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Issue 197 - April 2018



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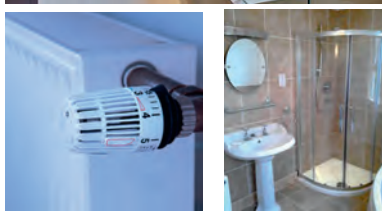
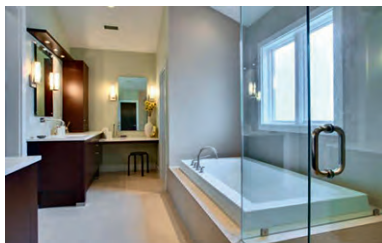
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## In Cottingham and District

### Beverley Gardeners' Club

Tuesday 3rd April - Growing and Showing Dahlias, Andrew Robinson, at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

### Cottingham Men's de Luda Society

Wednesday 4th April - Paul Schofield - City of Culture, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### East Yorkshire Group of the Hardy Plant Society

Thursday 5th April - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Neil Timm 'World of Ferns'. Plants for sale. Further information from Lois Scott 01482 494276.

### The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 5th April - We meet for our Annual General Meeting and Competitions at 7-30pm, in the Skidby Village Hall, Main Street.

### Cottingham Ladies Circle

Thursday 5th April - Growing up in the 1950's - Marilyn Walker, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

### Hull Alpha Probus Club

Thursday 5th April - Coffee Morning at 10.15 am, followed by a general discussion.

Thursday 19th April - Two course Lunch (£12.00), at 12.15 pm for 12.30 pm., followed by a guest speaker. Book lunch seven days in advance. Contact The Secretary, Mrs. L. Fearnhead tel. 01482 843282, or Treasurer, Mrs. J. Bartram, tel. 01482 844125. We are a small social club for Retired Professional and Business Persons, who meet in Cottingham every two weeks, at the Back Room, 173 Hallgate.

### Zion United Reformed Church

Saturday, 7th April, 10.00 a.m. - 12.30 a.m.

Sunday, 8th April 11.30 a.m. - 1.00 p.m.

Exhibition of portraits to be held in the church in Hallgate (opposite the Methodist Church).

### YPI Camera Club

Monday 9th April - (Chairman Andrew Hersom). Bring two AV's for the Annual AV Competition. Judged by Alan Tyrer, ARPS. We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. For more details & examples of our work see <http://www.ypicc.uk/index.html>. Each meeting will normally consist of viewing and critiquing any set subject or open subject AVs that members might bring. Work in progress or unfinished AVs that have hit a problem are always welcome too. This will normally be followed by a question and answer technical session. New members always welcome - just turn up.

**Front cover: Snuff Mill Lane to Priory Road.  
Photo: Paul Lakin.**

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### Beverley Flower Club

Monday 9th April - Popular Area Demonstrator Sue Maddocks will be entertaining us with beautiful flower and foliage arrangements, her title is 'It's Spring Again'. The club meet at Beverley Longcroft Lower School at 7.30. p.m., we are a friendly club and for £5.00 you will be very welcome to join us.

### Cottingham Women's Institute

Tuesday 10th April - Restoring Smiles on the Faces of Children Overseas, Plastic Surgery Appeal (OPSA) - Nick Heart. Competition: Heart (in any medium), at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

### Haltemprice Art Group

Tuesday 10th April - Handing in for Exhibition

Tuesday 17th April - Acrylic Landscape Demo by Phil Hargreaves

Tuesday 24th April - Sketching evening (J. Parkinson, s/l M. McGowan m)

Tuesday 1st May - Making Waves.

Members £2.50, Visitors £3.00. Meetings are held in the Cottingham High School, Harland Way (Art room on first floor). 7.00 pm to 9.00 pm.

### Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 10th April - 7.30 pm

Tuesday 24th April - 7.30 pm.

Contact for further details: John Tel No: 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk). Interested in photography? Why not give our friendly group a try?? All levels. New members welcome

*Continued on page six*

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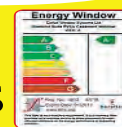
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### Beverley Film Society

Thursday 12th April - Tanna (2015). Australia Drama 100 mins  
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### Cottingham Green Women's Institute Evenings

Thursday 12th April - Women in 17C Medicine - Steven Southcoat. Competition: Medicinal Tips, held in the Darby and

Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

### U3A

Thursday 12th April - Catherine Terry - A Life Treading the Boards, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

### Hull and East Riding Glaucoma Group

Friday 13th April - at HERIB on Beverley Road, from 11.00 am - 1.00 pm, Alex Hanson - A young patients perspective on Glaucoma. For more information and to book your place, please call HERIB on 01482342 297.

### East Yorkshire Embroidery Society

Sunday 14th April - Catherine Lawes "From Here to There and Back Again, Journey in Textiles from UK to New Zealand. In the Darby & Joan Hall, Finkle Street at 2.30 pm to 4.00 pm (doors open 2.15 pm). £1.50 members; visitors £2.50. Tea/Coffee and biscuits included.

### East Yorkshire Woodturners.

Tuesday April 17th, 6.45pm - Woodturning demonstration by Pete Osborne, Registered Professional Turner from Cumbria. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For further information please contact David Taylor, Secretary, 01482 876702, [cotters@cotters.karoo.co.uk](mailto:cotters@cotters.karoo.co.uk) or visit the website: [eastyorkshirewoodturners.org.uk](http://eastyorkshirewoodturners.org.uk).

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

Tuesday 17th April - Speaker Fiona Ashby - Scrapbag Patchwork, 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](http://www.hullandeastridingnewstitchers.weebly.com).

### The Arts Society: Hull and East Riding

Tuesday 17th April - Mr. L. Primo "Foreigners in London 1520 to 1677". 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 18th April - Paul Schofield - Hull City of Culture, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.



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### Cottingham Men's de Luda Society

Wednesday 18th April - Howard W. Day "Day Dream" - Life on a Narrow Boat, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Cottingham Ladies Circle

Thursday 19th April - An afternoon with performance poet Catherine Scott, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

### East Yorkshire Association of the National Trust

Thursday 19th April - 'Nunnington Hall Changes Attitudes to Country Houses' illustrated talk by Iain Kelly (House Collection Manager, Nunnington, in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

### Hull Macular Society Support Group

Friday 20th April - The Hull Macular society are holding their monthly meeting at HERIB Beverley Road Hull with guest speaker Valerie Wood local author . talking about her latest book 'A mother's choice 'This Group helps and advises anyone living with central sight loss. Meeting 10.30am until 12.15 pm For more information contact Clive Skinner 01482 656714.

### Inland Waterways Association

Friday 20th April - The History of The Hull and Barnsley Railway, presented by Brian Crowther. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

*Continued on page 40*

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# Cottingham Parish Council



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

- **Word from the Clerk**

By the time you read this I will have been Clerk to Cottingham Parish Council for one year. I will be honest, it is a much tougher role than I was expecting and it has been a steep learning curve. However it is has also been enjoyable to meet the people of Cottingham.

We are currently undergoing some office restructuring but I am hopeful that, once this is complete, we will soon be able to provide a better service to local residents, including returning to opening 3 days per week.

Matthew Kay, Clerk to Cottingham Parish Council  
[parishclerk@rishcouncil.karoo.co.uk](mailto:parishclerk@rishcouncil.karoo.co.uk)

- **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. The next meeting of the committee is **Tuesday 8<sup>th</sup> May 2018**.

**At our meeting in March a grant was given to the Cottingham Springboard Festival.**

As well as individual grants, the Parish Council donates money received through the sale of dog waste bags. For the 2017/2018 financial year the money will be given to Cottingham Wild Spaces and for the 2018/2019 financial year the money will be given to the Cottingham Village Trust. The charge for the bags remains at 50p per pack (each pack containing 50 bags) and is limited to 2 packs per person per month.

- **Cottingham Neighbourhood Plan**

We are delighted to report that the Cottingham Neighbourhood Plan passed the referendum held on Thursday 15<sup>th</sup> February with 93% of voters saying 'yes'. The plan is now in place with East Riding of Yorkshire Council and has already made a difference

on planning applications that they have considered since.

Thank you to all local residents who turned out to vote.

- **Food Waste & Dog Waste**

Officially, Cottingham residents should collect their compostable food waste liners or 'caddy bags' from the East Riding Council Customer Services Centre located on the Market Green. This, however, is closed on a Wednesday and we often get residents coming into the Parish Council office on Wednesday's requesting bags. We have, therefore, obtained a limited number of bags from the East Riding and so, from April, you can collect them here. We do though ask that when the Customer Service Centre is open you go there for them.

Dog waste bags continue to be available from the Parish Council office. Unfortunately, there has been a noticeable increasing in dog fouling in the area in recent months. We urge all dog owners to please pick up after their dogs. We have increased our supply of dog waste bags for the next financial year so availability should no longer be an issue.

- **Co-Housing in Cottingham**

Cohousing communities are intentional communities, created and run by their residents. Each household has a self-contained, private home as well as shared community space. Residents come together to manage their community, share activities, and regularly eat together.

A local group are investigating the possibility of setting up such a community in Cottingham. It is still in its early stages and they are keen to hear from people who would be interested. For more information please contact Margaret on 01482 841303.

- **Dates for your Diaries**

Cottingham Parish Council meets the third Thursday of every month, excluding August and December, commencing, normally, at 7.30pm. The next Full Parish meeting will take place on **Thursday 19<sup>th</sup> April 2018**. This does not include meetings of our Finance or Planning committees, which will be advertised as they arise.

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](http://www.cottinghamparishcouncil.org.uk) or by contacting the Parish Council Office on 01482 847623.



# DO I NEED A WILL IF I AM MARRIED?

Many people assume that if they are married they do not need to make a Will, as their estate will pass automatically to their spouse. This is not entirely true. If you die without a Will, you will be deemed to have died 'Intestate' and the Rules of Intestacy will determine where your estate passes.

If you have assets worth over £250,000 in your own name, your spouse will not receive your entire estate. Your spouse will receive the first £250,000 of your estate, but the rest will be determined by the Rules of Intestacy. This may not necessarily always be to the people of your choosing.

By preparing a Will you can avoid this from happening and direct exactly where your estate passes. With a Will you can also choose the people who you trust to deal with and administer your estate once you have passed away.

Where you do not have a Will, the Rules of Intestacy, again, determine who should administer your estate.

Administering an estate without a Will is also a more complex procedure, so by preparing a Will you are also making it easier for your loved ones.

With the family dynamics becoming increasingly more complex, as legal professionals we are seeing more and more family disputes and fallouts. This makes it even more important to have a Will in place to ensure that your wishes are followed and that your estate passes to your loved ones. Making a Will is generally a simple process to avoid a potentially messy estate administration.

If you make a Will that is not legally valid, then the Rules of Intestacy will decide where your estate passes. Therefore, it is advisable that you seek professional help in drafting your Will.

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**Q: My laptop boots up but all I get is a black screen and a white arrow**

**A:** You could try a 'hard reset' which means holding down the power button for about 10 seconds until the laptop clicks and goes off. Leave for a few minutes, cross your fingers and press the button to start up as normal!

**Q: My laptop has lost its WIFI connection, how can I get online quickly?**

**A:** Plug an ethernet cable into the back of your router (you should have received one with it originally), and then into the side of your laptop. If your router is working correctly then you should be connected.

**Q: My colour printer is about 5 years old and has started having problems, what shall I do?**

**A:** Best advice is to buy a new one. Reasonable models start from about £50 and include a starter set of inks.

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**Q: Can I print from my Apple iPad?**

**A:** Only if you have a recent model of WIFI printer that has 'air print' and it is set up to your WiFi

**Q: My computer says I need a Java update – do I need it?**

**A:** Yes. Java is a program that makes websites work correctly so it is important for security reasons to have the latest version. Just click to agree and install.

**Q: I use Internet Explorer and keep getting 'script error messages'. Why is that?**

**A:** Because it is now so outdated, it is best not to use Internet Explorer. Better to use Edge or Chrome or Firefox or Opera.

**Q: Should I have the power lead plugged into my laptop and charging all the time?**

**A:** Ideally not. Laptops use rechargeable batteries that only have so many 'charge cycles' Once this limit has been reached the battery will not charge any more and will only give very limited power output. Best to use the laptop on battery power (particularly when new), and only plug it in when it requires re-charging.

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**Q: I have a new icon on my screen called Windows 10 Update Assistant. What is that for?**

**A:** This is designed to check your computer is compatible with the latest build of Windows. Double clicking on it will run a quick check and if all is ok it will ask you to agree to download the latest update. One thing to be aware of if you are on a limited internet download package is that some of these 'feature updates' are about 5GB in size.

**Q: I find Windows updates a real nuisance and can cause problems, can I turn it off?**

**A:** In Windows 10 the answer is regrettably not.

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**Telephone scam – yes, I must mention this again.** There has been another spate of unsolicited calls to computer users in this area purporting to be from Microsoft (who they are not) offering to fix problems with your computer (which they won't) and then fraudulently taking money for their non-existent services. If you get such calls, and they can be very persistent, tell them you are not interested, or that you have a local computer specialist, or that you don't have a computer!

**Remember to look on my website for copies of the current and previous two articles where they can be read, downloaded or printed. And if you are considering investing a new computer you will also find on there my popular article on 'things to consider when buying a new computer. Or if you would like a copy sent by email, just drop me line.**

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## Wordsearch - Spring

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

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

Find the words in the letters above:

Allergies, April, Baseball, Bees, Crocuses, Cyclamens,  
Daffodils, Dandelions, Easter, Equinox, Flowers, Frogs, Golf,  
Grass, Green, Growth, Irises, Lilies, March, May, New Leaves,  
Planting, Rain, Renewal, Robins, Season, Snowmelt, Softball,  
Spring Break, Spring Cleaning, Tulips, Warmer, Wet.

Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

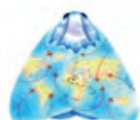
## Sudoku No. 134

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

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

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# MARION OWEN TRAVEL



**April**, I write as the Marion Owen Travel team are sailing back to Blighty. We have all been INTREPID Travellers this weekend experiencing food & culture in Amsterdam. Our guides were brilliant. Whether you are looking for an Urban City adventure or a holiday to far away places Intrepid have an adventure for you. Travelling in small groups, tours to suit all ages from Geckos (under 30) to whatever age you may be but still wishing to explore our wonderful planet earth. Pop in or call for more information.

**Summer Sun**, we have super offers to the Mediterranean to suit all pockets especially May & June. Remember when calling to be in a position to book straight away, know your dates, what type of accommodation you want and how much you want to pay. The more flexible you are the more of a bargain you may get.

**Far Away escorted touring**, you will be surprised at some of the options available and how reasonably you can travel further afield. With an escorted tour you can pack so much more into your holiday with ease. Being taken around your itinerary rather than muddling along on your own is such a bonus. It also is a great help with the countries customs to ensure you do not offend your hosts whilst visiting.

**India** is a prime example and although this is one of my favourite countries I always opt for a guided tour each time I visit. We have an introduction to India - Tigers & the Taj Mahal 10 days from £1249.

**Japan**, if you have not been to the East before this is a great starting place. The country is so safe it makes it a joy to visit the only place in the world I know where you do not have to worry about pick pockets other than the deer. Every tour encounters these four legged friends and we all come home with tales. A 14 day escorted tour travelling around the country by rail starts from £3095. You will find your spending money goes a long way too. Call for more details.

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**Do remember** we are a full travel agency, we book financially protected holidays and you never have to worry about the security of your money. Why book direct with an operator when it costs no more to book with us. You have our help in the event of unforeseen circumstances both before or when you are travelling with our 24 hour service.

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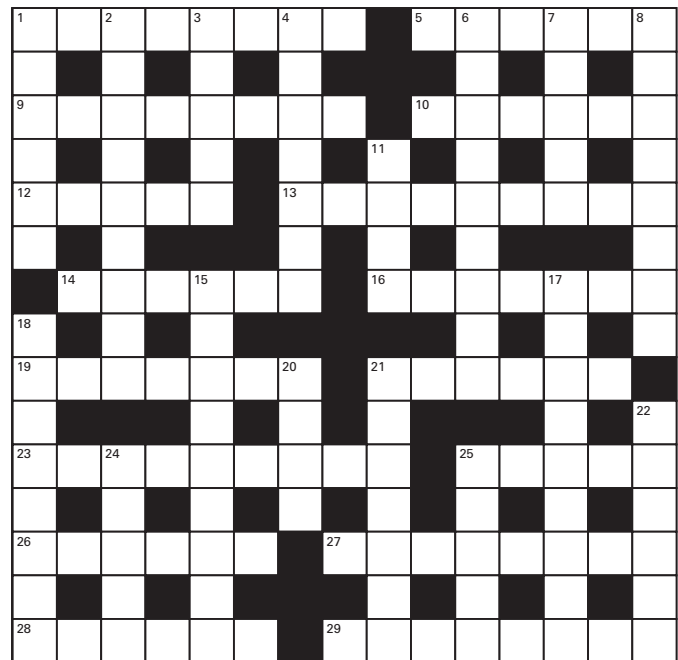
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## Crossword – Solution on page 45



### Across:

1. Lately (8)
5. Stellar (6)
9. Invigorates (8)
10. Delegate (6)
12. On par (5)
13. Will (9)
14. Self-love (6)
16. A company that flies passengers (7)
19. Specify individually (7)
21. Without difficulty (6)
23. Flagrant (9)
25. Coops (5)
26. From India (6)
27. Uneatable (8)
28. Lancelot was one (6)
29. Thoughtless (8)

### Down:

1. Passes a rope through a hole (6)
2. Tally (9)
3. Written fictional story (5)
4. Protracted (7)
6. A yellowwood tree with aromatic leaves (9)
7. Increase in salary (5)
8. Make longer (8)
11. Largest continent (4)
15. Trademark or signature (9)
17. Unreadable (9)
18. Crony (8)
20. Ancient Biblical kingdom (4)
21. The central theme (7)
22. Evaluate (6)
24. Diameters (5)
25. Encrypted (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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# In the Kitchen



## John Waite's potato, cheese & onion pie

For me the pie is an auspicious symbol (I'm Lancashire-born, and all that). And, of course, the real meaning of 'pie' is hotly debated across the globe; some insist the filling should be entirely enveloped, top and bottom, by golden pastry. Others find contentment with a feeble disc of puff, floating atop a sea of gravy. I'm more evangelical, and believe a pastry base should be present

- Preparation time: 40 minutes + chilling
- Cooking time: 30-35 minutes. Serves: 6 - 8

### Ingredients

#### For the Pastry

- 225g plain flour, plus extra for dusting
- 1 tsp fine sea salt
- 150g unsalted butter, cubed
- 75ml whole milk
- 1 tsp cider vinegar
- 1 Waitrose British Blacktail Medium Free Range Egg yolk, to glaze

#### For the Filling

- 750g Maris Piper potatoes
- 1 onion, peeled and quartered
- 300ml crème fraîche
- 1 tsp wholegrain mustard
- 3 salad onions, finely sliced
- 25g pack parsley, roughly chopped
- 3 tbsp finely chopped chives
- 250g mature Cheddar, grated
- 200g Gruyère, grated
- Finely ground white pepper, to season

### Method

1 For the pastry put the flour, salt and butter into a bowl. Rub the butter through the flour until you have inelegant breadcrumbs. Make a well in the centre of the dry ingredients. In a small jug mix together the milk and vinegar, then add it all to the dry ingredients. Using a blunt knife, cut the milk into the flour until it starts to clump together. When it does (and most of the dry, powdery bits of flour are incorporated) knead the pastry briefly – no more than 20 seconds – until it is reasonably

smooth. Flatten into a disc, wrap in clingfilm and chill for at least 30 minutes.

2 For the filling wash and quarter the potatoes – I don't bother to peel them, but feel free if you prefer. You have two options here. The first, and my preferred method, is to set the potatoes and the quartered onion in a steamer above a pan of boiling water and cover with the lid. Steam the potatoes for 25 minutes, or until very easily pierced with a knife. The second option is to put the potatoes and quartered onion into a large pan and cover with cold water and a generous pinch of salt. Bring the water to the boil and cook the potatoes for 20-25 minutes, again until easily pierced with a knife. When the potatoes are cooked, either remove them from the steamer or drain them, then return them to the hot, dry pan and leave to steam for 5 minutes or so. Finely chop the boiled onion and add it to the pan.

3 When the potatoes have steamed add the remaining filling ingredients, stirring to combine, and seasoning to taste with salt and white pepper – some of the potatoes will fall apart, but don't worry, just get it all evenly combined.

4 Preheat the oven to 200°C, gas mark 6, and place a baking sheet in the oven to heat up. Take two thirds of the pastry and roll it out on a well-floured worktop, until it forms a disc big enough to line the base of a 23cm pie dish, with surplus hanging over the sides. Pile the cooled potato mixture into the pie dish and level off with a spoon. Roll out the remaining pastry to a disc big enough to top the pie, again with a little excess, and place it on top of the potatoes. With a sharp knife, trim away the excess pastry, then crimp the pastry together at the edges.

5 Beat the egg yolk with a pinch of salt and a drop of water and use it to glaze the top of the pie. Cut a hole in the centre to let out steam. Place onto the hot baking sheet in the oven and bake for 30-35 minutes, until the pie is a deep golden brown. Allow to rest for 5 minutes or so before serving – this will help to set the filling.

## Chicken, chestnut & spring green casserole

- Gluten Free
- Preparation time: 15 minutes
- Cooking time: 45 minutes. Total time: 1 hour. Serves: 4

### Ingredients

- 800g pack essential Waitrose British Chicken Thighs
- 1 tbsp olive oil
- 1 onion, chopped
- 500g tub essential Waitrose Gravy
- 180g pack cooked chestnuts
- 2 tsp fresh or 1 tsp dried thyme
- 15 juniper berries, crushed
- 500g potatoes, cut into 2cm chunks
- 200g pack Waitrose Thick Cut Spring Greens

### Method

1. Pat the chicken thighs dry on kitchen paper and cut away the excess skin with scissors. Heat the oil in a large flameproof casserole and fry the chicken, skin-side down, for 5 minutes until crisp and golden. Turn over, add the onion and fry for a further 5 minutes.

2. Stir in the gravy, chestnuts, thyme and juniper and bring to a gentle simmer. Cover with a lid and cook gently for 15 minutes. Stir in the potatoes, cover and cook for 10 minutes. Stir in the greens and cook for a further 10 minutes until all the vegetables are tender and the chicken is cooked through with no pink meat. Serve in shallow bowls.

Cook's tip You could also make this with a 900g pack essential Waitrose British Chicken Drumsticks.

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## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## Enjoyment of wine and wine clubs

There's so much pretentiousness around wine (and yes, I know, I'm running the risk of being accused of glass houses and stones) but the bottom line has to be if you like a particular wine, be it red, white, pink or any other colour come to that, then it really doesn't matter how, when and what with it's drunk.

That's always been my mantra; so a cold glass of Chablis with some blood rare beef? Absolutely fine if that's what tickles your tastebuds.

Having said all of that, I would never discourage anyone from really getting into the subject - there is so much to enjoy, apart from the wine!

And there are so many ways of finding out more; certainly enough books, magazines and videos to last a lifetime - when I did a search for "learning about wine" on YouTube, for instance, it threw up 956,000 results.

Talking and listening to someone who shares your passion is always a good place to start; never being afraid to ask for advice, for instance. Which is why seeking out a wine merchant is always a good idea - they're always happy to pass on their advice and knowledge and the chances are you'll discover a few more interesting wines into the bargain.

For instance, there's a rise in interest in certain eastern European countries right now - Croatia, Slovenia and Macedonia - producing some really good wines. But trying to find examples amidst the hundreds of bottles stacked on your local supermarket shelf could be a problem.

Wine clubs and dinners are always worth seeking out; the latter generally featuring an "expert" who will guide you through the bottles that have been chosen to accompany certain dishes. It makes for a really enjoyable evening and you'll almost certainly come away with a deeper understanding of the subject.

Locally, there's a Hull branch of the Yorkshire Guild of Sommeliers who say their simple aim is to "promote the discovery and enjoyment of wine" and who offer a warm welcome to anyone with an interest in the subject, whether that's a complete beginner or passionate wine enthusiast.

The Hull branch generally meets monthly at the Kingston Theatre Hotel, with the April meeting scheduled for the 10th, with guest speaker Andrew Bennett talking about the iconic wine regions of France.

Following that there's a meeting on May 14 (pairing tapas and wines of Spain) and June 4th, with a guest speaker from Derventino Wines, of Malton.

Last month I was delighted to be invited to the first meeting of a Hull restaurant's newly-formed wine club. Held at 1884 Wine and Tapas on the Marina, it featured six tapas courses, each matched by a wine chosen by one of their suppliers, Yorkshire Vintners, of Ripon.

We enjoyed an English white (Bacchus) with a starter of grilled Dover sole, brown shrimps, sea spinach and burnt butter. Now I'm a huge fan of English wine but this one came from a small Suffolk producer (Giffords Hall Vineyard) that was new to me. In simple terms you wouldn't be far wrong if you described it as an English version of a New Zealand Sauvignon Blanc - it had those wonderful gooseberry and elderflower notes and suited the fish perfectly.

Next up we had a French Bordeaux blend, but from New Zealand, that was chosen for a dish of confit chicken thigh and forest mushrooms. The Cabernet Sauvignon-Merlot-Cabernet Franc blend from the Te Mata estate in Hawke's Bay had hints of aniseed and thyme and was my star of the evening.

Wines from South Africa, Argentina and Germany completed the show, with Yorkshire Vintners sales manager Edd Simpson giving us a quick introduction to them before we all tucked in.

He told me: "I am a bit of wine geek and I love everything about it, from the production of wines to the drinking. But it can be intimidating for some people if they think they should know more about what's happening with wine."

"Because of that people often play safe; they've had a certain wine, perhaps a Pinot Grigio or a Merlot, and liked it and because of that they stick with it every time, because it's safe. Equally they may have experienced a poor example of a particular wine, so never try it again. In both cases they are denying themselves an opportunity to taste something really exciting."

"I see my job as trying to entertain but hopefully educate a little, bit by bit, and in doing so dispel some of the pretentiousness that exists around wine and give people a little more confidence to branch out."

Edd and Deborah Spicer, Director of 1884 Wine and Tapas Bar, both confirmed that the wine club (there's no formal membership) will hold tasting events around once every three months, so keep watch on their website ([www.1884wineandtapasbar.co.uk](http://www.1884wineandtapasbar.co.uk)) for details.

Roberts & Speight, of Beverley, organise occasional wine tastings ([www.robertsandspeight.co.uk](http://www.robertsandspeight.co.uk)) as do House of Townend at their Cellar Door headquarters at Melton Business Park ([www.houseoftownend.com](http://www.houseoftownend.com)).

As this column went to press there were still tickets available for Townend's Nyetimber English sparkling wine tasting on April 27th (tickets £35).



## BEST BUYS

**Kuki Marlborough Pinot Noir, 2014**

**Where:** House of Townend

**When:** Now, while stocks last

**Why:** I've drunk this at The Old House pub and restaurant in Hull Old Town and, by the bottle, this is an example of a great wine you won't find on a supermarket shelf. From New Zealand, it's beautifully fragrant and works well with lamb or full-flavoured beef bourguignon.

**£9.99 (was £12.99)**

**Villa Maria Private Bin Sauvignon Blanc**

**Where:** Tesco

**When:** From April 3 to 16

**Why:** This was on offer with a £1 saving; now it's suddenly an even better deal. New Zealand's other huge seller and full of barnstorming tropical fruit and herbaceous flavours. Supreme with seafood.

**£7.50 (was £9.50)**

**Paul Mas Reserve Languedoc Rouge**

**Where:** Waitrose

**When:** Now, until April 17

**Why:** Never the height of fashion, but Languedoc reds are far more in favour now. I love the herbal, spicy, flavours that speak of the terroir. Serve alongside relaxed meals such as sausages or chorizo pasta.

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**Co-op Irresistible Rioja Crianza**

**Where:** Co-op

**When:** Now.

**Why:** This elegant red from the Rioja Alavesa region of Northern Spain from a family-owned winery, has spicy bramble aromas and concentrated black fruit flavours that combine to give a long, savoury finish and hint of liquorice. Perfect with a traditional Easter roast.

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- Empty Water Tank Indicator
- Anti Tangle Technology
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### 13 Place Settings Dishwasher

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- Delay Timer
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Model No: SA4544CIX

- 71 Litres Capacity
- 5 Functions (Inc Defrost & Slow Cook)
- Catalytic Cleaning Liners
- Dimensions: H59.5xW59.5xD55.1cm

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### 1400 Spin 7kg Washing Machine

Model No: WMEUF743G

- 16 Programmes Inc Anti Stain & Anti Allergy
- Woolmark Green
- Graphite
- Dimensions: H85xW60xD54cm

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### 1400 Spin 9kg Washing Machine

Model No: WMEUF944P

- 16 Programmes Inc Anti Stain & Anti Allergy
- Woolmark Green
- White
- Dimensions: H85xW60xD61cm

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## So you wish to be a Veterinary Nurse?

This month I have a holiday....sadly I am not going away but it is a holiday from writing this months article (although I hasten to add that I do enjoy writing these). Thinking of this month I thought a look at behind the scenes of one of our valued employees and who better but Becky, one of our newly qualified nurses. Although I have been working with her for sometime, I never knew she had packed so much into her young life until now. I am sure you will be enthralled reading this as much as I was. Over to Becky . . . .

When people ask me why I became a Veterinary Nurse, they usually expect the most obvious answer; because I love animals. Unfortunately, I always seem to disappoint them, as my answer is never that simple.

Like many of my colleagues, this was a career I chose later in life. Growing up in London, I took every opportunity to involve myself with animals big and small, despite being surrounded by a concrete jungle. There are childhood photos of me sitting chatting to goats and standing with my beloved plastic shark, listening to the dulcet tones of Sir David Attenborough, absorbing every word like a sponge. Annual Easter visits to the Yorkshire Dales gave me the



Pictured above: Becky tagging a Manta.

opportunity to get my hands dirty during lambing season, cementing a passion for animals and caring for them...even if it meant getting cold and muddy at some ungodly hour!

However, at the age of thirteen a spanner in the works appeared. During a snorkelling trip with a Marine Biologist whilst on a family holiday to Greece, an encounter with an Octopus set me on a whole new path. So this led me to Hull studying for an Aquatic Zoology degree and I immediately fell in love with the city. Sadly, my stay became short lived due to training to become a PADI Scuba Instructor alongside my studies and this found me taking a job in Indonesia.

Whilst diving the oceans of the Coral Triangle, I fell in love; with a majestic, gentle giant...the Manta Ray, a misunderstood creature at risk of extinction and was unlike anything I had ever seen. From that point on, between teaching and leading divers from all over the world, my spare time was taken up with saving these creatures from being wiped out by humans plus educating generations to come about the importance of these beautiful animals.

A few years and a few desert islands later, it was time to return to the UK. Due to a distinct lack of Sharks and Rays in the Thames and Humber, it was time to find a new career path. This was where the easiest decision came, I knew I wanted to carry on being surrounded by animals but also to help people care for their furry, feathered or scaly friends...I wanted to be a Veterinary Nurse! I was then faced with a conundrum...all my qualifications up to now revolved around my fishy friends! I was also now a mature student with a mortgage to pay: how on earth was I going to achieve my goals without any experience or qualifications?

I started volunteering at local animal shelters and exploring various routes into the veterinary industry. I found that there was an option to work full time and one day a week travel to college to complete what is known as a Level 3 Diploma. The only qualifications necessary were that of GCSEs in English, Maths and Science. Going back into education after nearly 10 years was daunting but was worth it for the incredible experience that was about to ensue.

From the first emergency caesarean to supporting a family through their beloved pets last moments; to say it has been an emotional journey would be an enormous understatement. The unknown skills a Veterinary Nurse has to possess was also an eye opener. From "front-of-house" roles such as admitting patients, running consultations, weight clinics and puppy/kitten chats to the "behind the scenes" duties such as taking x rays, anaesthesia, assisting on dentals, administering medications and of course cleaning everything inside out, my respect for the commitment each and every nurse I have the pleasure of working with grows each day.

There is not a single day where I come home from work and think "blimey, today was boring" and there has definitely been days where I have come home physically and emotionally drained, but there will never be job that is as exciting and rewarding as that of being a Veterinary Nurse. Let's face it, if you are having a bad day (once in a while) there is never a shortage of cute puppies or kittens to cuddle for a pick-me-up!

If you are interested in becoming a Veterinary Nurse then please feel free to pop in for a chat with one of our lovely nurses at KINGSTON Vets. It's never to late to realise and achieve your dreams!



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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile  
Maker' Branfield

### Are you fed up sleeping in the spare room?

Hello again. I hope that you are well. It's all go as usual. I was In Bury yesterday on a practice management/customer service course. It's not only the clinical stuff that I have to keep up with and constantly look for better. This Friday/Saturday I'm at Cambridge University on a course looking at a way to speed up healing. It looks very interesting.

#### What Are You On About...The Spare Room

Well, there is actually a National Stop Snoring Week. It's 23<sup>rd</sup>-29<sup>th</sup> April. Snoring is really quite common. It can be mild or severe. In very severe cases it becomes sleep apnoea when you actually stop breathing for several seconds at a time before a big gasp and this happens several times an hour. This can put a big strain on your heart.



#### The Big Yawn

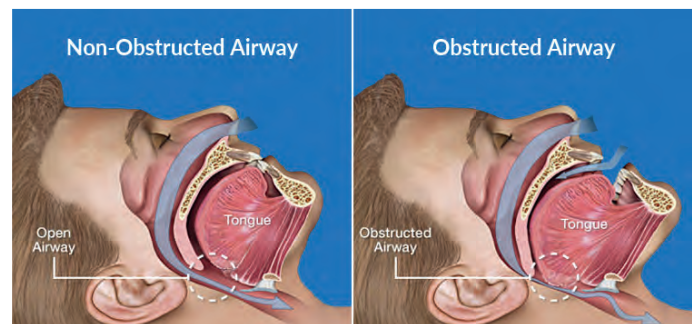
One of the big drawbacks of snoring is lack of sleep. This

can be for the snorer, but not always. Sometimes the snorer is blissfully unaware and sleeps well. The vibration or noise can interrupt sleep, sometimes you are not aware of it and it is more of an arousal from sleep rather than waking up but it still interrupts the normal cycle of sleep stages and leaves you really tired still in the morning. Obviously if the snoring is loud enough then it interrupts the sleep of a sleep partner and this is when the bed in the spare room comes in!



#### What Causes It

The cause is airway collapse and vibration. The main cause is the vibration of the tongue collapsed back against the soft palate.



#### Can You Treat It?

Well, yes you can. The aim is to stop the collapse. One way is to posture the lower jaw forwards which in turn brings the tongue forwards and opens up the airway using a **mandibular advancement device**. The one we use now is the Sleepwell device as there has been loads of research and great results out of Barts and the London Queen Mary's School of Medicine and Dentistry led by Professor Ama Johal. I did some training with him.

Another way is Non-surgical laser therapy. My Colleague Ilay and myself are trained in this using the Nightlase™ protocol with Nd:YAG and Er:YAG laser. The great thing with this is no numbing, no down time, no surgery and it starts to work from the first session and the airway is improved 24hrs a day and not just when a device is worn. It's all clever stuff. I'll expand on it next time.

#### It's That Time Of Year Again

It's coming to the end of the football season. Will Hull City stay up? It's been a funny season. I really hope that they do. Come on lads, keep it together and push until the end.

*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 25 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](http://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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## Improve your driving or riding skills with the aid of E-YARD

East Yorkshire Advanced Riders & Drivers, or E-YARD for short, are a locally based group delivering Advanced Rider and Driver training in East Yorkshire and Hull.

The group is accredited to the Royal Society for the Prevention of Accidents (RoSPA)

Meeting monthly at East Coast Motorcycle World, Hutton Cranswick, the group has related guest speakers or theory talks, promoting road safety and better riding and driving standards.

The group is aimed at both car drivers and motorcyclists who wish to enhance their skills on the road through advanced training which is delivered one-to-one.

Practical training is delivered by tutors, at times and dates that are mutually suitable, using your own vehicle.

Training is based on the police training manual, RoadCraft and members are encouraged to work towards an advanced test.

The test is graded Bronze, Silver and Gold and once taken can be retaken every three years to maintain the standards!

The tutors who deliver the training have been through a rigorous qualification process and all hold a high grading from their test.

Anyone is welcome to join the group, providing they have a full UK drivers licence (motorcycle or car) and will be provided with a folder containing a copy of RoadCraft, the Highway Code and a personal Training log.

The group meets at 7.30pm (until 9pm) on the last Wednesday of every month at East Coast Motorcycle World, Hutton Cranswick YO25 9QE.

Further details are available from the website [www.yard-advanced.org](http://www.yard-advanced.org), or on Facebook [www.facebook.com/groups/EYARD](https://www.facebook.com/groups/EYARD) or by telephone 0784 6000 808.

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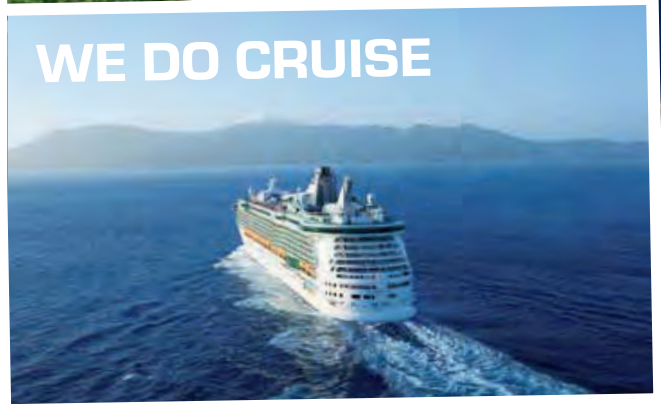




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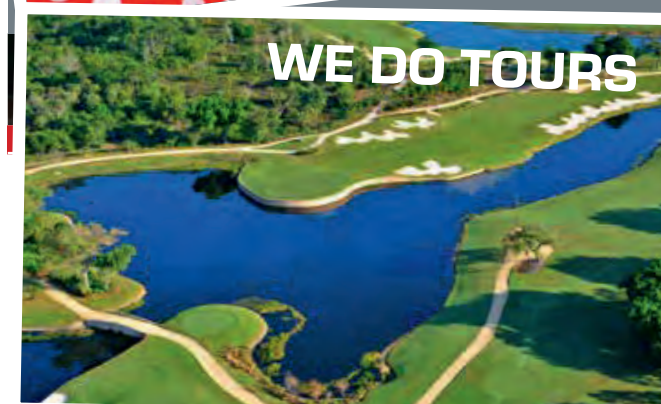
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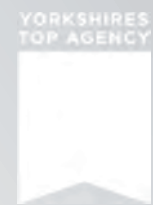
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**M**arch has been a very cold month but now the daffodils and crocuses should be starting to bloom. With these gorgeous, showy spring displays it's time to start thinking about the summer. There's something to do in the garden whether it's planting, 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



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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.

### Grow Wildlife-Friendly Plants

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.

Pick up our Perfect Plants for Pollinators at the Information Desk or take a look at our selection of Pollinator Friendly plants in our Planteria.



### 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

## 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.

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.

### 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.



Gro-Sure Potato Grow Bags now only £5! Everything you need to grow up to 50 potatoes even in the smallest of gardens, taste the difference go on give it a try.

### 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.

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## Your Stars for April 2018

By Kay Gower

### Aries (Mar. 21- April 20)

You may not believe you have mystical powers, but that won't stop something unexplained from happening in your life this month. Your secret wish will be answered.

### Taurus (Apr. 21- May 21)

There may be no evidence that your idea is a gem or that the timing of it is good, but you still feel that you've got something. For now, that's enough of a reason to move forward.

### Gemini (May 22-June 21)

Good fortune follows your decision to depend solely on yourself. If others follow your lead then it will be the cherry on the cake. Just don't count on it.

### Cancer (June 22-July 22)

You're good at hiding your feelings but try not to let it become a habit or a knee-jerk reaction. Don't hide your feelings this month unless you have a good reason.

### Leo (July 23-Aug 22)

You realise the benefit in something you once considered to be a mistake. Given the choice, maybe you wouldn't repeat it, but you'll be glad for how everything worked out.

### Virgo (Aug 22 - Sept. 23)

During the first part of April you'll experience a change you didn't anticipate or necessarily want, yet by the end of the month it will have improved your life in many ways.

### Libra (Sept. 24 -Oct. 23)

For those who are sensitive to tense vibrations, the current cosmic weather may trigger stress. If you feel anxiety creeping in, do not try to muscle through it. Instead, be kind and gentle with yourself.

### Scorpio (Oct. 24 - Nov. 22)

It's time to make decisions on the work front. No matter how much you ask for advice from others, only you can make the final decision. Shelve insecurity and push ahead.

### Sagittarius (Nov. 23 -Dec. 21)

The planets signify that whatever you desire can be yours this month, if you ask for it in the right way from the right person. Mid to late April would be best, timing is always important.

### Capricorn (Dec 22.- Jan. 20)

The more you talk about your dreams the more real they become. The next 4 weeks brings about a positive change in your personal life. An investment pays off at the end of the month.

### Aquarius (Jan 21 - Feb 19)

Change is on the cards and this will be a good time to broaden your horizons by making the most of opportunities that come your way.

### Pisces (Feb. 20-Mar. 20)

Mid month the planet Venus is in your 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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### Sudoku Answer from page 12

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

## Dove House Hospice's Murder Mystery Evening

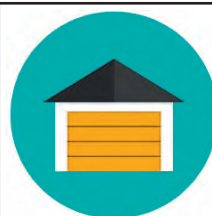
Join Dove House Hospice on Saturday 14th April 2018 at The Country Park Inn and put your detective skills to the test as you enjoy a 3 course meal with friends, family and murderers!

Was that a gunshot? Did you just hear someone scream? Watch the drama unfold right in front of you, don't forget to take notes of any possible clues and be sure to ask the right questions to decipher whodunit!

Dove House Hospice is a local charity which provides exceptional care for adults in Hull and East Yorkshire living with terminal illnesses, as well as supporting their families and loved ones throughout the illness and after bereavement. As the only place in the East Riding of Yorkshire that offers this type of specialist care they rely on the support of the local community to ensure they can continue to provide their care whenever it's needed.

Book tickets now, for you and your friends. Tickets are £34.50 and you can buy them at [www.dovehouse.org.uk/murdermystery](http://www.dovehouse.org.uk/murdermystery)

For any further information about Dove House Hospice, the services they provide or other fundraising events, please visit their website at: [www.dovehouse.org.uk](http://www.dovehouse.org.uk).



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## Yorkshire Water calls for better communication from wipe companies

**Y**orkshire Water is calling on wipe companies to do more to encourage customers to throw wipes in the bin and not the toilet.

The firm is called out to more than 30,000 sewer blockages every year, costing £2.4 million with 40% of incidents caused by wipes.

Wipes are the most convenient way to remove make up and clean up after a dirty nappy, however disposing of them in the toilet rather than the bin can lead to nasty consequences.

Although labelled as flushable, wipes which contain plastic do not break down in the sewers like toilet paper, meaning they can cause pipes to block and waste water to come back up through toilets and sinks.

As part of Yorkshire Water's commitment to reduce the number of customers who experience sewer flooding incidents in their home by 70%, it is today (Tuesday, March 13) launching a new customer awareness campaign to raise awareness of the problem that flushing wipes can cause.

There have been over 3,000 sewer blockages in Hull caused by wipes over the past five years.

As well as asking customers to 'stop flushing' Yorkshire Water is also calling on companies who produce the wipes to help them get the message across.

Customer Service Manager at Yorkshire Water, Tom Phillips said: "Flushing wipes down the toilet can have horrible repercussions to our customers' homes. They do not break down and can quickly build up, cause blockages which are not only unpleasant but can cost homeowners a lot of time and money to clear up.

"There's a simple rule for things you should flush down the toilet; stick to the three Ps – pee, poo and paper. Many supermarkets are proactive and have warnings on the wipe lid, however a lot of the major brands show little in the way of advice on how to dispose of wipes leaving many customers unaware of the consequences of flushing wipes down the toilet.

Tom adds: "We would like wipe manufacturers to increase the prominence of the 'no flushing' symbol on their packaging and let their customers know that wipes can cause blockages."



## "Victoria & Abdul" - Saturday 21st April at 7.30 pm

Once again a season of Swanland Screen comes to an end and your Village Association hopes you have enjoyed the films shown this time around. Please join us at Swanland Village Hall at 7.30pm on Saturday 21st April to watch Judi Dench in the award winning film "Victoria & Abdul", the true story of a young clerk from India who arrives to participate in Queen Victoria's golden jubilee. Abdul is surprised to find favour with the queen herself. As Victoria questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity. Tickets on the door £4 adults; £2 schoolchildren. If there are any films you would like to see included in our next season, please come along to let us know.

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## Advice for the coming Tax Year 2018-2019

by Nick Robinson of Yorkshire Accountancy

### HMRC's latest advice for employers

The 2017/18 tax year ends on 5 April. With this in mind HMRC has published some final advice on what's required from employers. What do you need to know?

### Deadline

While there are exceptions, you must usually submit your final full payment submission (FPS) by no later than the last payday in 2017/18 for your employees.

### Tip

The usual exceptions to the "on-or-before" deadline apply to your final RTI report for 2017/18. HMRC won't treat an FPS as late where you send it after the day you paid an employee where one of these applies. But don't forget to enter the right code when sending your report or HMRC won't know that an exception applies.

### Final submission signal

Also, don't forget to enter "Yes" in the "Final submission for year" field of your payroll software with your final FPS for 2017/18. In case you do forget you can easily correct it by submitting an employer payment summary (EPS) with the "final submission" field marked "Yes".

### Other reasons for an EPS

If you're not going to pay anyone again this tax year, remember to send an EPS with the indicator ticked to show you didn't pay anyone in the final pay period and it's the final submission. You have until 19 April 2018 to do this, but HMRC will nevertheless send you a message through its Generic Notification Service, warning that you have failed to submit a final FPS if you file the EPS later than 11 April. You can ignore it.

### Corrections

If you spot an error in any FPS for 2017/18, you can correct it up to 19 April by sending another FPS. Use the late reporting reason code H if the correction is to a previous report where the payment date is earlier than the date you submit the final FPS. However, if you notice an error after 19 April, you should correct it by sending an earlier year update (EYU) report.

*Please do not hesitate to contact Nick Robinson, Director at Yorkshire Accountancy Limited for any help or guidance you require.*

Telephone – 01482 845750

Email – [nick@yorkshireaccountancy.co.uk](mailto:nick@yorkshireaccountancy.co.uk)

Address – County House, Dunswell Road, Cottingham, East Yorkshire, HU16 4JT

**PS. Don't forget the National Minimum Wage increases from 1 April 2018**

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## North York Moors Walk - Rosedale

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

**P**icturesque Rosedale Abbey at the junction of Northdale and Rosedale itself is not most people's idea of what a mining village ought to look like. Picture postcard cottages huddle round the tree-shaded village green and the surrounding hills are dotted with sheep. Today the community is firmly on the tourist trail but less than a century ago it presented a very different, aggressively industrial face to the world.

In the 1850s high quality ironstone was discovered beneath the hills and the population boomed from a few hundred to some 3,000 in less than 20 years. A now long-dismantled railway was driven across the moors to carry away the ore and at its peak there were almost 5,000 miners and their families in the dale.

The mines closed in 1920 and happily for today's visitors at least, the village slumped back into rural tranquillity and now offers some of the finest walking in the North York Moors National Park.

But one mystery remains for many visitors – where's the abbey? Strictly speaking there never was one. The 'abbey' was in fact a Cistercian priory inhabited by nuns for 400 years until Henry VIII ordered the Dissolution of the Monasteries. Over the centuries the buildings slowly disappeared as the stone was recycled to build today's cottages and even the present day church. The vestiges of one of the priory's towers can, however, still be seen at the rear of the church.

This walk quickly leaves the village to enjoy spectacular panoramas of the two dales as well as some delightful beck-side scenery and a brief exploration of more recent conifer plantations.

### DIRECTIONS

From the village green head up the Castleton road past the car park and take a footpath on the right, signed to Northdale. As it follows the stream it curves leftwards, crossing several fields though never straying too far from the beck. This is an attractive route at any time of year but is particularly lovely in spring when swathes of daffodils are in bloom and flowering in such extravagant numbers that they rival their more famous neighbours in Farndale a few miles to the east.

After crossing a bridge a signpost points the permissive path to Northdale. Take this rather than the slightly higher public path which climbs the hillside. Eventually the path crosses a new wooden bridge and continues straight ahead towards Northdale beside a stone wall. The bridleway crosses a steep farm road and then continues in a steep rising traverse across a field to a gate with stunning views of Upper Northdale.

Carry on up a ghyll to emerge by a pond and ruined farm buildings. When the path reaches the plantation immediately behind the ruin do not enter the trees but double back leftwards

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up the steep dirt road. At the top turn look for a gate on the right which leads onto the main road.

Turn right along the road for 20 yards to take a gate on the left signed to Hill Cottages. A path drops down into the woodland and the wide stony track weaves through the trees for about half a mile with occasional tantalising views through the trees down into Rosedale itself. After a sharp bend and crossing a sometimes dry stream the track appears to end but a narrow footpath leads leftwards into the woods. After a couple of hundred yards at a stream crossing keep a sharp lookout for an unmarked path which plunges downhill into the trees and leads sketchily to a stile by Clough House Farm.

Follow the diversion signs to pass below the farm buildings to reach its access road which is followed to a t-junction. Turn left downhill to the hamlet of Rosedale East. At the road turn right past the Methodist Church and after another hundred yards take the path on the left marked To River Seven down the metalled road by Craven Garth Cottages.

Continue in a straight line past the cottages and farm buildings to drop down to cross a footbridge over the somewhat grandiosely-named 'river' and then climb the opposite bank to a gate and stile leading onto a farm track signed to Thorgill. Turn left along this and follow it through Thorgill, where it becomes metalled.

At the far side of the hamlet on a left hand bend by some allotments a path rises from the apex of the bend through a series of fields to regain the road. Here turn left for a hundred yards and then take the signposted path on the right to Dunn Carr Bridge. Cross the bridge back over the Seven and then turn right downstream.

The path soon climbs slightly to cross fields and pass above a caravan site. Where the path emerges onto the access track continue straight ahead to Rosedale Abbey.

**Start/finish:** Village green, Rosedale Abbey Distance: Six miles/9.5km

**Time:** 3-4 hours Terrain: Field paths and farm tracks, short woodland stretch

**Parking:** Small free car parks in Rosedale Abbey or on road parking near the green

**Refreshments:** Cafés and hotel in Rosedale Abbey



[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - April 33





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

[www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk)

### My life and other animals

I have been blessed along the way, to make friends in many different fields of animal care UK wide. While attending the last International Animal Trainers Conference I met 2 ladies from The Deep, both marine biologists. Part of Emma's work is her role in charge of the Penguins and their future husbandry training. She came to spend a day with me here at Skidby to watch some horse training, being especially interested in how we train for targeting and stationary behaviour with duration, which will become essential training for the penguins as individuals. Part of Soshana's work is with the 2 injury rehabilitated Sea Turtles. She has started target training them and has a solid recall in place for them to come for feeding and training. She did an interesting presentation of the Sea Turtle training at the conference.

Recently I was privileged to have had the opportunity to spend a day with the Aquarist team at The Deep here in Hull.

What an awesome team of committed people who all care passionately about their charges as well as conservation worldwide. They allowed me access everywhere and I gained a brilliant insight into how everything runs, the individual needs of their various collections, their varied dietary needs, training projects and overall planning for future development.

I helped clean the Penguin enclosure, following the strict DEFRA code of entry. The fear of a UK wide Bird Flu epidemic has impacted on their care with strict protocols in place in case of infection carried inside by staff. (I remember all the precautions put in place with the movement of horses during the Foot and Mouth outbreak a few years ago.) However, once I was through inside I got to stroke 2! It was so lovely. They waddled over to me wanting to have some interaction and enjoyed a chest stroke. Quite made my day!



I had the opportunity to go into the water during shark feeding. These 2 beauties are the staff's babies having been raised in The Deep from being babies! It turns out they enjoy being stroked too! It was a lovely 10 minutes of interaction with these sharks and again I learned so much from their trainer about their care, needs and plans for introducing them into the main tank collection. Also about what is happening out in the wild with these and other breeds of sharks, none of it very good of course. Thankfully there are a vast number of people and institutions worldwide trying hard to protect all sea life in general.

I learned about the huge variety of different fish and marine creatures which the various animals eat and saw food prep for the turtles- high grade restaurant grade produce and everywhere immaculately clean. Vitamins are added inside some of the fish to make sure that their charges are getting everything they need to stay healthy and happy. Soshana took me to the turtle training/feeding area where I watched her target training her turtle and learned about their future plans for handling/veterinary participation cooperation etc through training.

The big sharks in the main tank are target trained to come for their food away from all the other tank residents, including a very opportunistic swordfish who comes to that cue and hangs around hopefully for any tit-bits! There is always one!

What a treasure we have on our door step here in Hull. The Deep is doing an amazing job in educating children about the perils all sea life is facing through depletion from over fishing and pollution. Chemical and Plastic pollution especially.

My sincere thanks to everyone in the Aquarist team for giving me a wonderful, insightful day. I loved every minute of it and have the greatest respect for what they do.



## Haltemprice Lions celebrate a 'Century of Service' at Buckingham Palace

The Countess of Wessex G.C.V.O., as Patron of Lions Clubs of the British Isles held a Royal Reception at Buckingham Palace on Wednesday, 28th February to celebrate a 'Century of Service'. HRH has been its Patron since 2004.

**Dr. Satya Nandi of Cottingham** representing **Haltemprice Lions Club** joined in the 100th Birthday celebrations with hundreds of volunteers who came together with the organisations' partners for this special occasion.

Lion Phil Nathan MBE, Chair of the Centenary Celebrations for Lions Clubs of the British Isles said *"let me begin by saying that during our 1st Century of service, Lions Clubs have touched millions of lives of people that needed us. 100 years of service to the community is a remarkable achievement, made possible by the selfless actions of many thousands of individual men and women, each of whom has sought to make 'their' community a better place. As we enter our 2nd Century, the cry for help from those in need will most certainly become louder and we as volunteers are ready to show as Lions, We Care"*.

Lions Clubs International focusses through its Lions and Leos members upon major projects that address diabetes, youth, the environment, hunger relief, childhood cancer and sight issues affecting communities throughout the world.

If you require further information about Haltemprice Lions please contact David Whincup email: [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk).

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## Tour de Yorkshire gears up to take in new East Riding locations including Skidby and Little Weighton

Some of the world's top cyclists will be back in the East Riding in May to contest the Tour de Yorkshire, with Beverley selected to host the start of both the men's and women's races.

This year's events have been extended, with the men's race running for four days from Thursday, 3 to Sunday, 6 May and the ASDA Tour de Yorkshire Women's Race doubling in size from one to two days – from Thursday,

3 to Friday, 4 May.

Stage one, from Beverley to Doncaster, will see the riders take on a gruelling king of the mountain stage and action packed sprints over 182km.

The ceremonial start for the men's race will take place in Beverley's Saturday Market before heading out through Norwood to the official start at Tickton.

The peloton will then cycle to Catwick and Hornsea, loop around Hornsea Mere, through Great Hatfield and Sigglesothorne back to Beverley, where they go past the Minster and out onto the A164 to Skidby, Little Weighton, Walkington, South Dalton, North Dalton and Warter – where the first King of the Mountain stage will take place at the Cote de Baggaby Hill.

There will be a sprint in Pocklington then out of the town crossing the A1079 to Allerthorpe, Seaton Ross, Holme-upon-Spalding-Moor and into Howden where there will be another sprint.

The riders will then pass through Airmyn and onto the A614, continue through Rawcliffe before crossing into South Yorkshire at Sykehouse, Hatfield and onto Bawtry Road to finish in Doncaster.

There will be rolling road closures. Police outriders will stop traffic briefly to allow the cyclists to pass and then release the traffic.

The women's race will have its ceremonial start in Beverley and will largely follow the same route as the men's race, except for the Hornsea loop, with the official start at Bentley.

Councillor Stephen Parnaby, leader of the council, said: "We have been involved in the Tour de Yorkshire since



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# Market



its inception, with the race growing in popularity year-on-year.

"The 2018 edition promises to be the best yet and the council is really pleased that, once again, it will take in new locations in the East Riding, with places like Hornsea and Howden making their debuts on the route.

"As well as providing an opportunity to promote the area to audiences across the world, the Tour de Yorkshire allows communities to come together and watch some of cycling's biggest names compete on their doorstep."

#### The other stages are as follows:

- Stage Two – Barnsley to Ilkley (Friday, 4 May)
- Stage Three – Richmond to Scarborough (Saturday, 5 May)
- Stage Four – Halifax to Leeds (Sunday, 6 May).

For further information about the Tour de Yorkshire, including timings, go to [letouryorkshire.com](http://letouryorkshire.com).

## Cottingham Civic Hall - a new beginning

On March 1st, Cottingham Village Trust took over the running of the public buildings on the Market Green – the Civic Hall, former Council Offices and the public toilets. This marks the end of the campaign and the beginning of a new life for the buildings, making them a focal point in the community.

The Civic Hall will continue with all the current users, such as the fitness and dance classes, the blood donors and weight watchers, the meetings and events, shows and festivals. New activities have also started – art classes on Wednesdays and tea dances with Hep the Jive on Sundays, the next dance being on 22nd April at 2.30 p.m. Please see the Trust website, [www.cottinghamvillagetrust.org.uk](http://www.cottinghamvillagetrust.org.uk) and facebook page for information.

If you wish to book either the small hall upstairs, or the main

hall, e-mail [enquiries@cottinghamvillagetrust.org.uk](mailto:enquiries@cottinghamvillagetrust.org.uk) and we will send you a booking form.

You can also use this e-mail address if you wish to become one of the volunteers. The Trust has had fantastic support from so many Cottingham people and already has a number of volunteers with a variety of skills and experience who have helped run some of our events. Now the volunteers will be contributing to the development of the buildings and what happens in them. If you would be interested to be part of this, please e-mail us, or, if you do not use e-mail, phone us on 844599 and we will send you a volunteer application form.

Watch this space for future developments – we plan to have our booking office in place soon in the former rent office and a local information area to advertise what is happening in the Civic Hall and across Cottingham. The entrance will be from the public footpath to the library.

A new beginning for the Civic Hall, and new life for the community in the centre of Cottingham.

## St. Mary's Mothers Union seeks new members

St. Mary's Mothers Union are seeking new members. We meet once a month on the second Wednesday at 2.00 pm in the Arlington Hall, Hallgate.

We try to please everyone with different speakers and events each month. You are assured of a great welcome and support, to spend two hours a month, "As Me Time", to talk over a cup of tea with friends who understand the trials faced in today's, modern world, is a great asset and unburden the load.

So please spread the word and try to encourage people to join. Men are also very welcome to join. Hope to see you soon. Contact Secretary Roselie Shores on 01482 841604.

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## Hull CHA Rambling Club

We are a friendly walking club established 1911, whose members enjoy walking in the Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally to Lincolnshire, and walk throughout the year.

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

We pick up on route to the city centre at Bilton and Holderness Road.

Pick up at City Centre is now **0830 am** for the spring and summer months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles.

B walk from 7 to 9 miles

C walk 4 to 5 miles may be available (please enquire).

### Sunday 29th April

St. Gregory's Minster - Helmsley.

A. St. Gregory's Minister – Kirkdale – Aumey Park – Newton Tower – Hasty Bank Farm – Riccal Dale – Helmsley

B. St. Gregory's Minister – Hold Cauldron – Skiplam – Newton Tower – Hasty Bank Farm – Riccal Dale – Helmsley

For a C walk please enquire with the Joint Rambles Secretaries.

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on [sue@sueoleary.co.uk](mailto:sue@sueoleary.co.uk)

[hullcha.co.uk](http://hullcha.co.uk) telephone 07767420646.

Pauline Borger on [Pauline.borger223@btinternet.com](mailto:Pauline.borger223@btinternet.com) telephone 07929933323.

Check out the website <http://hullcharambling.wix.com/hull-cha-rambling>

Find us on face book. Hull CHA Rambling Club.

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 Group 8-10 miles

B Group 5-7 miles

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

**Sunday 8 April Farndale North Yorkshire(The Daffodil walk).**

**Sunday 22 April West Ayton-Brompton North Yorkshire**

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



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## Hull and District Cats Protection Rehoming show Saturday 28th April

The Hull and District Cats Protection will be holding their Cat Rehoming show on Saturday 28th April, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Come and meet the cats looking for loving, permanent homes. Refreshments will be available and stalls will include cakes, jams, gifts, cards, cat accessories, bric-a-brac and a tombola.

For more information, please call 01482 790284. Neutering vouchers are available for those on benefits or low income, by calling 01482 657650.

## Maureen Hunter Singers "Voices in Spring" concert in May

Maureen Hunter Singers – 'Voices in Spring' concerts at the Bricknell Avenue Methodist Church in Hull. Friday 4th and Saturday 5th May at 7.30 p.m. AND Sunday 6th May at 3.00 p.m.

Entertainment will consist of choral items old and new from the girls of the Maureen Hunter Singers and from the girls and boys of the MH Junior Singers, together with a variety of solos and ensemble pieces.

Three delightful concerts of top class music are assured from this extremely talented and charming group of young people.

All seats are bookable, and tickets (priced £7.50 including interval refreshment) are available from Mrs. Sue Helliwell, (Tel: 01482-641229), or via Choir members.

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### Little Weighton Gardeners' Club

Friday 20th April - 7.30pm. Life of a Landscaper - Illustrated talk by Neil Timm of the Fern Nurseries. Plants for sale. In the Little Weighton Village Hall, (more info from Mrs Campbell 01482 844461). £2.00pp Entry.

### East Riding Flower Club

Monday 23rd April - Catherine Gleadhill is a national demonstrator and her theme will be 'The Colours of Spring'. This is an open meeting and we hope to see many visitors.

### Wednesday Social Club

Wednesday 25th April - Phillip Walker - Being British, in the small hall at the Darby & Joan Hall, at 2.00 p.m.

### Cottingham Methodist Church, Hallgate

Friday 27th April - 6.40 pm for 7 pm - Free Film Night Refreshments and ices on sale.

### St Michael's Church, Skidby

Friday 27th April - 10.30 am - 12 noon. Coffee Morning - Come and join us for coffee, home made cakes and friendly chat. All proceeds towards the upkeep of the church.

### St Michael's Church, Skidby

Saturday 28th April - "Music for Springtime" - a fund-raising concert performed by the Hallgate Camerata, Musical Director Julian Savory, at 7.30 pm. Entry £5, including refreshments. All proceeds towards the church tower repair fund.

### Cottingham Men's de Luda Society

Wednesday 2nd May - Mike Freeman - Life and Times of Humber Street, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Cottingham Ladies Circle

Thursday 3rd May - Dove House - Dan Clipson, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

### East Yorkshire Group of the Hardy Plant Society

Thursday 3rd May - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Razban Chisu "Plants and Castles in Transylvania. Plants for Sale. Further information from Lois Scott 01482 494276.

### Music Time - Pre-school Music Group

Come & join our fun music group for children aged 0-4 years. Cottingham Civic Hall, Monday 9.30 am & 10.30 am sessions during term time. First session FREE, £3.75 thereafter, paid per term. For more information call Dean on 07947 817556 or go to [www.music-time.org](http://www.music-time.org).

### Activities for Under 5s

ArchaeoTots at Southburn Archaeological Museum. Free drop-in sessions for children under 5 to enjoy age appropriate toys and activities with their carers, linked to times past. Tea, coffee, changing facilities and easy parking are available. 10.00 am - 12 noon on the 3rd Tuesday of each month, for themed fun in a safe and stimulating environment. April 17th - "shelters" theme May 15th - "clothes" June 19th - "food and farming". Call 07410 441408 for details. [samatSouthburn@live.co.uk](mailto:samatSouthburn@live.co.uk)

Continued on page 42

## Young musicians concert to take place at the Middleton Hall on Wednesday April 11th

The best young musicians in Hull are to feature in a concert to be held at the Middleton Hall at Hull University on Wednesday 11th April.

Featured in the concert will be the City of Hull Youth Symphonic Wind Band, The City of Hull Youth Jazz Band and the Albermarle Brass Ensemble.

At the concert the Rotary Club of Humberside will hand over another 3 music bursaries to talented young musicians bringing the total bursaries presented to 30.

Doug McLaren, chairman of the Rotary Club's Major Events Committee said; "So far we have raised over £40,000. We continue relentlessly to seek both new sources of donations from both local and national charities and businesses.

"It makes it easier when we can demonstrate just how beneficial the scheme is to the community in Hull.

"One girl who received an award from us has made amazing progress and has been invited to join the Junior Orchestra and is now working towards her Btec in Music".

Each bursary is worth £1,400 and runs for the whole period of a child's secondary education.

Tickets for the April concert cost £10 and are available from the Albermarle Music Centre in Hull. Telephone 01482 318800.

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### St Mary's Church Cottingham - "Storytime in the Space"

Bible Stories with a twist, every Tuesday in term time straight after school. Aimed at primary school children of all faiths or none. Parents and carers you are invited to bring your children along and join in the fun. Refreshments provided. Younger siblings welcome.

### Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

### Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Beryl on 01482 353547.

### 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 [revtrev37@gmail.com](mailto:revtrev37@gmail.com)

### Hull Folk Dance Club

Tuesdays 7:30 to 9:30pm. Darby & Joan Hall, Finkle St., Cottingham. Enjoy tea/coffee and biscuits and get to know the members. Come on your own 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 classes are offered and everyone is welcome. Your first visit is free. **Closed 27 March & 3 April.** More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and [www.folkdance.me](http://www.folkdance.me).

### 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 2.00 pm - 4.00 pm. 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](mailto:bgih@hotmail.co.uk).

### Cottingham Bridge Club

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

*Continued on page 45*

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# Cottingham Little Theatre

## The Snow Queen

First of all thanks and congratulations to everyone involved in "The Snow Queen", our Christmas production. A lot of work went into this show, which not only had a huge cast, many of them new to CLT, but also made big demands on our costume, technical and backstage crew. It was lovely to have such a favourable and enthusiastic response from audiences. Apologies if you didn't manage to get hold of tickets: we put on an extra performance because we knew the show would be popular, but even so we sold out really quickly!

## Murder Mystery

Thanks also to those who attended our Murder Mystery in February. It was clear that everyone who came along had a fantastic evening (possibly assisted by consumption of the odd glass of wine). This is the first time I've watched the performance rather than being in it and I understand now what you've all been going on about: IT IS THE MOST BRILLIANT FUN! I can thoroughly recommend it for a great night out with friends.

## May 2018 Production: Sitting Pretty

Our next production is "Sitting Pretty" by Amy Rosenthal, a wonderful bitter-sweet comedy from the very talented daughter of Jack Rosenthal and Maureen Lipman:

*Sisters Nina and Nancy share a flat. Nina is brisk, dynamic and gainfully employed. Nancy is plump, self-conscious and suddenly redundant. Urged to find a hobby, Nancy unwittingly stumbles into a job modelling for evening classes – but life models pose nude! Initially horrified, she is unexpectedly liberated by the experience. But what will happen when Nina discovers what Nancy HASN'T been covering up?*

Halfway through rehearsals it's clear what a lovely, warm, funny play this is and the Directors, Lynda and Sue, seem really pleased with how we're doing so far. That's on the plus side. On the minus side I am playing Nancy. GULP! Let's hope our Props team can find some really big easels...

**Performances at 7.30pm on Thursday 10th, Friday 11th and Saturday 12th 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 £8, £7 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.

## PS: Play Readings!

Don't forget you're welcome to come along to any of our regular play readings – the next is on Monday 9 April in The Blue Bell. Arrive at 7.15pm (for a prompt start at 7.30pm).



## Shower screen cleaning a problem?

Cleaning the shower screen, in a hard water area like ours in Cottingham, is one of life's more disagreeable chores! When I speak to people about water softeners and how they can help, it is one of the first questions I am asked, typically: "If I have a softener, will it mean that I won't have to scrub away with sprays and squeegees after every shower?". I can answer promptly, that, yes indeed a softener will reduce the shower cleaning routine to a quick rinse! Like wise there will be sparkling taps, limescale free toilets, gleaming unspotted work tops and all with less chemicals and elbow grease!

Laundry will be cleaner and softer with a water softener, and with vastly less detergent necessary and the dish washer can operate without having to add salt, because the water is already soft.

Appliances such as washing machines, being scale free, will operate more efficiently and last longer as well as doing a better job.

It's long been recognised that a home supplied with water from a softener cost less to run, but it's been hard to quantify the exact savings due to the large number of variables. These include the hardness of the mains water in the area, the volume used in the household as well as the layout of the property. The type of boiler and plumbing system are also important factors.

So anything we can say is by definition just an estimated average, but never the less it serves as a useful guide. It's a few years now since estimates emerged of a £1 per day saving in household costs for softened water compared to hard, based on an average size property in an average hard water area (a hardness of around 300ppm has been considered a useful standard for many years). Since then, energy costs have risen dramatically, only reaching a plateau more recently. And in the USA the Battelle Report has been published, concluding that a domestic water softener is one of the best energy saving investments we can make in our home.

## The main savings can be summarised in three categories;

Avoiding the costs of plumbing repairs and replacements – things like shower heads, taps, heat exchangers, washing machines, kettles, irons... and the list goes on!

Supermarket shopping bills – it's clear that softened water households use only a fraction of the detergents, soaps and personal care products that are needed in hard water households. Anyone who's showered in a hotel which has a softener and experienced "suds law", the explosion of foam and bubbles from using an excess of shower gel or shampoo will certainly confirm this!

Energy costs – in a softened water household, the absence of limescale on domestic hot water heat exchangers ensures they operate at their original efficiency, keeping fuel charges low.

Water softener owners have direct experience of the saving they make, so are in the best position to confirm the reality of the savings. If you have neighbours or friends with a water softener, why not ask their opinion – most are very happy and some are positively evangelical about the positive advantages of switching to softened water.

For specific information and a free detailed quote and installation plan, ask us to pop in so we can understand more about your requirements. There is no obligation and we can answer any questions or concerns you may have.

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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:

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### Addictions:

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### Mental and Emotional:

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

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### 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 the Zion URC Church, every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice. **PLEASE NOTE NEW VENUE!**

### 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

### 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. We are also looking for volunteers and expenses can be paid.

### 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.

### 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 25 teams (17 Boy's teams at under 7 to under 19 level, 4 Girl's teams at under 10, 12 14 and 16 level, 1 Men's teams, 1 Veterans teams and 2 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](http://www.cottinghamrangers.co.uk)

**The deadline for entries in the May 2018 "What's On" section, is no later than the 19th April 2018.**

## Cottingham Darby & Joan Club - seeks new cook

The Cottingham Darby & Joan Club, Finkle Street, urgently requires a cook to replace one of our two cooks who is retiring after nine years of working with us. The Club meets every Friday (except August and Bank Holidays) and a two-course meal for approximately 90 people is cooked on the premises from fresh ingredients.

The hours each Friday are 9 a.m. to noon and the salary is paid monthly. For details of employment please ring Jennifer Hodge on 849077, or on a Friday 845819

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### Crossword solution from page 14

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# MARIONOWENTRAVEL



## 2019 Sailings

### Buy One Get One Free

#### HULL Sailings aboard Astoria

Prices are shown per person including savings based on 2 sharing a voyager inner twin cabin

- 01 September 2019 ~ 11 night British Isles Discovery from £799.50pp
  - 12 September 2019 ~ 8 night Fjordland Splendour from £579.50pp
  - 20 September 2019 ~ 14 night Baltic Cities & St Petersburg from £1014.50pp
  - 04 October 2019 ~ 8 night Autumn Fjordland from £549.50pp
  - 12 October 2019 ~ 13 night Norway & the Land of Northern Lights from £894.50pp
  - 25 October 2019 ~ 11 night Iceland & the Land of the Northern Lights from £759.50pp
- Viewing of the Northern Lights are subject to atmospheric conditions\*

#### Newcastle Sailings aboard Magellan

Optional travel from your door\*

- 04 May 2019 ~ 14 night Baltic Cities & St Petersburg from £1064.50pp
- 18 May 2019 ~ 7 night Majestic Fjordland from £534.50pp
- 25 May 2019 ~ 14 night Baltic Cities & St Petersburg from £1084.50pp
- 08 June 2019 ~ 13 night Iceland, Faroes & Northern Isles from £1009.50pp
- 21 June 2019 ~ 11 night Around Britain & River Seine Experience from £854.50pp

#### Liverpool Sailings aboard Magellan

Optional travel from your door\*

- 09 July 2019 ~ 11 night Iceland & the Faroes from £854.50pp
- 20 July 2019 ~ 7 night Summer Gardens & River Seine Experience from £544.50pp
- 27 July 2019 ~ 12 night Grand Fjordland Splendour from £929.50pp
- 08 August 2019 ~ 10 night Spain, Portugal & Gibraltar from £759.50pp
- Multi Generation Cruising for the whole Family:- Child price under 16 years £99 sharing with 2 adults*
- 18 August 2019 ~ 11 night Summer Fjordland from £839.50pp
- Multi Generation Cruising for the whole Family:- Child under 16 years £199 sharing with 2 adults*

\* Travel from your home to the port of Newcastle or Liverpool from only £75 per person return with your booking at Marion Owen Travel. Giving you a hassle free start and finish to your cruise.

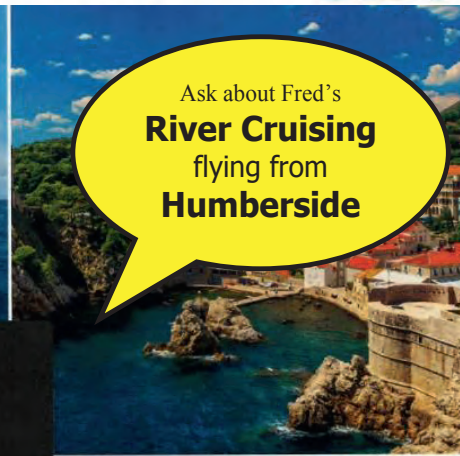
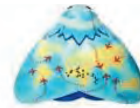
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or call in person to : 23 Portland Street, HULL, HU2 8JX [www.marionowentravel.co.uk](http://www.marionowentravel.co.uk)

**Terms and Conditions-** Gratuities of £7pp per night will be debited to the onboard account. For full booking terms and conditions please refer to the latest Cruise & Maritime Voyage brochure. Cabins are lead prices per person based on 2 sharing\* an inside Voyager cabin - please ask for other grades. Offered for sale & subject to availability when booking in the UK by South Quay Travel & Leisure Limited trading as Cruise & Maritime Voyages. ABTA V9945 ATOL 4619.



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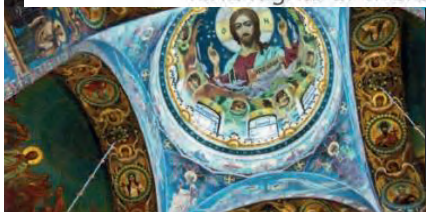
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# Great Seasonal Offers



## Easter Half Term FREE CHOCOLATE TREAT

with every kids meal  
Monday - Friday only  
until 6th April  
2018



Chalice Circle  
5.76sqm  
+ square off kit  
only

**£120**



Cheltenham  
Arbour  
only  
**£260**



MasterTouch  
GBS 57cm BBQ

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**FREE CHIMNEY  
STARTER**

worth £24.90



**2 for £9**



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Lounger

£50  
each

**2 for £85**



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Compost

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£10**



## Easter Face Painting

Saturday 7th April 2018 11.30am - 2.30pm

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