

# YOUR BIN COLLECTION CALENDAR 2019

To check your collection day, visit [www.spelthorne.gov.uk/kerbsidecollections](http://www.spelthorne.gov.uk/kerbsidecollections)

January	February	March	April
M T W T F	M T W T F	M T W T F	M T W T F
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
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29	29	29	29
30	30	30	30
31			

  

May	June	July	August
M T W T F	M T W T F	M T W T F	M T W T F
1	1	1	1
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4	4	4	4
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6	6	6	6
7	7	7	7
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30	30	30	30
31			

  

September	October	November	December
M T W T F	M T W T F	M T W T F	M T W T F
1	1	1	1
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28	28	28	28
29	29	29	29
30	30	30	30
31	31	31	31

## CHRISTMAS COLLECTIONS 2018

Collection dates over the Christmas and new year period will change as follows.

USUAL COLLECTION DAY	REVISED COLLECTION DAY
Tuesday 25 December	Thursday 27 December
Wednesday 26 December	Friday 28 December
Thursday 27 December	Saturday 29 December
Friday 28 December	Sunday 30 December
Monday 31 December	Monday 31 December
Tuesday 1 January	Wednesday 2 January
Wednesday 2 January	Thursday 3 January
Thursday 3 January	Friday 4 January
Friday 4 January	Saturday 5 January
Monday 7 January	Back to normal

# BIN COLLECTIONS 2019

## RECYCLING BIN Collected fortnightly

### YES PLEASE



### NO THANKS



**X** As well as: textiles, aerosol cans, garden waste, electricals

### Remember

- Only put items from the yes list in your recycling bin. Other items may cause the whole lorry load to be rejected
- Rinse items before recycling
- Don't use bin liners or bags - recycle items loose

= Rubbish, food bins, textiles and small electricals  
 = Recycling, food bins, textiles and small electricals



# Bin Collection Calendar 2017 Week A Lisburn Castlereagh

**Michael Hoelscher**



**Bin Collection Calendar 2017 Week A Lisburn Castlereagh:**

Bin Collection Calendar 2017 Week A Lisburn Castlereagh: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. Bin Collection Calendar 2017 Week A Lisburn Castlereagh : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Bin Collection Calendar 2017 Week A Lisburn Castlereagh : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Bin Collection Calendar 2017 Week A Lisburn Castlereagh : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

<https://db1.greenfirefarms.com/data/detail/fetch.php/Trending%20Gut%20Health%20Foods%20For%20Beginners%20For%20Experts%2017469.pdf>

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web may 23 2018 fats waller keyboards player songwriter bandleader singer for the record selected compositions selected discography sources while best remembered for his comic songwriting and musical performances show business legend fats waller was a gifted jazz musician whose greatest contribution to music lay in his brilliant stride piano

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web aug 28 2019 a jazz pianist performer and composer fats waller was born on may 21 1904 in new york city he achieved extraordinary fame as a jazz artist when the music form was still fledgling he used comedy to appeal to the masses writing hit songs such as ain t misbehavin and appearing in the 1943 film stormy weather

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web oct 25 2023 fats waller born may 21 1904 new york city new york u s died december 15 1943 kansas city missouri u s american pianist and composer who was one of the few outstanding jazz musicians to win wide commercial fame though this was achieved at a cost of obscuring his purely musical ability under a cloak of broad comedy

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web submission grappling guides although i ve trained diligently in several different martial arts and combat sports i have found my passion in the art of submission grappling whether its brazilian jiu jitsu sambo or pankration the intricate system of positions transitions and submissions used to control an opponent on the ground

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web grappling of submission grappling staat voor worstelsporten waarbij submissions zijn toegestaan voorbeelden van submissions zijn verwurgingen arm en beenklemmen met worstelsporten bedoelen we vechtsporten waarbij stoten en trappen geen onderdeel zijn van de sport maar waar er vooral geclincht wordt vastgepakt

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web may 10 2023 this makes submission grappling more technique focused as grapplers can win from their back and other disadvantageous positions 2 how inclusive they are submission grappling is the combat sport most synonymous with grappling because of all the types of grappling it incorporates submission grappling incorporates techniques

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web grappling types of grappling jiu jitsu brazilian jiu jitsu japanese jiu jitsu gracie jiu jitsu judo submission grappling wrestling freestyle wrestling greco roman wrestling catch wrestling sambo mixed martial arts mma ground and pound clinch fighting takedowns and throws techniques and strategies offensive techniques

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web submission grappling consists of skills and movements used in combat sports to physically control opponents whilst trying to apply choke holds and joint locks there is currently no accepted method of monitoring external load in grappling based sports due to the absence of key variables such as distance velocity or time the primary aim of

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web jul 15 2012 grappling and submission grappling moves are fundamental in many mma forms especially in brazilian jiu jitsu generally they are focused in the clinch and ground ranges with the goal of defeating an opposing fighter through use of submission holds in this exciting book contact sports fans learn about the discipline physical health and

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web readers discover that grappling moves are rooted in the most ancient forms of wrestling and how they are used to force an opponent into submission without striking besides training and basic

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web may 28 2021 the simplest way to consider the difference is to recognize that submission wrestling is a broad term that encompasses all sorts of grappling arts including bjj no gi bjj sambo judo and catch wrestling however the term submission wrestling has come to represent a specific subset of grappling that differs from traditional brazilian jiu

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