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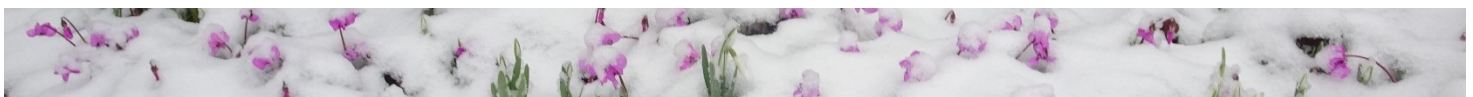
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www.slingsbyvillage.co.uk

February/March 2021



Apr/May copy to David Thornley, The Dower House, The Balk, Slingsby, tel: 01653 627210 **by Saturday 13th March at the latest please** (but earlier helps the editor) or e-mail: thetriangle@slingsbyvillage.co.uk **Non subscribers £1.50**



Obituary for Pat Calvert



Many people in the village will be sad to hear of the passing of Pat Calvert in the early hours of Wednesday 13th January following her diagnosis of Lung Cancer in October last year.

Pat was a very well known figure around the village and was an active part of both the Sports Club and the Village Hall, as well as many of the other activities around the village over the years.

Born in No. 5 Balksyde on the 11th November 1949 to long standing villagers Walter and Mary Baxter, Pat grew up with her brother Colin and spent many hours with her cousin John. She attended Slingsby Primary School, followed by Malton County Modern.

Pat met her husband Dave in 1965 at the mobile fish and chip van at The Balk and the happy couple married in 1969. After a brief spell living in Sheriff Hutton, in 1973 Dave began working for the Castle Howard Estate and announced he was “taking her home” back to Slingsby. They lived in Castle House, the Old School House and finally moved to Wheatlands Farmhouse where she and Dave enjoyed many happy years.

As her health faded, she was adamant that she wanted to stay at home and she was very comfortable when she passed away peacefully with her family with her.

She was always very proud of the achievements of her daughter Rachel and adored her grandson Tom

who in later years became the first member of the family to go away to University which Pat was justifiably delighted with. She enjoyed trips up to Newcastle to visit Tom and going out for Sunday lunch at different places.

She was very much a village character who had a special knack for making people feel welcome and her kitchen was a place where anybody could pop in for a cup of tea.

As well as looking after Dave, and for many years supporting Rachel and Tom whilst Rachel was working, she also worked for Simply Delicious Catering alongside Rachel which took her to many interesting events and there were always good stories to be told of those days.

The village has lost another wonderful character who contributed more to her local community than she took out and she will be very sadly missed by many.

Paul Hogarth

Slingsby Sports Club

Firstly, let me take this opportunity to wish everyone in the village and local community a very Happy New Year from everyone connected with the Sports Club. We can only hope that 2021 is a far better year for all than 2020 turned out to be. The club continues to be closed due to the ongoing Covid pandemic which is disappointing for all concerned.

The closure has such an impact, preventing people coming together socially, and this was most keenly felt over the Christmas and New Year period when the club always has a lot of social events. Christmas Day and New Year's Eve particularly did not feel the same without friends enjoying each other's company.

We are very much looking forward to a time when we can reopen and once again people can enjoy being together rather than being isolated. We are particularly looking forward to being able to once again have charity quiz nights and darts and domino evenings as well as enjoying live music (in addition the regular Saturday night Bingo!) We are also hoping that the situation will improve over the next few months so we are able to enjoy a cricket season as the Friday night BBQ's (and a game of cricket) are

always much enjoyed. Despite not being open the club volunteers are continuing to maintain the grounds to provide space for people to exercise (weather permitting) and the play area remains open for children to enjoy.

We look forward to welcoming people to the club again soon but in the meantime, we wish everyone the very best and hope that everyone takes care and stays safe.

Paul Hogarth (Chairman, Slingsby Sports Club)

A Healthy New Year

The Covid-19 pandemic has certainly made us all think about our health, weight and general level of fitness. During the first lockdown in spring and early summer many of us were able to get out more for local walks and realised the benefit of both the physical exercise and the joy of our countryside. In the middle of dark, cold winter we are probably less inclined to get out and walk, although it is just as important. What we can do though, is exercise our bodies in the privacy and comfort of our own homes. The National Health Service recommends lots of exercises to keep us active and has sections for different ages, including those with disabilities, and includes podcasts and videos as well as descriptions.

See the NHS website: [nhs.uk/live-well/exercise/](https://www.nhs.uk/live-well/exercise/)

Here's what the NHS recommends for all adults:

- aim to be physically active every day. Any activity is better than none, and more is better still
- do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week
- reduce time spent sitting or lying down and break up long periods of not moving with some activity.

Make sure the type and intensity of your activity is appropriate for your level of fitness.

A number of exercise routines are recommended for older adults. They cover: Strength, Balance, and Flexibility. There is also a section on Sitting exercises which could be a good place to start if you've not exercised for a while. Here are some of them:

Sitting exercises

- Choose a solid, stable chair that doesn't have wheels.
- You should be able to sit with your feet flat on the floor and knees bent at right angles. Avoid chairs with arms, as these will restrict your movement.
- Wear loose, comfortable clothing and keep some water handy.
- Build up slowly and aim to gradually increase the repetitions of each exercise over time.
- Try to do these exercises at least twice a week and combine them with the other routines in this series.

Chest stretch - This stretch is good for posture.



A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

B. Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds and repeat 5 times.

Upper-body twist - This stretch will develop and maintain flexibility in the upper back.



- A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
- B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

Repeat on the right side.
Do 5 times on each side.

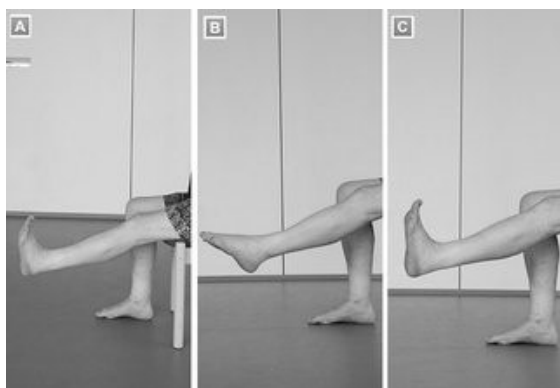
Hip marching - This exercise will strengthen hips and thighs, and improve flexibility.



- A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
- B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

Repeat with the opposite leg.
Do 5 lifts with each leg.

Ankle stretch - This stretch will improve ankle flexibility and lower the risk of developing a blood clot



- A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
- B. With your leg straight and raised, point your toes away from you.
- C. Point your toes back towards you.

Try 2 sets of 5 stretches with each foot.

Arm raises - This exercise builds shoulder strength



- A. Sit upright with your arms by your sides.
- B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
- C. Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

New subscription year

This current issue is the last one for this subscription period and we will therefore be starting a new yearly subscription with the next issue. It does seem to have come around quickly due to the fact that we delayed collecting last year for several months!

Your readiness and prompt payment in the summer made the task easier for our volunteer distributors and it was much appreciated. **Your distributor will be collecting the £6 subscription when delivering the April/May issue** and hopefully again we can replicate this smooth process.

Many thanks for your continued support by subscribing to this newsletter.

YOUR TRIANGLE DELIVERY CREW VOLUNTEERS

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The Green	Maurag Carmichael
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The Lawns	Nick Witt
POSTAL DELIVERY:	Jo Breckon

The Triangle production team:

Co Editors: David Thornley and Gill Baker

Distribution and Advertising: Jo Breckon

Treasurer: Caroline Edwards

Volunteers needed

As you are aware, this newsletter is run purely by volunteers who carry out a wide range of roles and functions that allow The Triangle to be published and distributed six times per year.

One very important role is that of distributing the newsletter to households within the area. Without our band of trusted deliverers, you would not

receive The Triangle through your letter box! We are always on the look-out for additional volunteers to help with this role either in a temporary role as and when needed or to perhaps take on a round. We may soon have a vacant round and are appealing for willing volunteers. It would require you to deliver the newsletter to a small number of houses every two months and once a year to collect subscriptions.

If you are able to lend a helping hand please contact me on jobreckon65@gmail.com.

Jo Breckon

The Triangle Team wishes all our readers and advertisers a very Happy New Year. Although we are in the middle of 'Lockdown 3' we can look forward to vaccination and a brighter 2021 and hope our magazine brings a little joy through your letterbox or inbox.

Contact details for all the Triangle team:

thetriangle@slingsbyvillage.co.uk

Send us:
articles, comments, photos, ideas

Correction re East Ness Bridge

The Triangle would like to correct an error in the last Triangle: *The temporary bridge (locked and for farm vehicles only) at East Ness was in fact erected by the Dean family and Mr Murray Wells, not the Council.*

The good news is as many readers will already be aware that the road bridge has been repaired and the route towards Kirkbymoorside is open again – much ahead of the original forecast. The Triangle understands it was repaired by North Yorkshire County Council just before Christmas following many representations by local people and commuters who had to significantly extend their journeys, causing busy highways on narrow country roads.



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New Arrivals

New to the Green



Hello! My name is Rita. Some of you may have already met me as I am one of the new members of staff at Hovingham Stores. I moved to Slingsby a week before

lockdown 2. Strange times to locate somewhere new, but I have already received a warm and wonderful welcome from my close neighbours, and am getting to know the local area by undertaking some of Geoff Brooks' wonderful walks around Slingsby.

I made the move from London where I spent many years working at the Royal Opera House. I am passionate about the performing arts and programme opera and ballet tours for a cultural tour operator, Travel for the Arts, as well as managing a sensational soprano, **Nadine Benjamin** – I would love to bring her to Ryedale to sing one day!

In addition, I organise study programmes for The Attingham Trust, a fabulous institution which introduces curators and art historians to country houses throughout the UK. I brought a group to North Yorkshire in 2016 and 2018 and fell in love with the area, so am delighted to now be living here!

Very much looking forward to life opening up again in 2021, and to meeting more of you.

Rita Grudzien

The Green, Slingsby, ritagrudzien@gmail.com

To hear Nadine sing, follow this link:

<https://www.youtube.com/watch?v=91ANcPraYZY>

New to Cavendish Court

Andy, Rachel and Gracie Morley moved to Slingsby in December 2020.

Gracie was born in June 2020 and the family decided they needed to set down some roots. After viewing villages around York, they took a leap of faith and trusted that Slingsby would be a good place to settle. They hope for Gracie to enrol into Slingsby Primary School and to be very happy growing up playing in the free space which surrounds her.

Both Andy and Rachel work within the Super Yacht Industry and have been travelling for the past 7 years together, although Rachel is taking time out at the moment to focus on raising Gracie.

Andy says, "we are looking forward to settling into village life and joining in with community activities."

New to Railway Street

Lorna and Stuart Walker moved to Slingsby in November. They have a young daughter Georgie who is 4. The family are originally from the Darlington / Barnard Castle area and having lived in London for a few years wanted to move back up north to be closer to family, and be back in a countryside location. Stuart says "we love the outdoors so Slingsby is the perfect place, and everybody in the village has been so friendly. We've been enjoying long walks, bike rides, and even some trips to the coast for some winter swimming (when lockdown rules have allowed!).

A big Triangle welcome to you all. There are lots of opportunities for you to join in and flourish here – at least when more normal times return – editor

OIL consortium dates for 2021

Last dates for ordering.

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- 1st April 2021
- 1st June 2021
- 15th Sept (note change) 2021
- 1st November 2021
- 1st December 2021

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Slingsby Chapel News

Christmas was rather subdued this year with restrictions in place because of the Coronavirus Pandemic, however, we did manage to hold a short Carol Service in the Chapel on 20th December. Also, many of us gathered to celebrate the Christmas Eve Candle Service outside the Parish Church. However, because of sleet, snow and something of a gale blowing it had to be a very short service. Sincere thanks to everyone who put lights up in their windows and on trees etc, the village looked really good!

Now we are in another full lockdown we have had to suspend all services at The Chapel until further notice, instead we are holding services via Zoom each Sunday at 10.30am. These are short services as we are limited to 40 minutes free time on Zoom and we usually organize them amongst ourselves, sometimes inviting a guest speaker. Anyone is free to join us and we warmly encourage you to do so, enjoy worship and friendship from the comfort of your own front room! If you would like to give it a try contact Geoff Bishop and he will tell you all you need to know. (geoff4.bishop4@outlook.com)



Slingsby Chapel was put on The Heritage At Risk register a few years ago because of the state of the Chapel roof so we are hoping to start work soon on re-roofing the main chapel part of the building. We have been offered generous grants as follows:

- £4000 from York Historic Churches Trust,
- £6000 from National Churches Trust,
- £10,000 from Historic England Covid 19 Emergency Fund, and
- £10,000 from the Ryedale Methodist Circuit.

If we can raise another £10,000 or so we can replace the old oil-fired central heating boiler as well. If anyone would like to make a donation towards these projects please get in touch with Stephen Prest on 01653-628277. We don't plan to hold any fundraising events as we are concerned with people's safety above all else.

We have continued to do Soupa lunch 'Home Delivery' during lockdown and in December delivered 36 meals to people in their homes and we plan to continue with this service in the coming months. As soon as we are able we shall return to holding them in The Chapel Schoolroom so people can enjoy chatting and socializing which so many really miss.

In the meantime, we will continue with Home Delivery and the next Soupa lunch dates are **17th February and 17th March**. If you would like to be added to our list of regulars especially if you are elderly or on your own, ring Rachel and Stephen on 01653 628277 and we will be delighted to include you.

Stephen Prest

Soul Matters.

If you could have your time over again, what would you do differently?

Some say they would not change a thing, others would change so many things, they don't know where to begin!

One of the reasons we like New Year, is it provides a defining moment in time when we can say goodbye to an old year and welcome in a new one. A chance to start again.

It's fairly common at the start of a New Year for people to make resolutions. A decision or promise to ourselves, which we hope will be an advantage to us over the next year. Bad habits are formed so easily in us, its easy to over eat, drink too much and before we know it we've piled on the pounds or found ourselves with addictions. The most common resolutions seem to be an attempt to break bad habits as they included; eat more healthily, get more sleep, reduce stress, watch less TV. Number 10 of the nations resolution list for 2020 was to 'focus on my spiritual growth'.

During these troublesome times there is an awareness we need to look beyond ourselves and culture to find true meaning and purpose for our lives. We may feel its time to start getting real with God and stop living as though God is irrelevant to life or pretending we are ok with God but ignore Him! Think about it, we don't stay friends for long with people who ignore us and consider us irrelevant! Why do we think God is any different?

This neglect of God creates a problem in our souls which is often where many of our physical problems stem from. I may moderate my drinking, quit smoking, eat more healthily, read more books and take more exercise, and while all these may be good for my mind and body we need to remember the root of many of our problems is actually rooted in our souls. In our culture our spirituality is most neglected and misunderstood part of our lives. We seek spiritual things in all the wrong places, the hunger, emptiness, feeling of dissatisfaction, guilt, and unhealthy desires in our physical bodies often is a result of a problem in our souls. St Augustine, Martin Luther and John Wesley all recognised this and were each truly converted to God through reading the writings of St Paul's letter to the Romans. It's a challenging book which considers our human nature and the transforming power of Almighty God. It's a book well worth reading which can help with our spiritual growth and maybe provide food for our souls as we get to know the God who created us. If you would like to discuss spiritual matters of the soul, please give me a call, don't neglect the soul it matters eternally.

God bless.
Rev. Ken Gowland
Ambassador of Christ
2 Corinthians 5:20



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Slingsby Allotments Association

Are you interested in growing your own fruit and vegetables?

Now is a good time - with the Covid lockdown currently in place spending time on the allotment counts as exercise. We have two vacant plots that will be let on a first come first served basis.

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The Slingsby Produce and Pumpkin Show

We are into a new year and by the time you read this, spring will be getting very close. We were really sorry to have to cancel our 2020 show because of the pandemic but we are very hopeful that the show in 2021 will be able to go ahead. The provisional date is Saturday 11th September so we do encourage you to get planting and sowing as soon as the weather picks up. It has been proved that gardening is very good for your health in many ways. It helps to keep you physically fit; it is very good for your mental health; it provides fresh, healthy food; and it gets you out into the fresh air.

Let's plan for a BUMPER SHOW this year.



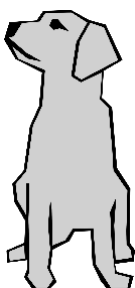
Above produce on display in 2019. Right Harriet Lange enjoying the Produce Show.



Very best wishes and lots of good weather for gardening. *from all The Show Committee*

Worrying News about potential dog thefts

I have noticed that there have recently been several attempted dog thefts in the local area. As a dog owner living in Slingsby I am understandably very worried by this and I am now doing my best to be extra vigilant in keeping my dog safe.



I am seeing posts regarding this on social media on a daily basis and I am concerned that whilst we seem to be a community of dog lovers, not everyone uses

or has access to social media and may be unaware of this danger to pets. Therefore, I would like to highlight the issue in The Triangle so that everyone can take extra care of their dog's safety.

Louise Harrison

Louise provides information from people in our area who believe they have narrowly escaped having their dog stolen. One was in Yearsley woods on 7th January, when a stranger got hold of the collar and lead of a pet Labrador. Luckily the dog saw a hare and ran off quickly to chase it, thwarting the thieves. A silver car was spotted at the scene.

Castle Howard News

Castle Howard advises that the visitor attraction side of Castle Howard is sadly closed for the lockdown. The Farm Shop and Garden Centre both remain open daily for locals to use. Both are offering a local delivery service too. Visitors who are in the immediate locality can access the miles of wider Estate public footpaths for daily exercise, which do remain open.

We are also informed that all members and Friends of Castle Howard will be offered an extension to their annual membership for the duration of the closure period. Castle Howard will review re-opening in line with schools and other sectors being allowed to open back up.

Following a disappointing year for Castle Howard with so many events being cancelled, at least there was a good showing for them in the Netflix period drama 'Bridgerton' which became available on Christmas Day. It is several episodes in before the stately home is involved but as this picture shows it looks pretty good.



Stephen's Farming Column

Finally, the UK and European Union have reached a Brexit agreement which is very good news for farmers as it allows tariff free movement of farm produce between us all. This is vitally important for our sheep farmers as Europe is a very important market for our lamb and should ensure prices remain good for that sector.

Last year my family bought me a Trail Camera for my birthday so I have been using it to film various parts of the farm and record pictures of the wildlife particularly through the night-time. We have feeders out on various parts of the farm to enable us to feed wheat to gamebirds. One feeder was using a lot of wheat so I put the trail camera near it to see what was happening. There were badgers, roe deer, hares and rabbits all helping themselves to the wheat, as well as an occasional pheasant. I have now put wire round it to keep the deer and badgers away but it still allows gamebirds, rabbits and hares to have access.

We are having quite a problem with poachers at the moment mainly in the form of gangs of men with greyhound type of dogs who walk across the fields looking for hares and deer which the dogs chase and kill, especially hares. If you are out on a walk and see suspicious activity ring the police - use the 101 number - as the police are very keen to stop this illegal and cruel activity. It is best not to approach these people as they can be violent and offensive.

Stephen Prest

Neighbourhood Watch - Community Champions

North Yorkshire Community Messaging Service, which is run by North Yorkshire Police, is promoting Neighbourhood Watch and is looking for Community Champions.

A Community Champion would be expected to:

- Be an ACTIVE partner in the community
- Be willing to learn NEW SKILLS
- Listen to the views of the COMMUNITY
- Adapt ways of working to ENGAGE with hard-to-reach communities

- PROMOTE Neighbourhood Watch in the community
- Raise AWARENESS of Crime Prevention

If you feel that you would like to be part of engaging North Yorkshire's diverse and amazing community and learn new skills, I would love to hear from you.

cheryl.spruce@ourwatch.org.uk

Slingsby Website and Newsletter AGM

The SWANG Annual General Meeting was held by Zoom on 25th November 2020.

The Chairman, Jon Boots, gave an overview of the Group's activities during the last year, outlining how the pandemic had caused the Group logistical and management difficulties, particularly affecting the Triangle. Nevertheless, the Group had started and indeed ended the year in a sound financial position. The website was still seeking assistance from a volunteer with social media experience, and now additionally someone to replace the website's departing news editor. Thanks were due to our outgoing website editor Dave Wilmore and to all the many people involved in supporting the work of the Group.

Reports were also presented on the financial position, Triangle editing, Triangle distribution and advertising, and on the Website.

In summary, during a difficult year, the Triangle had been able to continue production and distribution, and the website had served a useful purpose, especially in providing up to date information during lockdown periods. It was understood that both were valued by the local community.

The minutes and all the reports are available on the Slingsby Website and Newsletter Group page of the website:

slingsbyvillage.co.uk (see Home dropdown)



Children's Art and Literature quiz

Round 1

1. Who picked a peck of pickled pepper?
2. In Charlie and the Chocolate Factory, what is Charlie's surname?
3. Which artist painted a number of pictures of sunflowers?
4. What is the name of Peter Pan's pirate enemy?
5. What kind of animal is Beatrix Potter's Mrs Tiggly-Winkle?
6. In a nursery rhyme, how much are the bells of St Martin's owed?
7. What was the name of Harry Potter's pet owl?
8. Who is the son of Widow Twankey and brother of Wishee Washee?
9. Who created Tracy Beaker?
10. What is the artistic technique of gluing a number of items together to form a new work called?
11. Which character in Alice's Adventures in Wonderland muttered "Oh dear! Oh dear! I shall be late"?
12. Who has a dog called Snowy and is friends with Captain Haddock?
13. In which fairy tale does Gerda rescue her friend Kai from the title character?
14. Helped by Morgiana, who foiled the 40 thieves?
15. What is the name of Eoin Colfer's teenage criminal mastermind?



Round 2

1. Who had an encounter with the three bears?
2. What is the name of Winnie the Pooh's donkey friend?
3. Who was created by Gepetto the woodcarver?



4. Who is the bear in The Jungle Book?
5. What kind of creature was defeated by the Three Billy Goats Gruff?
6. Who painted the Mona Lisa?
7. Who leads a gang of outlaws in Sherwood Forest?
8. Who stole Christmas in a Dr Seuss book?
9. Who were all the King's horses and men unable to put together again?
10. Who is the druid in the Asterix books?
11. Sculptures of which animals lie at the base of Nelson's column?
12. What is the name of the lion in The Lion, The Witch and the Wardrobe?
13. What is the name of the wizard at the court of King Arthur?
14. Who has written the prize-winning book The Day I Swapped My Dad for Two Goldfish?
15. What is the name of the recreated theatre from Shakespeare's time in London?

Find the answers on page 19

Jo Breckon

FOSS News

A warm welcome from the FOSS team! A quick update this edition just to let you know that the Christmas Draw raised £540, so a big thank you to everyone who bought tickets and supported the event. A great result especially as the tickets were all bought online and without an additional opportunity of selling at the Christmas productions.

The children's Christmas party mentioned in the last edition was a wonderful opportunity for the school children to enjoy a celebration together before the school holidays. A huge thank you must be extended to the school staff for making this possible and taking time out in the busy week before the half term break.

Given the current situation, we are in the midst of finalising our fundraising plans but ask that you keep your eye on the Slingsby Village website and our Facebook page for all updates. We hope to see you soon!

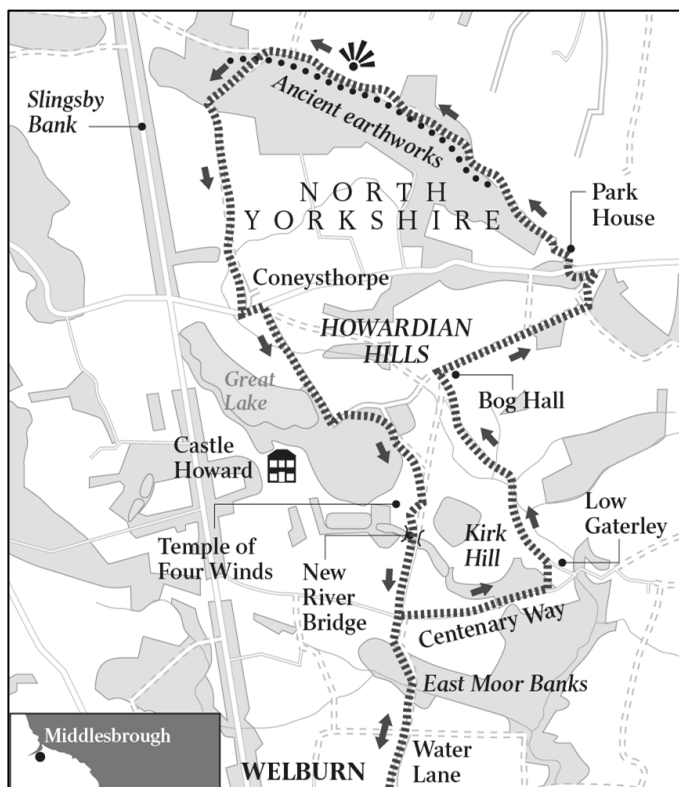
Sonja Sedran, Chairperson, FOSS

Walking and the Scottish Munros

The joys of walking locally

The past year has shown how lucky we are to live in such a lovely part of the country with so many really nice places to walk. People in Slingsby, South Holme and Fryton have lots of walks right from their own doorstep and I imagine many of you will have explored more of the countryside around us in your daily exercise. Perhaps you've been using the walks from Geoff Brooks' "Walks from Slingsby" book. These are also on the Slingsby website as pdf files which can be downloaded.

Recently the Sunday Times had an article featuring a walk that started from the Crown and Cushion in Welburn. Here's the map, and the walk is approx a 9-mile round trip – rather muddy at the moment though.



Walking further afield

When we are again able to travel a little further it's also good to remember what a great place the UK is for a walker. There are so many rights of way which give people access to privately owned land; and there is the complete freedom to roam on many areas like downland, moorland and heathland, and coastal land. These rights are enshrined in the Countryside and Rights of Way Act 2000.

We are also fortunate that Britain's mountains are an ideal size for walking. Almost all are accessible from a road and have a height that makes it possible to climb within a (usually strenuous) day's walk. There are several hundred mountains that make a brilliant day out.

The Munros

Scotland has the most mountains, and in the 19th century there was much debate about the actual number of Scottish mountains. Scotland's highest peaks were first researched and catalogued by Sir Hugh Munro for the Scottish Mountaineering Club. He published his original list in September 1891. This contained over 500 peaks with a height of 3000 feet or more and listed 282 of these as separate mountains. It is these that are commonly referred to as "Munros". The list has been changed over the years as the mountains have been remeasured etc, but there are still 282 Munros on the current list. As well as the Scottish hills there are a further 6 mountains in England that would qualify as Munros; 15 in Wales and 13 in Ireland. There are many more smaller mountains and hills that make for a fantastic day's walking.



On Aonach Mor with Carn Mor Dearg and Ben Nevis behind. Three of the 9 Munros that are higher than 4000ft.

Currently nearly 7000 people have climbed all the Scottish Munros and countless more are working their way through the list or just enjoying an occasional day out on the hills. Last summer a man from Scotland climbed all in less than 32 days including biking or kayaking between them. The total climb is greater than climbing Everest 14 times. Most people take more than 2 decades, and Hugh Munro, himself, did not manage to climb them all,

dying before he completed his last. It is often said that Reverend A E Robertson in 1901 was the first 'completist', but there is some doubt that he climbed all, and if that's the case it was another 22 years before Ronald Burn did climb all of them.

Ben Nevis, the highest of all the British mountains, is climbed annually by more than 150,000 people and so you would be unlikely to have the mountain to yourself. After the first lockdown pictures in the news showed queues of people waiting to have their picture taken at the trig point at the summit.



Queues on top of Ben Nevis in 2020

There were similar queues in Wales, on Pen-y-Fan in the Brecon Beacons and on Snowdon. However, there are many other mountains including all those near Ben Nevis where on a typical day you might be lucky (or unlucky?) to see anyone else at all for a whole day.

All the seasons in one day

Days on the mountains often allow you to experience all four seasons within a few hours. It may be sunny when you start out, but it is not unusual to experience rain, strong winds, mist, hail and snow all on the same day.

The summit of Ben Nevis is only a few hundred feet below the permanent snow line, and there are pockets of snow to be found throughout the summer. If you spend many days on the hills you will certainly be tested by the weather, but you will also experience the most amazing views that you can't get from the valleys or roadside. Sitting on a Scottish summit it seems like you are on top of the world, looking down on lower hills and lochs, even though you are only 3000ft above sea level.

The following two pictures were taken on same day at the end of May. The first one was in the middle of the day in bright sunshine on the way up Carn Mor Dearg to Ben Nevis (the long way up, not the usual tourist route). The second photo shows the summit of Ben Nevis with very poor visibility and certainly no queues. No one else at the top at all!



Climbing the ridge to the top of Carn Mor Dearg on the left with top of Ben Nevis just out of shot over on the right



Next to the trig point taking compass bearings to navigate safely down from the summit plateau.

Staying safe

Anyone venturing onto the hills in Britain needs to be aware that hill walking is a serious undertaking. Even in summer the weather can change very quickly and a straightforward route on a bright day can easily turn into a navigation nightmare of grey featureless terrain if the weather turns to rain or mist. It is always important that you have a map and compass with the ability to use them, and suitable clothing and footwear. You should also let someone know where you are going, and the route you will take so they can raise the alarm if you don't return.

continued..../

/Walking and the Scottish Munros continued...

I recently read someone's review of the climb to the top of Ben Nevis on Trip Advisor. Previously they had been up Mount Snowdon on the train.

"I'd forgotten just how high some mountains can get. And they don't come much higher than this one - that's for sure. LOL! This was almost a FULL day's climbing and my girlfriend was crying at one point. When we did get to the top there was nothing there (Mount Snowdon has a pub, restaurant and toilets at its top). Luckily, we had brought some sandwiches and drinks, so anyone else climbing this one - BE WARNED- there are NO facilities at the top. The climb basically went on for far too long and the last part was particularly steep and difficult. It was also cloudy at the top so the view was non-existent. The long walk back down was boring and again took too long. This attraction is free but I honestly couldn't imagine anyone - and I mean anyone - paying to climb this. You have been warned!"

This amused me and my family no end. I hope the 150,000 people who climb the mountain every year enjoy their experience a little more than this couple did.

Enjoy walking and the hills when you can.

Terry Baker

Scams

Scammers are becoming ever more ingenious in finding ways to make the unsuspecting part with their money. Most of you will have heard of the elderly lady who handed £160 to a supposed official to receive a covid-19 vaccination in her home.

Even the young and 'tech savvy' can be scammed though. Colleagues of my daughter-in-law found themselves thousands of pounds poorer when they transferred the deposit for their new flat to their solicitors – but in actuality to a scammer.

None of us buy homes very often in our lives and the process is complex and it is easy just to do what we are asked. As the end of the 'stamp duty holiday' approaches home buyers will be in a hurry to complete before the deadline. Under such circumstances we can easily forget our caution and

careful habits. Always take a few minutes to think and don't be scammed:

- Watch out when an email is strangely worded and 'doesn't read quite right' if you read it a couple of times.
- Do make a phone call yourself to check using a number on the paperwork you've had from your solicitor.
- Do verify the account you are transferring with someone you trust.
- If in doubt it's always worth transferring £1 and checking before transferring a large amount.

Another common scam is a text supposedly from HMRC advising that you are due a tax refund. Anyone who fills in an annual tax return will know that the form covers where to send any return of tax. If you are employed and have PAYE then any refund goes via your payslip. Delete the text and keep your money safe.

For more tips on avoiding scams in all areas of your life go to North Yorkshire Police's website:
northyorkshire.police.uk

and search for scams. A new website called 'take five to stop fraud' has helpful advice:

Criminals are experts at impersonating people, organisations and the police. They spend hours researching you for their scams, hoping you'll let your guard down for just a moment. Stop and think. It could protect you and your money.

Take five to stop fraud

STOP

Taking a moment to stop and think before parting with your money or information could keep you safe.

CHALLENGE

Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

PROTECT

Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

For more information go to:
takefive-stopfraud.org.uk

Allotment news



January is usually a quiet time on the allotment. On ours we are still harvesting a few things, like the parsnips that I eventually managed to germinate this year. We enjoyed having them roasted for Christmas dinner. They have been harder to dig in the recent frosty weather. At the same time as digging parsnips I saw we still had a few carrots in the same bed that I'd overlooked. The raised bed and the insect proof netting cover means that neither the parsnips or the carrots have been troubled at all with the dreaded carrot fly.

The only other things to pick are purple sprouting broccoli, which will hopefully crop for another month or two, and a few remaining leeks. Disappointingly we have no sprouts this year because the seeds didn't germinate despite two different sowings and I wasn't able to get plants in time.

Going down to the Allotment site at this time of year requires good waterproof footwear. I sometimes wonder if we should think about growing rice, though we would need a fair bit more global warming for that. It's definitely not possible to dig over our plot in winter as the books recommend.



One triumph this year was our Christmas tree. A few years ago, we bought 4 seedling conifer trees. Two scots pine (*Pinus sylvestris*) and two Nordmann Firs (*Abies nordmanniana*). We dug up the scots pines a few years ago to use as Christmas trees but they weren't very good. One wasn't even allowed through the door at home it was so misshapen. The Nordmann Fir for this year was excellent and was much appreciated at home. Looking at the price of similar trees in the local garden centre the rent for the allotment pays for

itself with one Christmas tree. However, it took me about 3 hours in the freezing cold to dig it up because I was originally hoping to get a reasonable amount of root and try and replant it for another year. There was no chance of that when I realised it had a massive tap root that gave me no hope of getting it up to replant. It wouldn't go in the car either and so I had to wheelbarrow it home.

We still have one of the original 4 trees and are hoping to use that next Christmas. It has already been moved when it was young so hopefully might be a bit easier to dig up.

We had good crops of tomatoes, peppers and courgettes. Many have been frozen to use in meals through the winter months. The tomatoes were particularly good, including the best plum variety I've ever grown, and they continued to ripen in the greenhouse well into November.

I've bought a few more fruit trees and plan to have a row of cordons in our "orchard". I'm going to dig up a couple of the bush apple trees and replace them with cordon pears and I'm going to try a couple of cordon cherries in the fruit cage. I find it's best to plant fruit trees as bare rooted maidens. Buying from a specialist nursery gives you access to hundreds of varieties with lots of choice of rootstock. I have bought pears on Quince C, cherries on gisela 5 and plums on VVA-1 since these are the most dwarfing rootstocks available at the moment. Planting maiden trees allows you train the trees into the shape you want (provided the rabbits don't eat the buds that you leave).

The Allotments Association has had the site for 10 years now and towards the end of last year secured a further 10-year lease from the parish council. The Allotments Association's finances are just managing to stay balanced and this has enabled allotment rents to continue at the same level for another year. I understand some ploholders have given up their allotment this year, but several new people have been eager to take on a plot so there are just 1 or 2 vacancies. If you are interested please see the advert on page 10 – and contact our Chairman Brian Clarke on 628625.

Looking forward to the 2021 growing season.

Terry Baker



Farm Shop and Garden Centre open daily

Although Castle Howard is closed, our Farm Shop and Garden Centre are open to local customers 10am-4pm daily. The Farm Shop also provides an online click and collect service for fresh fruit and veg, meats from the Butchery, store cupboard staples and a great range of treats to lift the spirits. You can pre-order quality plants, furniture, tools and accessories from our Garden Centre by calling 01653 648668. Both Farm Shop and Garden Centre offer a local delivery service.

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Orchard Cottage, Slingsby, York YO62 4AH

The Mowbray Oak looking splendid coated in snow



Answers - Children's Art and Literature quiz

Round 1	Round 2
1. Peter Piper	1. Goldilocks
2. Bucket	2. Eeyore
3. Vincent van Gogh	3. Pinocchio
4. Captain (James) Hook	4. Baloo
5. A hedgehog	5. A Troll
6. Five farthings	6. Leonardo da Vinci
7. Hedwig	7. Robin Hood
8. Aladdin	8. The Grinch
9. Jacqueline Wilson	9. Humpty Dumpty
10. Collage	10. Getafix
11. The White Rabbit	11. Lions
12. Tintin	12. Aslan
13. The Snow Queen	13. Merlin
14. Ali Baba	14. Neil Gaiman
15. Artemis Fowl	15. The Globe

Heat Pump Installation

I am watching with interest the improvement works going on at Sawpit Cottage opposite the School in Slingsby. It is exciting to see the changes, especially as the property is in the centre of Slingsby's conservation area and the planning requirements will have been considerably challenging. One day we were intrigued by the arrival of a tall piece of

machinery. Talking to those on site we gathered it was a drilling rig to install the pipework needed for a ground source heat pump.

Renewable energy sources are being promoted by the government with heat pumps in particular being incentivised. Ground source (as opposed to air source) is generally seen as more efficient but more difficult to install and often needs a lot of land. One way of allowing installation on a small site is to use pipes that instead of being spread over a large area of land, are inserted into deep holes in the ground. The pipes for Sawpit Cottage had to go down approximately 135 metres. The machine is able to drill down safely without compromising the surrounding land.

Heat pumps work on the principle of the refrigerator but in the opposite direction – ie removing warmth from the air/soil/water and pumping it into a building, rather than pumping the warmth out of the inside of the fridge. The operation uses electricity to run it, but should give something like three times more heat in the home than the electricity would give directly.

In due course the Triangle is hoping to have more information and a report on how well the heating arrangement works when the home is completed.

Gill Baker

Slingsby, South Holme and Fryton Parish Council

Business at the meeting of the Parish Council being held on 25th January includes the following:

- Covid-19 Update
- Street Lights
- Highways Issues
- Tree outside 1 East View, Railway Street
- Balksyde Street Sign
- Hedge & Footpath Maintenance
- Bench Replacement
- Dog Fouling
- Castle Howard Properties
- Moles in the Cemetery
- Footpath Bridge

Read the minutes shortly after the meeting when they are posted on: www.slingsbyvillage.co.uk

Covid-19 – Where we are now

A New Hope

There is a new hope at the end of this last dark year that will surely bring the return of better days. Vaccines give us a chance to protect against becoming seriously ill and hopefully also stop us getting the disease at all or passing it on to others. One of the successes the government has achieved was supporting and buying vaccines from different manufacturers before anyone knew whether they would work at all. No one had ever produced a working vaccine against a coronavirus before and so this was a gamble but one that seems to have been successful.

The government initially bought 350 million doses of vaccine from six different manufacturers. This would be enough to vaccinate the whole population several times over if they all worked, but was intended as a kind of safety net to give the best chance of getting at least some vaccines that would work. As well as using different manufacturers they also ensured that they bought vaccines that used different technologies, again to ensure the best chance of picking a successful one.

The Enemy strikes back



I wrote in October that the rate of incidence was beginning to increase and it was possible that the country would see a second wave of the disease. The government's tiering system at the time failed to suppress the virus and the second wave is well and truly with us now. This has been exacerbated by a new and more infectious mutation of the virus. The government had to curtail the plans it had for allowing families to meet at Christmas and has now put the whole country into a lockdown similar to what we experienced in the early months of last year. What they want is for everyone to stay at home and not meet anyone outside their own household if at all possible. There are now more people being admitted to hospital and more in hospital than in the peak last April and close to 1000

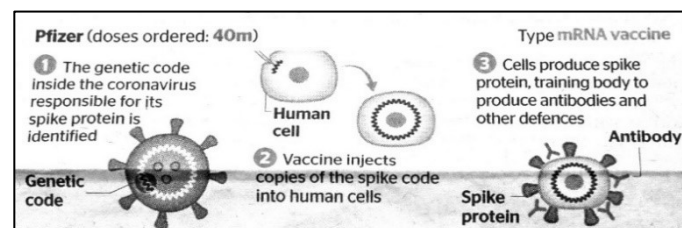
people dying every day. Life seems bleak. As Chris Whitty, the Chief Medical officer for England, said on Jan 11th "anyone who is not shocked by the situation has not understood it at all."



Return to normal?

First Vaccine - On 2nd December the Medicines and Healthcare products Regulatory Agency (MHRA) approved the vaccine produced by Pfizer BioNTech for emergency use. The MHRA has responsibility for ensuring a vaccine is safe and effective. This is important with all medicines but for vaccines there is a more stringent process as they are given to large numbers of people who are not ill. A small proportion may suffer side effects but this is still a large number of people because so many are being vaccinated. The approval body must be certain the vaccine is not worse than the disease, so approving vaccines usually takes several years. This is why the UK has only given emergency approval to Covid-19 vaccines at the moment, and will continue to study them over time.

Margaret Keenan was the first person in the UK to be vaccinated at 6.31am on 8th December soon followed by someone called William Shakespeare. The UK was the first country in the world to approve this vaccine. It uses a new technology that injects copies of the coronavirus spike protein code into human cells which then go on to make these proteins that in turn cause the body to make antibodies. It seems to be very effective and gives better than 90% protection against the virus.

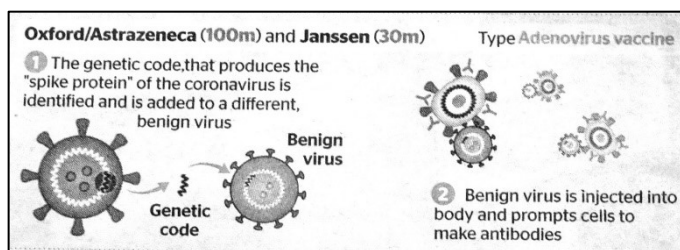


The vaccine uses a single strand of DNA called 'messenger RNA' and this is relatively unstable and has to be kept really cold. We have all read about the difficulties that this vaccine involves with its requirement to be stored and transported at a temperature of minus 70°C. This didn't stop the local surgery at Malton starting to roll it out to the most vulnerable in our local community the week before Christmas.

Second Vaccine - The government always hoped that the vaccine produced at Oxford University in partnership with Astrazeneca would be the most important one for vaccinating the majority of the population. They initially purchased 100 million doses of this compared to 40 million of the Pfizer BioNTech vaccine. It works in a different way by adding the coronavirus spike protein code to a harmless chimpanzee cold virus which is then injected and causes the body to produce antibodies against Covid-19. It was this vaccine that was the target of several antivaccine images thought to originate in Russia, including one showing a picture of Boris Johnson growing a woolly coat like a chimpanzee and another of a chimpanzee doctor showing the effect of the vaccine.

Ironically Astrazeneca is now working with the manufacturers of the Russian Sputnik V vaccine to see if combining their two vaccines is even more effective.

This vaccine is cheap to produce (between £2 and £3 per shot) and Astrazeneca has promised to deliver it at cost while the pandemic is with us. It has also said it will continue to keep it at that price for underdeveloped countries. This vaccine uses a 'double strand DNA' which is much more stable and therefore much easier to store and deliver as it can be kept at normal refrigerator temperatures. When Astrazeneca released its data on the effectiveness of the vaccine there was some confusion with figures given ranging between 62% and 90%. The MHRA is confident in the safety and effectiveness of this vaccine and approved it for emergency use on 30th December and it is being rolled out across the country.



Third Vaccine - The third vaccine approved by the MHRA was one produced by the American company Moderna. This was not one of the ones bought initially by the NHS, though it has now gained access to about 17 million doses but these will not be available here until well into spring.

Future Vaccines - Of the other vaccines initially purchased by the UK, two are expected to report their findings and apply for approval in the next month or so. Johnson and Johnson use a similar method to the Astrazeneca, and Novavax uses an insect cell to produce the spike protein which is then harvested and mixed with a synthetic particle before injection.

Up to date information - The New York Times has one of the best up to date explanations of the state of play for the various vaccines being used or tested all around the world. It includes as much (or more) detail that most people could want about how each works and whether it has been approved or what phase of testing it is in.

[Covid-19 Vaccine Tracker Updates: The Latest - The New York Times \(nytimes.com\)](https://www.nytimes.com/2021/01/27/health/covid-19-vaccine-tracker-updates.html)

As we go to print, the Government is aiming to vaccinate their top 4 priority groups by 15th February and all priority groups by end of April and seems to be on target. They need to vaccinate about 2 million people each week. However, before they get to the end of April, they will need to begin second/booster vaccinations for those jabbed in January - so will need even more doses per week to keep up. Let's all keep our fingers crossed that it works out.

Here's a brief summary of the priority groups and the order they will get vaccinated. These groups were drawn up by the Joint Committee on Vaccination and Immunisation (JCVI).

1. Residents in care homes for older adults and their carers (1.1 million)
2. 80-year-olds and over and frontline health and social care workers (5 million)
3. 75-year-olds and over (2.3 million)
4. 70-year-olds and over and clinically extremely vulnerable individuals (5.5 million)
5. 65-year-olds and over (3.4 million)
6. 16- to 64-year-olds with serious underlying health conditions (8.5 million)
7. 60-year-olds and over (3.8 million)
8. 55-year-olds and over (4.4 million)
9. 50-year-olds and over (4.7 million)

Good luck with getting yours

Terry Baker

Slingsby School News

A very Happy New Year from everyone at Slingsby School! Despite the huge challenges we faced in 2020 and all the restrictions in school, we ended the year with lots of Christmas fun and we really loved the wonderful lights on the Village Green which made us smile whenever we walked out of school at the end of the day. Of course, there could be no big Christmas Production in the Village Hall or end of year party, but as a consolation each class performed some festive songs in school which were recorded and sent to parents by email. FOSS also very kindly facilitated a Christmas party for all the children in their own class bubbles which included a "Decorate your own T-Shirt" competition, music, decoration making, a present from Father Christmas and a party bag (all quarantined for a week beforehand!) which was a super way to finish.

We were very sorry to say goodbye to our brilliant Class 1 teacher Mr Mortimer, but we are delighted to welcome lovely Miss Pearce from Pickering who takes on the role. We wish Mr Mortimer and his family all the very best for the future.

It has already been another rollercoaster of a new term so far. We were saddened to receive the news from the Prime Minister just twelve hours prior to starting the new Spring Term that schools would be closed due to another National Lockdown and we are therefore only open for critical worker and vulnerable children until February half term. Our amazing team have, however, stepped up and are teaching all day, as well as providing a full online timetable for the children at home which includes YouTube video lessons, assemblies, worksheets and creative tasks all available on the school website. The children working at home email their work in and the teachers mark it remotely and speak to the children on the telephone between lessons to try to guide and encourage them.

We are incredibly proud of our superstar children who continue to adapt and embrace the new situations they face. We are also really proud of all our parents and carers; many of whom are key workers on the frontline doing hugely valuable public services; or just as importantly, those at home juggling their own work whilst teaching nouns, pronouns, adverbials, decimals, fractions

and equivalent fractions, on top of keeping their family safe, well and entertained in a third national lockdown! Many new skills are being acquired by us all!

It remains a challenge to keep up with the ever-changing Government Guidance and expectations, but the wellbeing of our school community is our priority and we will keep doing our best in this difficult situation.

We have received a lot of words of support and positive feedback from parents and carers, which certainly makes it all worthwhile and our School Values for Life: *Respect, Honesty, Resilience, Expectations and Caring for Others* are as relevant and important to us as they have ever been. We look forward to a time in the near future where we can welcome all our children, families and visitors back into school again.

Slingsby CP School

Brickyard Bulletin

Back to puddle jumping! The fun never stops in farming, once again we're witnessing an extremely wet back end, and have some crops unsown. This is mostly wheat at the Ketworks end of the farm, where wheat should now be growing after late harvested beans. That is some of our most challenging land, so isn't totally unexpected, it will probably now be sown with spring barley in March. On not dissimilar land, to the north side of Fryton Grange, it has been too wet to sow winter beans, so a variety change to a spring variety called Lynx has become necessary (we learned last year that sowing winter beans in March (in the absence of spring seed) was a bad idea.

The October harvested wheat wasn't a total disappointment, it yielded about 2t/acre after drying from the dizzy heights of 23% moisture down to the 15% necessary for the feed mills and storage. The beans harvested the following day also had to be dried, and realised a fairly poor but not disastrous yield (mostly due to a decent price). They produced 0.75t/acre dry – they were never going to be brilliant, but they are a great soil conditioner and a good entry for wheat (if only it would stop raining long enough to let us drill it!)

Sugar beet isn't fun at the moment. More virus and cercospora (disease) than I have seen for a long time have reduced yields significantly this year. We get paid on the sugar content of the beet, and a mixture of the aforementioned and frosts have reduced sugar content to about 15.5% (normal about 17.5%) which makes a poor yield even worse. The wet weather has meant the beet is dirtier now than back in November too, which further reduces the paid weight. All of this translates to us being paid for only about 22t of a 28t load – quite a major blow, particularly given the price isn't very exciting, and the worse thing about being so far from the factory in Newark.



Beet harvesting

Fortunately, for next season, an emergency authorisation has been granted on the seed dressing that protects the beet from virus carrying aphids - at the moment for one year only. This next season, I will plant one field of beet with untreated seed, and continue with my plan to trial non chemical forms of control. Last bulletin, I mentioned Berseem clover as a companion crop to attract and nourish bees and hoverflies which predate the aphids (insects need a balanced diet too!) Following some research, I will add some areas of Crimson clover too, which will have some affect at reducing nematodes too. Should be interesting! I have reduced our ongoing beet contract by about 30%, due to the increased risks of a poor crop in the current climate.

On a slightly more positive note, our wild bird food mixtures have been good, and are still providing cover now. These are part of our stewardship commitments, alongside nectar mixes and grass margins. Our winter cover crops aren't very

impressive this year, again due to late sowing and constant rain, but the roots, worms and general soil health shows me that they are very much worthwhile. It is notable at the moment that the better the cover crop, the less standing water is evident – an



infiltration test showed us that water drains through a live cover nearly ten times faster than a bare stubble, which surprised me!

Andrew checking crops

December saw us washing potatoes for delivery to Seabrook, Tayto and Mackies crisp factories, with some pleasing results. In February we will start our Walkers contract, and in March, it will be the turn of Innovator potatoes, grown for McCain and destined for McDonalds fries.

As ever, the unending list of maintenance has kept us all busy, alongside checking and cleaning drains, a change of pig batch, muck out, and lots of paperwork....and more Zoom meetings than ever.

We have also been nominated for an award! The Northern Farmer Awards take place each February, usually with a posh do at Harrogate showground for the finalists and sponsors. This year, I have been privileged to be nominated for Arable Farmer of the Year award, which is very exciting! I have had a telephone interview, from where I was chosen as a finalist. Next came a Zoom interview, and submission of some photos and video footage of what we do. Now we wait for the judges' verdict! The world is a challenging place for all right now – Zoom, Teams and webinar meetings have been frequent, but it's not the same as meeting people and learning from each other. It's important for all to stay well and talk to each other in these times, by whatever means possible.

Andrew Wilson

Congratulations Andrew on being selected as a finalist in the Northern Farmer 'Arable Farmer of the Year' award. I'm sure all Triangle readers have fingers crossed for even more success in the Final.

Christmas Lights

Our family decided that we were in need of Christmas cheer, so one evening just before Christmas we embarked on a walking tour of the festive lights in Slingsby. Our route took us from Sycamore Close, up Balksyde, along the top road, down High Street, Church Lane, Railway Street and finished on the Green.

We were amazed by the sight of the wonderful displays of lights, numerous stars and window displays that lit up so many homes and also along the Church wall. The area around The Green was the highlight to the evening with so many lights on the trees. We would like to say a big thank you to all those who have spent the time in making our village so colourful at this time of year and please let's try and build on this display next year - it doesn't have to be a one off.'

The Clarke family

It certainly was cheering to see the village decorations (including growing ones) and lights over Christmas – a big thank you from the Triangle. A great display provides our cover picture and here's a few of more especially for those of you not able to walk round to see them.



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