

Cottingham Times

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Issue 185 - April 2017

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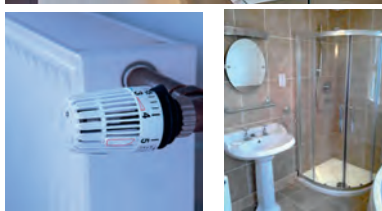
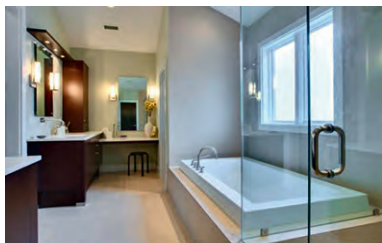
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In Cottingham and District

Beverley & East Riding Croquet Club

Monday 3rd April - The lawns open for play at Beverley & East Riding Croquet Club. We are a small and friendly club who welcome new members. Please join us at Rowley Manor on Tuesday 25 April, 2-4pm, for a free introduction to association croquet. Flat shoes are the only requirement. To reserve your place contact Debbie James on 0777 277 8232. Further details are available on our website www.beverleycroquet.org.uk.

Bishop Burton Gardeners' Club at Beverley

Tuesday 4th April - At 7.45 pm in St Mary's Church Hall, North Bar Within, Beverley. You are welcome to join us for a talk by Janette Merillion entitled 'Spring Fever'. Entry for non members £4 which includes tea/coffee and biscuits. For more information contact 01482 865432. New members welcome.

Haltemprice Art Group

Tuesday 4th April - Pastel Demonstration by Mary Wells

Tuesday 25th April - Animal Portraits

Meetings take place at the Cottingham High School, Harland Way, in the Art Room on the first floor, 7.00 pm to 9.00 pm.

Cottingham Local History Society

Wednesday 5th April - AGM followed by talk by Vivienne Garbera 'Geoff Bells Slides of Cottingham, a Tribute', in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7.30 p.m. Meeting fee, members £1; non-members £2. Contact: Peter McClure 01482 845734.

Cottingham Men's de Luda Society

Wednesday 5th April - Rob Haywood - The Sam Allon Collection, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 6th April - at 7.30 pm in St Mary's Parish Hall, North Bar Within, Beverley. Michael Brown - 'Gardens in the Age of Chivalry'. Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 01482 494276.

Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 6th April - At the Skidby Village Hall at 7-30pm for the A.G.M., competitions and of course tea & chat. All welcome.

Hull and East Riding Glaucoma Group

Friday 7th April - at 11am, when we will be pleased to welcome Marion Gamble as our speaker. A volunteer with the Yorkshire Air Ambulance, Marion will be talking to us about the work of this helicopter service, which provides vital emergency care and a fast medical response for patients throughout Yorkshire. Join us on at HERIB on Beverley Road, Hull, at 11am. Entry £1.50 per person. For more information and to book your place and an optional 2 course lunch call HERIB on 01482 342297.

Front cover: Daffodils in Grandads Park.

Photo: Paul Lakin.

Hull and East Riding Glaucoma Group

Friday 7th April - from 11am till 1.00 pm. The Work of the Air Ambulance. Entry £1.50 per person. For more information call HERIB on 01482 342297.

YPI Camera Club

Sunday 9th April - RPS AV day. Another chance to see a selection of attendees sequences followed by a presentation by a guest speaker. 10:30 am at Leeds Trinity University, Horsforth, Leeds Monday.

Monday 10th April - Show an AV you have produced based on a song or poem.

Monday 24th April - Annual AV competition judged by Ray Smith, LRPS. Enter up to two AVs. We meet approximately every third Monday in the Darby & Joan Small Hall, Finkle St at 7:30pm. For more details & examples of our work see www.ypicc.uk/index.html. New members always welcome – just turn up.

Cottingham Catholic Women's League

Monday 10th April - Speaker: Dr. Lee Karen Stow on Women in Sierra Leon, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

Cottingham Women's Institute

Tuesday 11th April - Sugar & Spice- An Easter Demonstration. Competition: Egg (any medium), at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Church Photography Group

Tuesday 11th April - 6.30pm - Outside visit

Tuesday 25th April 2017 - 7.30pm - Guest speaker

It's time to get your camera out and learn how to use it. New members welcome. All levels. We meet in Cottingham Methodist Church Hall. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk.

Cottingham Ladies Circle

Wednesday 12th April - Mr. G. Barley 'Hull Street Angels', to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

Beverley Film Society

Thursday 13th April - SEmbrace the Serpent (2015) Cert 12A Drama/History (Spain). Director: Ciro Guerra. Filmed in black and white and the first narrative film to be shot in the Amazon for 30 years. The film follows the relationship between two European scientists working together over the course of 40 years in search of a sacred plant with the help of a local shaman, the last of his tribe. Oscar nominated. Meetings are held at the Parkway Cinema Beverley. All films start at 7.30 pm on the 2nd THURSDAY of the month (doors open 7.00 pm). Membership fee: £15 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members) £6.50 (Guests). For more information www.beverleyfilmsociety.org.uk

Cottingham Green Women's Institute Evenings

Thursday 13th April - Member's Evening. Competition: An Old Game. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

U3A

Thursday 13th April - Jethro Vivian - Victorian Chimney Children, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

Continued on page six

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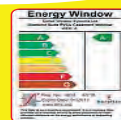
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www.cottinghamtimes.co.uk - April 5

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North Ferriby Gardeners' Club

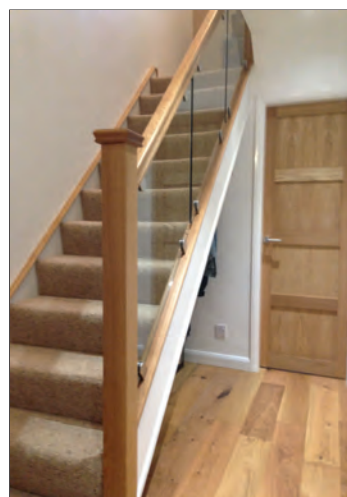
Monday 17th April - Barnhaven Primroses - Jacqueline Giles, in the Parish Hall, starting at 7.30 pm. Tea/Coffee and biscuits are served. Membership is £8.00 per annum, visitors fee £2.50 per meeting.

St. Mary's Church Tower Tours

Easter Monday April 17th Tower Tour, St Mary's Church, Cottingham. at 11.00 am. To book, contact Ian on 01482 848041.

East Yorkshire Woodturners

Tuesday April 18th - 6.45pm: Demonstration by local woodturner, Ian Carress, from Skidby. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are welcome, whether woodturners, or just interested. £3.50 on the door. For further information please contact David Taylor, Secretary, 876702. cotters@cotters.karoo.co.uk



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Hull and East Riding New Stitchers (H.E.N.S.)

Tuesday 18th April - Speaker: Workshop: Chicken Stitch, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

Hull and East Riding Antiques and Fine Arts Society

Tuesday 18th April - David Neve "Hull and Architectural Image". At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

Cottingham Evening Townswomen's Guild

Wednesday 19th April - Philip Walker - On Foot on the Inca Trail, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

Cottingham Men's de Luda Society

Wednesday 19th April - Mike Covell - Victorian Ghost Story, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

East Yorkshire Association of the National Trust

Thursday 20th April - Dr. Alec Gill, MBE., "Amy Johnson: Hessle Road Tomboy - Born and Bred, Dread and Fled", in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

The Hull Macular Society

Friday 21st April - Are holding there monthly meeting at HERIB Beverley Road Hull from 11.30. This is a special meeting with Professor Pete Coffey Head of Ocular Biology and Therapeutics giving a very interesting talk. For more information contact Clive Skinner 01483 656714 Ticket only meeting @ £5 including buffet lunch

Inland Waterways Association

Friday 21st April - The North East Waterways presented by John Pomfret. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

Little Weighton Gardener's Club

Friday, 21 April - 7.30pm "A Year in the Greenhouse" with Mike Kinnes. Plants for Sale. Skidby Village Hall, Main Street. All Welcome - £2 per Talk. Contact Secretary: Prue Campbell 01482 844461.

Skidby Village Hall

Saturday 22nd April - Skidby Village Garage Sale and Gardeners' Mart (9.00 pm to 1.00 pm).

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National Vegetable Society,

East Yorkshire District Association

Monday 24th April - Barbara Hickman - Helmsley Walled Gardens. We meet at The Beverley Conservative Club, Wylies Road, Beverley, commencing at 7.30pm. A light supper is served. Raffle. Fees at £2 per meeting. A pay car park is available with fees redeemed when purchasing from the bar.

Cottingham Ladies Circle

Wednesday 26th April - East Yorkshire Council - Talk and Demonstration, to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

Wednesday Social Club

Wednesday 26th April - Phillip Walker - You Couldn't Make It Up, in the small hall at the Darby & Joan Hall, at 2.00 p.m.

Cottingham Methodist Church, Hallgate

Friday 28th April - Free Film Night - 6.40 for 7pm. Refreshments including ices on sale.

St Michael's Church, Skidby

Friday 28th April - 10.30am to 12 noon, coffee morning. Come join us of coffee, home made cakes and a friendly chat. All proceeds towards the upkeep of the church.

Haltemprice Art Group

Tuesday 2nd May - Drawing Trees

Tuesday 9th May - Annual General Meeting

Meetings take place at the Cottingham High School, Harland Way, in the Art Room on the first floor, 7.00 pm to 9.00 pm.

Cottingham Men's de Luda Society

Wednesday 3rd May - Liz Shepherd - Carnegie Heritage Centre, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 4th May - at 7.30 pm in St Mary's Parish Hall, North Bar Within, Beverley. Jill Tompkinson - Lavender and Pinks. Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 01482 494276.

East Riding County Choir

Saturday 6th May - In celebration of their 60th Anniversary, the East Riding County Choir will be performing Verdi's Requiem in Beverley Minster at 7.30 pm. Directed by Colin Wright, accompanied by the East Riding Symphonia, the choir will be joined by the Beverley Chamber Choir in what promises to be a fabulous choral event. Tickets from 1st April: Beverley Tourist Information Centre, 34 Butcher Row, Beverley, HU17 0AB. T: (01482) 391672. Or online www.eastridingcountychoir.org. Prices £17.50 and £10 (accompanied children 16 and under free)

Hull Folk Dance Club

Tuesdays 7:30 to 9:30 pm; Darby & Joan Hall, Finkle St. Cottingham. Enjoy a free tea/coffee and biscuits and get to know the members. Come alone or bring a friend for light exercise in a friendly environment. All dances are walked through before being set to music. No experience is necessary, beginners are welcome. Your first visit is free. More information from Keith Alexander 01482 509751 or Jan Gray 01482 840367. www.folkdance.me

Cottingham Tennis Club

April 1st (no joking!) is the start of our new season at the Club. New members of all ages will be welcome, and will enjoy a discounted subscription rate. Entry is off Hull Rd. just after Overland Rd. if going towards Hull. Tel 842323 (new no.) Membership, 07785 543258 Coaching.

Continued on page 32

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Cottingham Parish Council



Welcome to our section of the Newsletter that keeps our residents updated with some of the projects that Cottingham Parish Council is involved with.

- **New Parish Clerk**

The Parish Council is pleased to report that Mr. Matthew Kay has been appointed as the new Clerk and Responsible Finance Officer to the Parish Council. Matthew will take up his duties on Monday 3rd April and you can contact him at the Parish Council Office, 9 The Cottages, Market Green, Cottingham Tel: 01482 847623.

- **Cottingham Day – Update**

It was agreed at the Cottingham Day Committee meeting held on 31 January 2017 that Cottingham Day would NOT take place this year, basically the Committee felt that the event could not compete with the City of Culture activities in Hull City centre. Plus, the temporary library which is in situ in the Market Green would still be present in July. Along with the negative feedback received from traders and residents the Committee felt it was time for a change. Therefore, the Committee agreed to hold a Christmas Festival on Sunday 3 December 2017 between 11am – 5pm, the event will be hosted in the Market Green and Civic Hall and the Christmas themed stalls will include crafts, food and gifts, along with some form of children's activities.

If you are interested in having a stall at the Christmas Festival or wish to volunteer in any way, please contact the Parish Council office telephone 01482 847623.

- **Grants to Local Organisations**

Cottingham Parish Council may award grants to any community groups or charitable organisations that are beneficial to the village. If you belong to an organisation and wish to apply for grant funding from the Parish Council, then in the first instance, please contact the Parish Council Office for more information and an application form. Please note that there are criteria elements to this form that need to be taken into consideration. All application forms received are decided upon at the next scheduled Finance & Asset Management Committee Meeting. In March the Council awarded grants to a) Cottingham Cricket Club for funding towards the costs of providing equipment to enable Ladies to play matches and b) Cottingham Springboard Live Music Festival towards the costs of publicity and marketing of the festival.

- **Memorial Gardens**

Work continues to take place on improving the Memorial Gardens. The next step is to paint the main gates and for the installation of new lighting.

Cottingham Parish Council does not allow any scattering of ashes, placing of memorial features or furniture to be erected in the gardens. Whilst we appreciate that this may cause disappointment to some families, it was felt that it is important that these gardens are returned back to their original purpose, a place for remembrance for the service personnel.

- **Cottingham Civic Hall and Council Offices**

The Cottingham Village Trust has now been formed and registered as a charity with the aim to save the Civic Hall/Council Office. The East Riding of Yorkshire Council had intended to market the property in February 2017 but have agreed to delay this process for 3 months to enable a viable financial business plan to be submitted from the Trust. The ERYC has suggested some broad principles that need to be taken into account if an asset transfer is considered. The Trust has replied to this requesting further clarification and

given details of why some of those principles are unacceptable. Although there are still many concerns, the asset transfer originally proposed and then withdrawn is now again being considered and a Public Notice is to be issued by ERYC to establish if any other similar organisations have an interest.

Following the objections raised by the Cottingham Village Trust and the community regarding the proposed sale of the Civic Hall/Council Offices the following changes have occurred;

1. Following its withdrawal a possible asset transfer to a community group is once again under consideration.
2. The Civic Hall will remain operational until the end of 2017.
3. Marketing of the property, which was scheduled for February 2017 has been put back 3 months to consider the proposals from the Cottingham Village Trust.
4. A Public Notice is to be issued by ERYC inviting interested parties to put forward their proposals for the continued use of the property as a community facility.

In the meantime the Parish Council agreed to make a Grant to the Trustees to enable them to commission a survey of the buildings and to assist in the preparation of a Business Plan which has to form part of its formal bid to the East Riding of Yorkshire Council.

- **Wilburn Court**

The Parish Council will shortly be erecting a new seat at Wilburn Court. Residents will have noticed that the seat has been missing for some time. Unfortunately the East Riding of Yorkshire Council had to remove the seat because it had been badly damaged and could not be repaired. ERYC had also indicated that it would not be replacing the seat owing to budget restraints.

- **Dog Waste Bags**

The Parish Council are continuing to provide dog waste bags and the charge for 2017 will remain at 50p for 50 bags, with all proceeds going to Cottingham Wild Spaces Group. The response to this initiative has been so well received that we have had to limit sales to 2 packets per person.

- **Office Opening Hours – Temporary**

Parish Council opening hours are Monday, Tuesday and Wednesday from 11.00am to 3.00pm. However, this is just a temporary change in hours and we will notify you when we will be reverting back to our original days of Tuesday, Wednesday and Thursdays.

- **Dates for your Diaries**

You will be aware that Cottingham Parish Council meets the third Thursday of every month, excluding August and December and they all commence at 7.30pm. The dates for meetings in 2017 have been approved as:-

**20 April 2017, 18 May 2017, 15 June 2017,
20 July 2017, 21 September 2017,
19 October 2017 and November 16 2017**

We encourage and welcome members of the public to attend any of our meetings and find out more about what is happening in their village. Alternatively, If you would like to speak to a Parish Councillor, their contact details are displayed in the noticeboards around the village, by visiting our website on www.cottinghamparishcouncil.org.uk or by contacting the Parish Council Office on 01482 847623.

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The changing face of IT and the PC is still here . . .

There is no doubt the technology landscape is changing. Having been in business for over 15 years now (and dabbling with computers for a few years before that), I've seen a lot of changes take place. Gone are the days of the old PC beige box in the corner with fan noise like a jet engine, huge monitors that took two people to lift onto the desk and squawking dial-up modems that took over your telephone line! Think back to the last century B.G. (before Google) when a quick computer session turned into hours as you'd tried find something online or just send an email. And if you wanted to buy something, wow that was an experience! Then in 1998 came the dawn of Google (and a new version of Windows) and things suddenly got a whole lot easier to find, even though web pages still took an age to load. Then came ISDN which more than doubled the speed of internet connections, and eventually the fabled broadband arrived and we all jumped on the information superhighway! Fast forward to today and we have fibre-optic broadband with speeds you could not have dreamed of a few years back, and of course Wi-Fi virtually everywhere, and nearly everything has to connect to the internet. (Apologies to any readers who are still waiting for these services to arrive!).

So with all this going on, what services do we offer to you, the home computer user?

We supply PCs to any specification. Yes, the PC is still alive and well, now in a sleek and shiny, very quiet black box! We have one or two specifications that will suit most home users, but all can be modified or upgraded for any use. Chances are that if you've always used a PC you will want to keep using one (even though the family might say go for a laptop!) Reasons? Firstly, a PC tends to be more robust, easier and cheaper to repair and it sits in a dedicated space in the house. The screen can be any size you wish, it has a nice raised keyboard that suits touch-typists particularly, and of course comes with a mouse!

Laptops on the other hand are great if you want to be mobile, even if it is just around the house. There's less wiring, just one power cable when the battery needs charging. Screen size is standard at 15.5" although there are some 17" models

around. You can of course add a mouse if you don't like the built-in touchpad, but remember the keyboard is flat. We don't supply laptops as the big stores offer very keen pricing on them, **but we are happy to give advice on the sort of spec to go for, and we do offer a very good set up service which we have done for many customers.** This can include data transfer from your old computer, program and/or hardware installation, email set up etc. See our article for details of what to consider here: <http://www.rdmcomputers.co.uk/news/>

PC & Laptop repairs, upgrades and servicing. So what does that include? **Some of the jobs we carry out regularly during home visits include sorting out Wi-Fi and email and other internet connection issues for PCs, laptops, tablets & mobiles and even smart TVs.** Backing up and transferring data between computers. Cleaning up and optimizing computers, to help them run more smoothly. Software fixes for when Windows just isn't working like it should. Some customers also book an annual service visit to keep their computer/s running efficiently. However, some jobs require more 'bench time' in which case we would collect, or ask you to bring in your computer. Such as....

Replacing faulty hard drives. The hard drive is the main storage unit in your computer, it holds the operating system (Windows), your programs and all your data files & folders. Essential in other words, and if it becomes faulty you will notice your computer slows down, sticks, blue screens/crashes, mouse drags slowly across the screen, programs not opening, or an ominous ticking or clicking sound. Don't wait till this happens to you, which leads on to the next important subject...

Back up all your data regularly using a memory stick or external hard drive or online storage. Many people say they don't keep much stuff on their computer. But perhaps they forget all the family photos, important documents, emails & attachments, address book, music tracks etc. You may not have a lot, but what you do have is probably very important to you, even if its sentimental value! We can supply back up software and hardware, and get you started, just call us for advice.

Security – how can we live without it now. Don't risk going online without adequate security on your computer. We offer a range of products from anti virus up to internet security and even data encryption. Pricing is very competitive and cover is from one to three years.

Remote support This is another valuable and cost-effective method of support we have been offering to existing customers for a few years now. The first thing to say it that it is very secure, only works when you request it and **does not** give us or anyone else random access to your computer. It does rely of course on a working internet connection.

Windows Vista – official retirement date is 11 April 2017. There is no upgrade path from Vista to any other version of Windows, so the only plan of action will be to buy a new computer.

You have probably gathered that we take security very seriously, so if need advice on changing or buying anti virus, or if you think you may have been the victim of a scam, just call us for advice. **For advice on a new home computer, security and Office versions please give us a call.**

Richard Mills
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Wordsearch - Comedy Movies

Can you find the hidden words. They may be horizontal, vertical, diagonal, forwards or backwards.

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O P A R E N T H O O D I C E A G E T N P
N T S T I R C R A Z Y O G R A F H Y A O
N O S I D A M Y L L I B D A V E O P L E
S M A D A H C T A P E R G Y T T F H Y P
H H K I N G P I N N R R A R O S F A Z S
R O X A N N E O A T O U A G R N I P E S
L M Z T N A S L L U H M H E N D C P T E
R E H T N A P K N I P E H T L I E Y H L
I A B T H R I D S C C T J R R E S G I H
G L M O I H H R A U O E O E T A P I S T
G O G A W O T D B R I W A O R U A L A U
N N E E G F D R B F S N M C O K C M N R
I E A D T Y I S O E O M E S A S E O A N
K I A H S S E N N W Y E K G P D A R N O
R Y N H S U M Y G B L C F L L M E E A N
O G A O L A A A O E U U A I M A F M B U
W C L B I W M Y R D R S B E L F E E Y J
K H O R S E F E A T H E R S E P I R T S

Find the words in the letters above:

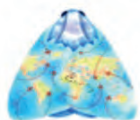
Air Plane, Analyze This, Antz, Arthur, Bananas, Best In Show, Billy Madison, Blues Brothers, Bowfinger, Bulworth, Caddyshack, Dave, Duck Soup, Emma, Fargo, Get Smart, Groundhog Day, Happy Gilmore, Home Alone, Horse Feathers, Ice Age, Juno, Kingpin, Life of Brian, Mash, Office Space, Parenthood, Patch Adams, Police Academy, Raising Arizona, Ratatouille, Real Genius, Roxanne, Ruthless People, Sabrina, Splash, Stir Crazy, Stripes, The Jerk, The Pink Panther, The Tramp, Tommy Boy, Tootsie, Wayne's World, Working Girl.

Wordsearch courtesy of www.puzzles.ca

Sudoku No. 123

This is an easy challenge this month - Answer on page 29

9						3		
		6			8			
	5			3	6	1	7	
6					1			
3		4	9				5	
		5	7					8
1	7					9		
				4				



MARION OWEN TRAVEL



April is that time of the year when bookings are still rolling in for this year whilst we are also booking dates into 2019!

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SPECIAL departure, why not join me on our APT Lower Danube river cruise sailing through the famous Iron Gates visiting lesser known areas of Serbia, Bulgaria & Romania. A 6 star ship all inclusive of food, drink, excursions & tips plus travel from your door, prices from just £1545, departing 21 April 2018 plus this is a once only itinerary. Availability is limited so don't delay if you wish to join me on this sailing.

Having just returned from a super river cruise in Burma if you are looking for a unique experience in Asia this is it. Having travelled around Asia extensively I can tell you this is a very different adventure. Do you fancy Burma? Then get in touch. Regarding our own tours, 2018 is now shaping up whilst this year odd tours are still being added e.g.

HRH Prince Charles Highgrove Gardens. We have just added a 2 day tour teamed with Hidcote Manor. Highgrove tours are fully guided and a wonderful experience.

Anniversary tours.... Our own local lad Joe Longthorne celebrates his 30th Anniversary show on 9 July in Blackpool.

Martin Luther reformation 500 years ago is celebrated in Eastern Germany. **WW1, the 100 years of the Somme.**

Do remember we are a full travel agency, we book financially protected holidays. You never have to worry about the security of your holiday. Sadly last month we saw the River Cruise Line & Diamond Holidays collapse. When you book with us we take care of your claim for the return of your monies along with booking you an alternative without having to lay out the money again. Why book direct with an operator when it costs no more to book with us and have our assistance in the event of unforeseen circumstances, before or when you are travelling with our 24 hour service.

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12 Jun	HIGHGROVE GARDENS & Hidcote Manor. 18 seats only £ 199 1 night dinner B&B, limited single rooms £239
09 Jul	Cabaret & Canals ~ Joe Longthorne in Blackpool 2 days £ 149 1 night including dinner, breakfast & afternoon tea on the canal
07 Aug	Warner's Bodelwyddan, 4 nights half board includes £ 385 excursions to Llandudno, Portmeirion & Port Sunlight (singles + £10)
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05 Sep	Historic Cities of Eastern Germany celebrating the £1239 footsteps of Martin Luther 9 days, fully guided HB plus
17 Sep	Harrogate Autumn Flower Show - Day Outing £ 45
24 Sep	Historic & Scenic Southern Wales 6 days Half Board a £ 499 very interesting & special inclusive itinerary of sightseeing.
05 Oct	Sites of WW1 - Ypres Salient & the Somme - 6 days £ 485 HB+. A moving tour of many sites also includes the Last Post. Dave has a real passion for War sites and this is a final opportunity to join him— you will not be disappointed.
15 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB £ 110
18 Nov	Chatsworth House & Christmas Market - Day outing £ 49
26 Nov	Thursford Christmas Spectacular 1 night half board £ 179
10 Dec	Edinburgh Markets, Botanical Gardens & Whiskey £ 169 2 nights with an extensive breakfast in the heart of the old town
09 Feb	Glasgow & the Tattoo great seats 3 days dinner B&B £ 199

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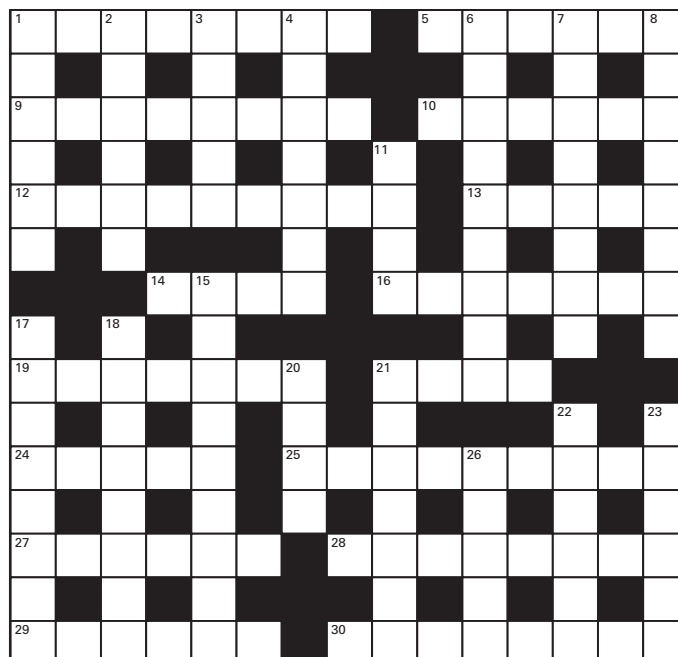
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Crossword – Solution on page 46



Across:

1. What Nero was doing (8)
5. Grins (6)
9. Killer (8)
10. Precipitated flakes (6)
12. Lack of bravery (9)
13. Encircles a picture (5)
14. Male ruler (4)
16. Spartan (7)
19. Relationship between lovers (7)
21. Found in some skin lotions (4)
24. Former French currency (5)
25. Estimate (9)
27. Preferring (6)
28. Singer (8)
29. More unhappy (6)
30. Colossus (8)

Down:

1. Debacle (6)
2. Disinherit (6)
3. Not a winner (5)
4. Fastening two pieces of wood (7)
6. A public declaration (9)
7. Legislator (8)
8. Made unhappy (8)
11. Queen of the gods (Greek mythology) (4)
15. Naivete (9)
17. Creamy chocolate candies (8)
18. Ventured (8)
20. They come from chickens (4)
21. Windflower (7)
22. A style of half mask (6)
23. Draw (6)
26. The Final Frontier (5)

Crossword courtesy of www.crosswordpalace.com
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In the Kitchen



One-pot roast chicken with garlicky potatoes & greens

- Preparation time: 15 minutes + resting
- Cooking time: 1 hour 20 minutes
- Total time: 1 hour 35 + resting. Serves: 4 - 6

Ingredients

1 medium chicken (about 1.5kg), string removed
 500g Charlotte potatoes, halved or quartered if large
 400g pack echalion shallots, halved lengthways, root trimmed but attached
 1 garlic bulb, halved horizontally
 100g unsalted butter, softened
 500ml tub fresh chicken stock
 250g pack essential Waitrose Kale, tough stalks removed
 2 tbsp cider or white wine vinegar, to taste

Method

1. Preheat the oven to 220°C, gas mark 7. Remove the chicken from the fridge 20 minutes before cooking. Place the potatoes, shallots and garlic into a medium roasting tin. Season the chicken and rub it all over with butter before placing on top of the vegetables. Roast for 45 minutes.
2. Cover the chicken with foil and roast for another 30 minutes, or until golden brown and piping hot, the juices run clear and there is no more pink meat when tested at its thickest part (between the leg and breast). Set the chicken aside to rest, loosely covered with foil.
3. Put the roasting tin on the hob, add the chicken stock, bring to a rapid boil over a high heat, stirring occasionally,

until the liquid reduces by at least half and the potatoes and shallots are very tender. Discard the garlic.

4. Add the kale, cover and steam for 2-3 minutes more, until just softened. Stir in the vinegar and seasoning, to taste. Carve the chicken, adding any resting juices to the vegetables. Serve at once.

Roasted spicy squash, nuts & beans

- Vegetarian
- Total time: 35 minutes. Serves: 2

Ingredients

300g frozen butternut squash
 1 red onion, cut into chunks
 1 aubergine, diced
 40g mixed nuts, roughly chopped
 200g can butter beans, drained and rinsed
 350g tub essential Waitrose Tomato & Chilli Sauce
 1 tbsp chopped chives

Method

1. Preheat the oven to 200°C, gas mark 6. Mix together the butternut squash, onion, aubergine, nuts and butter beans in a roasting tin, stir in the sauce and 50ml water. Bake for 25-30 minutes until tender.
2. Sprinkle with chopped chives to serve.



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Classic chicken and mushroom pie

- Preparation time: 25 minutes
- Cooking time: 25-30 minutes
- Total time: 50-55 minutes. Serves: 4-6

Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 4 rashers smoked streaky bacon, roughly chopped
- 1 x 6 pack essential Waitrose British Chicken Thigh Fillets, cubed
- 2 sprigs rosemary
- 2 tbsp plain flour
- 100ml white wine
- 300ml chicken stock
- 1 tbsp Cooks' Ingredients Dried Porcini Mushrooms
- 250g chestnut mushrooms, quartered
- 2 tbsp crème fraîche
- 320g pack Jus-Rol Shortcrust Pastry Sheet
- 2 tbsp milk

Method

1. Heat the oil in a large saucepan and cook the onion, bacon, chicken and rosemary over a high heat for 5 minutes until golden. Stir in the flour and cook for a minute more then pour in the wine and bubble vigorously for 2 minutes.
2. Add the chicken stock and both varieties of mushroom. Cover and simmer for 10 minutes until the chicken is cooked through with no pink meat and the sauce has thickened.
3. Preheat the oven to 200°C, gas mark 6. Stir in the crème fraîche then spoon the mix into a heatproof pie dish, discarding the rosemary stalks.
4. Open out the pastry sheet and lay it over the filling, tucking in the edges. Brush the top of the pie with milk and sit the dish on a baking sheet. Bake for 25-30 minutes until the pastry is golden and cooked through. Delicious served with mash and steamed greens.

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Blueberry Victoria sponge

Make this the centre piece of your Easter lunch. The hint of zesty lemon, and floral and fruity blueberry jam make a delicious flavour combination.

- Vegetarian
- Preparation time: 10 minutes
- Cooking time: 25 minutes + cooling
- Total time: 35 minutes + cooling. Serves: 10

Ingredients

- 250g golden caster sugar
- 250g Stork With Butter
- 4 medium Waitrose British Blacktail Free Range Eggs
- 250g self-raising flour
- Finely grated zest of 1 lemon
- 1 tsp vanilla extract
- 170ml pot essential Waitrose Double Cream
- 4-5 tbsp blueberry jam or conserve
- Icing sugar, to decorate

Method

1. Preheat the oven to 180°C, gas mark 4, and grease and line two 20cm sandwich tins with baking parchment. Place the sugar and Stork in a large mixing bowl. With an electric whisk or wooden spoon, beat together until pale and creamy. Next add the eggs, one at a time, scraping the bowl down after each addition.
2. Fold in the flour in two additions, then lastly fold through the lemon zest and vanilla. Pour into the prepared tins and place in the oven for 22-25 minutes or until a wooden skewer inserted into the centre comes out clean. Allow to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.
3. Once the cakes are completely cool, pour the double cream into a mixing bowl and whip until soft peaks form. Spread the cream over the bottom of one of the sponges, spread the other sponge with jam, and sandwich them together. Finish with a dusting of icing sugar just before serving.

Cook's tip: Instead of whipped cream, a vanilla-scented buttercream is a lovely alternative and is great if you want your cake to keep until the next day. Simply cream together 150g Butter with 150g icing sugar and a teaspoon of vanilla extract.

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www.cottinghamtimes.co.uk - April 17

ON THE GRAPEVINE

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Rioja one of our favourite red wines

Ask any wine lover for their favourite red wines and you can bet that Rioja will be high on their list. The Rioja region in Northern Spain covers some 57,000 hectares of vineyards across three areas: La Rioja, the Basque country and Navarra. Between them they produce around 250 million litres of Rioja wine every year, and wine lovers enjoy every drop.

Wine has been produced in this area since Roman times, with set practices dating back to the early 1100s. In 1787, the Royal Economic Society of Rioja Winegrowers was established with the sole purpose of encouraging the cultivation of vines, wine production and its commercial development.

The long history of the production and development of Rioja wines has resulted in a wine of outstanding quality. Rioja wines have matured into one of the world's most favoured reds and can confidently stand shoulder to shoulder with many of the world's finest wines.

In recent years there has been a debate over what constitutes a traditional Rioja. Many question what grape varieties should be used and others question the production techniques, including the use of winemaking methods, which have changed the focus of the wine, making it altogether more fruit driven.

However, under the Denominación de Origen Calificada Rioja, there are four red grapes permitted to be grown in the Rioja region: tempranillo, garnacha, mazuelo and graciano. Some wine growers are experimenting with cabernet sauvignon, which is at the root of contention for people who question the makings of a true Rioja. Tempranillo, however, is easily the most widely planted, accounting for around 50 per cent of Rioja's vineyards.

Although Rioja is a famous red, 15 per cent of the Rioja wines are actually whites or rosés. The Denominación de Origen Calificada Rioja also allow for the white grapes viura, malvasía and white garnacha to be grown in the region.

Rioja wines exhibit an aromatic complexity. They are fresh, with a medium body, a balanced structure and have an excellent bouquet.

Classic red wines have a rich colour with a fresh, penetrating aroma. They are light in the mouth with medium alcohol content. Rosé wines, mainly from garnacha, are bright pink in colour with a strong fragrance and are even lighter and fresher in the mouth with medium alcohol content. Rioja whites, mainly from viura, exhibit fine, delicate aromas and are light in the mouth with fairly low alcohol content.

Rioja wines are aged in 225-litre oak casks followed by a further period of bottle ageing. There are over 270 producers of aged Rioja racking up some 900,000 casks between them. The different Rioja wine categories are based on minimum ageing periods, which can vary between one and three years in casks. Then follows a period of bottle ageing, varying from six months to six years in the bottle depending on whether the wine is to be a Crianza, Reserva or Gran Reserva.

Like all wines, you get what you pay for with a bottle of Rioja. For reds, Gran Reserva is the most expensive, but it packs plenty of extra taste to the pound.

* For a little relief from all the other Trump-related stories we're bombarded with, I was interested to read that a quartet of Slovenian wine producers near Sevnica, where First Lady Melania Trump grew up, have released a wine in her honour.

Named simply First Lady, the wine is made from Blaufränkisch grown in eastern Slovenia, which is known locally as Modra Franking.

An initial run of 300 bottles sold out in three days priced at €27.90 a bottle but further supplies have since gone on sale.

Melania was born in Novo Mesto, which at the time was part of Yugoslavia, and grew up in Sevnica. She began modelling at the age of five and signed with an agency in Milan aged 18.

She met Donald Trump at a New York Fashion Week party in 1998. The pair were married in 2005 at an Anglican service in Palm Beach, Florida. Their son, Baron William Trump, was born in 2006.

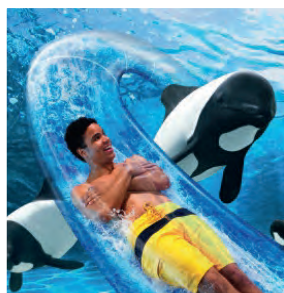


BEST BUYS

**Cune Reserva****Where:** Waitrose**When:** Now, until April 18**Why:** Why: I've tasted and enjoyed many Rioja's from Cune over the years at price point up to £30 a bottle and this is a good example at a decent discount. Soft and supple with good integration of wood and attractive fruit character.**£9.95 (was £13.29)****Montelciego Rioja Reserva****Where:** Tesco**When:** From April 5 to May 2**Why:** Why: This exquisitely smooth and well balanced Rioja is a delicate ruby colour, with aromas of sweet fruit and vanilla. Bring on the steak - you'll enjoy it with this!**£6.50 (was £9.50)****Campo Viejo Tempranillo Rioja****Where:** Co-op**When:** From April 12 to May 2**Why:** Why: Another respected name. A contemporary, fruit-driven style of Rioja that is very popular, and for good reason. It's the smooth, velvety texture of this wine that makes it such a pleasure to drink.**£6.49 (was £8.49)****Dourthe Reserve Sauvignon Blanc****Where:** Majestic**When:** Now**Why:** Why: Away from Rioja for one moment, this white is a great Easter wine; zingy with plenty of citrus fruit aromas with a hint of grapefruit and passionfruit. Enjoy with fish dishes**£9.99 (was £11.99)**

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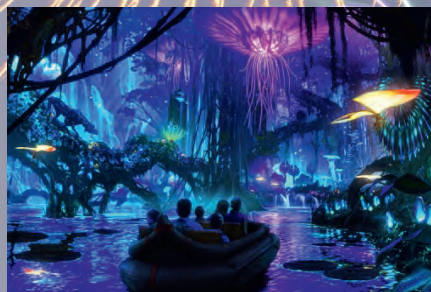
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Please, just a nibble . . .

Finally it has arrived...Spring. After the long dreary days and very dark early evenings, we can now look forward to brighter, lighter nights giving us more time to spend in the garden. When we think about the plants, we often go by the season and obviously colour, of what we are going to plant in the garden but how many of us think about the hazard these beautiful blooms bring. Now, you will be quite right in thinking of hazards to yourself but in this case I am talking about our little canine friends. Spring brings daffodils in abundance, they literally spring up everywhere and how tempting they maybe to an inquisitive nose. The temptation not only to sniff but take a bite. TOXIC! These beautiful flowers, who so many admire, are poisonous to dogs. The consuming of not only these but many bulbs, plants and house plants MUST be followed immediately by a visit to your vet. If you are unsure of the name of the plant and don't have a label, please ensure you take part of the plant with you so your vet can identify it. Our feline friends do not get away lightly because plants, for all they are not as toxic to cats



as to dogs, they may cause vomiting and once again, Veterinary advice must be sought.

The Spring also brings Easter...a time of not only reflecting on the meaning of this time but also, as in the case of many shop windows since the new year, CHOCOLATE. This is much to the delight of my grand-children who cannot wait for the luxury of Easter eggs. For the regular readers of *The Cottingham Times* and also a feature Teal my Labrador made in the *Hull Daily Mail*, you will be following her exploits. I say following because the 'dangers' are always there especially to an inquisitive black nose.

Now chocolate to us is wonderful and so sweet which just happens to be the same to our pets and yes, once again, it is harmful. The cocoa solids in chocolate contain Theobromine which is poisonous to dogs. All chocolate whether it is white, milk or dark can contain Theobromine. If your dog has eaten some chocolate please seek medical advice and KEEP the wrapper ... unless, it is like Teal and consumes that too! Yes, she did have a trip to our Park Street surgery followed by a stay in the hospital as it was enough to possibly cause her harm.

Along with chocolate at this time of year is another delight to most humans...hot cross buns. You would be correct in thinking that with them not containing chocolate and be bread based, they will cause no harm but it is the raisins, currants and sultanas that are the problem. Even when this fruit is cooked your dog is still at risk of kidney failure. It is not only these that should be avoided, and this may surprise you, but ready meals, gluten free, home baking and sweets can all contain Xylitol which is poisonous. Check whether the packet contains E967, Xylitol or a sweetener and contact your vet.

Finally..... this is something that comes as 2nd nature to Teal, I am ashamed to saySCAVENGING!! Now everyone knows how greedy dogs can be, especially Labradors, and bin bags lying around is a great temptation. As in Teals case it is the bird table. The ever increasing lumps of bread that fall, is Teals dream but after researching for this article, if the bread has turned mouldy it can contain toxins. These quickly attack a dogs nervous system and a small amount of these mycotoxins can cause tremors and seizure.

With all the above hazards, if they are consumed, have all the information at hand ie: product and the amount and time it was eaten and contact any of our KINGSTON surgeries IMMEDIATELY, no matter how trivial you may think the call is. We are here to help.

Have a happy and safe Easter.

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We've found that scores of householders are baffled by boilers! The usual questions you may ask yourselves are: What is the most reliable? What's the best? The longest warranty? A 24kw or a 30kw?....and the most common.....THE COST?!

In this months' issue of *Cottingham Times* we're producing some useful information from a national survey published in March 2017. The survey, conducted by award-winning Williams & Co. Heating Supplies, spoke to heating installers across the country. The survey has shown that a whopping 50% of boiler installers have a strong influence of what boiler the customer chooses, a further 28% have complete control! Here's some interesting facts from that survey:

Q1: What combi boiler do you recommend for a small and medium budget?

1st place went to **IDEAL BOILERS** in both categories.

Q2: What combi boiler do you recommend if money was no object?

1st place went to **VAILLANT BOILERS**.

Q3: What is the best built boiler?

VAILLANT had ALL it's combi boilers in the top ten. **IDEAL** had one with the Vogue model. Worcester Bosch were not placed.

Q4: What is the easiest combi to service and maintain?

VAILLANT had ALL it's combi boilers in the top ten. Worcester Bosch were not placed.

Q5: Ease of installation? (A tricky installation could cost more on labour)!

IDEAL Vogue got 1st place. **VAILLANT** again had all it's combi boilers in the top ten. Worcester Bosch were not placed.

Overall score across all categories had ALL the **VAILLANT** Combi boilers in the top ten! The **IDEAL** Vogue managed 9th position. Worcester Bosch were not placed.



Summary

There were other questions asked and to summarise: **IDEAL BOILERS** won 5 out of the 9 categories.

VAILLANT were winners as the best Premium Brand with a stronger show also at entry level than Worcester Bosch. This shows that **VAILLANT** seems better value for money.

There's a reason why we promote Vaillant and Ideal Boilers. They may be competitors but facts don't lie as they are both top in their respective categories. And remember, our **VAILLANT** boilers have a huge, **FREE 10 YEAR WARRANTY** and our **IDEAL** Logic+ has a **FREE 7 YEAR WARRANTY**. If being the best wasn't enough! They also back the facts with fantastic warranties. Total peace of mind brought to you from Logic Heating.... Both **Vaillant & Ideal** Approved Installers.

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker' Branfield

You've Lost That Numbing Feeling!

Hello again. I hope that you are well. Another busy month at Castle Park Dental Care. Life long learning is very close to my heart. "If you're not growing anywhere you're not going anywhere". I think growing knowledge base is essential, even at my age. My colleague Andrew and myself was at a three-day dental implant conference in London a couple of weeks ago. It was the best one I've been to and I've been to loads. It was a bit off topic but there was a presentation on face transplants. Inspirational! I'm just back from another three-day advanced course. Some of it was outside my comfort zone as it involved computers for treatment planning. I got on with it though and managed OK. Surprised myself in fact. As they say, "outside the comfort zone is where the magic happens"

You've Lost That Numbing Feeling. Is It A Sing Along?

A while ago I was asked to give an hour-long presentation at a small conference for dental practices. Now, my slot was on the morning of day two. The trouble is that there was a charity do the night before. So, there would be plenty of tired people in the room and I didn't want them falling asleep if I could help it! Part of the presentation was to be this topic (if I ever get onto it). I had taken the song "You've lost that loving feeling" and over dubbed "numbing"



over "feeling". Well, this did some doing for me, as I'm not a computer tetchy at all. It was all trial and error but got there in the end. It was a choice between The Righteous Brothers and Elvis Presley. I opted for Elvis as I was brought up on "The King" and my dad wouldn't forgive me if I

chose against him

Oh Get To The Point!

Have you ever had a local anaesthetic? Sometimes you can feel like you about to fall over your face. Local anaesthetic is great. It allows us to have a load of stuff done in the medical field in a comfortable way. The only real drawback is that you can feel numb for quite a while sometimes. If you've had your teeth done you have to wait a bit to have a cuppa.

Nearly There

QuickSleeper⁴

Now there is the QuickSleeper. This is a novel way to deliver a dental anaesthetic and numb up to six teeth in one go without the same numbing of the cheeks, lips and tongue. How good is that? Now, it does not replace conventional anaesthetic altogether, as it cannot be used in all situations and each case needs to be assessed properly, but I am using it more and more. It is a bit different. There is an element of vibration involved but it is all very gentle and feedback is very good. It is ideal for doing a few tooth restorations in different areas of the mouth in one go, especially if you struggling for time and want to get a lot done in one visit. Perfect for people that live away. Or those who cannot wait for a cuppa!

Most Gentle On The Planet

I was not quite accurate in what I said above. The quick sleeper can be used to numb up in a similar way to the conventional approach i.e. leave you feeling numb. However, as it is a computer controlled technology it is so gentle. This means pain free! I researched this quite a bit and have been on courses as I'm a dental anorak! However, it's the quest for always looking for better. We have three of these things in the practice so we can ALL use them all the time and have one standard of care throughout. The feedback is incredible.

On The Clinic

My son, Edward, is still enjoying his course at university and now started treating patients on clinics. It's a really intense fast moving course. Non of this four hours "contact" a week. He's all buzzed up. He comes back to see Hull City play with me. Come on City, see if you can stay up lads.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 24 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's humanitarian work go here now www.castleparkdental.co.uk

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It had been a total of 36 years since my last visit to a dentist and I viewed the thought of it with fear. I cannot praise the practice enough for the kind and gentle treatment I have received and help in overcoming my fear. They are a very professional team and I shall recommend them to everyone.

Carol Hookem, E. Yorks.

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Swanland Screen to show - "Brooklyn" on Saturday 15th April

Responding to many requests, Swanland Village Association chose, for this month's showing at Swanland Village Hall, the film "Brooklyn" - the 2016 winner of the BAFTA award for Best British Film. We are ending the season with this film as one reviewer wrote, "One of the best films you will see this year." It is the story of an Irish immigrant who lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

If there is a film you would like us to show in the next season, please come and put it on our list for consideration. We only show films that our audience have requested. Tickets available at the door cost £4 adults and £2 schoolchildren. Doors open at 7.00 pm for a 7.30 pm start on Saturday 15th April. For further details see www.swanlandvillagehall.info/forthcoming-events.htm.

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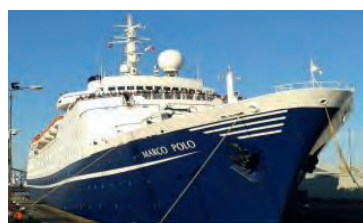
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www.cottinghamtimes.co.uk - April 25



March has been quite cool but now the daffodils and crocuses should be in full bloom. With these gorgeous, showy spring displays it's time to start thinking about the summer. There's something to do in the garden whether it's planting, pruning or tidying up – have a literal spring clean in the garden.

When the inevitable April showers stop you from getting into your beds and borders, why not give your greenhouse a clean. Use warm, soapy water on the glass to get rid of pests and diseases, and let more light in.

Now is also the perfect time, if you haven't already, to repair any damage to your lawn. The wet weather will help the grass seeds and fertilisers penetrate your lawn fully. We have a great range for your lawn in the garden centre this month to suit gardens of all sizes, including GroSure Fast Acting Lawn Seed and Aftercut 3 Day Green Lawn Feed. A high-nitrogen fertiliser will give your lawn a boost to start the growing season.

Hoe your borders, getting rid of the weeds before they take

over and apply mulch before the herbaceous growth blocks your view. Improve your soil as well if you haven't already. Use your own compost, organic manure enriched composts or soil conditioner to pep up your soil ready for the growing season. Once the weather begins to warm up add a general-purpose fertiliser to load your soil full of much needed nutrients.



There are plenty of new products and offers in the garden centre this month to help you get your garden looking its best. Visit us soon or take a peek on our website.

This spring and summer get the kids in the garden with some great 'Grow Your Own' projects. Gardening projects can be fun, creative and educational all at the same time.

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Plants like Buddleia, wildflowers and Lavender all attract pollinating insects like butterflies and bees. These insects are great to watch and will also help you get a good crop of fruit and vegetables.

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10 Jobs for this month

1. Feed citrus plants.
2. Increase the water given to houseplants.
3. Feed shrubs and roses.
4. Divide bamboos and waterlilies.
5. Protect fruit blossom from late frosts.
6. Sow hardy annuals and herb seeds.
7. Tie in climbing and rambling roses.
8. Sow new lawns or repair bare patches. (visit us for all your lawn care needs)
9. Prune fig trees.
10. Plant summer flowering bulbs in beds, borders and containers.

Plant Sunflower Seeds

See how high you can grow your sunflower by planting a selection of sunflower varieties in your garden. Stake them to hold them upright and watch them grow and grow. Sunflowers are another plant that is quick and easy to grow with kids.

Plant them in different spots in the garden with varying levels of sun and see which grows best. This is a great way to teach children the importance of sunlight for plants.

Create a Vegetable Patch

Growing vegetables is a great way to show kids where food comes from. It's also an exciting project with delicious rewards at the end. Tomatoes, cucumbers, broad beans and peas are ideal if you are a beginner too. They can either be grown outside, in a greenhouse, in growbags or in a growhouse if you have little room.

Get a bit more adventurous by planting carrots.

A particular favourite for us is the growbag, the growbag makes it easy to grow all your favourite vegetables and team it up with a hozelock growbag waterer. The easiest way to grow plants in a growbag with no pipes, no timers and no fuss.

Fill a Container with Sensory Plants

Young children love plants that stimulate the senses – pick out a selection of plants with them and have fun filling a border or container. There's a wide selection of seeds and plants in our Planteria. Choose plants for each sense. Ornamental grasses rustle in the wind for sound and there is a large selection of plants with fragrant flowers and leaves for smell. Aromatic herbs for taste, brightly coloured flowers for sight and plants with soft or rough leaves for touch. Plants that stimulate the senses can benefit children with sensory impairments and special needs as it encourage them to explore and enjoy the garden.



Try Heuchera 'Chocolate Ruffles' and Marigolds for bright colours, bamboo Nigella Damascena for sound, Silver Sage and Sempervivum for touch, Chocolate Cosmos and Sweet Peas for smell, Rosemary and Chives for taste. Explore our Planteria to discover more plants to create your sensory garden or container.

How best to grow potatoes in a planter

1. Quarter fill the potato planter with a good quality multi purpose compost.
2. Set 2 or 3 seed potatoes (do not use more than this as you will only end up with very small potatoes), chits or eyes up, into the compost and cover with another 15 to 20cm layer of compost.

3. Water well, two to three times a week, to ensure the compost never dries out. Once shoots break through, roughly every seven to 10 days, cover over with more compost, until the bag is full. Potatoes like a lot of water. You don't want the compost soaking wet but it should be moist all through. Once the bag is filled, feed weekly with a liquid tomato fertiliser instead of watering that day.
4. Once the plants flower, this is the indicator that the tubers are forming and may be ready. Scrape some compost out and if the tubers look OK, empty the bag and harvest your crop. Not all varieties flower so check bags according to the type of potato grown.

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Your Stars for April 2017

By Kay Gower

Aries (Mar. 21- April 20)

There's a simple reason you'll get what you're after in April, and that reason is that you feel like you deserve it. You're worthy. You have put in all the work, and your reward is coming down the pipe.

Taurus (Apr. 21- May 21)

This month the skill that will take precedence over all others is being a good listener. This is something, that when done well gives you a distinct advantage. You stand head and shoulders above self-involved individuals.

Gemini (May 22-June 21)

During April you'll feel pulled in three directions at once. Unplug. Turn off all the bright screens in your life and instead just relax, nothing else. It's remarkable how much this will help.

Cancer (June 22-July 22)

What matters is not whether the decision was a good one, but whether it was made for a good reason. This should free you up some. You don't have to worry about which next step to take; you just have to come from a good place.

Leo (July 23-Aug 22)

Routines are comforting. There's security in knowing what's coming next. But this month, you get a distinct feeling that you've been there and done that, and the last thing you want is a refresher course. Be guided by this feeling.

Virgo (Aug 22 – Sept. 23)

There's no reason for you to push the action along – and it wouldn't help anyway. Sit back, relax and observe. Things will happen naturally and in their own time.

Libra (Sept. 24 -Oct. 23)

Sometimes it can be helpful to think out loud, but right now broadcasting your thoughts will cause more trouble than it's worth. Find somewhere quiet and work out your thoughts in private.

Scorpio (Oct. 24 - Nov. 22)

April begins a new project that won't be finished for many months. "Consider the postage stamp: Its usefulness consists in the ability to stick to one thing till it gets there." You do the same.

Sagittarius (Nov. 23 -Dec. 21)

No one can be permanently excited or permanently bored. During April you pass through many states of mind – twice as many as usual. Whatever state you're in right now, acknowledge its temporal nature.

Capricorn (Dec 22.- Jan. 20)

The seeds of kindness and greed are within us all, as is the potential to do good or bad deeds. No one is born with character. Character is born of choices. You have a few choices this month.

Aquarius (Jan 21 - Feb 19)

Too many people want to speak and not enough of them will be listening to all that's going on this month. A message will be conveyed through body language so keep your eyes open.









Pisces (Feb. 20-Mar. 20)

Mid month the planet Venus turns direct in your own sign. This energy will focus on partnerships, groups and harmonious relationships of all kinds. If there's someone you need to forgive, do it now, especially if the someone in question is yourself.



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Advertisement Feature

"Knit one Stitch one" is born

My name is Emma, I have worked at Bobbins and Lace for almost nine years. As the shop closed at the end of March, I decided it was time to go solo and open my own shop, as I am passionate about fabrics, yarns and enjoy the community in the village.

"Knit one Stitch one" was born! I will open on 1st April 2017 at 24 Finkle Street, Cottingham HU16 4AZ. I am working behind the scenes now getting it ready.

I will be stocking Stylecraft & King Cole in the beginning. Also Concord fabrics, haberdashery and knitting accessories.

So this is a new, exciting venture, I am taking on alone.

I will have sewing classes and crochet clinics starting over the next few months and our knit and natter on a Friday morning.

We are also participating in Yarn Shop Day 2017 on 6 May 2017.

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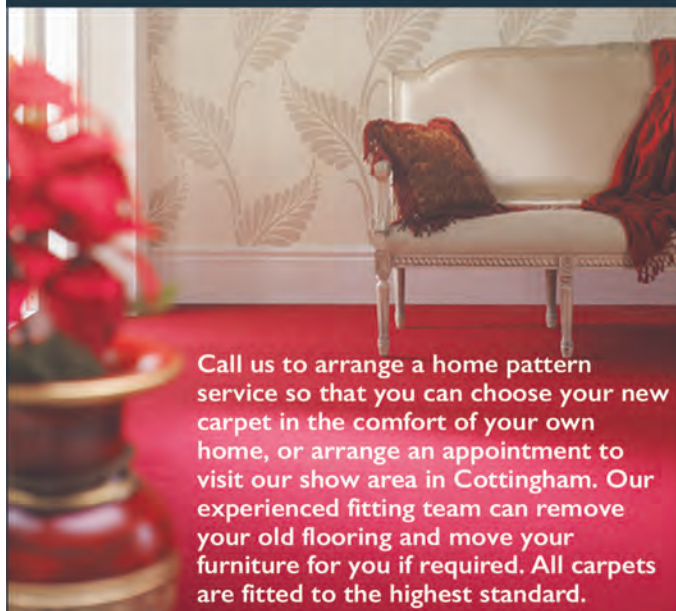
Sudoku Answer from page 12

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

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BY CHRIS LEE



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Muker & Upper Swaledale from Keld

The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Upper Swaledale is, in my opinion, one of the most interesting areas within the boundaries of the Yorkshire Dales National Park. This route is no exception and offers a mixture of high level and valley walking with visits to picturesque villages. As a bonus the area is rich in industrial heritage and you are able to see at first hand some of the remaining ruins.

National Park - Yorkshire Dales

County/Area - North Yorkshire

Author - Lou Johnson

Length - 6.5 miles / 10.6 km

Ascent - 1300 feet / 394 metres

Grade - easy/mod

Start - OS grid reference NY892011

Lat 54.405244 // **Long** -2.167883

Postcode: DL11 6LJ (approx. location only)

The walk starts in the small village of Keld (Grid ref.



NY892011) where there is car parking, public toilets and limited opportunities for refreshments. Leave the village and take the left hand fork to reach the main road. Turn left towards Muker and after approximately 400 metres turn left down a signed bridleway. This route leads across the southwestern side of Kisdon Hill before dropping steeply into the attractive village of Muker (shop, pub, refreshments etc.).

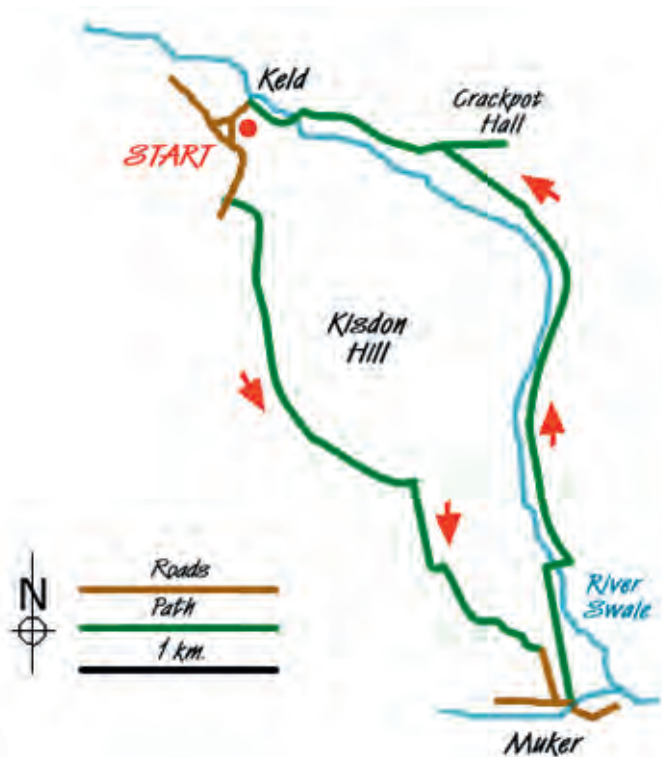
The onward route is located to the north of the church down a minor road flanked by cottages. The footpath strikes north (Grid ref. SD 910980) across hay meadows for approximately a kilometre to reach a path junction (Grid ref. SD 909986). Turn right here and cross the Swale using the substantial footbridge. On reaching the east bank of the river turn left and follow the broad track northwards alongside the Swale.

Crossing Swinner Gill (Grid ref. NY 908004) you will see extensive evidence of the lead mining that one took place in this valley with the remains of a flue on the hillside together with ruins from an engine house and other auxiliary buildings. Continuing the main path climbs to reach a junction (Grid ref. NY 904008). Turn right here and walk the short distance to the ruins of Crackpot Hall. After inspecting these return to the main path and continue towards Keld.

Far below on your left is Kisdon Force which is an impressive sight when the Swale is in spate. Just after crossing East Gill (Grid ref. NY 896011) turn left and cross the Swale and continue into Keld village. If you want to take a closer look at the falls turn left immediately after crossing the bridge and follow the Pennine Way. After a short distance you will notice a narrow footpath on your left descending to the Swale from where a good view of the falls can be obtained.

It is recommended you take a map with you when following a walk route. The preferred scale is 1:25000 used by the Explorer series. Note : If two maps are listed at the same scale then either (a) both are required for full coverage of the route or (b) the route is covered on both maps.

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Gala Concert by Hull Ladies Choir and Hull Male Voice Choir at the Hull Guildhall

Hull Ladies Choir and Hull Male Voice Choir are presenting a Gala Concert in celebration of Hull City of Culture. The event will take place in the magnificent Banqueting Hall in the Guildhall surrounded by the evidence of Hull's culture, tradition and history. These two established choirs have represented the City of Hull nationally for a joint total of 186 years.

The content of the programme will include songs and poetry about the Routes and Roots of the City, local historical events, achievements, occupations, geographical position and people from and associated with Hull.

A new medley of songs incorporating popular local pieces and people from Hull has been commissioned and will be sung jointly by the Choirs during the event

The concert will take place on Thursday 11th May 2017 @7.30pm. Tickets are £8 and are available from Gough and Davy- Paragon Street, Hull; or : Email :- info@hullladieschoir.org.uk. Mobile :- 07779 732322.

Cottingham British Legion to hold Coffee Morning on Thursday 20th April

The Cottingham Branch of the Royal British Legion are holding a Coffee Morning on Thursday 20th April at 10.00 am to 12 noon in the Small Room at the back of the Darby & Joan Hall, Finkle Street. Coffee, tea, scones or cake £1.00 each entrance.

Cake stall, book table. Speaker Alan Precious from AgeUK.. Please come and enjoy supporting your local branch.

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EAST RIDING OF YORKSHIRE COUNCIL PUBLIC NOTICE - COTTINGHAM CIVIC HALL

Notice is hereby given that East Riding of Yorkshire Council is inviting expressions of interest from community groups and organisations interested in submitting proposals for the continued use of Cottingham Civic Hall as a community facility.

Interested community groups and organisations are invited to submit a full business plan outlining their proposals by no later than noon on Wednesday 7 June 2017.

To express an interest and for further information please write to: East Riding of Yorkshire Council, Valuation & Estates, County Hall, Beverley, East Riding of Yorkshire HU17 9BA

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Continued from page seven

Kirk Ella & Willerby Short Mat Bowls Club

St. Andrew's Memorial Hall, Beverley Road, Kirk Ella, HU10 7QA, (opposite the Police Station). Sessions on Mondays & Thursdays 2pm - 4pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. Club woods available to use, just bring clean flat-soled footwear. Come along to any future session and give it a try! (aim to arrive around 1.45 pm so we can source bowls for you) For more information contact Ian/Brenda on 01482 650157 or email bgih@hotmail.co.uk.

Arterian Singers

"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Methodist Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 442758)

Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at Cottingham Methodist Church (side entrance), every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice

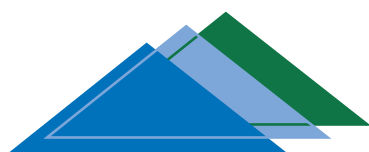
ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev2@revtrev2.karoo.co.uk

Continued on page 35



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Cottingham Marie Curie Fundraisers say 'Thank You'

Cottingham Fundraisers for Marie Curie would like to thank everyone who's helped and supported us in any way with this year's Daffodil Appeal. Three collections, stalls and a coffee morning have raised the whopping amount of £2,029.15.

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Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

www.instinctivehorsetraining.co.uk

Working hand-in-hand with young people in education

One ethos I have always operated my business on is wanting to help young people starting up in the industry. My main way is by allowing work experience opportunities within my local community as well as further afield. I have students come to experience the work and the training on my yard from local schools to Universities across the UK. Further education provides a myriad of choices in career and in the direction of animal care, training and rehabilitation especially so.

For 31 years, I have been sharing my world with our local schools and colleges. 14, 15, 16, 17 and 18 year olds come to participate in work experience programmes at my yard. Some schools offer a 2-week block while others only offer 1 week at a time. I always think 2 weeks benefits a young person more because by the 2nd week they are more comfortable with the routines, the horses themselves as well as how the yard works. By the 2nd week they are no longer all fingers and thumbs and start to feel that they are part of the team....and that is massively important. I want any young person to feel they have achieved much in their time at my yard. This confidence is then carried forward into their lives in general.

As far as Universities are concerned I offer opportunities at my yard UK wide. Over the years I have had students studying veterinary medicine, ethology, anthropology, psychology and more recently I have opened my doors to the next generation of Animal trainers. Extraordinarily there are now degree opportunities for students to study Animal Learning and Behaviour at Bishop Burton, right on my doorstep! Having made so many wonderful contacts through my attending various conferences, seminars and training workshops with Internationally Acclaimed Animal trainers and Scientists over these past years, I have formed a great relationship with senior Animal Behaviour lecturers at Bishop Burton. This has opened the door for the opportunity for their students to come and watch training at my yard. All these students are using the same science as myself so when they come they see how I apply this knowledge to my species: -horses!

These Degree and Masters students are all studying the exact same science but will apply their knowledge to their own specific species of interest. Some are planning to work with dogs in various ways-training, rescue, rehabilitation, training drug or seeking dogs, etc. Some are planning Zoo or animal conservation careers. To my delight 3 students from this year's group are planning to be horse trainers! Finally, this ethos and science of force free training is filtering through to Equines.

Every animal has its own innate behaviours, hard driven, innate reactions dependant on its species. Variables come in with its specific breed inside that species group. For example, there will be some similar innate behaviours and some breed specific behaviours if you were to compare behaviours of a German Shepard dog to a Springer Spaniel or a tiny lap dog breed. The all still have wolf in them with some common similar behaviours in say the "startle reflex". However, their breeds are so altered that they will all have behaviours specific to that breed. The German Shepard has been developed as a protection type dog. The Spaniel has been developed as a seeking dog and the lap dogs have been developed as companion house dogs.

This exact same scenario is applicable to horses of cause. Compare the innate, hard driven behaviours of all horses (wild at heart) then look at how we have altered and shaped breeds per our wish list. A Thoroughbred race horse is bred to run and run fast. The Shire or Clydesdale has been bred to be calm, slow, huge and extremely strong. The Shetland pony is small, tough, resilient, strong and is a pure survivor, bred to live in very harsh conditions on very poor available food.

The biggest problem with offering work experience these days is the Health and safety nightmare! Rules and regulations are ridiculously over the top and have inevitably put so many employers off. Finding placements in any industry is getting harder as more businesses pull out of the programme. The young people suffer because their opportunities become scarcer. It is the way of the world now, risk assessment mania! Employers and business owners like me risk being sued if anything went wrong, yet we are giving freely!

I am very safety minded of cause because horses are always high risk. They are predictable in their unpredictability! However, we are always very sensible and specific risks are always discussed on a daily, even momentary way, depending on the task in hand.

Who knows where it will end up but in the end, we need to invest in young people starting out if life and encourage them as best we can. Opportunities are out there and the generosity of small businesses is imperative to give opportunity, help and support along the way. To the powers that be, please stop making it so hard for us to share.

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Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011.

St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

AgeUK East Riding

First Friday in the month from 10.00 a.m. to 11.30 a.m., call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

Every Thursday morning, term time. From 9.30 am to 11.30 am. Tea and Coffee are available and there is a book stall. It all takes place in the Church Hall, situated at the back of the Church, access by a passage at the side of the Church.

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

Every Friday evening at the Darby and Joan Hall. Duplicate Bridge, for more information telephone 845873.

The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

Continued on page 38

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When one door closes, another opens (eventually)

On Monday April 17th my tenancy at the Half Moon will come to an end. (No, this not an April Fool).

With a long history spanning hospitality in Skidby since the 18th century, my short tenure of 5 years is but a fleeting moment in the life of the Half Moon which endures, resplendent while Landlords come and go like chaff in the wind. However, it still feels as though I'm abandoning a much loved child before it has reached maturity. --- Enough, enough!! It's careful planning and information that is needed at this time, not soppy sentimentality.

As I write this on the 24th of March there is still no successor and with further meetings planned with the owners over the next week the situation is still quite fluid. I can, however, be specific about the following.

From Wednesday April 4th our food service will reduce as fresh food stocks are used up and not replaced. We will be delighted to welcome "Walk in" customers who will be offered a restricted menu choice but we shall not be taking table bookings as it will be impossible to guarantee the menu availability.

From Monday April 10th our kitchens will close until further notice. Bar service will remain as normal. Please give us a ring on 843403 if you need any further clarification.

Remembering that every cloud has a silver lining, I reckon that the "End of a Tenancy" is a darn good excuse for a Party - so -

**Friday 15th April live music with Gary Marsden
free buffet and discounted drinks
All are welcome**

And hopefully, if the weather is kind

**Family Fun on Easter Week-End Sat 15th & Sun 16th
with Bouncy Castles, Giant Games, Face-painting etc.,
plus Barbecue, Drinks, and Easter Egg Hunt.**

A massive thank you to all my fantastic staff both past and present for their major contribution to the success of the Half Moon. An equally massive thanks to all our customers, without whom nothing would be possible. Please also accept my apologies for my not being able to continue on a journey that has been nothing but a joy and a pleasure over the last five years thanks to all of you.

The next chapter in the life of the Half Moon is about to be written, I hope it gives as much pleasure to as many people as the last chapter has given me

Cheers, que sera sera

Mike

www.cottinghamtimes.co.uk - April 35

Council joins forces with Yorkshire Air Ambulance to run textile amnesty

East Riding of Yorkshire Council is teaming up with the Yorkshire Air Ambulance to hold a series of textile amnesties across the East Riding.

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Residents are being encouraged to take any unwanted clothing, shoes and textiles - including sheets, blankets, towels and quilt covers - to amnesty events so they can be collected by the charity for recycling to help to raise money.

The events are being held to encourage residents to recycle their old clothes and materials and not to place them in their household bins, as they cannot be recycled that way.

Each year in the East Riding around 8% of all waste put in blue bins is textiles. That is 2,820 tonnes of fabrics from an overall total of 35,245 tonnes of waste collected for recycling.

Instead residents are being urged to take all old items of material to local clothing banks for recycling. There are clothing banks located at any of the 121 mini recycling sites across the East Riding at supermarkets and other sites.

Yorkshire Air Ambulance has a number of clothing banks across the East Riding.

The council's waste and recycling officers will be holding the first textile amnesty event at Driffield Market on Thursday 16 March. They will be there with their van and trailer from 9am to 3pm to offer recycling advice and to collect textiles on behalf of the charity.

Then Yorkshire Air Ambulance staff will join the waste and recycling officers at the following textile amnesty events:

Beverley Tesco store on Wednesday 5 April from 4.30pm to 7.30pm.

Willerby Retail Park, near Waitrose, on Tuesday 11 April from 4.30pm to 7.30pm.

Residents are encouraged to go along and take any unwanted clothes, shoes, bedding, towels or other material to give to the Yorkshire Air Ambulance.

Councillor Symon Fraser, the council's portfolio holder for asset management, housing

and environment, said: "East Riding residents are some of the best recyclers in the country, so it would be great if every old t-shirt or pair of shoes was taken to a nearby clothing bank rather than placed in the bin at home.

"And that's what our amnesty is about - helping the environment and helping to raise money for a worthwhile charity too."

Anyone with questions about recycling textiles can email the council's waste and recycling officers at wastewatchers@eastriding.gov.uk.

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New East Yorkshire local food guide launched - 15 years old this year!

The new 2017/18 East Yorkshire Enjoy Local Food Guide was unveiled at a recent meeting of the East Riding of Yorkshire Rural Partnership at Bishop Burton College.

This edition marks the 15th year of the guide's publication and is the biggest yet, running to 40 pages. The guide is packed with information on local food producers, suppliers, retailers and hospitality businesses that are proud to incorporate local produce into their menus.

At its inception, in 2002, the local food guide was produced by East Riding of Yorkshire Council. In the best spirit of partnership working, it has for many years now been produced jointly by the council and the East Yorkshire Local Food Network.

"The last few years has seen a phenomenal increase in consumer interest in local food and our local food businesses

have responded magnificently to this trend," said Graham Ward OBE, chair of the East Yorkshire Local Food Network.

"We are delighted that East Riding of Yorkshire Council continues its staunch backing of the sector, as illustrated by its tireless work in producing and disseminating our annual guide and we are grateful to our sponsors, McClarrons Insurance, for their invaluable support."

Councillor Jane Evison, cabinet portfolio holder for economic investment and tourism at East Riding of Yorkshire Council, said: "The range and availability of quality local food continues to grow and is testament to the passion and skill of local people and businesses that produce it."

"We look forward to more visitors and residents alike enjoying the very best food available anywhere."

Helen Wright, rural policy and partnerships manager at East Riding of Council, added: "Our first local produce guide was produced in 2002 as one way of supporting a farming sector that was then reeling from the dreadful Foot and Mouth outbreak of 2001 and other serious industry challenges. Now, much later, it is wonderful to see how the local food sector has prospered and how the guide has evolved to remain as popular and relevant as ever with the public and businesses alike."

Free copies of the 2017/18 East Yorkshire Enjoy Local Food Guide are available for collection from Local Food Network member businesses, tourist information centres and council libraries and customer service centres. Copies will also be distributed at local food festivals and events throughout the year.

Pictured above: Graham Ward OBE, chair of East Yorkshire Local Food Network, presents a copy of the new local food guide to Sir Ian Macdonald of Sleat, chair of the East Riding of Yorkshire Rural Partnership, alongside members of the East Riding of Yorkshire Rural Partnership at Bishop Burton College.

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Sewerby Social and In Focus - two new events at Sewerby Hall and Gardens

A brand new weekly event has been put in place by the team at Sewerby Hall and Gardens aimed at engaging vulnerable and elderly visitors or those faced with loneliness.

If you are in need of some friendly company and social engagement then why not come along to the weekly 'Sewerby Social'.

Relax in the magnificent Orangery whilst listening to background music from years gone by, enjoy traditional board games or simply chat with friends, new and old, sharing your stories and memories.

The very first session takes place on Monday, 3 April between 1pm and 4pm and then every Monday throughout the season.

Once a month, accompanying Sewerby Social, will see local photographer, Trevor Hedges, offering visitors an insight into his images of Sewerby Hall and Gardens taken over the past three years in his role as a site volunteer.

Trevor will be on hand to chat about all aspects of his much-loved hobby in the Orangery between 1pm and 4pm; the first of which also takes place on Monday, 3 April.

The 2017 brochure is now available from the Welcome Centre and the website lists all events throughout the year.

Admission charges are £7 for adults, £4.90 for children and £22 for a family (two adults and two children) and apply from Saturday, 1 April.

There is no additional charge to attend events and activities unless otherwise stated.

Excellent value annual passes are also available starting from £12.50 and can be purchased or renewed online or via any pay box.

For further information please call (01262) 673769 or visit www.sewerbyhall.co.uk.

Continued from page 35

Cottingham Cricket Club

'The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15, on Saturdays 12.30 pm till 2.30 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 842215. Or email cottinghamcc@hotmail.co.uk

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessle on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 843253 - 07531 762593 or 473042.

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 heyhappinessgroup.weebly.com

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Scottish Country Dance Club

We meet on Mondays in Arlington Hall, Cottingham, 7.30pm - 10.00 pm. Everyone is welcome, beginners (for the first hour) and dancers with experience. It's a fun night with an RSCDS qualified teacher. For more information phone Lynne Brooks 840301 or Joyce Cochrane 871790. Your first night is free so come along and have a go!

Loudhailer Acoustic

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors are 7.00 p.m. music at 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philme79@gmail.com for further information.

Continued on page 46

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View from the station box

In response to repeated complaints over the down time of the level crossing barriers, Network Rail invited a small group of Cottingham councillors to see operations first-hand. Parish and East Riding councillors Mike Harness, Ros Jump and Geraldine Mathieson each spent an educational hour in the signal box at Beverley Station, with four Network Rail staff to talk us through the process and answer our questions. Here is some of what we learnt.

A railway train is much larger and heavier than anything we see on the roads. Because the smooth rails are designed to move heavy loads with minimal effort, stopping in a hurry is not easy, even at low speeds. Keeping the way ahead clear is therefore vital for safety. Early railway history is littered with the dramatic

tragedies that forced evolution of the modern rule book [see *Red For Danger* by L.T.C. Rolt 1955] and every new accident drives demand for safer working.

Crashes between trains are avoided by use of Absolute Block, a system that divides the railway into sections, with signallers handing trains from one section to the next like a game of 'pass the parcel'. This Victorian invention is now in use all over the world, and only the signalling technology has changed, with automation to reduce scope for human error. The 120 year old telegraph bell at Beverley is still in use today to offer and receive trains between some sections.

The notorious 'leaves on the line' problem is not about wheels slipping, but interference with the way a train is detected - it simply disappears from the 'radar'. That's when the signallers go back to the slower old-fashioned methods: looking out of the window, or watching on CCTV.

Automatic Half-Barriers in more rural areas are triggered automatically by the train itself passing a set point, marking 30 seconds travel time. That's not much reaction and braking time if the driver sees some impatient idiot driving around the barriers. The full barriers at Northgate and Thwaite Street level crossings are lowered manually whilst the signaller in Beverley watches on CCTV. Please keep well back from the barrier position, because if an obstruction, such as a pedestrian is in the wrong place, it stops the barrier dropping and then the signal to the approaching train remains at red. Once slowed to await a green signal, the heavy train will not regain much speed, so road traffic must wait even longer for the train to pass.

Continued on page 40

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The passing of the train automatically triggers the barriers to lift. If another train is approaching from the other direction, the signaller uses their judgement to know whether it is worth lifting the barrier for a few seconds or not. Letting just a few cars through can often cause more frustration than it saves, and drivers trying to avoid a second delay can block the barriers, delaying everyone even more.

Due to the distances involved, the safety rules dictate that when the train is in the station, the crossing ahead must be closed. One factor that the signaller can never know is how long the train will be stopped in the station. This is entirely dependent on the passengers getting on and off. Large numbers of passengers, people with luggage or wheelchairs, or problems for the guard to deal with, will all keep the crossing closed a little longer.

We heard a plea from drivers regarding the footpath crossing by the old good shed. Please, please do not cross in front of a train, even when it is moving really slowly. From this position it is too easy to think that the train you see is the only one, but there may be another coming the other way, and not all of them stop at Cottingham. The train drivers can see you running in front of them and are well aware that they cannot stop if you have a mishap or mis-judge the situation. The prospect of flattening a pedestrian terrifies them, so they drive much slower here than near other stations. That means the level crossing gates are closed longer than they need to be, and Network Rail would love to have the footpath crossing removed altogether.

The lesson overall is, if we want the barriers to be down for the shortest possible time, we must all work with the railway staff to help them operate the system quickly and safely. So, road users, please respect the barriers; footpath users, please keep off the track when a train is in sight; and train passengers, please don't dawdle or otherwise delay the train when it stops in the station. Together, we can keep the road traffic flowing with as little interruption as possible.

Geraldine Mathieson

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Cottingham Little Theatre

First of all a big thank you to everyone who came along to see our last production, 'Blue Cross Christmas', in November. It was completely sold out well in advance and there was a real 'buzz' from the audience each night, which all helped to fuel the dramatic mayhem on stage! Congratulations to all involved.

Murder Mystery Winners!

Congratulations also to "Invictus" and "Clem Fandango", the teams who won our February Murder Mystery on Saturday and Sunday night respectively - and commiserations to "Phil & the Girls" on Saturday who came a very close second! A good night was had by all, including the cast!

Next production: The Hound of the Baskervilles

As I write this, we are slap bang in the middle of rehearsals for our May production: "The Hound of the Baskervilles". *Sir Henry Baskerville is heir to the vast Baskerville fortune - a legacy that comes complete with a family curse: death at the fangs of a living horror prowling the moor! With a man's life at stake, can Sherlock Holmes stop the beast from striking again?* The play has been brilliantly adapted by Tim Kelly from the well known thriller by Sir Arthur Conan Doyle, and is set in the 1920s.

I'm really enjoying watching rehearsals, especially some great performances from our cast of eleven. Mark Bateman (a newcomer to CLT) and Allan Purdue are a fabulous double act as Holmes and Watson, and Allan in particular is making me chuckle. Sir Hugo and love interest Kathy actually share a real life secret which isn't in the script - but you'll have to come along to find out what that is! Tickets go on sale on **Monday 10th April** and I would suggest you book early to avoid disappointment, as I think this is going to be a very popular show.

Performances at 7.30pm on Thursday 4th, Friday 5th and Saturday 6th May at the Darby & Joan Hall, Finkle Street, Cottingham. Tickets from Barkers Newsagents, Beverley Tourist Information Centre or call/ text the CLT ticket line on 07955 138061. Tickets are £7, £6 for concessions. Seating is unreserved except for Friends of Cottingham Little Theatre.

NB: Payment for tickets from Barkers is by cash only. Barkers sell tickets for us out of pure kindness, so you'll understand why they can't take card payments for these items.

Cottingham Little Theatre Open Day!

Ever wondered what goes on behind the scenes of your local theatre group? Well, now's your chance to find out! Join us for a free cake and a hot drink at our first ever Open Day in the Darby & Joan Hall on **Saturday 22nd April from 11am - 3pm**. You can try on a costume, discover how the sound and lighting works, see how we build our sets and find out what really goes on at rehearsals! Actors, backstage crew, directors and our front of house team will all be there to talk to you, so do come along if you can: we'd love to meet you!

Advertisement Feature

Meditation Course The Science of Spirituality and Harnessing Nature's Food Pharmacy

My name is Gill Cruickshank-Sutton I am a Clinical Hypnotherapist and a Naturopathic Nutritional Therapist. My work involves helping people to heal their mind and control their thought processes, along with this I apply the naturopathic principles to Nutritional Therapy of viewing the body as a combined whole in both spiritual and physical dimensions; by understanding the healing power of nature's pharmacy and the human bodies innate ability to heal itself; to address the root cause of disease and educate in order to achieve and maintain health so a person can move forward to complete mind and body health.

I offer a 6-week course introducing you to the wonderful experience of Meditation.

These classes are to encourage and empower you to take more control of your life through learning to relax your conscious mind by showing you ways to take yourself naturally into a relaxed state and enter the meditative alpha brain wave frequency. Our brain waves generally function between the levels of beta (highly active) alpha, theta and delta (sleep)

Throughout the day, we naturally shift between these brain wave patterns, however, the more stressed, anxious, fearful, worried, or in pain you are the higher the beta brain activity is. Increasingly people get stuck in a high beta frequency, this is not a healthy state to be in for prolonged periods of time. With meditation, your body calms down, your mind relaxes and your brain wave frequency slows down into the alpha level, this has long been considered the healthiest brain wave frequency and is most conducive for the body's natural healing process to function.

A high proportion of physical and emotional issues people experience relate to anxiety and stress. With cancer as an example, the very diagnosis of the disease can be the catalyst for the cancers progression, fear and anxiety levels often soar creating a physiological environment conducive for the immune system being suppressed.

The mind and physical health of the body are inseparable.

Meditation produces calmness, relaxation and a feeling of power that is difficult to achieve any other way. It helps you to gain control over negative thoughts which when experienced over a period of time, are detrimental to your health. At a deeper level meditation teaches you to focus your mind on whatever you choose, this can improve your health, positivity, creativity, problem solving and physical performance.

Each week you will learn about the 'science of spirituality' and experience a guided meditation, you will learn how to develop solo meditation and breathing techniques. We will cover the powerful effects of using visualisation and affirmations during meditation. You will also gain an understanding of positive and negative thought processes and how they affect, not just your health but the successes and failures in your life.

I hope this introduction into learning to go inwards through meditation will have a profound effect on your health, happiness and your life in general and in turn, you will have a positive effect on all those around you. Meditation shows us that happiness is not dependant on the outside world but on our inner attitude and it is a place for your own personal discoveries and understanding.

Many people do not realise the power of their own mind and that they have control over it. This power is yours, it is within you and you can release it.

If you would like to talk to me further or book a place please call 01482 847007

The Meditation classes are held at The Back Room, 175a Hallgate, Cottingham, East Yorkshire. HU16 4BB and cost £75.00 for the 6-week course.

Next course starts Tuesday 2nd May 2017

I look forward to meeting you.

Gill Cruickshank-Sutton, DipH, DipNLP, DipHC, HPD.

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Try an Adult Learning course for FREE during April at the Cottingham Adult Learning Centre

Are you thinking about joining an adult learning course, but need some ideas? Do you want to get a feel for what goes on in an adult learning classroom and meet some of the tutors and other learners?

If any of these scenarios apply to you then come along to a free taster course at East Riding of Yorkshire Council's Adult Learning Centre on Hallgate, Cottingham between 24 and 29 April.

Taster courses are an ideal opportunity for you to try before you buy. All of the taster courses are free and it's amazing what you can have a go at!

Come along and ...

Try counselling – Thursday 27 April, 10am-12noon
Try creative writing – Tuesday 25 April, 6.30-8.30pm
Try drawing and painting – Wednesday 26 April, 6-8pm
Try dressmaking – Tuesday 25 April, 1-3pm/6-8pm and Saturday 29 April, 1-3pm
Try flower arranging – Tuesday 25 April, 10am-12noon and Saturday 29 April, 10am-12noon
Try knitting – Saturday 29 April, 10am-12noon
Try machine embroidery – Wednesday 26 April, 10am-12noon and Thursday 27 April, 6-8pm
Try mindfulness – Tuesday 25 April, 1-3pm and Saturday 29 April, 1-3pm
Try photography – Saturday 29 April, 10am-12noon
Try pottery – Monday 24 April, 3.30-5.30pm/Wednesday 26 April, 6.30-8.30pm, Thursday 27 April, 6.30-8.30pm/Saturday 29 April, 10am-12noon
Try STLS – Wednesday 26 April, 10am-12noon and 6.30-8.30am
Try using a computer – Monday 24 April, 1-3pm
Try using your tablet – Saturday 29 April, 10am-12noon

In two hours you will get to try a subject that you are interested in, learn a new skill and, on the majority of courses, have something to take home at the end of the session.

So come along and have a look. There's no pressure to commit to anything further and you might just find something that you really enjoy. If you do want to continue with a subject you can enrol onto a main course to start during May and June.

Booking is essential for taster courses, so hurry to book your place. For more information and to enrol visit: www.eastriding.gov.uk/learn, tel: (01482) 842329 or call into the Adult Learning Centre on Hallgate, Cottingham, HU16 4DD.

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Sunday - Thursday 5.30 pm - 11.30 pm
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Hull CHA Rambling Club

Explore Yorkshire with us. We visit the Wolds, Hawardian Hills, the Yorkshire coast, the North York Moors and occasionally Lincolnshire.

Sunday rambles once a fortnight. Travel by coach to the starting point. Fare £10.

We pick up at Bilton, Holderness Road, Hull city centre, Beverley Road and Beverley and walk throughout the year.

Walks with leaders

A. 11 - 13 miles B. 8 - 9 miles

Sunday 16 April Easter Sunday

Car Ramble - To be arranged

Sunday 30 April 8.30am

A. Thornton le Dale - Ellerburn - Ellers Wood - High Kingthorpe - Low Kingthorpe - Little Park Wood - Pickering - Ruffs Lane - Hags House - Thornton le Dale

B. Thornton le Dale - Ellerburn Church - Kirkdale Slack - Orchan Dale - Little Park Wood - Pickering - Ruffs Lane - Hagg House - Thornton le Dale

Contact Sue 07767 420646 or email sue@sueoleary.co.uk

Check out our website www.hullcharambling.wix.com/hull-cha-rambling. You will be very welcome.

Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers. We are a very friendly walking group with walks on Sundays in picturesque areas of Yorkshire,

Lincolnshire and Derbyshire.

The coach picks up on Ferensway Hull then through to Cottingham Green, coach fare £10.

Three levels of walks.

A) Walk 8-10 miles

B) Walk 5-7 miles

C) Walk 'The Strollers' a very leisurely 3 miles or so.

Sunday 16 April Hebden Bridge West Yorkshire(Easter Sunday)

Sunday 30 April Goathland North Yorkshire

For further information and **pick up times** please ring Dulcie Hartley 01482 509000

Wykehykers Walking Club

We are a friendly long established local club whose members enjoy outings every alternate Sunday. Over the year we will be visiting Yorkshire's moors, dales, wolds and coast and areas of Derbyshire and Lincolnshire. Optional guided walk each time of either a 3 or 4 mile stroll or 8/9 mile walk with occasional option to simply stay and enjoy the place being visited at your own leisure.

The first outing this season will be on Sunday 26 February and they will continue fortnightly thereafter. We pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound starting at 8.30am and usually home around 6pm. Coach fare is £10.

For further details call Alan on (01482) 850997 or Keith on (01482) 782917. A warm welcome awaits.

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The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

Traditional Chinese Medicine (TCM) has existed for over 4000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

TCM views the body as an organic whole with a network of meridians connecting and co-ordinating the internal organs, Qi ('vital energy'), blood, body fluids, muscles, bones, tendons and the skin.

TCM also holds as its central belief that health in all parts of the body is due to the relative balance of Yin and Yang. Yin-Yang theory forms the basis of TCM's holistic approach to health and disease and also offers practical guidance in the prevention and management of diseases.

TCM has two basic components - Chinese Herbal Therapy and Acupuncture.

The aim of Chinese Herbal Medicine and Acupuncture is to regulate the meridians or channels of the body to unblock the stagnation of Qi, as it believes that the disease is caused by the energy blockages within the body.

The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

Chinese Medicine is therefore a truly holistic form of medicine, aiming at treatment of the whole body rather than just the symptoms.

Problems and Diseases commonly treated by TCM

Dermatological:

Eczema, Herpes, Psoriasis, Acne, Hair Loss, Itching, Athlete's Foot, and other Fungal Infections, etc.



Muscular, Neurological, Skeletal and Vascular:

Arthritis, Sciatica, Back Pain, Lumbago (lower back pain), Frozen Shoulder, Tennis Elbow, Gonitis, M.E., Stiff Neck, Hemiplegia, Neuralgia, Facial Pain, Stroke, Sprain, Sports Injury etc.

Internal:

High Blood Pressure, Palpitation, Obeseness, Asthma, Bronchitis, Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Cold, Flu etc.

Men's Problems:

Ejaculation Praecox, Low Sperm Count, Impotence, Prostatitis, Sex Drive Problems.

Women's Problems:

Irregular Periods, Infertility, Habitual Abortion, Anaemia, Menopausal Syndromes, Premenstrual Tension, Discharges, Fibroids, Cysts, Endometriosis, Morning Sickness, etc.

Ears, Eyes, Nose and Throat:

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, etc.

Cancer and Tumour:

Herbal therapy can build up your immune system to support any other medical treatment for more serious medical conditions.

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

Anxiety, Depression, Stress, Panic Attack, Insomnia, Dementia, etc.

Herbgarden have been situated in Butcher Row, Beverley, for the past seven years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.

For further information and appointments, telephone 01482 888152 or call in at the Herb Garden, 28 Butcher Row, Beverley.



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The Back Care Group

First Tuesday in the month - Everyone welcome. Refreshments available. Raffle. The Back Care Group meet at the Boulevard Village Hall (near St. Wilfreds Catholic Church) on the first Wednesday of every month from 1.30pm. Membership is £5 per annum or £7.50p for a couple.

East Yorkshire Climbing and Mountaineering Club

To all climbers, mountaineers and hillwalkers in the Hull and East Yorks area - We are a friendly club based in Hull and East Yorks area. The climbers meet at Rock City in Hull every Tuesday evening in the winter and outdoors in the summer. We have monthly weekend meets to the Dales, Lake District and Scotland. All abilities are welcome to come and try us out. We have just launched our new website and are currently recruiting new members. Check us out at www.eycmc.org and our meet up site is www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/

Cottingham Methodist Church hall, Hallgate

Card making class held every Monday (Except Bank Holidays) - 1.30pm - 3.30pm. All levels welcome. Contact for further details - Ann on 07932 833578.

The deadline for entries in the May 2017 "What's On" section, is the 17th April.



Weekly Classes held at:
 Darby & Joan Hall, Finkle Street,
 Cottingham
 Monday 5.30 pm and 7.30 pm
 and all Bank Holidays
 Also at: Sutton Park, Hull
 Tuesday at 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

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Ways to increase your energy levels

There are many ways to boost your energy levels but here we discuss six ways to get you started.

Sometimes the stress of day-to-day life can serve to wear a person's energy levels down. When this happens it can make you vulnerable to any number of health problems. You do not have to settle for a lack of energy and vitality. There are many ways to boost your energy levels. Before you become drained of energy, educate yourself about the top six ways to boost your energy levels. Once you have then get to work and make it happen for yourself!

Number One- Start the day off right

Breakfast stands for "break the fast". After not eating for many hours you need to eat foods that will give your body the fuel it needs. Think protein, fruits and whole grains to get your metabolism going and to provide you with the energy that your body and mind requires to get you through the day.

Number Two- Exercise on a regular basis

Exercise will not make you more tired then you already are. In fact, regular exercise helps to increase energy levels by stimulating the cardiovascular system and providing more oxygen to the blood. The more oxygen that reaches your brain, the more energetic you will be.

Number Three- Practice deep breathing

Most people breathe from their chests but this type of breathing reduces air flow. Relearn how to breathe from your diaphragm so you maximize the work of your lungs. Breathing the way nature intended will nourish your cells and make you feel relaxed and calm. When you breathe deeply, your stomach should expand like a balloon.

Number Four - Get enough sleep

Make sure you get enough zzz's every night. Most people need seven to eight hours a night. Don't short-change yourself on sleep or you will decrease the work of your immune system and sickness is more likely to set in. You will also be less productive and focused at work and in your everyday activities.

Number Five- Eat healthy

Eat nutritious meals and healthy snacks. Load up on leafy green vegetables as they are full of B vitamins, magnesium and chlorophyll. These foods are a tremendous energy booster! Cut way back on sugar consumption. Stop eating anything made with white flour and instead eat only whole grain products.

Number Six- Drink plenty of water

Your energy will be zapped if you allow yourself to become dehydrated. Water is the healthiest beverage you could drink. Consume enough water but don't worry if you can't drink six to eight glasses a day (let's face it- most people cannot!). Even if you don't feel thirsty, drink up and keep yourself well hydrated.

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