

# Cottingham Times

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Issue 209 - April 2019

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Published Monthly by: The Cottingham Times

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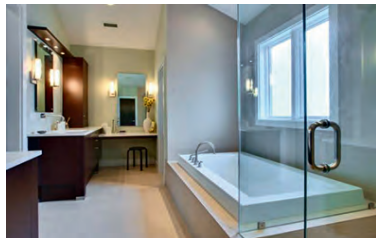
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## In Cottingham and District

The deadline for entries in the May 2019 "What's On" section,  
is no later than the 18th April 2019.

### Beverley Gardeners' Club

Tuesday 2nd April - Fuchsias and Hardy Fuchsias Ron Mawer (Rowanne Nurseries), 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 Methodist Church Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 2nd April 2019 - 7.30pm

Tuesday 16th April 2019 - outside visit - 6.30pm

Tuesday 30th April 2019 - 7.30pm

Spring is in the air so why not get your camera out and join our friendly group. New members welcome all levels. Contact John on 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk). Have you seen the advance notice of Cottingham Day Photography Competitions.

### Cottingham Local History Society

Wednesday 3rd April - AGM followed by an illustrated talk, in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

### Cottingham Men's de Luda Society

Wednesday 3rd April - Liz Shepherd - The Development of Anlaby Road, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

### Cottingham Ladies Circle

Thursday 4th April - Pat Elliot - Beverley Market Place, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

### East Yorkshire Group of the Hardy Plant Society

Thursday 4th April - Samantha Hopes - 'HEPATICAS', at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

### Hull Alpha Probus

Club for retired or semi-retired professional people meets in The Back Room (on Hallgate) on alternate Thursdays. New members welcome. Contact the Secretary on 01482 348270 or 07542 959314

4th April 10am - coffee

18th April 12 noon - lunch : Speaker - Mrs A Jackson on Dementia

2nd May 10am - coffee

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

Thursday 4th April - Will hold its Annual General Meeting at 7-30pm in the Skidby Village Hall followed by the judging of the competitions. **N.B.** The May meeting will be on the third Thursday 16th May at 7-30pm as the first Thursday is the local election day and also the Tour de Yorkshire.

**Front cover: Cherry Blossom down Eppleworth Road.  
Photo: Paul Lakin.**



### Little Weighton Yorkshire Country Women

Saturday 6th April - Annual Dinner.

### Wild Spaces Group

Sunday 7th April - Dene Wood 10.00 am Dene Road entrance.

### Catholic Women's League

Monday 8th April - Father Frank Gallagher - Clunk, Clink, Every Trip. Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, 7.30 pm.

### Hull and East Riding Astronomical Society

Monday 8th April - "Triumphs of Voyager - Part I", by Paul Money, FRAS, FBIF. We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7.30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

### YPI Camera Club

Monday 8th April - Annual AV Competition judged by Dave Thompson of Cleethorpes Camera Club. Enter upto two AV's. The club encourages the production & appreciation of audio-visual sequences (AVs). We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, text and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.uk/index.html>. New members always welcome – just turn up.

### Cottingham Green Women's Institute Evenings

Thursday 11th April - Peter Rogers - Mr. Stewart of Burnby Hall and the Romanovs. Competition: From Russia. Held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

### North Ferriby Flower Club

Thursday 11th April - There will be a Workshop in the Village Hall from 1.30 - 3.30 pm. We meet on the second Thursday of the month at 7.30 pm in the Village Hall, North Ferriby, HU14 3AA.

### U3A

Thursday 11th April - Christine Henderson 'Joyce Grenfell', at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

### Hull And East Riding Glaucoma Group

Friday 12th April - 11am - 1pm, when our invited speaker is Jayne Nolan, Falls Prevention Officer from Age UK. The loss of peripheral vision of any degree can play a part in causing trips and falls, and Jayne has very kindly agreed to talk to us about the different aspects involved in preventing falls in the home. Entry £1.50 per person. A 2 course lunch, cost £5, and bookable in advance will be available following this meeting. For more information and to book your place (and optional lunch) please call Sight Support on 01482 342297.

### EYES (East Yorkshire Embroidery Society)

Saturday 13th April - Claire Day - From Intangible History to Creative Engagement with the Hull Trawlermen, in the Darby and Joan Hall Finkle Street, Cottingham. 2:30 to 4.00 pm. Doors open 2:15. Members £1:50 Visitors £2:50. Tea/Coffee biscuits included.

*Continued on page six*

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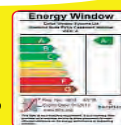
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## What's On - Continued from page five

### The Arterian Choral Society

Saturday 13th April - Are singing Sir John Stainer's "The Crucifixion" at St. Mary the Virgin, Cottingham. This is a 'Come and Sing' an event as part of the unfolding Easter story. If anyone would like to sing with us, more information can be given, to register before the day, ring 01482 849415. Copies of the music are available if needed. Or come and be part of the audience. Rehearsal for singers 1.30pm -4.00pm. Performance 6.30pm. Singers £6. Audience £6. The price includes refreshments.

### Skidby Village Hall

Saturday 13th April - 9am to 1pm - VILLAGE OPEN FOR GARAGE SALES and VILLAGE HALL hosting refreshments and GARDEN STALLS. Map of the village and location of garage sales available in the hall at £1. All welcome, grab a

bargain! Supporting the continued upkeep of the hall. Registered Charity 222177. Email: [skidbyhallsec@outlook.com](mailto:skidbyhallsec@outlook.com), fb: skidby village hall. [www.skidbyvillagehall.btck.co.uk](http://www.skidbyvillagehall.btck.co.uk)

### The East Riding Flower Club

Monday 15th April - Will take the form of a floral demonstration by Judy Watker from Bramhope entitled 'All that Jazz'. The Club usually meets on the fourth Monday of the month at 2pm at Cottingham Civic Hall. We are a friendly club, and welcome new members and visitors to all our meetings.

### North Ferriby Gardeners' Club.

Monday 15th April - Howard Leslie - Unusual Perennials. The club meets on the third Monday of each Month (except December and August) at The Parish Hall, Church Road, North Ferriby HU14 3DA commencing at 7.30pm. Annual membership is £10 with guests fees of £2.50 per visit. Tea/coffees are served along with a raffle. For further information please ring Trevor on 633409.

### East Yorkshire Woodturners

Tuesday 16h April - Demonstration by professional woodturner Steve Heeley, from Cannock in Staffordshire. Steve demonstrates at clubs and exhibitions throughout the UK. Meetings are every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, Secretary, 01482 876702, [cotters@cotters.karoo.co.uk](mailto:cotters@cotters.karoo.co.uk) or visit the Club's website: <http://eastyorkshirewoodturners.org.uk/>

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

Tuesday 16th April - Speaker: My Patchwork Life, Diana Thomson, 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 16th April - Andrew Prince: "A Portrait of Jewels - following missing treasures through canvas". At 10.45a.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 17th April - Catherine Scott - Performance Poetry, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.



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### Cottingham Men's de Luda Society

Wednesday 17th April - It's Up His Sleeve - Peter Smales, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

### Cottingham Ladies Circle

Thursday 18th April - Social Afternoon, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

### East Yorkshire Association of the National Trust

Thursday 18th April - Alex Codd (Hull City Planning Manager) "Hull's Heritage Project, in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

### Tower Tour, St Mary's Church, Cottingham

Easter Monday April 22nd 11am. Great views, get close to the bells, wind the clock. To book, contact Ian on 01482 848041.

### Wednesday Social Club

Wednesday 24th April - Mrs. Walker, "I Do Like to be Beside the Sea", in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

### Hull Macular Society Group

Friday 26th April - Will have The Hull Ukulele band to entertain the group. The Macular society offer help and advice for people living with central sight loss. Meeting held at Sight Support Beverley road Hull 10.30 am until 12.15 pm for more information contact Bernard Messingham 01482 860381.

### Inland Waterways Association

Friday 26th April - The Yorkshire Air Museum, a National Treasure presented by Ian Richardson. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

*Continued on page 11*

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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 – Doing more with less.**

As I come to the end of my second year as Clerk, I want to talk to you about the thing that makes the world go round: Money!

I am sure you will have all seen your Council Tax bills by now and noticed increases in the various areas. I hope you will also have noticed that there is no increase to the amount you pay to Cottingham Parish Council (actually there might be a tiny increase due to rounding). We have always prided ourselves on providing excellent value for money to the taxpayer and we currently charge, per household, less than a third of the national average charge of Town/Parish Councils (our charge has fallen over recent years).

This does not mean, however, that we are doing less. In fact, we are doing more! Our office is now open five days per week providing help & advice to the public and acting as a conduit to East Riding Council. We now run two large events per year (Cottingham Day and the Christmas Festival), have recently installed two defibrillators in the village, and will be undertaking a large upgrade to the CCTV system in the coming months. In the 2018/2019 financial year we have also provided over **£27,500** to local groups and events, this being made up of; £8450 to the Cottingham Village Trust for the running costs of the Market Green public conveniences plus a general donation of £720 with money raised from the sale of dog waste bags, £10,000 for the annual Christmas Lights, £450 to St Mary's Church towards their WW1 centenary events, £774 to Cottingham Bowling Club for a new flagpole and flag as part of their centenary celebration, £1000 for Cottingham Tigers under 10s for new kit and equipment, £582 for Cottingham Rangers under 7s for clothing and equipment, £480 for Hull Folk Dance Club (based in Cottingham) towards costs of a centenary event at the Civic Hall, £1767 towards the costs of the Springboard Festival, £246 for Cottingham Cricket Club for new equipment, £3000 for the Friends of Hallgate Primary School towards the cost of new library, and £50 to the Derby & Joan club for song book printing.

If you are part of a group looking for a grant then please get in touch.

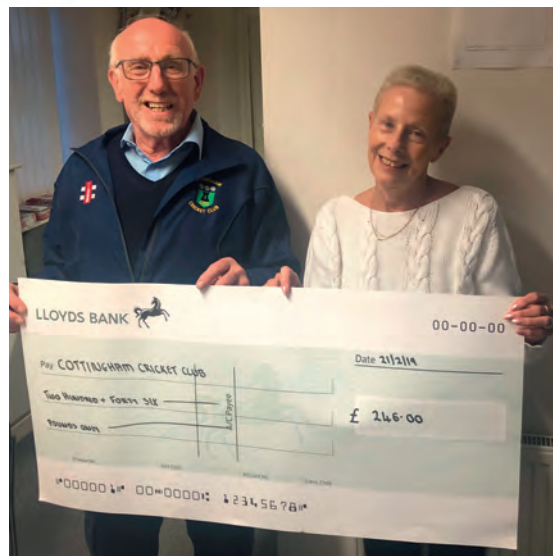
A handwritten signature in black ink, appearing to read 'Matthew Kay'.

Matthew Kay, Clerk to Cottingham Parish Council  
[clerk@cottinghamcouncil.org](mailto:clerk@cottinghamcouncil.org)

- **Drug problems in Cottingham**

A number of residents have raised with us the issue of drug dealing taking place at various locations throughout the village. We are in communication with Humberside Police on the matter and a PCSO will be patrolling the areas and contacting concerned residents.

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



*Mike Ransome from Cottingham Cricket Club receiving a grant cheque from Cllr Ann Abel*

- **Sustainable Urban Drainage Systems on new build estates**

Sustainable Urban Drainage Systems (or SUDS) are systems put in place on new housing developments that ensure rainwater, that would normally be trapped in permeable open land prior to development, does not enter the traditional drainage systems too quickly and cause overflow and flooding.

Given the amount of new development in Cottingham over recent years, the Parish Council recommends that anyone living in a new build estate find out if such a system operates around their property and who is responsible for its maintenance.

- **Dates for your Diaries (including Natwest)**

The Cottingham Parish Council Full Parish & Finance meeting takes place on the third Thursday of the month (apart from in August and December) and start at **7pm**. The next meeting will be **Thursday 18<sup>th</sup> April 2019**.

Meetings of our Planning Committee cannot be fixed, so will be advertised as they arise, as they are dependent on the planning applications that come in from East Riding of Yorkshire Council. We are now aiming to have the meetings on the first Tuesday of the month but this is subject to change.

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.

For the first three months of the year, we had a Natwest representative in the office one day per month in order to answer customer queries and assist with moving to online banking. This has been extended and the next time they will be visiting is **Tuesday 28<sup>th</sup> May 10am-12pm**.

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# SPECIALIST PERSONAL INJURY LAWYERS ON YOUR DOORSTEP

If you are unlucky enough to suffer a serious injury in an accident which is not your fault, then now, more than ever before, having an experienced trusted solicitor on your side is key.

Navigating the minefield around personal injury claims is becoming increasingly difficult. The rules on bringing, funding and recovering compensation and costs in personal injury claims have changed numerous times since 2013, with the aim being to cut out fraudulent claims and reduce unnecessary costs. However, most of the changes have also made this area of law more technical, tactical and complex, which can work against genuine accident victims.

Many legal firms have stopped this type of work altogether, or only take on cases where there is no risk of losing, while others force potential claimants to jump through

countless hoops such as requiring the accident victim to obtain all the evidence to prove their claim themselves! It is also becoming ever more common for legal work on personal injury claims to be outsourced to lawyers who never even meet the injured person.

In the event of an accident, who can you rely on to deliver a trustworthy legal service that has your best interests at heart? Our clients tell us that they want to be able to meet their lawyer face-to-face, so that they can tell their story and discuss the options with an expert who will help them to get the best compensation possible.

Helen Drewery, Head of the Personal Injury Department at Graham & Rosen, and a member of the Law Society's Personal Injury Panel since its inception in 1995, has over 25 years' experience in personal injury work and has also been a part of Cottingham's village community for the same length of time. Her first work experience was at the offices of Gwen Drury and she trained at Graham & Rosen in the 1980s under the late John Brett, another Cottingham solicitor, one of the first to specialise in personal injury work in Hull and the East Riding. Helen and her team pride themselves on providing a bespoke service for injured clients to help them through the crisis of a serious accident.



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# A milestone for the Internet and warning signs for Windows 7

**The World Wide Web is 30 years old.** Well that's what it used to be called, and the exact date was last month, but we couldn't let it go by without a mention! *Sir Tim Berners-Lee* was the man who originally came up with the idea to help share information between his colleagues at the CERN physics laboratory in Switzerland. His boss at the time of reading his proposal called it 'vague but exciting'. One of the greatest understatements of all time perhaps? It is estimated now that around half the world's population uses the Internet, and of course that will keep growing as more countries come online.

**How the world has changed because of the Internet.** At the heart of it all, in simple terms, must be just ease of obtaining information. Anyone anywhere can look up anything with a few clicks! It has revolutionized the world of politics and commerce, education, books and music, news, banking & shopping. Information overload, mis-information - what some call 'fake news!' and social media, all have had an extraordinary effect on peoples' lives. *Sir Tim* said last month that global action was required to prevent what he called the web's "downward plunge to a dysfunctional future". That all sounds rather dramatic, as for most of us the Internet is such a brilliant resource we would struggle without.

**Half of all online shopping is made from mobile devices.** According to a recent survey of online buying trends, mobile devices rather than computers, are fast becoming the device of choice for our online shopping needs.

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**Windows 7 - Microsoft will stop officially supporting Windows 7 on January 14, 2020,** and as that date approaches the company is understandably keen to

convince Windows 7 users to upgrade to Windows 10. However, as computers running Windows 7 will probably be at least 5 to 7 years old by then, upgrading is not a realistic option in my opinion. Windows 10 works much better on a new computer, so the best way forward is to invest in a new one. Windows 7 will not stop working after that date, but there will be no more security updates issued, so like its predecessors Vista and XP, it will therefore not really be safe to use online.

**Internet Explorer will also be officially retired at the same time as Windows 7.** I have mentioned previously that Internet Explorer was becoming more troublesome and less secure, and to use another browser like *Chrome* or *Edge* or *Firefox*.

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**Google Chrome** – the browser of choice as I always advocate! But did you know that if you also have a Gmail address, you can sign into Chrome and all your preferences, favourites, internet searches and saved passwords etc., will be synchronised between all your devices – computers, tablets, phones etc.

**Eset banking & payment** - If you use this service to make your banking safer (and you should be!) but can't find the icon on your Desktop, just look on your alphabetical list of Apps on the start menu. Or go to the 'hidden items' tray in the corner of your screen, click the up arrow to the left of the clock to display the box then double click on the Eset icon to open it, then click on Tools. If you have the very latest version of the program (v12.1.31.0) you should also see a new revamped screen that says in large letters 'welcome to the Eset secured browser'. This also now irons out the **previous glitch** showing a message in the address bar (from Google) that said the page may not be secure.

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**The Windows key on your keyboard** – do you ever use it? It does have quite a few functions, when pressed it will bring up your Start Menu, or when **held down** can be used in combination with other keys. Along with the letter R it will bring up a *Run* command which can be used to run programs. Use along with letter E and a Windows Explorer will open (what we used to call My Computer). When combined with the Tab key it will show all your open windows next to each other. You can click on any one to change over or use your arrow keys to navigate. If you get stuck, just press the ESC key (top left on most keyboards). To toggle between open windows even quicker, you can use (hold down) the *Alt* and press the *Tab* key.

**If you haven't already upgraded to ESET Internet Security,** now is the time to do it. Go to the website <https://www.eset.com/uk/home/free-trial/> and download a **free one-month** trial! Just make sure you uninstall any existing anti virus you may have, even if it has expired. For prices, upgrades and licences – just give us a call. **Richard Mills**

**Remember to look on my website for copies of the current and two previous articles where they can be read, downloaded or printed.**

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### Little Weighton Gardening Club

Friday 26th April - In Little Weighton Village Hall, 7.30 pm "A Year at Kew", a talk with slides from Pam Powler. £2.00 entry, Guests welcome.

### National Vegetable Society, East Yorkshire District Association.

Monday 29th April - 'Tomatoes' with Simon Crawford. We meet on the last Monday of the month (except December and August) at The Conservative Club, Wylies Road, Beverley, HU17 7AP at 7.30pm. Light refreshments are served and a raffle. Admission is £2 per person. For further information about the club, please use our web site [nvseyda.btck.co.uk](http://nvseyda.btck.co.uk) or ring Trevor on 633409.

### Cottingham Men's de Luda Society

Wednesday 1st May - Hull Men Fought in the INT. Brigades/ Spanish Civic War - Gary Hammond, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

### Little Weighton Yorkshire Country Women's Association

Wednesday 1st May - AGM followed by Chair Aerobics with Carol Winter. We meet on the first Wednesday of the month in Little Weighton Village Hall at 7.30 pm. All welcome.

### Cottingham Ladies Circle

Thursday 2nd May - Kate Willoughby - The Search and Rescue Helicopter, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

### The Beverley Flower Club

Meets on the first Monday of each month, except August and

January, when we have a Demonstration of Flower arrangements by an Area or National demonstrator, and twice during the year, usually before Christmas and Easter we have a Workshop when members can try out their own skills. We meet now at Bishop Burton College at 7.30pm and are always pleased to welcome new members. Find us on Facebook or ring 01430 828466 or 01482 865439 for further details.

### Storytime at St Mary's Church Cottingham

Bible Stories with a twist, songs and fun! Parents, Grandparents and Carers bring your children along and join our friendly group. Tuesdays straight after school from Tuesday 15th January. Refreshments provided. This activity is aimed at primary school children. Younger siblings are welcome.

Continued on page 23

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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>

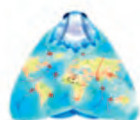
## Sudoku No. 146

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

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

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# MARION OWEN TRAVEL



**April, Spring time and the gardens are now beginning to bloom.** Our first tour this month is Llandudno and has no less than 3 wonderful garden experiences. Lets hope our weather keeps up and our cold spells have gone.

**Cruise & Maritime buy 1 get 1 FREE**, the 1st guest pays & the second sharing the cabin 2nd goes free on 2020 sailings. This includes cruises sailing from HULL. You still have chance to take advantage of this offer this month following an extension until the end of April. With sailings in the summer & autumn the latter offers an ideal opportunity to perhaps catch a glimpse of the Northern Lights.

The 2 for 1 also includes our 1 night mini cruise next August with a super 2nd day travelling through the North Yorkshire Moors with a stop in Helmsley, from just £90 per person.

**Fred Olsen, 2020/21** don't miss out on early booking discounts along with your choice of cabin. Call for the best deal to suit you. Regulars also get their Ocean's discount.

Remember, when booking your cruise or holiday with Marion Owen Travel there is always the option of travel from your door to the ship or airport. You cannot beat a relaxed start and finish to your holiday.

**Why not join our China group?** We have just 4 places to reach our optimum number of 20 to enjoy the best cultural experience. Flying from Humberside makes travelling so easy. With the start of visa's on arrival in China this makes this fully inclusive tour even more appealing.

**Looking to stay closer** to home but want to feel as if you have left the country? Why not join our Isles of Scilly or Isle of Man holidays. Both are just 2 hours 45 minutes away by sea and offer a complete contrast to mainland Britain. Our travel insurance with no age limit or exclusions for pre existing medical conditions is also available on these tours.

**The Isles of Scilly**, offer deserted white sand beaches, turquoise sea, plus wonderful wildlife & fauna. When the sun shines you may well feel you are in the Caribbean. Limited space now available and this will not be repeated in 2020.

**Join our mailing list?** Email: [info@marionowentravel.com](mailto:info@marionowentravel.com) with full name, address & telephone number. Point out if you are a solo traveller or have a special interest.

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PS keep your eyes on our website for new tours being added for 2020

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18 May	Derbyshire 's Well dressing & the National Trust 3 nights DBB - limited single rooms + £15	£ 345
23 May	Matthew Bourne's Romeo & Juliet matinee (6 seats)	£ 50
26 May	Disneyland Paris - 5 nights via P&O sailing from Hull, 3 nights Newport Bay Club Disney Hotel B&B plus a 3 day park pass. E.g. price, family of 4 £1859. Ask for other combs	£ per room max 4
16 Jun	Luxury Halls, 2 days includes Wynyard, Whitworth & Crook	£ 175
18 Jun	Boundary Mills for the Summer Sales	£ 20
27 Jun	Highgrove & Sir Roy Strong's Laskett Gardens - 2 days	£ 215
16 Jul	Isles of Scilly - 8 day tour, a wonderful holiday	£1185
14 Aug	Luxembourg, 6 nights via P&O North Sea Ferries. Super itinerary inc. Wine tasting, a River Cruise & Historic sites.	£ 659
30 Aug	Frogmore House, Savill, Wisley & Woburn 3 days DBB	£ 315
04 Sep	Isle of Man - a 7 day island tour half board & fully guided	£ 695
22 Nov	Alvaston Hall Weekend, includes: Michael Buble tribute, Chester Christmas Markets & Trentham Gardens Village.	£ 285
10 Dec	Ripley Castle: tour & afternoon tea + Stockeld Park	£ 65
18 Dec	Boundary Mills & Lunch a superb 3 course meal & coffee	£ 40
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Apr 19\*

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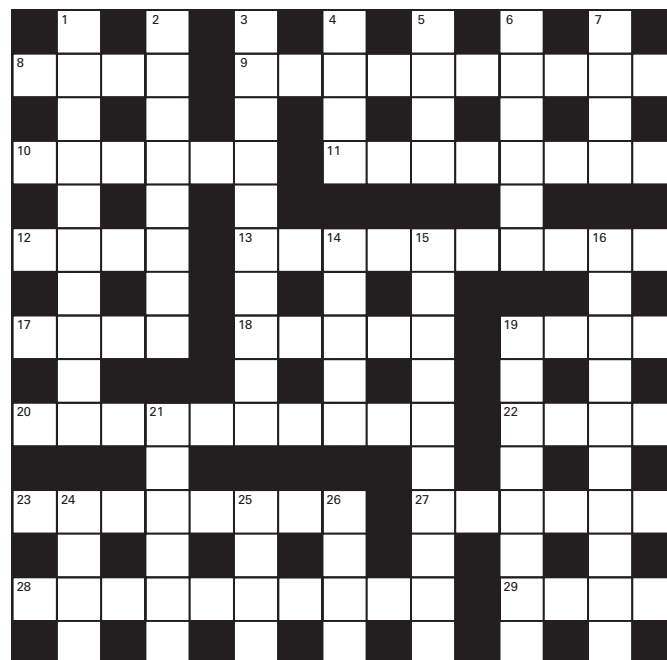
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## Crossword – Solution on page 46



### Across:

8. Present (at a show) (4)
9. Socialized (10)
10. One who searches (6)
11. Happy (8)
12. Protagonist (4)
13. Opportune (10)
17. Riffraff (4)
18. Sword (5)
19. Mud (4)
20. Explorer (10)
22. Male offspring (4)
23. Fortify (8)
27. Type of insect (6)
28. Relating to schools (10)
29. Turquoise (4)

### Down:

1. Cited (10)
2. A place to do work (8)
3. Contempt (10)
4. Relating to the ear (4)
5. A Great Lake (4)
6. Dross (6)
7. List of choices (4)
14. Communion table (5)
15. An event (10)
16. Lacking moral discipline (10)
19. Abuse (8)
21. Captivate (6)
24. Ceremonial staff (4)
25. Orange pekoe and Earl Grey (4)
26. Consumes food (4)

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



## Irish Stew

This stew couldn't be simpler to make – all the ingredients simmer away to produce a dish that is really big on flavour and amazingly tender.

- Preparation time: 10 minutes
- Cooking time: 180 minutes
- Total time: 3 hours 10 minutes. Serves: 6

### Ingredients

- 1 kg British stewing lamb, from the meat service counter
- 2 onions, cut into large chunks
- 2 leeks, washed, cut into large chunks
- 400g carrots, chopped into large chunks
- 1 small swede, about 600g, chopped into large chunks
- 600g potatoes, peeled and chopped
- 125 g pearl barley
- 1.75 litres hot lamb stock
- ½ x 15g pack fresh thyme

### Method

In a large, heavy-based pan, arrange all the ingredients (except the stock and thyme) in layers and season generously. Pour in the hot lamb stock and bring to the boil. Skim off and discard any scum that comes to the surface.

Once boiling, reduce the heat to a gentle simmer and cook for 3 hours, stirring occasionally – making sure that the mixture doesn't catch on the base of the pan – until the vegetables are cooked and the chunks of lamb very tender. Serve sprinkled with chopped fresh thyme, and hunks of crusty white bread.

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



## Herb & spice roast leg of lamb

Preparation time: 15 minutes, plus marinating and resting  
Cooking time: 3½ hours  
Total time: 3 hours 45 minutes, plus marinating and resting  
Serves: 6, with leftovers

### Ingredients

- 6 cloves garlic, roughly chopped
- 1 tbsp cumin seeds, lightly crushed
- 1 tbsp fennel seeds, lightly crushed
- 50g fresh flat-leaf parsley, thick stalks removed
- 10g fresh lemon thyme, thick stalks removed
- 10g fresh mint
- 100ml olive oil
- 3 tbsp white wine vinegar
- 4 tbsp light brown muscovado sugar
- 2kg whole leg of lamb, part-boned
- 450ml lamb or chicken stock

### Method

1. Put the garlic, cumin and fennel seeds, parsley, thyme, mint, olive oil, vinegar and sugar in a food processor and blitz until the herbs are finely chopped. Make plenty of deep cuts into the lamb with a sharp knife and place in a non-metallic dish. Spread some of the marinade into the cavity of the lamb and spread the remainder all over the surface of the meat. Cover loosely and chill for at least 6 hours, preferably 24 hours. Remove from the fridge 30 minutes before cooking.

2. Preheat the oven to 220°C, gas mark 7. Transfer the lamb, with any of the herb marinade poured over, to a roasting tin and pour in the stock. Cover loosely with foil and roast for 30 minutes. Reduce the oven temperature to 180°C, gas mark 4, uncover the lamb (reserving the foil) and cook for a further 3 hours until the meat is very tender (see tip, below). Re-cover the lamb with the foil if it starts to over-brown during cooking.

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## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## World Malbec Day on April 17th

Now then, it's World Malbec Day on April 17, apparently. Who knew? Well not me, for one, but then I have to say every day can be a Malbec day for me!

It's regarded as one of "Big Six" red wine grapes, although it's perhaps way down the pecking order within that exalted bunch. Originating from the Bordeaux region of France, it was the grape responsible for the "black wine of Cahors" until a severe frost in the 1950s devastated crops.

Cahors is now more usually made from a blend of grapes and that has become one of the chief uses for Malbec in France - as a grape used in the blending process to provide colour and tannin.

The story in South America is quite different, however. In Chile, but more particularly Argentina, it has found fame and glory. More Malbec grapes are grown in Argentina than anywhere and it has become one of that country's most celebrated exports.

Argentina produces some excellent single-varietal wines. It's Malbec is typically a medium to full-bodied red wine with relatively high tannin and alcohol levels - it's common to see Malbecs above 14 per cent abv.

The wines are generally a dark, inky red colour, while on the palate it possesses ripe flavours of plums, dark cherry and blackberry which together give it a decidedly "jammy" character.

It's definitely a red meat wine; not as heavy as a Cabernet but robust enough to match with the heartiest dishes. Consider giving Malbec a go with any of your favourite beef, game, lamb, chilli, stews, mushrooms, sausage, and barbecue sauces.

And yes, like in France, it will also be an important constituent of a red wine blend, often used to give that richness of colour, but look hard enough and you might even find rose, sparkling and dessert versions.

Try a Malbec and hopefully you'll agree with me that it's an easy to drink red wine, with or without food. Some people love to call Malbec a working man's Merlot, as the wine has many of the same characteristics that make Merlot easy to drink, with an added spice and acidity. I've included some examples in this month's "best buys".

\* Supermarket Aldi is set to increase its online range with more higher-priced wines on the back of strong growth.

According to Aldi demand online has grown since launching an e-commerce platform three years ago. "We're now more and more confident we can stretch the range online because of that maturity we've got and because we also have more data," said Aldi buyer Mike James.

The discount supermarket has also launched an English still wine for the first time, as the trend for crisp, crunchy, acidic wines gathers momentum, fuelled by last year's long hot summer.

It has added an exclusive signature white Bacchus-Pinot Blanc blend from Lyme Bay Winery into its Exquisite Collection, which became available for the first time from the middle of last month. The 48 per cent Bacchus, 26 per cent Pinot Blanc, nine per cent Solaris and 17 per cent other varietal blend comes of the back of a new partnership with the innovative Axminster-based winery, and made in collaboration with Lyme Bay's head winemaker Liam Idzikowski.

Aldi buyer Mike James has said that last summer's scorching summer made it the year "to make a go of it" with English still wine, adding that it tapped into the growing demand for crisp, crunchy white wines and rosés, which had gained momentum over the summer.

"It was almost a manifestation that the trend was there already, customers were already moving on to that style of wine, so the great summer was all about that impetus. To crack on with that, we've thrown caution to the wind but even if it's a grey day (like today) for the rest of the summer, customer's palate are now tuned that style of wine," he said.

"Customers are having fewer preconceptions and less barriers to purchase, and thinking 'I'll give this a go, and if I like it, I'll buy it again'. Those seafood wines are really what people are after, so there are a lot on those types of styles."

James said the team had therefore "bigged up" the range with that style, adding a number of Galician whites including an Albanta Albarino 2018 (rrp: £7.99) and some "exciting" whites from Portugal, including Animus Vinho Verde 2018 (rrp: £4.79) and a single variety Avesso from producer The Wine Foundry (rrp: £6.49) Picpoul de Pinet and Exquisite Collection Muscadet (rrp: £5.69).

"Hopefully what Aldi does well is bring the right wines to markets but not necessarily your go-to Marlborough Sauvignon Blanc or Chardonnay, something a bit different," he explained.

The supermarket has also extended its range of rose - which James said was "massive last year", particularly those in the popular Cote de Provence style, and a number of Portuguese reds.



## BEST BUYS

**Chateau Pineriaie Cahors, 2016**

**Where:** Roberts & Speight, Beverley

**When:** Now, while stocks last

**Why:** Intense berry fruit with plum, blackberry and lots of spice, smooth and sumptuous, this wine expresses the almost tender notes of Malbec.

**£10.89 (was £11.89)**

**Las Banderas Malbec**

**Where:** Waitrose

**When:** Now, until April 9

**Why:** Deep red in colour with an expressive nose of plums and spice. Packed full of fruit on the palate, you'll find just a delicate hint of violet.

**£7.49 (was £9.99)**

**Las Moras Barrel Select Malbec**

**Where:** Co-op

**When:** Now, until April 23

**Why:** A mind-blowingly intense blast of pure black fruits with a touch of blueberry and mocha thrown in for good measure. Deep, bold and downright delicious.

**£6.25 (was £8)**

**Co-op Irresistible Bio Bio Malbec**

**Where:** Co-op

**When:** Now

**Why:** A powerful riposte to those who thought that Argentina had the patent on hedonistic, pure Malbecs. From Chile, this 100 per cent Malbec is drinking well with notes of fennel, coffee and chocolate.

**£8.00**



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## It's a Vets Life

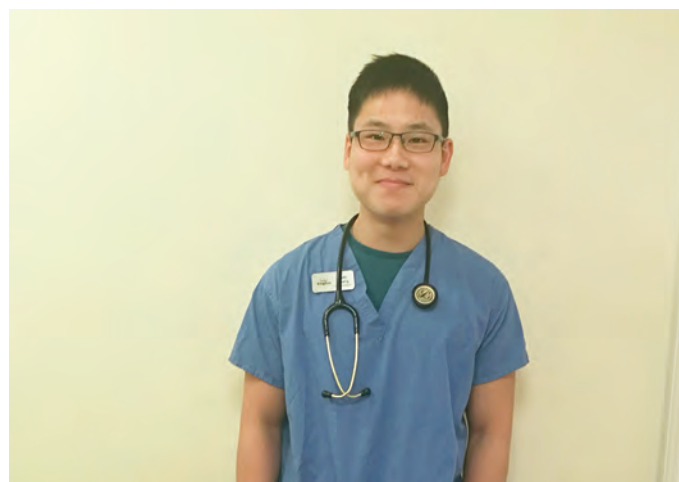
To all the readers who can remember the world of 'O' Levels and GCSE'S, English Language was the one subject (and only one) I gained in a high grade so when I am asked if I enjoy writing, the answer is of course yes. I have kept most of the Cottingham articles I have written and was shocked to see it is nearly 10 years since I wrote my first....how time flies. Another question that often comes up is where do I get my ideas? Working within the veterinary profession is the most obvious but also everyday life...family, my pets, friends and just observation. On saying this, I have noticed how many overseas students/qualified vets are choosing Britain as their first port of call. Interested? Over to Keith.....

### Who am I?

My name is Keith Chang and I come from the island city-state of Singapore. Having recently qualified from the University of Glasgow in mid-2018, I am one of the newest members of the KINGSTON family.

### How did I come about to being in this profession?

Unlike most vets who probably gained inspiration from being exposed to animals at a younger age, I was actually the opposite; being deprived of pets (dogs/cats) as a child as my parents simply would not allow it. Consequently, my exposure to animals was from watching



Pictured above: Keith Chang

nature documentaries or programmes on television, and from playing with my friends' pets.

### How did I end up in the UK/Hull?

Unfortunately, the veterinary course is not available in my home country due to the lack of resources and most vets are trained either in Australia or the UK. Most people are puzzled why I chose to come to this part of the world when my alternative option was warm and sunny Australia. The plain answer to that would be that it was more economically viable due to the respective exchange rates back in 2013; but my honest answer would be that I wanted to travel as far away from home as I could (while I could).

Upon graduation, I chose to stay in the UK to practise as I feel that the industry is currently more developed in the western world and that I would be able to build a better foundation here than back home. Not going to lie, it was no easy decision having to opt against year-round sunshine and 30 degree (Celsius) weather.

### What are my plans for the near future?

As of now, I seek to hone my skills as a general practitioner whilst still being a freshie in the working world. Consecutively, I hope to be able to develop my areas of interest in the profession in the near future.

### What do I do outside of work?

Half of me loves to be physically active - travelling and exploring the outdoors, going on long walks or hikes (oh, I miss the Scottish highlands); but there is the other half of me who appreciates days where I am just one with the couch enjoying a good TV series or movie.

We are very fortunate to have vets like Keith here at KINGSTON, who have come from all different sides of the globe and not only bring along with them their wonderful cultures but also new and fascinating ideas within the veterinary field.

### AND FINALLY.....TALL....

Oh boy! Another month has passed of destruction! Don't get me wrong, she IS getting better and leaves things when told, it is just when my back is turned. The items I am sure I have placed in a safe place, are no longer there but hidden behind a chair...the chair that I noticed has now a few holes in the seat cushion.... the seat cushion that I noticed was chewed when I entered the room to see a sea of material and foam! The garden, well this morning the one remaining rose in a pot had been decidedly pruned by a pair of white teeth after being tipped on a side.

The climbing rose I have been growing up the back of my house for 25 years plus, was, I noticed, shaking...but it wasn't windy...those teeth again. The lead walking is coming on slowly. I must have every lead under the sun...slip lead, canny collar, halti and halti harness, not all worn at once of course as tempting as that may be. There are a lot of exciting things to see in a puppies eyes, therefore, I am doing more socialisation around busy times ie: Beverley last Sunday and I don't need to explain that was an experience in itself. I remember when I had Teal, my previous Lab, saying to someone, that she calmed down by the time she was 4! That's 3 years and 4 months to go but there again I wouldn't have her any other way.

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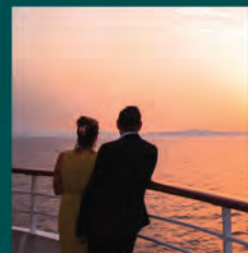
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## "The Tooth and Nothing but The Tooth"

by  
**Chris 'Dr. Smile Maker' Branfield**

### National Stop Snoring Week

Hello again, I hope you are well. This month we have National Stop Snoring Week. It is actually 22<sup>nd</sup> – 28<sup>th</sup> April. There seems to be a national week or national day for most things now and snoring has not escaped. Snoring and lack of sleep is gaining more interest, as is sleep medicine as a subject. Poor sleep can have serious health repercussions.

#### Snoring

The sound of snoring is irritating and annoying and can lead to sleep deprivation for the bed partner. But the noise of snoring can also cause a number of health problems. The level of noise that starts to have an effect on sleep is around 40dB. The noise of snoring can range from about 50dB to 100+dB. Research has consistently found that when exposed to noise at these levels, it can have a negative effect on all areas of well-being. Sleep disturbance, hearing impairment,



daytime functioning, mental health problems, cognitive issues and negative social behaviour can be symptoms of being subjected to loud noise over an extended period of time. Sleep deprivation can also have a negative impact on body systems such as hormonal release, glucose regulation and cardiovascular function. Some bed partners who sleep with a snorer try to ignore the noise. Although they may manage to sleep through the night, the quality of sleep is much reduced and they will not feel as refreshed in the morning as they should. Noise tends to reduce deep refreshing sleep to more shallow sleep, and will reduce dreaming sleep.

#### Facts About Snoring:

- 15 million snorers in the UK.
- 10.5 million men 4.5 million women.
- 40-50% of patients do not comply with suggested treatment.
- Men are louder snorers than women.
- 58% of snorers are between 50-59 years of age.
- The average sound of snoring is around 50dB but can reach up to 100dB which is the equivalent to listening to a motorbike roaring in your ear.
- Napoleon Bonaparte, Winston Churchill, Teddy Roosevelt and even Queen Victoria were all snorers.
- Snorers have less sex than their non-snoring counterparts.



#### The Good News

So, why is a dentist going on about snoring? Well, a whole lot of snoring is caused by the soft palate on the tongue. With a Non-Surgical Laser Therapy or a Mandibular Advancement Device we can successfully alleviate loud snoring. There is an app that you can get for your smart phone called Snore Lab. It's a really good way to follow your snoring. We advise using it before during and after treatment as a guide to how you are doing. Here is an actual series a kind (and very happy) patient let me share during Nightlase Therapy.



Until next time. Take care and be good. Here's to making a difference.

*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 26 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, 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' Humanitarian work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).

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### **Eastern Lights WI Choir**

Ladies do you love to sing? If you are over 18 we would love you to join us. No audition, no need to read music & you don't even have to be a member of the WI. We meet on the 2nd & 4th Wednesday of the month from 7.15 until 9.15 in Leven recreational hall. Just come along or email [easternlightschoir@gmail.com](mailto:easternlightschoir@gmail.com)

### **Hull Folk Dance Club**

Tuesdays 7pm for 7:30 to 9:30pm. Darby & Joan Hall, Finkle St., Cottingham. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. All dances are walked through before being set to music. Beginners tuition is also offered. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and [www.folkdance.me](http://www.folkdance.me).

### **Musical Memories**

Do you enjoy a good sing-a-long? If so come and join us on the 1st Thursday of the month, 1.45 pm until 3.15 pm. We have coffee/tea and cakes halfway through. No Charge FREE. And we meet in the Methodist Church, Hallgate.

### **Wolfeaton Park Bowling Club**

From early April through to September we are an active bowling club. New members are very welcome, including complete beginners. We have 'roll-up' social/fun bowling sessions: Mon at 6.30-8.30pm and Tues/Fri at 2pm-4pm. Arrive early (15 to 20 mins) so that we can show you around. Come along and see if you like it – your first three sessions are free, we will

provide the bowls and bowling shoes for you to use. We also have club competitions and social events (summer and winter) in which all are very welcome to join. Additionally, most days in the Summer, we have: ladies, men and mixed league matches. We bowl at Bramble Close (off Chestnut Avenue), Willerby HU10 6PD. For more information, about membership and other details, call Sue Hall, Club Secretary – 01482 652384 or email: [s.hall@doodad.karoo.co.uk](mailto:s.hall@doodad.karoo.co.uk).

### **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 Chris 01482 849124.

*Continued on page 36*

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

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

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

Hoe your borders, getting rid of the weeds before they take over and apply mulch before the herbaceous growth blocks your

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

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

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

### 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.



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## 10 Jobs for this month

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

### Create a Vegetable Patch

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

Get a bit more adventurous by planting carrots.

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

### 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.

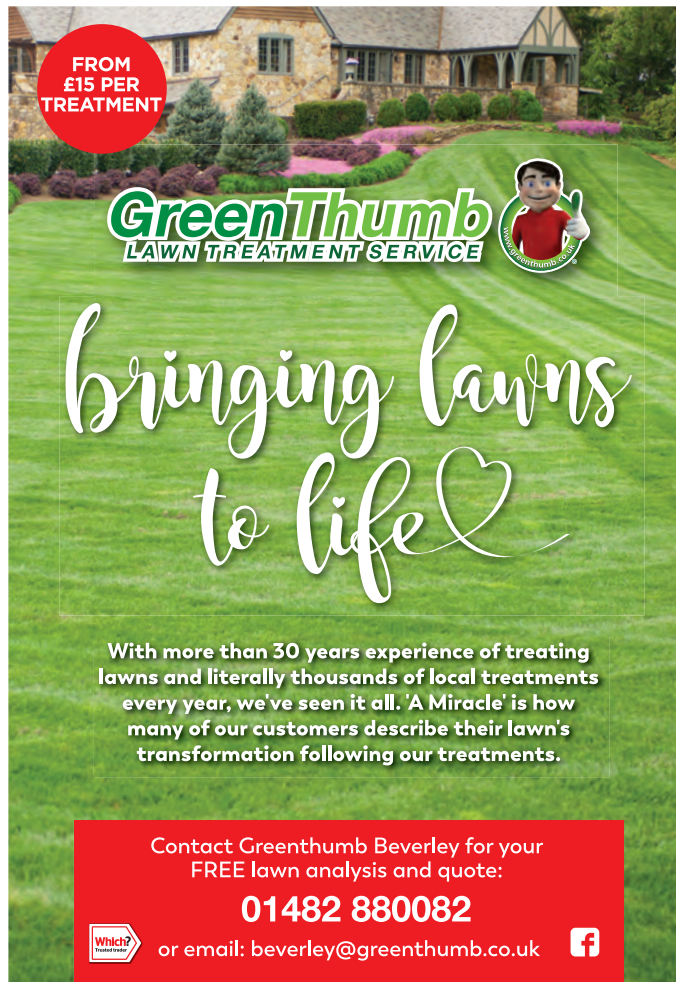
### Fill a Container with Sensory Plants

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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## Shower Screen cleaning a problem?

Cleaning the shower screen, in a hard water area like ours in Cottingham, is one of life's more 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.

**Contact David Parry at :**

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## Your Stars for April 2019

By Kay Gower

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

This month you'll have the courage to blast away whatever has held you back in the past. Do it like the Ram that is the symbol for your sign. Put your head down and charge.

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

Robin Hood knew that to hit the mark, he had to aim high. In a similar way, a project that you're working on will have a better chance of success if you start off asking for more than you think you'll need..

### Gemini (May 22-June 21)

Just because someone sounds intelligent doesn't make that person right. Highly intelligent people can be extremely articulate about foolish things, your gut instinct (will you please listen to it!) will tell you when this is the case.

### Cancer (June 22-July 22)

Helping a friend through troubled times is easier for you to deal with as you've been there yourself. Whereas others might try to offer advice, you know better. A warm heart and a listening ear are all that's needed.

### Leo (July 23-Aug 22)

You're in the mood to move on. This mood is inspired not only by the full moon on the 19th but also by a sneaking suspicion that you've opened all the doors that can be opened and new challenges are waiting elsewhere.

### Virgo (Aug 22 – Sept. 23)

You are known to give care when people need it, so they gravitate to you for this time and time again. You may think that it's fine - and it is. As long as they also come to you when they're strong and ready to give back.

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

Even when you're angry with someone you can still find it within yourself to be kind. This is part of your lovely nature and it usually leads you to forget all about why you were angry in the first place. However, some slights are best remembered - just to avoid a repeat.

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

Highly original people such as you sometimes have difficulty seeing that as a useful quality. Wake up to your uniqueness especially around the 14th when you have something very special to offer.

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

Family or friends may unintentionally make things difficult for you this month, be it badly timed visits, late night phone calls or even loose lips. Remain loyal. These are merely tests of your patience.

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

Opportunity knocks in April, but you have to decide what it is you're looking for first to be able to recognise it. Take a deep breath and focus on what you feel would make your life better. Make your move on or after the 19th.

### Aquarius (Jan 21 - Feb 19)

Love will be your wealth and your joy and you'll be supported when you need it. Also, your mind is especially sharp at the beginning of the month, you have a Sherlock Holmes-like capacity for solving puzzles and life will give you some fun ones to solve.

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

Don't let indecisiveness hold you back; there are no perfect choices on the table, nor is there even one that's better than the others. You really must choose and then commit by the 23rd. Things will open up from there.

## Hunsley Singers Spring Concert at Christ Church, Swanland on Thursday 4th April

On Thursday 4 April at 7.30 pm the Hunsley Singers will be holding a Spring Concert at Christ Church Swanland (by the pond). The concert will include a variety of popular choral items and solos by Gareth Naidoo (Baritone), including Faure's Requiem.

Admission is £6 at the door including refreshments. The proceeds will benefit Tools with a Mission (TWAM), Christ Church's charity for 2018/9. TWAM is a Christian Charity enabling people to earn a living and support themselves. It

does this by collecting and refurbishing tools and sending them overseas.

## Age UK Hull Drop in Session at Toll Gavel in Beverley

Following the closure of Age UK East Riding early last year, Age UK Hull are now able to offer some services to older people living in the East Riding of Yorkshire. These services include Information & Advice, Home Support, Befriending, Benefits Advice and Volunteering Opportunities.

A weekly 'Drop In' now takes place in Beverley each week which people can call in for free information and advice and to chat with one of our team, no appointment is required. The session takes place every Tuesday, 1.00-3.30 pm at Toll Gavel Methodist Hall, Toll Gavel, Beverley.

If you require any further information then please do not hesitate to contact us at Age UK Hull on 01482 324644.



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### Sudoku Answer from page 12

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



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## Farndale



### Farndale

The beautiful valley of Farndale lies at the heart of the North York Moors. Each spring, its glorious daffodils put on one of nature's most spectacular shows – a dazzling display of colour that carpets the meadows and river banks along a seven-mile stretch of the River Dove. It's often said that medieval monks from nearby Rievaulx Abbey planted the first daffodil bulbs here. But the petite wild daffodil (*Narcissus pseudonarcissus*) is one of our native plants and is protected within the Farndale Local Nature Reserve, established in 1955 to safeguard the valley's famous flowers.

### Working with nature

Wild daffodils love riverbanks, grassland and woodland – especially woodland with partial shade at the edges and no encroaching vegetation. Luckily, that describes Farndale to a T, with the River Dove snaking through the meadows of a lightly wooded agricultural dale. The daffodils spread either by their seed falling on the ground or by their bulbs being carried downriver. Weather also has a part to play, as extremes of any kind – from drought to overly wet autumns or cold springs – affect bulb growth and flowering.

There's also one more factor that makes Farndale fab for daffs, and that's the work of local landowners and the National Park Authority, who look after the local habitat together. Maintaining the footpaths keeps visitors on the straight and narrow, avoiding damage to the leaves or roots while growing; while cutting back scrub and branches lets in the light that the daffodils need to thrive.



[www.northyorkmoors.org.uk](http://www.northyorkmoors.org.uk)



### Farndale's famous daffodil walk

Enjoy a classic spring walk in the so-called 'Daffodil Dale' to see Farndale's glorious wild daffodils. It's a straightforward 3½-mile linear route alongside the enchanting River Dove, from Low Mill to Church Houses and back, though there is an alternative return route that climbs through farm fields for some lovely valley views. Depending on the weather, the daffodils are usually out between mid-March and mid-April – and numbers do vary from year to year – but this is a charming walk at any time of year.

#### Did you know?

Up to 40,000 people visit Farndale during the short period of the daffodil season. By way of contrast, the local population of the dale numbers around 200 people.

<b>Great for:</b>	nature nuts, riverside rambles, easy access
<b>Length:</b>	3 ½ miles (5.6km)
<b>Time:</b>	2 hours
<b>Start/Finish:</b>	Low Mill car park, 4 miles (6.4km) northeast of Hutton le Hole
<b>Grid Reference:</b>	SE 673 952
<b>Map:</b>	OS Explorer OL26
<b>Refreshments:</b>	High Mill and Church Houses
<b>Toilets:</b>	Start/Finish of walk

The Daffy Caffy at High Mill has a tea-garden – it's open daily in daff season, and then Friday to Sunday, May to September. There's also the Feversham Arms at Church Houses. There are other cafés and a pub in nearby Hutton le Hole.

National Park mobile information point at Low Mill in daffodil season.



A walk in the Park

### Route instructions

- 1 From Low Mill car park, follow the path ('Public Path to High Mill') down to the bridge.
- 2 Cross the bridge and turn left to follow the river.
- 3 Pass between the buildings at High Mill and follow the track straight ahead to Church Houses.
- 4 Before returning, turn right to enjoy the daffodil display in the churchyard (a short walk up the Hutton le Hole/Gillamoor road).
- 5 Where the path re-enters the trees close to the river, take the upper route through the bridlegate on the left.
- 6 Cross the field to the top right-hand corner, go through the bridlegate and bear uphill with the wall on the right.
- 7 At the field gate just below the farm, bear right, keeping the wall to your right, the farm up to your left.
- 8 Pass through the next field gate between two prominent oak trees, and bear slightly right to the field gate.
- 9 At the 3-way signpost, turn right and go downhill with the hedge/fence on the left.
- 10 At the bottom corner of the field bear left. Go through the gate and straight on to the farm.
- 11 Go into the farmyard and turn right through a field gate and continue downhill (wall on right).
- 12 Go through the gate close to the stream, over the bridge and straight on along the remains of a paved way to Low Mill.



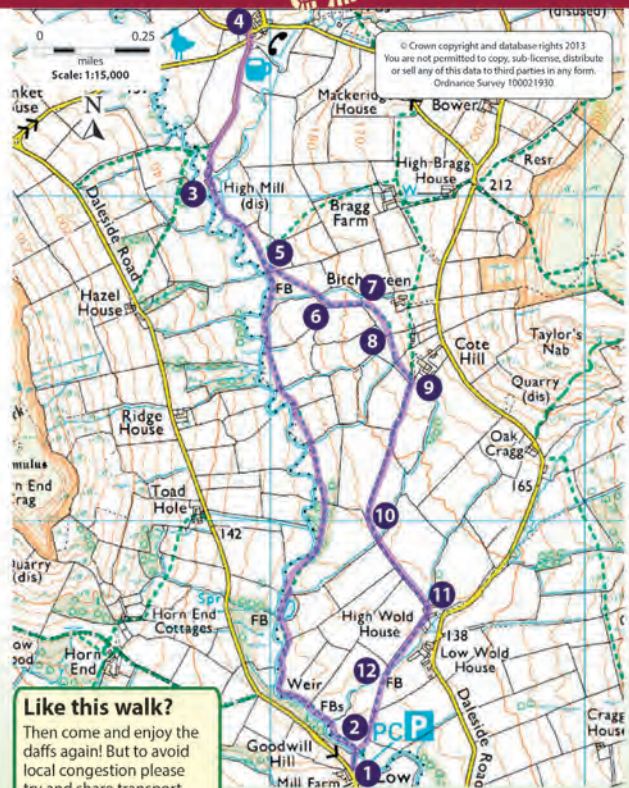
The path along the River Dove is clearly marked, from Low Mill to Church Houses. It's mostly on the level, with just two short inclines, and is largely surfaced. There are several gates but no stiles. The field paths have steeper sections, and pass through farmland and farmyards; there are occasional stiles.



Please keep your dog under close control (preferably on a lead) at all times.

#### Like this walk?

Then come and enjoy the daffs again! But to avoid local congestion please try and share transport whenever possible.



North York Moors National Park Authority, The Old Vicarage, Bondgate, Helmsley, York YO62 5BP



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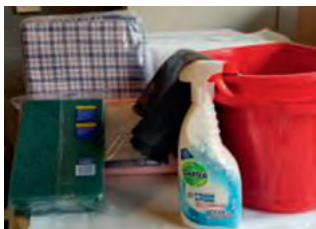
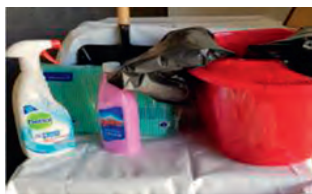


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## The Cottingham Darby & Joan Club, Finkle Street urgently require a cook

Cottingham Darby & Joan Club, Finkle Street, urgently require a cook every Friday, except (August and Bank Holidays), from 9.00 am to 12 noon, to assist with the cooking of a two course lunch for approximately 90 people.

The meal is cooked on the premises from fresh ingredients, and the salary is paid monthly.

For details of employment, please ring Jennifer Hodge on 849077 or on a Friday on 845819.

## Marie Curie collection in Cottingham raises £1,085.62

A huge thank you to every one who helped in any way with recent collections in Cottingham for the Great Daffodil Appeal for Marie Curie. A street collection on Saturday 2 March raised £865.75, and donations outside the Co-op on Friday 8 March came to £219.75, making a total of £1085.62.

Marie Curie gives practical help, advice and support free of charge to terminally ill patients, and their families, and this money will fund over 54 hours of nursing care to people in our area.

## Foster, Colin -

Colin's family would like the opportunity to personally thank everyone who attended his service at St Mary's Church, Cottingham on 20th February 2019 and would be very grateful if attendees could assist them by providing correspondence details to H. Kemp and Son Limited, tel: 01482 844695 or email: [hkempandsonltd@gmail.com](mailto:hkempandsonltd@gmail.com).

## Caring Dentistry

Mr Porter has now retired from clinical dentistry. He says: "It has been both a privilege and a pleasure to have spent the majority of my career caring for a very special set of individuals."

He continues to own the business and would like to say to all patients old and new, that they can be assured there will be no changes to the principles of caring dentistry which have always been at the heart of the practice.



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## Making Tax Digital for VAT - Ten Myths Debunked

by Nick Robinson of Yorkshire Accountancy

Making Tax Digital (MTD) is a HMRC initiative designed to make sure the UK tax system is effective, efficient and easier for taxpayers. MTD begins on the 1st April 2019 with MTD for VAT. From that date VAT registered businesses will have to keep digital records and submit VAT returns using compatible software.

With so much information available about MTD for VAT it can become confusing very quickly. To help you prepare for the biggest shake up in VAT and accounting in decades, the team at Yorkshire Accountancy have put together a list of common misconceptions and debunked them. Compliance doesn't have to be complicated as long as your records are up to date, stored appropriately and transferred to HMRC via an approved method, you're there!

### **Older bookkeeping software needs to be upgraded in favour of cloud accounting bookkeeping software.**

No. Any software can be used, it must however, store individual transactions digitally. It must also have the capability to transfer the VAT return data in digital form to MTD enable bridging software.

### **I must purchase a new software package in the place of using Bridging Software after the 12 month soft landing period.**

No. Bridging software can be used indefinitely, not just for the soft landing period.

### **Spreadsheets must not be used for digital record keeping**

Yes you can use spreadsheets for digital record keeping. As was the case for bridging software, spreadsheets can be used beyond the soft landing period specified by HMRC.

### **A 'digital link' does not include a CSV file transfer**

A CSV file is recognised as a digital link between where the records are stored and the MTD submission software.

### **Copying and Pasting Data is sufficient to create a digital link**

Under the regulations this is not considered to be a digital link and is, therefore, not compliant.

### **I can go back to the old VAT 100 submissions if I don't like MTD for VAT**

No. MTD for VAT is here to stay and compliance for VAT registered businesses is mandatory.

### **Data cannot be adjusted once exported from the bookkeeping software**

Adjustments are necessary as part of the more complex VAT arrangements. HMRC recognise this and state that all adjustments must be documented within the spreadsheet.

### **I must submit all of the transactions that make up the VAT return**

HMRC only wants the nine boxes of numerical data that make up the VAT return.

### **I can just type in the nine boxes of data**

No. All VAT records must be kept digitally. These records will be used to populate the nine boxes of information required by HMRC automatically.

### **My accounting software, must interact directly with HMRC for MTD**

Some accounting software can interact directly with HMRC, however, this isn't necessary. Bridging software can be used in the place of a direct link.

**Compliance with the new regulations doesn't have to cause a headache. We want to help our clients with their compliance so if you have any questions or concerns, please do get in contact, we'll be happy to assist.**

### **Key dates – April 2019**

Friday 19 - Automatic interest is charged where PAYE tax, Student loan deductions, Class 1 NI or CIS deductions for 2018/19 are not paid by today

Friday 19 - PAYE quarterly payments are due for small employers for the pay periods 6th January 2019 to 5th April 2019

Friday 19 - PAYE, Student loan and CIS deductions are due for the month to 5th April 2019

Friday 19 - Deadline for employers' final PAYE return to be submitted online for 2018/19

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)

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

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

### 1. Behaviour Assessment and Behaviour modification.

This is a huge subject in all ways. Problem behavior modification is all about understanding why your horse is feeling the way he does and why he is behaving the way he is. **Only then can moves be put in place to start to make the changes needed.**

**All behaviours have a function to the horse and all behaviours are controlled by released hormones inside those exposed emotions.** They are always triggered by the environment (facing somewhere scary, leaving somewhere scary, something coming into its immediate environment (the introduction of a worrying stimuli- certain equipment like the saddle or girth, a vet, a farrier, a worming tube, clippers, a bus or a tractor. These are just some examples which may trigger a bad reaction and produce unwanted behavior. All of which will be remembered from bad past associations and frightening experiences).

I often see that so many people inherit problems at the point of sale which then impacts on their future relationship.

**Understanding that behaviours are only repeated if something is reinforcing them.** Finding out what the horse gains from performing that "particular set of behaviours" is the key to being able to start to solve it. They are usually (but not always) avoidance or escape driven and can range from freezing to pure flight. Sadly, sometimes **rage** comes to the fore and **fear aggression** may follow. Both are violent in nature and is a terrible way for any horse to feel, never mind to then act on those feelings. Resource guarding can be a very real and dangerous issue too.

By training your horse on the emotional level, we will work hard to change how he feels about life- so that his fear, defense, frustration or rage are replaced with calm and relaxed emotions



and all using positive reinforcement training.

Past associations, pain, fear of remembered pain, accidents, fear of punishment, acts of ignorance or a history of harsh or unfair training, confusion, frustration, anger at life and what life means or has meant to him in the past- **all these things have a price to pay as far as your horse is concerned....** and then it is also you who pays the price because you are inside that equation. This is the "BIG" subject and is the most common reason for owners to seek out professional help.

**I provide in depth telephone consultations, home visits as well as in-house horse training here in Skidby and can help you to help your horse.**

Please feel free to:-

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Ring me on 07720758425

Message me at <http://facebook.com/instinctivehorsetraining>

### 2. Training and re training horses at my yard.

We take horses in for training here at Skidby where their stay is decided week on week. Each horse is an individual with its own genetic make-up and life history. The training is started through several short, highly reinforcing sessions a day at first and are as hand- in- hand with you being present as is possible. The more you can be here, the more we can invest in you and the more you will learn along the way. **Training and supporting the owner is just as important as training the horse.** The methods we use are completely transferable for you back home.

Depending on what is being trained into (starting a young horse under saddle) or out of your horse (unwanted behaviour) will depend on its length of stay. However, you are kept involved with daily updates, videos and photographic records. I usually make a shared Dropbox file so you get to keep all those images and videos.

**Rearing, bucking, bolting, aggression, resource guarding, separation anxiety issues and traffic fear** are to name but a few scenarios where you will likely be seeking professional help.

I use powerful training tools, all based in proven applied behavioural **science-counter conditioning, systematic desensitization and clicker training**, to change how your horse feels, build in new wanted behaviours and emotions and in doing so, will replace the unwanted ones.

I need to spend as much time with owners as is possible along the way so please try to maximize your availability during your horses stay here. By attending as much as you can, you will be learning from other training horses here as well as your own. **We will actively invest in your skill set and spend time training you in all the techniques needed. I want to send you home armed with all the knowledge and tools for successful forward relationship, as well as a horse who no longer feels the way he did when he walked in through my gate in the first place.**

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# The Frogman cometh...

**Visitors to the Artmarket Gallery might be slightly startled to encounter a giant tree frog climbing up the side of the building. The colourful creature is an invitation to come on inside and enjoy the work of one of the gallery's latest artist – internationally renowned 'Frogman', Tim Cotterill, the best-selling bronze artist in the world.**



Tim's work – exquisitely sculpted bronzes depicting animals and birds, the most popular of which are his brilliantly jewel-coloured frogs – inspire passion from collectors around the world.

At an introductory event when Tim first joined the Artmarket stable earlier this year, one client invested £10,000 on a large bronze frog – for her garden!

Artmarket Gallery director Robert Power says: "Tim and his work are in huge demand worldwide, so it's taken nearly three years of negotiations to welcome him to our family of artists – but it's been worth every minute. His glorious, tactile bronzes are a stunning addition to the gallery."

The artist himself has a personality as vibrant and flamboyant as any of his creations, and an energy that belies his 68 years – Google his appearance on



Emmy Award-winning show *Jay Leno's Garage*, where he showed off another of his passions, the extraordinarily futuristic Rocket II Trike which he designed and hand-built, and you'll see what we mean!

He started his career in the UK with six years of training as an electrical engineering, before deciding it wasn't for him. "But nothing in life is ever wasted," he says now. "I'm still using some of the skills I learned then."

It's hard to imagine how when you look at his sculptures. They're as far removed from the brass tacks of engineering – and from construction, landscaping and stonemasonry, his subsequent, and typically varied, careers – as it's possible to be.

But the resourceful artist, who's never had any formal art training, has woven his many skills together to create a unique technique that results in pieces which, while heavy in the hand, are visually ethereal.

He uses the classic 'lost wax' technique to model his bronzes – a silicon mould is filled with wax to create a maquette which is then coated in a ceramic material to produce a second, heavy-duty, mould capable of holding the molten bronze.

But that first silicon mould is made from his original 'master' which is built from metal and – believe it or not – car body filler.

"I learned how to acetylene gas weld at the age of 20," he says. "Believe me, I can make a gas torch talk!"

"I start out by making a metal armature,

welding rods together and using ball bearings to make the frog's little toes.

"Then I add car body filler. We call it Bondo over here in the States; in the UK, it's known as P38. It's very strong – I can work on it with steel files, taking it off, putting it on, until I get the result I want.

"I then add two or three coats of primer, and rub that down until I have a perfect finish – the silicon mould will pick up even the tiniest imperfection, so it has to be absolutely right.

"Most bronzes are big, chunky lumps of metal: maybe a torso, or a head. Mine are airy – I even sculpt orchids in bronze – because of the materials I use.

"They're genuine hot-cast bronze, not cold-cast, which is essentially resin with bronze powder. So you're buying a piece of real quality, something that can be handed down through generations.

"And they're very addictive. My frogs have big eyes, and feminine curves – they're actually rather sexy, if you can say that about a frog!"

Tim lives and works happily alone in his compound – a 'funky barn cabin' is how he describes it – in LA's artistic enclave, bohemian Venice Beach.

For more information on Tim's work contact the Artmarket Gallery:

*Artmarket*

[www.artmarket.co.uk](http://www.artmarket.co.uk)  
[gallery@artmarket.co.uk](mailto:gallery@artmarket.co.uk)  
01482 876 003



### 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)

### 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.

### 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.

### Butterflies

Is one for those with memory loss and their carers. The group meets on the 3rd Friday of the month in the afternoon from 12 noon to 2.30 pm. The venue is in the Methodist Church, Hallgate. A light lunch (optional) precedes a variety of activities, eg. Crafts, entertainment, games. A small charge is made to cover costs.

### 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)

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# Cottingham Little Theatre

## THANK YOU VERY MUCH

... to everyone who came to our November production "A Kick in the Baubles", and apologies to those who were unable to get tickets (we sold out very quickly). Thanks also to those brave souls who came along to watch us perform a "A Christmas Carol" at the Cottingham Christmas Festival – it was great fun but absolutely FREEZING! And finally, thanks to everyone who came to our Murder Mystery Evenings in February: the usual good time was had by all and congratulations to those winning teams who managed to work out "Whodunit"!

## OUR NEXT PRODUCTION: "DEATH IN HIGH HEELS"

Set in 1937, "Death in High Heels" is a light-hearted thriller adapted by Richard Harris.

*It's a big day at Christophe et Cie, a small couture house off Regent Street, where the frocks may be beautiful, but the atmosphere is ugly. Mr Bevan is about to announce which of his staff he is sending to France to be general manager of a new branch in Deauville, but events take a dramatic turn when Miss Doon collapses and dies – poisoned? Secrets and lies are rife and more than one person may have harboured resentment towards Miss Doon. Inspector Charlesworth soon has a murder enquiry on his hands.*

I am thoroughly enjoying watching rehearsals for this. It's a super play and there are some great performances from our very experienced cast. Maggie and Jean have excelled themselves with the costumes, which look wonderful. Be warned though - while it is very funny, it IS a thriller, and there are a couple of quite scary moments where ... but I'd better not say any more or I'll give it away! This will be a really enjoyable evening – do book your tickets early so you don't miss out.

**Performances are at 7.30pm on Thursday 9<sup>th</sup>, Friday 10<sup>th</sup> and Saturday 11<sup>th</sup> May at the Darby & Joan Hall, Finkle Street, Cottingham. Tickets will be on sale from Monday 9<sup>th</sup> April from Barkers Newsagents, Beverley Tourist Information Centre or by calling 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.

## COTTINGHAM LITTLE THEATRE OPEN DAY 2019

Following the success of our Open Day in 2017, we've decided to repeat the experience. Join us for a free cake and a hot drink in the Darby & Joan Hall on **Saturday 21<sup>st</sup> September from 11 am – 3 pm**. You can try on a costume, discover how the sound and lighting works, see how we build our sets and find out what goes on behind the red curtains! We'll also be unveiling our **Centenary 2020 Programme**, so do come along and meet us, and discover what we'll be doing to celebrate our hundredth birthday!



## Leisure Seeker - Saturday 20th April at 7.30 pm in the Swanland Village Hall

**D**ue to popular demand, the last film show of the current season, brought to you by Swanland Village Association, will be Leisure Seeker.

A runaway couple (Helen Mirren and Donald Sutherland) go on an unforgettable journey in the faithful old RV they call The Leisure Seeker, traveling from Boston to The Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end.

Doors open at 7.00 pm on Saturday 20th April at Swanland Village Hall for a 7.30 pm start and tickets, available on the door cost £4 adults and £2 schoolchildren. Refreshments are on sale at the interval. For further details see <https://www.swanlandvillagehall.info/forthcoming-events.htm>.

**S**wanland Village Hall is the place to be on **Saturday 27th April** when Swanland Village Association bring you the **Canadian singer Ryan Cook** to entertain us with his acoustic show of thumb picking guitar styles, country folk ballads and vintage music.

He forges a sound between country and contemporary folk. Tickets cost £8 adults (£7 SVA members paid in advance of the day) £4 schoolchildren and are available from Yvonne on 01482 634863 or [yd@swanlandvillagehall.info](mailto:yd@swanlandvillagehall.info).

Nibbles will be provided so bring your own drinks and glasses. See <https://www.swanlandvillagehall.info/forthcoming-events.htm> for further details.

## A huge 'Thank You' to all concerned

**O**n Saturday 16th February, at approximately 1.20 pm I was in collision with a car and was thrown from my Electric Mobility Scooter, and several people came to my assistance.

I would like to thank everyone concerned who helped and comforted me, including a passing doctor, the police, nurses and doctors from Hull Infirmary.

Luckily after treatment I was allowed home with just pain and stiffness, but no broken bones. I would like to thank all concerned.

Mrs. Pat Brown

## Hull and District Cats Protection Cat Homing show on Saturday 27th April

**T**he Hull and District Cats Protection will be holding their Cat Homing show on Saturday 27th April, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Stalls will include cakes and jams, gifts and cards, cat accessories and a tombola.

Refreshments will be available.

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

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## Barratt Homes honours Hull's history with Poppy Fields site launch

A new housing development in Cottingham, Poppy Fields, on Harland Way, has been launched by Barratt Homes – working in partnership with students from Cottingham High School to name streets in commemoration of the World Wars.

The development, which was officially launched on 27th March at Skidby Mill, Cottingham, is respectfully named with the World Wars in mind, tying in elements of Hull's wartime history. Poppy Fields is inspired by the famous war poem, "In Flanders Fields", written during the First World War.

To further amplify the sentiment behind the new development, a group of students from Cottingham High School were invited to name a selection of the new streets, researching local wartime history, war poems and Hull veterans to inspire their suggestions.

Examples of the street names chosen by the school include Oppy Wood, inspired by a battle fought by the Hull Pals in May 1917, some of whom resided in Cottingham. Other street names include Jack Harrison Avenue and Albert Court, named in memory of fallen Hull veterans.

Peter Brookes, Area Improvement Leader for Humanities at Cottingham High School, commented: "We would like to thank Barratt Homes for providing us with such a fantastic opportunity to take part in this educational, community project. Our students really enjoyed coming together and researching local wartime history, war poems and Hull veterans to come up with the street names. We look forward to seeing the street names officially appear on the site."

Paul Wharam, Technical Director at Barratt Homes Yorkshire East, commented: "We are excited to launch Poppy Fields and would like to thank Cottingham High School for their inspired street name contributions, as well as the local council for their cooperation."

Poppy Fields will comprise a stunning collection of two, three and four-bedroom homes and apartments. Ideally located with great links to Hull and further afield, the development is a great location for commuters and couples wanting to live between the popular town of Beverley and vibrant city of Hull. Families will benefit from being within walking distance of the local High School and Sixth Form College, and living close to areas of open space for kids to play.

For more information about Barratt Homes' Poppy Fields development, visit [www.barratthomes.co.uk/poppyfields](http://www.barratthomes.co.uk/poppyfields) or call 0333 355 8466.

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## Phoenix Walkers

If you like walking in the countryside/a social day out.

Then why not 'Put your boots on' and join Phoenix Walkers. We are a very friendly walking group with walks on alternate Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

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

Two levels of Walks

A Group 8-10 miles

B Group 5-7 miles

Shorter walks, a stroll of about 3 miles or so may also be available depending on the location please enquire.

Sunday 7 April Appleton Le Moors North Yorkshire

Sunday 21 April Ilkley Moor

For further information and pick up times please ring Sid&Sue 01482 701325. email [phoenixwalkingclub@outlook.com](mailto:phoenixwalkingclub@outlook.com)

Sunday April 28th:

Seaton Ross to Pocklington Canal Head

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) 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-charambling>

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

## 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 £12.

We pick up at Bilton and on Holderness Road, then Hull City Centre, Beverley Road and Beverley.

Pick up in the City Centre is 8.30am during the Spring and Summer months.

All walks are with leaders.

The 'A' walk - a fast paced 10 to 12.5 miles

The 'B' walk - 7-9 miles

And usually a 'C' walk - around 5 miles and a gentler pace.

Sunday April 14th is a Car Ramble (no charge)- details to be confirmed.

## Wykehykers Walking Club – New Members Welcome

Our 44th season is underway with planned fortnightly Sunday trips to picturesque locations across Yorkshire, Derbyshire and Lincolnshire. Choice of guided walks of around 4 and 8 miles often with further option to simply enjoy a day at leisure at our planned destination. Our forthcoming walks are Sundays 7 April Alkborough, 21 April Kirbymoorside, 5 May Northcliffe Woods, 19 May Harrogate.

We start at Ferensway and pick up along Beverley and Hull Roads into Beverley when Northbound and start from Beverley High Road into Ferensway and along Anlaby and Boothferry Roads when Westbound starting at 8.30am and usually home around 6pm. Coach fare is £10. Annual membership £10.

Interested? You are very welcome to come with us for a walk or two before deciding whether to join. Contact Alan on (01482) 850997 or Keith on (01482) 782917 for further details including walks list.



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**Tour de  
Yorkshire**

## Tour de Yorkshire wheels its way through our area on Thursday 2nd May

**S**kidby and Little Weighton will feature again this year in The Tour de Yorkshire, welcoming the first stage of the fifth edition of The Men's race on Thursday 2nd May "The Heritage Stage"

The international cycle race considered one of the most dramatic and best supported events has now been upgraded to attain the highest category possible for a multi-day race outside of the UCI World Tour.

The East Riding of Yorkshire Council, who hosted the first race from Bridlington in 2015 and subsequently each year in either the seaside town or Beverley continues to sponsor the spectacular and prestigious event, last year boosting the Yorkshire economy by £98m and attracting 2.6 million spectators in the Towns and villages lining the County's Roads. Live TV covers the race and is watched in almost 200 countries, showcasing Yorkshire as a visitor and economic destination. The Council has recently reached a new agreement with Welcome to Yorkshire ensuring a start or finish up until 2022.

Thursday's race will start in Doncaster and finish in Selby with most of the cycling taking place in The East Riding. Arriving in Skidby at around the halfway stage this year via a slightly different route, the peloton after coming through Brough, North Ferriby and Swanland all for the first time will come through Eppleworth entering Skidby passing the Windmill, which will be a spectacular shot from the Helicopter camera, before coming through the village on its way to Little Weighton. From there it heads off to Walkington, Beverley and the Yorkshire Wolds and descending into Selby for the finish on the first day.

Welcome to Yorkshire Director, Stephen Parnaby, OBE., said "Its fantastic to get the race back again to our part of the County and a real privilege, the organisers were very impressed with the community spirit and effort that went into welcoming the riders last year, a huge factor in the success of the event, that is being rewarded with a return visit. I am sure this year will be even better and hope everyone has a great day and thank you in advance for your enthusiasm".

Sir Gary Verity, Chief Executive of Welcome to Yorkshire said "I'd like to thank everyone for their incredible support and getting this show on the road. I am extremely grateful, particularly for the enthusiasm shown throughout every corner of our wonderful County, "Christian Prudomme, Director of Cycling ASO and The Tour de France added "Yorkshire has everything a cycle race could wish for - the terrain, the stunning landscape, passionate crowds and towns decorated with bunting, bikes and banners".

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Stage three of the race for both the women's and men's will start outside The Bridlington Spa "The Yorkshire Coast Stage" on Saturday 4th May finishing in Scarborough.

For all details, residents and organisers are advised to check final timings, but it is anticipated the race will arrive in Skidby at around 1.00 pm. No road closures will be in place, with only rolling road blocks lasting no more than one hour, however, parking restrictions will be in place along the route and access limited whilst the race passes through. Spectators are advised to arrive early to gain best advantage. Refreshments will be available, along with other venues, at Skidby Village Hall prior to and during the race. The official chosen charity for The Tour de Yorkshire this year is Help for Heroes.

and car parking areas and new landscaping adjoining the buildings.

At a well attended meeting, members of the public and councillors discussed the merits and faults of the proposed development. The proposed development was rejected by a vote of three for, and six against the development.

To see further information regarding the proposed development, visit the ERYC planning site using this link.

<https://newplanningaccess.eastriding.gov.uk/newplanningaccess/applicationDetails.do?activeTab=documents&keyVal=PMRQJIBJFK400>

## Proposed Residential Development of Thwaite Hall, Cottingham rejected at Parish Council Planning Meeting

A planning application for the Development of Thwaite Hall, Cottingham was rejected at a Cottingham Parish Council Planning Meeting held on the 5th March.

The proposal relates to the provision of 95 new homes involving the conversion of the existing buildings into 61 new houses and flats, and erection of new buildings to provide 9 flats and 25 town houses following demolition of ancillary buildings.

Use is to be made of the existing accesses to Thwaite Street and New Village Road with an altered internal road infrastructure



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

**T**raditional Chinese Medicine (TCM) has existed for over 4,000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

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

TCM also holds 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:-

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Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, Flu, etc.

### Men's Problems:-

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

### Women's Problems:-

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

### Ears, Eyes, Nose and Throat:-

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

### Cancer and Tumour:-

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

### Addictions:-

Tobacco, Drugs, Alcohol, Reduce Weight, etc.

### Mental and Emotional:-

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

*Herbgarden is situated at 10b Well Lane, Beverley, HU17 9BL. Just 20 yards round the corner from The Beverley Flower Company.*

For further information and appointments, telephone 01482 888152, or call in at The Herbgarden, 10b Well Lane, Beverley, HU17 9BL.



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## MV Syntan's 70th Birthday Celebration on the weekend of 13th and 14th April

On Saturday the 13th and Sunday the 14th of April, there will be a celebration of Syntan's 70th birthday, from 10.0 am to 4.00 pm each day. The event will be opened by the Mayor, and takes place on Beverley Beck along with other vessels, including sail barges.

The Beverley Barge Preservation Society has three vessels, Syntan, Sun, and Mermaid. Syntan was built in 1949 by J R Hepworth at Paull, on the Humber estuary. She was the last barge to be built for Richard Hodgson who were Tanners in Beverley, and had a fleet of sixteen barges.

As a working barge she carried hides, nuts, and chemicals for the tanning industry as well as general cargo. Now fully restored to a very high standard, Syntan is a floating museum,

community resource, and occasionally winds her way down the river Hull into the estuary.

Entertainment and amenities over the two days include

music and dancers, a bar, charity and craft stalls, refreshments aboard the society's MV Sun, boat trips down the beck on MV Mermaid, raffle etc. A number of the vessels, including Syntan, will be open to the public each day. 'Beverley beck is definitely the place to be, on the weekend of the 13th - 14th of April.'

## Ready Steady Read

Ready Steady Read was established to help primary school children in Hull and East Yorkshire to improve their reading by providing volunteer mentoring support, dedicated reading resources and books to help improve outcomes for local children.

Reading opens up the door to a better education, and is an essential skill for anyone looking to achieve their full potential. Literacy feeds into so many aspects of life, and often, those that fall behind with reading at primary school never catch up.

The charity recruits and trains volunteers, before placing them in schools to provide one-to-one support to children. In addition to improving the literacy of young people in the city, the programme also gives them self-confidence and the skills they need to thrive. The charity has recently reached the milestone of having supported over 500 children.

Along with being hugely beneficial for the children, volunteering is hugely enjoyable and rewarding as you see those you are supporting improve their skills and develop a love of reading and books.

Ready Steady Read depends on volunteers of all ages and from all walks of life to help children become the best they can be. If you have two hours a week or more to spare and would like to join our team of volunteer readers, you can find out more by visiting [www.readysteadyread.org](http://www.readysteadyread.org) or call Joanne Walker on 07949 734 175 or Paula Stead on 07961 881 565.



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**Matrimonial Mayhem – Murder Mystery** – Fri 17th

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Refreshments will also be available.





## Aromatherapy

Aromatherapy has been around for centuries and can help your health in so many different areas. Lavender and roses are sure to please your senses in many scentsational ways!

Lavender and roses are both fragrant scents used frequently for the purposes of aromatherapy. Aromatherapy offers an alternative means of treating many physical and psychological health problems. Both lavender and roses can be used in this natural form of alternative treatment whereby the aromas of essential oils from plants can offer a sense of comfort and relief. Those who decide to give aromatherapy a try can enjoy the many benefits of lavender and roses through having a therapeutic massage or by inhaling the essential oils.

### Benefits of Lavender

Lavender gives off a beautiful scent that is not overwhelming to the senses. Before you use the lavender fragrance in an essential oil you may wish to research different types of lavender such as lavender roses and blue lavender. The mauve colour of lavender is very lovely. Finding out the colour meanings may encourage you to use lavender to provide relief from anxiety and nights spent tossing and turning.

The essential oil from lavender can help those who suffer from anxiety, depression, emotional stress, dementia and headaches. It can also be used to relax muscles that have grown tense. Use it for muscle pain, joint pain, sprains, back aches, lumbago and rheumatoid arthritis. Dried lavender can be used to make the essential oil and then it can be applied to the area on your body that is suffering from aches and pains.

Lavender is also very therapeutic for the hair and the skin. It can be effectively used to cleanse the hair and the scalp and to encourage the growth of new hair. It can also be used to treat skin problems such as acne, eczema and psoriasis. Lavender essential oil can be used for fine lines and wrinkles on the skin. The oil from the lavender plant has antiseptic properties and can be used on burns, cuts and sunburns.

### Benefits of Roses

There are different rose colour meanings which can be fun to research. For instance the meaning of white roses is different than that of yellow roses or of pink roses. Find out about the meaning of roses before you decide to use them in aromatherapy practices.

Dried roses can be used to make essential oils. There is an assortment of rose plants to choose from for this purpose. The most common ones used are Rosa damascene and Rosa centifolia.

Rose is most often used in massage to improve blood circulation and to improve the function of the glands and muscles. It can reinvigorate the nervous system and calm the mind. The essential oil of rose can also give the skin an invigorated look. It can also provide relief from menstrual cramps and body aches.



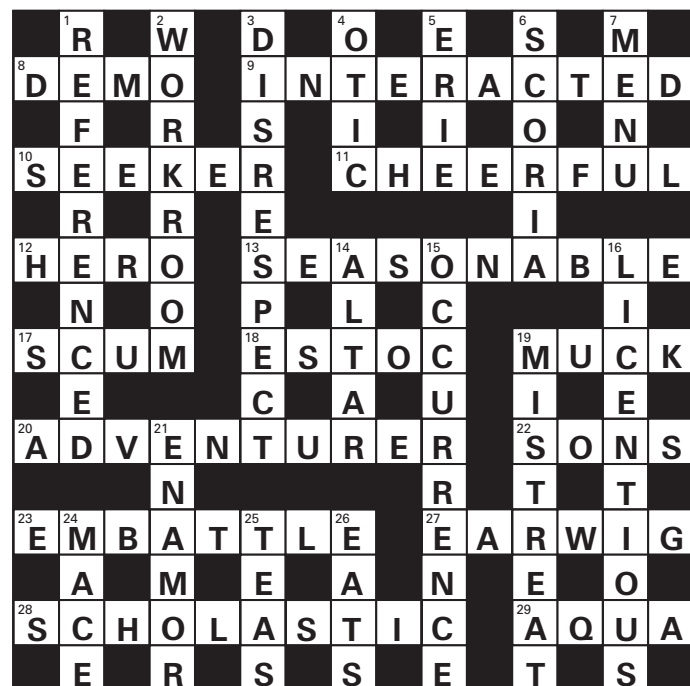
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### Crossword solution from page 14





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