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Issue 223 - August 2020



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Published Monthly by: The Cottingham Times

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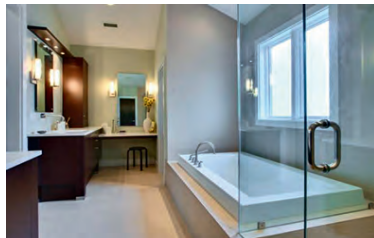
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“We’ll meet again” – memorial for much loved wartime singer held by Cottingham care home residents

On the eve of her funeral, staff and residents at Magnolia House care home, Cottingham, took part in a remembrance afternoon in memory of wartime singer, Dame Vera Lynn, who sadly passed away in June 2020.

Songs by Dame Vera have sparked memories of times gone by for residents at the home for many years, so a memorial day was suggested as part of the home’s activities.

Throughout the afternoon, the residents and staff sang along to



classics by Dame Vera, before finishing the day of remembrance with tea and cupcakes.

Marlene, 88, said: “I liked all of Dame Vera Lynn’s songs, she was a very good singer. She was a very interesting lady. I really enjoyed our afternoon.”

Vera, 93, added: “It brought back lots of memories of the war. It keeps the morale up of people when they are singing. We’ll meet again is my favourite.”

Lindsay Altoft, home manager at Magnolia House care home, said: “I was saddened to hear of Dame Vera Lynn’s passing; she was a household name, and our residents spent a lot of their lives listening to her wonderful music.

“The memorial afternoon gave the residents a chance to remember a great lady, but also time to reminisce about the past and the memories that Dame Vera’s songs brought back to them.

“The afternoon tea was enjoyed by us all but listening to the residents singing their favourite songs was definitely the best part of the day!”

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**Front cover: A view from Harland Way.
Photo: Paul Lakin.**



Skidby historic windmill & museum now open

Skidby windmill (built in 1821), the home of the Museum of East Riding Rural Life, opened its doors again on Monday, 20 July after being closed during the lockdown.

The mill's opening hours will remain the same as before: Saturday, Sunday, Monday and Tuesday 10.00am-5.00pm, closed for lunch 12.30pm-1.00pm, last admissions at 4.15pm. These times may be subject to change.

Due to the covid-19 pandemic, in line with government advice & regulations, various measures have had to be put in place to protect visitors and staff.

The number of visitors at any one time will be restricted, and visits will be limited to 30 minutes in order to comply with social distancing, and customers will have to follow a prescribed route around the building. This will be dynamically managed by mill staff.

Unfortunately, due to the nature of the site, this means that access to the mill tower has had to be closed for the time being and all children's play materials have been removed. During the initial phase, for customer and staff safety, the public toilets will not be available.

However, there is a new display about milling and food production in the base of the tower. There is also a brand new set of children's play equipment on the acreage outside the mill, recently installed by Sutcliffe Play Limited, which will be available for visitors to enjoy. The acreage also makes a great space for an outside picnic as well, but visitors are asked to ensure they keep the space tidy for other users by using the new Heritage bins located around the site.

The mill is currently undergoing a programme of works, including repairs to the roof, windows and tower, which are scheduled to take about 12 weeks. This is being carried out by Hobson and Porter of Hull. It is hoped that the sails will be returned to the mill in early 2021.

During this building work, all parts of the site remain open, including the independently run Sails café, which has recently been refurbished. Visitors are asked to be aware of construction work in progress as they move around the site.

Visitors are encouraged to view the museum service's website at www.eastridingmuseums.co.uk for further information before planning their visit, or they can call the mill on 01482 848405.

Councillor Shaun Horton, portfolio holder for tourism, culture and leisure, said: "Our museums service staff look forward to welcoming visitors both old and new to this much loved historic building over the coming months. Visitors might be particularly interested in the refurbishment work taking place as a result of the major council investment in the facility".

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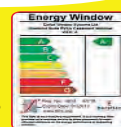
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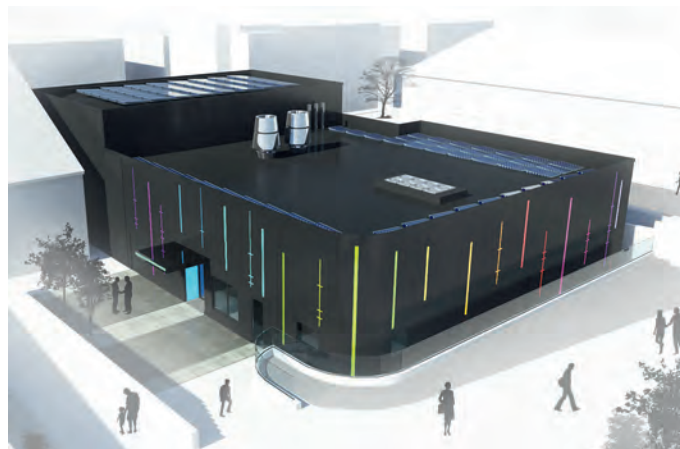
www.cottinghamtimes.co.uk - August 5

Daisy Appeal sets target for launch of space age weapon in fight against killer diseases

The charity behind a campaign to raise £8.5 million to provide a Molecular Imaging Research (MIR) Centre at Castle Hill Hospital has set a target for completion by the end of this year and operation early in 2021 after construction resumed at the site.

The Daisy Appeal has also released the first pictures of the state-of-the-art complex which will improve accuracy and detection rates for cancer, heart disease and dementia in Hull, East Yorkshire and North Lincolnshire.

Professor Steve Archibald of the Positron Emission



Tomography Research Centre at the University of Hull's Faculty of Health Sciences said: "It's a really impressive building that looks like it's come down from outer space and landed on the hospital site. Patients don't go in there but they benefit from what comes out."

The Daisy Appeal's objective is to establish an internationally renowned scanning centre at Castle Hill using Positron Emission Tomography – computer tomography (PET-CT), which is a fast-evolving medical imaging technique with huge future potential in the diagnosis and detailing of a number of disease processes.

The charity funded a research and development facility – the Daisy Building – which opened at Castle Hill in 2008 at a cost of £8.5 million and followed that by opening the £4.7 million Jack Brignall PET-CT Scanning Centre in 2014.

Activity in the Research and Development Centre has brought in around £6 million in funding and grant income over the last nine years and the number of diagnostic scans at the Jack Brignall Centre has risen from 2,287 in 2015 to 3,020 in 2019.

March 2020 was the busiest month yet and the MIR Centre will add a significant new dimension by enabling scanning of other diseases including cardiac and neurological problems and anti-viral and infection research, with the Daisy Appeal looking to acquire a second scanner.

The new centre will produce fluorine-18, gallium-68 and carbon-11 based radiotracers to be delivered direct to the immediately adjacent Jack Brignall Centre with the combined site becoming a world leader in dose-on-demand technology – a specific radiotracer at the correct dose precisely when the clinician needs it for injection into a patient.

Prof Archibald said: "What we want to do is see what's going on inside you and see that to a great level of detail. The excitement is about what's developing and finding signs of things like Alzheimer's before they develop. We want to get clinical trials going on and new therapies developed in Hull.

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"The cyclotron at the University has been operating since 2014. It was the first scientific centre of this type in the world and it's been brilliant for pushing our research. We are already getting global recognition for some of the work that we have been doing over the past five years."

David Haire, Project Director (Fundraising) for Hull University Teaching Hospitals NHS Trust, said the coronavirus lockdown pushed the project back when construction had to be suspended.

He added there may also be delays if quarantine measures affect the travel plans of technicians arriving in the UK from across Europe to help with the completion but the hope is that the space age computer generated images of the building just released by the Daisy Appeal will soon become reality.

Mr Haire said that recruitment of specialist staff is continuing and it is anticipated that around 25 will be working in the scanning and research centres and the associated University facility by the end of this year.

He said: "Work has resumed but not at the same pace because of social distancing restrictions so we are looking at the end of September for completion of the building works. That will be followed by installation of the equipment, which is state of the art, and it is a demonstration centre and a national reference site so we have designed the building to be complementary to that."

"It is high tech, modern, sleek and it will be the first in the country that has this dose-on-demand facility to produce radioisotopes linked directly to the PET-CT scan centre. That brings a fund-raising challenge which continues in terms of the initial capital cost and the early-years running costs of the centre as research and clinical trials activity is developed."

Professor Nick Stafford, Chair of the Daisy Appeal which he founded in 2002, said: "The work which we are doing in Hull is already developing an excellent international and national research profile and reputation and the new centre will help us build on that."

"We are now creating a set-up which will be able to expand its use across a very wide band of medical conditions, progressing to cardiological and neurological scanners in the next couple of years and a significant role in

forthcoming viral research. The next five years will see this geographical area become a real centre for PET-CT development and the opportunities that will bring are immense.

"Initially I thought the whole thing would have cost £2.5 million but by the end of it the total will be £13 million and we will have one of the finest set-ups in the country mainly because of the ability we have to put it all on one site."

To find out more about the Daisy Appeal and to make a donation please visit www.daisyappeal.org.

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Road improvement work to begin as part of Cottingham and Orchard park flood scheme

Road improvement work will start next month as part of the final stages of the Cottingham and Orchard Park Flood Alleviation Scheme.

East Riding of Yorkshire Council's £20m project is designed to reduce the risk of flooding to around 4,000 homes and businesses, and is due to be completed later this year.

As part of the scheme, works were previously carried out to install new drainage underneath Westfield Road and Eppleworth Road, west of Cottingham.

As that work has been completed, resurfacing work needs to be carried out on both Westfield Road and Eppleworth Road to improve the road surface.

The work is due to begin on Monday 3 August, starting on Westfield Road opposite Hessle Golf Club and working east towards Cottingham. It is expected to take two weeks to

complete,

During this time, it will be necessary to close Westfield Road and Eppleworth Road to enable the work to be carried out safely for both the public and the workforce.

A traffic diversion will be in place. Access will be maintained at all times for residents and the emergency services.

The work will be carried out by ESH Construction on behalf of the council.

Dave Waudby, head of infrastructure and facilities at East Riding of Yorkshire Council, said: "We'd like to thank residents and motorists in advance for their patience while we carry out this essential work to upgrade the road surface."

The Cottingham and Orchard Park Flood Alleviation Scheme has been designed to collect 300,000 cubic metres of flood water at times of heavy rainfall - the same amount of water it would take to fill 120 Olympic-sized swimming pools - to prevent the water from reaching homes and businesses in Cottingham and Hull.



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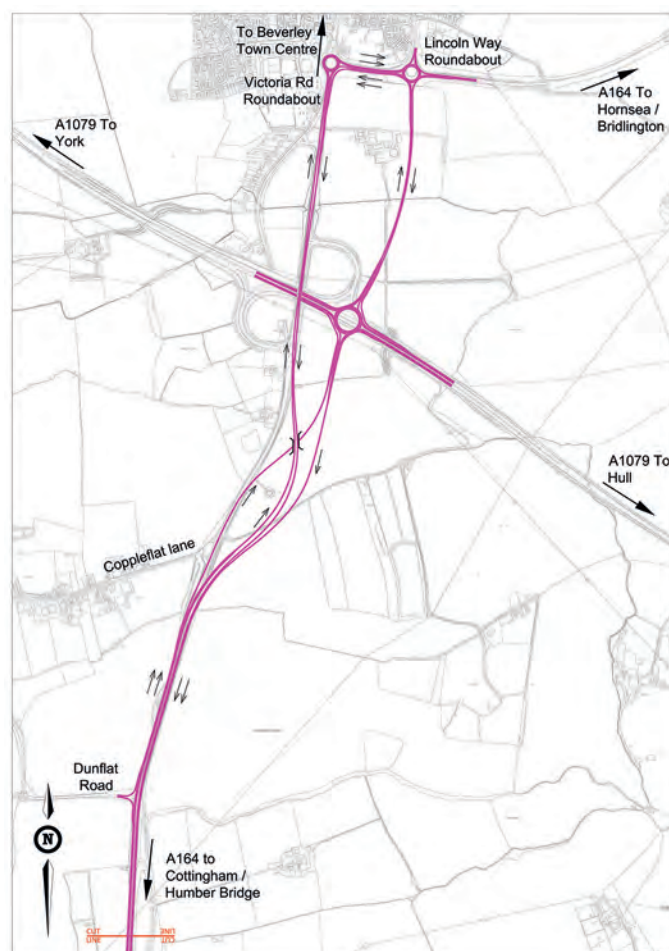


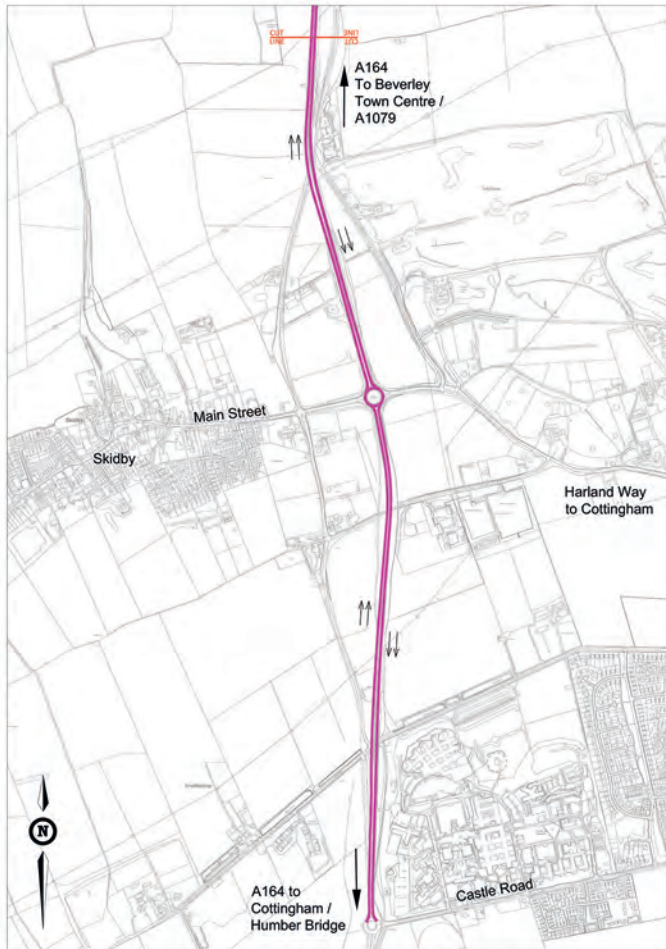
Council approves planning application for A164 and Jock's Lodge road improvement scheme

East Riding of Yorkshire Council's application to improve the A164 and the Jock's Lodge Junction near Beverley has been unanimously approved by the planning committee.

The council intends to carry out a major overhaul of the road system to replace the junction, which currently links the A164 and the A1079, in order to improve congestion problems on one of the East Riding's busiest roads.

Councillor Chris Matthews, portfolio holder for strategic management at East Riding of Yorkshire Council, said: "I'm extremely pleased the plans for the scheme have been approved and we can now forge ahead with more detailed plans and preparations.





“The A164 and the A1079 are two of the busiest roads in the East Riding and at the moment the Jock’s Lodge junction is a real bottleneck.

“But we believe the council has come up with the best possible solution to reduce congestion for years to come and keep traffic moving.”

The junction improvement scheme will involve the construction of:

A new roundabout along the A1079 Hull to York road, and the creation of a new road connecting it with the Lincoln Way roundabout on Minster Way in Beverley.

Two new roads, travelling northbound and a southbound, which will connect the new A1079 roundabout with the A164 further south, near Copleflat Lane, Bentley.

Together these will replace the Jock’s Lodge Junction.

The A164 will also be widened into a dual carriageway between Copleflat Lane and the Cottingham Castle Road roundabout. North of Copleflat Lane the A164 remains as a single carriageway but with A1079 bound traffic diverted on to separate new link roads.

The next stage for the scheme will concentrate on creating the detailed design which will ensure any planning issues and conditions are met, together with further consultations with landowners and other related bodies.

The council then intends to submit a Full Business Case to the Department for Transport, and if this is approved the scheme could receive construction funding by 2022.

If the scheme progresses as hoped, works could be complete as early as 2025.

The council unveiled the plans to the public in early February and held exhibitions in Beverley and Cottingham, which attracted more than 450 people.

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

Sudoku No. 159

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

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MARIONOWENTRAVEL

Firstly we hope you are well and keeping safe.

We have green shoots, new bookings are rolling in but we are still taking baby steps. We now have the opportunity to travel.

We are open for business as usual

Although our office door has been closed we have remained open working remotely. We are now offering visits to our office by appointment only, Monday to Friday between 10am and 2pm and telesales continue outside of these hours.

I have been delighted with the new bookings we are receiving. It is nice to have something to look forward to. If you are pondering on making a booking don't hesitate to call 07850 694101, I will be happy to talk you through your ideas.

Cruising has been hit hard over the past few months. River ships are now starting to operate whilst Ocean are still halted but by the time you read this it may have changed as everything is changing so quickly. It was very sad to lose our cruises from Hull, we have a huge number of disappointed clients who have supported cruising from Hull for many years. Hopefully we will have another operator chooses to sail from Hull soon. Anyone looking to re book we do offer an optional home to port service for cruises booked with ourselves. We also have a number of special offers if you have had your cruise cancelled with Cruise & Maritime. Please call me.

Scotland - Burn's Night this tour although new is selling out quickly. We have just a handful of rooms available. With our own tours we are going to add more departures from September onwards. Let me know if you are not on our mailing list and I can let you know when these go on sale.

The Edinburgh Tattoo will celebrate its 70th Anniversary now in 2021. All but 4 guests transferred, this tour is teamed with Kynren. A Market Weighton pick up is offered on this tour too.

We book all tour operators travelling by land sea & air. Shearing & Nationals names have been purchased and now operated by Leger & Just go all bookable through us.

Our friends at **CAB** have put a wonderful selection of coach tours together for 2021 both in the UK and on the continent. Beverley, Cottingham, Hull & Hessle are departure points.

Our UK coach holiday travel insurance has not increased in price and valid for issue until March 2022 with no age limit or medical exclusions when booking any coach holiday with us.

We have great offers. For a treat e.g. **The Orient Express** with 3 nights in Venice from £2899! What a fabulous opportunity. We have a host of holidays to offer on the Rails.

With our wealth of first hand knowledge travelling around the world by land, sea & air with the answers to make your travel simple & hassle free this leaves you to look forward to and enjoy your holiday. We continue to monitor the protocol required for travelling to ensure you know what to expect. All you need to do is pick up the telephone and we can get your next holiday booked. It is always good to talk and we look forward to creating your special memories when we book your next holiday whether a break in the UK or a far away holiday to a corner of our world. Lets get back to exploring our world and enjoy wonderful adventures. With warm wishes

Marion

For bookings & info Tel: 07850 694101 www.marionowentravel.com

Sorry for the inconvenience of our office door at 23 Portland Street, HULL, HU2 8JX open by appointment for the moment.

Prices shown subject to availability at the time of booking. Based on 2 sharing unless otherwise stated. Single travellers welcome please ask for prices.

Office hours: Monday to Friday 9am - 4.30pm : Saturdays telephone bookings only

August 2020

Our very own exclusive holidays by coach, experience the difference

It is sad not to be travelling with our coach family at the moment. Let's look forward to re uniting soon.

20 Nov	Warner's Alvaston Hall 3 nights Dinner B&B	£ 299
26 Nov	Chatsworth House & Christmas Market	£ 49
21 Dec	Polar Express - premium package themed train day outing	£ 79
NEW	2021 departures now available to book - limited places	
19 Jan	Boundary Mills for the January Sales	£ 20
24 Jan	Burn's Night in Scotland 5 days very inclusive this will be a relaxing scenic tour where you can just absorb the scenery.	£ 349
21 Mar	Devon & Cornwall National Trust - 6 days half board	£ 665
15 Apr	Rhine & Moselle River Cruise Amsterdam to Basel 10 nts non flying via P&O North Sea Ferries price (6 seats) from	£1945
27 Apr	Bakewell + Peak Rail afternoon tea day outing	£ 55
16 May	Well Dressing in Derbyshire	£ 30
23 May	Llandudno - 5 days at the Tynedale half board (4 seats)	£ 495
24 Jun	Tenby & South Wales 6 days fab hotel & itinerary (2 seats)	£ 720
05 Aug	Kynren & the Edinburgh Tattoo 3 nights	£ 499
05 Sep	Shetland explorer - 8 day great itinerary	WAIT LISTED £1015
18 Sep	Georgia & Armenia - a wonderful 12 day small group tour	£1899
16 Nov	Thursford Christmas Spectacular 2 days best seats	£ 195
02 Dec	Thursford Christmas Spectacular 2 days best seats	£ 195
04 Dec	Thursford Christmas Spectacular 2 days best seats	£ 195

We have regular pick up points for our tours but optional travel from your door is available please ask for details

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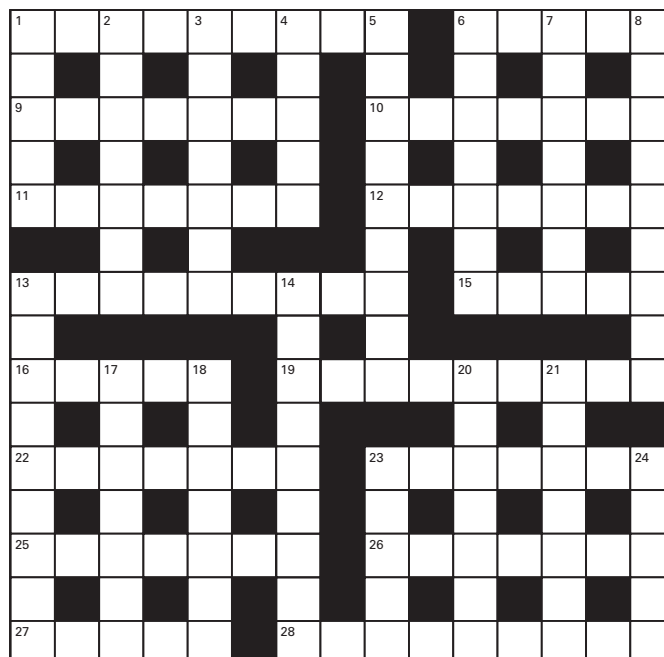
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Crossword - Solution on page 29



Across:

1. A citrus fruit (9)
6. Seat (5)
9. Antiquated (7)
10. Dodging (7)
11. Comes out (7)
12. A marsh plant (7)
13. Abandoned ships (9)
15. Shout of approval (5)
16. A tropical fruit with a pink pulp (5)
19. In a beaming manner (9)
22. Japanese warrior (7)
23. Asserts (7)
25. Momentum (7)
26. Connecting (7)
27. Where birds live (5)
28. Limelight (9)

Down:

1. Exchange (5)
2. Atomic (7)
3. Gospels (7)
4. The anvil bone in your ear (5)
5. Exerted physically (9)
6. Corrosive (7)
7. Stir up (7)
8. Steadily (9)
13. Bodily process of converting food (9)
14. Type of sweaters (9)
17. Without direction (7)
18. Adds air or oxygen (7)
20. Supply of weapons (7)
21. Quizzing (7)
23. Snow hut (5)
24. The ability to see (5)

Crossword courtesy of www.crosswordpalace.com

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Bags of Creativity for East Riding's Children and Young People this Summer

A new partnership will deliver bags packed with creative activities and inspiring materials to 1000 vulnerable children and young people in the East Riding this Summer.

IVE, the Bridge Organisation for Yorkshire and the Humber, is working with the Local Cultural Education Partnership and social services in the East Riding to deliver **Bags of Creativity**. The bags are designed to make sure all children and young people can be creative at home by providing everything they need in one place.

Culture East Riding, the East Riding Local Cultural Education Partnership, has recruited a team of 20 local creative practitioners and organisations to design activities for **Bags of Creativity**. Child development specialists, Dr Karen Dunn and Di Chilvers, have given training and mentoring to the team to ensure that activities

are both tailored to the contents of the bags and engaging for children in each age range. The LCEP is working directly with social services to distribute the bags to vulnerable children via trusted adults including social workers and foster carers.

Bags of Creativity, containing 20 specially designed activity postcards, have been created for three separate age groups. For 2-6 year olds, an orange bag contains vibrant chiffon scarves, a space blanket, and many other materials to enhance imaginative play. 7-11 year olds will receive a bright green bag full of colouring pencils, pipe cleaners and further tactile materials for creative expression. 12-16 year-olds will receive a navy blue bag with contents including watercolour paints and modelling clay, giving them additional ways to explore their creativity. LazenbyBrown of York designed the **Bags of Creativity** free of charge.

Nicola Dixon, member of Culture East Riding, and Youth and Community Arts Co-ordinator at The Junction, Goole, said: "We're thrilled with the response to **Bags of Creativity** from creative practitioners and organisations in our area. We're very happy to be working in partnership with social services this summer to ensure that these resources reach the children who need them most."

Councillor Julie Abraham, portfolio holder for children, young people and education, said: "We know that children of all ages enjoy being creative and get many benefits from activities like these so it is excellent to see this project getting resources out to so many children in our area, and I hope they get many hours of pleasure from the **Bags of Creativity**."

Councillor Shaun Horton, portfolio holder for tourism, culture and leisure, added: "Being creative is proven to have a wide range of benefits to a child's development and health, so it is great to see so many teams working together to deliver this project to support our most vulnerable children."

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In the Kitchen



One-pot roast chicken with garlicky potatoes & greens

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

Ingredients

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

Method

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

16 August - www.cottinghamtimes.co.uk

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

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

Roasted spicy squash, nuts & beans

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

Ingredients

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

Method

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



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Classic chicken and mushroom pie

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

Ingredients

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

Method

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

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Blueberry Victoria sponge

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

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

Ingredients

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

Method

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

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

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www.cottinghamtimes.co.uk - August 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Wines of Romania and Uruguay

We're off on our travels this month, having noticed that alongside a growth in English wine we are also seeing more bottles from less obvious locations around the world; Romania and Uruguay being just two examples.

I have to say these are not countries I have ever given much thought to when it comes to wine and probably one would have to admit that in reality, our horizons are quite narrow and don't stretch too far beyond what we think of as traditional wine producers.

These thoughts were prompted by discovering that in terms of the big supermarkets, the Co-op's first-ever wines from Romania and Uruguay have recently landed in stores.

What are they like? Well, the new Romanian Pinot Noir is a brilliant budget-friendly red at £5.50 a bottle, whilst the Uruguayan Finca Traversa Tannat Merlot (£8) is the perfect full-bodied red for South American wine lovers with its blend of Merlot and the indigenous Tannat grape.

Sarah Benson, Co-op wine buyer, told us: "Eastern European wines continue to offer exceptional value and quality, whilst this new Uruguayan wine will expand our South American wine range beyond Chile and Argentina."

Uruguay is the fourth largest producer of wine in South America - Argentina is the largest, followed closely by Chile and then Brazil. It is best known for red wines using Tannat grapes, historically linked to Basque-influenced regions of France near the Pyrenees. It is the most widely-planted grape in that country, so much so that it is regarded as Uruguay's native variety, even though it was introduced by Basque settlers in the 19th century.

It's notable for its very high tannin levels so is generally blended with other red grape varieties to soften the astringency and make it more approachable.

The Uruguayan Finca Traversa Tannat Merlot is produced in the capital Montevideo by the Finca Traversa family winery and is a full-bodied red blend of Merlot and Tannat and makes an excellent alternative to California and Australian offerings. Try it with steak - it works a treat.

The winery prides itself on the sustainable nature of its business and wines are produced utilising solar panels and increasing the use of composting in place of inorganic fertilisers.

Proximity to the Atlantic Ocean provides cool breezes and a maritime climate that help to keep alcohol levels lower and develop bright, fruit driven wines with great character and complexity.

Simply named Romanian Pinot Noir, the other new one at the Co-op offers an accessible option for fans of quality Pinot.

With a wine history that dates back over 6,000 years, Romania is, perhaps surprisingly, the sixth largest producer of wine in Europe. The producer of this example is located in the Banat region in the South West of the country, creating wines that perfectly express the traditions and terroir of the region.

As Romania's largest exporter of wine, the winery use innovative approaches to produce modern, fruit-driven wines that over deliver on taste and quality at highly-competitive prices.

This light-bodied red displays the classic characteristics of the iconic grape variety. With full flavours of cherry, plum and raspberry and a smooth velvety finish, it really does pack a punch. Try it slightly chilled, or with a cheese salad, cold meat platter or white fish such as cod.

Romania has at least as much potential as any other Eastern European wine-producing country, but has received a fraction of the foreign investment of, say, Hungary.

Meanwhile, the New World continues to embrace new grape varieties, with South Africa having its first commercial crop of Marselan harvested recently while Argentina plants Assyrtiko.

Assyrtiko is the white grape variety grown on the windy Greek Island of Santorini. Here the wind dries the grapes, creating concentrated citrus and stone fruit wines with high acidity. In Argentina, producer Trapiche has planted Assyrtiko on the volcanic soils 200km south of Buenos Aires, one of the few vineyards in Argentina not at altitude.

In South Africa, Marselan was planted in Paarl, one of the warmer areas in the Western Cape where altitude is used to help keep the region cool. Marselan is a red grape variety created in 1961 by crossing Cabernet Sauvignon and Grenache.

The vine is grown mostly in the Languedoc wine region with some plantings in the Northern Coast of California. It has also become very popular in China. Marselan tends to produce large clusters of small berries that are mid-late ripening. It also has strong disease resistance.

The message is, I think, don't be afraid to experiment and try something new. You might be surprised. And we may have to, as more popular, traditional, wine-producing countries experience difficulties. The bushfires that ravaged Australia over the Christmas period, for example, are expected to cause a four per cent drop in production this year, according to Wine Australia.

The regions closest to harvest are the ones most likely to have significant damage, including Hunter Valley and Canberra.

Canberra is not as famous as Hunter Valley, whose Semillon is one of the earliest harvested grapes in the country which make it one of the most affected regions. Wine Australia claims that South Australia's Adelaide Hills, which also suffered significant bush fires, may have escaped the worst effects because the cool season had delayed harvest time.

And finally, we've also learned that Germany will not produce any ice wine for the first time for the 2019/2020 vintage after warm weather failed to freeze grapes on the vine.



BEST BUYS

**Kylie Minogue Rose****Where:** Tesco**When:** Now

Why: The Australian pop star is the latest celebrity to lend her name to wine. She says she's a great fan of rose and this blend of French Cabernet Sauvignon and Cabernet grapes makes for a refreshing summer drink with aromas of berries and blossom and a fruity crisp finish.

£9.00**Montes Reserva Merlot****Where:** Waitrose**When:** Now, until August 25

Why: From one of Chile's most celebrated winemakers; soft and fruity but powerful (14 per cent alcohol) with intense raspberry and pepper-spice notes. I enjoyed with a plate of spaghetti bolognese.

£7.99 (was £9.99)**Tuna Club Verdejo/
Sauvignon Blanc****Where:** Waitrose**When:** Crisp Spanish

white wine inspired by the illustrious Tuna Club of Catalina Island. Pale lemon in colour with fresh aromas of melon and citrus, it's a perfect accompaniment for fish and seafood dishes.

£5.99 (was £6.99)**Sainsbury's So Organic
Cabernet Sauvignon****Where:** Sainsbury's**When:** Now

Why: This is a Fairtrade wine using grapes grown without the use of chemical pesticides and fertilisers and is certified suitable for vegans. Brimming with cassis and black cherry flavours with hints of coffee and chocolate. Perfect with roast lamb.

£5.75 (was £6.50)



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

www.instinctivehorsetraining.co.uk

The difference between a horse behaviour consultant and a horse trainer

Horse behaviour consultant visit to your yard or my phone consultancy service. The help you need is out there.

Like so many, I am celebrating as the lifting of the Covid lockdown rules. They have allowed me to be back out on the road helping horses owners with their troubled horses at home, in my role as **horse behaviour expert**.

Over the last 3 weeks I have travelled as far as the north of Durham to help a separation anxiety ex racehorse learn how to handle life and train his owner in techniques to keep improvement happening. I've been out to 4 places in and around York and North Yorkshire to help a variety of owners with their troubled horses- from a newly imported huge 2 year old gelding learn how to settle into his new world and develop a good relationship with his new owners - to a biting and very unhappy mare who felt she had to defend herself from humans.

Happily I also have a new client very local to me with a new, under developed, 3 year old filly with trust issues. Being able to just pop over for quick support is great. However, all my clients have access to me on the phone at any time to report worries as well as successes.

There is a massive difference between a horse trainer and a **horse behaviour consultant/trainer**. Horsey folk don't always understand that difference in definition. A trainer is someone who follows a certain training ethos or a mix of techniques to train horses to basically do as they are told. Whether it is traditional or classical training or the cowboy route of "Natural Horsemanship", it always requires pressure on the animal to elicit behaviour change.

This pressure increases until the horse yields to it and gives in or learns how to stop that pressure - by behaving in a certain way. It's called negative reinforcement (**R-**) The horse basically learns how to get rid of that aversive feel. The trouble with this route is that at some point in time it naturally crosses over into punishment. The horse yields because it feels it is being punished (**P+**) It remembers that feeling and so avoids behaving in such a way for it ever to be repeated. Being kicked by leg on its ribs from the rider is sometimes painful and always uncomfortable, so it learns to move forwards to avoid that happening. The horse learns how to move off leg and therefore reduce uncomfortable feelings.

Being hit with a whip- no matter how lightly the rider may feel they tap it, is still a punishing feel. It is added by the rider when leg pressure fails or it is threatened in ground work when being lunged in a circle. The horse hopefully learns what to do to make it go away- therefore it avoids being punished. Whips behind a horse unwilling to load in a transporter or trailer is very common to see. The horse will load eventually but will not heal its fear of the whole concept of loading and travelling. It's a human quick fix for the then and there and only makes it worse for the horse for the

next time around.

The things I am describing are as natural to the majority of horse owners as breathing air. It is endemically and historically taught as normal practise with horses. **We even give young children permission to carry and use whips on their ponies!** Racehorses have to feel the whip on their ribs and haunches for the jockey to squeeze out the last bits of energy left in the horse to make it run faster- for our enjoyment. So, while these routes are usually successful in our "training the horse" aims, there is always a huge emotional price to be paid by the horse itself. When some of them reach a point where they have lost all confidence or have hit rage at its unfairness and have developed huge fear, avoidance and self-defence responses, we end up with an awful lot of "difficult", "sensitive", "dangerous" and "fearful" horses. The use of force will no longer work with these animals, its further use will basically destroy them.

(As a by note, the rate of attrition in racehorses is enormous and is a huge problem to the industry as the markets are flooded with unwanted, emotionally scarred racehorses. Some are lucky and go for rehabilitation and resale, some are bought as pet or recreational horses because they are cheap, leading to all sorts of future problems because of their mental conditioning. However most go for food chain slaughter.)

The sad thing is that training horses does not need to be this way. Dominance is outdated and damaging. Happily, more and more people are starting to explore new ways of training horses, based on trust, partnership, relationship and none aversive techniques. This is my role as an industry expert. Educating horse owners in behavioural science and evidence based training techniques with the use of systematic desensitising, counter conditioning and marker training. All these routes provide brilliant reinforcement for the animals.

Marker training, sometimes know as clicker training, pays the learner. We add good things as an immediate consequence.

My role is to understand the individual horse as a whole. To analyse what elicits the unwanted emotions driving unwanted behaviours. To analyse the role of the environment, analyse the function of the behaviour and its reinforcement history. Behind all behaviour is a need. That need must be identified first and foremost. The behaviours on offer are usually complex- they all need identifying in detail. It's all very complicated but totally fascinating! Once we all understand everything going on and why, I can then start implementing plans and training protocols for change.

Behaviour modification is a massively complex subject and that is what puts horse behaviour consultants in a totally different category to horse trainers. I have great success in **remote consultancy with clients world-wide** who are following my advice and making huge progress. It's weird assessing video footage in the Caribbean when its raining and cold outside of my window!

Ditto where the horse lives in a desert environment or in a six foot snow environment. However, it is a small world now with the use of technology for face to face phone consultations if I cannot physically be present. Horse are horses wherever they live.



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www.cottinghamtimes.co.uk - August 19



Lockdown Tali

It has been 4 months since the onset of 'Lockdown'. Four long months of not being able to go for a walk, not being able to meet up with family or friends and unfortunately for some, furlough. I suppose you could say I was one of the fortunate ones and still came into work based at our Park Street hospital. To say it was surreal is not exaggerating but as a team with the members working either at the hospital or at home, I feel it worked or should I say working? It has been hard enough for humans to accept this great change but what about our 4 legged friends?

On this subject....TALI! It has been a trying time to say the least as short walks and Labradors do not mix but like many dog owners, this is what we have all had to do. As the days passed into weeks and the weeks into months, the walks got longer and more recently I have thankfully been able to take her for long runs on the fields. Now you maybe thinking that this all sounds idyllic, smooth as clock work and lockdown went without a hitch.....mmmmm



wrong. Did I mention Tali is a Labrador and not only that she is from working lines? These 2 together make one very big coiled spring.....an excellent interpretation of Tigger. So what has she been up to? So far this year, the plants in my garden have been safe mainly because they are in tall pots and also in baskets 5' up the fence ... until lockdown. I did think she was quiet one day, until I noticed 'tigger' had re emerged and no, not the tall pots but the ones up the fence. Knocked off it's peg and chewed on the lawn! (see pic). Thankfully this is all in the garden. Last weekend was the first time I was able to take my caravan away. The site was amazing and well prepared for life with Covid19 with plenty of sanitisers dotted around, social distancing and yes it was Tali prepared too, much to my relief, with a large dog proofed exercise field (remember last year when she demolished a fence?). I have noticed this year that she is beginning to mature and along with many long lockdown walks, calmness is creeping in. Did my weekend go without a hitch? Of course not ... this is Tali. Last year was a chewed guy rope to the awning, this year a storm strap. This was my first venture out this year so fingers crossed, by the end of the season, she maybe more accustomed to the outdoor life? I do hope Tali's exploits have brought a smile to your face in these extraordinary times. She definitely keeps me smiling, as well as on my toes. Until the next time, keep safe and well.

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Skin Problems:-

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

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

Internal:-

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Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, Flu, etc.

Men's Problems:-

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

Women's Problems:-

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Cancer and Tumour:-

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

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Mental and Emotional:-

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

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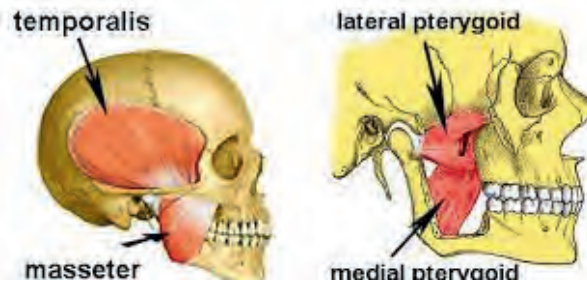


“The Tooth and Nothing but The Tooth”

by
Chris ‘ Dr. Smile
Maker’ Branfield

When is Toothache not Toothache?

Hello again, I hope you are well and staying safe. As I said last time, we are back but with a difference. We have had some great feedback from people about how safe they feel at the practice with the protocols that we have in place. That’s so nice to hear as so much research and planning has gone into it.



In times of stress

Since being back I have seen a higher percentage of people having pain from the muscles of mastication. This is due to clenching and grinding. It’s not surprising given what we are in the middle of at the moment. Stress and anxiety can bring it on. It can present as tooth ache, sensitivity, jaw ache, headache, earache and even shoulder and

back pain. Sometimes it is just like having a muscle cramp in your face.
Figure 1 Muscles of mastication

Overload

The time your teeth are together with any type force applied should only add up to about 15-30 minutes a day. If you keep clenching, grinding or both you can overload the muscles, jaw joint and teeth leading to painful symptoms. This often called Temporo-mandibular dysfunction or TMJ dysfunction. I’ve also seen quite a few broken teeth and lost crowns due to grinding.



What can you do?

It’s easier said than done but trying to relax and get rid of the stress can really help. Mindfulness and little wins of positivity. Again, this is difficult when you watch the news. From a therapy point of view there are a few things that can help the muscles. Ice packs

when it’s bad and warm packs when it’s not so bad with massage. A soft diet for a couple of weeks and pain killers can sometimes do it. Laser therapy, acupuncture and myofascial release are other options. As dentist we find that a little deprogramming splint that separates the back teeth to really useful and quite quick at reducing symptoms. It has been shown drastically the muscle tension in some of the muscles of mastication. This can be combined with other therapies if needed as part of a “holistic” approach. Sometimes hypnotherapy can help as can talking to a counsellor if there are old deep-seated emotional traumas to overcome. In very severe cases muscle relaxants may need to be used.

Complicated

Us humans are complicated things. Emotional trauma and stress can have an effect on motor function and muscle activity. Sometimes it is a build-up, layer by layer. Then bang your mouth lets you know something is wrong and needs to change

Does this seem a bit fishy?

My wife saw this from a news article she saw online. A fish with human-like teeth. Looks very weird.



U n t i l

next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 27 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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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.

Following the Government's guidelines on social gatherings and non essential travel we have decided to cancel all walks until later in the year but this is dependant on the virus situation regarding social distancing on group activities and coach travel.

We will give further dates and details when walks can begin again.

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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Hard Water Horrors ?

Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water; limescale, soap scum, streaks and spotting . . . the list goes on.

After all the effort and cost of selecting and fitting your new units and appliances its only natural to want to keep them sparkling and pristine and the one guaranteed way in our hard water county is to find the correct water softener for the property and get it installed as soon as possible.

Immediately after it is installed, a professionally specified and installed unit will protect plumbing, showers and appliances and keep everything at peak efficiency and performance year after year.

Amazingly the softener doesn't stop there, it will also undo the previous years of scale build up in existing plumbing and appliances and over a period of 12 months or so it will gently dissolve away the limescale.

Cleaning and care for kitchen and bathroom is transformed with a softener; no need for harsh chemicals or scrubbing and elbow grease; a rinse and wipe down is all that is needed.

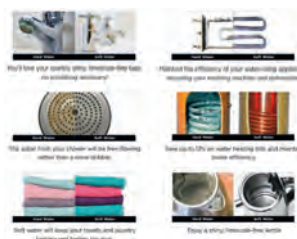


How will I find room for a water softener, they are huge aren't they?

Well, yes they used to be and indeed some of the older styles and more basic "builder grade" softeners still available are on the bulky side, however the good news is that there are now compact, non electric "consumer range" softeners that are the size of a tower computer, superbly efficient and stylishly designed to blend in.

Will we need plug sockets and a degree in computers to operate it?

In a word, no. The modern softeners no longer need electric power, they are kinetically powered by water flow and are pre set by our skilled installer to give perfectly soft water all of the time, no dials to set or flashing lights to look out for, its all perfectly simple, perfectly soft.



I don't want to be moving big heavy bags of salt around, has this been improved?

Yes indeed it has, I'm pleased to say, compressed 4kg Salt blocks are now available for certain units, which makes storing and replenishing salt much easier and salt can be delivered direct to your door or picked up from our Hull store as required. All the above benefits of a

softener will not be at the top of most long term softener owners list of reasons they would not be without theirs, they almost all say it is the luxury of bathing, showering and washing in the superbly soft water, not to mention the super soft fluffy towels that are the product of softened water laundry.

For more friendly, unbiased advice and information, just call **Dave Parry** at:



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Sewerby Hall and Gardens go digital!

Sewerby Hall and Gardens – where both the house and gardens have now reopened - have gone digital to add to the visitor experience.

Visitors to the house can scan QR codes to enjoy a range of short talks by education officer Robert Chester and curator Janice Smith. Subjects include the life of the servants; the Opening of the House by Amy Johnson in 1936; Amy's solo flight to Australia 90 years ago; and the recent Rusticus Adventure about Amy Johnson. All these are also available on the Sewerby Hall YouTube channel.

In addition, visitors to the house can get digital links to activity sheets from Sewerby at Home, and also by using QR codes, can see a film about the architectural development of the house; an introduction to the temporary exhibition, 'Beside the Seaside'; a film about the Greame family tree; and a film about the rooms as they were in 1910.

Meanwhile, visitors to the zoo can also scan QR codes to access short talks by head zookeeper John Pickering and assistant Melissa Tate about a wide range of the animals in the zoo.

Visitors can also download two free apps to add extra enjoyment to their trip: 'Love Exploring' offers a variety of games and trails, including a Fairy Quiz, a Dinosaur Safari, and Sewerby Statues. The app can be downloaded at <https://sewerbyhall.co.uk/outdoor-walks/>

In addition, East Riding Archives have created a new, free app that turns smartphones or tablets into virtual 'time machines'. 'What Was Here?' uses historical photos from the archives, plotted onto a Google Maps base map, to show users literally 'what was here' at their location and elsewhere across the East Yorkshire region.

The app features heritage trails that guide users to various points of interest, where they can use their device's camera to overlay the featured historic image on top of the modern scene and get a feel for how it looked in the past. One such heritage trail is currently part of the Sewerby Hall and Gardens visitor experience.

General manager Marie Gascoigne explained: "These exciting new virtual experiences add a lot to our visitors' experience, and we hope they will go a long way towards replacing some of the things we can't do at the moment, like feeding times in the zoo, and the interactives and handling objects in the house.

"Together with the What was Here and Love Exploring apps, a visit to Sewerby Hall and Gardens is a very exciting experience!"

Full details of opening hours, admission prices, and all the facilities which have now reopened can be found at www.sewerbyhall.co.uk.

24 August - www.cottinghamtimes.co.uk

East Riding Leisure Centres now open

East Riding Leisure is reminding its members and customers that it has reopened most of its Leisure Centres on Saturday, 25 July. East Riding Leisure Hornsea will not be reopening on that date, however, as redevelopment works continue on the site. East Riding Leisure South Cave and reopened on Monday, 27 July.

Customers will find many differences when they return, in order to protect their health and wellbeing, and that of the staff.

In the first phase of reopening, the Centres will offer gym, casual swimming (where appropriate) and classes only, and these will have to be pre-booked. East Riding Leisure South Holderness will reopen its swimming pool only at this stage.

All centres will initially have reduced opening hours, to allow for cleaning and sanitising at the start and end of each day.

Social distancing measures mean that the capacity of all the Centres will be reduced. All Leisure Centres will operate on a cashless basis only, and there will be no catering facilities initially. There will be limited numbers of vending machines available.

All activities will be separated, to ensure adequate time for cleaning between classes and other activities.

Customers will need to pay in advance for all activities, and bookings will be either online or by telephone. East Riding Leisure members will be able to book up to 48 hours in advance; casual customers will be able to book up to 24 hours in advance. Customers will have to confirm that they are free of symptoms when they book, and should arrive on time for their activities, but NOT significantly early.

All customers will need to join a socially distanced queue at Reception on arrival, where screens have been erected, and will be asked to sanitise their hands. They will have to scan their membership cards, or provide proof of payment for their activity.

The following rules will apply for specific activities :

GYMS:

There will be no changing rooms, lockers or showers

Customers should arrive ready for their activity, and bring their own water to drink

Please do not bring a towel

Gym equipment will be reduced to allow social distancing, with a one way system in place

Customers must sanitise all equipment before and after use

Time on any equipment may be limited.

Class Studios

There will be no changing rooms, lockers or showers

Customers should arrive ready for their activity, and bring their own water to drink

Customers should only enter the room when asked to do so

Customers should clean any equipment with sanitiser, and exit via the appointed route.

Swimming Pools

There will be a limited number of cubicles and lockers, to allow social distancing, and there will be a one way system in place

There will be limited provision of showers and toilets – customers must shower before they swim

Staff will explain how the pool is to be used, to ensure social distancing

After swimming, customers must leave via the appointed exit route, and shower only briefly to rinse away the pool water

There will be no hair dryers or vanity units.

Councillor Shaun Horton, portfolio holder for tourism, culture and leisure, said: "The safe, phased reopening of our Leisure Centres is great news for the health and wellbeing of our residents. During the closure period, we carried out an extensive survey of what our customers wanted to see after reopening, and I am delighted that we have been able to implement many of the ideas raised.

"The safety of our customers and staff is paramount, and I look forward to the welcome reopening of this vital sector."

Full details of all facilities and the details of the reopening are at www.eastridingleisure.co.uk/reopening.

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Motoring - with Roy Woodcock

A car that dares to be different - that's the latest Jeep Wrangler.

Roy Woodcock is a confirmed fan

Motoring journalists get to drive so many different cars, there's a danger of getting blasé about it all. But every now and again there's one that really strikes a chord. One that I would really like to keep.

One such is the latest Jeep Wrangler. I accept it might not be everyone's cup of tea . . . too macho, too rugged, too quirky, maybe. In fact, conventional wisdom suggests an SUV shouldn't look anything like this. But I loved every single thing about it because as well as being an extraordinary performer, it had real character.

There are the big things for a start, that make it stand out. Like the roof - what other serious off-roader offers you all fresco motoring wherever it is you want to go?

Well, the fact is there isn't another full open-air 4x4 SUV on the market. And there are three roof options with the Wrangler: The Sky One-Touch powertop allows occupants to retract the full-length open canvas roof with a push of a button and you can also choose the improved Zipperless Premium Sunrider soft top, which has been improved by adding two additional bows to manage the fabric. This new design helps to quieten wind noise and allows for easier access to partial and full open top positions.

The creme de la creme, in my opinion, is the Freedom Top, as fitted to my test car. This is a hard top with three panels that can taken off and stowed quite easily. Quite magic!

There are other touches like that that set this car apart. I can't think of any other, for instance, that lets you fold the windscreen down flat. Or take any of the four doors off.

So okay, I'll concede there's few who would want to do that. And lots of you who would ask "what's the point?" But it's what sets the Jeep Wrangler apart; makes you realise that you are the proud owner of a car that is truly original and can be enjoyed just as much for what it is and looks like than for what it does.

But make no mistake, it does do a lot too. It can tackle some seriously rough terrain, even with just road tyres fitted and on previous occasions have been able to put that to the test on steep and rocky routes on the North York Moors.

On road, you'll enjoy the high riding position that it shares with other SUVs and you'll also enjoy some comforting luxury. There's plenty of soft-touch surfaces, for instance;



more than you would probably expect on something that built its reputation on being utilitarian.

There are three trim levels, starting with the Wrangler Safari from £44,920 on the road and progressing through the Overland to the Rubicon, which takes its off-road capability to the nth degree.

All are available as either two or four-door models and either a two-litre petrol engine or 2.2 diesel, as fitted here. There's both manual and automatic versions and the Wrangler's four-wheel drive system has also been refined with the choice of modes decided via a second gear-lever.

There's two wheel-drive, high range, the setting you use when on-road; four wheel-drive auto; four wheel-drive part time and - for serious mud plugging - four wheel-drive low range. Switching is a doddle.

The Wrangler's suspension system seems to have improved since I last drove one, certainly in terms of on-road comfort and those luxurious touches I mentioned included climate control, heather leather seats, LED lighting all round, sat-nav, an 8.4-inch touchscreen with Apple CarPlay and Android Auto, parking sensors and one of the clearest/best reversing camera systems I've experienced.

It offers a host of clever storage solutions, durable mesh pockets that extend the entire length of the doors, cup holders and numerous phone storage areas. The glove box is now damped and like the centre console, can be locked to safely secure valuables when the top is down. An under-floor storage area behind the rear seat provides room to secure small items out of sight.

The Wrangler's tailgate opens in two parts. The lower part is side-hinged and opens like a regular door, while the upper section (the window) opens upwards, although this can vary depending on the roof you go for.

In practice, the Wrangler drove really well on the tarmac; the diesel engine proved smooth, refined and quiet and the eight-speed automatic gearbox worked effortlessly. It won't set any pulses racing in terms of straight-line speed, but then I can't imagine anyone expecting that. Nor will fuel economy, around the mid-30s mpg, overly impress.

Emissions are also high - from 195 to 213 g/km of CO₂. But my main niggle, and it was only that, concerned the driving position - there didn't seem enough space to rest your left leg while driving which did become an issue at times.

But not enough to really put me off. Definitely one car I was sorry to stop driving.

* Jeep Wrangler: From £44,920 to £48,405 on the road. More information from www.jeep.co.uk.



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www.cottinghamtimes.co.uk - August 25



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.

Lawn care

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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- **Create your look with a choice of colours, designs and sizes**
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[†]Hose down occasionally – terms & conditions apply.

- 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.
- 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 2020

By Kay Gower

Aries (Mar. 21- April 20)

You could well be on top form this month even though you may get the odd minor irritation cropping up. You are presently immune to people who want to throw a spanner or two into the works of your life.

Taurus (Apr. 21- May 21)

You'll turn knowledge into money. This month shows you setting one goal after another in many different areas of life and with terrific results. You make a new and important friend.

Gemini (May 22-June 21)

Strong emotions wash over you like a wave, but don't let them carry you out to sea. Although this energy may be intense it doesn't necessarily call for any action. Take some time out and re charge your batteries.

Cancer (June 22-July 22)

You have some big goals this month, and you will be able to achieve them but only if you stay focused. Avoid distraction. Be aware that a new relationship will be like a shooting star, dazzling but sadly impermanent.

Leo (July 23-Aug 22)

You have the confidence that comes with experience. Things are heating up this month, but that's just when you feel most alive. Some people work best under pressure and you are definitely one of them.

Virgo (Aug 22 - Sept. 23)

You don't have to know which changes are coming to be ready for them. All you have to know is that change is inevitable and the more flexible you are the better. Take stock of your strengths.

Libra (Sept. 24 -Oct. 23)

During the coming weeks think 'creatively' and you'll rise to any occasion. Be assertive and take what's yours. Don't ruin this time with negative thoughts

Scorpio (Oct. 24 - Nov. 22)

To have compassion for others, you have to have it for yourself. This is hard for you because you have a bad habit of holding yourself up to impossible standards. You deserve your own kindness so give it.

Sagittarius (Nov. 23 -Dec. 21)

You have wisdom to share. Whether it lands well is not your responsibility. You will do your best to show certain someone the way, but ultimately this person must decide what is best for them.

Capricorn (Dec 22.- Jan. 20)

You have an enjoyable although hectic month ahead. You communicate easily and develop new friendships. In the middle of the month surprises are featured especially the luxurious kind.

Aquarius (Jan 21 - Feb 19)

Money can be made this month but keep your wits about you and be careful who you confide in. You will make good progress after the 24th - but only if you deal with the right people.

Pisces (Feb. 20-Mar. 20)

If there's one rule that will save you from feeling low it's to obey the suggestions of your own body. Rest when it says rest no matter what else is scribbled in the diary. Good health and sleep are more closely related than ever right now.

Crossword solution from page 14

1	T	A	N	G	E	R	I	N	E		C	H	A	I	R
	R		U		V		N		X		A		G		E
9	A	R	C	H	A	I	C			10	E	L	U	D	I
	D		L		N		U		R		S		T		U
11	E	M	E	R	G	E	S			12	C	A	T	T	A
		A		E					I		I		T		A
13	D	E	R	E	L	I	C	T	S		15	C	H	E	E
	I						A		E						L
16	G	U	A	V	A			19	R	A	D	I	A	N	T
	E		I		E		D				R		E		
22	S	A	M	U	R	A	I			23	I	N	S	I	S
	T		L		A		G				G		E		T
25	I	N	E	R	T	I	A			26	L	I	N	K	I
	O		S		E		N				O		A		N
27	N	E	S	T	S			28	S	P	O	T	L	I	G
															H

Sudoku Answer from page 12

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

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

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NEW WALKERS WILL ALWAYS BE WELCOME.

Narnia comes to Beverley this summer

St Mary's announcement in June of its fourteen new stone carvings based on characters from The Chronicles of Narnia by CS Lewis caused a splash in the media, with coverage by BBC News and national papers.

Now local Narnia fans will have the opportunity to see these new, handmade carvings close up, before they are raised into position high on the external walls of the church.

"There are existing carvings on the church walls that have been there for centuries," says Roland Deller, Director of Development, "and we intend these new ones to last for generations too. So this really is a once-in-a-lifetime chance to see these characters face to face before they go into their permanent position."

Continued on page 30



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COTTINGHAM MARKET

THE GREEN, COTTINGHAM

Continued from page 29

The enchanting Narnia stories – of Aslan, the White Witch, talking beasts and magical lands – are ranked among the top children's literature of all time.

In Beverley the windows of Streamers, at 43 North Bar Within, will be turned into Narnia by local artist Emma Garness, whose vibrant work is often seen at the East Riding Theatre.

The display runs until 10th September, with the carvings changed over every fortnight.

The church has timed the display to coincide with the school holidays, and has created a trail sheet for young viewers.

"We will display the carvings in groups, changing them over every fortnight," explains Roland. 'Children can show that they've seen each carving by finding the codeword displayed near each one, and can send the completed sheet to us to win a badge. All correct entries will also be entered into a prize draw to win a hard back box set of all 7 books in the Narnia series.'

"But some of the external stone carvings on this part of the building have eroded away completely, and so the idea was hatched to commission replacement carvings based on characters from The Chronicles of Narnia. The project has really captured the public's imaginations, and we've been thrilled with the national response to our announcement. We know 2020 has been a tough year for many families, and we hope this special summer project will bring people a bit of joy."

Further information on the project and the exhibition, and the activity sheet for the summer trail, can be found at stmarysbeverley.org/heritage/narnia.



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Introducing Stephen Hanson



Bath Time by Stephen Hanson



Morning News by Stephen Hanson

"I have always loved art and knew from an early age that I wanted to become an artist" says Stephen. "I was particularly drawn to fantasy and realism and loved the imagination and sense of realism they brought to their work."

Stephen left Batley Art College with a distinction in graphic design and illustration and found himself with a huge passion for film. Grounded in a world on animation and books, Stephen Hanson has worked on many famous films like Despicable Me, Arthur Christmas and Flushed

Away. For four years he worked as a visual development artist at Cosgrove Hall Productions in Manchester and worked on projects like The BFG!

Stephen was invited to exhibit his own fine art in an art gallery in Bristol and his eyes were opened to a whole new world of possibilities in fine art publishing. An independent artist, in full control of creating, quality and service, Stephen is one of a kind.

The images encapsulate his muse, Toby the dog and his red ball,

getting up to the amusing antics of every dog. Stephen uses his digital tablet and stylus pen to bring Toby to life, a method of art he likes to call "Tradigital" - traditional drawing techniques with a digital twist. Rather than his paint brush strokes appearing as pigment, they appear as pixels!

"I still love the world of animation and books and take on freelance work from time to time, but the fine art world offers up a freedom for my personal work which I find really exciting"

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