

Drive Smart

Scunthorpe & Grimsby Advanced Motorist

Group No 7080	Charity No. 10631 July 2021 Edition
Inside this month's edition	
Editors Blog	1
Observer Team News	
Committee	2
SAGAM Committee N	lembers
Composition of Group)
Contact Details	
Chairman's Chatter	3
Dates for your Diary	
Advertising in our New	vsletter
New Web Address & t	hanks to lan Greenbeck
Holy Land – Part 1	4
Did You Know?	5
Worlds Easiest Quiz	
Art of Glass Blowing	6
Is Your Driving License Valid?	7
Smart Traffic Lights	10
A Bit of What You Fancy	11
Posh Tutti Frutti Ice C	ream
Benefits for IAM members	12
RAC Breakdown Cove	r
IAM Policy and Resea	rch
A Huge Insurance Shakeup	13
Slice of Life – Paul Cas	sell 15
Support your Family a	
Why Laughter is the Best Mee	
Caught My Eye – Y &	
Answers to the Worlds Easies	t Quiz 17
Dates in July	18
NEW – What am I?	19
Including lasts months and	
Pets Corner – Vaccina	
Laughter is the Very Best Me	
And just to make you	
Scrummy Yummy – get 10% o	off! 21
DM Commercials	22
We Got Mail!	22
Exclusive Deals, And F	inany

$\mathcal{W}_{ ext{elcome to the July edition of the SAGAM Newsletter......}}$

Hi! Have you enjoyed the hot weather last month, or was it waaayyy too hot for you? Whether you liked it or not, the rain did cool it down just a bit.....

Well, the June newsletter gave us the Last in the Series of a Brief History of Road Safety supplied to us by Mick Harris and in this edition, we start a short series from John Wigmore; a series of three regarding the Holy Land, with the first one well worth a read.

Rather disappointingly, there has still been no feedback on the new front cover so I can only assume that you are happy with it, however, thank you very much to those who have sent me articles to put in this edition! I really do appreciate it and if you don't see yours in this edition, then please look for it in the next.

Tips from Martin Lewis on how to save on your car insurance is a good read as is the information about your Driving licence - is it up to date? And did you guess last months What am I?....the answer is in this edition!

Did you find our little Herbena? All the way from Cyprus, Martin Dale got in contact to say he had found her hitching a lift on the back of the lorry in the picture supplied by Peter Batty on page 13. Martin was the first but Terry Heath also messaged to say he had found her but only after getting a little help from a colleague!! Herbena has gone on her jolly's so little Hetty has taken her place and has hidden herself somewhere inside. Let me know if you find her...... isn't she pretty!



Observer Team News - June 2021.

 \mathcal{H} ello everyone - It's time for the monthly catch up again.

The team have been busy getting our Peer to Peer driving and training sessions done.

We have been working in twos, assessing each other, and correcting any items we may have let slip. It has been a friendly way of resuming where we left off without the feeling of being pressured.

Now that we are all ready, we are looking forward to welcoming associates, existing and new so, if you know anyone who might be interested in trying advanced driving, now is a good time to get started. Free assessment drives can be arranged. They can be reassured that covid 19 safety rules are in place.

If you are an existing member and feel a need for a refresher drive, get in touch, we will be pleased to help. You will notice from communications from Head office, the webinar presentations. They are very interesting and well worth watching and recently covered Tone of Voice during observed drives and most recently, Drink Driving Myths and Facts. This one was interactive, which added extra interest. If you have not seen one yet, register for the next one, you might enjoy it.

By the time you read our August news, it will be almost time for our next Observer team Zoom meeting which, subject to confirmation will be on 4th August.

Stay safe and drive carefully,

The Observer Team.

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*T*he views and opinions expressed in this newsletter are those of the individual writers and not necessarily of IAM RoadSmart, nor the Scunthorpe and Grimsby group.

The current composition of our group is made up as follows:

Full Members - 83

Associate Members - 6

Total Members - 89

The Area Service Delivery Manager for our region (East Midlands and North Yorkshire) is Peter Serhatlic. Peter can be contacted on: <u>peter.serhatlic@iam.org.uk</u> or via mobile on 07703 718 907

Please have a look at our web page which includes lots of useful information including our Monthly Quiz



Group Website

https://www.iamroadsmart.com/groups/scunthorpeandgrimsby SAGAM can be found on Facebook at:

@SGAMG1

You can Follow us on Twitter: @ANDGRIMSBY PLEASE NOTE: WE HAVE A NEW WEBSITE ADDRESS AND A NEW WEBSITE!

TAKE A LOOK AND LET US KNOW WHAT YOU THINK

Chairman's Chatter

 \mathcal{H}_{i} folks, yet another month gone by and at this time I'm really finding it hard to say something a little bit different to what I've been saying for the last year and a bit.

As always, your committee is working hard, continuously trying to keep things up to a decent standard and I feel we are doing. I'm currently searching for ideas for a virtual speaker for July or August, but it's becoming more difficult every time I do it. I still really need ideas for speakers for you, our members, but nobody has come forward with any yet! Would you like a speaker on a motoring theme or something far and away from any sort of driving?

We are now ready for our associates to start re training, go if that's you, please tell us when you're ready to resume.

Some of us tagged on the back of HERAM group recently for a zoom meeting presented by Neil Greig, Director of policy and research, and what a great meeting it was too!

You should be able to see a brief insight into his work elsewhere in this magazine. I was pleasantly surprised how interesting he was. It was a really great evening, it gave an insight into his work. As usual, please communicate to us, about anything you want.

That's about my lot for this month, so I'd like to finish by saying to all our regular supporters and every single one of you, thank you all very much for your continued support.

Stay safe out there. *⊜*

Kind regards, Terry Heath Chairman & N.O. S.A.G.A.M

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Dates for your diary...

If you have any articles, photographs or anything you feel may be of interest for the July edition, please feel free to email me at

publicity@scunthorpegrimsbyadvancedmotorists.org no later than 15th July please.

Committee meeting dates for this year are: 14th July, 11th August – 8th September – 13th October – 10th November and 8th December.

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Advertising in our Newsletter

If you or anyone you know would like to advertise in our newsletters, please contact Jan Burditt on 07834 170678 or email: publicity@scunthorpeandgrimsbyadvancedmotorists.org

The cost of advertising is: Full page - £40.00: Half page - £20.00

Costs are per annum and will there will be 12 monthly issues

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https:/www.iamroadsmart.com/groups/scunthorpeandgrimsby

Have a look at our new website!

Many thanks to lan Greenbeck, who masterminded the whole thing and followed it through to completion.

Holy Land 1 ~ Part 1 Negev and Masada.

Although we often think of the Middle East in terms of division and conflict, the area is perhaps better thought of as the seat of the three great Abrahamic religions, Judaism, Islam, and Christianity. I have now been privileged to visit this area a total of three times. These three articles are my take on the region, its



history and people. Starting in the South of the region, let us look first at Masada and the Negev Desert.

Geologically, a desert is defined as a region where the rainfall is less than ten inches (25cm) a year. By coincidence, much of the Negev is also below sea level; indeed its North East perimeter is the lowest point on earth, the shore of the Dead Sea.



After a long drive from the port of Ashdod and through the desert town of Be'er Sheva, our coach brought us to the Eastern approach to the Mount of Masada. Here we took the cable car to the summit plateau; with an overall height of 952 feet, it is difficult to imagine that the top of

this hill is only just above sea level.

Masada is known for being the place where a group Jewish zealots held out against the Roman invaders. Their hilltop fortification was established as early as 37 BC, and continued until in 74 AD they realised the hopelessness of their situation, resulting in the mass suicide of the entire colony of about 960 individuals.



of



No visit to the area would be complete without a dip in the Dead Sea. Visible from the summit of Masada, this enigmatic inland water has a density of 1.24 times that of fresh water. Known technically as an endo-rheic lake, the Dead Sea owes its saltiness to the River Jordan, which carries a phenomenal amount of mineral into the Sea, but

there is no outlet apart from evaporation.

So after bathing in a place where even I could float, all that remained was a fresh water shower and a long bus ride back to Ashdod.

Pictures.

- 1. Desert, and a few trees planted to shelter coaches from the heat.
- 2. The Cable Car.
- 3. Eastern Approach, seen from the Cable Car.
- 4. A "Swimmer" in the Dead Sea.

Article very kindly supplied by John Wigmore

Did You Know? - There's a very small statue in central London of two little mice fighting over a piece of Cheese?

High above the pavement in the heart of the City of London, you can find one of the capital's smallest public statues. So small in fact, hundreds of people walk past every day completely oblivious to its very existence.

The two mice, fighting over a piece of cheese, have adorned the building on the corner of Philpot Lane and Eastcheap since it was built in 1862.

But if you ask local historians, cabbies or bartenders, they'll tell you it was the nearby Monument to the Great Fire of London where the story behind this little sculpture originates.

Sometime between 1671 and 1677, as the Monument was being built two workmen sat high above the city on scaffolding preparing to eat their lunch.

By accounts they were friends, but all affection was forgotten when one turned to retrieve his bread and cheese and found it half eaten.

Thinking it was his companion he got angry. An argument escalated to a fight and in the scuffle both men lost their footing and fell to their deaths.

It was later found that neither man was at fault. The real culprit for the pinched food was a family of mice living in the building site.

So, this little statue commemorates them - the mice, the two workmen and the stolen lunch.

Or so the tragic story behind London's smallest public statue goes......

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Here is the world's easiest Quiz.....or is it??.....

Have a go at this and see how many you can get right but......

you have to get a minimum of 4 correct answers to pass!!

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What colour is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the colour of the black box in a commercial airplane?

Remember you need 4 correct answers to pass. Check your answers on page 17

Above very kindly supplied by Terry Heath





The Art of Glass Blowing

Our lovely chairman, Terry, sent me a link to a YouTube video and thought you would be interested in viewing it. Unfortunately, the link wouldn't work in a pdf format so I've searched the Internet and found it along with a bit of history to the brilliant art Glass Blowing. The link to watch the video is available at the bottom.

Glass Blowing is the art and science of shaping molten glass into a variety of designs and objects from tiny



art pieces to panes of glass. This is accomplished by blowing small amounts of air into a molten glass bubble also known as a parison. A glass smithy or glassblower uses a metal tube or blowpipe to control air, which is blown through the tube into the molten glass allowing the design and shape to be manipulated. Two major methods are free blowing and mold blowing. Of the two, free blowing has been used since the earliest known records for glassblowing in the first century.

Long History of Glass Blowing

While early interest in glass crafting began in Mesopotamia during 2500 BC, glass blowing is believed to have been used first by Roman citizens around 50 BC during the height of the Roman Empire. The earliest pieces were decorative beads or amulets. Around 460 BC, Democritus, who is often referred to as the father of modern science, began using glass blowing to make early magnifying glasses. Alembic and volumetric blown glass began finding use as scientific equipment in early alchemy or chemistry experimentation and studies.

It was not until the 12th century AD that glass blowing began to find widespread use in Italy. Italian glass blowing was a very profitable business and the reason glass blowers were required to hide away on the island of Murano to safeguard their techniques. Murano glass designs and products are still among the most sought after handcrafted glass today. The production of clear Italian glass was not the only glass blowing techniques to be a closely guarded secret. During the 17th and 18th century, Leeuwenhoek, who is credited as the founder of microbiology invented the techniques to make microscope lenses allowing him to be the first to the tiny elements of human body such as muscle fibres and bacteria. see

Physics and medicine have both relied on the skills of glass blowers to make glass apparatuses for experimentation. In 1934, Alexis Carrel and Charles Lindbergh invented the perfusion pump that was designed using glass blown Pyrex. The invention of the perfusion pump allowed organs to be kept alive outside the human body by pumping oxygenated blood through various tubes within the pump and back into the organ. It was featured in Time magazine in 1938 as a major medical breakthrough and would not have been possible without blown glass. Modern technology has naturally brought changes to the craft of glass blowing. Instead of limestone used in early Rome, modern glass blowers used Pyrex and quartz to produce products and instruments used in experiments as these are not likely to shatter as easily as limestone glass.

Glass Blowing Supplies and Equipment

While the exact equipment needed for glass blowing will vary according to the types of products in mind, there are certain basic equipment and supplies that are needed for any glass blowing productions. These include torches, hoses, fuel regulators, and an assortment of attachments. Graphite shields, paddles, and tweezers allow you to handle and shape molten glass at the necessary extreme temperatures. Fireboard is recommended against the wall behind a kiln or furnace as well as on the surface of your workbench. Bead mandrels sprayed with a release substance will allow you to fashion glass beads quickly. Other tools such as nippers and grabbers allow you to cut and place glass as needed. Safety glasses are needed not only to protect your eyes against breaking glass but should also be designed especially for glassblowing activities. They should be dark enough to protect your eyes against the bright flares resulting when working with molten glass. Of course, you also need a good selection of glass tubes in both solid and hollow options and

while many beginners start with clear glass, coloured glass tubes are available. A kiln is used to anneal or cool a glass piece properly. A good glass blowing supplier will be able to recommend further supplies and equipment to get you started. When speaking to suppliers ask about any special disco.

Glass Blowing Techniques

The two main techniques used in glass blowing are free blowing and mold blowing. Free blowing is the technique used by the famous Murano glass blowers of the first century and is still widely popular today among glass artists. In free blowing, a molten ball of glass is gathered on the end of a blow tube or blowpipe and then small short puffs of air are breathed through the pipe into the ball of glass. The air breathed into the glass cools the inside of the glass to match the outer cooling done by removing the glass from the heat source. This then allows the glass blower to expand the bubble of glass and form it into an endless variety of shapes or objects by swinging, pinching, pulling or otherwise manipulating the hot glass with a selection of tools. Free-blown glass can produce the smallest of decorative objects to large panes of glass or furniture.

Mold blowing involves blowing a molten piece of glass into a mold typically made of wood or metal. The final shape and texture of the product depend on the design elements carved into the mold. Molds can be single piece molds that allow glass products to be lifted out or pulled from the top of the mold such as a relatively flat dish, or a two-piece mold that allows for a more intricate design.

This amazing video shows the worker using molten glass and shaping it into a beautiful object which we can all recognise. Copy and paste the link below into your search bar to watch.

https://www.youtube.com/watch?v=_Esa50VEvrY

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Is Your Driving Licence Valid? – 30 seconds checks to save a fine of up to £1,000.00

About two million people have an out-of-date driving licence. There's a fine of up to £1,000 if you don't renew it, so check now. This guide shows you how to check whether it's valid, how and where to renew, how to ensure you're covered when driving abroad, and what to do if you still have a paper licence.

Check now if you need to renew your licence after last year's coronavirus extension

As part of its coronavirus help measures, the Driver and Vehicle Licensing Agency (DVLA) gave drivers whose licences expired between 1 February 2020 and 31 December 2020 an automatic 11-month extension from the date of expiry to renew them.

So, for example, if your licence expired on 30 December 2020, you have until 30 November 2021 to renew – but it's crucial you don't forget as you could face a heavy fine. This means those whose licences expired last July or August (or this June/July) should be renewing now or very soon. See below for <u>how to check and</u> <u>renew your licence</u>.

Remember: If you don't renew when your automatic extension ends you could be fined up to £1,000 for driving with an expired licence.

1 Check your driving licence NOW or risk a fine of up to £1,000



There are three big checks to do on your driving licence. Dig yours out NOW and ensure you do 'em all, or you could be stung with a fine of up to £1,000.

1. Check the photocard driving licence expiry date

Photocard licences replaced paper licences in 1998, and must be renewed every 10 years. The DVLA says a whopping two million or so photocards are out of date.

Driving licence photos must be replaced every 10 years (no matter how young you look)

It's easy to forget, but a quick check now could save you a fine of up to £1,000 if your photocard's expired. It's an annoying £14 to renew (£17 if you renew by post), but that's a far better option than the fine. There are a few dates printed on the photocard, but the one you need is the photo expiry date printed on section 4b on the front of the card. If you really can't find your photocard, see how to renew below.

How to renew your licence

The process is similar, whether you're renewing a driving licence or replacing a lost or stolen one. There are three ways to apply:

- * Online. You can apply online at <u>Gov.uk</u>, providing you've a valid UK passport.
- * By post. Alternatively, anyone can get forms (known as 'D1 pack') from most post offices, or order one from the <u>DVLA</u> website (in the 'Other ways to apply' section).
- * In person at selected post offices. The <u>Post Office</u> charges an extra £4.50 to take your photo on top of the £17 fee, but the total also includes posting your application to the DVLA.

How much does it cost?

There's a £14 fee for each renewal if you do it online, £17 if you renew by post. You should be sent a reminder and form a few weeks before your licence expires. However, as many miss this or forget, it's well worth making a note of when yours expires. Though the photocard needs to be renewed every 10 years, in general driving licences are valid until you're 70, after which it needs renewing every three years. If you only need to update your address or name, or you're over 70 and you're just renewing it, this is free. There's no limit to the number of times you can update your name and address for free.

How long before expiry do I need to renew?

You'll get a reminder to renew a month or so before your current licence expires, and that's when it's best to do it. The DVLA says you should *usually* get your new licence within one week if you renew online, but currently states that it may take longer due to the pandemic. Renewals by post can take up to three weeks. As the safest thing is to have your new licence in hand, the best way to ensure that is to renew about four weeks before it expires (unless your licence expired during the <u>coronavirus extension period</u>).

Your new licence will be valid from the date your renewal is approved, not from the expiry date of your current licence.

My photocard's already expired, will I be fined?

Renewing late won't prompt a fine, but if your licence has expired the DVLA says you shouldn't drive until it has received your completed renewal application – see directly below.

Can I drive while waiting for my new licence?

The DVLA says if your licence expires while it is processing your renewal application, you can continue driving as long as you meet certain conditions including only driving vehicles you were entitled to drive on your previous licence, not being told by a doctor or optician that you shouldn't drive, and you aren't disqualified from driving. For full info, see the <u>Gov.uk</u> website.

2 Check your correct address is on it

It sounds bonkers, but forget to update your address and you risk a fine of up to £1,000 if stopped by the police – so check now to make sure it's correct.

If your address is wrong, you can update it online via <u>Gov.uk</u>, or by post (see <u>Gov.uk</u> for info). There's no limit to the number of times you can do this for free, so it's handy if you move again later down the line. The DVLA recently made it possible to <u>change the address on your vehicle log book</u> online too.

3. Check your name or gender is correct if you've changed it

The third check is to make sure your name and/or gender are correct on your driving licence, particularly the former if you've changed it since getting married.

Direct Line previously found 3% of married women had an out-of-date name on their licence, which bizarrely could also incur a fine of up to £1,000. So, if you think you could be affected, check now.

To update your name or gender, order the form (D1 'Application for a driving licence') from Gov.uk and post it to the DVLA, along with the documents needed (forms are also available from most post offices). As with address updates, handily there's no limit to the number of times you can update your name for free.

Will my photocard's expiry be renewed if I update my address or name?

If you're only changing your personal details, the photocard's renewal date won't be updated. While it's free to change personal details, if you decide to include a new photo to renew your photocard at the same time, this will still cost you £14 online, or £17 by post. But if you're only updating your address or name, you don't need to send a new photo unless your current photocard has expired.

Driving in Europe: In most cases you DON'T need a permit (despite Brexit)

Prior to the UK leaving the European Union on 31 January 2020, a UK driving licence was accepted in all EU countries, as well as Iceland, Liechtenstein, Norway and Switzerland, and this continued to be the case during the transition period that ended on 31 December 2020.

The Government had warned UK citizens might need an international driving permit (IDP) to drive in the EU when the transition period ended, but following the agreement of a post-Brexit trade deal, the Department of Transport told us that in most cases, you DON'T need an IDP to drive in the EU or Iceland, Liechtenstein, Norway and Switzerland.

There are only two scenarios where you may need an IDP to drive in those countries:

- If your licence was issued in Gibraltar, Guernsey, Jersey or the Isle of Man, in which case you need to check with the embassy of the country you're planning to visit.
- If you have a paper UK driving licence, in which case you'll again need to check with the embassy of the country you're going to whether you need an IDP or to <u>upgrade to a photocard</u>.

If you do <u>need an IDP, they cost £5.50</u> and it's possible you may need more than one, depending on where you're planning to go – for full help, including how to apply, see <u>Driving outside the EU</u>.

If neither of the above scenarios apply to you, you can drive in the EU, Iceland, Liechtenstein, Norway and Switzerland using a UK driving licence without any extra documents, though see the <u>expiry info</u> above for how to check your licence is valid before you go.

Taking your own vehicle? You'll need an insurance 'green card'

Before the UK left the EU on 31 January 2020, and up until the end of the transition period on 31 December 2020, most comprehensive and third party, fire and theft car insurance policies automatically gave you thirdparty cover (ie, you're covered for damage to another car or someone else's property, but not damage to or theft of your car) if you drove your own car in the EU or in other European countries such as Norway and Switzerland. But now before you go, you'll need to get an insurance 'green card' – an international certificate issued by insurance providers in the UK guaranteeing the bearer has the necessary *minimum level* of third-party cover (you may need to pay if you want a higher level of cover).

To get a green card, you'll need to contact your insurer before you travel. It'll send you a green card, and you need to carry the physical document with you when driving on the Continent. You'll also need to <u>display a</u> <u>GB sticker on your car</u>. Green cards are free, but insurers may charge an admin fee when issuing them. For more info, see our <u>Cheap Car Insurance</u> guide.

Other things to check before driving in Europe.

Besides your licence and insurance, there are a few other checks you should make before taking your own car to the Continent, and one you should make if you're planning to hire a car when you get there. See our <u>Driving in Europe</u> guide for full help – here are some quick pointers:

- *Breakdown cover*. Go outside the UK and often your breakdown cover isn't valid. Check it, and if not, you can upgrade to a European policy or buy special one-off temporary cover.
- Do all maintenance checks before you go (for where to find help on fixing common complaints, see <u>Motoring MoneySaving</u>), and ensure you've got manuals and the numbers to call if your vehicle breaks down.

• Driving rules. Get familiar with the driving regulations for the country or countries you're going to, as you could run into problems and even face hefty fines if you get things wrong. For a rundown of country-specific rules, see our <u>Driving in Europe</u> guide.

Driving outside the EU: Check if you need an extra permit



In spite of Brexit, in most cases you don't need an international driving permit (IDP) to <u>drive in European Union countries</u>. But if you're planning a road trip further afield, you should check if you'll need one.

IDPs are required or recommended in over 140 countries, including Australia, India, Thailand and the US. Drive without one where it's needed and you may be refused a hire car and risk trouble with the authorities.

They come in booklet format, and contain several translations of your driving licence. There are three types, known as the 1926, 1949 and 1968 Conventions, and they're all the same price. Which you'll need depends on where you're off to.

It's also worth noting that the Driver and Vehicle Licensing Agency (DVLA) advises any driver travelling abroad to carry a photocard licence, rather than the older all-paper version. This isn't obligatory, but it may make your journey easier. See above for how to upgrade a paper licence.

Will I need a permit?

Before you leave, check the <u>Post Office</u> website for the full list of countries where a permit's required or recommended; it'll also tell you which type to get. You'll need to be 18 or over to get an international driving permit, and hold a full driving licence (see above for <u>how to renew</u>).

How to apply

It's £5.50 in-person from selected <u>post office</u> branches. The IDP lasts a year, and you can apply up to three months in advance of going away, so there's no need to leave it to the last minute.

It doesn't replace a driving licence though, as you'll need to show both when required.

Beware websites selling 'international driving licences' – these aren't legally recognised documents, so don't get caught out.

An AA spokesperson told us:

"Some people mistakenly refer to international driving permits as 'international driving licences'. However, there is no such thing as an international driving licence – they are not legally recognised – so don't be fooled into buying one, as they are not worth the paper they are printed on.

An IDP, on the other hand, is required or recommended in 140 countries and is recognised internationally – they are issued in accordance with road traffic conventions, which stipulate that they can only be issued by motoring organisations or motoring authorities".

If you're thinking of hiring abroad, check out our <u>Cheap Car Hire</u> guide for tips.

The above article has been taken from the Martin Lewis Website:Courtesy of Brian Woods via Terry Heath

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Smart traffic lights that tell motorists how fast to drive to avoid a red light could be rolled out across Britain after trial finds they cut emissions by a quarter

Feeling like you hit all the red lights on your commute could become a thing of the past, thanks to smart traffic lights that tell you how fast to drive to safely pass them. The smart lights are capable of relaying information to appropriately-equipped cars from a distance of up to around two-thirds of a mile (or one kilometre). In tests by Highways England and infrastructure consultants Amey, the lights were found to reduce vehicle emissions by a quarter by eliminating unnecessary stops.

Daily Mail, 22-06-2021, Smart traffic lights that tell motorists how fast to drive to avoid a red light could be rolled out across Britain after trial finds they cut emissions by a quarter (WEB)

Article kindly supplied by Brian Woods via Terry Heath

A little bit of what you fancy! - Posh Tutti Frutti Ice Cream by Galton Blackiston

Tutti frutti ice cream has been served for at least 160 years, as it appeared on the bill of fare for an 1860 dinner in England.

Recipes for tutti frutti ice cream were found in cookbooks of the late 19th century. A tutti frutti ice cream recipe was included in the 1874 cookbook *Common Sense in the Household: A Manual of Practical Housewifery.* This recipe calls for actual tutti frutti and is not fancifully named. In the 1883 cookbook *The Chicago Herald Cooking School* there is also a tutti frutti ice cream recipe.

In 1888, one of the first gum flavours to be sold in a vending machine, created by the Adams New York Gum Company, was tutti frutti.

Many restaurant menus circa 1900 in the collection of the New York Public Library also list this variety of ice cream.



Ingredients:

- 225g of glacé fruits, finely diced
- 6 tbsp of Grand Marnier
- 1 vanilla pod, split lengthways
- 570ml of double cream
- 8 egg yolks
- 175g of sugar

Method:

1 Put the diced glacé fruits into a bowl, pour over the Grand Marnier and hours, or overnight

2 Scrape the vanilla seeds into a heavy-based saucepan and add the vanilla pod and cream.

3 Put over a medium heat and bring to scalding point. Remove from the heat and set aside to infuse for 15 minutes

4 In a large bowl whisk the egg yolks and sugar and then, while continuing to whisk, add the hot cream

5 Return the mixture to the saucepan over a low heat and stir continuously until the custard thickens enough to coat the back of a spoon

6 Immediately remove the pan from the heat, then pass the custard through a fine sieve into a bowl and allow to cool

7 Churn the mixture in an ice cream machine and, when the ice cream starts to thicken, add the marinated fruits. Once they're combined, quickly transfer the ice cream to a suitable container and put in the freezer. DONE!

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IAM Benefit for members

RAC Breakdown cover - from £6* a month

RAC fix 4 out of 5 at the roadside, so we'll get you back on the road without you having to worry. *New personal based Roadside cover on a monthly contract

READ MORE >



IAM - Policy & Research – Current Topics and a Glimpse into the Future – written by Terry Heath

On Monday 14th June I participated in a zoom meeting with Neil Greig, director of policies and research for

the IAM. Neil gave a brilliant insight into his work; he showed some very interesting statistics relating to fatal road traffic collisions. Since 2012 the fatality numbers appear to have flatlined but sadly, we are still killing 5 people a day in this country on the roads and in 2019, car occupants accounted for 42% of road deaths, pedestrians 27%, motor cyclists 19% and pedal cyclists 6% with both new as well as the older driver being the most vulnerable. However, the national trend did dip in 2020 as fatal rtc's were down by 14% but all this, sadly, was just down to Covid. Who knows, the figures may well show an unfortunate upturn, in the next year or so.

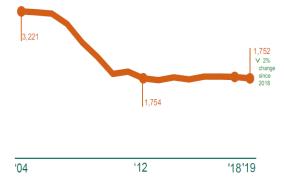


Chart 1: Fatalities in reported road accidents: GB, 2004-2019

There was also an excellent discussion on telematics. 194



members were given a small 'black box' which they drove around with in their car for four months in order to forget it. Out of all the full members that were checked using telematics, it was proven that IAM drivers are twice as good as the average driver. Statics show that IAM drivers scored 77 whilst the non-advanced drivers scored just 40. It was

clearly a very worthy exercise and they expect there will be more telematics tests for members in the future.

One of the big issues talked about was "Smart motorways". In a recent IAM survey, 80% of advanced drivers were said to be unhappy with them. Most IAM drivers agree, that there doesn't seem to be any real benefits from them. After IAM consultations with the Highways Agency, it has been agreed that no more smart motorways will be built until all the current issues are satisfactorily addressed. For the survey, drivers were asked 2 questions;

1 Do you feel confident you know what to do in the event of a breakdown?

Only 54% felt confident

And;

2 Do you feel that your journey times have improved as a result of the use of smart motorways?

•	Very noticeable improvement	4%
•	Noticeable improvement	19%
•	Same as before	31%
•	No noticeable improvement	40%
•	Worse than before	6%

A new highway code should be out in 2022. A lot will cover new rules for cyclists but my question is, who will tell the cyclists? I'm sure not many cyclists are going to rush out and buy a new copy, also how many pedestrians, (truly non drivers) will go and buy a copy?

HOW DRIVERS' REACTION TIMES SLOW		
12% 21%	Using cannabis	This chart shows the percentage increase in distracted drivers'
27%	Hands-free phone	response times. An undistracted driver
30%	Android Auto (Voice)	typically reacts in 1 second.
35%	Texting	D
36%	Apple CarPlay (Voice)	Č.
46%	Hand-held phon	
53%	Android Au	to (Touch)
57%	Apple C	arPlay (Touch)

The talk also went onto touch screen technology. A recent study showed that when using such devices, such as an Apple CarPlay Touch Screen, it caused reaction times to drop by 57% and that's from just using something as simple as a touch screen whilst driving. I must admit, I find that very scary.

The chart opposite shows the percentage increase in distracted drivers response time. An undistracted driver typically reacts in 1 second. The 12% equates to the drink drive limit.

The above is just a very brief outline of the presentation, and it's about all I can remember really.

If you find out that some of the data is not strictly accurate, then I apologise. It's just my humble attempt at a very brief insight into the meeting, for you. I really do wish more people would join these presentations; we can all keep learning. I must admit, I'm quite hooked on zoom now!

Thanks for taking the time to read this......Drive safely, Terry Heath.

I would like to express my thanks to Terry for submitting the above as I was unable to attend on the night

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A HUGE CAR (AND HOME) INSURANCE SHAKEUP IS COMING!

Here we take a look at Martins prediction for car insurance. Prices for switchers are likely to rise as save, even if not at renewal.

The regulator the Financial Conduct Authority confirmed last week that from January car and home insurers must charge renewing and new customers the same. In this article, we look at car insurance. While a popular move, it could push up prices even sooner for switchers, who currently tend to pay far less. So, this is our clarion call for EVERYONE to check if they can save. Martin's analysis explains why, followed by our cost-cutting tips (lots more in <u>Cheap Car Insurance</u>).

Prices will meet in the middle, but act now and you may beat the system.



Martin says: "With firms forced to offer new and existing customers the same prices, the new structure will likely meet somewhere a little above halfway between them.

Martin Lewis MSE Founder

"It's good news for those who never switch, as renewals will be cheaper. But it's bad news for those who actively seek the best deals. While they should still be able to save due to competition, differences will fall, and they'll pay more overall.

"The move is popular. In a Twitter poll I did last week, 86% of 11,360 voters were in favour, including most who switch regularly.

"Admittedly it's likely big insurers are working on innovative pricing structures. Perhaps they'll launch cheap sub-brands to draw people in, without large legacy customer bases they'd need to cut prices for.

"Yet let me stop crystal balling, and focus on what matters now. It's possible today is a sweet spot to check <u>car insurance</u> prices. While the new regime starts in January, insurers will likely start to shift algorithms before - there are even signs now (but the data isn't conclusive).

"This likely means the cheapest prices will disappear rapidly for those who compare and switch. So, I suggest everyone check ASAP to see if you can cut costs by grabbing cheaper switchers' deals.

"Even if not at renewal, if savings are big, it can be worth moving now to lock in cheaper prices. If you've not claimed, you can usually cancel existing policies for a £50ish fee, and get a pro-rata refund for the remainder (but you won't gain this year's no-claims bonus)."

How to save on CAR insurance

Prices dived during the lockdowns to reach a seven-year low, though there are already signs they're creeping up as more people on the roads has led to more claims. Combine this with predicted higher switchers' prices due to the clampdown, and this might be the optimal time to lock in a cheap price. Full help in <u>Cheap Car Insurance</u>, but in brief ...

1. Check if you can save even if months from renewal. Follow the tips below to check new policy prices. If savings are big, you can cancel your policy, and provided you've not claimed, you'll get a pro-rata refund if you paid upfront, minus a £50ish fee. However, you won't earn the year's no-claims bonus. See <u>save if not at renewal</u> help.

As *Mrs D* tweeted last week, shortly after Martin warned that everyone should check, even if not at renewal: "*Blimey. My quote is £300 cheaper than it was in January. Thank you. Husband is next.*"

NEVER auto-renew - instead, combine comparison sites for 100s of quotes in minutes. They don't cover the same insurers, nor give the same price for the same insurer, so use a few. Our current order is: 1) <u>MoneySupermarket*</u> 2) <u>Confused.com*</u> 3) <u>Compare The Market*</u> 4) <u>Gocompare*</u>. (Why? See <u>comparison order</u>.)

We base our order on which comparison site is likely to be cheapest for most people, which is the best way to choose. Yet comparisons also have sweeteners:

- MoneySupermarket offers up to £150 of car repair vouchers.
- Confused gives a choice, eg, £20 Halfords/Domino's/car wash voucher.
- Compare the Market offers 2for1 meals and movies.
- Go Compare gives a free £250 excess and a £10 MOT voucher.
- 3. Then check for deals not on comparison sites. Check if biggie <u>Direct Line*</u> can beat your top quote, and see our list of <u>offers that comparisons miss</u>, eg, a £60 Amazon voucher.
- 4. Get new quotes three weeks before the policy start date, which can HALVE costs. Our analysis last month found the optimum time to get a car insurance quote is 23 days ahead of renewal or the new start date. If you leave it later, prices can almost double because insurers' algorithms show those who get new quotes earlier are a lower risk.



Ian emailed: "Brilliant advice - best price, about 21 days before expiry date, was £340. But day before expiry: £637."

5. If you've more than one car, check if you can save with a multicar policy. Often, multicar newbies get hot offers to suck 'em in, but that advantage can disappear at renewal, so our rule of thumb is: "If you're on a multicar policy, check separate policies to see if you can save; if you're on separate, check multicar."

For full info, including how to compare if your cars have different renewal dates, see our <u>Multicar</u> <u>Insurance</u> guide.

6. Then try these counter-logical tricks to up your savings...- Use trial and error to see if <u>comprehensive beats third party</u>.

- See if legitimately tweaking your job description cuts costs.
- Adding a <u>responsible additional driver</u> can get you a lower price.
- Once you've got a cheap quote, check if you can get <u>cashback</u>.

The above article has been taken from the Martin Lewis Website:

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Slice of Life by Paul Cassell

 \mathcal{M} y name is Paul Cassell, I live with my wife, Denise and our daughter, Tricia in Wrawby, near Brigg. We have lived here for the last 20 years and love it very much. My hobbies are maintaining our small but nice garden, DIY if I think I can, motor sport, in particular the British Touring Car Championship. I am very interested in cars, classic and new and like visiting car and transport museums when I can. I bought myself a Mini Cooper recently (I call it my toy) which I like to take out to enjoy and practice cornering skills and advanced driving in particular.

I have been a member of SAGAM (latterly Scunthorpe Group) since passing my Advanced driving test 29 years ago. I very much enjoy driving and have maintained an active role in the group ever since.

Soon after passing my Advanced test, I found myself attending shows and public assessment days with the MDU team, promoting the group and recruiting associates. Before long I was asked to be an Observer with the group and to this day, with a healthy number of successful associates passes under my belt, it is something that I still very much enjoy doing.

More recently, I decided that I needed a challenge, so I trained for and successfully passed the IAM RoadSmart masters test followed shortly after by National Observer qualification, both of which I am very proud.

I retired a couple of years ago but spent the majority of my working life in the carpet retail trade, during which time I trained as a carpet fitter, leading to measuring and estimating which meant that I spent my life on the road, visiting customers. Just the job!!! I was doing a job that I loved and driving around as well.

With retirement looming I needed to decide what was to occupy my time, I thought what better than putting a chunk of that into Advanced driving, so with committee approval I set about reviving Observer team meetings in 2020, which, because of Covid 19 has been delayed by a year. This brought with it a position as Observer trainer, which I accepted.

Membership of SAGAM has allowed me to share my interest in driving with people of similar mind, I have learned a lot and made lots of friends. What could be better than that?

Paul Cassell.

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SUPPORT YOUR FAMILY & FRIENDS TO BECOME AN ADVANCED DRIVER

To receive your application form please send your name and contact details along with your payment to:

Mr M Gothard	Cheques should be made payable to:
7, West Green	The Institute of Advanced Motorists
Messingham	For more information contact: Terry Heath on:
North Lincs	01652 655601 or visit our website
DN17 3QT	www.scunthorpegrimsbyadvancedmotorists.org

Why Laughter is the Best Medicine...

Studies have found that laughter can have healing properties.

"Laughter activates the body's natural relaxation response. It's like internal jogging, providing a good massage to all internal organs while also toning abdominal muscles," - <u>Dr. Gulshan Sethi</u>

Laughter is contagious, it reduces the stress response, boots immunity, increases resilience, combats depression and relieves pain.



Yorkshire Air Ambulance is a dedicated helicopter emergency service for the **Yorkshire** and **Humber** region of England. It was established in October 2000, and currently operates two Airbus H145 aircraft. It is an independent charity that relies solely on the donations of individuals and organisations.

Yorkshire Ambulance Service NHS Trust (YAS) was formed on 1 July 2006 when the county's three former services merged.

They cover nearly 6,000 square miles of varied terrain, from isolated moors and dales to urban areas, coastline and inner cities and serve a population of over five million people across Yorkshire and the Humber, striving to ensure that patients receive the right response to their care needs as quickly as possible, wherever they live.



More than 5,800 staff are employed, who together with over 1,100 volunteers, enable them to provide a vital 24-hour, seven-days-a-week, emergency and healthcare service.

They receive an average of over 2,700 emergency and routine calls a day and in 2018-19, responded to a total of 798,968 incidents through either a vehicle arriving on scene or by telephone advice. Clinicians based in the Clinical Hub which operates within the Emergency Operations Centre (EOC) triaged and helped just under 130,000 callers with their healthcare needs.

The <u>Patient Transport Service</u> made over 934,000 journeys in 2018-19, transporting patients to and from hospital and treatment centre appointments and <u>NHS 111</u> service helped 1.6 million patients across Yorkshire and the Humber, Bassetlaw, North Lincolnshire and North East Lincolnshire during 2018-19.

They abide by the NHS Constitution which establishes the principles and values of the NHS in England.

Both of the H145 helicopters, G-YAAC and G-YOAA are based between the two Helicopter bases, Nostell Air Support Unit near Wakefield in West Yorkshire and RAF Topcliffe near Thirsk in North Yorkshire.

The air ambulances are state-of-the-art, built and supplied by Airbus Helicopters and the bespoke interior was fitted out by Bucher to accommodate the needs of the crews. They cost approximately £6 million pounds each and have been funded by the generosity of the public, through generous grant funding, and the sale of their previous two helicopters.

Nostell Air Support

After outgrowing their space at Leeds Bradford Airport in December 2011, the Yorkshire and Humber Air Ambulance acquired their airbase on the grounds of Nostell Priory near Wakefield. Lord St. Oswald, the owner of the estate, has been a long-time friend of the Yorkshire Air Ambulance and had heard that they

were looking for a new space. He had a vacant sizeable warehouse and office space which had plenty of grounds to the rear of the property on the edge of his estate and so offered his support. Their first flight took place on 28th November 2013 from Nostell and they now have been located at the airbase for 6 years. Facilities at Nostell include the office space along with a board room, a hanger, their own independent fuel bowser and their dedicated Air Deck and Operations room. In 2019, they also opened their own state of the art simulation training suite equipped with the latest technology and realistic manikins to provide immersive training experience for their crew. One visitor from the Civil Aviation Authority intimated they they have one of the best Air Ambulance facilities in the UK – something that they are very proud of.

Topcliffe Air Support Unit

The air base in the North of the region is located at RAF Topcliffe near Thirsk. Located within the Alanbrooke



Baracks of the 4th Regiment Royal Artillery, it is an ideal place for one of the YAA helicopter to be based. The operations at Topcliffe started at the beginning of January 2012 with facilities including office space, a hanger, their own independent fuel bowser, space close to the run-way for rapid dispatch and dedicated crew accommodation on site. Since moving to Topcliffe, the YAA has seen a significant increase in incident they are attending in the Northern and Coastal parts of Yorkshire.

The YAA helicopters can land patients at number of hospitals across the region:

Castle Hill Hospital, Cottingham, Leeds General Infirmary, Leeds, Scarborough General Hospital, Scarborough, James Cook University Hospital, Middleborough, Hull Royal Infirmary, Kingston-upon-Bull, Huddersfield Royal Infirmary, Huddersfield, Northern General Hospital, Sheffield, Pinderfields Hospital, Wakefield and Sheffield Children's Hospital, Sheffield.

Here comes the technical bit.....

Both of the H145 Helicopters are manufactured by Airbus, with a base price of around £7,346.00. The maximum cruise speed is 130 ktas, with a maximum range of 352nm. They can have a total of 10 seats, including the cockpit which seats 2 people but the passenger area has been adapted to suit their role as an air ambulance. The maximum climb rate is 925 fpm, the craft has the ability to hover at maximum 12500 ft and has a JetFuel capacity of 1434 lbs. The H145 boasts 2 engines, manufactured by Safran (model Arriel 2E) and together they give a horsepower of 894. The gear type is retractable wheels, the rotohead is 4-blade articulated and the tail rotor is an Enclosed Fenton. This helicopter has to abide by the IFR flight rules - IFR flights use whole 1000's of feet (e.g. 1000, 3000 etc. when flying eastbound, and 2000, 4000 etc. when flying westbound) see https://www.aurora.nats.co.uk/htmlAIP/Publications/2020-06-18-AIRAC/html/eAIP/EG-ENR-1.3-en-GB.html for more info

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ANSWERS TO THE WORLDS EASIEST QUIZ

- 1) How long did the Hundred Years War last? 116 years
- 2) Which country makes Panama hats? Ecuador
- 3) From which animal do we get cat gut? Sheep and Horses
- 4) In which month do Russians celebrate the October Revolution? November
- 5) What is a camel's hair brush made of? Squirrel fur
- 6) The Canary Islands in the Pacific are named after what animal? Dogs
- 7) What was King George VI's first name? Albert
- 8) What colour is a purple finch? *Crimson*
- 9) Where are Chinese gooseberries from? New Zealand
- 10) What is the colour of the black box in a commercial

airplane? Orange (of course)

What do you mean you've failed? Me too! And if you try to tell me you passed you lie! Pass this on to some brilliant friends so they may feel useless too!

Dates in July

Events, celebrations, awareness events, saint's days, annual campaigns - UK and Globally.

Canada Day

1st Jul 2021

The national day of Canada. It celebrates the anniversary of July 1, 1867, the effective date of the Constitution Act.

American Independence Day4th Jul 2021Celebration of the independence of the United States of America.

More about American Independence Day

World Chocolate Day 7th Jul 2021 Celebrations of all things chocolate! Related: <u>I Love You More Than Chocolate</u>

Bastille Day 14th Jul 2021 French independance celebration. Related: <u>Bastille Day Wordsearch</u>

St. Swithuns Day

15th Jul 2021

According to legend, if it rains today, it will continue to rain for 40 days and 40 nights.

Summer Olympics 2020

23rd Jul to 8th Aug 2021

The world's biggest sporting event, held every four years. Postponed from 2020, this time it will be held in Tokyo Japan.

Event Website

Related: Tokyo 2020 Olympics Colouring Pictures

Global Tiger Day

29th Jul 2021

An annual celebration to raise awareness for the plight of tigers and the urgent need for tiger conservation.

Event Website

Harry Potter's Birthday 31st Jul 2021 Harry shares his birthday with author J.K. Rowling. Event Website



I am something people love or hate. I change peoples' appearances and thoughts. If a person takes care of themself, I will go up even higher. To some people I will fool them. To others I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try I will never go down. What am I?

Last months answer to What am I is Fire!

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New 🔇 Pets Corner - Vaccinations

Vaccinations are important to prevent animals from developing potentially life-threatening illnesses. Dogs, cats and rabbits can be vaccinated against a wide range of illnesses and should be given an annual booster each year. The following vaccinations are available:

Dogs - canine distemper, infectious hepatitis, leptospirosis, parvovirus, parainfluenza and kennel cough **Cats** - feline infectious enteritis (FIE), cat flu, feline leukaemia virus (FeLV) and feline chlamydophilosis **Rabbits** - myxomatosis and viral haemorrhagic disease (VHD).

Sadly, a lot of the diseases your pet can catch if they aren't vaccinated are fatal in most cases. Even if your pet catches one and is able to recover, they will often be left with long-term problems which can put them through a lot of pain and distress and leave you with some costly vet bills.

If you're thinking of going away with or without your pet, they will likely need to be vaccinated. Reputable catteries and boarding kennels will usually ask for proof that your pet's vaccinations are up-to-date. If you plan on taking your pet abroad, they'll also need to be fully vaccinated. You'll need to speak to your vet at least four months before travelling abroad with your pet to make sure they have all the paperwork needed.

Are vaccinations necessary? These diseases are so rare now...

In the UK, we've been really good at vaccinating our pets. As a result of this, many of the diseases that we can protect against have become less

common. However, <u>our UK-wide research shows that more pets are going unvaccinated</u>, especially when young. Sadly, since 2014 there has also been a steady increase in reported <u>cases of distemper</u> and <u>parvovirus in the UK</u>. These diseases can be devastating for the dogs that catch them.

Vaccination is the only way to keep these diseases from becoming too widespread.

Will vaccinations make my pet ill? Are vaccinations safe?

Vaccinations are developed and produced under very strict safety rules. They can't be sold unless they've been licensed and proved to be safe and effective in use. The benefits of getting your pet vaccinated far outweigh any risks as serious reactions to vaccinations are extremely uncommon.

Some pets may have small reactions to vaccines, usually in the form of a little bump where the injection went in or some soreness. This will usually go away within a few weeks

Do I need to vaccinate my pet if they never go outside?

Even if your rabbit or cat doesn't get out and about, it's very likely that you do! So, we still recommend that you give your pet their vaccinations. Many diseases can survive for a long time in the environment. You or other visitors can bring infections into the house on shoes and clothes. If other animals go in and out of the house then they can bring in infections on their fur or on their paws.

Speak to your vet as they'll take your pet's individual situation into account and come up with a vaccination plan based on this.

Can my pet still get ill if they are vaccinated?

Many diseases are caused by different infections or strains but we can only vaccinate against the most common ones. This is much like the flu jab in humans, where the most common strains are protected against. When your pet has their vaccines, if they come into contact with a rarer strain of the disease, they can still contract that strain, but usually have milder symptoms. This means they will need less treatment and will have a far higher chance of survival than an unvaccinated pet.

Is it true that puppies and kittens get all the antibodies they need from their mother's milk, so don't really need vaccinations?

A mother feeding her young will provide some protection for the first few weeks of their lives. Once they are weaned off her milk, this natural protection starts to fade after a few weeks. This is when they'll need to be vaccinated.

It's important to remember that if mum hasn't been vaccinated herself, then they may not even have this early protection. Young pets' immune systems are not fully developed until they are around six months old, so when they catch diseases at this age, they can be fatal.

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Laughter is the very best medicine...

A man walks into a bar with a newt on his shoulder. The bartender says, "Oh, what an odd pet. What's his name?" "Tiny," the man replies. "Such an interesting name! Why do you call him Tiny?"

"Because," the man says, shrugging, "He's my newt."

And Just to Make you Smíle







All above smiles, courtesy of Bryan Woods





278, Pelham Road, Immingham, North East Lincolnshire

We are a small family run business, serving the whole of Immingham including the Docks, Offices and Households. All our food is home cooked and freshly prepared daily, making for a very busy environment!



Our delicious, Scrummy Yummy Meat Pie is well known throughout the area and beyond and our Sunday dinners are so yummy and so in demand! Our staff and products were featured on Estuary TV and latterly noted by Compass FM in 2018 as one of the best. Why not come and try us for yourself? Call 01469 577172 or have a look at our website at



www.scrummyyummy.net

Mmmmmmm....Have you been Scrummy'd yet?

Show us photo identification along with your current IAM membership card and we'll give you 10% off your order!

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*Y*ou can email, tweet or post a letter to the following addresses; Terry Heath, 48, Vicarage Ave, Wrawby, Brigg, North Lincs. DN20 8RY Email: <u>terryheath@sky.com</u> Twitter: @ANDGRIMSBY



20% Discount on Advanced Driver & Rider courses with: Lincoln IAM, Lincolnshire Advanced Motorcyclists & Scunthorpe & Grimsby Advanced Motorists.



Now rider and driver groups are permitted to resume, as a current member of any of the above groups, you will receive a 20% discount when you sign up to an Advanced Driver or Rider Course in Lincolnshire. HOW TO CLAIM - Contact us on the details below, quoting the group name of your choice and we'll sign you up - A.D. Course, Lincoln IAM: Tel:0300 365 0152 or <u>lincolniam@gmx.com</u> A.R. Course, Lincolnshire Advanced Motorcyclists: Tel: 01427 616864 or <u>lincs-am-sec@pobroadband.co.uk</u> A.D. Course, Scunthorpe & Grimsby Advanced Motorists Tel: 01652 655601 or <u>terryheath@sky.com</u>

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Exclusive TomTom deals: up to 40% off for IAM members

More car brands around the world are equipped with TomTom navigation software than any other and now, as an IAM RoadSmart Member, you can save up to 40% on TomTom products and start travelling carefree with your TomTom sat nav! You can get a 25% discount on the TomTom GO Classic and discounts on many other products too. So, find out more and claim your discount now!

READ MORE >

Get Car Mats - IAM members get 11% discount

Get Car Mats' premium quality car mats cover nearly all makes and models of car to suit your budget and lifestyle needs. Members get an 11% discount

READ MORE >

And finally....don't forget to look us up on the links below:



Group Website https:/www.iamroadsmart.com/groups/scunthorpeandgrimsby

SAGAM can be found on Facebook at: @SGAMG1

You can Follow us on Twitter: <u>@ANDGRIMSBY</u> LOOK AT THE NEW WEBSITE ADDRESS!