

ALLT-YR-YN

DIRECTORY



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SW DIRECTORIES

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I hope you enjoyed the sizzling temperatures we experienced in August. Personally, I'm looking forward to some cooler weather and to all the delights of autumn. It's my favourite time of year, the lovely crisp, dry days of September, a nip in the air and the gold, red and russet leaves on the trees.

Thank you, once again to the NHS, all the key workers and to the wonderful volunteers who have continued to keep our community going during the Covid-19 pandemic.

Please don't forget to get in touch soon if you would like to advertise your business in our November/December edition. We deliver to 26000 homes all over Newport; this is an ideal way for you to reach prospective customers and support the local community at the same time. Advertising in the Directories has proved successful for so many of our advertisers, some have been with us since the very first magazine in May 2006.

A sincere thank you to all our advertisers and everyone who supports us.

The front cover photograph was kindly given to us by Alan Hillier.

Keep safe & healthy

Susan

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The First Prize of War

by Paul Minton

As countries across the world implement lockdown strategies to stem the tide of the coronavirus, many people have taken the opportunity to reconnect with family and acquaintances. I am no exception and have been exchanging stories (and cute animal videos) with an old friend from Hamburg. Curiously, there is one major tale from history that links our two cities, that of the *SS Belgia*.

The steamship was originally called the *Irak* and was constructed in Belfast in 1901. It operated out of Liverpool for over decade until it was acquired by the Hamburg America Line in 1913, when it was renamed the *Belgia*. In August the following year, the vessel was travelling from Boston, Massachusetts to Hamburg with a cargo that included flour, timber, and copper as well as animals bound for Hamburg Zoo. These consisted of various exotic birds, chameleons, bullfrogs, rattlesnakes, racoons, and even two live alligators. On 3 August, the Captain learnt that war had broken out between France and Germany and he was reportedly concerned that his ship might be captured by the French Navy as it passed through the English Channel. Claiming that its reserves of coal were running low, the *Belgia* headed towards the Bristol Channel but was refused entry to both Barry Dock and Cardiff Pier Head. As it approached Newport, the last of the Welsh seaports, it was instructed to set anchor and wait for a pilot to navigate the ship into the newly opened Alexandra Dock.

Some five hours later, however,



events had caught up with the ship as Britain and Germany declared war. In less than two hours, the Chief Constable and the Dockmaster took a tugboat called *Wolfhound* and concealed a team of twelve policemen below deck. The men were armed with rifles borrowed from the Territorial Army, although these were reputedly devoid of ammunition. The *Belgia* was then berthed successfully with the Captain's cooperation, whereupon the policemen emerged from their hiding place and captured the liner along with its 20 crew, 75 reservists, and floating menagerie. The Germans, who offered no resistance, are thought to have become the first prisoners of the entire conflict. They were taken to the Temperance Hall in Dock Street before being transported to the Isle of Man, where they were interned for the duration of the war. Meanwhile, the ship's cargo was sold in auction at the Waterloo Hotel and the alligators and reptiles are said to have been displayed at Abergavenny Fair. The incident made the global news, including an announcement in the New York Times.

The Hamburg America Line protested at the loss of the *Belgia*, arguing that it



breached the Hague Convention that protected ships against seizure if moored at an enemy port during the outbreak of war. However, a British Court ruled that the vessel was not docked at Newport when hostilities were declared and as such, the confiscation was lawful.

As a prize of war, the *Belgia* soon found itself swelling the ranks of the Merchant Navy under the new moniker, *Huntstrick*. At the time, it was customary to rechristen seized ships with names that bore the anti-German prefix, *Hun-*. In June 1917, the steamer was tasked with delivering troops and provisions to Salonika in Greece but it was sunk by U-39, captained by Walter Forstmann, one of Germany's foremost U-boat commanders. Fifteen lives were claimed in the attack off the coast of Morocco, including *Huntstrick's* Master, Robert Duncanson. Ironically, he lived in Clyffard Crescent, just a short walk from where his ship had been captured in Newport less than three years before.

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Post Lockdown

What to write I ask myself? Obviously the W.I. have not met since the beginning of March so there is no news of our meetings. We, the committee as mentioned in my last article do Zoom on Tuesday evenings and we actually had our first ever meeting al fresco, in a member's garden. What a revelation!! Certainly, the garden was a glorious sight, a riotous plethora of colour, that in itself was a lovely experience, particularly for those of us who have rather shrubby gardens but wonderful as well was to see, in the flesh the other members, everyone turned up and observed social distancing appropriately.

I think, I, like many people take some of the minutiae in life for granted and talking face to face with others has certainly been one thing I'd not given much thought to until recently and what a different experience the garden meeting was compared to a computer screen. I'm not knocking virtual meetings they served and are still serving us well and the bonus is the weather is immaterial.

I'm not quite sure why it is so much easier to hold a conversation, in person face to face, after all we are face to face on a screen, but it is. We waited politely for each member to say their piece, and commented constructively, we do aim to do this on screen but it is different, and thoroughly enjoyed a productive meeting. Of course,



there wasn't a huge trough of items on the agenda, it's difficult to plan when there is at the moment no sign of us being able to meet but we did think perhaps we could have 'a picnic in the park' in September. We will be able to finalise any details of this in our next outdoor meeting towards the end of August when hopefully lockdown measures might be further relaxed.

Something, I feel, that would make life much easier for large groups like ours would be to make social distancing a metre plus.

As lockdown measures do ease and we are able to go out and about more, I have seen some extraordinary sights, a trip to Barry Island would have left most people thinking there was no pandemic at all, social distancing was a joke and unless I am much mistaken large groups of teenagers still cannot meet in close proximity. I must say I had

some sympathy, they were no problem and who wouldn't want to meet mates on a warm summer's day. On the other hand, I have experienced situations where the professional seeing me is gowned, masked and visored and I have not been allowed to step over their thresholds until my temperature has been taken and my mask donned.

A final personal thought, no doubt we will be told, when and if the powers that be decide whether we have to wear masks in public but I do hope it's left as a choice, how I struggle with that face covering, suddenly I can't breathe, my glasses are all steamed up and I can't hear anything anyone else is saying. I know this is pathetic but it's what happens. Obviously if it becomes mandatory, I shall have to grin and bear it or perhaps invest in a state-of-the-art mask, we have the cheap ones, or perhaps one rainy day settle down with some glorious fabric and construct something comfortable!

Stay safe and well readers and hopefully we will see each other soon.

Liz James

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Protecting your retirement plans

The COVID-19 pandemic has touched virtually every aspect of our lives, not least of which is how we save for retirement. And while the number one priority is keeping our families and ourselves safe and healthy, the next topic on most people's worry list is the financial impact, especially if the situation does not improve quickly.

As global markets have been highly volatile, the planning towards achieving our retirement goals may now require readjustments. The current situation has led to one in ten people reducing or stopping saving into a pension because of the pandemic.

MOST FINANCIALLY AFFECTED

Those who already struggle to put away for retirement are most financially affected by COVID-19, including self-employed, part-time, and younger workers. More than three million people have reduced or stopped completely their pension payments because of the COVID-19 crisis, new research has revealed. 10% of UK adults who have a pension and are not yet retired will need to work for longer or significantly increase how much they save later to make up the shortfall. Those who do not could potentially face pensioner poverty in later life.

SHORT AND LONG-TERM PERSONAL FINANCES

Conducted during the lockdown, the research looks at how the crisis is impacting the short and long-term personal finances of the nation. It revealed that almost a quarter of workers (24%) are worried about paying for essentials like food and energy. Another 20% are concerned about paying the rent or affording their mortgage. In total, almost one in five (19%) say they have seen their income fall because of coronavirus. These short-term financial concerns are impacting long-term saving, with 10% reducing pension contributions or stopping saving completely.

PAINFUL LACK OF FINANCIAL RESILIENCE

The COVID-19 crisis has revealed a painful lack of financial resilience in the UK, leaving millions of people exposed with little or no safety net to fall back on. As the full impact of this crisis becomes clearer, more people may feel forced to pay for today's essentials with tomorrow's savings. However, this will only prolong the economic pain of coronavirus and could result in more people facing

poverty in retirement. Those who have traditionally struggled to save adequately for retirement before now are also being disproportionately affected by COVID-19. Two in five self-employed workers (43%) have seen a drop in their income, almost three times the proportion of employees (16%).

NOT SAVING ANYTHING TOWARDS RETIREMENT

While the Government's Self-employment Income Support Scheme will help cover some of these lost earnings, those who have been self-employed for fewer than two years will receive even less support. As a result, one in five (19%) self-employed workers have felt the need to pause or reduce pension contributions. This is on top of the 41% of self-employed people who in 2019 said they were not saving anything towards retirement.

REDUCED OR STOPPED PENSION CONTRIBUTIONS

Part-time workers also tend to be less well prepared for retirement, and now 28% have lost their job or been furloughed due to coronavirus, compared with 18% of full-time workers. Because of this, part-time workers are two-and-a-half times more likely to change their long-term savings habits than full-time workers (15% as opposed to 6%). The nation's youngest workers are also sacrificing their long-term financial plans. Almost one in five (18%) 18-24-year-olds have reduced or stopped pension contributions. Of this age group, 7% have actively moved their pension to a lower risk investment fund, despite being many years away from retiring.

WANT TO TALK TO US ABOUT ANY ASPECTS OF YOUR FINANCIAL WELL-BEING?

With COVID-19 making headlines around the world, it is normal to feel uncertain about many aspects of life right now, including our finances. If you would like to talk to us about any aspects of your financial well-being, please contact us.



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When you travel around Allt-yr-yn you might well have noticed our For Sale boards as this area has been particularly active.

Houses in Allt-Yr-Yn are In Demand

Houses in this area are selling quickly. Demand for properties here has increased and we are receiving enquiries from both local buyers and those from further afield who are actively looking to move.

Is It Safe to Put Your House on the Market?

We would like to reassure you that we are following all the advice provided by the Welsh Government regarding putting your house on the market. Our team will happily explain to you what is required by all parties and we also inform viewers what is expected from them. This information can frequently change and when it does, we will let you know.

Changes to Welsh Land Transaction Tax

The Welsh Government announced that the Land Transaction Tax (LTT) would change, bringing the rate payable for properties valued at between £180,000 and £250,000 to zero. The changes will come into play on 27 July 2020 and will run up until 31 March 2021.

Properties in Wales selling for under £180,000 were already exempt of paying the tax, so essentially the Government has extended the threshold up to £250,000. The change will not include second homes or buy-to-let properties, which will continue to pay the existing LTT as well as 3% of additional tax.

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New Normal in Child Care

With the end of the summer in sight, but no corresponding end to the Covid-19 crisis, we as Nursery owners have been coming to terms with the 'New Normal' in child care.

On the one hand, it has been absolutely marvellous to get back to work. Not only have we and our staff missed the children, it seems that the children have missed us just as much. Those first few weeks in July were challenging to say the least. Having taken all the necessary steps to be deemed 'Covid Compliant', we could only then wait and see how the children and their parents reacted to the new regimes. Wash hand basins in the reception areas and universal hand-gel and wipes set the tone and just like we have seen elsewhere, parents forming orderly queues (2 meters distant) at our doors. Parents are not encouraged to come into the nursery rooms in an effort to minimise contact and it has been a great relief to us that parents have been overwhelming positive

and co-operative in supporting our measures.

During the lockdown, there has been a great deal of activity both on-line and behind the closed doors of our nursery premises. We are SO PROUD of our staff having made such a sterling effort to maintain contact with the children using video messages etc. over the summer. But there has also been practical work going on. Mike turned painter & decorator for the summer and we are now delighted with our new colour schemes throughout the nurseries - So were the children! The future is still a little uncertain for nurseries throughout South Wales. On one hand, there seems to be a real commitment to get education back on track and as part of the education sector, we wholeheartedly support that. However, there are other challenges still to be addressed and overcome. For example, Schools - and primary schools in particular - are re-assessing their procedures and access arrangements and consequently,

external bodies (e.g. Out of School Clubs) are not able to operate within the schools. For Kites and our sister organisation Oscars Out of School Club, we must now operate from our own premises - meaning an increase in transportation and movement of the children. Other nurseries are reporting their own challenges - particularly the smaller units - where it has become more difficult to accommodate multiple 'bubbles' and consequently, reduced classes. Never-the-less, we are all making headway in defining and implementing the 'New Normal' and it must be said, it is becoming easier with the passing of time.

Let's all hope that a Vaccine isn't too far away and we can look forward to 2021 and a return to REAL normal.

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**Thanks,
Luke**



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Date: 12-May-2020

Signed: 
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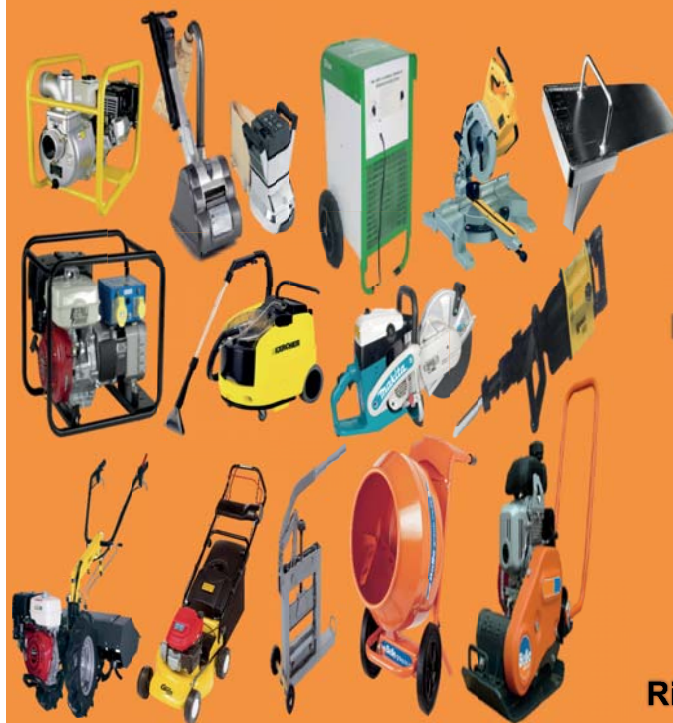
This individual has completed the BARBICIDE® COVID-19 Certification for the Professional Beauty Industry training.


ALAN MURPHY
President, King Research, Inc.

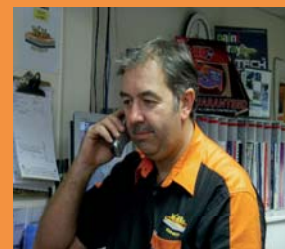
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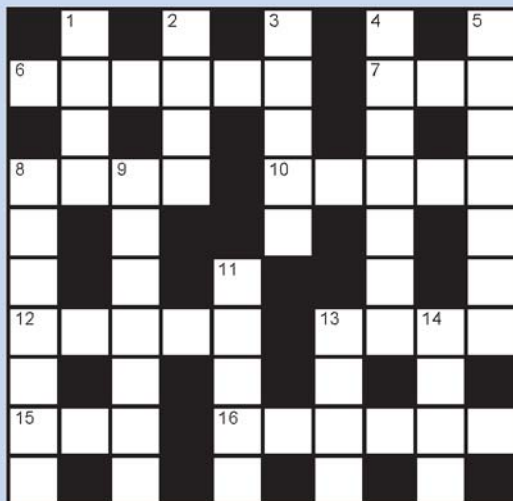
Crossword

Across

- 6 Education centre (6)
7 Used for listening (3)
8 Groups (4)
10 Special occurrence (5)
12 Flowing water (5)
13 Group of cows (4)
15 Lubricant (3)
16 Loving touch (6)

Down

- 1 Dull pain (4)
2 Faithful pets (4)
3 Passageway (5)
4 Protection (7)
5 Make believe (7)
8 Common small bird (7)
9 Journeys (7)
11 Building block (5)
13 Cause injury (4)
14 Element of danger (4)



Sudoku

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

The object of sudoku is to insert the missing numbers in the boxes to satisfy just one condition: each row, column and 3x3 box must contain the digits 1 through to 9 exactly once. This can be done by applying logic – you do not have to guess.

Puzzle solutions on page 30



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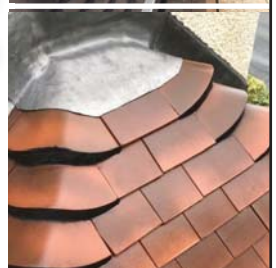
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What Did You Do in the Lock-down Daddy?

To coin a phrase! The simple honest answer is that we carried on pretty well as normal. Apart from April, which was eerily quiet and uneventful, we were on the road only ten times, calls for our services continued more or less unabated. It is worth noting swan rescue activity is very largely a solitary occupation so that social distancing is really not a problem.

The following statistics (below table) comparing the period March to July (up to 27th for 2020), are presented in support of this statement.

The most striking feature of our journeys until just over a week ago is how little traffic there was and in particular how incredibly easy it was to exit High Cross onto the main road. But now it is at least as bad as ever and manners of some drivers appear to us to be plummeting to new lows.

As might be expected we have a



wide selection from which to choose a couple of rescues

worthy of mention, but the two we will touch on both owe the eventual success to the sterling efforts of crews from the Fire and Rescue stations in Yate (South Gloucestershire) and Cwmbran. In the first case, our victim was a 'yearling' which had been driven away from his natal home by his parents, normal behaviour as the start of the next breeding season approaches and found himself

trapped in the deep narrow stream bed cut for the River Frome close to Yate town centre. Our picture shows the final act, made possible by the Fire Officer driving the swan towards me leading to capture and relocation to a sanctuary in the West Midlands.

The second required the help of a team of really fit guys to assist in the capture of the third (of seven) cygnets on the canal in Old Cwmbran, all of which had fallen victim to lost or carelessly discarded fishing tackle and all of which needed to be hospitalised. Our picture shows the final moments after the cygnet had been netted, just before taking charge of him for investigation, care and treatment.

Our involvement with 'tackled' swans continues unabated; sadly, nothing has changed in almost 40 years!

Sincere heartfelt thanks to Red/Green and White Watch respectively for making both these rescues possible in the most efficient and timely way possible.

Text: Peter. Photos: Ellen and Stephen Pocock.

| | 2019 | 2020 |
|---|----------|----------|
| Calls received | 111 | 100 |
| Number (%) days Swan Rescue services needed | 93 (61%) | 84 (56%) |
| Total mileage | 11841 | 9927 |
| Number of trips of greater than 100 miles | 44 | 36 |
| Most frequent reasons: | | |
| Fishing tackle | 28 | 22 |
| Territorial dispute | 17 | 17 |
| False alarm | 17 | 21 |

For swan and all other wildlife problems please contact Peter or Ellen on 01633 895241 or 07802 472788.



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Canal and Countryside Volunteers

Meet every Thursday from
10am until 3pm or 4pm.

We work on a variety of practical conservation tasks around
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Allt-yr-Yn Local Nature Reserve.

If you are interested please enquire at the
Fourteen Locks Canal Centre or contact
Newport City Council

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10.30am - FIRST WEDNESDAY OF THE
MONTH

St Anne's Church Hall NP10 9SH

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You will be very welcome, so why not pop in?

If you want to find out more,
please call Claire on 01633 895222

Puzzle Solutions

| | | | | | | | | | | | | | | | |
|----|---|---|---|---|---|---|----|---|----|---|---|---|----|---|---|
| | 1 | A | | 2 | D | | 3 | A | | 4 | D | | 5 | P | |
| 6 | S | C | H | O | O | L | | | 7 | E | A | R | | | |
| | | H | | | G | | L | | | F | | | E | | |
| 8 | S | E | T | S | | | 10 | E | V | E | N | T | | | |
| | P | | R | | | | Y | | | N | | E | | | |
| | A | | A | | | | 11 | B | | | C | | N | | |
| 12 | R | I | V | E | R | | | | 13 | H | E | | 14 | R | D |
| | R | | E | | | I | | A | | | I | | | | |
| 15 | O | I | L | | | | 16 | C | A | R | E | S | S | | |
| | W | | S | | | | K | | M | | K | | | | |

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

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We also have a monthly Branch meeting on the
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Newport NP20 4FX
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**For more café or Branch meeting information,
please call Penny on 07851 423264.**

Newport U3A's Scrubbers

Newport University of the
Third Age is a self-help
charitable organisation that
aims to advance the
education of retired people.
We have had to curtail our
activities since the
Coronavirus Lock Down as
many of our members are in
the vulnerable category.
When the Aneurin Bevan
Scrubbers was initiated in
response to the COVID-19
outbreak our Welfare Officer and
Chairman's daughter, Lisa,
became a coordinator for
Newport and Caerleon and
recruited over 30 of our
members, many from the Craft
Group, to help create and
supply scrubs to the NHS
(hospitals and surgeries) and
other care providers. Scrubs are
usually worn by medics but are



*Our member,
Gwyneth McGuinness,
with some of the
scrubs she has
made.*

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Lockdown highlights littering illiteracy

When I started to consider my theme for this month's topic I had just come in from our monthly litter pick on Twmbarlwm. I thought I can't go banging on about rubbish and littering on our mountain again – can I? But then I realised that I haven't written about this disgusting habit for quite a while so I'm afraid the answer is a resounding "Yes" – indeed I really need to highlight this problem.

As part of the coronavirus restrictions the government allowed and encouraged people to maintain their fitness with at least a daily walk. So more people than ever seemed to be getting up to Twmbarlwm for their daily fitness routine. That's great but I was amazed that so many people seem to think it's okay to casually leave their empty bottles and energy-bar wrappers scattered about the countryside. I often gather a bag of such rubbish on my walks around the mountainside.

The nature of this litter suggests to me it's dumped by people who are out exercising – runners, cyclists etc. – surely if you take that stuff up the mountain with you, it's not too much effort to bring the empties back down with you?

Those of you who are briefly passing through our landscape scattering your dross to the four winds should go back to class to revise the country code and learn to leave only footprints – and make sure your friends get the message too.

Another bone of contention during lockdown was the fact that the council had closed down most civic waste disposal facilities. Many people argue that this policy led to an increase in fly-tipping in many areas around the borough. I'm not going to speculate on the veracity of that argument because in my opinion there can be no excuse for the crime of fly-tipping.

To load a car or van with household detritus and drive miles out into the countryside with the intention of dumping it in a hedgerow or on a quiet mountainside is an act so premeditated and anti-

Our first litter pick in six months (below) was done with social distancing in mind, nearly a dozen volunteers turned up and collected about twenty bags of rubbish



This fly-tip from some sort of house clearance was found over half a mile from the nearest road

social it should be severely punished.

To teach such perpetrators the error of their ways we should all be more vigilant and report any incidents of fly-tipping. If you see it in progress or have proof of the culprits, you can report it to the police using their 101 service, you can do so anonymously if you don't want to get involved.

Don't forget, if you arrange to have rubbish collected professionally, it is your responsibility to ensure it is a properly licensed service – if a fly-tip is traced back to you, you are liable to be prosecuted and fined as much as the offender. I can assure you that the authorities do try to trace the origin of the offenders and successful prosecutions are on the rise.

CTS did not arrange any "official" litter picks during the lockdown period but I am very grateful to a few members who went and did a clean-up on the mountain of their own volition.

At the end of July we had our first litter-pick since January. Nearly a dozen willing volunteers turned up and we collected twenty bags of rubbish and cleaned up a couple of burnt out mattresses. The following day, CCBC collected what we had gathered. We are always grateful when the council supports us so well in our efforts to keep our mountain and environs tidy for everyone to enjoy.

Maybe the most challenging lesson needs to go out to that group of young people who gather, like teenagers have always done, to have a bit of fun and have a sneaky drink or whatever. I know you don't think it's cool, but go on, take your fast food wrappers and unmentionable trash home with you – and behave like the little angels all your parents think you are.

I dare you, get "Keep Wales Tidy" trending – or better still, join us for a litter-pick.

Terry Evans, Chairman, Cymdeithas Twmbarlwm Society

CTS meet at the car park below Twmbarlwm's summit for a litter pick and volunteer workday on the last Sunday of every month to which everyone is invited, it's not all hard work and it's a great opportunity to find your way around up there. We organise walks and other events up the mountain and at Crosskeys RFC throughout the year so watch our website and Facebook page for details.

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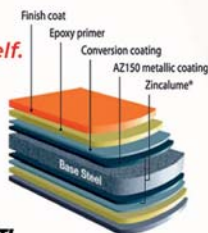
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New normal / new you!

So here we are, finding ourselves saying 'the new normal'. Who would have thought it, still stuck in a routine or no routine, kids back to school or not back to school, back to work or staying at home. How do we get back on track to look after ourselves?

As a health professional it has been challenging to motivate clients to look after themselves, our own health is the first thing to suffer if stress levels are high and routines are changeable. Excuses creep in and exercise and good nutrition takes a back seat. Where do you gain focus from and what simple steps can you take, to start prioritising YOU?

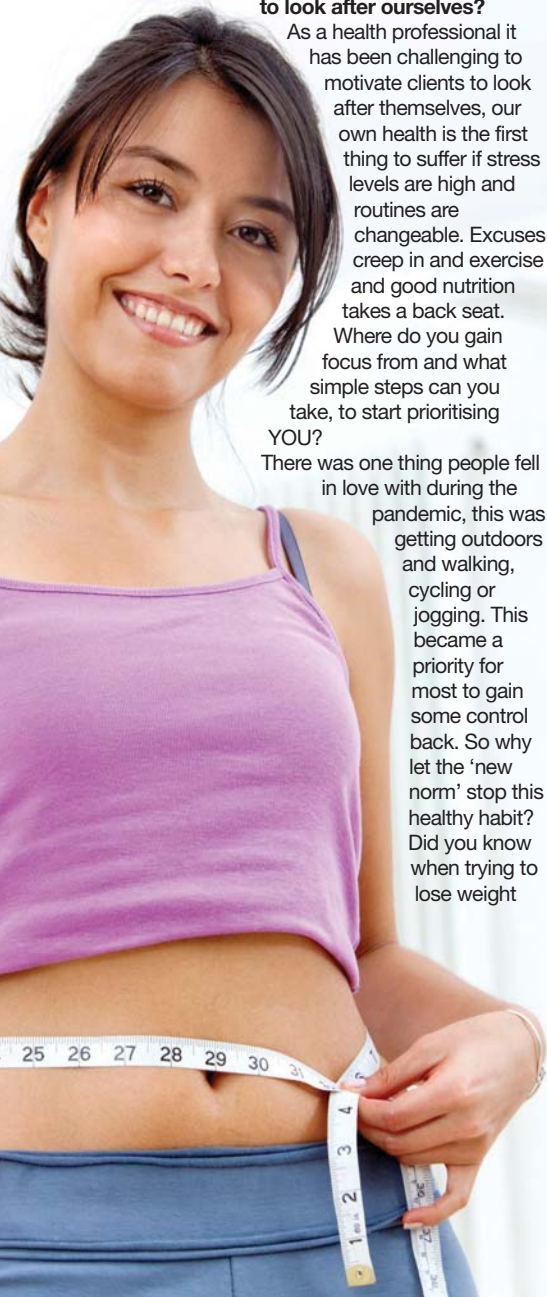
There was one thing people fell in love with during the pandemic, this was getting outdoors and walking, cycling or jogging. This became a priority for most to gain some control back. So why let the 'new norm' stop this healthy habit? Did you know when trying to lose weight

and shift stubborn body fat, by increasing your daily exercise-related activity thermogenesis (EAT) contributes up to 30% of your daily calorie expenditure and yet your gym or class session only contributes to 10%. So, yes getting your 10,000 steps in a day holds greater value for you on your journey than you ever thought, when trying to lose weight.

The other great shift, was having time to cook. Whilst some decisions were questionable, people fell in love with cooking again. Did you know by tracking calories through free apps, like Myfitnesspal, leads to a more mindful approach to how you fuel your body? Enabling you to make better food choices, better education and relationships around good nutrition. Government guidelines suggest 2500kcal a day for men and 2000kcal for women, when actually if we move very little this could be adjusted by about 500 kcal per gender, allowing only 2000kcal for men and 1500kcal for women. Once you start tracking you become so much more aware of the calorie total and how making healthier swaps leads to a better fuelled body and overall weight loss.

Clients I have helped to take back control, track calories to start their journey, becoming more aware of their nutritional habits, achieve 10,000 steps a day, drink at least two litres of water a day and find ways to add vegetables to their diet. No juices, portion control fads, no limited macros, no fad diets. Just mindful eating, stepping and better food choices.

The one piece of advice I would give you, is try not to do it all at once... it takes 21 days to form a habit. Pick one and do it well, rather than five and do them mediocre. Be accountable, weight loss is a journey, not easy, not linear but one with highs and lows, that is evaluated regularly. If you would like advice on where to start please get in touch. The journey does not need to be hard and difficult, with support you just simply need to start.



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