

Cottingham Times

and District

Issue 213 - August 2019



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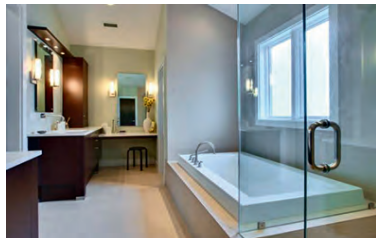
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In Cottingham and District

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

Wild Spaces Group

Sunday 4th August - Dene Wood, 10.00 am Dene Road entrance.

Cottingham Methodist Church Photography Group

Tuesday 06/08/2019 - Outside visit - 6.30pm

Tuesday 20/08/2019 - Outside visit - 6.30pm

Tuesday 03/09/2019 - Outside visit - 6.30pm

Interested in photography, you are invited to join our friendly group. New members welcome. All levels. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk.

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

8th August 12 noon – lunch : Speaker – John Barrett

22nd August 10:15 am – coffee and conversation

5th September – Autumn Buffet at King Billy (venue tbc):
Speaker – Malcolm Forbes – 'All our yesterdays - 1977'

Humberside Bonsai Society

Sunday 11th August - Introductory talk creating a Tanuki and Jins, Norman Wright and Tony Roberts. Meetings are held between 10.00 am to 1.00 pm, in the Darby & Joan Hall, Finkle Street, HU16 4AZ, on the second Sunday of each month.

YPI Camera Club

Monday 12th August - Show an AV prompted by looking at things in a different way, either from very close up or from a difference angle. 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.

The East Yorkshire Thoroughbred Car Club

Wednesday 16th August - Are holding further evening HISTORIC & CLASSIC VEHICLE GATHERINGS at Cottingham Parks Golf Club, Woodhill Way, HU16 5SW, at 4.00 pm, managed once again for us by EYTCC member Keith Purkiss. All of these events are open to all Historic & Classic cars over 20 years old.

Front cover: Wild flowers, Linden Avenue.
Photo: Paul Lakin.

The Hull Macular Society

Friday 16th August is the groups next meeting with guest speaker June Crosby's the ECLO for Hull and East Yorkshire Eye Hospital. The Macular group is for anyone living with central sight loss. All welcome 10.30 am until 12.15pm Sight Support Beverley Road Hull. Contact Bernard Messingham 01482 860381.

East Yorkshire Woodturners

Tuesday August 20th: Demonstration by Richard Findley – Registered Professional Turner. Richard is from Leicester, where he undertakes a wide range of work for architects, furniture makers and restorers, builders and the general public from his workshop. In addition to demonstrating to woodturning clubs around the country, Richard has demonstrated at major woodturning events worldwide, including the American Association of Woodturners in Phoenix and Atlanta. We are pleased to welcome him back to our Club once more. <http://www.turnersworkshop.co.uk/demonstrations.html>. 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 or visit the Club's website: eastyorkshirewoodturners.org.uk.

Little Weighton Village Hall

Tuesday 20th August 10am-12am. Nature Safari Animal Encounter. Handle a variety of animals from fluffy bunnies, to tarantulas and snakes. Have a cuddle with Sully the Skunk and learn all about him and his friends. Gift for every child and free juice, biscuits, tea and coffee. Ages 3-11. £10 per child. Please buy ticket in advance from the Little Weighton Post Office - tickets selling fast! Little Weighton Village Hall.

Tower Tour, St Mary's Church, Cottingham

Late Summer Bank Holiday, 11am Monday 26th August
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To book, contact Ian on 01482 848041.

Wednesday Social Club

Wednesday 28th August - Sue Whitlam, Flower Arranging, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Arterian Singers

Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Cottingham Methodist Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present 3 concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Our Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! If you would like to contact a choir member first, then please ring Maureen on 01482 845363 or Janet on 01482 849415.

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.

Continued on page six

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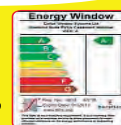
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Eastern Lights WI Choir

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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. We are closed

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during August. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and 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.

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.

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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

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

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.

Calligraphy, Quilling and Folk Art classes

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

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 – Cottingham Day.**

Well, Cottingham Day is over for another year and what a great day it was. Thank you to all that came, and I hope you enjoyed the day. We estimate that around 13,500 people attended. I would like to take this opportunity to thank a few people. Firstly, to our organisational working party who give up their free time to put the event together and make it a success on the day. Secondly, to those companies who donated flowers to our flower stall; Coletta & Tyson, Discount Plants, Beverley Garden Centre, Southwood Garden Centre, and O'Brien's Nurseries. Thirdly, to those groups that volunteered on the day in various ways; Absolutely Cultured, Cottingham High pupils, the HEY Concert Band, and the Girls Brigade Band. Lastly, to any individuals I have missed (too many to name) who helped on the day, it wouldn't have been a success without you. A special mention must also go to my Deputy Clerk, Nicola, who worked tirelessly to bring everything together. Roll on the Christmas Festival on Sunday 15th December!

Matthew Kay, Clerk to Cottingham Parish Council
clerk@cottinghamcouncil.org

- **Dog fouling in Cottingham**

Unfortunately, we seem to be seeing a spike in dog fouling cases in the area. The Parish Council is working with the East Riding of Yorkshire Council Dog Warden to get on top of this (not literally of course). We have 'clean it up' stencils which we will be putting in problem areas in the coming weeks and the Parish Council continues to sell dog waste bags at 50p per pack. Please inform us of any problem areas that you see.

- **Grants & Market Green Public Toilets**

The Parish Council continues to offer grants to community groups and, in certain circumstances, individuals for the benefit of the community. We offer larger grants which require completion of an application form, receipt of bank statements etc., and are decided at our monthly Parish meeting, as well as smaller grants, up to £50, which are agreed less formally. Please contact the office if you wish to apply. In June we gave a large grant (just over £10,000) to the Cottingham Village Trust. This is for the Trust to continue operating and maintaining the Market Green Public Toilets. Without giving this grant it is possible

the toilets would have closed or would not have remained free to use.



Wildflowers on Linden Avenue, seeds purchased with a £50 small grant from the Parish Council.

- **Men in Sheds**

You may have heard of the Men in Sheds projects operating across the country. If not, Men's Sheds (or Sheds) are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The difference is that garden sheds and their activities are often solitary in nature, while Men's Sheds are the opposite. They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Cottingham Parish Council would like to find out if there is interest for such a project in Cottingham. Please contact us if you would like to attend such a group.

- **Dates for your Diaries**

The Cottingham Parish Council Full Parish & Finance meetings usually take place on the third Thursday of the month (apart from in August and December) and start at **7pm**. The next meeting will be **Thursday 12th September 2019** (please note this is the second Thursday not the third)

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 or by contacting the Parish Council Office on 01482 847623.

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HOME OR AWAY?

Whether you have a problem in England or elsewhere in Europe, we have partner law firms who can help. Oliver Richardson, a Commercial Solicitor at Graham & Rosen solicitors discusses the firm's membership of TENS.

At a time of uncertainty for Britain within the European Union, it is good to have friends based on the continent and Graham and Rosen have just that, being one of the founding members of The European Network of Solicitors (TEN).

The network was set up over 30 years ago when the EU was in its infancy and has grown to what it is today, which is a network of 20 lawyers in 20 different countries whose primary aim is to provide high quality legal assistance among the 20 countries now involved in the TEN.

Whilst the group is primarily focussed on commercial matters, many firms offer many other services, from criminal law to property law to assistance with immigration.

The benefit of the network is having contacts in different jurisdictions that we can rely on to assist you and ensure the advice and service being provided to you is the best it can be. We regularly meet and share knowledge which ensures that should you have a problem that is outside of our jurisdiction, we are confident we can pass you over to one of our friends within

the network, confident they will provide you with the same level of service you have come to expect from us.

This year saw the network meet in Marbella, Spain and we welcomed two new member firms; one from Turkey and the other from Bulgaria, adding to the growing presence of TEN in the international legal market.

Graham & Rosen and our friends in TEN are here to provide the support you need at home ... or away.

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Eset Which? magazine award, updates and holiday apps.....

Eset 'is the new King of anti-virus' according to *Which?* Magazine that has awarded Eset Internet Security its best buy award. A fitting award for an excellent product that I am pleased to have been promoting and selling for over 11 years now.

Windows updates are an automatic feature nowadays, but occasionally, as has been the case several times this year, there is a big 'feature update' which requires your permission to install. Just for information, the latest of these is number 1903.

Laptops can be known to overheat, especially during the hotter summer months. To try and keep yours ventilated keep the side vent/s uncovered, i.e. not blocked by fabric or upholstery. Also, it is an idea to blow through the side vent and/or the one on the base where a fan is sometimes located to dislodge any dust, or you could carefully use a vacuum with a small attachment. Some people vacuum their keyboard to have a clean-up, but the only problem there is the risk of losing one of your keys!

Make RDM your first call for home computer support – call us on: 875666

So, there I was standing in a long taxi queue at Penang airport, so I got out my mobile and decided to download the *Grab* app. This is the equivalent of *Uber* in Southeast Asia, and works brilliantly. I just typed in our hotel name as the destination, and the name and picture of a driver came up as available in 3 minutes, and at half the price of a long wait taxi! The moral of the story is, if you are lucky enough to be going off on holiday and will need a taxi to get to your resort, check if one of these companies operate in that country, and download and sign up with the app before you leave. Because some airports offer free Wi-Fi, but not all.

Talking of apps and holidays, a couple of good free apps for holiday weather are *BBC Weather* and *AccuWeather*. Also check if the airports you are flying in and out of have their own apps, as these will usually give you up to date flight information and flight announcements etc. And of course, airlines will often let you check in and select seats etc., via their own apps. If your family want to track your flights, download Flightradar24 which

gives live information on all worldwide flights.

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Facial recognition technology has been in the news recently citing the pros and cons and possible misuse. But for the home user, this is a neat little tool available in Windows, Google's Picasa, and of course from Apple on the Mac, iPad and iPhone. Basically, with your permission, the program scans all your stored photos looking for face matches which it then builds into a database. It will then ask you to put a name to each face, and check that there are no mismatches. It is surprisingly accurate even with peoples' differing hairstyles and facial features over the years. Handy if you ever want to do a collage of someone for a special birthday or other celebration.

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Bill Gates, the founder of Microsoft and now famous philanthropist, once said during the launch of *Windows 98* "The PC and the Internet are going to be fundamental. They're not there yet, but we're certainly on a course to do that, and it will be just like the automobile". How right he was. However, it is (unfortunately) and **urban legend** that he then went on to say: "If General Motors had kept up with technology like the computer industry had, we'd all be driving \$25 cars that did 1,000 miles to the gallon!" To which the boss of GM at the time retorted that "if Microsoft had built cars we'd all have to buy a new model every few years and learn to drive again, and the airbag would say 'are you sure you want to do this?' before deploying!" Ah, the stuff of legends!



I posted this last month to try if you have never used a QR code before, and said to point your phone's camera at this one to go straight to the RDM website. This works fine if you have an iPhone, but if you use an Android mobile you may need a QR reader app, or you can use Google

Lens. Try it out!

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Scam telephone calls - I would again like to remind everyone, to NEVER let an unknown caller take over your computer remotely, even if they say they are from *Microsoft* or *Windows*. These companies, or any other reputable firm, will NEVER make unsolicited calls to home users. The other thing to watch out for is that these scammers have started cloning UK numbers, so in other words instead of your telephone caller display showing 'International' or 'out of area', they may now show a London, Leeds or Sheffield number for instance. If you give them access to your computer, they will cause all sorts of mayhem, and then ask for a credit card number, so they can extract your hard-earned cash

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.

If your Eset licence is up for renewal, just email or call for the price, and we can sort it out for you.

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

Richard Mills
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Alcoholics Anonymous Meeting

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

Alternative Aquatics

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

St. Mary's Church, Cottingham

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

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 29 teams (19 Boy's teams at under 7 to under 17 level, 1 Youth's under 21's team, 5 Girls teams at under 8's to under 14's level, 1 Men's

team, 1 Ladies team, 1 Veterans team and an Ability Counts team), as well as an academy for 4 to 6 year olds, a Wildcats Girl's Footballing Centre and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website "www.cottinghamrangers.co.uk".

Zion United Reformed Church, Hallgate

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

Play Badminton

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

Fitmums & Friends Run, Walk

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

The Alzheimers Society

Hold a variety of Activity Groups and Memory Cafes for people with dementia, their families and carers. For more information please contact the Hull and East Riding Alzheimer's Society on Tel 01482 211255.

Continued on page 15

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Wordsearch - Homophones

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

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

Find the words in the letters above:

Airless, Heirless, Allowed, Aloud, Bald, Bawled, Berries, Buries, Click, Clique, Cued, Queued, Farrow, Pharaoh, Fisher, Fissure, Frays, Phrase, Gilled, Guild, Graft, Graphed, Handmade, Handmaid, Invade, Inveighed, Jewel, Joule, Kneading, Needing, Marquee, Marquis, Mustard, Mustered, Overdo, Overdue, Paced, Paste, Praise, Prays, Reek, Wreak, Root, Route, Rough, Ruff, Scene, Seen, Suite, Sweet, Throne, Thrown, Waist, Waste.

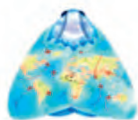
Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

Sudoku No. 150

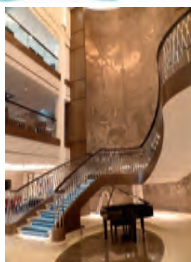
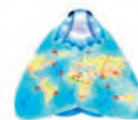
This is an easy challenge this month - Answer on page 29

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

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MARION OWEN TRAVEL



Saga's new ship Discovery is superb. Each cabin on board has its own private balcony whilst on the inside you will find everything has been well thought out. Every cabin is well appointed, it is hard to find fault.

The restaurants are the best of the British cruise ships. The first evening Emma & I dined in the Coast to Coast Restaurant specialising in seafood. The food was delicious the surroundings sumptuous and the staff a delight. The following night "The Club" Steak House would have been our choice but it was full. Instead, we chose to dine at the main restaurant, which offered a great variety. Choosing to sit in the middle of the Grand Dining Room, the live jazz from the Steak House mezzanine drifted down whilst we were eating our meal, it was amazing! The only improvement would have been Jool's Holland on board! Discovery is going to be a very popular ship carrying just under 1000 guests she is a perfect size. Cruises are also inclusive of beverages and gratuities. I certainly cannot wait to sail on her again. For more information and bookings, don't hesitate to contact Emma or myself we look forward to telling you more.

Cruise & Holiday deals if you are looking to get away this year we have a great selection of changing offers.

Our tours update... the list opposite is getting smaller as many tours for this year and next year are full. We now have a list to pop your name on for future tours if you have missed out. As I write I am on the wonderful Isles of Scilly we will not be offering this next year but 2021 is planned subject to enough interest. Register your details now.

Wanting to get away over the festive period? How about 5 days in the Lake District departing 23 December for £450 pp sharing, single supplement £65. Just one example of the many options available in the UK or abroad.

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18 Dec	Boundary Mills & Lunch a superb 3 course meal & coffee	£ 40
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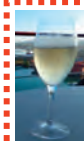
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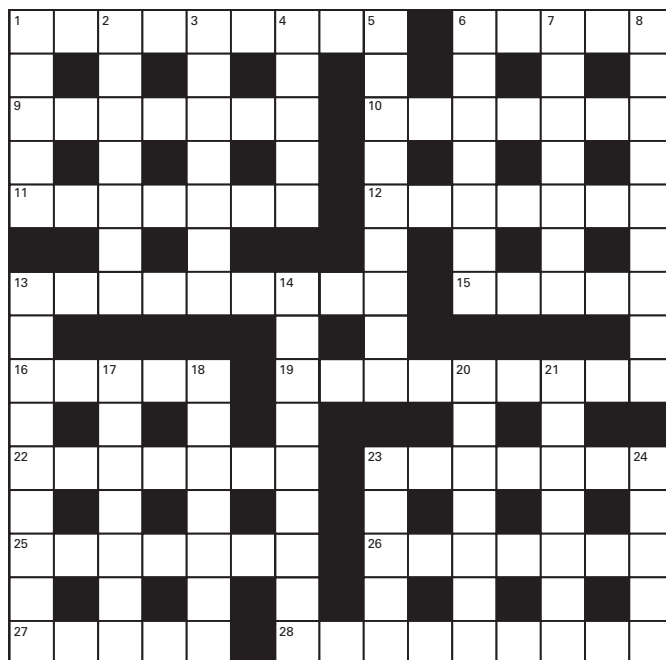
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Crossword - Solution on page 46



Across:

1. Harshness (9)
6. 3rd letter of the Greek alphabet (5)
9. Looking with amazement (7)
10. Molded synthetic material (7)
11. Sturdier (7)
12. Wanders (7)
13. According to Mencken, a striptease artist (9)
15. Cowboy sport (5)
16. From Ireland (5)
19. Relating to a legal trust (9)
22. A supernatural spirit (7)
23. Glanced at (7)
25. Stress (7)
26. A particular point in time (7)
27. Social status (5)
28. Exerted physically (9)

Down:

1. Not left (5)
2. Relaxed (7)
3. Acmes (7)
4. Keen (5)
5. Divided (9)
6. Linguistic rules (7)
7. Dappled (7)
8. A supplementary component (9)
13. Puzzling (9)
14. Wealth (9)
17. 9 in a baseball game (7)
18. An ancient middle-eastern people (7)
20. A creation of high excellence (7)
21. Published once a year (7)
23. Strike (5)
24. Met romantically (5)

Crossword courtesy of www.crosswordpalace.com
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Cottingham Bridge Club

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

Thursday Fun

Takes place in the Methodist Church, Hallgate every 3rd Thursday of the month from 2.00 pm until 4.00 pm. Come and join us and play dominoes, cards, scrabble and do a jigsaw or bring your own craft/game. Enjoy a good chat and tea and biscuits. This is FREE, but we have an (optional) small raffle.

Cottingham Cricket Club

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

The Orchard Stroke Group

The Orchard Stroke Group is a small group run by, and for Stroke survivors and their carers. We meet on the 3rd Thursday of the month at Cecil Gardens, Hawthorn Avenue, from 10.00 am to 12 noon, for a friendly chat over a cup of tea or coffee with biscuits, and if any members need any help with any Stroke-related issues, we can point them in the right direction

for information. If anyone would like more information, they can contact me on 01482 565767 or 07908 145585. My name is Rob and I am the chairman of this group and look forward to having some new members,

Calligraphy, Quilling and Folk Art classes

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

Cottingham Food Bank

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

Scottish Country Dance Club

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

The Cottingham Whist Club

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

Continued on page 33

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."

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In the Kitchen



Chicken provencal tray bake

Based on the classic southern French dish, this simple, one-tray recipe is bursting with Mediterranean sunshine.

- Preparation time: 10 minutes
- Cooking time: 45 minutes
- Total time: 55 minutes. Serves: 4

Ingredients

- 1 onion, cut into thin wedges
- 2 tsp olive oil
- 4 chicken thighs, skin removed
- 4 rashers streaky bacon
- 2 medium tomatoes, cut into wedges
- 4 thyme sprigs, leaves picked
- 400g can chopped tomatoes with olive oil and garlic
- 400g can haricot beans, drained and rinsed
- 1-2 tsp sherry vinegar
- ½ x 25g pack flat leaf parsley, leaves roughly chopped

Method

1. Preheat the oven to 220°C, gas mark 7. Put the onion in a medium roasting tin, toss in the oil and season. Cook in the centre of the oven for 10 minutes. Meanwhile, wrap each chicken thigh in a rasher of bacon. Add to the roasting tin with the tomatoes; scatter over the thyme, season and roast for 15 minutes.

2. Spoon any excess fat out of the tin and discard, then stir through the chopped tomatoes and haricot beans. Cook for 20 minutes more, until the bacon is crisp and the chicken is thoroughly cooked, the juices run clear and no pink meat remains. Stir in the vinegar, scatter over the parsley and serve with steamed greens, if liked.

16 August - www.cottinghamtimes.co.uk



Sweet potato and lentil cottage pie

- Preparation time: 40 minutes
- Cooking time: 20-25 minutes
- Total time: 1 hour 5 minutes. Serves: 4

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 carrots, diced
- 400g pack Aberdeen Angus 5% fat beef mince
- 2 rosemary sprigs
- 4 tomatoes, chopped
- 250g pouch LoveLife puy lentils
- 300ml Cooks' Ingredients beef stock, hot
- 1 tbsp Cooks' Ingredients umami paste
- 800g essential sweet potatoes, cubed
- 4 tbsp chives, snipped
- 150g frozen peas

Method

1. Heat the oil in a large pan and cook the onion, carrots and beef for 5 minutes. Add the rosemary, tomatoes, lentils, stock and paste. Bring to the boil, cover and simmer for 20 minutes.

2. Meanwhile, cook the sweet potatoes in a pan of water for 15 minutes until tender. Drain well. Using a stick blender, whizz until smooth, then stir in the chives.

3. Preheat the oven to 200°C, gas mark 6. Stir the peas into the filling, then transfer to a heatproof dish. Spoon over the mash. Bake for 20-25 minutes until the top is crusty and golden.

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Raspberry and chocolate show-stopper trifle

- Preparation time: 35 minutes, plus chilling
- Cooking time: 0 minutes
- Total time: 35 minutes, plus chilling. Serves: 10

Ingredients

2 British Blacktail Eggs, separated
 35g caster sugar
 300g mascarpone
 150g chocolate hazelnut spread
 125ml amaretto liqueur
 380g Waitrose & Partners Raspberries
 1 tbsp icing sugar
 About 150g Arden & Amici Savoiardi Italian Sponge Fingers
 250ml double cream
 3 tbsp toasted chopped hazelnuts
 25g dark chocolate, shaved into curls

Method

1. In a large bowl, use electric beaters to whisk the egg yolks and caster sugar (about 5 minutes) until all the sugar has dissolved and the mixture is pale, fluffy and holds a trail for 3 seconds when you lift the beaters. Whisk in the mascarpone until smooth, followed by the chocolate spread and 25ml amaretto. Put the egg whites in a large, clean bowl with a pinch of salt. Use clean, dry beaters to whisk the egg whites until they form stiff peaks; carefully fold them into the mascarpone mixture.

2. Lightly crush $\frac{1}{2}$ the raspberries with the icing sugar; set aside. Put the sponge fingers in a layer in the base of a trifle bowl (about 1.2 litres). Pour over the remaining 100ml amaretto then spoon the crushed berries and their juices on top, followed by the mascarpone mixture. Cover and chill for up to 24 hours (at least 2 hours).

3. Up to 2 hours before serving, whip the cream to soft peaks and spoon onto the trifle. Decorate with the remaining raspberries, nuts and chocolate shavings.

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Choc-nut energy bars

The perfect pick-me-up for dozy mornings and slow afternoons.

- Gluten Free • Vegetarian
- Preparation time: 20 minutes, plus setting
- Cooking time: 2 minutes
- Total time: 25 minutes, plus setting. Makes: 24

Ingredients

200g cashew nuts
 150g pecan nut halves
 75g gluten-free porridge oats
 100g Waitrose seed, berry & goji berry mix
 9 pitted medjool dates (about 180g), chopped
 100g peanut butter
 2 tbsp coconut oil
 2 tbsp honey
 1 tbsp vanilla extract
 $\frac{1}{2}$ tsp fine salt

CHOCOLATE TOPPING

100g dark chocolate (70% cocoa solids)
 1 tbsp coconut oil
 1 tbsp cocoa powder, sifted
 2 tsp vanilla extract

Quick ratatouille

This is a simpler version of the classic French dish. Just add crusty bread or serve alongside chicken or fish.

- Preparation time: 10 minutes, plus cooling
- Cooking time: 35 minutes
- Total time: 45 minutes, plus cooling. Serves: 4

Ingredients

2 red peppers
 2 tbsp olive oil
 2 garlic cloves, sliced
 4 courgettes, cut into small chunks
 400g baby plum tomatoes
 $\frac{1}{2}$ x 25g pack basil, torn
 $\frac{1}{2}$ x 25g pack flat leaf parsley, chopped

Method

1. Preheat the oven to 230°C, gas mark 8. Put the peppers on a baking tray and roast for 30-35 minutes, turning halfway, until well-blackened. Transfer to a bowl and cover tightly with a plate. Once the peppers are cool enough to handle (5-10 minutes), peel off the skin and discard, along with the seeds and stem. Tear the flesh into bite-sized pieces.

2. Meanwhile, heat the olive oil in a large frying pan. Add the garlic and courgettes, then fry for 8-10 minutes over a medium heat until turning golden. Add the whole baby plum tomatoes and cook over a low heat for 15 minutes. Stir in the roasted peppers and herbs, season and serve.

www.cottinghamtimes.co.uk - August 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

White wine needs to be served chilled; red wine at room temperature ...

We all know that, don't we? Of course we do.

Except, as short-lived as it may seem, now that we are actually enjoying something that approximates to summer, we need to reconsider that opening statement.

The ideal temperature for red is often considered around 18C (that's 64 Fahrenheit in old money!) but when the temperature gets higher all wines can be lightly chilled. In fact, some wines can be chilled even lower, to 12-15C.

The best red wines to chill include many Pinot Noirs, cheaper Beaujolais, Valpolicella and Tawny Ports.

But just a word of caution ... red wines that are lighter in terms of tannin can become quite harsh as the temperatures drops and this applies to a lot of the cheaper red wines found in supermarkets, which often lack tannins to make them more appealing to as many people as possible

So, try chilling that favourite bottle of red before you serve it right now; but don't just bang it in the fridge door and forget about it.

It's also worth repeating that the old maxim about the correct temperature to serve wine came from an era when very few of us enjoyed central heating. The fact is that the "room temperature" we now enjoy all the year round may be too high for serving red wine, so a quick chill is always worth a try.

Interestingly, new research just published, revealed that one in three drinkers in the UK didn't realise that chilling red wines could improve the taste.

Of those questioned in the survey, commissioned by Cono Sur, more than a third (36 per cent) said they believed it was "completely wrong" to drink refrigerated red wine, while just eight per cent will pour a glass or two of red during the summer months – instead turning to white or rosé. This is despite the fact that half of those surveyed actually prefer red.

The study, which was carried out through OnePoll, also found that more than half (57 per cent) of those who have tried a chilled red found it refreshing.

Master of Wine Alistair Cooper said: "Enjoying certain red wines chilled shouldn't seem like a strange idea. If you think of the fruit characters you often encounter with lighter, fruitier styles of red wines, like Pinot Noir – strawberries, raspberries and cherries.

"They are all fruits that you'd enjoy on a summer's day straight out of the fridge and the same goes for the wine. Chilling the wine down really helps those fabulous fruit character to sing and shine."

At the end of the day, experiment and find what works for you.

* This year's International Wine Challenge Awards were announced last month, which saw Neil McGuigan, of McGuigan Wines, awarded White Winemaker of the Year, making McGuigan the first Australian winery in history to achieve this award four times.

The ceremony saw McGuigan Wines awarded a total of four Gold, 11 Silver and 14 Bronze medals with McGuigan Personal Reserve Shiraz 2017, McGuigan Shortlist Chardonnay 2015, McGuigan Shortlist Riesling 2013 and McGuigan Cellar Select Chardonnay 2017 winning gold.

Eden Valley Riesling and New South Wales Chardonnay were also awarded International Trophies.

Chief Winemaker Neil McGuigan, said: "To have received the White Winemaker of the Year award four times in the last decade is unprecedented and extremely humbling.

"I am immensely proud of our achievements at this year's show, which are a testament to the commitment of our winemaking team.

Every time an Australian wine is recognised at international wine competitions it puts Australia on the map and highlights the quality being produced.

"We continue to be incredibly honoured to represent Australia on the global stage. Award wins such as this reinforce the reputation of Australian wine and demonstrate we have truly earned our place among the world's best wines."

The past decade has also seen McGuigan Wines named International Winemaker of the Year at the International Wine & Spirits Competition in 2009, 2011, 2012 and 2016.

* I'm always excited to discover a new local winemaker, and have featured Laurel Vines, based at Aike, near Beverley, and Little Wold vineyard, at South Cave, previously. So it was I was excited to try wines from the Ovens Farm Vineyard when I attended the unveiling of a new menu at the Hope and Anchor pub restaurant at South Ferriby.

It also marked the pub's seven day opening and many of its suppliers were invited, included Ovens Farm Vineyard.

It is located in the village of Harrington, near Louth, in the beautiful Lincolnshire Wolds, and only planted its first vines in 2015.

The on-site winery was commissioned in 2017 and Ovens Farm is now delivering its second vintage. I tried their two white wines currently produced - Bacchus and Solaris and both were crisp and excellent.

Ovens Farm offers various visitor experiences and sales, both on-site and via mail order, as well as you being able to try with your food at the Hope and Anchor. I recommend further investigation via their website, www.ovensfarmvineyard.com



BEST BUYS

**Chapel Down Flint Dry**

Where: Waitrose

When: Now, until August 13

Why: Talking of Ovens Farm, this is a great introduction to quality English wine, with intense fruit aromas, smooth texture and a crisp, refreshing finish. Great served chilled with barbecues, salads and grilled shellfish.

£8.99 (was £11.99)

**Laurent Miquel L'Artisan Chardonnay**

Where: Waitrose

When: Now, until August 13

Why: This wine is made by careful blending of a number of separately-vinified cuvées, both oaked and unoaked, to balance freshness and complexity. Complex aromas of honeydew melon, pear and grapefruit dominate the nose, which continues on the palate in a cascade of citrus and stone fruit flavours, along with a touch of oaky creaminess. A delight to drink on its own, or with spicy Thai or Indonesian cuisine.

£7.59 (was £9.49)

**Co-op Irresistible Malbec**

Where: Co-op

When: Now

Why: The best Fairtrade wine in the world right now, according to the International Wine Challenge Awards. Spicy rich blackberry fruits, fine grain tannins, balanced, inky with integrated oak. Ripe and rich.

£7.50

**Paul Mas Reserve Languedoc Rouge**

Where: Waitrose

When: Now, until August 13

Why: Perfect for a strong yet silky treat, rather like a blackberry dipped in dark chocolate. A rollicking red blended from top-notch Grenache, Syrah and Carignan.

£6.99 was (£9.39)

Hull CHA Rambling Club

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

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £12.

We pick up at Bilton, Holderness Road, 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 - a steady paced 7 to 9 miles.

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

Sunday August 4th: Sutton Bank circular.

Sunday August 18th: High Horcum to Fox & Rabbit.

For further information and to book a place on the coach

please contact Joint Rambles Secretaries, Sue O'Leary on sue@sueoleary.co.uk or telephone 07767420646, or Pauline Borger on Pauline.borger223@btinternet.com or telephone 07929933323.

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

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You will be very welcome.

Phoenix Walkers

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

The coach picks up outside Hull Truck Theatre on Ferensway Hull at 8-30am Beverley Road around 8-45am and Cottingham Green around 9am. Coach fare £10.

You may come three times before deciding to join us (£10 fee)

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.

Walks are with leaders and are risk assessed.

Sunday 11 August - Hutton-le-Hole North Yorkshire

Sunday 25 August - Wanderlust Way Lincolnshire

For further information and to book your seat on the coach please ring Sid&Sue 01482 701325. email phoenixwalkingclub@outlook.com.



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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.



Down the Rabbit Hole

First of all I need to let you know that your usual reporter is having a well-earned rest this month. Maggie has kindly handed over the reins of her precious and lovingly written column to me. I'm Barbara Wynn, the vet most often found dealing with the sick and injured pets coming through the doors of the Cottingham branch of Kingston Vets, a post I have very much enjoyed holding for, ahem, quite a few years now. Let's just say that Mrs Thatcher had only just left office when I started working at, what was at that time, David Terry's main surgery in Park Street, Hull.

So what am I going to do with my fifteen minutes of fame in the spotlight, I hear you ask? Well, amongst other things, I'm going to be talking about the very important subject of poo, so if you are planning on reading this over breakfast then don't say you haven't been warned in advance.

However, I'm hopefully not going to be writing about anything too grim, but rather the marginally more visually pleasing little currants that serve as a reminder that there is a cute and fluffy pet rabbit living in your house or garden.

Rabbits are a prey animal, and what that means is, they are very good at hiding when they are feeling under the weather. In the wild a rabbit showing signs of injury or disease would advertise itself as easy pickings for any passing fox or weasel, so they are designed by nature to hide any weakness. Now don't rush to peer at your bunny in a panic, if you look carefully and know what to look for it should be fairly easy to tell if your bunny is in tiptop shape or not.

As you have probably guessed by now, looking at your bunny's bottom and what comes out of it is a very good place to start. Changes in the number

and size of currants a rabbit is passing can give you an idea of how well it is eating. Smaller, fewer pellets mean your bunny's appetite is not what it should be. More wet droppings might mean dental problems, gut disease or mobility issues, and a sticky bottom with faecal material stuck around the tail area is a big red flag that there is something going on that definitely means a trip to the vet is in order. These bunnies are at very high risk of a nasty condition called fly strike, especially at this time of year.

In contrast to healthy poo, rabbit wee can be very variable and the colour can depend on diet to a large extent, however urine that is thick and sludgy, smells bad or if your bunny seems to be straining frequently can be signs of a problem.

Leaving the nether regions well behind now, thank goodness I hear you sigh, your bunny should hop around freely and be active and mobile. Its skin should be flea and dandruff free, with no sore or bald patches, and its eyes bright and clear. Check for any swellings under the skin, especially around the head and neck area, as that can mean there is an abscess brewing. Listen for sneezing or noisy breathing and make sure there is no discharge from your rabbit's nose or eyes. Also weighing your rabbit regularly is a good



idea. Weigh your rabbit in a box, weigh the empty box and subtract, simple. If you do this regularly you will get an early warning if its weight is dropping and also some idea if it is getting too fat! Obesity is a real problem for our pampered bunnies, where delicious food arrives without any effort on their part and they get limited exercise.

Watch to see if your rabbit is grinding its food normally. Dropping food or slobbering can be signs of dental problems, and especially look for crusty patches on the inside of the front legs. Check the front incisors to make sure they are short and meet correctly. Curling incisors might need to be trimmed with a special dental burr by your vet. This is not painful for a rabbit

as they have a nerve free end to their teeth. Rabbit teeth grow constantly from the base, like fingernails. You can't check the back molars yourself, however, as you can't see them without using a special instrument to examine them. Your vet will usually do this as part of your rabbit's annual health check.

Speaking of which, it is a good idea to get your rabbit vaccinated every year. We recommend cover for myxomatosis and both strains of HVD, which stands for Hemorrhagic Viral Disease. This disease is also known as Rabbit Calicivirus Disease (RCD) or Rabbit Hemorrhagic Disease (RHD), just to confuse you even more. Currently there is no vaccine that covers all of these nasty bugs together, so rabbits need to have two annual injections at least two weeks apart.

For healthy rabbits, our very knowledgeable veterinary nurses here at KINGSTON, can offer advice on fly strike prevention, all it takes is a nurse appointment with them. They can also give advice on a healthy weight and diet, neutering and on good rabbit husbandry in general.

I guess that's all I have time for folks. My time is up and my sojourn into journalism is over.

Hopefully it's up to Maggie's exacting standards and I have left her just enough space for her to tell you about Tali!

Well what can I say, only thank you so much Barbara. Having two bunnies, I have learnt so much ...and.... I think I am out of a job.

AND FINALLY... TALI...

I am delighted to tell you my plants are blooming, full of flower, a pleasure to my eyes and all thanks to plastic pipes! Yes, Tali has finally discovered there are drain pipes running under the gravel bed alongside the garage which are far more interesting! I thought she was quiet one morning and was so relieved to see my plants intact until I turned the corner...with only her back end showing, soil/gravel flying up in the air, a crater had been formed and to my horror the pipes clearly visible. After filling in the hole and placing bricks on the top, did this stop her...NO! She had detected something and is incensed....well, I did take her to a Scent workshop!

I must just tell you about my 1st camping trip with Tali (I shall make it short). I chose a site that was dog friendly and when it said dogs welcome and owners are too I should have known. I can only describe it as dogs paradise....(sociable only) dogs loose everywhere having so much fun and not a lead in sight. There is a doggy swimming pool, two adult size trampolines (for dogs), agility, fly ball, a stream to run in, the cafe has an indoor soft play area, shop and even the shower block is not out of bounds. As you can imagine, after two days, Tali was exhausted but yes, you guessed, it didn't go without incident when she demolished the fence. Life is never dull. Until the next time..



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Meet, Greet & Eat

FREE legal Advice Clinic with Caroline and team on the first Saturday of the month from 10.00 am to 12 noon. Teas, coffees and freshly baked scones provided with our compliments. We are helping to raise money for the RSPCA Hull & East Riding, by taking donations on the day. We look forward to seeing you.





"The Tooth and Nothing but The Tooth"

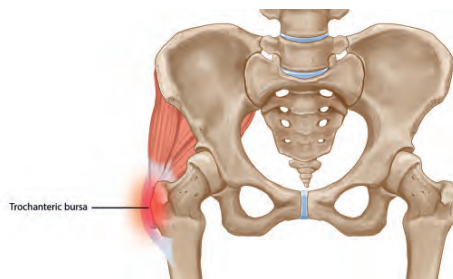
by
Chris 'Dr. Smile
Maker' Branfield

Laser to my rescue

Hello again, I hope you are well. Another busy month with a couple of courses to fuel my thirst for learning and always searching for better. One was an intensive 4 day course (Thursday – Sunday) on oro-facial myo-functional therapy. The other was a dental laser course. Also my son eventually had his graduation. Another milestone moment.

A Bit Of A Scare

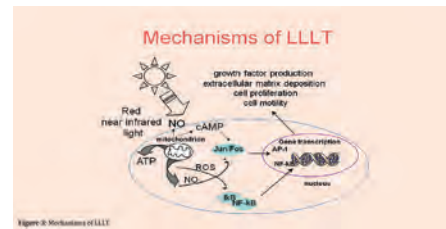
I had a bit of a scare as well this month. I had a niggle in my hip. The next day I had an awful pain when I got out of bed and my leg gave way from under me and I nearly fell down the stairs. So, off to Beverley hospital at 7-30am. To be honest that's probably the best time to go as I was in and out in no time. It turns out I had acute bursitis in my left hip. It came



on so quickly and really took the wind out of my sails. So, I did my research. A bursa is a fluid filled sac that acts a bit like a cushion between a bone and a tendon. It got inflamed and it hurt. I reckon that about 30 years of using a foot pedal with my right foot and having my weight on my left hip did the trick.

Laser To The Rescue

We use a laser at work all the time to reduce inflammation and promote healing. There is the most research on Low Level Laser Therapy (LLLT) or laser biomodulation on muscular skeletal applications. So I used my laser on my hip!! You have to get the energy dose right. I was told at the hospital it would take a few weeks of rest and painkillers before it would get better and maybe some physiotherapy if that didn't do the trick. Well, two laser applications two days apart got rid of the pain. Phew, that was a relief. Back to work now and a few little tweaks with in my working position seem to have done the trick.



Working At A Cellular Level

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supply and therefore improve healing and reduce pain. It's amazing really. We use it every day at work to help the mouth heal. The main three ways are increased ATP production, nitric oxide and reactive oxygen species.

Impromptu Talk

Whilst on a dental laser course in London I was asked by Professor Olivi (from Italy) to stand up and give a bit of a talk on some of my experiences. No preparation, just on the spot. When you are passionate about something it makes it a bit easier.



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Until next time. Take care and be good. Have a great summer!!

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.

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News from the Swanland Heritage Centre

Swanland Heritage Centre is just one of many buildings that is taking part in the national Heritage Open Days Scheme and the ERYC Walk the Halls Scheme.

During the HODS weekends, the Centre (next to Christ Church, by the pond in the centre of the village and housed in The Institute) will be open from 2 until 4pm on Fridays 13th and 20th September, Saturdays 14th and 21st, Sundays 15th and 22nd and also from 10 until noon on both Saturdays.

Please feel free to call and see our collection of books, maps, photographs etcetera and bring anything of Swanland interest to show us. In addition to this, the Heritage Centre will be putting on an illustrated guided walk through the village "Swanland Audio Trail" (which you can also download from our website www.swanlandheritage.info) in Swanland Village Hall from 1 pm until 5 pm on Sunday 15th September where a mouthwatering selection of home made cakes, tea and coffee will be on sale.

An actual tour of the village can be arranged on that day by contacting the Centre's chairman, Colin Jackson on 01482 631844 prior to the day. We look forward to seeing you.

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August is usually one of the hottest months of the year - making watering essential. August is traditionally holiday-time, so you might need to enlist the help of friends and family to look after the garden while you are away. At Coletta & Tyson garden centre we have lots of great gadgets and products that will keep your plants going while your away. Now is the perfect time to collect seeds from plants that have finished. With all the hot weather and glorious sunshine we have been having you may have noticed your lawn isn't looking too healthy, maybe even some brown or bare patches have emerged. Take a look at our lawn care guide for everything you need to know to keep a healthy lawn through Summer.

Lawncare

A large expanse of lawn can create a wonderful feeling of space in any garden. It blends perfectly with your colourful beds and provides space for your family and friends to play and relax. Once sown or laid properly, lawns need only watering and mowing during the summer

PREPARING FOR A NEW LAWN

- The best time to create a new lawn is in spring or early autumn. Measure the area before buying seeds or turf and remember to subtract borders and paths.

- Correct soil preparation is important for long-term success. Prepare a few weeks in advance of sowing or turfing by eliminating any weeds, rubbish and large stones. Dig or rotovate and level the top 15–25cm, trying not to bring the subsoil to the top. If the soil is wet, clay or liable to water logging, drainage may be needed.

- Decide precisely the area you want and mark it out. It is better to prepare an area 15–25cm larger than required to enable the grass or turf to be cut to a firm edge when fully established.

- Dig the area over. Remove all weeds, including any with deep roots, and all large stones.

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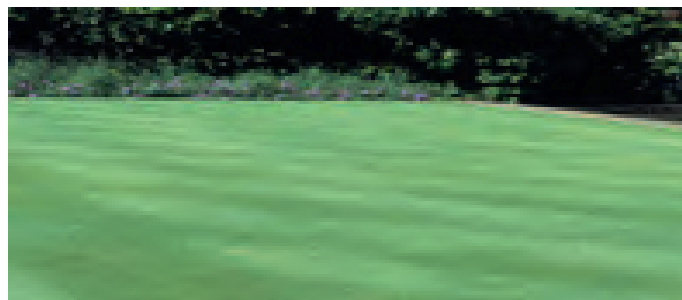
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- Kill off any old grass and weeds using a general weedkiller.
- Sprinkle a balanced fertiliser over the area such as bonemeal.
- If possible, dig in compost or well-rotted manure and leave the ground to settle for a fortnight.
- Rake over the ground to make it as level as possible.
- Tread the ground flat by moving across the area in a waddling motion keeping your heels together. Get everyone to join in and the job's done in no time. Alternatively use a roller on large areas if the ground is dry.

Turfed lawns TURF

- If you want an immediate lawn, buy good quality turfs. Cheaper options may contain weeds, pests and diseases.
- Turfs are best laid in late summer or early spring. Avoid very wet or dry days or when the ground is frozen.
- Make sure they are delivered on the day you intend to lay them although they will keep for three to five days.
- Lay the first row along a straight edge. Then place a plank on them to spread your weight while you lay the second row.



10 Jobs for this month

1. Water plants regularly particularly pots and containers
2. Regularly de-weed your borders and keep on top of weeds
3. Dead head bedding plants and repeat flowering perennials
4. Feed the soil with green manures
5. Get the children involved in the garden while they are off school
6. Prune Summer flowering shrubs as the blooms fade
7. Plant trees, shrubs and perennials now, so they can take root, and keep them well watered.
8. Keep your lawn well-watered and don't mow if it's very dry.
9. Keep a look out for pests as they thrive in warm weather
10. Take cuttings from your favourite plants

- Stagger the squares to make the lawn look even.
- Water well or the edge of each turf will curl up.
- Avoid walking on your new lawn for about six weeks.

Looking after your lawn

WATERING: Newly-planted lawns need plenty of water. A garden hose is essential but a spinning sprinkler that spreads water over a rectangular area makes life easy.

Lawn irrigation will cost more if your water is metered.

- It's better to water thoroughly from time to time rather than little and often.
- Avoid watering in the heat of the day or during a drought.

MOWING: When your lawn is 8cm long, start mowing regularly.

- Do not mow when grass is wet or during a drought.
- For electric mowers, use a circuit breaker for your own safety should you mow over the lead.
- Use a half moon tool for cutting the edges of newly laid turf and existing lawns. Hold it vertically against the side of a flat board or against a garden line. Mark curves with a hosepipe. Longhandled edging shears can also be used to neaten borders.

- Raise the blades when mowing in very hot weather.

- Stop mowing once frosts start.

FEEDING: Make your lawn dense and lush by feeding it twice a year in spring and autumn.

- Use a liquid lawn fertiliser to minimise grass scorching in very dry weather.
- In autumn, use a garden fork to create a series of holes to aerate the lawn. Then sprinkle in sand to create lasting drainage channels.

WEEDING: Keep weeds at bay by either hand weeding or applying a selective weedkiller that kills the weeds but not the grass. Moss can be killed with a moss killer, then raked out. Always follow the instructions carefully.

- Repair bare patches either with turves or by re-seeding.

IN WINTER: Never walk on frozen or frost-covered grass. It causes damage and can make the grass susceptible to disease.

- To avoid introducing diseases, keep the grass clear of leaves and debris with a springy rake.

TIME-SAVING TIPS:

- To distribute grass seeds evenly, fill a plastic flowerpot with seed and shake seeds out of the holes in the base.
- Use a mask when sowing to avoid breathing in the dust that comes out of the seed.
- Don't collect your clippings during dry spells to help conserve moisture.



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Your Stars for August 2019

By Kay Gower

Aries (Mar. 21- April 20)

Routines induce the 'automatic pilot'. This is the mind's way of saving energy. Something will startle you from a routine this month, and you'll realise that something has to change.

Taurus (Apr. 21- May 21)

Trends suggest that the results you have been seeking for some time will be closer than you think. There is the potential for doing just the right thing when it matters the most.

Gemini (May 22-June 21)

It's foolish wasting muscle power holding up a wall that's already standing firm. It's equally pointless kicking something down that's already falling. Let gravity do its work this month.

Cancer (June 22-July 22)

If maintaining a position continues to be a struggle, perhaps you should consider that it's not a good fit. Life isn't meant to be easy, but it shouldn't be hard all of the time. Practice the self-care that allows you to relax.

Leo (July 23-Aug 22)

You are moving towards the culmination of plans you hatched some time ago and you should make much progress. It looks as though August, especially after the 10th will turn out to be very much to your advantage.

Virgo (Aug 22 – Sept. 23)

You know where you want to go, but don't rush. Detours and delays will help you to arrive completely ready. Relax as you move confidently into your next role and get that rush of energy that says "Go for it."

Libra (Sept. 24 -Oct. 23)

The position of Mars indicates a flare of fireworks between people who are normally in agreement. The roles we choose in life come with both limitations and perks. Suddenly, the perks may not seem to balance with the limitations, and adjustments are indicated. Don't rush to conclusions.

Scorpio (Oct. 24 - Nov. 22)

Your gift from the stars has always been unflappable confidence. Someone 'in the know' will tell you what can't be done and why. Try not to laugh too hard when you do it anyway.

Sagittarius (Nov. 23 -Dec. 21)

Recognise negative thoughts for what they are – thoughts that take away the enjoyment of here and now. Put a stop to negativity that make you feel guilty or inadequate. Picture a positive future and let your thoughts fall in line with that vision.

Capricorn (Dec 22.- Jan. 20)

There has never been a better time to turn a dream into reality. There will be a number of opportunities this month for growth and happiness.

Aquarius (Jan 21 - Feb 19)

While it may be noble to take one for the team, it would be silly to take two, three or four for the team. If you feel like you have been beaten up on life's playground, perhaps this would be a good time to stand up to the bully.

Pisces (Feb. 20-Mar. 20)

Because of your affable ways, people like you a great deal. Don't be afraid to turn this fact to your advantage this month and call in some assistance if you need it.

Hull and District Cats Protection Cat Homing show on Saturday 31st August

The Hull and District Cats Protection will be holding their Cat Homing show on Saturday 31st August, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Come and meet the cats and kittens looking for permanent homes. Stalls will include cakes and jams, gifts and cards, cat accessories and a tombola.

Refreshments will be available, why not pop-in and have a lunch.

We will also have a stall at The Lawns Caravan Show on 7th and 8th September and at Cottingham Market on 26th September.

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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Sudoku Answer from page 12

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



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Muker, Swaledale, North Yorkshire

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

A 7-mile hike starting and finishing at the village of Muker in the Yorkshire Dales National Park

In late spring, Swaledale's hay meadows burst into life – a colour bonanza best absorbed after a cup of Yorkshire tea and a slice of cake.

Like so much in Swaledale, the name Muker is of Norse origin. The village sits on the banks of the River Swale as it emerges from the deep valley between Kisdon Hill and Black Hill, swinging east on its journey to the North Sea. Solid, stone lead-miners' cottages gather protectively around the tea shop, the Farmers' Arms, the Victorian Literary Institute and St Mary's Church.

The landscape today is largely unchanged from the late-18th and early 19th century, and those iconic features of the Dales landscape – the field barns and the drystone walls – radiate from the village. Muker is also famous for its species-rich hay meadows. We've lost 97% of our flower hay meadows since the Second World War, making those around Muker internationally important.

The site is so significant, in fact, that it is now protected as a SSSI where farmers receive grants to grow and cut hay by traditional means and without the use of artificial fertilisers. May is the optimum time to visit if you want to make the most of this flower spectacular, complemented by screaming swifts, zipping swallows and burbling curlews. Get down on your belly to gain a flower-level view of this wonderful carpet, a superb foreground to a classic Dales landscape.

1. A Pennine Journey

Seek out the path that leads out of the back of the village between attractive grey limestone cottages and follow the route Alfred Wainwright famously took for his 1938 book *A Pennine Journey*. Swaledale was Wainwright's favourite Yorkshire dale and the



meadows have barely changed since he was here.

A flagged path leads through a series of tiny wicket gates and Muker's famous upland wildflower hay meadows. Look for wood cranesbill, crosswort, melancholy thistle, cat's ear, pignut, lady's mantle, yellow rattle, rough hawkbit and sweet vernal grass, all found among the more familiar buttercups, clover, speedwell and daisies.

2. Swaledale swoon

Cross the River Swale on Ramps Holme footbridge, turning briefly left and then right on the rough track that climbs through the lower section of Ivelet Wood and then contours along Ivelet Side, passing above Ramps Holme Farm. The track soon becomes surfaced, then climbs again. Stride out along the vantage point with superb views along the length of Swaledale. The single-track lane with wide grassy verges continues below Kisdon Scar, passing a small group of cottages at Calvert Houses.

The quiet lane runs above attractive farmhouses at Ivelet Heads to Gunnerside Lodge, where you turn left to cross Shore Gill on an arched stone bridge. Descend on the lane past Dyke Heads to the former mining village of Gunnerside, and drop in to Mary Shaw's Café for a welcome break.

3. Buttercup fields

Follow the 'A Pennine Journey' west out of the village, past the small school and through fields of bright yellow buttercups. Traditional hay meadows lie beyond, each with a barn (or laithe) where hay would have been stored in the upper storey as livestock overwintered on the ground floor. The path runs on high above the Swale at Marble Scar then strikes out across fields to cross Shore Gill into the tiny hamlet of Ivelet.

Turn left down the lane, looking for wildflowers on the bank, as far as the graceful arch of Ivelet Bridge.

4. River return

Don't cross the bridge, but head through a small wicket gate to join a delightful path that stays faithful to the north bank of the river, all the way back to Ramps Holme Bridge. Retrace your outward steps back into the heart of Muker.



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August

Thu 1 Aug	Skegness	£21.00	£19.00	£15.00
Fri 2 Aug	Yorkshire Wildlife Park*	£30.00	£28.00	£27.00
Sat 3 Aug	Beamish Living Museum*	£36.00	£36.00	£29.00
Sun 4 Aug	Market Rasen Races			
	Family Extravaganza*	£21.00	£21.00	£14.00
Sun 4 Aug	National Coal			
	Mining Museum*	£18.00	£18.00	£17.00
Mon 5 Aug	Chester	£25.50	£23.50	£21.50
Mon 5 Aug	Chester Zoo*	£42.00	£42.00	£37.00
Tue 6 Aug	Skegness	£21.00	£19.00	£15.00
Tue 6 Aug	Pink Pig Farm*	£22.00	£22.00	£20.00
Wed 7 Aug	Cadbury World*	£36.00	£36.00	£32.00
Wed 7 Aug	Eureka!*	£28.00	£26.00	£24.00
Wed 7 Aug	Halifax	£21.50	£19.50	£19.50

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Thu 8 Aug	Sundown Adventureland*	£29.00	£29.00	£17.00
Thu 8 Aug	Warwick Castle*	£40.00	£38.00	£30.00
Fri 9 Aug	Twycross Zoo*	£38.00	£36.00	£34.00
Sat 10 Aug	Flamingo Land*	£42.00	£42.00	£40.00
Sun 11 Aug	Lightwater Valley*	£34.00	£34.00	£32.00
Mon 12 Aug	Yorkshire Wildlife Park*	£30.00	£28.00	£27.00
Mon 12 Aug	York & Designer Outlet	£16.00	£14.00	£14.00
Tue 13 Aug	Skegness	£21.00	£19.00	£15.00
Tue 13 Aug	Drayton Manor*	£43.00	£43.00	£41.00
Wed 14 Aug	Chester Zoo*	£42.00	£42.00	£37.00
Wed 14 Aug	York Maze*	£29.00	£28.50	£27.50
Wed 14 Aug	Yorkshire Air Museum*	£16.00	£14.00	£14.00
Thu 15 Aug	Scarborough &			
	Eden Camp*	£26.00	£24.00	£24.00
Thu 15 Aug	Thirsk & Helmsley	£19.50	£17.50	£17.50
Fri 16 Aug	Brigg Garden Centre &			
	Lincoln	£17.00	£15.00	£15.00
Fri 16 Aug	Diggerland*	£34.00	£34.00	£32.00
Sat 17 Aug	BBC Countryfile			
	Live at Castle Howard*	£34.00	£32.00	£22.00
Sun 18 Aug	The Forbidden Corner*	£31.00	£29.00	£29.00
Mon 19 Aug	Flamingo Land*	£42.00	£42.00	£40.00
Mon 19 Aug	Liverpool City Centre or			
	Albert Dock	£23.00	£21.00	£21.00
Tue 20 Aug	Yorkshire Wildlife Park*	£30.00	£28.00	£27.00

* Includes admission or entry is free. Ages may vary for child prices.



more August

Tue 20 Aug	Beamish Living Museum*	£36.00	£36.00	£29.00
Wed 21 Aug	Skegness	£21.00	£19.00	£15.00
Wed 21 Aug	Twycross Zoo*	£38.00	£36.00	£34.00
Thu 22 Aug	Chester Zoo*	£42.00	£42.00	£37.00
Thu 22 Aug	Saltburn by the Sea &			
	Redcar	£20.00	£18.00	£18.00
Fri 23 Aug	Cadbury World*	£36.00	£36.00	£32.00
Tue 27 Aug	Sundown Adventureland*	£29.00	£29.00	£17.00
Wed 28 Aug	Yorkshire Wildlife Park*	£30.00	£28.00	£27.00
Wed 28 Aug	Meadowhall Shopper	£19.00	£17.00	£17.00
Thu 29 Aug	Flamingo Land*	£42.00	£42.00	£40.00
Fri 30 Aug	Skegness	£21.00	£19.00	£15.00
Sat 31 Aug	Chester	£25.50	£23.50	£21.50
Sat 31 Aug	Chester Zoo*	£42.00	£42.00	£37.00

September

Sun 1 Sept	Scarborough or Whitby	£19.00	£17.00	£17.00
Wed 4 Sept	Bury Market	£21.00	£19.00	£19.00
Thu 5 Sept	Teesdale & Weardale	£20.00	£18.00	£18.00
Fri 6 Sept	The Creative Craft Show* (Manchester)	£26.00	£24.00	£18.00
Mon 9 Sept	IKEA Leeds (back by 4pm)	£16.00	£14.00	£14.00
Wed 11 Sept	Downtown Superstore & Lincoln	£20.00	£18.00	£18.00
Fri 13 Sept	Harrogate Autumn Flower Show*	£36.00	£34.00	£17.00
Sat 14 Sept	Harrogate Autumn Flower Show*	£36.00	£34.00	£17.00
Tue 17 Sept	Ossett Market (back by 4pm)	£16.00	£14.00	£14.00
Wed 18 Sept	Hawes	£22.00	£20.00	£20.00
Thu 19 Sept	Saltaire Village	£21.00	£19.00	£19.00
Sat 21 Sept	Blackpool Illuminations	£30.00	£30.00	£25.00
Sun 22 Sept	Newcastle Shopper	£22.00	£20.00	£20.00
Tue 24 Sept	Doncaster Market (back by 4pm)	£16.00	£14.00	£14.00
Wed 25 Sept	Knaresborough & Harrogate	£20.00	£18.00	£18.00
Fri 27 Sept	Lincoln (back by 4pm)	£16.00	£14.00	£14.00
Mon 30 Sept	Pickering & Whitby	£19.00	£17.00	£17.00

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Local Beekeeper Neil Gower Continues his quarterly review of the Beekeeping world

Being selective with the truth

I opened my first beehive more than 50 years ago and I have rubbed shoulders with some very capable and dedicated practitioners of the craft in the intervening years. What has always struck me about those I have met is their desire to look after their charges to the best of their abilities and to ensure that they pass on their expertise and knowledge to anyone who may be interested. All those I have come into contact with have had a conservation and environmental approach to beekeeping.

When I first became interested in keeping bees I realised that there are a set of rules that you do not break. These are set early in your training and are reinforced regularly at a local level and nationally by the British Beekeepers Association and the Government run National Bee Unit. You must always carry out an integrated pest management programme throughout the year to keep the bees free from parasites and pests, and to prevent disease. This is partly done through equipment change, keeping tools, equipment and clothing clean and through medicinal treatment.

Another huge rule is that you must never harvest too much honey and you must always leave them enough to feed themselves. 'Less is best' is the motto here and I'm sure these rule are broken from time to time as beekeepers are only human, but on the whole it is not in either their interests or those of the bees to break them.

With all that in mind I was disappointed to read some ill informed criticism of beekeepers recently on a well know society's website. It claims "conventional beekeepers aim to harvest the maximum amount of honey with high yields being viewed as a mark of success". Nothing could be further from the truth. They also stated that "honeybees are specifically bred to increase productivity", and that "this selective breeding narrows the gene pool". They went on to suggest that the decline in Bumblebees is due to them being overwhelmed by the quantities of farmed honeybees.

Of course it made no reference to the fact that the honeybee is in decline due to the loss of habitat and increasing use of pesticides. This fact was picked up in a recent food documentary

on the BBC which stated that by the time you buy your potatoes from the supermarket they will have been sprayed 32 times with pesticides. There is also a 90% chance you will pick up pesticide residue on citrus fruit and 84% chance from strawberries. This has clearly not registered with the websites author.

Honey Harvest time.

I'm sure if I were to look back at my notes over the years I would come across a similar weather pattern to that which we've experienced this year. After a bright warm spring we hit the buffers in June when it turned decidedly cold. At this point the NBU actually raised a 'starvation alert' for weak and small colonies. I'm pleased that none of mine fitted into that category but I did notice that the stocks of honey in each hive went down for a while.

Improved temperatures in July meant increased foraging time, but also put the local beekeepers under strain to cope with the sheer number of swarm calls. It's as if the colonies had been waiting for the weather to change and once it did normal proliferation of the honeybee species could resume.

Stocks of honey also built up in July as it's the time that the colonies have their greatest number of bees with more than 50 000 bees being present in an average hive. Progress was fast and I had one honey box filled in just over a week. The first honey has been harvested and that first spoonful is always a treat.

Last year I wrote about an experiment I was carrying out to increase the brood space in some of my hives. At the end of the season I reviewed the project and weighed up the advantages and disadvantages. In brief, I allowed the Queen access to more space in which to lay eggs, but this meant that at each inspection I had to look through double the number of frames. Having also reviewed the maths behind the theory I concluded that she has more than enough cells in which to lay eggs in a standard hive set up, so have reverted back to normal for this year.

Asian Hornet Season.

This is the time of year we all have to be vigilant to the threat of the non-native Asian Hornet that threatens to invade our shores. It's presence seems to have been established somewhat in the Channel Islands, but the beekeepers there continue to put up staunch resistance.

Each area of the country has set up an Asian Hornet Action Team (AHAT) and ours is now in place.

Traps are being prepared for placement around our Apiaries and all we can now do is wait.



Asian Hornets can be identified by their yellow leg markings and have been named by some as the 'yellow legged hornet'.

I have included this identification chart for information and have also listed the email address of the Non Native Species Secretariat below. This is the organisation to contact in the event that one is spotted in our area. They require a photo if possible for identification purposes, alertnonnative@ceh.ac.uk

I'm told they have a nasty sting so do be careful if you spot one.

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Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm., and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philmee79@gmail.com for further information.

Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon Sec) on 571205 for details of how to join the City's longest established cricket club. www.hullzingari.play-cricket.com and on facebook and twitter

East Yorkshire Climbing and Mountaineering Club

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

Some "Arty Facts" about Haltemprice Art Group

The Haltemprice Art Group was formed in 1947 by Frank Armstrong and a group of fellow artists. 72 years on and we are still going strong! We currently have 43 members but we would love to meet some new ones as well. Whether you are an experienced artist or an enthusiastic hobby painter, we look forward to welcoming you to the group. The more members we have, the more diverse our range of abilities.

So let me tell you what we do!

The group meets in the Art Room of Cottingham High School on Tuesday evenings, during term time. We enjoy a varied syllabus which ranges from sketching nights, when we have a choice of figure drawing or still life, to demonstrations by professional artists, and theme nights.

Our "year" starts in September with meetings going through to May. During June and July we meet at venues around the area, for the experience of "live" outdoor painting.

We hold an Annual Exhibition in April, at the Civic Hall in Cottingham. Every group member is encouraged to exhibit their work, and for first time exhibitors, it gives a real Buzz to see your work hanging for all to see. This is always a well-attended event, with more than 400 visitors over three days.

Our subscription is £30 for the year. This covers everything, except Workshops or Demonstrations, for which we make a charge of £3. If you would like to come along and see what we do, there is no pressure to join on your first meeting. See if you feel we are right for you, first. We would love to have the opportunity to show you what we are about!

Our first meeting in September is on Tuesday 10th, which is an informal get together and a chance to meet and greet any newcomers. The serious stuff starts the next week.

For a copy of our syllabus or further information, please contact: David Goldsmith, 01482 633 397 or email david_carol_goldsmith@hotmail.com.

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My significantly defining moments

I truly believe that your upbringing massively shapes your future temperament, behaviour, interests, hobbies and probably career choices. I know that from being a very young child out in East Africa, my mother was always helping to rear, nurture, heal and rehabilitate all sorts of wild life creatures. I was surrounded by big family dogs and a massively varied wild life back yard and all of it was to be cherished and passionately cared about.

When we repatriated to the UK in 1970, our nurtured animals were smaller and less dangerous! Poorly hedgehogs, abandoned kittens and rescue dogs mainly. I was always involved with helping with their care and without a doubt it shaped my life into being one of caring for animals in both a physical way as well as on an emotional level. I was always going to work with animals.

This said, my life took me into the horse world in one way or another and across many countries. When I finally settled here in Skidby, I started my own rented small livery and training yard back in 1985. I used all the knowledge I had gained throughout my career to start to help both horses and their owners become one with each other. My passion in those days was re training ex racehorses to event, show jump and team chase. It was dangerous, fast and exhilarating riding. As the injuries mounted up, these extreme hobbies had to give way to a new, slightly less dangerous life of training behavioural issues.

In 1993 I was introduced to "Natural Horsemanship" (NH) through an accidental meeting with an Australian Stockman/Horseman called Mike Barker. He happened to be staying in Hull while his sister sadly died in the local hospice and he sought me out to help him spend his spare time away from the ward. We became very firm friends, a friendship which lasted many years until his death a few years ago. NH answered many questions in so many ways at the time and I became a highly skilled practitioner. However, these methods are highly coercive and feel very aversive to the horse. They force obedience by using pressure techniques which get taken away the second the horses comply. This is all great while its working, or if it works, but time and again I saw a re-occurrence of the behaviour when the pressure came away for any longish period of time- especially when the horses returned home. Don't get me wrong, these techniques work with the majority and can retrain their brains into calm acceptance. However with the trickier horses and those who had turned aggressive in defence of themselves through their life experience with humans, I regularly saw rage being displayed. In this scenario the amount of pressure techniques which had to be applied made me wonder whether or not I was even becoming part of the problem. They were as they were because they had experienced really bad stuff and the only answer I had in those days was to simply keep at it until the horse showed any form of compliance.

Now I know this is called a state of learned helplessness and is a dreadful place to put any living being emotionally. I was actively suppressing emotions and had absolutely no idea. We all thought Monty Roberts and his join up techniques were a marvel. The Queen

gave his methods credence when he showed his methods on her horses. Don't get me wrong here, I never chose to be an extreme or harsh trainer. I trod the softest, quietest path I could but none the less, there were times when I questioned the only methodology horse trainers have in their tool box when it comes to training the really emotionally damaged horses. **All traditional, NH, Western and classical training is about constant correction where the trainer or handler is constantly saying NO.** What a different world I am working in now.

In 2013 my eyes were opened to a whole new world of animal training which is based on trust, concentrated on relationship first, relied on understanding behaviour in its purest form and was delivered via meticulous planning and skill. This connection built between the learner and the human trainer was truly eye opening. I watched the "proof of the pudding" with great apes, apex predators and birds free to fly away at any point. No animal was trapped in a confined space and all were free to leave yet they allowed injections, worming, body scanning even holding still for Xrays! Watching amazing training happening with animals who were all blessed with full choice was awe inspiring. **Of all my defining moments in my life, this has proved to be the biggest and has shaped my behaviour, my business, my training, my desire to understand more and be educated by world leading specialists.** Its been an amazing journey into studying Applied Behavioural science, understanding Environmental analysis, Functional analysis, Behavioural analysis. The principles of applying LIMA (least intrusive, minimally aversive). In depth studying into reinforcement re behaviour. Its values and uses, primary, conditioned, non -conditioned, classical and operant conditioning- the list goes on and on- and I have been a sponge for learning. To be a professional in the industry who decides to cross over into the light and apply it all to training horses in a professional capacity, has not been done lightly. Its been hard- the hardest journey I have ever trodden but its been so worth it. Finally I am training horses on the emotional level which blossoms into physical change into behaviour modification and its all based on Positive Reinforcement and saying YES! I openly share my world on social media. I have literally got 1000,s of followers on Facebook, Instagram, You-tube, Pinterest and various other platforms. When people watch my videos they are stunned at what they see and many want to know more- which is perfect. The ripple effect!

Another huge asset into all of this is that I am fully supported by so very many animal trainers worldwide. Horse training this way is in its infancy here in the UK. More popular in the USA. However, there are positive trainers all across the world and we all speak to each other! 😊

My dream is that one day our Further Education system will embrace these techniques in their Equine Departments as they already have in dog and zoo training and management courses. I learned all this via the Zoo communities and by accident. To improve the welfare of our horses is to improve education and its availability. We need to move away from keeping horses as our slaves and turn them into our partners based on mutual trust and the real understanding of how they would choose to learn if they were ever given that all important word- CHOICE!



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Lucas France, MMA Fighter and Boxer seeks sponsorship

I am striving towards my dream to make it as a professional fighter. As a young 18 year old, I am dedicated to Martial Arts by training multiple times a day everyday of the week. I was born and grew up in Cottingham attending Cottingham High School.

I started at the age of 10 and took up kickboxing in order to become more confident. I soon realised that the gym felt like a family and I quickly fell in love with the sport and transitioned into Boxing and MMA. After doing this Sport for eight years I have grown and become established. My journey has allowed me to become a complete martial artist.

Fighting out of the Fight Ministry in Hull, my progression and dedication has been hard in a sport that takes no prisoners. My hard work and dedication has paid off by winning two regional boxing titles, a gold medal in the British Open Jui Jitsui and competing in mixed martial arts around the country. I am now fighting in the York Barbican and the O2 arena in Leeds.

I truly believe I can make it and make it become a professional in the sport and get a world title. I work in the local KGV pavilion to help fund it. Therefore, any sponsorship and help would be fantastic to reach these goals.

Support for Lucas France is needed to help him reach his goals. For potential Sponsoring Contact: 07774780570 or ldaradders6@gmail.com.

Swanland Show Saturday 14th September

Swanland Show will be held on Saturday 14th September in St Barnabas Church Hall Main Street. Visitors from 2pm, adult entry is £1.00. Tea and coffee available plus demonstrations.

Entries are welcome from non resident villagers, brochures can be obtained from local shops or on our web site Swanland-Show.uk where there is lots of information about entering any of the wide variety of classes for all ages and expertise. Don't be shy, we are a very friendly show.

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Institute of Directors support WISHH Charity fundraising

Following the successful Humber Biz week last month, featuring the Institute of Director's (IoD) Humber Luncheon with former England footballer and manager and best-selling author, Kevin Keegan as guest speaker, the WISHH Charity which raises funds to support both Hull Royal Infirmary and Castle Hill Hospital was one of three charities drawn to receive a cheque for £845.00.

The funds donated to WISHH by the IoD are going towards the purchase of a portable ultrasound probe for the Breast Care Unit at Castle Hill Hospital. The Breast Service based at Castle Hill Hospital serves not only the population of Hull and East Yorkshire but also covers a much wider population including parts of North Yorkshire and Northern Lincolnshire. The Breast Care Unit also acts as the base for the Humberside Screening Programme. The screening programme invites over 165,000 women, between the ages of 47 and 73, for screening over a 3 year fixed cycle.

The Breast Surgery Department offers the full range of services for breast related conditions and is recognised regionally as providing an excellent service for the patients that it serves. The service operates on over 500 patients each year with breast cancer and these numbers continue to increase year on year. Many of the cancers that the service has to deal with are too small to feel and sometimes it can be difficult to identify them during surgery. The new portable probe will give surgeons the ability to better readily identify these often hard to find cancers. In addition to this the new probe can potentially be used to find lymph glands in the axilla that have responded to chemotherapy. These lymph nodes can then undergo targeted sampling. In difficult cases images from this portable probe can be streamed from the operating theatre to the radiology suite in order to get a real-time expert opinion from the radiologist.

Mr Kartikae Grover, Consultant Breast Surgeon and Clinical Lead said: "I would like to thank the Institute of Directors and organisations including Arco staff, Case Training, Enterprise Cars, Hull Hospitals staff and individuals who have contributed in making the purchase of the portable breast scanner a reality for our hospitals. The scanner will enable us to offer an improved service for our patients by enabling the clinicians to identify and diagnose possible tumours more accurately than is currently possible."

Pat Coyle, Chair, IoD East Yorkshire Branch said: "At this year's IoD Humber Lunch the local branch committee were keen thank table sponsors who support us year on year, by raising money for the charities close to their hearts. Our charity raffle, which raised over £2500 on the day, was shared between three charities, one of which was WISHH Charity. We are extremely thankful to our guests for digging deep and raising so much to benefit these fantastic local charities."

WISHH - Working Independently to Support Hull Hospitals - was set up in 2016 to support Hull University Teaching Hospitals NHS Trust, which runs the hospitals.

The WISHH charity raises funds to enhance the services and facilities provided by the NHS by providing those "added extras" to improve the experience of patients and families.

Thousands of pounds donated by the public have already funded projects including a reminiscence cinema showing old footage of Yorkshire in the Department of Elderly Medicine and specialist equipment to help children with breathing problems in A&E.

WISHH is currently funding environmental improvements by the provision of artworks in the children's wards and other areas of the hospital as part of its arts strategy. It recently arranged delivery of a mini Tesla, donated by Tesla car owners in Hull and the East Riding, to transport children from Hull Women and Children's Hospital to operating theatres ahead of surgery.

If you would like to support WISHH, contact Lisa Whitton of the team on 01482 622299 or make a donation via our Just Giving page <https://www.justgiving.com/wishh> Follow us on Twitter @WISHHcharity.

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East Riding waste and recycling team wins top trophy at national awards honouring the best in local government

The waste and recycling team at East Riding of Yorkshire Council has won a top national award at a prestigious ceremony honouring the best in local government.

The team was presented with the award for Best Council Services Team at the MJ Local Government Achievement Awards 2019, held in London.

The annual awards recognise the very highest standards of services and staff at local authorities across the UK, and were hosted this year by BBC Breakfast presenter Steph McGovern.

The East Riding team was up against different services from seven other local authorities for the award: Birmingham City Council, Liverpool City Council, London Borough of Hammersmith and Fulham, Isle of Wight Council, Kettering Council, Pembrokeshire Council and Sandwell Council.

It was third time lucky for the waste and recycling team, as they

had reached the finals for the same award in 2017 and 2018.

In winning the award, the team was recognised for achieving the highest recycling rate of any council in the country for two years running.

Thanks to the support of East Riding residents, the council was able to recycle, reuse or compost 64.5% of all household waste in 2017/18. The national average was 44.8%.

The team also ran successful campaigns which increased the recycling of metal packaging in residents' blue bins by 15 tonnes - and led to a 15% rise in the amount of small electrical items being taken to household waste recycling sites.

The council's bin collection crews were also singled out for making a difference in the community and for their excellent service, including managing to empty all bins in extreme weather conditions during last year's 'Beast from the East' and the summer heatwave.

The judges said: "This authority's waste service has demonstrated excellence consistently over the years after a remarkable turnaround and is now ranked number one in the country for recycling.

"It shows continuous improvement and has been consistent in pursuit of its goals."

Councillor Richard Burton, leader of East Riding of Yorkshire Council, said: "The MJ Achievement Awards are very prestigious in the world of local government and it's a great honour for our waste and recycling team to receive this.

"It's very well deserved for all the hard work the staff have put in over the years to make the East Riding the country's top recycler.

"Residents in the East Riding have contributed a great deal to the recycling success and I would like to thank them for their continued support."

The MJ Local Government Achievement Awards have been running since 2004 and are organised by the Municipal Journal, the leading publication for local authority business in the UK.

Pictured: Some members of the waste and recycling team at East Riding of Yorkshire Council which has won the Best Council Services Team at the MJ Achievement Awards 2019.

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Haltemprice Dolphins swimming club (Thursday nights)

Each week at the swimming club there are people with different disabilities requiring assistance in the water. The lifeguards (who are always on duty) use the hoist when people need assistance getting in and out of the pool.

We help by swimming alongside the less confident swimmers, making them feel safe, and also help at the shallow end with less able swimmers for them to gain confidence in the water. We keep the swimmers motivated by swimming with them and encouraging them to swim greater distances. Every year we hold a gala in one of our four clubs who are members of the East Riding of Yorkshire Disabled Sports Association. This year it is Haltemprice's turn to host the gala.

We communicate with the carers and swimmers to find out if any aids are needed as we have floats, woggles and swimming boards. Many members need our support to complete tasks and often wait until we get into the water to help them.

Some of our members have physical disabilities, whilst

others have more hidden disabilities. The sessions are ideal for people who are recovering from strokes, heart attacks and other medical or hidden problems. Most of the people we help have achieved much more now as they have needed, and received, extra support. We actively encourage family and friends of disabled members to join us in the pool, as this encourages the social side to the club. There is an aqua aerobics half hour at the beginning of each week for those who would like to join in and keep fit.

There is a charge of £2.50 per session for disabled and family members. (Carers are not charged.) Sessions are on Thursday nights from 7.30 to 9.00.

For more information tel: D. Thomas on 01482 844815.

The Beverley Male Voice Choir concert on 4th October at the Civic Hall

The famous Beverley Male Voice Choir will provide an evening of joyful choral music at the Civic Hall, Cottingham on 4th October, 2019. It is the first time that the choir has given a public performance in Cottingham and this is a great opportunity to hear a large choir of such quality.

The concert is promoted by the Rotary Club of Holderness with all proceeds to be used to buy equipment for Castle Hill Hospital. Tickets are just £8 and can be purchased from the following:

Barkers of Hallgate, Cottingham; Beverley Tourist Information Centre; Jackie Sewell (01482 845981) and Lynne Clarke (01482 848329).



Seventh Heaven for Cottingham Food and Drink Festival!

Cottingham Food and Drink Festival returns to the East Yorkshire location on Sunday 15th September 2019 (10am to 4.30pm).

The event, taking place for the 7th year running, will feature stalls in Market Green, King Street and Hallgate for this one-day foodie extravaganza which has just announced brand new attractions at the event.

Tasty street food, cookery demonstrations, a children's fun fair and of course scores of food stalls will dot the picturesque village for this special event. New for this year will be a focus on sustainability with a range of eco-friendly products and items.

Andrew Riley of the Market Managers said: "It is a privilege to run such a high profile event for the second time and we hope that it will be even better than last year's hugely successful festival. Over the years, it has developed into a top-flight food festival and we will do our best to build on its success."

This year's cookery demonstrations will include an assortment of top local chefs and restaurants including Michelin-starred Winterringham Fields, based in North Lincolnshire.

Gilly Robinson of the renowned Malton Cookery School will be competing on the day and additional events will be announced in due course.

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The event includes children's entertainment such as fairground rides and new for this year includes a mobile ambulance exhibit from the famous Thackray Medical Museum in Leeds. There will also be a bicycle smoothie making machine, colouring activities, and badge/key ring making.

Andrew continued: "The festival attracts many thousands of visitors to Cottingham which is a tremendous boost for the village. We have a fantastic selection of stalls and we can guarantee a great day out for all the family."



The winning entry of the Skidby Scarecrow weekend was "Save Our Planet"

The winning entry of the Skidby Scarecrow Weekend, which was voted for by the weekend's visitors, was the "Save our Planet" Scarecrow.

The runner-up Scarecrow was "Arachnophobia", with "Thanos 'in the Garden'" coming third.

During the Scarecrow weekend visitors enjoyed discovering the eclectic mix of Scarecrows, and the entertainment provided by the Village Hall.



Cottingham Swimmer Owen Garsides Silver medal at the British Para Swimming World Series meet

British Para National Silver Medallist. Cottingham's Para swimmer Owen Garsides aged 17.

Kingston Upon Hull's S14 Para Swimmer Owen Garsides qualified for and competed at the British Para-Swimming International Meet / WPS World Series 2019.

The competition at Tollcross ISC, Glasgow was the fourth leg of the World Para Swimming World Series.

The British Para-Swimming International Meet saw the British Para elite battle it out against the best in the World.

After competing in all his races at Tollcross, Glasgow. Owen made the British Para National finals in all of his six races and became British National Silver medallist in the 100m Freestyle.

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A chance to hire a beach chalet during the winter months

The popular winter lets scheme – which allows people to hire the council's chalets in Bridlington and Hornsea during the winter months – is now available again for winter 2019/2020. Chalets are already selling out fast.

The chalets will be available from 21 September, 2019, to 20 March, 2020 and prices start at £270 and go to £410 for the whole period, depending on the individual chalet.

The scheme was introduced in 2009 and has proved very popular with residents and visitors to the resorts ever since.

The lets offer the ideal start and finish point for visitors looking to extend the Great British summer by grabbing some autumn sun or perhaps building a snowman on the beach.

Portfolio holder for tourism, culture and leisure, Councillor Shaun Horton, said: "This is always a hugely popular scheme, and it's great to see that so many people will be able to spend more time in Bridlington and Hornsea in what used to be the quiet time of year for the resorts. The chalets are proving another very successful way to extend the season in the towns, and move further towards becoming year-round destinations."

For more information on booking a chalet, email foreshores@eastriding.gov.uk or call (01262) 609815.



Active Coast has an amazing programme for Summer 2019!

Active Coast has launched its Summer Programme for 2019 with six weeks of activities to get active, be healthy and enjoy life on the East Yorkshire coast.

The popular Have a Beach Day events will be in Bridlington on 1 and 29 August, with plenty of fun activities to enjoy the beach culture.

Coastal Explorers sessions throughout the summer from Mablethorpe and Spurn Point through to Flamborough will feature active and fun nature-themed activities, and there will be Beach Clean and Create Sessions in Hornsea, Bridlington and Withernsea.

Have a Field Day (Bridlington 8 August; Hornsea 15 August; and Withernsea 22 August) will celebrate all things active. The Bridlington event will include a Zip Line, and the Hornsea event will include a Ninja Assault Course. All three days will feature giant inflatables, drumming, balloon modelling, archery, boxing, Nerf Zone, Slacklines, Art Wall, sumo suits, and more!

Bridlington will host beach sport throughout the summer with beach cricket and beach tennis on Fridays; beach boot camps on Tuesdays; and beach yoga on Tuesdays. There will be sport and play sessions in Hornsea on Mondays, and Withernsea on Wednesdays.

A free Beach Volleyball Summer Camp will take place from Tuesday to Friday in the last week of August in Bridlington, led by Skyball. This will be a chance to learn and play the game regardless of ability or skill, for ages eight and over.

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Sand and stone art family weekend workshops will be held around the coast on Sundays, with a chance to create drawings on a huge scale and try stone art, stacks and sculptures. This will culminate in a new event, the Land Sand Stone Art Festival in Bridlington in mid September, delivered in association with Responsible Fishing UK.

Together with many more regular events, Active Coast 2019 has something for everyone this summer. Councillor Shaun Horton, portfolio holder for tourism, culture and leisure, said: "It's another amazing programme of Active Coast events and activities this summer, and I am delighted that we have again been able to offer events in various locations along the East Riding coast.

"I would also like to thank our Active Coast partners – Skyball, Yorkshire Wildlife Trust, East Coast Beach Soccer, Surfers Against Sewage, and the Yorkshire Cricket Board – for working with us to put on such a varied programme this year.

"Here's to another great summer of Active Coast!"

For full details of Active Coast, and how to book where necessary, visit www.activecoast.org.

taken a fairly loose approach to the Edwardian period as, strictly, it was the time when Edward VII was on the throne from 1901 to 1910. However, for the purposes of this exhibition, we considered it to be the period during which Britain paused between the rigidity of the Victorian era and the chaos of global war.

"After this time the world had changed, and we generally look back at the Edwardian period as a somewhat romantic age. Luckily for us, it was also a time when ordinary people became able to take their own photographs with the coming of new, cheap cameras, so the exhibition is able to draw on the wonderful images of real life taken by ordinary people, as opposed to the posed studio photographs of earlier years."

"Edwardian Beverley: a snapshot in time" runs until 22 November, 2019.

The Guildhall is located in Register Square next to the main post office. The building is open from 10am to 4pm every Wednesday and Friday until 30 October and then 10am to 4pm on Fridays and 10am to 1pm on Wednesdays. Admission to the building is free.

New exhibition looking back to Edwardian times in Beverley

A new exhibition, "Edwardian Beverley: a snapshot in time", has opened at the Beverley Guildhall. Using photographs taken by ordinary people with the newly-developed Box Brownie cameras, this well-illustrated exhibition shows the people and places of the town as they were at the start of the 20th century.

Fiona Jenkinson, curator of the Guildhall, said: "We have





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Traditional 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.

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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, Ear Infection, Viral Infection, Eye Problems, 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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Hugely popular Wildlife Photographer of the Year exhibition returns to Beverley

The Wildlife Photographer of the Year exhibition, is back for its third year in the Treasure House until Saturday, 14 September. The exhibition will be open on Sundays throughout its run.

On loan from the Natural History Museum in London, the exhibition will feature 100 awe-inspiring images, from fascinating animal behaviour to breathtaking wild landscapes.

Councillor Shaun Horton, portfolio holder for tourism, culture, and leisure, said: "This exhibition is the most prestigious photography event of its kind, and provides a truly global platform that showcases the natural world's most astonishing and challenging sights for over 50 years.

"I am delighted that we are able to put on the exhibition again in Beverley to meet popular demand, and I hope that many more people will come to see it. It is always an enjoyable, educational, and thought provoking experience for visitors."

The exhibition will be accompanied in the Treasure House by an exhibition of 'Sculpting British Wildlife' by Emma Stothard. Life-size wicker and wire animals by the renowned Yorkshire sculptor - some specially commissioned - will be taking over the Treasure House and mingling with the Gallery collection.

There will also be a programme of events for adults and children to accompany the Wildlife Photographer of the Year exhibition. A wide range of merchandise relating to the exhibition will also be on sale.

Admission to the exhibition is free.

The café in the Treasure House will be open throughout, as a

perfect accompaniment to a visit.

The Treasure House, situated in Champney Road, Beverley, will be open :

Mondays, Wednesdays and Fridays : 9.30am – 5pm

Tuesdays and Thursdays: 9.30am -8pm

Saturdays : 9am- 4pm

Sundays (during the Wildlife Photographer of the Year exhibition only) : 10am-4pm

For further details, visit eastridingmuseums.co.uk/wpy, or follow on twitter or facebook at [ERidingLMA](https://www.facebook.com/ERidingLMA).

Stunning sculptures by Emma Stothard have taken over the Treasure House in Beverley

The Wildlife Photographer of the Year exhibition continues to pull in the crowds to the Treasure House in Beverley, accompanied by 'Sculpting British Wildlife' – sculptures by Yorkshire sculptor Emma Stothard.

Emma is an internationally acclaimed sculptor, and is renowned for her wire and willow sculptures of wild and domestic animals and birds.

She has created a collection of works to celebrate the richness and beauty of British wildlife.

Emma says : "I was delighted to be commissioned by the people at the Treasure House to produce my sculptured animals, which have taken over the whole building, including the library. They are in the corridors, on the stairs, and playfully interacting with the collection in the Art Gallery."

Continued on page 46



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www.cottinghamtimes.co.uk - August 45

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The works are all for sale, and prices are available from the staff in the Art Gallery.

Emma's sculptures are inspired by the creatures of the North York Moors around Whitby, where she lives, and by memories of her childhood in East Yorkshire. She enjoyed drawing the Holderness landscapes around her home as a child, and when she was a teenager, she worked on local farms during school holidays.

After graduating from Southampton Solent University, she moved to the Somerset Levels to learn growing, coppicing, bundling and weaving willow. She returned to Yorkshire to study at Bretton Hall, Wakefield, now the Yorkshire Sculpture Park, and began making small animals from woven willow.

After teaching in West Yorkshire, she moved to Whitby and took a teaching post at Whitby Community College. Her sculptures grace the gardens of stately homes, galleries and private homes around the country, and she currently has works on display at Newby Hall, near Ripon.

For full details, visit www.emmastothard.com

'Sculpting British Wildlife' can be seen at the Treasure House in Champney Road, Beverley, daily until 14 September, and accompanies the Wildlife Photographer of the Year exhibition. On loan from the Natural History Museum in London, the exhibition features 100 awe-inspiring images, from fascinating animal behaviour to breathtaking wild landscapes. Admission to the exhibition is free.

Opening times are :

Mondays, Wednesdays and Fridays : 9.30am – 5pm

Tuesdays and Thursdays: 9.30am -8pm

Saturdays : 9am- 4pm

Sundays (during the Wildlife Photographer of the Year exhibition only) : 10am-4pm

For further details, visit eastridingmuseums.co.uk/wpy, or follow on twitter or facebook at [ERidingLMA](https://www.facebook.com/ERidingLMA).



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For Membership details Ring Theresa on 823032

Crossword solution from page 14

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Bite and sting advice

With hot weather on the horizon the likelihood of being bitten or stung will increase dramatically, but now nine of the best home remedies for combating insect wounds have been revealed.

1. Ice

Ice is a great remedy for soothing any bites and stings, as the cold helps to diminish the itch, reduces the inflammation or swelling and eases the pain. Place crushed ice into a small sandwich bag, wrap in a towel and place over the affected area until the skin feels calmer.

2. Aloe Vera Gel

This multi-purpose plant-based gel is naturally soothing and moisturising on the skin, and it also holds anti-inflammatory and antibacterial properties. Putting a small amount of gel onto the bite or sting will help reduce the level of swelling and prevent the site from becoming infected.

3. Raw Honey

Honey helps combat inflammation and can reduce swelling, and the natural antibacterial qualities help to prevent infection and increases the speed of healing. Spread a small amount on the sting, preferably indoors so the smell does not attract more bees.

4. Witch Hazel

This remedy is anti-inflammatory and can also reduce the sensation of itching, so is perfect to combat ant bites. Using a cotton swab, dab a small amount of the solution onto the sore area and after a few minutes rinse off with water. This will reduce swelling and take the sting out of insect bites.

5. Peppermint Oil

Peppermint is one of the best essential oils to deal with painful stings and bites. The cooling effect will calm the area and reduce irritation and itchiness. It will also improve blood circulation and cleanse toxin from the area, accelerating the healing process. Apply the oil to the bitten area and massage gently to encourage blood flow.

6. Papaya

The enzymes this fruit contains can reduce the level of inflammation and so counteracts the effect of the venom. Simply cut a fresh slice of papaya and place over the bitten skin. It is important to ensure the fruit is still moist for maximum benefit. Replace when dried out and repeat until the skin is less inflamed.

7. Natural Clay

A wonderful absorber and treatment that has been used for thousands of years. Nowadays, clay is used in face masks to thoroughly clean the skin of any dirt, as our skin can easily absorb the trace minerals found in clay. This, therefore, makes it a great product for removing toxins out of a bite or sting. For an almost instant relief from pain and itchiness, just mix some clay with water to produce a fine paste and cover the bites with this mixture.

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