer, when nature bursts with pride!'

It is a golden opportunity for us to go forward with new heart, and to explore ways through which, as a community, we can really make a difference.

One of many of my dear Mum's expressions, was '*Live in Hope and Die in Despair!*' but then she did live through two World wars, and got bombed out of her house three times, and also suffered with ill health for many years!

I live in hope, but, (health permitting), I'm determined not to die in despair, I intend to use my remaining years, in trying to 'Make a Difference,' through working towards 'Community Cohesion and encouraging others along the way.'

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LITTER WATCH - BITTER LITTER CAMPAIGN



Bag it, bin it or take it home, don't throw it into the bushes, hang it on branches, leave on verges, footpaths or in any areas where it poses a health risk to the public or animals, it is unsightly, foul and unacceptable.

Dogs smell it, roll in it, walk in it, even ingest it. And, oftentimes, pick up serious diseases from it. Animal faeces are one of the most common sources of the following diseases:

Parvo Virus is one of the deadliest diseases in the dog population, particularly among puppies. Gaining entry through the mouth, the virus attacks the digestive tract and kills cells that are critical in the absorption of *nutrients*. Severe fluid loss through diarrhoea and vomiting can lead to death. Parvo also temporarily affects a dog's *immune system*, and can lead to heart failure in some young dogs.

Whipworms are blood suckers, tunnelling into the wall of the intestine for their blood meals. Vomiting, diarrhoea, and weight loss are common symptoms, and in large numbers, these parasites can cause *anaemia*. Difficult to diagnose, they are even harder to eliminate because they are often present in very large numbers.

Hookworms are blood suckers, attaching to the intestinal wall where they suck plugs of the intestinal *tissue* into their mouth structures. Anaemia and/or intense *inflammation* can result. Hookworm infections can be passed to humans.

Roundworms (ascarids) can affect the lungs and the digestive system, with typical signs being vomiting and diarrhoea. Convulsions can occur with heavy infections and the disease can spread to humans.

Giardia are one-celled parasites that can cause diarrhoea in cats and dogs. Infection with Giardia is often difficult to diagnose and treat effectively.

Coccidia are also one-celled parasites that can cause diarrhoea, especially in puppies and kittens.

The best way to prevent these, and the many bacterial infections dogs can acquire from stools, is to remove faeces at least weekly (more often if possible) and keep current on your dog's vaccinations, faecal examinations, and deworming. Also pick up waste before a rain which breaks up or scatters the faeces and allows the worms or germs to spread into the environment.

<http://www.peteducation.com/article.cfm?c=2+2095&aid=815>

Like many of my readers, I get extremely annoyed when I walk in both rural and urban areas and see the indiscriminated discarding of dog poo bags, where they have been dumped without thought by irresponsible dog owners or dog walkers.



This is a message sent via Neighbourhood Watch. This information has been sent on behalf of Action Fraud (National Fraud Intelligence Bureau)



Action Fraud (Action Fraud, Administrator, National)

Smishing – the term used for SMS phishing – is an activity which enables criminals to steal victims' money or identity, or both, as a result of a response to a text message. Smishing uses your mobile phone (either a smartphone or traditional non-internet connected handset) to manipulate innocent people into taking various actions which can lead to being defrauded.

The National Fraud Intelligence Bureau has received information that fraudsters are targeting victims via text message, purporting to be from their credit card provider, stating a transaction has been approved on their credit card.

The text message further states to confirm if the transaction is genuine by replying 'Y' for Yes or 'N' for No.

Through this method the fraudster would receive confirmation of the victim's active telephone number and would be able to engage further by asking for the victim's credit card details, CVV number (the three digits on the back of your bank card) and/or other personal information.

Protect yourself:

- Always check the validity of the text message by contacting your credit card provider through the number provided at the back of the card or on the credit card/bank statement.
- Beware of cold calls purporting to be from banks and/or credit card providers.
- If the phone call from the bank seems suspicious, hang up the phone and wait for 10 minutes before calling the bank back. Again, refer to the number at the back of the card or on the bank statement in order to contact your bank.
- If you have been a victim of fraud or cyber-crime, please report it to Action Fraud at <http://www.actionfraud.police.uk/> or alternatively by calling 0300 123 2040

FROM ONE OF MY READERS: "I received a phone call saying that i have over paid on my National Insurance contributions and I was due a refund , went question the caller hang up, I am over 65 so don't pay NI contributions anymore, sounds like a scam to me." **INDEED IT IS – DON'T BE FOOLED!**

IT'S OFFICIAL 'THE SILLY SEASON IS HERE!'

Have you heard the one about the Met recruiting graduates straight into their CID without the usual 2 years training and probation?

Most experienced Police Officers, especially those of us who have retired, will pour scorn on the idea, knowing that you need the basic training as a Police Constable on the beat, to get the correct amount of training and experience, before you can be sufficiently qualified to enter such a role, and anyone who tells you different must, in my personal opinion, be out of touch with the real world, or indeed, 'lost the plot.'

I have many good friends and ex colleagues who have degrees, so, I am not knocking everyone who has a degree, however it is a well-known fact that some people who may be highly educated, often lack the basic elements of 'common sense, which of course, is the most important ingredient that makes a good Police Officer!'

Then there's the one about the CPS who, despite having a great deal of time to consider the facts, has, in my view, inappropriately, just decided to announce that they are prosecuting an MP over an expenses case which came to light after the last election. One might say 'interesting timing'. Obviously they didn't consider the media fallout, or did they? We will probably never know!

I have no allegiance to any party, and, although I try to follow all the debates and reterick, much seems to have degenerated into something of a 'Brian Rix Farce!' Perhaps that is not fair to Brian Rix, who, in my opinion, was brilliant, and I couldn't honestly say the same about any of the debates that I have heard, some of which seem to have degenerated into utter mayhem!

Let's hope that an element of sanity and stability returns next Friday! However, I won't hold my breath, or indeed, count my chickens!

The Burglary Hotspots didn't appear until late yesterday afternoon, whilst I was travelling home after a fantastic week with my family on holiday in very sunny Norfolk, where, I was savouring the joys of retirement! More about that next week.

Talking of sunny weather, as is often the case, this seems to lead to the spread of ' Motorists IDS,' (To those of you new to my blog, that's *Indicator Deficiency Syndrome*). In a way, I was somewhat reassured to find that the syndrome, is also rampant in Cambridgeshire, Suffolk and Norfolk! Motorists don't seem to realise that not everyone has a crystal ball, or the ability to read the minds of other road users!

That's it for now!

Colin



NEIGHBOURHOOD MATTERS

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THE ESSENCE OF COMMUNITY COHESION THROUGHOUT ESSEX

Trustee Essex County NhW Association. Member & Database controller of Epping Forest, Brentwood and Harlow NhW Committees. Member of the Board of Advisors of London Community Watch.