

NEWS & VIEWS

August 2020

The One Where The Pubs Re-open!



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Normanton on Cliffe, Carlton Scroop, Sudbrook,
Hough on the Hill, Brandon & Gelston

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at home

Home Delivery & Take Away Menu

Tuesday - Saturday 5pm - 8pm and Sunday 12pm - 6pm

Please call us anytime to place your order to ensure delivery on 01400 272632

Starters

Duo of smoked salmon – Oak smoked salmon, smoked salmon & lemon paté with citrus horseradish cream & garlic crostini - £7.00

Homemade soup of the day with olive & herb bread - £5.00

Classic prawn cocktail - £5.50

Chicken Caesar salad - £5.50

Mains

Beer battered haddock fillet, twice cooked chips, mushy or garden peas, house salad - £10.00

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Vegan option available - £10.00

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Delivery Area £2

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-Gelston

-Carlton Scroop

-Brandon

-Normanton

-PFI

-PGL



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**Distributed to all homes in Caythorpe, Frieston, Normanton on Cliffe, Carlton Scroop, Sudbrook,
Hough on the Hill, Gelston & Brandon**

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General Information



THE POST OFFICE



Spar Shop Team - Photo Courtesy of Richard Hall

Caythorpe Surgery: 01400 272215 / Disp 272770

Ancaster Surgery: 01400 230226 / Disp 231204

	Reception	Dispensary
Caythorpe		
Monday	08:30 - 18:30	08:30 - 18:00
Tuesday	08:30 - 18:00	08:30 - 18:00
Wednesday	08:30 - 18:30	08:30 - 18:00
Thursday	08:30 - 18:00	08:30 - 18:00
Friday	08:30 - 18:00	08:30 - 18:00
Ancaster		
Monday	08:00 - 18:00	08:30 - 18:00
Tuesday	08:00 - 20:30	08:30 - 20:30
Wednesday	08:00 - 17:30	08:30 - 17:30
Thursday	08:00 - 18:30	08:30 - 18:00
Friday	08:00 - 18:30	08:30 - 18:00



Spar Shop/Post Office Opening Hours

Spar Shop Opening Hours

Mon - Sun 07:00 - 21:00

Post Office Opening Hours

Mon - Fri 09:00 - 16:30

Sat 09:00 - 12:00

Defibrillator Locations

Brandon	Telephone Kiosk on corner of Church Lane & Hough Lane
Carlton Scroop	Charity Street on Wall before Golf Club Entrance
Caythorpe	Village Hall / Hammond Pavilion / Old Chapel, Chapel Lane
Frieston	CURRENTLY OUT OF USE
Gelston	Village Green in telephone Kiosk
Hough	Telephone Kiosk on High Street, opposite Church
Normanton	Telephone Kiosk, Main Road
Sudbrook	Telephone Kiosk

PRESCRIPTION COLLECTION

We have introduced measures such as asking patients to attend the surgery wearing a face covering, fitting new screens to our dispensary counters and ensuring that staff assisting patients at the counter are wearing face masks.

We believe that these measures mean it is safe for patients to return to collecting their prescriptions within the surgery. The car-park collection service ceased at Ancaster from Monday 22nd June and at Caythorpe on Monday 29th June.

Patients will receive a text message to inform them when their prescription is ready to collect and we ask that you wear a face covering when collecting and maintain the usual 2m social distancing.

As ever we would like to take this opportunity to thank you for the amazing support you have shown to the Practice and staff.

Mobile Library Bus Service

Please check with Lincolnshire County Council for details.

Telephone:
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N&V EDITORIAL

August 2020



It's all becoming a bit like Big Brother in our house now with Lockdown....I'm expecting a jovial Geordie voice to start narrating at any moment..."Day 3745 in the N&V Lockdown House...Yet more banana bread has been baked and if Dad has to eat anymore of it he will go mad. The youngest members no longer have any idea on the concept of 'mornings'..."

At least we are now starting to get back to some semblance of normal, for instance, our two fantastic Caythorpe pubs have re- opened once more, see their new adverts for details!

More and more shops are now able to open, please see our guide on face masks below! It does make me laugh seeing people wearing them below their noses though, it's a bit like that trend of wearing your trousers halfway down your behind and we all know how ridiculous that looks! Leisure centres and gyms are going to re-open too, so I can return to my pre-lockdown activity levels and still not go to them! I prefer a good walk and we certainly have lots of fantastic walks in our lovely part of Lincolnshire, with plenty of variety to get your step count up and burn off that 17th slice of banana bread!

Until next month, Stay Safe - Pete & Laura

Face Masks - Think of them as your Underpants!



1. Do not touch or adjust them in public!
2. Do not borrow or lend!
3. Make sure the fit is tight but comfortable.
4. Make sure it is cleaned at least daily.
5. Wear them the right side out.
6. If it is stained, throw it away!
7. If it gets damp, change it!
8. Most Importantly - DON'T go Commando!

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All Correspondence To: editorsnewsandviews@gmail.com



Over the past few weeks, we have become increasingly aware of people knocking on the doors of our village residence and asking if they required any work to be done. On a couple of occasions they have either charged an excessive amount, or the workmanship has not been up to standard. So this is just a little reminder to everyone that if people do come knocking at your door, trying to sell you their services, please ask them for identification, check their identification thoroughly i.e. if there is a telephone number call it or if there is a website have a look at it, if they're genuine they won't mind and it will put you at peace of mind

Quite often they say they have spotted a defect with your roof, your fence, your garden wall or they just want to carry out gardening or tree pruning work, as they see your garden has a lot of weeds or the trees are overgrown and any other handyman jobs. The general rule of thumb is though, if the price sounds to be too good to be true, that's because generally it is. There is no such bargain and some of the misleading tricks that they use, such as with my own father, who need His drive resurfacing, firstly they quoted him to do it for £50! But when it came to the payment they told him he must have misunderstood it was £50 a square metre! Secondly instead of re-surfacing his drive all they did was pour pitch on his drive and then mix it with sharp sand and spread it about with a brush, so no proper resurfacing. Unfortunately he paid them a couple of thousand pounds as they requested, at 87 he was a little confused and I think a bit scared of them.



Likewise, when they see defects on your roof, quite often they'll say the ridge tiles need pointing up, they take a bucket of cement up with them a trowel and a paintbrush and what they do is just paint cement onto the existing rendering of the ridge tiles and eaves which makes it look like they've had new cement put in between the joints but really it's just new cement painted on and

does look like new replacement until the rain washes it off by which time they've long gone, so be careful. Sometimes they say there is a lot of Moss on your roof which can cause damage, they ask if you want them to brush the moss off your roof and put a weatherproof coating on the tiles. Again make sure it's a genuine product, they may say they have some of the product leftover from another job so they will do it cheaper, then when they come to collect the money, they tell you that they run out of the product had to travel some miles to fetch



more and want to charge you for two or three more cans of the product and the journey to fetch it!

If they offer to get rid of your waste rubbish, garden rubbish please be careful. They should have a licence to dispose of the waste, ask to see it, photograph it, if you don't and the waste is fly tipped and traced back to you it is you who will receive the fine and court summons. The trades person will be long gone! Take a vehicle registration number, if you can get one, or a photo of the vehicle showing its registration number. If they show you a licence photograph it, so you have evidence that you asked and they showed you a licence, it could be your defence, if they do fly tip your waste.

Make sure before you employ anybody that you agree the rate you're going to pay them i.e. £10 an hour (this is a reasonable rate to pay for a non-qualified person), £15 an hour or £20 an hour, so that when they finished and say they spent six hours working for you then request you pay them a large sum of money you can fairly say that the agreement was, £10 an hour so that is £60. If you're in doubt or they get heavy handed, call the police on 101 and inform them what has happened, if you are threatened by any of these workmen call the police on 999 and they will be there to protect you.

Unfortunately in this day and age you have to be careful and not just accept the first offer is that come to your doorstep, normally a good tradesperson will have a waiting list of people on their books and wouldn't be able to come to you immediately, so if they're knocking at your door looking for work it may be an indication that their work isn't up to standard, but at the end of the day it will be for you to determine. So please take care, stay safe and do not let anybody in your house that you don't know, never let them cross your doorstep, especially if there is two of them, don't give them access to your house and make sure that the other doors are locked, so that one isn't distracting you at your doorway talking whilst the other one is going through your back door and your personal possessions in your house, please be aware at all times.

Remember be on your guard.

Kind Regards

Neil Fritzsche - Chairman CFPC - 07001598052





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Caythorpe Pre-school

We have reached that time of year again when we say goodbye to our Pre-school children. The end of a year that we have never seen the likes of before and hope that we will not see again.

Those children who returned to Pre-school deserve huge praise and pride for the way in which they have adapted to our new routines and procedures. They have coped brilliantly and I know they have been really happy to see their friends and socialise again. For those children who have been unable to return I am sure in September, they will experience the same and manage to settle into reception with their new teacher Mrs Riches.

Please continue during the summer break to share stories with your children, look at shapes, space and measures and provide lots of mark making opportunities.



We handed out our traditional gift of a PE bag which children will keep with them throughout their time at big school.

The children have been learning Makaton signs which they used along with their lovely voices to sing songs to their parents and Carers on the last day. Thank you to parents who have supported us throughout the year especially those who are part of our Committee.

Thank you to parents and Carers for your support and co-operation in following our new rules and regulations during this unprecedented time. We are always looking for new members to join our friendly Committee to replace

those who leave as their children move to school. As always we will miss our Pre-school children some of whom have been with us for a very long time.

We hope we have gone some way to prepare them for their next step on their School journey. We wish them lots of happiness and fun for the future and will no doubt see them over the fence!!

Please note although we are closed during the summer holidays enquiries to Pre-school can be made by emailing caythorpepreschool@googlemail.com

Wishing you all a happy and safe summer. We look forward to welcoming back our existing children and new starters in the September term!

Debbie Pinfold - Pre-school Leader



Lockdown - Week 9



Horror of horrors I've gained weight! How did that happen? I suppose making fudge didn't help...well I had to taste it didn't I? I bet there are loads of us who have blanched at the scales recently. So easy to put on, so damned hard to get off! Food is such a comfort! I will set my mind to it and make an attempt to lose it before I see my family again. Those of you who have marched enthusiastically on long walks have no doubt lost a few pounds. If you have,

well done you! Me, I have been on my static cycle but obviously not long enough to counteract the intake of too many calories. I know exactly what to do. I have been on every diet imaginable for years. So it doesn't matter what formula you follow the same principle works a treat. Stop eating food you know you shouldn't but generally love and be content with being miserable! I can hear that second, wicked person in my head saying, "You know you won't stick to this diet don't you?". I wish the first me, whom I like the better, was a stronger individual.

So Boris is appealing to the good sense of mankind and the Scottish lady, whose name escapes me, wants to keep her lot hidden away. The trouble with enforced isolation is that it makes the restless want to roam and roam they will, regardless of others. Isolation works but we can't continue like that for ever, we have to inch carefully forward, slamming on the brakes if it gets out of hand, then inch forward again.

My family on the IOW, along with the rest of the community, are 'guinea pigs' for the rest of us and have found it quite an interesting exercise. They have to tap in their symptoms, if any, (fortunately none for the family so far) and then wait to be alerted if they are near to anyone who has. I should imagine Fiona will leap sky high if her app starts a warning bleep!! Sensibly, to date, daughter had forbidden her family from going out to do the shopping as she couldn't trust them to keep the relevant distance away from the populace. She took on that task herself. There were occasions when she couldn't complete her shopping because people wouldn't keep out of the way, despite one way systems and the like. One day she flew, verbally, at one individual who had obviously either lost her concentration or lost her way in the maze of guiding tape or arrows on the floor and got far too close for daughter's comfort. The person concerned apologetically faded back out of her space.

I would have reacted in much the same way. It is such a frightening thing this virus and we still have no idea how it is going to develop. The word 'mutate' has taken on quite an evil connotation. Hopefully the use of this app will help matters and if it proves successful on the IOW then it will be available to all; if you possess a smart phone that is.

I listened to a female Doctor discussing the pros and cons of the app. which she explained exceptionally well. She was also asked why she thought women did not suffer from Covid19 as badly as men. She said that it was the level of oestrogen in pre-menopausal women and those on HRT who appeared not to succumb too seriously. Well, that's me on the slippery slope then!

Last week we had a great, group quiz session on Sunday afternoon. It was created by

eldest grandson Dan who turned up in a superb dinner jacket, white shirt and bow tie as the host for the occasion. His dad asked him whether, if instead of trousers, he had on just his boxer shorts? Straight after that question my picture froze and a minute or two later, when all was resumed, Dan had sat down again and I missed the vision he'd apparently presented. He wouldn't do it again! Shame!! Surely he didn't think he'd shock his grandmother? It was so lovely to see everyone. Little Olivia did an impromptu party piece interrupting her Daddy which caused great amusement. It was quite a hard quiz too. My general knowledge is abysmal and my sports knowledge almost non-existent! Andy's turn next week so I'd better swot up on Mountains, Battles, Wildlife ,Rugby and anything else I know he's interested in!!

That sweet little girl still waves. Her mum and dad were in a bit of a hurry today so she reluctantly had to get her little bike to go faster. I do hope they don't feel uncomfortable that their little treasure insists on waving to this grey haired old lady in a far distant window. She gives so much pleasure and warms this old lady's heart.

Fiona sent me a lovely video of the Solent recently. One sole cargo ship, heaped with containers, slowly turning to make its way into Southampton. So quiet one could hear the gentle throb of its engines. No other vessel in sight. Beautiful but eerie. Another beautiful but eerie sight to me were the wonderful Red Arrows zooming across a blue sky above a quiet London on the Anniversary of VE day, their red white and blue smoke trails spewing out behind. Below them, the almost empty streets where 75 years ago thousands thronged. AND the Queen's speech! Isn't she magnificent? More tears from yours truly!

Recently I received a lovely long letter from my granddaughter. My Grandchildren have always been excellent at thanking me for gifts, be it birthday or Christmas or for some congratulation for a task well done. Usually short letters and I can almost hear them sigh, 'Phew, that's duty done then!' But this was a genuinely spontaneous, thoughtful letter and I was quite moved by it. It is the first time I have received such a long letter from any of my young offspring. She said, "I know we text often but there is something special about a letter isn't there?" There is. It is personal, has taken some thought and even the physical act of putting a stamp on the envelope and walking the dog, so that the letter can be popped in the letter box, shows the care it has taken. So thank you Laura. It makes one feel valued.

My daughter wrote lovely letters from Australia and Jessica, my other granddaughter writes beautifully for she and George! The fellas, not so much, although they text quite happily. My son was a terror for non-communication when he was in the Army. We never knew where he was, whether almost losing his life (High Altitude Pulmonary Oedema) on Mount McKinley, in Alaska; directing his Challenger tanks in the Gulf War, throwing himself out of aircraft over the icy wastes of Canada; patrolling dark and dangerous areas of Bosnia. All this came out much later, generally after downing a bottle of red!! He's led a dangerous life and loved every minute of it BUT I worried of course, as mother's do.... and Sue, his wife, her patience and fortitude during those dangerous times, never ceased to amaze me.

So yes, letters are an old fashioned, delightful and comforting form of communication and it is so good to see that this particular member of the younger generation values that.

My chiropodist called to see if it would be ok to visit .She assured me she would be rigged out in her protective gear so of course I said yes, particularly as my toenails were in dire need of attention. She arrived duly masked and gloved and did a great job as usual, wiping handles as she came in and the same on exit. This it seems is going to be the norm. Earlier, my cleaner

rang to ask if she could return next week and also assured me she would be masked and gloved. The media say we will have to get used to a new normal. If it means my toe nails and house cleaning are done, it can't come soon enough.

During weeks six and seven I began to get really fed up with food, in fact meals were becoming a problem. Making myself meals was a chore. I was bored with the usual and began just grazing. A bag of crisps here, a handful of nuts there, a foray into a packet of biscuits, gazing despondently into an empty cake tin. Perhaps a banana? I didn't really want to cook. Not good for weight nor state of mind. In truth, I really couldn't be bothered. My daughter picked up on this and began asking me every day what I had eaten. Then she threw in the odd suggestion. 'How about?' Her sentences began so I knew she was endeavouring to steer me in the right direction. Her ideas were good. Simple stuff with marinades of this and that which awoke my taste buds. I am back on track now and eating not only sensibly but with enjoyment. I just needed a push in the right direction. Stir fries, with slices of cooked beef marinated in lime and chilli dressing? Soy sauce and a handful of cashew nuts? Delicious. I just needed to get out of my rut and be more creative! For a while there I was allowing the present situation to cloud my usual positivity. Fiona is now inching in sly questions re-exercise! "Have you cycled today Mum?" (Do you think, as I do, that my general health is becoming a priority?) Andy also begins his conversation with, "How are you today Mum? What are you having for tea?" (Are my two children in league?) Grandson Dan in Portishead calls out, "Are you keeping up the cycling Nanny?" Grandson George asks his Mum, "Is Grandma interacting with anyone today?" It's odd isn't it how roles change. We spend years guiding our cherished offspring regarding their diet, their exercise, their interests when suddenly it is turn-about and we suddenly become their 'children' and answer questions, somewhat grudgingly at times, just as they did. It's lovely to be thought about with such concern. I was always cherished by Peter and it seems that our offspring have inherited his kindness. It is also my good fortune that they have each married a person, Nick and Sue, who treat me with the same consideration and thoughtfulness. So lucky.

I mentioned Wyndham Park with its unheated, outdoor swimming pool in one of my Blogs. That seemed to jog a few memories as it certainly did my own. I can still hear that exciting noise when you approached the entrance, echoing sounds of water splashing and squeals of happy voices. The pervading smell of chlorine which lingered on the skin for ages afterwards. The plop of raindrops on the hazy blue water, when we swam regardless of the weather. The black board propped up in the arched entrance; the 'temperature' message in badly scrawled chalk. 'Great,' we'd cry joyfully. 'It's 59 degrees (15c).' Almost warm!! You had to be made of tough stuff in those days. No indoor swimming pools! The crowded, damp smelling changing rooms; the shrieks when boys would leap upon you from the high board or slide down the dripping slide, missing you by inches. Feeling chuffed that the fella you fancied actually noticed you enough to want to knock your head off! Highly dangerous but in those days nobody cared and miraculously, as far as I recall, few accidents. What would Health and Safety say today I wonder? My bike awaited me, tucked into the bike rack outside. No chains and padlocks. Perfectly safe, although someone did nick my bicycle pump once. Obviously desperate so I forgave them. Then off to walk our bikes over the white bridge. A wave farewell, then cycled eight miles home! Wonderful times.

On that cheerful note I think it's time to go! Thank you for letting me 'talk' to you. It's good to chat!! I sound like a familiar T.V. advert! Or was it, 'It's good to talk'? Which advert WAS that? Love to you all. **Jassy xx**

Caythorpe Primary School



"Where Learning Comes First"

Well done to everyone who made it to Skegness Beach!

With many pupils up and down the country still learning remotely, Caythorpe Primary School organised an inventive solution to keep their school community

‘together but apart’ with a virtual trip

to the beach! Families were challenged to walk almost 50 miles, the equivalent of 100,531 steps from Caythorpe to Skegness between Monday 29th June and Wednesday 8th July.

There were two tiers to the challenge with families at home and pupils in school encouraged to complete the challenge in either 10 days, with an average of 10,000 steps per day, or 8 days, which would require around 12,500 steps a day. Some pupils and teaching staff were so active that they completed the challenge in less than a week! Jaxon and Mrs Dewey were the first to arrive at the beach!



This is the second virtual challenge created by the school to support physical activity and wellbeing, after they walked the distance from Caythorpe to Buckingham Palace last year to have a cup of tea with the Queen, also known as Headteacher Mrs Brockington!



Congratulations to all staff, pupils and parents who completed the challenge and made it to Skegness Beach! It was great fun, it brought people together and it helped us to be a little more active every day.

Rainbow Games

Instead of holding our usual Sports Day this year we decided to participate in “The Rainbow Games.” Mrs Hunt did a great job of organising this. Children both in school and at home have enjoyed various physical activities including Twister, Star Challenge, Jump my Height, Pot of Gold and Run the Rainbow. It was great to see so many children involved in this!

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Grantham A&E Downgraded



Grantham Hospital has not had a full 24 hour A&E department since August 2016. We were told back then that the overnight closure would be a 'temporary' measure. Four years on, we are now being told that the 'new' 24 hour Urgent Treatment Centre is an 'upgrade' on current services.

In the same way we were being told before the last General Election that we would have 20,000 'new' Police

Officers on the beat (while omitting to point out that this didn't take into account the 19,000 plus who were expected to retire....nor the 1000's more that had been cut in the previous years, meaning an actual reduction in real numbers) we are now being told that the 'New' Urgent Treatment Centre at Grantham hospital is an upgrade on what is there currently. Conveniently omitting this time to mention that we used to have a full 24 hour A&E service just four years ago. We do truly live in an age of Orwellian Doublespeak!

If you search Grantham A&E on the Grantham Hospital webpage, it states that '*The current Accident and Emergency Department at Grantham Hospital has temporarily become an Urgent Treatment Centre*'. Is this the same use of the word 'temporarily' that was used four years ago to describe the closing of A&E overnight? Does this form of the word '*temporarily*' actually mean '*how much more can we can get away with this time...*'

The staff at Grantham Urgent Treatment Centre are doing a fantastic job, Only this week, I was in there myself after suffering a particularly bad Asthma attack and the care I was given could not be faulted. As someone who has worked for the NHS for many years, I am proud of it as an institution, but saddened by the view that it truly is, now more than ever, a case of lions being led by donkeys.

There are some advantages of this Urgent Treatment Centre, if there is a silver lining to be found, it is that we will now have a form of urgent care accessible at Grantham Hospital 24 hours a day once more. We would urge you to use it when needed, you CAN just walk in and be seen, they will see patients in a clinical priority order rather than appointment via 111 only, however they do encourage you to call 111 first if possible. There is further information available at these following websites;

<https://sosgranthamhospital.org.uk/>



<https://www.lincolnshirecommunityhealthservices.nhs.uk/our-services/urgent-care/grantham-urgent-treatment-centre>

Grantham Urgent Treatment Centre

So, what's the difference between an A&E Department and an Urgent Treatment Centre?

CAN DEAL WITH

Sprains and strains
Suspected broken limbs
Minor head injuries
Emergency contraception
Cuts, grazes, bites and stings
Minor scalds and burns
Ear and throat infections
Skin infections and rashes
Eye problems
Coughs and colds
Feverish illness
Abdominal pain

CAN NOT DEAL WITH

Loss of consciousness
Acute confused state
Chest pain
Breathing difficulties
Severe bleeding that cannot be stopped
Severe allergic reactions
Severe burns or scalds
Strokes
Major trauma i.e. road traffic accidents
Fits that are not stopping

South Kesteven has a growing population, SKDC Housing strategy states that since 2013 it has delivered 2,700 new homes and has 3,784 new dwellings in planning as of March 2017. There are 17,000 new homes planned to be constructed before 2036 meaning the population is expected to increase from 140,000 to 162,000 by 2039. Surely this is not the time to be reducing our provision of A&E services? A blue light journey from Grantham to Lincoln Hospital is a minimum of 45 minutes, surely this is an unacceptably long journey for someone in urgent need of A&E services? We are told over and over about the need for saving time in getting people treated in cases of heart attacks and strokes, the acronym for recognising a stroke is 'F. A. S. T.' - With the T standing for Time...The longer it takes to treat, the higher the potential for damage to occur, so surely the additional time spent driving all the way to Lincoln is not acceptable?

This year marks the NHS's 72nd birthday. Now, more than ever, this grand old institution needs care and attention. No more falling for Doublespeak, its time to be more vigilant when they tell us one thing, but are actually doing another!



I WONDER

I wonder what I'll do
When retirement looms in view,
And I never have to rise again at six.
Shall I bet upon the horses
Whack white balls around golf courses,
Or find me lots of DIY to fix.

I wonder if I'll say
I'll do nowt at all today,
Then change my mind and paint the
garden shed.
Shall i take up crown-green bowling,
Try caving or pot-holing
Or dabble on the Internet instead.

I could buy myself a boat
Spend some happy hours afloat,
Bobbing on the briny like a cork.
For one as " delicate " as me
Mal-de-mer rules out the sea.
So maybe just a dog that I can walk.

Its a mystery to me
How my leisure time will be,
I'm sure the "other half" will have a say.
So instead of working out
What retirements all about,
I think that I'll just take it day by day

Mike Eyett

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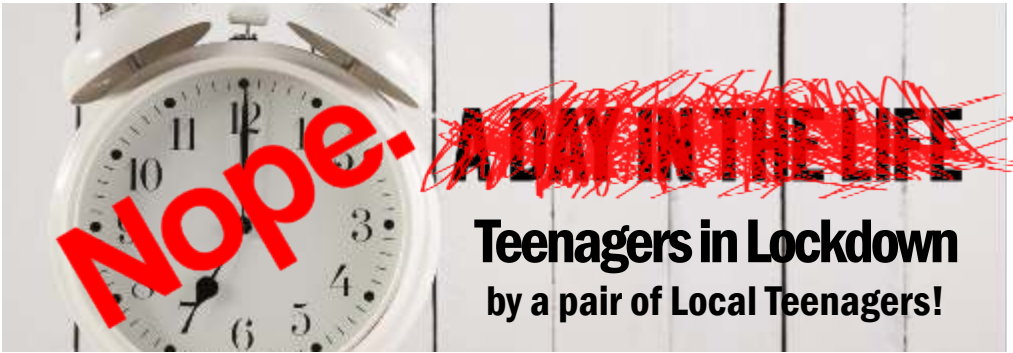
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- **School** - We expected it to be starting again after Easter, when that didn't happen, we just treated it like the summer holidays but with work being set EVERYDAY! Even then we still didn't do anything and the work piled up. In one week tasks went from 35 to 69, they currently stand at 97. The Teachers set more and more work and you are getting work from subjects which you weren't due to have that day!! Studying 8-10 subjects it's not easy, especially when there are multiple pieces of work from the same department! It also doesn't help when the IT doesn't work or 'Show my Homework' doesn't work for multiple days.
- **Peers** - Seeing "everyone" on social media together, not social distancing, meeting up when the pandemic was at it's worst was very annoying. It was generally those who don't really care in school were the same people who didn't care about spreading the virus!
- **Meeting up** - It was weird meeting each other as lockdown began to ease, we saw each other for the first time in 3 months and it was further apart than the standard two metres and even then we still felt a bit guilty. Between us, we've not seen certain family members for months, one of us saw a brother last weekend after not seeing him since February as he lives on the other side of the country near Manchester. The other one saw their Dad for the first time in 3 months and it kinda felt weird too.
- **Sleep** - Schedules have completely gone, we go to bed at 4am and wake up at 1pm and it doesn't matter as we don't have anything to do. You don't feel bad about sleeping in because everyone else is doing the same thing. You can message a friend at whatever time and know you'll get a reply as they don't have anything else to do either.
- **Family** - You're all on top of each other. I've wanted to punch everyone in the house at least 10 times, it's a teenager thing. It got to the point that I went on walks to escape the house and my siblings.
- **Food** - It's not rubbish food but you eat more of it, there is nothing to do, just eat food, watch TV and contemplate doing the work we should be doing (and then not doing it anyway).
- **TV** - We've watched nearly everything on Netflix from The Society to Sex Education, Normal People, Jack Whitehall's shows, Bad Education and Gavin & Stacey (the best show ever made).
- **TikTok** - Most people our age spend all day on TikTok. Our screen time for it at the start of lockdown was over 24 hours a week. It was easy to just keep scrolling without realising the time going by. We'd get better grades if we remembered school work as well as we remembered TikTok dances.

In & Around The Garden

As summer advances the garden is very colourful. Penstemons, heleniums and day lilies are the most conspicuous, but a supporting cast of lower growing plants all contribute to the picture. Bees of all sorts are everywhere: bumble bees seem to prefer plants with lots of tiny flowers on an upright stem, such as lavender, cat mint, salvias and woolly lambs ears, but nothing with accessible pollen is ignored. It is easy to spot the bees that visited the musk mallow as they are dusted with white pollen.

On the whole my no-pesticide policy doesn't seem to have made much difference to the display. A few transparent lily leaves show where I missed a lily beetle, but the damage is no worse than when I sprayed the plants. Copper tape seems to have discouraged slugs and snails from getting at the potted hosta that usually gets eaten, though I may have a hedgehog to thank for that. Last year my courgettes were a disaster, eaten almost as soon as they were planted out. This year I decided to put them in large pots and the results have been very good so far. I picked the first early in July.

One pest that is harder to deal with is Hemerocallis gall midge. This tiny fly overwinters in the pupal stage, emerging in late spring to lay its eggs in the flower buds of day lilies. The early flowering yellow *H. lilioasphodelus* usually escapes, as do the varieties that start to bloom in

Day Lily Buds



Bee on Musk Mallow

July. The spectacular large flowered varieties that flower in early – mid June fall victim, however. The infested buds are cone shaped (right on photo), not cylindrical, and inside are a host of white maggots almost too small for the eye to see. The flowers fail to open and the maggots disappear into the soil to pupate when the buds fall off. The only treatment is to inspect the plants regularly and destroy all malformed buds.

I seem to have gained a small (and probably temporary) victory over the squirrels. By anchoring the fat ball feeder in the centre of the protective cage, the squirrels can no longer swing it to within



Juvenile Newt

their reach. Rather to my surprise, the suet balls disappear as fast as before: with a firmer base to stand on ground feeders such as chaffinches and dunnocks are happy to go in, and more birds feed at one time.

The tadpoles I was rearing in a plastic crate got rather crowded, so I released them into the pond, where they promptly disappeared. The pond isn't looking its best, as a lot of blanket weed has appeared, so I did a bit of pond dipping to check their progress. Not only tadpoles came up in the net, but also dragonfly larvae and a surprising number of juvenile newts. I mistook them for fish until I noticed the little legs and external gills. It seems I'm the only one bothered by state of the pond! - JA



Caythorpe & District Garden Society

The August meeting, scheduled for Tues 11th will not take place due to Covid-19. We hope to hold the September meeting, provided Carlton Scroop Village Hall reopens as planned, though some safety measures may have to be implemented. Further information in the September issue of News and Views.

The deadline for **News & Views** is midday 17th of each month. If you have any events you wish to advertise or articles, letters, contributions etc, please drop us a line at:

editorsnewsandviews@gmail.com

Letters, which are most welcome, are accepted by email only. Please provide your name, address and a contact number. Your name or pseudonym will be published.

Your letter may be edited for reasons of content or of space.



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Isn't it funny how random thoughts just pop into your head when you're in bed? Maybe it's because your brain has decided that now your body has finally relaxed it has time to process previously discarded thoughts, who knows. I suddenly thought last night that I had £20 worth of Downtown vouchers to spend which I won at our Annual Meeting for having gained the most points in the competitions last year. I'd put some bone china mugs into my Amazon shopping basket earlier but

will now remove them and go and see what is on offer at Downtown, thank you WI! This will be my first visit to a non food store but I have my mask, handbag sized sanitiser and antibacterial wipes at the ready which is becoming my normal way to shop now as, I expect, it is for everyone.

There currently seems to be no sign of our WI meetings being able to resume in the near future, but the National Federation are in the process of putting together 'guidance' to enable us to meet again as a group. As with all bureaucracy, risk assessments need to be made, trace and testing in place, social distancing and NO refreshments!! I think it might be better if we all meet at the pub with our masks on and bring our own straw (we've already got the wipes and hand sanitiser in our bags)! If we want to meet outdoors, it has to be a maximum of 30 people which seems nonsensical to me. If we were on a beach or in a park we could be with a hundred other people all socially distanced in our safe space and there'd be no problem, so why create one? Sometimes I wonder whatever happened to plain common sense, we ladies might be old(er) but we're not stupid.

The biannual Make, Bake and Show I spoke of last month has now been cancelled. We are not sure if they will have it next year instead so don't put your paints and craft items away yet. I have been practising making Lemon Curd (one of the items in the food category) and found a very easy recipe (in the WI Best Kept Secrets recipe book) which is made in a microwave. Even if I say so myself, it is delicious and I am pleased I tried it out. I hadn't got as far as trying the Fudge recipe which may have been for the best!

The National Federation's Annual meeting due to be held in London this year has now been postponed to 2021.

The Committee are hoping to have an outdoor meeting soon to work out what to do next in view of the fact we have all paid our annual subs. In the meantime, they send best wishes to all members, especially those who are not well and those celebrating an event.

Finally, the good news.....I got my hair cut! The bonus too, was that as I was driving towards the A17 for my appointment in Cranwell, it coincided with the fly past of the Red Arrows in a 'V' formation with the red, white and blue vapour trail. Prince Charles was at Cranwell for the Queen's Squadron Graduation apparently and I just got to the junction to join the A17 when they flew over. It doesn't matter how many times I see them, I always get goosebumps.

Stay safe! - Sue Case

Not from the Rectory

Not From the Rectory – or a Bridge, a Bath and a Bear!

Oh, Mr Porter, what shall I do? I want to go to Birmingham but here I am at Crewe!

The government's advice has until recently been not to travel by train unless absolutely necessary but happily it is now relaxing and allowing for a resumption of leisure travel such as we enjoyed last autumn when we were booked to go from Grantham to Knaresborough via Leeds but due to the cancellation of the Leeds train were diverted via York so nothing as disastrous as Marie Lloyd had to deal with. The onward train headed north out of York but very soon left the East Coast main line and took the scenic route to Leeds via Harrogate passing in the process the site of the Civil War battle of 1644 at Marston Moor complete with its Grade 11 listed signal box of 1910 which controls the Marston Lane level crossing

Knaresborough with its ruined castle sits above the River Nidd and the valley is crossed by the Victorian railway bridge which forms a grand back drop for any photograph. There is a pleasant river side walk and in the sunshine of a warm autumn day the opportunity was taken to stroll along with an ice cream in hand

The Dower House hotel is a sister hotel to the Angel and Royal in Grantham and it was a short walk from the hotel through the grounds of the parish church to the town's railway station for the onward train the next day to Harrogate

The attraction here were the Turkish Baths restored to their full Victorian splendour and offering 'the relaxation experience of a lifetime' with users switching between the three heated chambers and the ice-cold water of the plunge pool before a final period of relaxation in the 'Frigidarium'

With any impurities of the body washed away, what better way to celebrate than with lunch at Betty's and a 'Fat Rascal' to take back for tea time!

A walk in the Valley Gardens beckoned with the trees looking their autumnal best on a glorious day of a 'Little St Luke's Summer'

So much for the Bridge and the Bath but what about the Bear? Well we are talking serious bear sized teddy which we had seen sat in the window of the Martin House [children's hospice at Boston Spa] charity shop in the Market Square at Knaresborough. He – William – was still there the next day so in we went and rescued him, and then had the task of bringing him home while explaining to the ticket inspector that no we



All Correspondence To:

didn't have a ticket for the young man even though he was hoping for his own seat on the return train!

The Archdeacon would have been pleased to note the church newsletter is called 'Bridges' and features the railway bridge over the River Nidd: the church's business is so often about making bridges to connect or perhaps to re-connect people and communities. In a homily delivered at the Peterborough diocesan choir festival the Reverend Richard Coles recalled his childhood



years as a boy chorister before he drifted away from the church. Many years later however he found himself sat in St Mary's episcopal cathedral in Edinburgh for a service of Choral Evensong and it was hearing the familiar music and the familiar chants that provided him with the 'bridge' he needed to cross to return to the Church of England and to the ministry for which today he is well known on both TV and Radio

Every good wish - **Stuart Hadley [Rector of the South Cliff Benefice]**

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Time To Plan

CALLING CAYTHORPE & FRIESTON RESIDENTS

Following on from the Parish Council's decision to produce a Neighbourhood Plan, the application to SKDC to proceed has been accepted and the whole of Caythorpe and Frieston Parish has now been designated a 'Neighbourhood Area'. Work is now beginning on the Plan, which will set the goals and strategy for planning matters in the parish for the next 10 years.

WHAT MATTERS TO YOU?

Consultation with the whole parish is fundamental to the plan, and a survey will be circulated to everyone in due course, but what questions should be asked? Tell us what matters to you, what you would like to **CHANGE, KEEP, ADD OR SUBTRACT** in the parish in the future.

JOIN THE CAYTHORPE & FRIESTON NEIGHBOURHOOD PLAN WORKING PARTY

We have the nucleus of a working party, but are looking for a few more members and broader representation, particularly from those of working age, parents of school children and those with business/professional interests in the parish.



Please reply by email to

j.allen-caythorpepc@outlook.com heading your email 'Neighbourhood Plan', or go to the Parish Council Facebook page to reply by Facebook Messenger. Written responses should be put in the letter box at the Village Hall. We look forward to hearing from you.

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Brandon					
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Fulbeck			10.30 HC/SH		
Honington					10.30 HC/SH
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PETE'S PUZZLES

ALL ANSWERS ON NEXT PAGE

1. How many British states declared Independence in 1776 to form the USA?
2. BRB is a common abbreviation used in text speak - What does it mean?
3. What are the 2 fillings in a Croque Monsieur?
4. What type of animal is a Russian Blue?
5. In which movie franchise is the main hero called Ethan Hunt?
6. What insect is the symbol of Manchester?
7. Which Actress played Clare McGory in 'Save Me' & Gemma Foster in 'Dr Foster'?
8. Lady Gaga teamed up with which singer on the track 'Rain On Me'?
9. Algeria gained its independence in 1962 from which country?
10. Which Character has been played by Barbara Knox for over 45 years?
11. On a UK Monopoly Board, name all the squares in order between 'Free Parking' and 'Go to Jail'?
12. Which two actresses play the leading roles in BBC's 'Killing Eve' ?

Dingbats

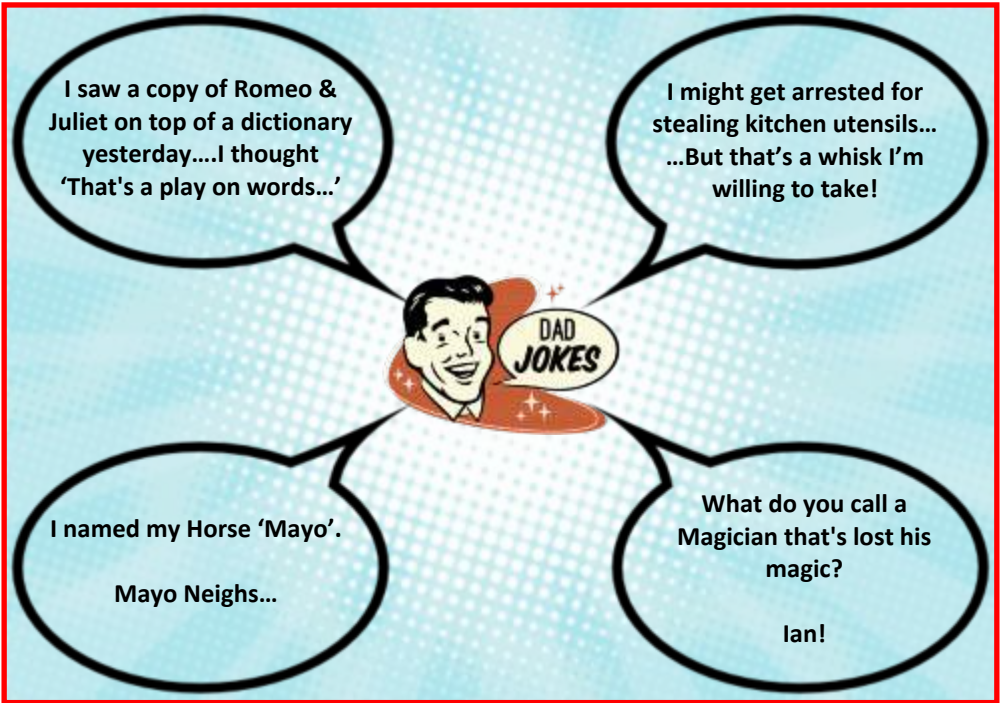
1. 3 15 49 End End

2. (Give x4)+(Get x4)

3. **EDAM**

Sudoku

6				1		9	5
			6				
		5		4		8	
		2			5		
	7	8	2		9	6	3
		4			8		
	2		4		3		
				1			
8	5		9				7



Pete's Puzzles Answers

- Answers to Pete's Puzzles
1. Thirteen, As represented by the 13 stripes on their flag.
 2. Be Right Back
 3. Cheese and Ham
 4. Domestic Cat
 5. Mission Impossible
 6. The Worker Bee
 7. Suranne Jones
 8. Ariana Grande
 9. France
 10. Rita Fairclough (Coronation Street)
 11. Strand, Change, Fleet St, Trafalgar Sq, Fenchurch St Stn, Leicester Sq, Coventry St, Water Works & Piccadilly
 12. Jodie Comer & Sandra Oh

S	6	4	7	3	8	1	2	9	5
U	9	8	5	7	6	2	4	1	3
D	2	1	3	5	9	4	7	8	6
O	1	9	2	6	3	8	5	7	4
K	5	7	8	2	4	9	6	3	1
J	3	6	4	1	7	5	8	2	9
O	7	2	9	4	5	3	1	6	8
D	4	3	6	8	1	7	9	5	2
S	8	5	1	9	2	6	3	4	7

- DINGBATS
1. Odds and Ends
 2. Forgive and Forget
 3. Big Cheese

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NHS Direct	111
South Cliff Churches (S Hadley)	07398 390549
Samaritans (Free call)	116 123
Caythorpe Primary School	01400 272600
Sir William Robertson School	01400 272422

WHAT'S ON IN AUGUST 20?

<u>Date</u>	<u>Event</u>	<u>Page</u>
1 st	Bake some Banana Bread	14
15 th	Bake more Banana Bread	16
21 st	Walk off the Banana Bread	18
28 th	Consider baking yet more Banana Bread	

Reminder -

Remember, it only takes a
moment to show someone
how you really feel...

...The police call it GBH
but whatever...

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AVAILABLE

THE FIRST BEER AND CIDER FESTIVAL FRI 31ST JULY TO MON 3RD AUGUST
THE SECOND BEER AND CIDER FESTIVAL FRIDAY 28TH AUGUST TO
BH MON 31ST AUGUST

FOOD AVAILABLE

MON TO SAT FOOD SERVED 12-8PM, SUNDAY 12-6PM