

Cottingham Times

and District

Issue 245 - August 2022



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Summer at The Manor House



A word from our chairman

Summer fun has been the order of the day at Magnolia House in recent weeks.

Residents and staff love any excuse to party and taking the chance to mark the Queen's 70 years on the throne and the wonderful Wimbledon tennis championships were just two of the occasions.

Whether they were eating strawberries and cream while watching Cameron Norrie or sitting in our glorious grounds, our residents have been having fun in the sun.

If you'd like to know more about our brilliant activities, why not visit our Facebook page?

If you're interested in joining us at Magnolia House, call manager Lindsay on 01482 845038.

Chris Mitchell, Chairman, Park Lane Healthcare



Jubilee celebrations galore

A whole host of events were arranged to celebrate the Queen's Platinum Jubilee.

A special afternoon tea took centre stage with our fantastic kitchen team creating a delicious spread including cupcakes decorated with Jubilee toppers, jam pennies and a selection of buns - all complemented by pretty floral china and union flag-patterned plates, cups and napkins.



There was a sing-a-long, dancing, a 'Right Royal' quiz, corgi racing, featuring dogs named after the Queen's pets - Susan, Willow, Holly, Honey, Emma and Berry - and a reminiscing session focusing on Her Majesty. The home was decorated from top to bottom in bunting and flags.



Anyone for tennis?

Influenced by Wimbledon, our residents enjoyed an afternoon of strawberries and cream, scrumptious cakes made by our talented cooks, all washed down with the quintessentially summer drink - a glass of Pimm's.



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THE COTTINGHAM TIMES

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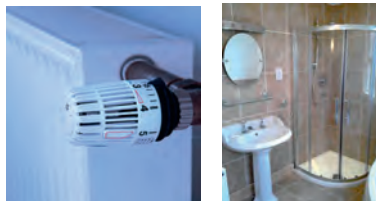
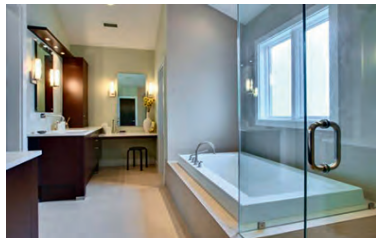
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Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water; limescale, soap scum, streaks and spotting . . . the list goes on.

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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Cottingham u3a

Thursday 11th August - at 2 pm in the Darby & Joan Hall. Philip Walker will give a talk on 'Being a Yorkshireman/Woman', which will be followed by the usual tea/coffee and biscuits. For further information or queries visit www.u3asites.org.uk/Cottingham.

Hull Alpha Probus

Club for retired or semi-retired professional people meeting on alternate Thursdays - new members welcome. Contact the Secretary on 01482 348270 or 07542 959314

11th August at 12:30 Lunch & Speaker meeting at The Blue Bell.

25th August at 10:30 Coffee & conversation meeting upstairs at Kristoff's.

East Yorkshire Woodturners:

Tuesday 16th August - 7pm, Skidby Village Hall, (doors open 6.30pm): Woodturning demonstration by professional artistic woodturner Margaret Garrard from Swaledale. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, 01482 876702 or visit the Club's website: eastyorkshirewoodturners.org.uk.

The Macular Society Hull Group

Friday 19th August at Sight support Beverley Road 10.30am until 12.15 pm. Guest speaker is Award winning local Author Val Wood giving an insight into her writing. (Not to be missed) This group is for people living with central vision loss offering help and advice. For more information contact Bernard Messingham 01482 860361.

Little Weighton Gardeners' Club

Sunday, 21st August - 10-12noon. NO MEETING BUT: Fun Potato Growing Challenge Weigh-in LW Village Hall Car Park. Prizes & winners announced. If you bought a seed potato from us, then come along on this date and Cut off the Top Growth and bring your original bag with compost & Potatoes in. Get a cuppa & we will clean & weigh to see who has the most, largest etc.).

Tower Tour, St Mary's Church, Cottingham

Bank Holiday Monday, August 29th - 11am. To book, contact Ian on 07768 319570.

The Arterian Singers

Do you enjoy singing with a group of people? The Arterian Singings are looking for more voices. We are a mixed choir and sing a variety of music, classical, traditional and songs from the shows. We rehearse at Cottingham Methodist, Hallgate, Cottingham on a Tuesday at 7.30pm. Ring Maureen Holwell 845363 for more information.

Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482840637 or Keith Alexander on 01482 509751.

Front cover: Hallgate Corner, Cottingham.

Photo: Paul Lakin.

Musical Memories

Following the sad, sudden death of Jim, our accompanist, we have decided to have a break until September. Please watch out for a notice on the board outside the Methodist Church, Hallgate, for details. If you are able to play the piano, or any instrument, and could spare one or two Thursday afternoons a month we would love to see you. We usually meet the first and third Thursdays, 1.45pm until 3.15pm. Please contact me if you need more information. Jenny Dixon, 01482 876601 or Margaret Hunt 01482 841743.

Cottingham Tennis Club (off Hull Road)

A friendly club looking for new members at all levels including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. Lots of opportunities for social and competitive tennis and a dedicated coaching team. Contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Christ Church Cottingham

Coffee Mornings 9am-1pm Monday to Thursday, full cafe menu and all proceeds for the Ukraine Aid Effort. 31a Endyke Lane HU164QD. www.cccottingham.org.uk for more detail.

Christ Church Cottingham Play Cafe

Family cafe environment with play area and reduced cost cafe menu. Every Thursday 9am-1pm, all welcome. All proceeds to support the Ukraine Aid Effort.

Cottingham Badminton Club

Badminton Tuesday/Thursday evenings, 8.00pm while 9.30pm. Cottingham High School. £3 per session. No booking required, just turn up and play. Fun and friendly. Open to all levels and abilities. Steve Baker 07795680912/870906.

Croxby Primary to open Nursery in September

Croxby Primary are delighted to announce that we have just received approval to open a Nursery in September as part of our Early Years provision. Graded as 'Good' in our recent Ofsted inspection, we are proud of our Team Croxby ethos. The children and families are what makes the Croxby community special. We have two rules; work hard and be nice and our children are dedicated to following these rules. They have a thirst for learning and take every opportunity to deepen their knowledge.

Starting nursery is an exciting time, providing the perfect opportunity for your child to grow their independence and social confidence through mastering new skills and meeting new friends. At Croxby, we understand that it can be a nerve-wracking time, so we do all we can to ensure that your child feel as welcome and familiar with the new surroundings as possible.

We recognise that every child is unique and as such, has unique needs. We see it as our responsibility to provide them with a warm, safe, and nurturing environment in which they can grow and thrive. The bespoke learning environment facilitates both indoor and outdoor "learning through play" activities. Our dedicated, enthusiastic team of staff work hard to ensure every child feels secure and happy. We pride ourselves on our positive and nurturing relationships which enable all children to be strong, confident and independent.

Headteacher Kerry Mason said 'The opening of the Nursery is an exciting time for us at Croxby and will enable us to provide the best possible start for children and allow them to become part of our Croxby community.'

Your child can start at our Nursery the term after they turn three years old. We offer 15 hours of provision (or 30 hours for families with an eligible code). Please contact the school office for further information or to register your interest.

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Seeing Inside the Hive

Local Beekeeper Neil Gower continues his quarterly look at all things beekeeping

I recently took a look at some of the old articles I had written for this magazine. I couldn't believe that well over seven years have gone by and the world is now quite a different place.

In that time, I've made reference to the fact that I carry out weekly hive inspections during the season and have endeavoured to explain what I was looking for in the process. When you think that very few people have actually seen the inside of a fully populated beehive, I thought it was time I remedied that with the help of some photographs.

Fully suited up and armed with my new smartphone I soon realised that my enthusiasm to share had hit its first obstacle. I couldn't operate my phone camera while wearing my gloves. My camera needed to feel my finger touching its button before it would work.

Now, getting stung is a hazard of the job for a beekeeper and it goes with the territory as they say. However, we try and avoid putting ourselves at risk of stings wherever possible, but I realised this article would not be written if I did not get some photographic material to support the text. I concluded that one glove could stay on and guide the camera to its intended spot whilst an ungloved hand would come into the vicinity at the last moment and press the shutter button.

I'm delighted to say that my clever ploy worked, at least on this occasion and I concluded the hive inspection and photo shoot in one piece and without a single barbed stinger in me.

This first picture shows the front of one of my beehives. This type of hive is known as a modified National Hive and is typically made from red cedar. The hive is configured in quite a classic way, with the larger brood box at the bottom, and the smaller super or 'honey box' at the top.

The queen resides in the brood box and is prevented from venturing up into the super by a device which is aptly named a queen excluder.

It is a plastic or metal sheet with slots cut into it that only allow the worker bees through. If you look at the join



between the two boxes, you may be able to pick out the light brown outline of the excluder

You should also be able to pick out 3 worker bees returning home.

This next picture is probably the most important.

It shows the queen on the right-hand side of the frame with the coloured dot on her thorax

This picture should give you an idea of the size difference between



the queen and an ordinary worker bee. She is surrounded by workers and is in the process of making for the security of the inner hive. They don't like being exposed on top of the frames.

This is what is known as a queenright colony as we have a fully functioning queen, hence its importance.

Beekeepers are happiest during a hive inspection when they have spotted the queen



If you look closely at the hexagonal cells in this photograph you will see a combination of eggs that are between one and two days old. They are being attended by nursery bees who are adding food to the cells before they are capped.

You will notice the odd cell that have been capped already. Here eggs will hatch and pupate before emerging as new bees



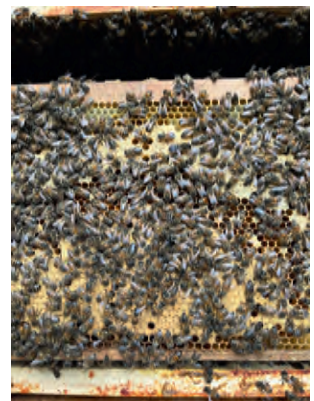
In this photograph you're looking at collected pollen. You'll notice that each cell has a slightly different colour to it. This is because the pollen comes from different sources, and it is used to feed the eggs/grubs from the previous picture.

I tried to clear the bees off this frame several times to take this picture, but they just kept coming back. There are 11 frames in the brood box, and this came from position 5. If you look carefully, you will see a difference in the makeup of the cells at the bottom to those at the top.

The bottom cells are capped in a buff/yellow colour. These are sealed eggs or brood which will eventually hatch out into new bees

Those at the top are a lighter colour. These cells contain capped honey which is being stored for food provisions. As we move out from the centre of the hive, brood decreases and honey stores increase on the frames.

At the bottom of this picture there is a reddy/brown product on the top of the frame. This is Propolis, another by-product of the hive which is made by the bees and used as a glue or sealant.



I have to say that this particular hive inspection took quite a bit longer than normal.

The outcome was very satisfactory. The colony is queenright, there are plenty of eggs and the capped brood looks healthy and plentiful.

There are plenty of frames of honey in the brood box which can be used as stores, and the honey box above (which I didn't photograph) is filling up nicely with capped honey.

There are plenty of healthy bees in this colony, probably around 50,000. It's a good job I don't have to name them all.

I hope you found this pictorial tour of a beehive useful and interesting.

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Let's get it sorted! Successful bag sorting trial rolled out to five more recycling sites

A bag sorting trial has been rolled out to five more recycling sites in the East Riding thanks to residents making it a success.

A trial was launched at the Driffield household waste recycling site in March by East Riding of Yorkshire Council to encourage visitors to sort through their bags of mixed materials that they take along to get rid of.

The aim was to make sure even more items were recycled, and thanks to residents getting behind the scheme, it led to a 3.5% increase in the recycling figure for the Driffield site each month.

Now this month the council has rolled out the scheme to household waste recycling sites at Carnaby, Pocklington, Weel near Beverley, Airmyn near Goole, and Humberfield at Hessle.

The council is urging residents to sort their bags of waste before taking them to household waste recycling sites.

Most people do that already, but some take along a bag of waste and put it straight into the general skip.

So to reach those people, the bag sorting scheme was introduced.

At all five new sites, a sorting table is provided, with gloves, a litter picker, paper towels and anti-bacterial handwash.

Site staff direct residents with bags or boxes of waste to visit the table so they can sort through their own waste.

Recycling containers for each type of item are sited next to the table – so people don't have to travel across the site to the various skips.

Items that can't be recycled can then be placed into a site's general waste skip.

Leaflets advising people of the new system are being handed out at each site, alongside new signs being put up.

It is hoped the move will lead to more items being recycled.

Overall, there was 50 tonnes less of general waste collected in the containers on site - a lot of which is believed to be down to residents sorting more waste before going to the site.

The Driffield site's overall recycling figure was an impressive 86% for April and May, meaning 86% of all the items taken along by residents could be recycled or reused.

The remainder was used as refuse

derived fuel and sent to be burnt at a specialised plant in order to generate electricity. Nothing is sent to landfill.

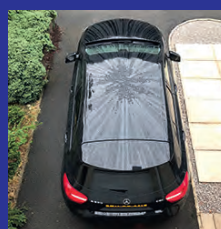
Councillor Chris Matthews, the council's portfolio holder for environment and climate change, said: "I'm extremely pleased that the initial trial was supported by residents, and thanks to their extra efforts, they helped even more waste get recycled.

"Now we have introduced the bag sorting scheme at five other sites, and I've no doubt that residents there will do the same and show their support, because the East Riding is one of the best recycling areas in the country."



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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

Further to my announcement last month that I will be leaving Cottingham Parish Council, we have, so far, been unsuccessful in finding a replacement Clerk and Responsible Financial Officer. Please contact the office for further information or visit the latest news section on our website if you would like to apply. Though the official closing date has now passed, the process is ongoing so please get in touch if you are looking for an exciting, challenging, and rewarding role.

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

Christmas? In August!?

As you will be able to see from the pictures elsewhere in the magazine, Cottingham Day was a huge success and our thanks once again to all involved. However, like painting the Forth Bridge, our work is never done and we straight away start organising the Christmas Festival, taking place on the 4th December. Market Stalls on the Market Green and tables inside the Civic Hall are available to hire. Please contact the office for a booking form.

Grants

The Parish Council can provide grants to local organisations and, especially after recent tough times, we would encourage groups to contact us. Certain criteria must be met, but within the last twelve months we have given grants to the Cottingham Lights, Cottingham Village Trust, Cottingham Tennis Club, Cottingham Tigers, and the Cottingham Folk Festival.

Exciting programme of events and activities for Active Coast this summer

East Riding of Yorkshire Council's Active Coast team have put together a varied programme of events and activities at several coastal locations for the summer holidays.

Active Coast is the council's popular programme for residents and visitors to explore and enjoy life in the East Riding. This summer's programme will offer fun and creative activities on the beach; adapted cycling; coastal exploration; beach yoga; Bushcraft; fossil hunting; outdoor theatre; and more!

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said: "A sure sign that summer is here is the return of Active Coast, and once again, this is a great programme, with something for everybody!"

The Active Coast programme includes :

All Ride

All Ride sessions will be a chance to cycle along the North Promenade in Bridlington on a specially adapted bike, designed for those with additional needs and mobility issues. Bikes can be booked out for up to an hour free of charge. Just turn up on the day.

Bridlington North Promenade

Every Friday : Already running until 28 October 10am-3pm

Beach Clean

Help make a difference to the environment one piece of rubbish at a time by litter picking at weekly beach cleans. Just grab a litter picker and bucket and off you go! Everyone welcome.

Meet at:

Hornsea EcoHub, every Wednesday 10am-2pm Until – 31 August

Bridlington North Beach, Victoria Terrace, every Friday 1pm-3pm Until 2 September

Beach Sports

Join Active Coast for a range of sports including beach football, tennis, cricket and more!

8 August: 10am-12pm Withernsea Pier Towers

Calming Play and Create

This fun, creative session is for the whole family, suitable for ages 3+. Participants will be guided to explore stillness and creativity through use of their minds, bodies and hands using nature as inspiration. The session will give the opportunity to build an awareness and a connection to ourselves and our surroundings using fun and engaging tools like Yoga and Natural Art.

See all details on Eventbrite to book.

Hornsea North Beach – 3 Aug: 1-2pm and 2-3pm

Bridlington North Beach – 11 Aug: 10-11am and 11-12pm

Bridlington South Beach – 18 Aug: 1-2pm and 2-3pm

Humber Bridge Country Park – 25 Aug: 1-2pm and 2-3pm

Coastal Walks

Join the Active Coast Team on a short family walk looking at some amazing views along the coastline.

See all details on Eventbrite to book.

Hornsea South Beach – 1 Aug: 10am-12pm

Withernsea Pier Towers – 8 Aug: 1-3pm

Cover the Coast

Explore the East Yorkshire Coast with a range of walks and outdoor coastal activities for adults. These active sessions will take place in some of the most spectacular areas on our coastline with fun activities to learn and enjoy.

See all details on Eventbrite to book.

Paull – 5 Aug – 10am-3pm

Humber Bridge – 2 Sept – 10am-3pm

Continued on page 30

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SAVE TAX BY USING YOUR SURPLUS INCOME



Philip Evans is an Associate Solicitor at Graham & Rosen with 23 years' experience. Philip specialises in Tax and Trust work and he is a full member of the Society of Trust & Estate Practitioners.

Many clients are worried about paying Inheritance Tax. One way to save tax is to give money away. A little-known rule concerns "gifts out of surplus income".

Ordinarily if you have surplus income it would accumulate in your bank account and you could end up paying IHT on this at 40%. But the surplus income exemption means that you can give away this income and it will be immediately exempt from IHT, without having to wait 7 years like most lifetime gifts.

There are some special rules about this exemption. First, you can only give away income. This includes your salary or pension, interest,

dividends and rental income. Secondly, any gift must not affect your usual standard of living. Thirdly, you must intend for the gifts to continue into the future.

With many taxpayers not being able to spend money on holidays or eating out, they may have surplus income. This could be given away.

Common uses of the surplus income exemption are to pay a regular standing order to your children or grandchildren, to pay school

fees, or to contribute to a relative's pension scheme.

There is no limit on the amount of surplus income you can give away. So if you received a large bonus or an unexpected dividend payment then this could be given away free of tax. Also the amount given away can vary from year to year.

You must keep careful records to claim the exemption and we can advise you on this.

Please contact us to make an appointment to discuss your own individual requirements.

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Cottingham Day - 'A Triumphant Return'

“Wow! What a triumphant return of Cottingham Day after a two year break due to restrictions. In spite of a couple of light showers the sun shone and brought many people to enjoy the event. A variety of stalls lined Hallgate, King Street and Finkle Street. Children and adults took advantage of the interactive activities in the Memorial Gardens. A dog show, fun fair and activities filled Grandads Park for all to enjoy.

Craft Stalls were in the Civic Hall and the Darby and Joan if you wanted to browse. On the Market Green a full stage of musical Entertainment starting off with the choir from the High School to open the show, to various acts which were enjoyed by many throughout the day, to those who chose to sit and enjoy a drink or something to eat from the many food stalls.

The crazy golf, spider mountain and climbing wall was a huge succes for the children. The throng of people visiting the event made the day the success it was, and thanks to the Parish Council staff, councillors and volunteers on the events committee who gave their time to organise this wonderful day of events.

Ann Abel (Chairman, Cottingham Parish Council)

Photos by Paul Lakin.



New Walking Rugby Session at East Riding Leisure Haltemprice (Field)

East Riding of Yorkshire Council's Health and Wellbeing Team began new Walking Rugby sessions from Thursday, 28 July.

The sessions are taking place on the field attached to East Riding Leisure Haltemprice and will take place every Thursday from 28 July, with the first six weeks free of charge. The sessions will run from 11am-12noon.

The sessions are targeted for people over 50 and aim to provide fun, sociable rugby games and skills, which will aim to improve fitness for those who maybe previously played and would like a chance to throw a ball once again.

The sessions will be led by Mike Adlard of the Health and Wellbeing Team, who will provide casual organised walking rugby games and accommodate various fitness levels, providing low to mid intensity matches ideal for those who haven't played for a long time or who would just like to get fitter and meet new people.

Councillor Mike Medini,

portfolio holder for cultural and leisure assets, said: "No matter what skill or fitness level you are, we would strongly recommend you give Walking Rugby a try! Come along and have fun whilst improving your fitness!"

Please note these sessions require suitable footwear and clothing for the sessions.

For more information or to book on to a session please call Mike Adlard on 07949313876 or email Michael.adlard@eastriding.gov.uk.



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Wordsearch - Summer

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

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

Find the words in the letters above:

Ants, August, Barbecue, Baseball, Beach, Bees, Bicycle, Blue Sky, Boating, Breeze, Camping, Fishing, Flies, Flowers, Gardening, Golf, Green Grass, Hat, Hiking, Holidays, Hot, Ice Cream, July, June, Mosquitoes, No School, Picnic, Roller Blades, Sandals, Skateboard, Soccer, Solstice, Sprinklers, Sunburn, Sunglasses, Sunscreen, Sunshine, Suntan, Sweat, Swimming, UV Rays, Wasps, Water Fights, Watermelon.

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

Sudoku No. 181

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

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

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MARION OWEN TRAVEL

Summer has arrived & holidays travelling north are appealing. Enquiries have shot up for next summer travelling to Scandinavia! If you are looking to cruise in this direction look no further than Fred Olsen's Lapland departing 1st July 2023 for 14 nights starting at £2099 per person based on 2 sharing. It offers many unique ports of call. Oceans savings also available on this, call us for further details on any cruise you are interested in. I have had a busy few weeks away and now enjoying being in the office. Last week I returned from a super cruise along the Main/Danube Canal and down the Danube to Budapest. I have done this stretch several times now but always find something new to see & do. This time I passed on a visit to Melk Abbey & Durnstein and cycled along the River for 22 miles. Don't be fooled our bikes were battery assisted but you had to peddle. The experience was fantastic and I cannot wait to take another riverside cycle path on a future cruise. I also enjoyed my first visit to the city of Salzburg and the scenery on route back to the ship was stunning. I love been on the water, land at each side of the ship and always something to see as you glide along. Fancy a river cruise yourself? Then get in touch we deal with all cruise lines and have many offers we can sell you under our counter. APT is a popular example.

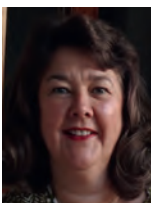
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We book all holidays with all tour operators & cruise lines. Our wealth of first hand knowledge travelling around the world by land, sea & air allows us to make your travel simple & hassle free leaving you to relax and look forward to enjoying your holiday.

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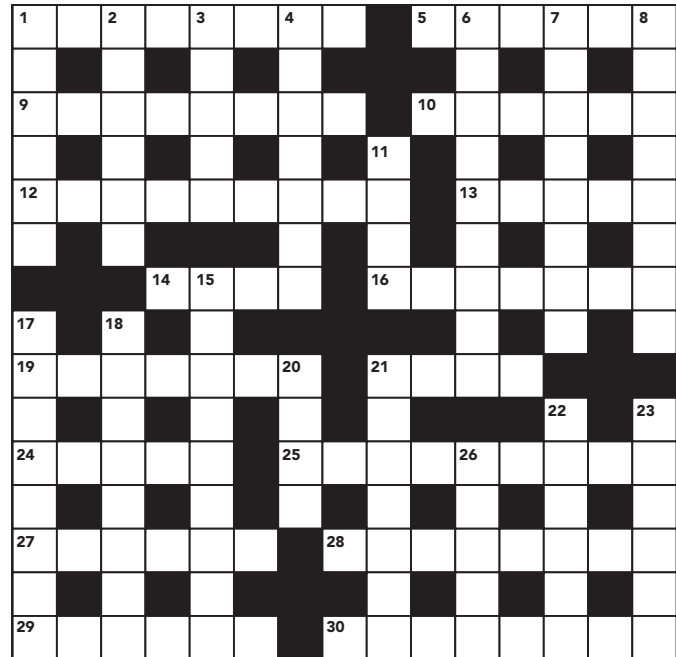
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14 August - www.cottinghamtimes.co.uk

Crossword - Solution on page 29



Across:

- 1 Illumination (8)
- 5 Drooped (6)
- 9 Macabre (8)
- 10 Morals (6)
- 12 An abnormal condition of the lungs (9)
- 13 Not outer (5)
- 14 Colored part of the eye (4)
- 16 The systematic study of things (7)
- 19 From Mexico (7)
- 21 Beep (4)
- 24 Eighty-five in Roman numerals (5)
- 25 In an illegal manner (9)
- 27 Emigrant (6)
- 28 Important (8)
- 29 Three equal parts (6)
- 30 Bracelet (8)

Down:

- 1 Carried (6)
- 2 Grouchy (6)
- 3 Flavorful (5)
- 4 Numerals (7)
- 6 Gradual wearing down (9)
- 7 Smiling (8)
- 8 Abandoned (8)
- 11 Pats (4)
- 15 Cured or healed (9)
- 17 Tiniest (8)
- 18 Eighty-eight in Roman numerals (8)
- 20 Invalid or zero (4)
- 21 Nevertheless (7)
- 22 Practical (6)
- 23 Grommet (6)
- 26 Sea eagles (5)

Crossword courtesy of www.crosswordpalace.com
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Skidby Scarecrows return - A huge success

The organisers of Skidby Scarecrow Festival want to say a massive thank you to everyone who helped make this year's event such a big success.

Nearly 50 scarecrows were out on display, with some incredible effort put into them, and hundreds of visitors came along to see the sights.

The winning entry, as voted for by the public, was the incredibly creative Betty Bee Kind (pictured above), with the runners up Whack A Mole and The Very Hungry Caterpillar.

Between the grand raffle, sales of programmes, refreshments and cakes, and a number of cash donations, the festival raised about £4,000, which will go to Skidby Village Hall, a registered charity.

Festival Committee Chairman Stephen Parnaby said: "We have had lots of people saying how nice it has been to see our community come together to make this event such a success.

"We're also very grateful to everyone who visited, bought a programme, indulged in the tasty cakes and refreshments and supported the other businesses and stallholders who joined in.

"The weekend raised a fantastic amount of money which will help enable Skidby Village Hall to continue to offer a much-needed resource for our community."

Skidby Scarecrow Festival was kindly supported by main sponsors Eon Visual Media, Jordans Cars and Sewell On The Go.

For more information, visit www.skidbyscarecrows.org.uk or join the community at www.facebook.com/groups/skidbyscarecrows. Skidby Scarecrow Festival will be back in 2023.

Photos: Paul Lakin.

16 August - www.cottinghamtimes.co.uk



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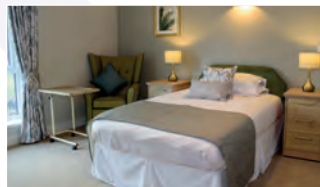


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ON THE GRAPEVINE

WITH ROY WOODCOCK

Red Wine in Winter, White Wine in Summer

It's been one of those "Phew What A Scorcher!" few weeks, which I'm pretty sure will have influenced your wine selections. Our two fridges have been working overtime keeping the whites and roses cool, but even if you prefer to stick to your favourite red I would still suggest they need a limited time in the refrigerator or ice bucket.

But, and this has been a big but so far this year, high pollen levels have meant those of us suffering hay-fever have been struggling. If that's you, as well, the following advice is something I found really interesting. Basically, it's suggested the rule of thumb should be red wines in winter, whites in summer.

Why? Well hay-fever is an allergic reaction to pollen and our bodies overreact to pollen by producing histamines that cause a running nose and itchy eyes. But the wine you drink can add histamines to the body, increasing the effects of hay-fever.

DrinkWell UK state that red wine can contain 20 per cent to 200 per cent more histamine than white wines. As a general guide, red wine may have anywhere from 60mg - 3,800mg of histamine, while white wine has around 3mg - 120mg and Champagne has between 15mg-670mg of histamine.

Histamines can be influenced by the yeast and bacterias used to produce the wines, but much of the histamines are from the grape skins, so red wines which typically have much more skin contact to extract colour and tannins will have higher histamine levels. The easiest way to identify wines with high histamine levels is wines deep in colour and high in tannins.

So, for those of you who suffer with hay-fever, reds in winter and whites in summer could be a smart way of helping yourself.

And while we're talking about heat and wine, how does this appeal? I'm talking about adding jalapeños to your rosé this summer which, apparently, has been trending on social media.

Not surprisingly, the jalapeños give a spicy kick to the wine. The idea of infusing rosé with flavours has been around for a long time, but with the sunny weather we're experiencing, perhaps this is the time to add some spice.

But which wine is best? Well, spicy foods tend to emphasise alcohol in wines, while sweet drinks will take some of the heat away. So depending on your goal either a few slices of jalapeño in your dry Provence rosé or if you want a bigger kick try them in a sweeter style blush or white Zin.

And a few last thoughts on wine and heat, particularly on how to keep your wine in the best of conditions . . .

On account of the yeast, essentially, wine is rather sensitive to the elements. The younger a wine is, the more resilient, but the older it gets the more care it needs. Consider its age and also its volatility when storing it.

Aim to keep wine temperate, avoiding extremes and wild variations. Higher temperatures tend to accelerate the ageing process, while lower temperatures slow it down. A good target would be 56 degrees, but anywhere between 40 and 70 degrees is also probably fine.

Temperatures at below freezing will have a detrimental impact on the flavours but it is the high temperatures above 80 degrees for more than a few hours that will do the most harm and actually cook the wine, making it taste baked or jammy.

So, avoid storing wine next to a heater or high up, like on the top of a cupboard or your fridge, because heat rises. But also make sure your precious bottles are kept out of direct sunlight or you could get an effect known as light-strike.

Light-strike occurs when UV rays come in contact with what is inside the bottle, actually destroying the liquid. This is why bottle glass is often green, black, or blue: to keep harmful UV rays away. Obviously anything in a clear glass bottle is intended to be enjoyed straight away. But remember that even coloured glass doesn't completely protect your wine, so always keep your bottles out of direct sunlight just in case. Choose a dark space to rest them.

Finally, bottles with corks being stored long term need to be looked after well. You don't want the cork to dry out or it may shrink, letting in oxygen in and ruin the wine. Keep wine on its side to keep it in contact with the cork, so the seal isn't compromised.

Investing in a small wine fridge is worthwhile, but also remember that a standard fridge works well enough too. But for storing bottles long term, try using the back of a dark cupboard or wardrobe or tucking them under a bed, especially if you have a valance.

Ultimately, remember that ageing wine is all well and good, but wine is for drinking. Rather than hang on to a hoard, buy what you can consume in a month and for anything you want to age, buy those special bottles from specialist wine merchants and independent retailers that specialise in cellar-worthy wines.



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**Specially Selected Pinot Noir Rose**

Where: Aldi
When: Now

Why: A new addition to Aldi's range of English wine - this one from Devon, with delicate floral notes on the nose and vibrant strawberry and raspberry flavours on the palate. Made with the highly versatile Pinot Noir grape, it pairs perfectly with thyme-roasted chicken, salmon, and salads.

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**The Doctors' Rose**

Where: Waitrose

When: Now

Why: The latest addition to this range of low alcohol (9.5%) wines, but just what the doctor ordered for summer drinking. It's dry, crisp and full of strawberry and cherry flavours, with a hint of sage and thyme.

£8.99 (was £10.99)

**Campo Nuevo Viura**

Where: the Cellar Door, Melton

When: Now, while stocks last

Why: Cracking Spanish white made from Rioja's best known white grape. It's fresh, crisp, with notes of summer floral fruit, apple and citrus lime and shows a surprising degree of complexity and polish.

£6.99 (was £8.99)

**Secret Cellar Sauvignon Blanc**

Where: Waitrose

When: Now, until August 9

Why: Medium-bodied South African white shows a delightful mix of grapefruit, citrus and herbaceous notes on the nose, followed by a combination of tropical fruit, papaya, lime, and a refreshing acidity.

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

www.instinctivehorsetraining.co.uk



Voluntary consent in cooperative care procedures

That opening headline seems like quite a mouthful of wish lists when it comes to having a horse, or a dog, totally allow – with full permission – various intrusive and sometimes painful procedures. **Horses are notorious for being scared of injections, of being wormed with large oral application tubes, fearful of the farrier or of foot handling and afraid of being clipped with electric clippers.** Dental checks need doing at least once a year where they now use noisy, high speed electric rasping tools. We ask a lot from our horses sometimes.

All of these basic care protocols are all necessary from time to time. Foot and leg handling needs to be done daily.

Farrier visits range from every 6 weeks for shoeing to 12 weeks for unshod trims.

Healthy horses must have an annual inoculation for Flu/Tetanus and hopefully never need veterinary intervention in between which may require Intra muscular or jugular injections.

Horses who fear the farrier, of being clipped in the winter or who cannot be safely calm for the dentist, will all need to be rendered incapable of fighting. **Veterinary sedation (a jugular injection)** is expensive and does not train the horse to accept the procedure, it simply renders it incapable of protecting itself. In many cases the horse actually becomes more fearful where the vet has to be on hand to “top up” the sedation. Inside, the horse is screaming and is in a high state of stress. It literally has to suffer the procedure, totally understanding what is happening to it yet it is unable to have any self-control.

Sadly, a cheaper alternative is the use of the twitch. A loop of soft rope on the end of a short broom handle. This is wrapped around the tremendously sensitive top lip of the horse, very tightly. Providing the horse allows this to be put on, it then falls into a state of tonic immobility and stands still. As a result of the shock of the sudden and extreme pain, its body tries to protect itself and counter the pain by releasing endorphins. This flood of pain-relieving endorphins only lasts about 5 to 10 minutes and then dissipates. Therefore twitching can only be used for a very short time. After this short time frame the heart rate increases exponentially and cortisol (the stress hormone) spikes. It is then all about shear pain.

The high risks with twitching is damaging the blood supply to this all-important, highly sensitive top lip, causing damage to the profusion of nerves alongside the inevitable deep bruising. A vet should be the

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only person to train an owner how to use a twitch correctly if they are faced with no choice in an emergency situation.

Remember that all restrained horses are extremely volatile and pose potentially dangerous behaviours during twitching or any other form of restraint (sadly there are a few more.) They can explode at any given time, strike out with their fronts legs or attempt to lie down at any time, especially as it is being removed. Great caution is needed with experienced handlers only.

The fall out I see most often is that horses become extremely head shy making life even harder for everyone involved and totally miserable for the horses themselves.

Forcing control on horses via extreme pain is a “steeped in tradition” practice we humans have given ourselves permission to use with our horses to create compliance. **It does not need to be this way, at all!**

It is absolutely possible to learn how to train your horse over time, to become a willing participant in its routine care. Abject fear in horses can be turned into calm willingness to allow any and all care procedures to occur when you know how. No twitch has been used on my yard for over 15 years. I also refuse to train students in its use on my horses. The collages can subject their horses to this barbaric practice if they must, I refuse. Why can't the collage lecturers learn and train the modern, ethical use of scientifically proven protocols? Most Zoos do with their wild animals!

Over the years I have specialised in helping owners learn how to change their relationships with their horses away from barbaric brutality through the use of systematic desensitisation and counter conditioning. Life is safer and calmer for all those professionals needing to work with your horses. No horse needs to become distrustful of you, its owner, through suspicion or the fear of you doing something dreadful to it?

Trust with mutual respect is how we would all aspire to be able to live with everyone in our lives, our pets deserve the exact same right-surely?

If you would like to know more about training horses, as well as dogs, Tigers and Killer Whales for calm consent in care procedures, then please do not hesitate to contact me.

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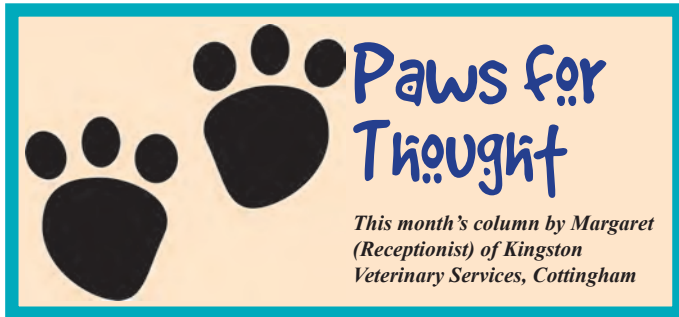
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www.cottinghamtimes.co.uk - August 19



Did someone say Jelly!!!

Let's go for a walk" you said, "Let's stop off at the park" you said....but what is this? Sniff, sniff, sniff. I recognise this door....WHOA, WHOA , NOOOOOOOO!!!!

If we were able to read our dogs mind, how many can you imagine will be saying this? Quite a lot, going on the response of the owner entering. Saying this, there are the odd one or two of our furry friends, who are quite happy to come in but there are plenty who don't. Who can blame them, the only time they come into the surgery is for an appointment for an examination or a booster.

Going back a few years to a previous practice I worked for, we were privileged to be able to take our dogs to work. My previous dog Tammy, would quite happily sit in her basket behind the reception observing all around her but she also had her uses. Apart from being a blood donor for the surgery she also acted on the odd occasion as a 'meet and greet'. If any dog came into the surgery who was a slightly apprehensive, then Tammy was there showing



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the way and keeping them calm. Unfortunately, we do not have 'helpers' here so as a surgery, what can we do?

Here at Kingston, we encourage 'Happy Visits' which are open to all new and existing clients. We encourage owners to pop into one of our KINGSTON branches where we will be happy to make a fuss and give your furry companion a treat before you go on your way. This way, it encourages your dog to feel more at home and realise it isn't the most scariest place on earth. Why wait until they're older? Start as you mean to go on and book a face to face puppy chat with one of our qualified nurses.

These are free of charge and booked 30 minutes before the 1st vaccination appointment. If your puppy has already had their 1st vaccine then a chat can be booked before you come in for their second. We are also proud to announce we have started our puppy parties held at our Beverley Road surgery every Tuesday evening 7pm to 7.45pm and are open to all puppies who have had their 1st vaccination only.

Here, Sallie our qualified nurse will talk about the most important stage of a puppys life, socialisation and encourages puppies to meet others in a safe environment. We allow two adults per puppy and children are most welcome. Sorry, no jelly and ice cream but plenty of fuss and doggie treats for your furry friend. Booking are only made through our surgery.

FINALLY.....TALI...

Like most of our pets, Tali is finding this very hot weather very unsettling, but I have a few tips that have helped. One is the most obvious, closed curtains during the day plus put a fan on to circulate the air. I also filled a couple of kongs with treats and put them in the freezer. This way it not only cools the mouth but takes longer to eat. I've had a small paddling pool in the garden and every now and again, dowsed her neck and back with cool water. I have also not taken her out for a walk the last few days as the paths can become so hot and burn the pads.

Just remember, a dog hasn't died from missing their walks BUT has died from a walk in the heat. Also, please don't forget your bunnies. Mine have had iced bottles of water to snuggle up to every few hours. Luckily they are free to roam but if yours are in hutches, please make sure they are always in the shade and checked on more regularly. If you have any questions at all regarding any of the above, please do not hesitate to call and we will be happy to help.

Until the next time.....

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New Summer Exhibition at Beverley Art Gallery: 'Brick City'

After the huge success of last summer's 'Brick Wonders' exhibition at Beverley Art Gallery, LEGO® will return to the Treasure House this month with 'Brick City'.

The 'Brick City' Exhibition, created once again by Warren Elsmore, will be on display in Beverley Art Gallery until Saturday, 10 September, with free admission, and no need to book in advance.

The exhibition is a celebration of iconic buildings from cities around the world, carefully recreated in LEGO® bricks. Visitors can take their ultimate world tour and discover highlights of cities across five continents, taking in lively celebrations in Rio through to New York, Copenhagen, Romantic Venice, Japan and extravagant Las Vegas.

The exhibition will be a chance to enjoy discovering new urban highlights, as well as some more recognisable iconic structures. Visitors will be able to spot surprising common ground between buildings created thousands of years apart, such as the Roman

Colosseum and the 2012 London Olympic Park, and take in the awe-inspiring centrepiece, London St Pancras station, measuring two metres by four metres and built from over 180,000 standard bricks.

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said : "Our blockbuster exhibition last summer was so popular that we simply had to ask Warren Elsmore to come back again this year! 'Brick City' promises to be a fun experience for all the family, and I look forward to another busy summer at Beverley Art Gallery!"

Nial Adams, Museums and Archives manager, added: "We are very excited to be able to host another great exhibition by the brilliant Warren Elsmore and his team. And this year, there will be no need to book in advance, so it will be the perfect family trip out this summer."

For more information and opening times, and opening hours for the Treasure House café, visit the East Riding Museums website, www.eastridingmuseums.co.uk and follow on social media:

[@BeverleyArtGallery on Facebook and Instagram](#)

[@BevArtGallery on Twitter](#)

Phoenix Walkers 2022

Phoenix Walkers are a friendly bunch of adults who walk every two weeks on Sundays from February to December. We go by coach with pick-up points from Hull Truck, Greenwood Ave and Cottingham Green.

Our walks for August and September are,
 August 14th Scarborough; August 28th Rosedale Abbey
 September 11th Byland/Crake(NYMoors)
 September 25th Rievaulx Abbey

For more information contact-

Sid and Sue 01482 701325 or email- phoenixwalkingclub@outlook.com.

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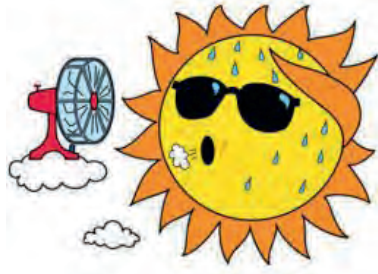


“The Tooth and Nothing but The Tooth”

by
**Chris ‘ Dr. Smile
Maker’ Branfield**

Snoring vs Grinding

Hello again. I hope that you are well. Phew, it’s hot!! Scorchio. It’s a heat wave as I write. The hottest on record in the UK. I hope that everybody has stayed safe and well.



Snoring vs Grinding?

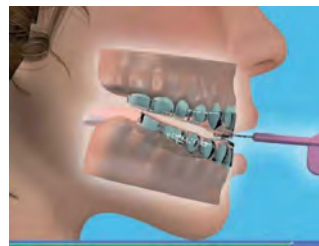
So what the heck has snoring got to do with grinding and vice versa? Well, first of all we see lots of people who



clench and grind. This causes symptoms like jaw ache, earache, teeth sensitivity, migraine-like and even neck and shoulder pain as well as breaking teeth and fillings etc. About 40% of the adult population snore.

Snoring is caused by a collapse of the airway causing vibration of the tongue against the soft palate. This means that the further back the tongue is the greater the chance of snoring. The tongue is attached to the jaw, so if the jaw drops back so does the tongue. With me so far?? Good. Well, the most common way we treat clenching and grinding is to make an appliance that helps relax the muscles that make the jaw clench. However, this always leads to the jaw moving backwards to a more retruded position we call it. So, you can see the predicament. If we help with the clenching and grinding, then we can sometimes make the snoring worse.

What’s The Solution Then?



Sleepwell Appliance moves lower jaw forwards

A good way of trying to tackle both problems in one go is with a Sleepwell appliance. It is a mandibular (lower jaw) advancement device. So by definition, almost, it moves the lower jaw forwards. This brings the tongue forwards and helps to open up the airway to help with snoring. It also prevents grinding and clenching as the back teeth are separated (which is key with clenching). The appliance is custom made to fit precisely and is robust. Some off the shelf appliances can be a bit flimsy and not fit well.

Stay safe in the sun and even out of it.

Until next time. Take care and be good.

Chris



Chris Branfield has been clinical lead since 2008 at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 29 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

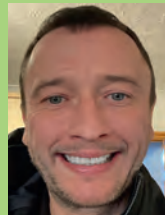
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Would you love straight teeth?



Lee did!
From this to
this amazing
smile



“I decided, after 40+ years, to get my teeth straightened. I found the whole process very easy and straightforward and not at all scary.

I had 4 crowded teeth removed and an “invisible” brace fitted. There was no pain during this procedure.

I would like to big say thank you to Chris for his expertise but more importantly to his staff who were always kind and professional on the phone and in person.

So finally the results. Well what can I say except “wow!” I’m truly amazed at what Chris has done.

If you’re considering teeth straightening, no matter what your age, then I would say 100% go for it. See my photo to see the difference. “ L.Holmes; Beverley.

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Christopher Edward Branfield GDC Reg No 68346.

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Cottingham Open Gardens Blossoms with Huge Fundraising Total of £9,297.36

It was a delight to see this year's Cottingham Open Gardens return to the community on Sunday 12th and 19th June with 22 gardens and residencies taking part. Gardeners sold plants, enjoyed cream teas, and encouraged visitors to take part in the raffle and in doing so helped to raise £9,297.36 for Dove House Hospice.

Dan Clipson from Dove House Hospice said, "We are thrilled with the success of this year's Open Gardens. There have been many challenges over the last couple of years because of the pandemic, so it has been fantastic to see so many people showing their support to this wonderful long-standing community event in its usual two consecutive Sundays capacity. We are entirely

reliant on donations from the public to ensure we can continue to provide our care for people across Hull and East Yorkshire living with terminal illnesses.

This money will go such a long way in making sure we are there for everyone who needs us. Thank you to the community of Cottingham for continuing to support Dove House in this way".

A chance for residents to say what they think about leisure and physical activity in the East Riding of Yorkshire

East Riding of Yorkshire Council wants to find out more about residents' attitudes and perceptions towards physical activity and active leisure.

A new survey is a chance to say what residents think about the services and facilities which the council provides and which are generally available in local communities in the East Riding.

The survey will only take five minutes to complete and will help the council plan future developments and services.

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said: "I hope that lots of East Riding residents will feel able to complete this survey, which will be really helpful to us as we shape the future of leisure facilities of many different kinds across the area."

The survey can be completed here: <https://tinyurl.com/EastRidingCommunitySurvey>

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C.S. LEWIS

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CHILDREN: We have children's activities for 3-11 year olds during the service in a separate hall.
EMAIL: lucy@revivechurch.co.uk or call 01482 420620 if you have any questions.

For further information about Revive Church, our free confidential debt advice, our toddler groups, food clubs, youth clubs and other locations in east Yorkshire visit:
WWW.REVIVECHURCH.CO.UK

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www.cottinghamtimes.co.uk - August 23

Motoring - with Roy Woodcock



Roy Woodcock checks out a new plug-in variant of the updated Jeep Compass

For the uninitiated or the uninvolved, the world-famous brand name Jeep was first used as US Army slang to describe new recruits or vehicles back in 1940.

The following year, as America entered the Second World War, the name Jeep was given to the first light military 4x4 to go into production. The rest is history, as they say.

Today the iconic brand, now part of giant Stellantis conglomerate, is battling it out with countless other SUVs for honours in what has become the most popular family sector.

At the centre of the range is the mid-size Compass, a smart looking five-seater that comes up against polished rivals in the shape of BMW X1, Ford Kuga, Peugeot 3008, Skoda Kodiaq and Land Rover Discovery Sport. Tough competition, in other words.

Where the Jeep really scores is a reference to its heritage . . . off-road ability. While the vast majority of crossovers flounder trying to clamber up mountains or traverse rivers and rocks, the Compass is fully equipped to do just that.

On the debit side, it fails to match the on-road sophistication and refinement possessed by most other saloon-based mid-size SUVs.

I was road testing the new Jeep Compass 4Xe, which has been added to the range this year and uses both petrol and electric to give the best of both on and off-road driving.

This is a plug-in hybrid which combines the power of an electric motor with that of a 1.3-litre petrol engine to deliver 237 bhp and make it the fastest Compass ever, with a 0-62 miles per hour time of just over seven seconds.

The new Compass is now offered in four trim levels (Nighteagle, Limited, S and Trailhawk). The entry-level Nighteagle features, as standard, front and rear parking sensors, a 10.1-inch infotainment system with wireless smartphone integration, new 10.25-inch full digital instrument cluster and 18-inch alloy wheels.

The Limited trim offers standard Adaptive Cruise Control, exclusive 18-inch alloy wheels, front and side parking sensors with automatic parking function, Keyless Enter & Go and Nappa leather-wrapped dashboard.

Higher levels of refinement and specification come standard on the S version – the top of the range trim adds body-colour front bumpers and fascias, 19-inch alloy wheels, a new hands-free power tailgate and leather seats that can be

electrically adjusted to eight different positions.

The line-up is completed by the Trailhawk trim, as tested here – it's the off-road specialist with Trail-Rated 4x4 capability, which stands out for its muscular, bold appearance and offers specific equipment for off-road driving.

It comes with high-performance suspension and benchmark off-road angles and figures: approach angle of 30.4 degrees, departure angle of 33.3 degrees, breakover angle of 20.9 degrees and ground clearance of 21.3 cm. Standard on Trailhawk is also the five-mode Selec-Terrain traction control system, which includes a specific Rock mode, exclusively available on this model.

With the small amount of time I was able to put this to the test off-road, it felt remarkably assured and gave me a "go anywhere" confidence. On the road, I have to say I wished for a little more - at times it felt a little unsteady and a little noisy, too. This is a car with a starting price of £39,895 on the road and for that sort of money I think we could expect a little more in terms of cosseted luxury.

When fully charged, you can expect up to 30 miles of electric-only driving range and this PHEV variant offers the usual choice of driving modes that you'd expect with a car of this kind, in this case either electric only, Hybrid or one that enables you to save charge for future use in city driving.

Whether the PHEV 4xe variant will make economic sense for you will of course depend on how much you keep it plugged in. If you don't, you'll merely be driving around in a pretty heavy petrol-powered Jeep and there's nothing very frugal or efficient about that. But use the battery to its fullest and the WLTP figures suggest that, with the entire 30 mile driving range regularly maximised, official fuel economy will be rated at between 141.2 and 156.9mpg.

You'll never actually record that in real motoring of course, but you should get fuel figures comparable to those of the old diesel variant: and the low CO2 figure of up to 44g/km will help with your BiK tax payments and VED tax disc. Insurance is group 29E.

For reference, the non-electrified 1.3-litre model (which costs £10,000 less) records up to 40.3mpg on the combined cycle and up to 152g/km of CO2.

More information: www.jeep.co.uk



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Summer Reading Challenge 2022



Presented by The Reading Agency.
Delivered in partnership with libraries.

Summer Reading Challenge is back in East Riding Libraries for 2022

East Riding Libraries are excited to present 'Gadgeteers: Summer Reading Challenge 2022', and this year are showing that "science is all around".

Produced by The Reading Agency and delivered in partnership with libraries, The Summer Reading Challenge aims to encourage children to read throughout the holidays to prevent a dip in their reading ability during the long break.

Librarian Jess McCarthy said: "The Summer Reading Challenge is always popular in the East Riding, and is a very important part of the summer for many children, as it's really important that they do keep reading during the summer, whilst having fun at the same time.

"Register at your local library and get your free collector's card and stickers; keep us updated on your reading throughout the six weeks and then visit us again for your super certificate and finisher's medal.

"We also have an amazing programme of events with a Gadgeteers theme, including Lego Art, Storytimes, puppet shows, Lab Rascals, Lion Learners and more!"

These events promote and encourage an enjoyment of STREAM (Science, Technology, Reading, Engineering, Arts, Mathematics) subjects in a fun and informal way for families and children.

To sign up for the Summer Reading Challenge, visit your local East Riding Library.

Gadgeteers events can be found at www.eastridinglibraries.co.uk/gadgeteers.

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.

Travel by coach to the starting point. Fare £12.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road, Greenwood Avenue and The Green, Cottingham.

We have two walks planned for August.

7th August: Barton Hill to Kirkham (new walk).

21st August : Ganton/Staxton to Filey (tea out Filey).

Places must be booked in advance.

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 paulineborger48@gmail.com or telephone 07929933323.

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

Like us on Facebook: The Hull CHA Rambling Club
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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.



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.

26 August - www.cottinghamtimes.co.uk

- 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.

- 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.



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

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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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www.wauldbysoap.com

Your Stars for August 2022

By Kay Gower

Aries (Mar. 21- April 20)

Love is a plant with many flowers: kindness, forgiveness, honour, tenderness, to name but a few. All things associated with emotion will make an appearance when the planet Venus begins its transit through your solar 5th house from the 12th.

Taurus (Apr. 21- May 21)

You have every right to be proud of yourself, and others recognise your success. But if they don't then that's fine. The only judge of your success is you. That's all that matters.

Gemini (May 22-June 21)

You embark on a fresh start, but deal with old business first. Tie up those loose ends and August will lead you into that new lease on life you've been looking for.

Cancer (June 22-July 22)

The past is gone and can't be changed and that's that. Make the most of today and what's about to come down the pipe in August. The planets urge you to pursue your true path and find something better.

Leo (July 23-Aug 22)

Change is on the way. Go willingly or be dragged. Either way you can look forward to a future that you are uniquely equipped to make the most of.

Virgo (Aug 22 - Sept. 23)

Around the time of the full moon on the 12th achievement of goals will suddenly become easier. Perhaps it's now time to cut away certain bonds connected with the past that have held you back.

Libra (Sept. 24 -Oct. 23)

There may be a doubt over how best to deal with a tricky situation and emerge unscathed, in the spirit of friendship try and refrain from saying approximately half the things that dance on the tip of your tongue. Your maturity and grace will keep the peace.

Scorpio (Oct. 24 - Nov. 22)

Once they set their mind on accomplishing something most Scorpio individuals can achieve anything they desire, (especially around the 18th). Single Scorpio's should be circulating as much as possible this month as they could meet someone new.

Sagittarius (Nov. 23 -Dec. 21)

An event comes down the pipe that you really can't afford to miss, but arguments that so often accompany change seem to be rife. Use around the 12th as a time to clear the air before these opportunities disappear.

Capricorn (Dec 22.- Jan. 20)

Your mission this month will be to find peace with who you are, take pride in your thoughts and talents, and to stop incessant worrying.

Aquarius (Jan 21 - Feb 19)

Your plans for this month are good ones and if you are applying for another job then you are likely to be successful. Allow things happen naturally especially around the 14th.

Pisces (Feb. 20-Mar. 20)

In a mad world of technology and rush, never stop listening to your intuition or believing in your dreams. In our darkest moments dreams provide a ray of hope. August, a wonderful month for dreamers.

Summer Holiday Fun and Activities at East Riding Leisure

For those who are stuck this Summer Holiday and not sure how they can entertain the children - East Riding Leisure are here to help with fun filled activities and programmes available across ten sites in the East Riding, including: Crash Course Swimming, fun floats and swims, soft play, inflatables, Jet Skis, Sea Scooters, and much, much more!

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said : "It's great news that we can have a summer programme at East Riding Leisure this year, for the first time since 2019! I am sure that these activities and sessions will prove very popular, and will help to keep our children and young people amused – and help them stay fit and well, too!"

To find out more, go to www.eastridingleisure.co.uk/schools-out/.

Follow on facebook @EastRidingLeisure or @ERLeisure on Twitter.



Crossword solution from page 14

1	L	I	G	H	T	I	N	G	5	S	6	A	7	G	8	G	E	D	
	U		R		A		U					T		R				E	
9	G	R	U	E	S	O	M	E	10	E	T	H	I	C	S				
	G		M		T		B		11	D		R		N				E	
12	E	M	P	H	Y	S	E	M	A		13	I	N	N	E	R			
	D		Y				R				B		T		I			T	
				14	I	15	R	15	S		16	S	C	I	E	N	C	E	
17	S		18	L											O	G		D	
19	M	E	X	I	C	R	N			21	H	O	N	K					
	A		X		O		U								22	U		23	E
24	L	X	X	X	V		25	L	A	26	W	L	E	S	S	L	Y		
	L		V		E		L												E
27	E	M	I	G	R	E				28	E	V	E	N	T	F	U	L	
	S		I		E														E
27	T	H	I	R	D	S				28	W	R	I	S	T	L	E	T	

Sudoku Answer from page 12

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

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Considering Equity Release?

Equity Release offers the potential for you to unlock cash from your home in later life. How much equity you can release depends on your age, how much your property is worth and how much you choose to borrow - it's a big decision, and one which our specialist Equity Release Advisers can discuss with you.

Whilst there are advantages in releasing equity, any disadvantages must also be taken into consideration. You might be thinking about equity release for several reasons:

- **To help your family:** contribute to costs like education
- **To provide an additional income:** to supplement your pension
- **Lifestyle improvements:** a new car, a hobby or to provide care in the home
- **Holidays & trips:** to help you enjoy your retirement
- **Home improvements:** to enhance or adapt your home making it possible for you to stay there for the longer term
- **Pay off outstanding mortgage/debt:** to relieve the pressure of monthly outgoings.

To find out if equity release can help you, please contact us to arrange an initial, no obligation discussion. **You should think carefully before securing debts against your home.**

☎ 07912 014820
✉ enquiries@interalphafp.co.uk

InterAlpha
Financial Planning Ltd



Interalpha Financial Planning Ltd is authorised and regulated by the Financial Conduct Authority under reference no. 927711 and registered as a Limited Company in England & Wales under company no. 10786556. Registered office address: Units 1 & 2 Field View, Baynards Green Business Park, Baynards Green, Bicester, Oxfordshire OX27 7SQ

Rusticus

Rusticus is a provider of fresh-air adventures for visitors – a combination of interactive performance, and a good old walk in the great outdoors! Join in for a theatre experience to create exciting experiences which celebrate the outdoor space. Coastal Explorers: Active and fun nature themed activities. Join our friendly staff for outdoor adventure and explore the East Yorkshire coast. Fun for all the family, so don't miss out! Join us at the Living Seas Centre with the YWT for this amazing Rockpool Safari.

**“Do it ALFRESCO
@ Kristoffs”**

**more tables outside and
enjoy the fresh air in safety**



**140 Hallgate, Cottingham HU16 4BD
01482 876886**

Three sessions per location on the dates stated.
8 August, Danes Dyke, 11:30am, 1pm, 2:30pm
14 August, Hornsea Graingers Field, South Promenade, HU18 1QB, 11:30am, 1pm, 2:30pm
22 August, Hessle Country Park, 11:30am, 1pm, 2:30pm
28 August, Withernsea Pier Towers, HU19 2JS, 11:30am, 1pm, 2:30pm
4 September, Bridlington South Cliff Park and Ride, 11:30am, 1pm, 2:30pm

Stone Stacking and Beach Art with James Brunt

Active Coast Beach Art workshops return this summer. Come along and join James Brunt at various locations along the stunning East Yorkshire coastline. It's FREE of charge so why not come down and try stone stacking and sand drawing and take part in beach art projects.

August

3: Withernsea Beach (Pier Towers), 2pm-6pm
4: Hornsea Beach (Near trans pennine Trail monument), 2pm-6pm
25: Withernsea Beach (Pier Towers), 10am-3pm
26: Hornsea Beach (Near Trans Pennine Trail monument), 10am-3pm

September

3: Bridlington North Beach (Below Limekiln Lane), 10am-3pm
4: Hornsea Beach (Near Trans Pennine Trail monument), 2pm-6pm

Yoga

Join a calming and fun early morning family Yoga session on the beach this summer. Whether complete beginners or with experience in Yoga, all families are welcome to try these sessions free of charge, and receive the benefit of a mind, body and soul session.

Every Tuesday At Bridlington South Cliff Beach Till 30 August

Adult Session 7:30am-8:30am

Family Session 10am-10:45am

Every Friday At Hornsea North Beach, Morrow Avenue, From 29 July Till 2 September

Adult Session 7:30am-8:30am

Family session 10am-10:45am

Full details are at www.activecoast.org

Coastal Explorers

Active and fun nature themed activities. Join the friendly team for outdoor adventure and explore the East Yorkshire coast.

Fossil Hunt – Mappleton – 10 Aug – 10am-12pm

Flamborough South Landing Adventure – Flamborough South Landing – 15 Aug – 10am-12pm

Cliffs and Caves - Flamborough

North Landing – 15 Aug – 1-3pm

Beach Build – Hornsea – 17 Aug – 10am-12pm

Sea Creature Create – Hornsea – 17 Aug – 1-3pm

- Withernsea Pier Towers – 24 Aug – 10am-12pm

- Withernsea (The Hut) - 24 Aug – 1-3pm

- Bridlington North Beach – 31 Aug – 10am-12pm

Danes Dyke Adventure – Danes Dyke – 22 Aug – 10am-12pm

Danes Dyke Bushcraft – Danes Dyke – 22 Aug – 1-3pm

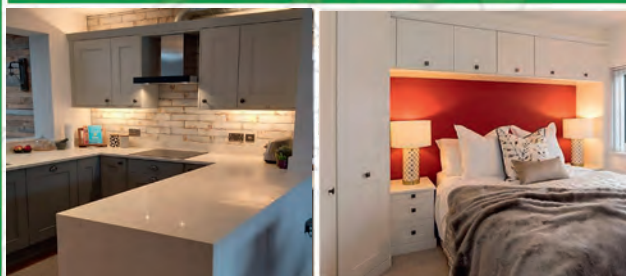
Beach Art – Bridlington North Beach – 31 Aug – 10am-12pm

See all details on Eventbrite to book.

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LITTLE GARDENERS Club

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Wanting something to do with the kids this August?

Come down to Coletta and Tyson and we can keep them entertained with our Little Gardeners Club! Every Thursday we have entertainers in-store, from face painters to balloon modelling, a chance to help Ele the elephant raise funds for Hull and East Yorkshire Mind and animal handling with Creature Ark!

- 🌸 **Thursday 4th August:** Face painting from 11.30am-3.30pm in-store.
- 🌸 **Thursday 11th August:** Balloon modelling and magic with Non Stop Kids, 12pm-2pm in-store.
- 🌸 **Thursday 18th August:** Animal Handling with Creature Ark. Children can handle animals such as reptiles, mammals, insects and arachnids. Visit our 4Pets Departments, showing at 11.00am, 12.30pm, 1.30pm and 3.00pm.
- 🌸 **Thursday 25th August:** Fun and garden games with Ele the elephant from Hull and East Yorkshire Mind in-store, 11am-4pm.



Kids can also get green-fingered and create their own plant pot heads by picking a pot, sticking on their eyes and adding a plant to make some super cool hair. Obviously, they need a name too, ours are called Paul and Emily and they're very excited to meet you!



WE'RE ALSO RUNNING A FANTASTIC CRAFTY COMPETITION WITH THE CHANCE TO WIN ONE OF OUR COOL PLAY TIPIS!

To enter, all you have to do is:

1. Purchase your feeder or nest box
2. Decorate it at home
3. Post your decorated feeder or birdbox on social media and tag us @colettaandtyson
4. A winner will be picked to collect one of our play tipis!

 **FIND US: HU17 0RU**