

Tenant Matters

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A message from our **Chairman Lesley Robinson**



At the moment it may seem that we are heading back to the 1970's and 1980's with talk of fuel shortages and potential power cuts. However, one of my best memories from that time was going with my parents to see the Christmas window displays in Fenwicks, our local department store in Newcastle. They were mesmerising and magical, and became a real tradition for us as a family.

Another tradition for us has been singing carols, so I thought I would share some of the real stories behind some of my favourite Christmas songs;

We Wish You a Merry Christmas

This is a folk carol from the West Country. Sung by Carollers from door to door, expecting treats in return such as a Christmas pudding, often containing ingredients like figs. As it is a folk carol there are many different versions. I particularly like this one:

*We wish you a merry
Christmas
And a happy New Year
A pocket full of money
And a cellar full of beer*



Deck the Halls

This was originally a Welsh New Year carol dating back to the 16th Century. The carol shows lots of British Yuletide traditions, such as Holly. Holly was a sacred plant since the time of the Druids and after Christianity came to the UK the berries were seen to represent Christ's blood and the leaves his crown of thorns. The Yule log burning on the hearth through the 12 days of Christmas is another pagan tradition, keeping a piece of the log all year to protect your home and then use it to light next year's Yule log.

Silent Night

Written in Austria specifically to be sung without instruments. The most famous place this carol was sung was in the trenches in World War 1. During an unexpected ceasefire on Christmas Eve, singing from the trenches led to the soldiers entering no man's land to play games, exchange gifts and smoke cigarettes.

The depth of significance attached to Silent Night is that it is on the UNESCO intangible cultural heritage list. In that its words, music and history have combined to make it one of the most striking ways in which musical associations shape our experience of the Christmas season.

But I really like Bob Hope's quote for Christmas "my idea of Christmas whether old fashioned or modern is very simple: loving others".

Good King Wenceslas

One of my favourites. He was a real person, just not a King or called Wenceslas! His name was actually Vaclav and he was Duke of Bohemia (part of the Czech Republic)

His page was called Podevin, both met a rather gory end and were murdered by Vaclav's brother Boleslaus the cruel. I think there may be a good lesson to be learnt here if someone is known as "the cruel" there is probably a reason so Vaclav should have "looked out".

*Stille Nacht ! Heilige Nacht !
Alles schlaf, einsam wacht.*

*Silent night ! Holy night
All is calm, all is bright.*

*Douce nuit, sainte nuit!
Dans les cieux !*

**Wishing you all a peaceful and
Happy New Year.**





After 13 years of service, we are sadly saying goodbye to Bob Hunt. Bob worked in our North Region, so he has become a very familiar face to many of our tenants over the years. We wish Bob all the very best for the future.

Terry Jolland has joined our Team to work in the North Region. Terry is based in Scunthorpe, and has over 25 years of industry experience. He has been very eager to get started and meet all our tenants and staff.



Honey from Pinchbeck



Dawn Hillier, a tenant from Pinchbeck, has been hard at work collecting honey from her bees. This is her story.

‘Our bees are still out and about being very busy with this lovely mild weather.

If the weather stays warm enough, they will keep flying and foraging into autumn.

We started off with just two hives and over the last two years we have now expanded to 14 with more to come.

We take great pride in our bees and their wellbeing, so the location of the bees cannot be disclosed, but they are safe in the village of Pinchbeck. The honey is local and has an added extra of being extremely good for several medical conditions including asthma.

The bees have done extremely well this year and we have extracted over 220lbs of honey, which we now have for sale at £7 per jar.’



I can be contacted via my email dawnecf@yahoo.co.uk or on Facebook or text on 07763017839, if anyone is interested. ‘



Top Tips to Save Energy and Reduce Bills

1. Cook Speedily

Pre-heat your oven when cooking, but don't turn it on too soon. An oven will reach the right temperature in 10 to 15 minutes.

2. Cool Correctly

Fridges run more efficiently when set at the right temperature. If you have a thermostat, set it at between 3 degrees C and 5 degrees C.

3. Save Water

When we make a hot drink, most of us fill the kettle up full. As a country this wastes around £68 million worth of energy a year. Only fill the kettle with the amount you need each time.

4. Keep Cool

80% to 90% of the energy used when you run the washing machine, comes from heating the water. Try using the lower temperature, cold water or eco modes on the washing machine instead.

5. Down the Drain

Nearly everyone leaves the tap running when they brush their teeth. This wastes six litres of water per minute per person. Stop wasting water and money by turning the tap off whilst you brush.

6. Save Light

Use natural light wherever possible and turn lights off when leaving a room. Lighting your home accounts for around 8% of the electricity used in your home. Switching to LED light bulbs can save up to 75% more energy.

7. Control the Thermostat

Turning down your heating thermostat by just one degree could cut your heating bills by up to 10% and save energy.



Christmas Tree Nutella Pie



Method:

1. Cut out puff pastry in the shape of a Christmas tree.
2. Spread Nutella on one sheet of pastry and sprinkle with diced almonds.
3. Place the other sheet of puff pastry on top. Cut slits on both sides spacing them 1 centimetre apart, leaving the centre intact.
4. Twist each strip of pastry twice.
5. Cut out a star shape with the leftover pastry and place this on the top.
6. Brush pastry with egg yolk mixed with a little water.
7. Bake for 20 minutes at 220 degrees C.

With Christmas creeping up on us, try this simple festive recipe to get into the spirit. With just four ingredients you will be amazed at the yummy results! We would love to see your pictures of how your trees have turned out, please post them on our Facebook Page!

Ingredients:

- 2 sheets puff pastry
- 50 grams Nutella
- 30 grams diced almonds
- 1 egg yolk



Power Problems



We often get calls when the power has tripped off in tenants' homes. Most problems are caused by a faulty appliance. Before you call us there are some simple steps you can try!



1. Go to the fuse board and check what has tripped. There are 2 things to check, firstly the RCD.



2) If the RCD is off, first turn off all the other trips in the board (called MCB's, pictured above) then try turning the RCD back on. If it won't stay on then call us as the RCD may be faulty.

3) If the RCD stays on, one by one start turning the other trips back on.

4) If the RCD trips again then the fault is on the last circuit that was turned back on. Often this is the sockets circuit.

5) Unplug everything in the house, making sure to unplug kitchen appliances like the fridge and washing machine as these are often missed.

6) Try turning the trips back on, then one by one start plugging things back in. If it trips again then you have identified the faulty appliance.

7) Occasionally, just the MCB for the faulty circuit will trip. This is easy to identify as it is labelled. If it is the sockets, then follow the steps above to clear the fault.

Faults on lights can sometimes be caused by a blown bulb so try replacing a bulb before switching the trip back on.



Macmillan Coffee Morning

On the 29th September we hosted our third joint Macmillan Coffee morning with the New Life Centre in Spilsby!

We had cakes and sweet treats donated to us by staff here at Lincs Rural, as well as tenants and New Life members. We also had a fantastic raffle prize donated to us by Bijoux of Spilsby!

A very big thank you to everyone who baked, ate, donated, and joined us on the day.



We raised a whopping £266.05



Sam's Crafty Corner



Our fantastically crafty tenant representative Sam from New Bolingbroke, has been busy commemorating her beloved dog in a very creative way. This is such a lovely story, and we are so pleased you now have a treasured item to remember your lovely Maysie by.

“Despite weeks and weeks of searching, I was struggling to find the perfect replica of Maysie. I was beginning to give up hope. One day I walked into Dunelm, and there she was looking directly at me. I knew exactly what I was going to do and purchased her right away.

This just goes to show that we don't need to be artists. We just need to use our imagination and recycle a few items and we can create personal things like we have with Maysie.

I found some left over fence paint and sponges and got to work re-creating Maysie.

This cost me £15 in total and with a little creative imagination we now have a beautiful replica to remember her by. Who would have thought that a planter would give so much happiness?”

“A planter turned into a beautiful feature in our home.”





Festive Food Traditions around the World



Christmas Fried Chicken (Japan)

Around 3.6 million Japanese families eat KFC on Christmas Eve – often meaning they need to order their meal 2 months in advance! In the 70s KFC had a clever marketing plan – telling customers “here is something you should do at Christmas”. The trend caught on as Japan did not have many traditions. Today the KFC bucket also includes a Christmas cake.

Christmas Goose (Germany)

German Christmas feasts are historically centred on the Weihnachtsgans – the Christmas Goose. A tradition dating back to the Middle Ages originally tied to St Martin’s day, eventually became a part of the Christmas meal – the oldest known recipe for the traditionally stuffed goose goes back to a cookbook published in 1350.

Panettone (Italy)

Italy has many regional Christmas traditions. Some regions celebrate with The Feast of 7 Fishes. In other areas they eat roasted lamb or poultry with sauce. Sweets are very important in Italian celebrations and in Northern Italy one of the most famous holiday sweets is panettone- cake with candied peel, chocolate, raisins and nuts. Other sweet treats include torrone, nougat, marzipan & pandoro.

Christmas Pudding (England)

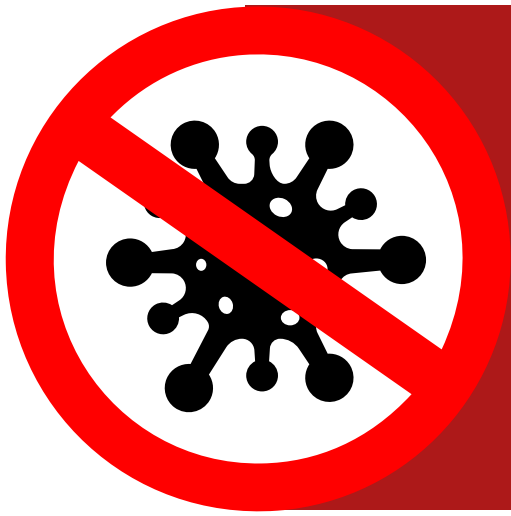
Plum pudding, figgy pudding or simply pud this is an important element of Christmas traditions in England, Ireland and some areas of the US. Many years ago ‘plums’ referred to what we now know as raisins – it is primarily made of suet, egg, molasses, spices and dried fruits. Traditionally it is set alight with brandy before eating.

Bûche de Noël (France)

This symbolises the Yule Log – a wood log that was traditionally carried into homes, sprinkled with wine, then burned on Christmas Eve. When this tradition started to disappear in the 1940s this sweet treat became popular. Usually made from sponge cake and buttercream La Bûche Noël looks very much like a real log.



MOULD PREVENTION AND TREATMENT



What is mould?

Mould is a form of fungus growth and its spread is caused by air spores that develop and grow on almost any surface, provided the following conditions are present:

- A relevant indoor humidity of 80% or higher
- Moisture, usually from condensation - Mould can grow without actual condensation on the walls, but the condensation promotes it
- A nutrient for the mould to feed on - Research has shown that certain ingredients in most types of paint and house fluff impregnated with cooking fumes provide excellent foods for mould.

There are two common types of mould.

1. Sooty mould - leaves surfaces with a brown or black stain and is usually found on the walls and ceilings of bedrooms and in cupboards. If left untreated it will spread to other rooms of the house.
2. Green, furry mould - which grows on shoes and clothes.

How to prevent mould

Mould cannot grow if dry air is circulating. It follows that proper ventilation prevents mould.

To prevent green, furry mould - every care should be taken to ensure that footwear and clothes are not put away in wardrobes or in dark confined spaces in a damp condition.

Mould Treatment

The following treatment is recommended for mould:

- Walls and the corners of ceilings affected by mould should be washed with water to remove as much of the mould as possible.
- All affected surfaces should then be washed with a solution of one part of household bleach to three parts of clean water.
- Change cloths frequently because dirty cloths spread the infestation rather than remove it.
- There are household cleaning sprays designed to remove mould which are available from supermarkets. It may be necessary to repeat the cleaning spray or bleach treatment to prevent reoccurrence.
- Condensation should be dried from walls and windows whenever it appears.

This treatment has already been proved to be successful in many homes.

Tenants should seek advice from Lincs Rural if it is found that mould persists despite following the recommended treatment.



Snowy Scenes Taken by Our Tenants.

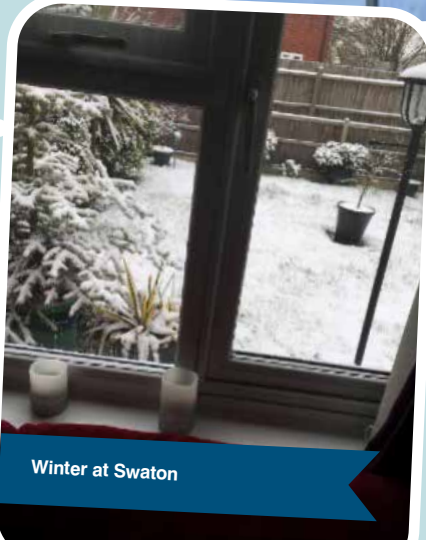
Thank you for sending us these pictures we love seeing them!



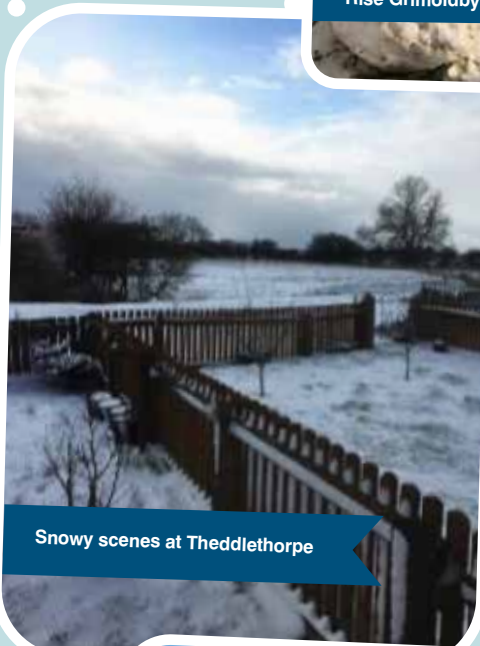
Holbeach St. Marks



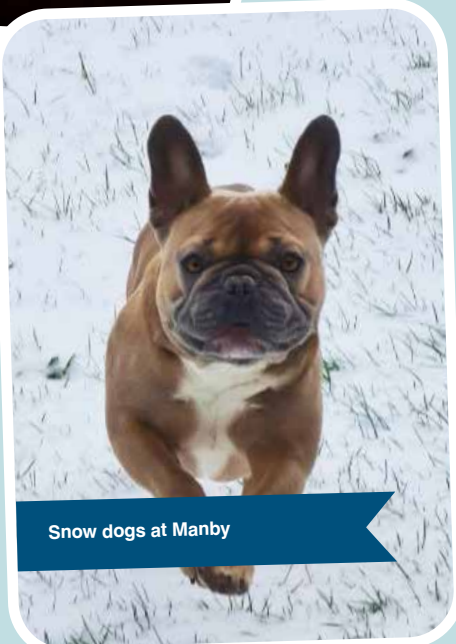
Mr Snowman guardian of Varsity Rise Grimoldby



Winter at Swaton



Snowy scenes at Theddlethorpe



Snow dogs at Manby



Holbeach St. Marks





Top tips for staying warm and well this winter.



Keep warm and if possible, set your heating between 18°C and 21°C.

Have regular hot meals and drinks.

Plan your meals and keep your diet as varied as possible. Aim to include your daily five portions of fruit and veg. Remember that tinned and frozen fruit and vegetables count towards your five a day.

Stock up on tinned and frozen foods, so that you don't have to go out too much when it's cold or icy.

Remember to close curtains at dusk and shut doors to keep heat in the rooms you use most. Make sure that your radiators are not obstructed by curtains or furniture.

Layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air.

Wear shoes with a good grip to prevent slips and falls when walking outside.

Always take a mobile phone with you when you go outside.

When you're indoors, try not to sit still for more than an hour or so. Get up, stretch your legs.

If you have a heart or respiratory problem, stay indoors during very cold weather.

Get your flu jab, speak to your GP or visit a pharmacist.



Winter Quiz

- 1 Which zodiac sign runs from November 22 to December 21?
- 2 "Now is the winter of our discontent" is the opening line from which William Shakespeare play?
- 3 True or false. No country in the Southern Hemisphere has hosted, or even been an applicant to host, the Winter Olympics?
- 4 The Winter Palace can be visited in which city?
- 5 Which fruit has a variety called 'Winter Banana'?
- 6 Which country has won the most medals throughout Winter Olympic history?
- 7 'Christmas won't be Christmas without any presents!' is the opening line of what classic novel?
- 8 In fiction, where is the land of talking animals and mythical creatures that one White Witch has ruled for 100 years of deep winter?
- 9 The Winter of Discontent was a winter in the UK of strikes by public sector trade unions demanding larger pay rises; who was Prime Minister at the time?
- 10 'A Winter's Tale' is a song that reached number 2 in the UK singles chart in January 1983 for which singer?
- 11 True or false. The Earth is closer to the sun in our winter than in summer?
- 12 Chionophobia is the extreme dislike or fear of what?
- 13 Which Christmas carol is based on a poem by the English poet Christina Rossetti?
- 14 How many sides do all snowflakes have?

Answers to the quiz can be found on our website

www.lrha.co.uk



Mr Raey and his dog Toby

Mr Raey has been one of our tenants in New Bolingbroke since October 2004. This is his adorable companion Toby, who is 7 years old.

Customer Service Contact Details

Our staff are available
Monday to Friday from 8.30am to 5.00pm
Telephone 01790 754219
customerservices@lrha.co.uk
www.lrha.co.uk

Christmas Opening Hours

Christmas Eve Friday December 24th 8.30am to 12pm	Wednesday December 29th Closed
Bank Holiday Monday December 27th Closed	Thursday December 30th Closed
Bank Holiday Tuesday December 28th Closed	Friday January 31st Closed
	Bank Holiday Monday 3rd January Closed