

Cottingham Times

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Issue 195 - February 2018

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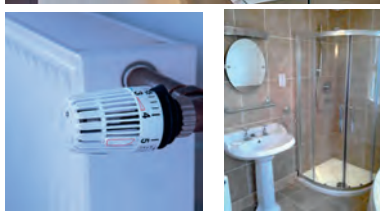
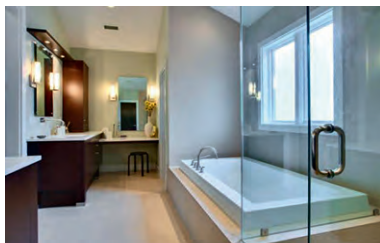
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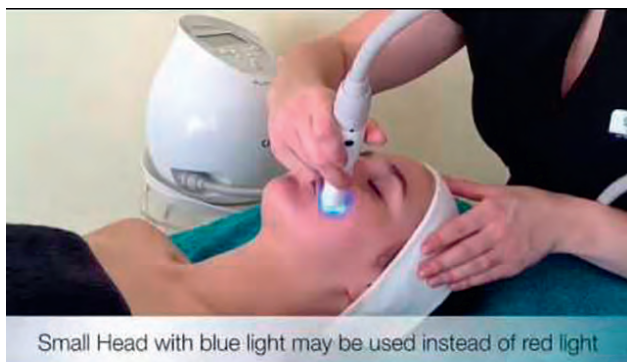
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In Cottingham and District

Cottingham Ladies Circle

Thursday 1st February - Carol Rutherford - 'Canine Partners' specially trained assistance dogs, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 1st February - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Rhona Sutherland 'Fungi'. Further information from Lois Scott 01482 494276.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 1st February will meet at 7-30pm in the Village Hall, Skidby, for a Beetle Drive.

Beverley Gardeners' Club

Tuesday 6th February - Gardening at the Front - a talk by Gail Summerfield at St Mary's Parish Hall, Beverley at 7.45pm. Gail Summerfield of Westshores Nurseries gives a talk on some of the challenges involved with creating a front garden to be proud of. Gail started Westshores Nurseries in 1985 and also taught horticulture part-time at Bishop Burton College bringing together her academic background as a botanist and hands on experience as a nurseryman. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

Haltemprice Art Group

Tuesday 6th February - Make a Collage

Tuesday 13th February - Half Term

Tuesday 20th February - Street Furniture

Tuesday 27th February - Sketching Evening (B. Holtby/H. Garbutt Model). Members £2.50, Visitors £3.00. Meetings are held in the Cottingham High School, Harland Way (Art room on first floor). 7.00 pm to 9.00 pm.

The Back Care Group

Tuesday 6th February - 2.00 pm to 3.00 pm doors open 1.30 pm. Phil Wray - Connect Well Hull Social Prescribing. Everyone welcome. Refreshments available. Raffle. The Back Care Group meet at the Boulevard Village Hall (near St. Wilfreds Catholic Church), from 1.30pm. Membership is £5 per annum or £7.50p for a couple.

Cottingham Local History Society

Wednesday 7th February - Gordon Acaster The Village Bobby, Memories of keeping the peace in Sutton village, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7.30 p.m. Meeting fee, members £1; non-members £2. Contact: Peter McClure 01482 845734.

Cottingham Men's de Luda Society

Wednesday 7th February - Waste and Recycling - Karen Wagg, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

**Front cover: A view across Castle Road.
Photo: Paul Lakin.**

Hull Alpha Probus Club

We are a small social club for Retired Professional and Business Persons, who meet in Cottingham every two weeks. This year we have a new venue at the Back Room, 173 Hallgate.

Thursday 8th February - Coffee Morning at 10.15 am. If you would like to join us for a complimentary coffee and to meet the members, you will be made very welcome.

Thursday 22nd February - Two course Lunch (£12.00), at 12.15 pm for 12.30 pm., followed by a guest speaker. The lunch should be booked seven days in advance. Contact The Secretary, Mrs. L. Fearnhead tel. 01482 843282, or the Treasurer, Mrs. J. Barram, tel. 01482 844125.

Beverley Film Society

Thursday 8th February - The Handmaiden (2016). South Korea Erotic Drama 144 mins. Described as an erotic psychological thriller, the film is inspired by the novel Fingersmith by Sarah Waters, with the setting altered from Victorian Britain to Korea under Japanese rule. A woman is hired as a handmaiden to a Japanese heiress, but secretly she is involved in a plot to defraud her. Directed by Park Chan-wook. Cert 18. At Parkway Cinema Beverley. Films start at 7.30pm on the 2nd THURSDAY* of the month (doors open 7.00pm). Membership fee: £15 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members) £6.50 (Guests). For more information www.beverleyfilmsociety.org.uk

Cottingham Green Women's Institute Evenings

Thursday 8th February - Tips on First Aid - Jeannette Harrison. Competition: Valentine's Card, held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

East Yorkshire Association of the National Trust

Thursday 8th February - Major Stewart Romanovs - An illustrated talk by Peter Rogers (Assistant Manager Burnby Hall Gardens), in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

U3A

Thursday 8th February - Pat Collard - Who Wants to be a Millionaire, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

Hull and East Riding Glaucoma Group

Friday 9th February - at HERIB on Beverley Road, from 11am - 1pm, when our invited speaker is Alison Stannard - HERIB Services Manager. Entry is £1.50 per person. For more information and to book your place, please call HERIB on 01482342 297

East Yorkshire Embroidery Society

Saturday 10th February - Vivienne Brown - Flowery Treats and Floral Tributes, in the Darby & Joan Hall, Finkle Street, at 2.30 pm. Members £1.50; Visitors £2.50. Includes coffee and biscuits. www.eyes-embroidery.co.uk

Cottingham Catholic Women's League

Monday 12th February - Annual Review Meeting in the Garden Room, Holy Cross Church, Carrington Avenue, Cottingham. Our National President, Margaret Valentine, will be attending so our meeting will take place at 2.00 pm for this meeting only, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham..

Continued on page six

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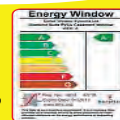
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www.cottinghamtimes.co.uk - February 5

YPI Camera Club

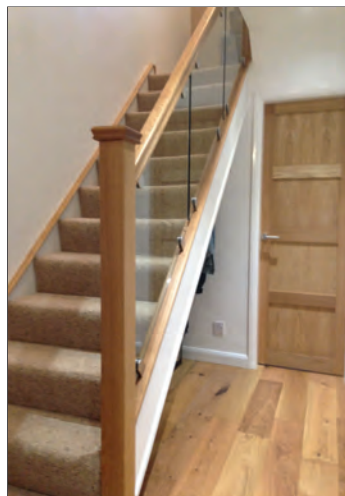
Monday 12th February - Chairman Denis Trezise - Bring a Song or a Poem AV. The club encourages the production & appreciation of audio-visual sequences (AVs). We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. For more details & examples of our work see <http://www.ypicc.uk/index.html>. Each meeting will normally consist of viewing and critiquing any set subject or open subject AVs that members might bring. Work in progress or unfinished AVs that have hit a problem are always welcome too. This will normally be followed by a question and answer technical session. New members always welcome – just turn up.

Cottingham Methodist Church Photography Group

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Tuesday 13th February - 7.30 pm

Tuesday 27th February - 7.30 pm



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Cottingham Women's Institute

Tuesday 13th February - The History of Afternoon Tea - Grandma Abson. Competition: Favourite Cup and Saucer, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

East Riding Cricket Society

Wednesday 14th February - Brewery Bar, King William IV, Hallgate, Cottingham, 7.30pm for 7.45pm. **SPEAKER:** ANDREW GALE, Yorkshire CCC Championship-winning captain and current First Team Coach. Coming up - Farokh Engineer. Everyone welcome! £5 on door. **SPECIAL OFFER** - 2017/18 short membership, £10. Enjoy Gale + Engineer + FREE 2018 access to Headingley Long Room / East Stand (normal charge - £5 a day). More info: Maggie Sumner (01482 861848) / <http://ercsoc.blogspot.co.uk/>

Cottingham Ladies Circle

Thursday 15th February - Dennis Trezise - Another Interesting Slide Show, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

Inland Waterways Association

Friday 16th February - Horses for Courses - Ian Campbell takes a look at the different vessels both leisure and commercial on our canals. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

Little Weighton Gardeners' Club

Friday, 16th February - 7.30pm. Members' Photo Gallery & Little Weighton Gardeners' Question Time - Bring your photos/memory sticks of last year's photos and queries for the team. In the Little Weighton Village Hall, (more info from Mrs Campbell 01482.844461). £2.00pp Entry.

East Yorkshire Woodturners.

Tuesday February 20th, - 6.45pm: Annual General Meeting - members only. Meetings are every third Tuesday each month at Skidby Village Hall. Next open meeting, 20 March 2018 - details next month. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door). For further information please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the website: eastyorkshirewoodturners.org.uk

Continued on page eight

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Whether you're looking to freshen up your kitchen by just changing the doors, or you want to redesign the whole kitchen, we're on hand to help. We work closely with you helping turn your ideas into a reality. Pop into our Beverley showroom today and let's look at making your Kitchen dreams come true too.

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

Tuesday 20th February - Stump Work - Naomi Smith, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

The Arts Society: Hull and East Riding

Tuesday 20th February - Mr. P. Bahn "What Really Happened on Easter Island". At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

Cottingham Evening Townswomen's Guild

Wednesday 21st February - Ann Massem - Lavender, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

Cottingham Men's de Luda Society

Wednesday 21st February - You Couldn't Make It Up - Philit Walker, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Friends of Thwaite Gardens.

Saturday 24th February - 11am. Enjoy a Winter Walk led by John Killingbeck. Thwaite Gardens, Thwaite Street, Cottingham. Admission £1. Accompanied under 16's free. Gates to close by 1.30pm

East Riding Flower Club

Monday 26th February - Janine Gray (Area Demonstrator from Huddersfield) with her "Shop Full Of . . .". In the Civic Hall, Cottingham at 2.00 pm. "Bring and Buy" cake stall. Members may bring a friend for free. Tel. 01482 876279 for further information.

Wednesday Social Club

Wednesday 28th February - Marilyn Walker - Coal Mining, in the small hall at the Darby & Joan Hall, at 2.00 p.m.

Cottingham Ladies Circle

Thursday 1st March - Eileen Shore - Bulbs for all Seasons, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 1st March - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, AGM followed by a talk by Alistair Baldwin - 'Winyard Rose Garden', and plants for sale. Further information from Lois Scott 01482 494276.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 1st March - Will meet at 7-30pm in the Village Hall, Skidby.

Skidby Village Hall

Friday 2nd March - Village Quiz at 7.30pm. Tickets are available in advance from the Secretary tel/text 07534351974 or email svhsecretary@gmail.com. We are also collecting unwanted gifts/prizes for our event tombolas. Collection can be arranged by contacting the Secretary. See you all soon.

"Women's World Day of Prayer

Friday 2nd March - The annual service is to take place at 2.00 pm at the United Reformed Church, Hallgate, Cottingham. The service has been prepared by the women of Suriname and the theme this year is 'All God's Creation is Very Good'. All are very welcome."

The deadline for entries in the March Issue "What's On" section, is no later than the 18th February.

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Spectre and Meltdown have been big news for last few weeks

These relate to an apparent vulnerability in computer processors, that could allow hackers or malware writers to capture secure information such as banking log-in details. I would hasten to add that after the initial furore, there have been no reports of anyone falling victim to any such attack, and it now seems fairly unlikely, as the process to extract such data would be extremely complicated to do. However the major players Intel, Microsoft and Apple have been working hard to put out patches and fixes in the form of updates, to protect computer users. It is worth pointing out also that if you use an anti malware program that offers live protection, you should ensure that is also updated to the latest version to ensure it doesn't conflict with these new security fixes.

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Photos on your computer can be stored in many places.

Traditionally in all Windows operating systems there has always been a 'Pictures' folder. But some photo programs, particularly those provided by major camera manufacturers, squirrel your photos away in a different location. It doesn't matter too much where they are, but in order to make sure you are backing up all your treasured images (and you should be!), you need to know where they are being stored. If you do use one of these programs, have a look in the settings and it will tell you the folder location. Another way to find useful information on a photo is to right click on it and click Properties, this will show you the folder & file location and even the size of the image, which is handy if you want to email a few pictures at the same time.

Folders and Files - All operating systems work on what is elaborately called a 'hierarchical file structure'. What that means in Plain English is that if you start off with one big folder, inside of which are lots of other folders which each contain all your files. Your computer's hard drive is just like a big filing cabinet. You start with your C Drive, then when you double click it, you see a whole list of folders, click on the Users folder and you will see one

with your name (or one for each user of the computer). Double click on that and you will see all your data folders: Documents, Pictures etc.

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Good housekeeping – or keeping everything tidy on your computer. Look inside the folders mentioned above and if you see hundreds of individual files its probably time for a tidy up. On the top bar you will see an icon you can click on to create a 'new folder'. Type a name for it then you can drag & drop or copy & paste the individual files into that folder to keep them altogether. If you want to change the name of a folder, just right click on it and click rename. You can do the same with individual or groups of files. Lets say you have a folder with holiday pictures in it and they are all of different places you visited. You can select a few of the same destination or subject by clicking on the first image, then hold down the shift key and click the last image of the group. This will highlight them all and you can then right click and click rename and type the name of the place or subject and press enter on your keyboard. This will then place all those pictures together and in alphabetical and number order. All this will become clear with practice and if you search online you will find numerous tutorials and even videos on the subject.

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Security Central:

Important advice on telephone and computer fraud – you will see a special feature on page 35 in this month's issue. Please inform anyone you think might be vulnerable to such scams. You can print out a full page version of the feature from my website, which could be useful for pinning on notice boards etc.

If you haven't already upgraded to ESET Internet Security, now is the time to do it. And for anyone who hasn't tried ESET yet, don't just take my word what an excellent product it is, go to the website <https://www.eset.com/uk/home/free-trial/> and download a **free one-month** trial! Just make sure you uninstall any existing anti virus you may have, even if it has expired. For prices, upgrades and licences – just give us a call.

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

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

Richard Mills
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Wordsearch - Valentine's Day

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

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

Find the words in the letters above:

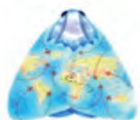
Admirer, Adore, Affection, Attraction, Beau, Beloved,
Boyfriend, Candles, Candy, Chocolates, Couple, Crush,
Cupid, Darling, Date, Dear, Devotion, Fancy, February, Flame,
Flowers, Fondness, Forever, Friendship, Gift, Girlfriend,
Hearts, Jewelry, Like, Lovebirds, Lovers, Partner, Proposal,
Relationship, Restaurant, Romance, Roses, Sentiment, Suitor,
Sweetheart.

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

Sudoku No. 132

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

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



MARION OWEN TRAVEL



February, thank goodness the days are getting lighter. Lets hope for kinder weather too. Now back to business...

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We also offer special departures, many escorted, with travel to the airport. Please do not hesitate to ask for more details.

SAGA will be instore with us on the 21st February why not pop along and find out more of what they offer for the over 50's. Also make a booking this month and enjoy a few bottles of wine with our compliments.

WENDY WU, our partners for China offer fantastic inclusive tours to this fascinating destination. Why not join us on a visit to the Terracotta Warriors Exhibition in Liverpool this month and find out more?

HUMBERSIDE departures we have a fantastic selection of direct flights for 2018/19. Malta, Italy, Croatia, Gibraltar, Iceland, Lapland, Seville and more. FREE parking included.

SOLO travellers how about joining a tour to Japan or Tibet starting your journey from Humberside?

There are many cruises still available for this year but cruising from Hull is very limited. Why not register with us now to be first to find out about cruising from Hull in 2019? This allows you to snap up a bargain as soon as dates are released.

Fred Olsen offer cruises from nearby ports and have super deals on all inclusive drinks or excursions. We can always offer you the option of our home to port service for any cruise or holiday you book at Marion Owen Travel.

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22 Feb	"The Terracotta Army" celebrating Chinese New Year day trip	£ 50
02 Mar	Thoresby Hall 3 night weekend "Big night Live" Latin Tempo	£ 259
02 Mar	Thoresby Hall Just for the day includes Afternoon Tea	£ 40
03 Mar	IWM Duxford & RAF London : entries & 1 night DBB	£ 129
20 Mar	Millstones Belly busting, fun day out. Great food & dancing	£ 40
12 Apr	Springtime in Norfolk 4 nights at the Links Country Park itinerary inc. Thursford, Blickling, Felbridge, Kings Lynn, rail & sail	£ 449
06 May	Mike James Orchestra & Nottinghamshire 2 days HB	£ 125
09 May	Matthew Bourne's Cinderella, matinee Bradford Alhambra	£ 59
13 May	Isle of Man, 5 nights half board & full sightseeing programme	£ 595
31 May	Llandudno 3 nights at the lovely Tyndale Hotel Half board	£ 299
23 Jun	WW1 Ypres Salient, The Somme & Oppy 6 days	£ 589
18 Jul	Cambridge & SAGA cruise ship 2 days DBB + lunch	£ 130
22 Jul	Tatton Park Flower Show & Renishaw 1 night DBB	£ 179
06 Aug	Warner's Littlecote & Highclere Castle 5 days half board	£ 485
05 Sep	Musical, An officer & a Gentleman, Bradford Matinee	£ 59
06 Sep	Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B	£1125
14 Sep	Star break Alexander Armstrong at Thoresby Hall 3 nts	£ 449
15 Oct	Enchanted Forest & Castles of Scotland 5 days	£ 415
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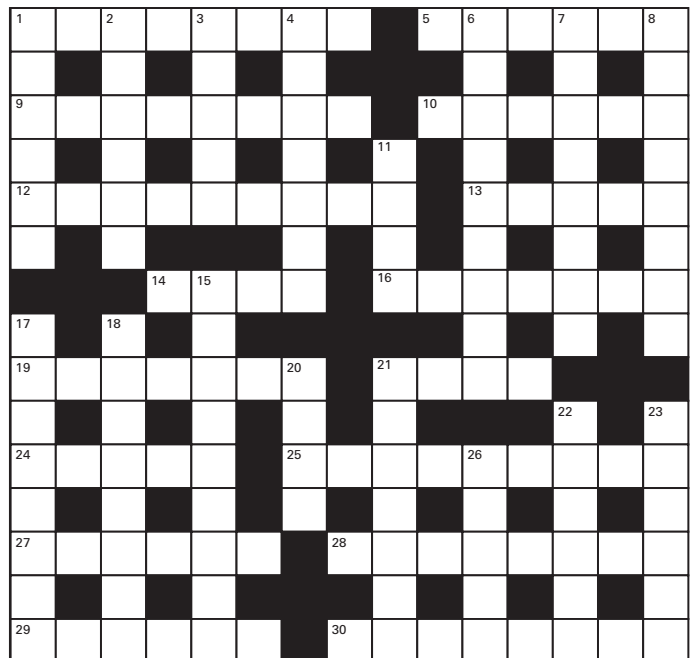
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14 February - www.cottinghamtimes.co.uk

Crossword - Solution on page 46



Across:

1. Humbleness (8)
5. Monkey-bread tree (6)
9. Insolvent (8)
10. Discarded food (6)
12. The official language of Iceland (9)
13. Community (5)
14. Kill (4)
16. Take one's clothes off (7)
19. Give a title to someone (7)
21. Singlet (4)
24. King or Empress (5)
25. Sentries (9)
27. Frank (6)
28. Cathedral (8)
29. Gets pleasure from causing pain (6)
30. Resembling a tree in form (8)

Down:

1. A composite (6)
2. Fixed (6)
3. Insect stage (5)
4. Lukewarmly (7)
6. Honors (9)
7. Grow on trees (8)
8. Unwarranted (8)
11. Beige (4)
15. Freedoms (9)
17. Withdraws (8)
18. Sloped (8)
20. Nature of being (4)
21. Having a superior position (7)
22. American neighbor (6)
23. Land surrounded by water (6)
26. A poem by Homer (5)

Crossword courtesy of www.crosswordpalace.com
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In the Kitchen



Flaky mushroom & thyme pie

- Vegetarian
- Preparation time: 40 minutes + chilling
- Cooking time: 1 hour 15 minutes
- Total time: 1 hour 55 minutes + chilling. Serves: 6

Ingredients

FOR THE PASTRY

175g butter
225g plain flour
essential Waitrose Egg, beaten, to glaze

FOR THE FILLING

1 large celeriac, about 800g
700ml vegetable stock, boiling
3 tbsp double cream
1 tsp Dijon mustard
1 tbsp olive oil
15g butter
1 medium onion, chopped
2 cloves garlic, crushed
2 x 200g packs Waitrose 1 Mixed Exotic Mushrooms
2 tbsp each chopped fresh thyme and parsley

Method

1. For the pastry, put the butter in the freezer for 30 minutes. Sift the flour into a bowl with a pinch of salt. Grate the butter into the flour and mix together. Add 85-100ml chilled water and mix to a soft dough, wrap in clingfilm and chill for 30 minutes.
2. Meanwhile, preheat the oven to 200°C, gas mark 6. Place a baking tray in the oven. Peel the celeriac and cut into thick matchsticks. Cook in the stock for 15-20 minutes until tender. Drain, toss with the cream, mustard and seasoning. Leave to cool.
3. Heat the oil and butter in a frying pan. Cook the onion and garlic until soft. Add the mushrooms. Cook over a high heat for 5 minutes until lightly browned. Stir in the herbs and season. Leave to cool.
4. Roll out 2/3 of the pastry to line a 20cm springform cake tin, to about 7cm deep. Spoon the mushrooms over and spread level. Arrange the celeriac over the top. Roll out the remaining pastry to cover the pie, pinching to seal the edges. Brush the pastry with beaten egg, cut a steam hole in the centre and place on the hot baking sheet in the oven. Bake for 40-45 minutes until the pastry is crisp and golden. Serve hot with salad.

16 February - www.cottinghamtimes.co.uk

Chicken, chestnut & spring green casserole

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

Ingredients

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

Method

1. Pat the chicken thighs dry on kitchen paper and cut away the excess skin with scissors. Heat the oil in a large flameproof casserole and fry the chicken, skin-side down, for 5 minutes until crisp and golden. Turn over, add the onion and fry for a further 5 minutes.
2. Stir in the gravy, chestnuts, thyme and juniper and bring to a gentle simmer. Cover with a lid and cook gently for 15 minutes. Stir in the potatoes, cover and cook for 10 minutes. Stir in the greens and cook for a further 10 minutes until all the vegetables are tender and the chicken is cooked through with no pink meat. Serve in shallow bowls.

Sticky toffee pudding

- Preparation time: 5 minutes
- Cooking time: 20 minutes. Serves: 4

Ingredients

405g pack Waitrose 1 Sticky Toffee Pudding
500g tub Waitrose 1 Madagascan Vanilla Custard

Method

1. Preheat the oven to 170°C, gas mark 3. Cook the pudding according to pack instructions.
2. Meanwhile, pour the custard into a small saucepan and warm over a low heat for 7 minutes until hot throughout.
3. Serve the pudding with the custard poured over or separately in a jug.



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Hampton Court Flower Show

Thursday 5 July : 3 days from £219

Price Includes:

- ◆ Two nights' dinner, bed and breakfast.
- ◆ Admission to the RHS Hampton Court Palace Flower Show.
- ◆ Visit to Burghley House & Gardens.
- ◆ Free time in Royal Leamington Spa.

Hotel: Holiday Inn, London Heathrow.



Durham & Northumberland

Friday 3 August : 4 days from £269

Price Includes:

- ◆ Three nights' dinner, bed and breakfast.
- ◆ Free time in Durham.
- ◆ Excursion to Bishop Auckland.
- ◆ Visit to Alnwick & Holy Island.
- ◆ Free time in Harrogate.

Hotel: 4-Star Radisson Blu, Durham.



Pick of the Peaks

Thursday 30 August : 5 days from £399

Price Includes:

- ◆ Four nights' dinner, bed and breakfast.
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- ◆ Visit to the Crich Tramway Village.
- ◆ Visit the National Brewery Centre Museum.
- ◆ Admission to Kedleston Hall.
- ◆ Entry to Chatsworth House.

Hotel: 4-Star Hallmark, Derby Midland.



Lakeland Splendour

Tuesday 11 September : 3 days from £189

Price Includes:

- ◆ Two nights' dinner, bed and breakfast.
- ◆ Free time in Bowness-on-Windermere.
- ◆ Excursions to Conistone, Grasmere and Hawkshead.
- ◆ Visits to Settle and Skipton.

Hotel: Newby Bridge, Ulverston.



Remembering Diana

Friday 21 September : 2 days from £180

Price Includes:

- ◆ One night dinner, bed and breakfast.
- ◆ Admission to Kensington Palace & Diana: Her Fashion Story.
- ◆ Entrance to Buckingham Palace.
- ◆ Free time in London.

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ON THE GRAPEVINE

WITH ROY WOODCOCK

“Veganuary” - Vegetarian and vegan wines

You may have noticed January was dubbed “Veganuary”; a relative new phenomenon (to me, any way) aimed at persuading people to try to live without meat, fish and other animal based food, such as dairy products, for a substantial period of time.

Now I guess I need to make it clear that I’m neither vegetarian nor vegan but it got me thinking about how those of you who are approach the whole subject of wine. After all, the majority of people are unaware that wine, although made from grapes, may have been made using animal-derived products.

During the winemaking process, the liquid is filtered through substances called “fining agents.” This process is used to remove protein, yeast, cloudiness, “off” flavours and colourings, and other organic particles.

In previous decades, it was not unusual to use bulls’ blood for this procedure and although this was banned by the EU after the BSE crisis, a number of animal-derived products are still permitted for the production of wine.

Popular animal-derived fining agents include include blood and bone marrow, but also casein (milk protein), chitin (fibre from crustacean shells), egg albumen (derived from egg whites), fish oil, gelatin (protein from boiling animal parts), and isinglass (gelatin from fish bladder membranes).

Thankfully, for vegetarians and vegans, there are several common fining agents that are animal-friendly . . . carbon, bentonite clay, limestone, kaolin clay, plant casein, silica gel, and vegetable plaques are all suitable alternatives. But, and this can obviously pose problems, there is no obligation for winemakers to state whether they’ve used animal products on their labels. Which means that in many shops or restaurants you have no idea whether or not a wine has been fined, or whether the fining agent was a veggie-friendly alternative.

Thankfully, with the rise in interest in the subject in recent years, more and more do. And there has been a corresponding increase in the number of clearly-labelled vegetarian and vegan wines. Tesco, for example, say more than half of their own-label wines are suitable for vegetarians (the figure is lower for vegans), while more and more of the big supermarkets say whether a wine is vegetarian or vegan on its own-label products.

The Co-op probably leads the way on this and proudly claims to be the first food retailer in the UK to label allergen and ingredients on its wines. Talking to one of the Co-op’s wine team during the month I discovered they have been reacting positively to the trend and confidently predict a growing demand through 2018.

Simon Cairns, category trading manager for Co-op wines, said: “We are anticipating vegan wines to pick up momentum throughout 2018 following the growth in 2017, so we are challenging suppliers to make wines vegan, where they can without affecting the attributes of the liquid. We expect the number of vegan wines to continue to increase over the coming years.”

He said the Co-op has been working closely with winemakers globally to pioneer the use of vegan-friendly wine additives and now boasts 77 wines in its range which have been filtered using non-animal based fining agents. That could rise to 100 by the end of the year.

I’ve picked out a couple of Co-op wines this month amongst my best buys and teamed them with two more vegan and vegetarian-friendly wines from Waitrose.

Incidentally, the same situation applies to beer drinkers and I know of one London pub that markets itself as completely vegetarian. It was joined during January by another claiming to be that city’s first vegan pub, both in terms of its food and drink offerings.

The Spread Eagle in Hackney says it has rotating cask ales that are specially brewed without the addition of finings, “making them not only natural, but deliciously tasty and 100 per cent vegan”.

Locally, we’re blessed with two great family businesses, Roberts & Speight in Beverley, and House of Townend, at Melton, who both supply vegetarian and vegan-friendly wines, with expert staff on hand to advise you.

Both also run regular wine tasting events and looking ahead, House of Townend in particular have some great evenings lined up at their Cellar Door outlet, many of which are already sold out or selling out fast.

Keep an eye out on their website (www.houseoftownend.com) but this month, for instance, one that still had places available as we went to print is “The America’s Portfolio Tasting” on Friday February 16 (6.45 - 9pm; tickets £15).

This is one of three portfolio tasting events that are new to the tasting calendar in 2018. This event will focus on wines from the Americas, including Chile, Argentina, Mexico and the USA. It will be a walk-around event with a vast selection of each country’s wines available to taste and will include an introduction to each country and some of the wines on the tasting.

The following month I noticed there are still tickets available for a Champagne tasting evening, with Pol Roger Champagnes.



BEST BUYS

**Co-op Irresistible Gavi****Where:** Co-op**When:** Now

Why: Vegetarian and vegan friendly wine from Northern Italy. Despite being from a region more famous for red wines Gavi has carved out a well-deserved reputation for excellent, dry and refreshing whites - this alluring wine has a mouth-watering palate of white apple and almonds.

£7.99**Les Six Terroirs
Touraine Sauvignon
Blanc****Where:** Waitrose**When:** Now, until February 20.

Why: From northern France’s Loire Valley. It has got that classic Sauvignon Blanc citrus twist but rather more delicately done than many a cheap-ish Marlborough Sauvignon. As mentioned, this is suitable for both vegetarians and vegans.

£7.99 (was £10.99)**Co-op Irresistible
Viognier****Where:** Co-op**When:** Now.

Why: My second choice from the vegan-friendly wine range; this one a silver medal winner at the International Wine Challenge. A rich, delicious, honeyed white, perfectly balanced by the zingy acidity. It has enough body and texture to be very enjoyable on its own but it is also fantastic with seafood or simple salads.

£7.49**Gabriel Meffre Organic****Where:** Waitrose**When:** Now, until February 20.

Why: This French Cotes du Rhone, as well as being organic (another fast-growing trend) is also suitable for both vegans and vegetarians. The colour is a deep, velvety red, the nose has a generous aroma of plum and cherry and the texture is rich and smooth. Enjoy its own or with simple, hearty food.

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Why Weight?

“Well it’s only one”, I tried to convincingly tell myself after I picked a chocolate from the box perched on the coffee table in the staff room of our Cottingham branch. We had been given quite a few boxes of both sweets and biscuits as a thank you, by our supportive clients over the festive period, so of course it’s quite natural to sit and have one with a cup of coffee or at lunch..... that is if you have a weak will power like me. We all start a fresh year with good intentions and in my case, or should I say was, a far healthier way of eating. It didn’t last long and so naturally, to my disgust and alarm, the pounds are slowing creeping on. The TV tries to encourage us by either forcing us to watch forthcoming weight-loss program’s or what is the latest exercise DVD to buy.

Well, at least we do have control over what passes our lips but what if we didn’t and the responsibility of feeding ourselves or exercising solely lies with someone else? What if we have four legs and are unable to speak? Pets are, and in some cases the only living beings in our lives that are totally dependent on us from the day they join the family to their very sad and emotional ending. We nurture and look after their every need from feeding to cleaning, walking to training so why do we so innocently

shorten our cherished pets life and bring it to an abrupt end? I say innocently because that is what we are ... innocent in the fact that we don’t realize that we are doing it. To give you a clue, I recently came across a poster featuring an empty pets bed with their blankets neatly folded on top crowned by an empty food bowl and lead. It was headed “Ignore a pets weight problem and it will go away”. If you’re anything like me, a shiver ran down my spine. It’s very poignant and true but more so ALARMING.

Our pets, Charlie, Teal and Saffie got an array of chew sticks, treats, chocolate (doggy of course!!), cat treats and food as presents for Christmas so quite naturally, when we sit down to watch TV after our evening meal, we give them the ‘odd’ treat. After all, there we are munching on our festive delights so why shouldn’t they? They have had their tea and been out for a walk so the ‘odd’ one or two shouldn’t hurt? But it’s not only the pet treats I’m talking about (although they should be given in moderation) it’s also the odd plain biscuit or that slice of toast whilst we are having our breakfast. I was astonished to find out that feeding a cat just one cup of milk is equivalent to us eating four and a half hamburgers or one slice of toast equals a hamburger for a dog! When you break it down to the equivalent as to what we eat it will shock you, after all we are so conscious of the diet of our babies and young children. When we put on the lbs, our doctor will advise us to lose as much weight as possible to prevent the four medical symptoms caused mostly by obesity....DIABETES, OSTEOARTHRITIS, HYPERTENSION and HEART DISEASES. If these can occur in the human body, what makes us think our pets are in a protective bubble and immune?

Like all weight programmes, the putting on is the easy part but please do not be put off by the losing. The staff here at KINGSTON are not exempt from this and they will be delighted to know I don’t mean themselves. You may have read in previous articles about my daughters cat, Jaffa who steadily increased to an almighty 9.7kgs but with time and patience we got him down to 5.5kgs. The only problem we had after then was the excess loose skin under his tummy that used to swing from side to side as he ran. A ‘NIP AND TUCK’ would have possibly done the trick.....maybe a future venture for one of our vets? I also have most probably told you about my Labrador Teal, who has an amazing appetite for anything edible hence the rise and fall of her weight over the past 10 years.

Now, how do we get our pets to lose the weight apart from the obvious of cutting down on their food, tit bits and increase exercise? I hate to admit it but I do struggle to not give our dogs the occasional treat...how can anyone resist those eyes although the drool coming from Teals mouth is another matter! I do also have the added problem with Teals arthritis inhibiting her long walks so with the help and advice given, she has joined her very own swimming club. No, its not the local swimming pool although being a Labrador she cannot pass any water, even puddles, but a hydrotherapy pool for dogs. She thinks its wonderful and just seeing her exercise showing no pain in her joints, makes the monthly trip worthwhile. Keeping this advice in mind, this is where the knowledge of our weight clinic nurses come in. Each of the KINGSTON surgeries hold their very own W.W.P (Waist Watch Programme) lead by their resident W.W.P nurse. Here at the Cottingham surgery, Sallie our W.W.P nurse holds clinics on various days throughout the week, to weigh and discuss the most appropriate path to weight loss for your pet. Once a programme is chosen, you will be given a book that will be completed on each visit so you are able to follow your pets progress. Along with this you will have the full support and guidance of your very own W.W.P nurse and whats more.....these clinics are free! So why wait? Please ring any of our KINGSTON surgeries today and turn your pets life around.



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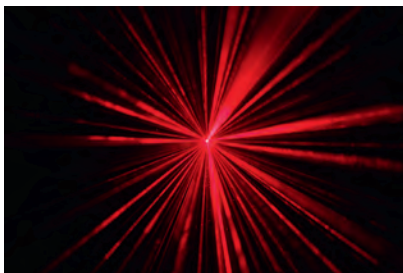
by
Chris 'Dr. Smile
Maker' Branfield

I've seen the light . . . Then I Didn't

Hello again. I hope that you are well. Another fast and furious start to the year. First weekend in January and I was another 2 day advanced tooth straightening update course in South Wales. It was good with some great people. I'm sure it's getting more expensive to enter Wales on the bridge though.

I've Seen The Light

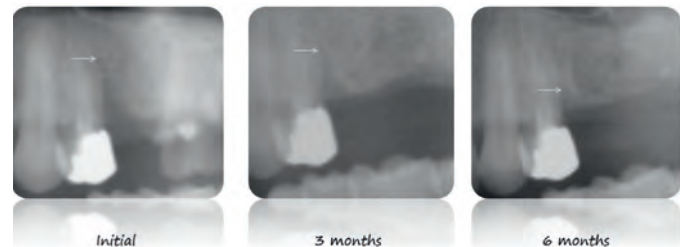
I definitely saw the light a few years ago when I discovered and trained in the use of dental lasers. We incorporated their use as an every day thing into the practice to improve our patient experience as well as improve healing and precision. It is cutting edge stuff and we are proud to be doing it. Just one aspect of laser dentistry is in treating gum disease. My friend, teacher and mentor, Ilay Maden, has joined our practice as an expert in lasers and gum treatment. He has a masters degree in dental lasers



and a PhD in gums. He also lectures and teaches world wide and is an expert contributor to journals and textbooks. We are lucky to have him with us. I have been working with him for the last year or so and results have been outstanding.

So When Didn't I See The Light

A friend of ours just turned 50 and always wanted to see the Northern lights, so my wife and I said we'd go with them. Tromso is a lovely place but, alas, no lights for us. Too cloudy. Apparently they could be seen 50 minutes drive away on our last night but two of our party got viral infections so it was just not meant to be this time. Hey Ho, maybe another go in the future eh?



Getting Some Bone Back The Laser Way

With gum disease bacteria initiate inflammation that causes bone loss around teeth. As this progresses teeth can become wobbly, abscess, need taking out or actually fall out themselves. Sometimes the gum shrinks back leaving aesthetic problems, especially at the front of the mouth. Traditional gum therapy aims to remove the inflammation to stop the bone loss. This does not regrow bone. To do this surgery is necessary and can be successful.

With Laser Therapy it is often possible to get bone regrowth without surgery. I've seen it myself this year with Ilay's work. **It's AMAZING.** Sometimes some surgery is required but the advantages of using laser as well include less pain and swelling, faster healing, less chance of gum recession, more predictable bone growth, reduced or no need for antibiotics. With non-surgical treatment even better with no downtime. Dentists are now already sending their patients to Ilay for treatment.

The arrows show how deep the bone loss was then the bone growing back after minimally invasive laser therapy **WITHOUT** surgery. WOW.

Before and after non-surgical laser therapy with loads of bone regrowth

I know I'm an anorak but I'm blown away with all this. Lasers help the body heal itself!!!!

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 25 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's humanitarian work go here now www.castleparkdental.co.uk

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Carol Hookem, E. Yorks.

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Michelle *My Specialist area is* **India**
michelle@andrewearles.co.uk

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From escorted tours or tailor-made holidays make an appointment to see me in the Brough branch.



Shell *My Specialist area is* **South Africa**
shell@andrewearles.co.uk

There is so much to South Africa. I have explored, Cape Town and really enjoyed the famous V&A Waterfront, I then travelled to Sun City known for it's Casino, Waterpark and restaurants. But of course no visit is complete with out a Safari.

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Now that the temperature is rising and we are having slightly milder weather we can start to think about getting out into the garden again.

Make sure to keep your garden tidy so that you are ready for the arrival of the Spring weather. One job that is fun and rewarding with superior taste rewards is growing your own potatoes. Whether you have a garden, allotment or small patio or balcony there are many options for growing seed potatoes.

What to grow

- There are dozens of different potato varieties, usually described as early, second early and main crop potatoes. These names indicate when they crop and also give you an idea of the space you'll need, how closely and when they can be planted.

- You should concentrate on the earlier types if you're short of space, and it's also worth remembering that earlies are less likely to encounter pest problems as they're lifted so much earlier in the year.

- Second earlies take 16 to 17 weeks to mature after planting, so you should be able to harvest them from very late June through to the start of August.

- Main crops are ready 18 to 20 weeks after planting, so they can be lifted usually from July through to October. Main crops take up the most space in the garden, but they tend to be the best varieties to grow if you want some for storage.

What to do

How to chit

- Chitting simply means encouraging the seed potatoes to sprout before planting.

- Start chitting from late January in warmer parts of the country or in February in cooler areas, about six weeks before you intend to plant out the potatoes.

- Each seed potato has a more rounded, blunt end that has a number of 'eyes'.

- Stand the tubers with the blunt end uppermost in trays or old egg boxes, with plenty of natural light.

- The potatoes are ready to be planted out when the shoots are 1.5-2.5cm (0.5-1in) long.

How to plant

- Plant your chitted potatoes when the soil has started to warm up, usually from mid-March or early April. Start by digging a trench 7.5-13cm (3-5in) deep, although the exact depth should vary according to the variety of potato you're planting.

- Add a light sprinkling of fertiliser to your trench before you begin planting.

- Plant early potatoes about 30cm (12in) apart with 40-50cm (16-20in) between the rows, and second earlies and main crops about 38cm (15in) apart with 75cm (30in) between the rows.

- Handle your chitted tubers with care, gently setting them into the trench with the shoots pointing upwards, being careful not to break the shoots. Cover the potatoes lightly with soil.

- As soon as the shoots appear, earth up each plant by covering it with a ridge of soil so that the shoots are just buried.

- You need to do this at regular intervals and by the end of the season each plant will have a small mound around it about 15cm (6in) high.

Harvesting

- Your home-grown potatoes should be ready for lifting from June until September, depending on the varieties and the growing conditions. Earlies can be lifted and eaten as soon as they're ready.

- This will be when above-ground growth is still green, and usually as soon as the flowers open.

- Second and main crop varieties can be kept in the ground much longer, until September, even though above-ground growth may well be looking past its best.

- Two weeks before you lift the crop, cut the growth off at ground level. This should give the skins of the potatoes sufficient time to toughen up, making them far less prone to damage from lifting and easier to store.



10 Jobs for this month

1. Prepare vegetable seed beds, and sow some vegetables under cover
2. Chit potato tubers
3. Protect blossom on apricots, nectarines and peaches
4. Net fruit and vegetable crops to keep the birds off
5. Prune winter-flowering shrubs that have finished flowering
6. Divide bulbs such as snowdrops, and plant those that need planting 'in the green'
7. Prune Wisteria
8. Prune hardy evergreen hedges and renovate overgrown deciduous hedges
9. Prune conservatory climbers
10. Cut back deciduous grasses left uncut over the winter

Growing tips

- Potatoes like plenty of sun, so avoid planting them in frost-prone sites, as these conditions can damage the developing foliage. If you're starting up a vegetable plot on very weedy ground or old grassland, potatoes may help swamp out weeds with their fast-growing, extensive foliage.

- If you're short of space, try growing potatoes in an adequately drained container that's at least 30cm (1ft) deep and wide. Half fill the pot with multi-purpose compost or good quality, fertile garden soil, nestle two seed potatoes into the top of the compost and then top up with more compost or soil to within 2.5cm (1in) of the rim of the container.

- It's particularly important that there's adequate water once the tubers have reached the size of marbles. Unless there's regular, ample rainfall, the size and quality of the crop will be reduced if you don't water your potatoes.

Seed potatoes taster bags are now in stock at Coletta & Tyson garden centre for just £1.99.



Plant of the moment Camellia

When everything is still bare, the evergreen shrub Camellia japonica (also known as Japanese camellia) is already flowering abundantly. Neither cold nor snow will stop this winter bloomer. Highly valued for their stunning floral displays and fresh, glossy, evergreen foliage, few hardy shrubs signal the end of winter better than camellias.

With dozens of varieties available you'll be spoilt for choice – you can pick from camellias in shades of pink, red, white and cream.

Camellia flowers vary in size and shape, and their forms can be divided into six descriptive groups depending on the number of petals and their pattern or arrangement within the flower. These forms are described as Single, Semi-double, Anemone-form, Peony-form, Rose-form double or Formal double, so take your pick from the ones that most appeal.

Like azaleas and rhododendrons, camellias are ericaceous plants, and this means they need to grow in an acid or lime-free soil to ensure they stay healthy. A simple soil test kit available from garden centres can be used to check your soils acidity/alkalinity (often called its pH), and composts and fertilisers can be added to help make soil more acid.

Houseplants of the month

Winter bloomers offer scent and colour

Winter bloomers are ideal plants for bringing the spring indoors when everything outside is still grim and bare. Colourful primula (*Primula obconica*), cheerful ragwort (*Senecio*) and white jasmine (*Jasminum*) provide scent and colour in the home in many shapes and sizes. They're easy to look after, and have been specially grown to be able to go outdoors as well when the temperature rises above 10°C.

Origin

Wild primulas often occur in the mountains on the northern

hemisphere. There are some 15 varieties in the European Alps. Ragwort has travelled across from Australia and New Zealand, and occurs widely on the Canary Islands. Jasmine is a (sub-) tropical climber from the temperate regions of Asia which can also do well indoors if it's given enough moisture and warmth.

What to look for when buying Winter bloomers

- All winter bloomers are keen drinkers, so check the soil is sufficiently damp when buying. Drooping leaves are a sign that the plant has been kept too dry.

- Check the number of buds and the ripeness of the buds on all winter bloomers. Ideally they should already be showing some colour.

- Primula and ragwort should have attractive, smooth leaves, whilst jasmine should have dense tendrils with lots of buds.

- Look out for leaf-miner flies and aphids, and in the case of primula and ragwort also check for Botrytis, a fungus which can affect foliage and flowers when they're too damp.

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Your Stars for February 2018

By Kay Gower

Aries (Mar. 21- April 20)

You will receive a glimpse of good fortune especially mid month and this is only a preview of all that is to come. Opportunities present themselves early March, just be sure to make a solid plan before using them.

Taurus (Apr. 21- May 21)

Keep the lines of communication open especially around the 17th. It could be time to learn the fine art of allowing others to think that your plan was their idea.

Gemini (May 22-June 21)

You'll put ideas into action, which is why, over the next four weeks, it is so important to test out those ideas and pull out the best ones. Let friends help you.

Cancer (June 22-July 22)

Here is what you need to know: You don't owe anyone anything! It's your life, and you are entitled to have fun. Do not fall into the trap of feeling guilty.

Leo (July 23-Aug 22)

You may only have two choices. Unfortunately the right one isn't obvious or easy. It's fine to be indecisive this month. Stay strong and don't be manipulated emotionally by those who need more from you than you're willing to give.

Virgo (Aug 22 - Sept. 23)

The curtain's rising, and it looks as if you're still scrambling to assemble the set for your second act. People around you are fascinated by the behind-the-scenes version of your life.

Libra (Sept. 24 -Oct. 23)

Don't try to take on more than you can really meet especially during the second week. This could, in fact, be a very productive month, but only if you can keep your expectations within reasonable bounds. The 10th is significant for some reason.

Scorpio (Oct. 24 - Nov. 22)

Take your money seriously. Know how much you have - in your purse, in your bank and especially in your near future. Whatever is decided now will be partly responsible for what is available later when the odds are even more in your favour.

Sagittarius (Nov. 23 -Dec. 21)

Your sign is ruled by Jupiter the planet of abundance. This makes Sagittarius one of the luckiest signs of the zodiac. During February, be careful what you wish for.

Capricorn (Dec 22.- Jan. 20)

This month features your rise to a position that you have wanted for several years. Before the early summer months are here, all the information you need will fall into place.

Aquarius (Jan 21 - Feb 19)

Depending on what you really want out of life it's possible during the first weeks in February that you will take bold steps towards achieving it. Your luck continues in love, money, and work in general.

Pisces (Feb. 20-Mar. 20)

You've made considerable progress over recent months, and can now take your foot off the pedal and look at what else is going on in your life. February may find you felling reflective.

Dove House Hospice's Murder Mystery Evening

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

Was that a gunshot? Did you just hear someone scream? Watch the drama unfold right in front of you, don't forget to take

notes of any possible clues and be sure to ask the right questions to decipher whodunit!

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

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

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

Sudoku Answer from page 12

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

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www.cottinghamtimes.co.uk - February 29



Local Beekeeper Neil Gower Continues his quarterly article on Beekeeping

Pests, Threats and Experiments

A very Happy New Year to you all. At the end of my last article I left you with the news that further sightings of the Asian Hornet had been made towards the end of September in the Woolacombe area of Devon.

The advance of this Hornet is a big issue for British Beekeepers because of the impact they have had on bees in other European countries. The beekeeper that spotted the arrival sent photographs to the National Bee Unit and set up surveillance of the Apiary with the local Bee Inspector. They captured a Hornet and sent it off for verification.

Manpower

More manpower was sent into the area and further “hawking” activity was seen at another site about a mile away. By monitoring both sites they were able to establish a line of sight on the direction the hornets were travelling and were able to narrow down the area for investigation. Three days after the original sighting the nest was discovered and later destroyed.

Tests carried out showed that none of the adult Hornets were male which indicated that the nest was destroyed before the production of queens which would have gone into winter and then produced nests in 2018. Further surveillance in the area showed no more activity so the British mainland remains clear.

Vital to the planet

Bees are vital to our planet and pollinate seventy of the roughly one hundred crop species that feed the world. This fact allegedly prompted Albert Einstein to issue the warning that if bees became extinct the human race would be wiped out in four years. It is difficult to imagine a

world without bees but they are under threat from pests and parasites, changes in farming practices and the use of some pesticides, destruction of habitats and disease.

In the US between 30% and 50% of the bee population is dying every year, and worldwide the number of honeybees are falling at an alarming rate due to a mysterious condition known as Colony Collapse Disorder (CCD). This condition emerged late in 2006 and no cause has yet been discovered.

The bees appear to “abscond” from a perfectly healthy hive leaving good food stores and nearly mature brood pupating in the honeycombs. Major research continues into this phenomenon with many theories being put forward and reviewed. Where this occurs the beekeepers first part of the season is spent raising new bee colonies, and they are not able to take full advantage of the available nectar. I will include some of the thinking behind CCD in forthcoming articles.

Relying on more meat production would not solve the problem, as the production of animal fodder is also bee dependent so we would be facing worldwide shortages of food. Hand pollination of crops would require armies of workers and genetically modified crops would be needed much greater testing and acceptance. It is estimated that the work of the bee generates approximately £2 billion in revenue for this country alone.

Commercial Pollinators

Farmers in the United States employ the services of commercial pollinators who ship lorry loads of beehives around the country in order to pollinate their crops. The significant decline in bee numbers is already having a major impact on food production, a sobering thought for the New Year.

At the end of last summer you may remember that I amalgamated some of my colonies to make them stronger and give them a greater chance of making it through the winter. I also treated them against the Varroa Destructor mite, left them with a plentiful supply of honey and placed mouse-guards over the entrances. I’ve been checking the hives on a regular basis and at the beginning of January I added a pack of fondant above each brood box. As they deplete their stores of honey they will feed on the fondant until the spring flowers emerge.

Replacement of the fondant

I’ll shortly replace the fondant with a pollen paste to coincide with my queens starting to lay eggs. Pollen is needed to feed the new eggs and grubs. I’m also considering experimenting with one of my colonies this year by using a double brood box. This gives the queen twice the amount of cells in which to lay eggs and results in larger numbers of bees that then create more honey, or so the theory goes. There are many beekeepers who feel that a single brood box is enough and I have followed this path for many years. I haven’t completely made up my mind yet as the extra brood box adds extra weight and needs lifting during inspections. My current feeling is that I should at least try it so I’ll let you know what I decide in my next article.

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Hull and District Cats Protection Rehoming show Saturday 3rd March

The Hull and District Cats Protection will be holding their Cat Rehoming show on Saturday 3rd March, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Come and meet the cats looking for loving, permanent homes. Refreshments will be available and stalls will include cakes, jams, gifts, cards, cat accessories, bric-a-brac and a tombola. There will also be an Easter raffle, including a hamper and other topical items.

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



Are you ready to take on an amazing adventure in aid of Dove House Hospice? – sign up now!

Dove House Hospice is thrilled to announce an exciting new event for 2018 – Challenge the Wild, an exhilarating and uplifting outdoor experience.

Join us on the 7th & 8th April 2018 with the beautiful backdrop of Lake Coniston in the Lake District and before you know it you'll be facing fears and achieving more than you ever believed you could.

Under the watchful eye of highly-trained experts you'll be encouraged and empowered as you take on a series of challenges, specially designed to help build team spirit and self-confidence. Activities might include: Water jumping, rock scrambling and camp crafting!

You don't have to be fighting fit or as strong as an ox to take part. A positive attitude and a good sense of fun are far more important.

Anita Brien, Events Coordinator for Dove House Hospice, said "We are very excited to bring a new event in for 2018. It's an exhilarating weekend that will leave you feeling strong and proud. The perfect way to support your local hospice."

You can sign up through their website and then start fundraising straight away.

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

Anyone wishing to take part in Challenge the Wild is advised to register online at www.dovehouse.org.uk/challengethewild where you can also find out more information about the event.

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



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Cottingham Parish Council



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

- **Word from the Clerk**

A belated happy New Year to all Cottingham residents.

Normally I would spend this section updating you on the work I have been conducting in the last few months but this time I would like to talk to you about the Cottingham Neighbourhood Plan.

To meet targets set by the national Government, local planning authorities, in our case East Riding of Yorkshire Council, have created Local Plans. This is their vision for the future development of the whole area. Town and Parish Councils can add to this through the creation of a Neighbourhood Plan. These ensure that local knowledge is used when considering planning applications.

Cottingham Parish Council, in consultation with partners, have created such a plan. We believe that, with this plan in place, we would be able to maintain the character of Cottingham as a 'Market Village'. The plan is put before the public at a referendum which will be taking place on **Thursday 15th February 2018**. So:

**If you care about where you live then
Vote 'Yes' for the Cottingham Neighbourhood Plan**

Matthew Kay, Clerk to Cottingham Parish Council
parishclerk@riscouncil.karoo.co.uk

- **Grants to Local Organisations**

Cottingham Parish Council may award grants to any community groups or charitable organisations that are beneficial to the village. If you belong to an organisation and wish to apply for grant funding from the Parish Council, then in the first instance, please contact the Parish Council Office for more information and an application form. Please note that there are criteria elements to this form that need to be taken into consideration. All application forms received are decided upon at the next scheduled Finance & Asset Management Committee Meeting. The next meeting of the committee is **Tuesday 13th March 2018**.

At our meetings in November & January grants were given to the Cottingham Future Action Group and the Cottingham High School Parents & Staff Association.



"Debbie Andrew and Tanyar Guzdek representing Cottingham High School Parents & Staff association receiving a grant from the Cottingham Parish Council."

As well as individual grants, the Parish Council donates money received through the sale of dog waste bags. Between April 2016 to March 2017 this raised £830, which was given to Cottingham Christmas Lights. For the 2017/2018 financial year the money will be given to Cottingham Wild Spaces. The charge for the bags remains at 50p per pack (each pack containing 50 bags) and is limited to 2 packs per person per month.

- **Office Opening Hours**

The office opening hours will remain as **11am-3pm on Tuesday's and Wednesday's** for the foreseeable future.

- **Youth Representation**

Cottingham Parish Council wants to represent all residents of the village. With this in mind, we wish to improve how the concerns and interests of younger residents are listened to and acted upon. We have recently recruited a volunteer from Cottingham High School who will be helping us with our social media presence but we are keen to hear from as many people as possible. If this is something that you might be interested in then please do not hesitate to get in touch.

- **Dates for your Diaries**

Cottingham Parish Council meets the third Thursday of every month, excluding August and December, commencing, normally, at 7.30pm. The next Full Parish meeting will take place on **Thursday 15th February 2018**. This does not include meetings of our Finance or Planning committees, which will be advertised as they arise.

We encourage and welcome members of the public to attend any of our meetings and find out more about what is happening in their village. Alternatively, If you would like to speak to a Parish Councillor, their contact details are displayed in the noticeboards around the village, by visiting our website on www.cottinghamparishcouncil.org.uk or by contacting the Parish Council Office on 01482 847623.



for the Cottingham Neighbourhood Plan on Thursday 15th February 2018

The referendum question is: **"Do you want East Riding of Yorkshire Council to use the Neighbourhood Plan and Design Guide for Cottingham to help it decide planning applications in the neighbourhood area?"**

To help you understand what you are voting for, here is some background information.

Local Planning & Neighbourhood Planning

Every planning authority must have a Local Plan, allocating land for new housing to meet Government targets, and for other land uses. To create a Local Plan, suggested sites are given scores for different factors, including flood risk, transport, impact on protected features, and access to schools, shops, jobs & medical facilities. The scores are used to select enough sites to meet the targets, and reject others. For Cottingham, this restricted any new housing to higher ground and protected the open space between settlements. Our housing target is nearly 1200 new dwellings.

The Localism Act 2011 now allows parishes to add detail to the county's Local Plan. Cottingham is one of the first in England to do this. The Parish Council employed planning consultants to create our Neighbourhood Plan, with decisions made by a steering group comprising parish and ward councillors, Civic Society and Local History Society representatives. Our plan cannot contradict East Riding's, only add to it, so we had to queue behind ERYC at some stages of the legal process.

Creating our Plan

Consultation with residents was vital, so through 2014, we held 13 public half-day workshops; one for each allocated site and others for topics. These were advertised generally, and by leaflet to about 200 households nearest each site.

Working in groups at each workshop, residents took the target set by ERYC (eg to provide 130 dwellings) and used local knowledge to draft a layout protecting the things they value most about the site, such as views, trees or drainage. We learnt lots about childhoods spent playing in ditches! Results from each table were remarkably similar, and their rough sketches were converted into indicative layouts in the final document. Further consultations with key players (health services, education authority, Yorkshire Water, Environment Agency etc) and two well-attended public exhibitions, shaped the details and rejected the more adventurous suggestions. Naturally, some people had conflicting opinions, resulting in compromise on a few aspects.

Award-winning process

In November 2017, judges for the Regional Town Planning Institute commended IntegreatPlus for their creation of our plan, saying; "This process had resulted in an outstanding example of neighbourhood planning, in which the content can be shown to have derived from local needs and aspirations. It should be regarded as a level to which other neighbourhood plans should aspire."

What our Plan says

The Neighbourhood Plan has three sections. First there's a set of policies to protect or enhance the characteristics that we value, effectively describing Cottingham as a 'garden village'. The second section suggests layouts for each site allocated for new buildings, showing features to be protected, and giving a starting point for architects to use their creativity.

The final section is a Design Guide, describing how new work should fit Cottingham's character, and the quality expected. You know that thatched pink cottages would look wrong here (but good elsewhere), so the guide tells architects what features we prefer. It sets different patterns for different areas, as already exist, such as higher density in the centre, where apartments can provide many dwellings in one building, and long front gardens further out. The guide applies to changes to existing buildings too, suggesting colour schemes and shop front styles in the Conservation Area, and for street furniture (ie. bins, bollards, seats, signs etc.).

Download the documents in full from the East Riding of Yorkshire Council website. Follow links to Environment/ Planning and building control/ East Riding Local Plan/ Neighbourhood Planning/ Cottingham Neighbourhood Plan. Printed copies can be read at Cottingham Library or at the Parish Council office on Market Green.



What your vote means

The final stage of any Neighbourhood Plan is a referendum. If there are more votes for than against, then our plan becomes official planning policy. That means individual planning applications will have to meet our standards, and even Planning Inspectors will have to follow our Plan in appeal decisions. Some allocated sites already have planning permission, or even new buildings, but the lifetime of the plan may be longer than some of those buildings, and will apply to alterations.

The number of new dwellings we must have, and where they will go, is already set in ERYC's Local Plan, so vote 'Yes' to our Neighbourhood Plan and give ERYC valid reasons to reject poor quality applications. The number of people who vote will tell planners and developers how strongly we feel about new building on our doorstep, so use your vote to send them a clear message.

Cottingham Neighbourhood Plan Steering Group



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

www.instinctivehorsetraining.co.uk

Animal welfare in general

The romantic notion that horse owning is elite, prestigious and all glory could not be further from the truth. It is hard work and takes dedication and is a seemingly bottomless pit for unforeseen expenses and long, gruelling hours of toil.

Horses get into your blood like no other animal. Their presence, posture, individual character and innate strength are just amazing. They are predictable in their unpredictability which keeps us on our toes. When you get it right it is simply the most wonderful relationship between a human and an animal. With a partnership based on trust, you can jump the moon together, figuratively speaking. Sadly, a lot of things can go wrong and there are so many pitfalls. Running horses on a shoe string cannot work and yet so many people attempt to do exactly that. Inevitably it is the horse who suffers.

We have a crisis in the UK. It goes mostly unseen. It only appears to come to the fore when images on social media show emaciated, discarded horses found roaming waste land. More and more we are seeing carcasses of emaciated horses and ponies dumped on farm land or in rivers, UK wide. One dreads to think of the months or years of suffering these animals have endured before death took their pain away. None are ever identifiable to a specific owner because they are not micro chipped as the law dictates they should be.

The indiscriminate breeding of coloured cobs across England, is the biggest group of unfortunates to fall into this horrendous category, followed closely by the no-longer useful racehorse Thoroughbred. These two groups of breeds are feeding our enormous live horse meat trade to the continent. They fill our scummy sales rings and inevitably most end up wending their way abroad to an

un-regulated death. Such a pity Salami is so popular- if only you knew the truth!

Sadly, there has also been a huge increase in unlicensed and unlawful back street slaughter houses across the UK, providing Halal killed horse, sheep and goat meat to an ever-increasing market. We, in the industry hear of all this through our industry publications, it never reaches the greater population in main stream news. Why is that?

Due to Governmental cutbacks, we no longer have a strong, proactive, fully functioning Trading Standards Agency, which should be overseeing obedience to the laws of Equine Identity and Pass porting. I have copied and pasted the following:-

The owner of an equine (horse, pony or donkey) has specific legal responsibilities under the Horse Passport Regulations 2009. Failure to comply may mean that the local authority (usually Trading Standards) takes enforcement action. The maximum penalty for each offence is £5000, two year's imprisonment or both. Remember it is the responsibility of the owner to apply for a passport and that it is an offence not to have a veterinarian microchip a foal prior to applying for a passport and it is an offence to apply for a passport from an authorised Passport Issuing Organisation (PIO) after the equine is 6 months old or after the 31st of December of the year of birth whichever is the later. If a horse already has a passport it is illegal to apply for another passport.

The reality is that this whole law thing is a joke, flaunted by many and no one in the position to oversee or enforce. Horrendous cruelty and suffering goes on unchecked and our beleaguered RSPCA and other Equine Welfare organisations have absolutely no power in law. The local councils have no money to “squander” on Horse welfare or fly grazing. My local one has seemingly washed their hands of it completely.

Interestingly, the Government is in the process of reading a new bill of rights for “Animal Sentience”. If passed it will give all animals recognition in law, to have the ability of feeling pain, stress, joy, grief, of making strong social bonds and that they are capable of suffering on an emotional level. It will increase the sentencing on cruelty convictions from 6 months to 5 years.

This would be an absolutely massive step forward in animal welfare in the UK.

I am not holding my breath though as it would shake up most animal farming practices, all live transport of animals to the EU for slaughter, lead to a ban on all non-stun slaughter practices and that would be sooooo inconvenient to the powers that be.

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"Arrival" - Saturday 17th February at 7.30 pm

Swanland Village Association would like to offer all the readers a very warm welcome at the Swanland Screen showing of the award winning film "Arrival" at Swanland Village Hall at the usual time of 7.30 on Saturday 17th February.

We try to choose films requested by our audiences so, for sci-fi fans we hope you will support us to watch this story where, in the clear skies of Montana, in an unprecedented worldwide incident of simultaneous first contact with extraterrestrial life forms, an ominous alien pod out of twelve in total, comes to a standstill, hovering only a few feet over the green prairies. Is this some kind of peaceful contact?

Tickets at the door cost £4 adults and £2 schoolchildren.

Important advice on telephone and computer fraud

Telephone and computer fraud has increased alarmingly, and some people falling victim to it have lost large sums of money. **Don't let it happen to you.** Fraudsters will claim to be from Microsoft, HMRC, major Banks, *telephone & *broadband providers, or insurance claim companies or even high street stores. *One giveaway in this area is if the caller claims there is a problem with your **BT** telephone or broadband connection. They usually don't know we are the only area in the UK **not on BT!**

These callers can be very plausible and very persistent, ringing many times a day

Microsoft **do not** call computer users - Never let cold callers **take control** of your computer

Do not divulge passwords or pin numbers - Bank employees will only ever ask for one or two characters from a password

Never follow links in emails asking you to update your security details

Never let a cold caller ask you to withdraw or transfer funds from one bank account to another

Never change direct debit or payee details if contacted by phone

If a cold caller invites you to call a number to verify their authenticity, do not fall for this. They can hold the telephone line open, and when you think you are dialing a new number you are in fact still through to the same person.

Number spoofing is where a caller can be from overseas, but the number you see on your caller ID is a UK number like London, Sheffield or Manchester etc. During a conversation these cold callers will often quote a UK phone number

Age UK has some very useful information on their website: <http://bit.ly/2DnSDiy>

You can report cold callers and emails to: www.actionfraud.police.uk

If you think you have fallen victim to any fraud, contact the Police, and importantly your Bank or credit card company if you have paid out any money. If it is computer related fraud you will need your computer security-checked first, do not continue to use it.

Provided by Richard Mills of RDM Computers Cottingham.

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

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

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

Pick up at City Centre is now **0900 am** for the autumn and winter months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles.

B walk from 7 to 9 miles

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

Sunday 4th February.

Cowlam Manor to Fimber.

A. Cowlam Manor – Phillip's Stack – Cottam Grange - Cottam – Well Dale – Sykes Monument - Fimber

B. Cottam – Well Dale – Sykes Monument – Fimber

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

Sunday 18th February

North Frodingham Circular.

A. North Frodingham – Foston – Brigham – Hempholme – North Frodingham

B. North Frodingham – Cruckley Farm – Brigham – Struncheon Hill Picnic Area – Top Hill Low – Hempholme - North Frodingham

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

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on sue@ sueoleary.co.uk telephone 07767420646

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929933323

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

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

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

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A Group 8-10 miles

B Group 5-7 miles

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

Sunday 11 February Hornsea, followed by Fish and Chip meal.

Sunday 25 February Huggate Yorkshire Wolds.

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World Title for Dancing Duo!

Lewis Tutty (13) from Cottingham and Sophie Heyworth (11) from Chorley, Lancashire, began their dancing partnership in December 2016 and have worked tirelessly during 2017 to achieve great results. After only a few weeks together, last January, they entered "Champions of Tomorrow" at Blackpool since which they have competed all over the Country in the British National League. They are ranked number 1 in the UK in Ballroom (under 14s) and joint 4th in the UK in Latin (under 14s)

Their Ballroom trainer is Vicki Smith of Rhythm and Dreams Dancing Centre in Hull and their Latin trainer is Margaret Redmond in Liverpool. These dedicated hard working kids travel hundreds of miles every week to train, practice and compete to achieve their goals. They have now done exactly that!

In December they travelled to Paris to take part in the annual World Championships which are held there. They reached the semi-final in a Latin category but unfortunately had to withdraw. However, they went on to take 1st place in the "Open World National Amateur Under 16 Ballroom Championship" and were crowned World Champions in that category. We were all very proud to see them standing in 1st place on the podium with the other 6 finalists from all over the World. The British National Anthem was played in their honour and they were interviewed by TV. Cottingham and Chorley now have World Champions!

Lewis and Sophie have been lucky enough to have had sponsors to help them on their journey. "D W Sports" provide them with a studio in Leeds for practice. "Dance with Crystals" make Sophie sparkle on the dance floor with hair accessories, earrings, and glamorous nails. Lewis is provided with fabulous cuff links to match Sophie's accessories. "Watkins Dance Shoes" now provide them with ballroom shoes and latin shoes. Armstrong's Social Club in Beverley held raffles with the profits going to help fund the Paris trip following a showcase of their dances at the Club's Summer Ball and a very generous dancing couple from Armstrongs also sent them a donation to help with Paris.

If you want to follow their journey please "like" their Face Book page (Lewis Tutty and Sophie Heyworth) or visit their web page (LewisandSophie.com)

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The Poppy Appeal 2017

The Cottingham Branch of the Royal British Legion wish to express their grateful thanks to everyone who helped, volunteered, etc., in the 2017 Poppy Appeal, for which we raised approximately £10,500 plus, which was an excellent result.

Sincere thanks to St. Mary's Church, the Schools, Castle Hill Hospital, Golf Clubs, Swift Caravans, Shops, Businesses, the Co-operative store for giving up space for our sales table, which is very much appreciated. The Memorial Club for giving us the space to organise our Poppy Appeal. We as your local branch are indebted to you all for your generosity and support for which we truly appreciate. Last but not least, the *Cottingham Times* for their continued support. Amazing!!

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"Thursday Night is Music Night"

The members of the Haltemprice Lions have arranged a varied programme of entertainment and sport for 2018 to celebrate 45 years service to the community.

Their first event for this year is "Thursday Night is Music Night" to be held at the Hull Guildhall, Alfred Gelder Street, Hull at 7.30 p.m. on Thursday, 15th February. The concert has been arranged by Sharon Nicholson-Skeggs and the programme includes a wide variety of music from Strauss to Verdi and musicals by Rogers and Hammerstein, Gilbert and Sullivan, to name a few.

These are presented by recognised professional artistes including Sharon herself, Nick Sales, the well known tenor, Kelvin Osmond, Caroline Dyson and Dorcas Leather (piano). Also included is Opera 17, the group founded by Sharon as part of the celebrations for the City of Culture, Hull, 2017. It promises to be an evening of varied music presented by professional and talented artistes.

The concert is in memory of Norman Benson of Cottingham, who died in 2017 following over 40 years as a member of Haltemprice Lions. Norman was a singer in his own right and loved music. The Haltemprice Lions are donating the proceeds to the appeal to buy cerebral palsy sufferer, Mitchell Davies of South Cave, a 'stand-up' wheel chair. Mitchell is 20 years old and desperate to have greater mobility. Tickets, priced £9.00, are available from David Whincup, email: dwhincup@dwhincup.karoo.co.uk or telephone 01482 847367.

The following week the Lions have organised a "Murder Mystery" Evening at Walkington Village Hall performed by the players of Cottingham Little Theatre, later in the Spring a Fun Run through the Snickets of Cottingham. Other events will be advertised nearer the dates.

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BBQ Ribs

BBQ Meaty Ribs, served with Ciabatta bread

Prawns Savoia

Pastry Case filled with Prawns, Mushrooms and Topped with
Thermedore Sauce, Baked and served with Salad garnish

Funghi al Forno

Button Mushrooms cooked in Garlic Butter,
Wine and Cream, Cheese and Baked

Salmone Affumicato

Smoked Salmon, with Drizzly Olive Oil, Lemon Juice and served with
Brushcetta bread and Topped with Fresh Chopped Tomato



Valentine's Dinner -

14th February - 5.00 pm onwards

2 Course Dinner - £15.95

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Evans the Hairdressers - Ceases Trading

Dorothy (Dot) Boddy, nee Oliver, was born in 1948 at 266 Hallgate Cottingham, and attended Hallgate Primary and Cottingham High Schools before obtaining her hairdressing qualifications at Hull Technology College in 1967.

After leaving school she attended Evans Hairdressing Salon at 203 Hallgate, working under the proprietor Phoebe Evans, of Hallgate, on a day-release basis whilst at College. Upon qualification she commenced full time employment later taking over as manageress before purchasing the business in 1973. At that time securing business finance for a sole female proprietor was unusual even with a guarantor and surety.

Dot married David at St Mary's Church in 1974 and moved to Brough. The business progressed and adjusted to work around the needs of her two sons Stuart and Paul who maintained the Cottingham connection and attended Hallgate School before moving on to Beverley Grammar School.

Dot celebrated 40 years trading in 2013 with her current customers including at least two who have been customers for the full period.

The property 203 Hallgate was probably built in the late 18th or early 19th century. The close-knit West End Hallgate traders have changed dramatically over the years and Dot is the latest to cease trading. Other traders during Dot's tenure included many well-known characters such as Marilyn Page (Hayes), Mavis Batty (Victoria Wines), Arthur Barnard (Arthurs), and others as well as the late Ron Overfield, Brian Blades and Geoff Kemp.

The West End Traders established the Christmas Lights tradition when it was a self-supporting DIY venture. This involved year-round fund-raising; notable events included a BBQ at Skidby Windmill and a Steel Band Barn Dance at a Park Lane Farm.

Dot was a founder member of the Cottingham Traders Association and was involved in the re-establishment of the historic Cottingham market.

The salon staff are undertaking various new ventures but have pledged to meet on a regular basis to keep up to date with the Cottingham gossip.

Dot wishes to thank all customers and staff for their loyal support and friendship for over 50 years.

David Boddy

Swanland Heritage Centre

We are next to Christ Church by the pond.

Swanland Heritage Centre will re-open on Friday 2nd March.

Opening times, as before, will be Friday afternoons 2.00 - 4.00pm (except Good Friday) and Saturday mornings 10.00am - 12.00 noon.

There will be one or more supervisors in attendance to help with any enquiries.

The website and Facebook are continually updated; and we are working to complete the catalogue of documents.

We always need new Friends (the most important people) and also need additional supervisors to help run the Centre.

The AGM will be held on Wednesday 25th April at 7.30pm in Christ Church, Swanland.

This will be followed by a talk by Geoff Collier, accompanied by a Power Point presentation on the history of the family of Thomas Blossom. Everyone is welcome to attend.

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Celebrate the Year of the Dog with the Confucius Institute at University of Hull

The Chinese New Year falls on the 16 February, according to the lunar calendar. To mark the Year of the Dog, the Confucius Institute (CI) is running a variety of cultural events on campus.

A one-day Chinese language and culture taster session, where people can learn some basic Mandarin and have a hands-on experience of making Chinese art, will kick-off the celebrations on 9 February.

Continued on page 43

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Organ: **Jonathan Scott**

KARL JENKINS: **6000 Pipes!**
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ALFRED HOLLINS: **Concert Overture in C minor**
CESAR FRANCK: **Symphony in D Minor**

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World leading composer returns for City of Culture legacy performance

After its world premiere sell-out success with 6,000 Pipes! Hull Philharmonic Orchestra is ready play it again.

The composer, Sir Karl Jenkins, and the orchestra received a rapturous ovation after the City Hall performance last year, which was later broadcast on Classic FM.

Sir Karl, who is the world's most performed living composer, returns to the city for the encore on February 24 at the same venue.

The orchestra commissioned 6000 Pipes! from Sir Karl, who is the world's most performed living composer, and financed it with support from Hull 2017.

He wrote it in celebration of Hull City Hall and its famous organ, completed by local firm Forster & Andrews in 1911.

Andrew Penny, Hull Philharmonic musical director, said: "It's quirky and light-hearted and a lot of fun for the players and the audience.

"6000 Pipes! is our City of Culture legacy and it is there to be performed again in years to come.

"As an orchestra we have benefited from the buzz around City of Culture with higher audience numbers and we are very keen to maintain the momentum."

The re-run provides another chance for the orchestra to shine as singers in a sea shanty and for guest organist Jonathan Scott to demonstrate his immense skills.

"The Hull organ is a spectacular instrument, one of the biggest anywhere," said the Manchester-based soloist who has played around the world.

"It's got everything on it, from 32ft pipes to the tiny quarter-inch pipes. You can take it from the quietest whisper up to a huge, huge sound. 6000 Pipes! is oddball and brilliant and shows off the organ at its best."

Jonathan will play a short, solo work by Hull-born Alfred Hollins, his Concert Overture in C minor. An amazing talent, Hollins overcame blindness from birth in a remarkable career as an organist and pianist that included a US concert tour to 65 cities in the 1920s and performances in New Zealand, Australia and South Africa.

He also demonstrated Forster & Andrews organs and spent his latter years in Scotland where he held an honorary doctorate of music from Edinburgh University.

Completing the programme are the effervescent Poulenc Organ Concerto and César Franck's Symphony in D Minor.

"The Poulenc work is one of the great 20th century concertos and it will be the first time since the 1960s that the Hull Phil has played the Franck symphony, which deserves to be heard more often," said Mr Penny.

Advance bookings - Tickets can be purchased from Hull City Hall box office on 01482 300300, or online at hullphilharmonic.org or hullcc.gov.uk. Tickets start from £10 (discounts available).

Continued from page 41

On 12 February, we're also holding our popular dumpling-making workshop. Participants can learn the skill of making northern Chinese style dumplings, and get to enjoy them over tea in a state-of-the-art Master Chef style kitchen. Other activities taking place on 14 February include Chinese Hour, an informal Mandarin conversation session; and Chinese Film Club, a special screening to mark the festive period. A workshop where you can get your name done in Chinese calligraphy and make festive art will be held on 15 February.

A special concert performed by the CI's choir Chinese Whispers, will mark the finale of the celebrations on 12 March. Several school partners will also be participating in the performances during the musical gala held in the University's prestigious Middleton Hall.

All events are free. Booking is absolutely essential due to their popularity and limited places.

Members of the Confucius Institute will also be available to offer interviews/talks/insights to local media, on the traditions and customs of the Chinese New Year.

Please phone 01482-462197 or email ciuh@hull.ac.uk for media call or any enquiries.

Please check our website and social media for more details – www.hull.ac.uk/confucius

Facebook: [@hullconfuciusinstitute](https://www.facebook.com/hullconfuciusinstitute)

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'Our Histories Revealed' - a chance to get involved in a new exhibition in Beverley

Residents of Hull and East Yorkshire are invited to get involved in an exciting social history exhibition, coming soon to the Treasure House in Beverley.

The exhibition Our Histories Revealed, which will open in May, 2018, is part of the wider project Africans in Hull and East Yorkshire, funded by the Heritage Lottery Fund.

The project looks to uncover the history of people of African descent in this region from 1750 to 2007. An exhibition was staged at the Hull History Centre in 2017 and a substantial archive created – which can be viewed at the website africansinyorkshireproject.com.

Gifty Burrows, project co-ordinator for Africans in Hull and East Yorkshire, said: "The project co-ordinators are keen to increase the 'family history bank' and would be delighted to hear from people if they have a family history or photograph, or know of anyone of African heritage who is interested in sharing their story. Your story might feature in our exhibition at the Treasure House!"

Visit africansinyorkshireproject.com to get involved, or call the Beverley Curator, Sally Hayes, on 01482 392772.

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Traditional Chinese Medicine (TCM) has existed for over 4000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

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

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

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

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

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

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Internal:

High Blood Pressure, Palpitation, Obeseness, Asthma, Bronchitis, Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Cold, Flu etc.

Men's Problems:

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The Black Dyke Band welcomes the summer with a special concert

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Get the summer off to a great start. Tickets on sale now, priced from £12.

Book at the Hull City Hall box office or call 01482 300 306. Visit our new website www.hulltheatres.co.uk to book online.



Photo courtesy of HDM

Cottingham Cycle Centre to close on Saturday 31st March

Cottingham Cycle Centre based on Station Yard, Cottingham is to close its doors for good on Saturday 31st March, after 34 years in business.

Steve Dunn, who runs the shop with his father Pete and nephew Chris Jacques has said the business became unprofitable and decided it was time to shut for good. "We can no longer compete with the online shops".

We would like to thank all our customers and friends for their support over the last 34 years.

As mentioned, the store will close on Saturday 31st March, and there are many bargains available at reduced prices.

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Cellist Miriam Roycroft coming to Beverley in February

During 2017 - 19, former Opera North cellist Miriam Roycroft, and Lance Coburn, are performing the entire repertoire for cello and piano by Bohuslav Martinů at selected venues throughout Ireland, and are delighted to present some of these enticing and rarely-heard compositions in Beverley on Thursday, 15 February at 7.30pm at Toll Gavel United Church.

The 'Nocturnes' and 'Rossini Variations' are typical examples displaying Martinů's distinctive Czech expressionism with jazz-influenced rhythms and colours much in evidence.

Together with Prokofiev's beautifully lyrical sonata, premiered by and dedicated to Msitislav Rostropovich, they will also perform two pieces originally composed for voice; the beautiful 'Suite Popular' by Manuel de Falla and Beethoven's 'Bei Männern' variations from the The Magic Flute.

Tickets cost : Adults £15, Concessions £13 all children under 14 FREE with full paying adult, additional children £5 and are available from Beverley Library or call 01482 395320 or visit events.eastriding.gov.uk.

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and all Bank Holidays

Also at: Sutton Park, Hull
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For Membership details Ring Theresa on 823032

Crossword solution from page 14

1	H	U	M	I	L	I	T	Y		5	B	A	O	B	A	B
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27	C	A	N	D	I	D		28	B	A	S	I	L	I	C	A
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29	S	A	D	I	S	T		30	D	E	N	D	R	O	I	D



Face Saving Tips

Good circulation will give your cheeks a rosy hue. To maintain healthy circulation to your skin you need to exercise on a regular basis. Physical activity keeps your blood circulating properly and ensures that all of the nutrients in your body find their way to where they should be.

This also goes for finding their way to the surface of your skin.

The omega-3's are essential for supple and well hydrated skin.

Drinking plenty of liquids is important for the skin. Water is Mother Nature's cocktail and the skin needs plenty of it to remain healthy and to keep the complexion smooth and clear. Stay hydrated all day long. Not only is it essential for your skin but also for your organs as well.

Eat blueberries as they are rich in antioxidants which fight free radicals that damage the skin. There are lots of fruits that are good for the complexion but blueberries are one of the absolute best. Eat them alone, in yogurt, in parfaits, in smoothies or in fruit salads. Just eat them!

Reduce your alcohol intake if you drink. Alcoholic beverages dehydrate the body and add toxins to your system. This system is already doing its best to cope with chemicals in food and the air as well as pollution. If you do not want to give up alcohol all together then choose red wine because it contains antioxidants.

Take good care of your teeth. This means going to the dentist for regular cleanings and check-ups and following an oral care plan at home. Your teeth as well as your jaw bone forms the structure or the scaffolding that holds your face in the proper place.

The evil trio that threatens the health and well-being of your skin includes sun, smoke and stress. These three factors can dramatically increase the number of fine lines and wrinkles you have but also the severity of them. To prevent these problems one of the most important things you can do for your skin is to wear sunblock all year long and to avoid the sun during the hours of 10 AM to 4 PM. Give up smoking to preserve your skin and find effective means of coping with stress - Yoga and Tai Chi are just two avenues to explore.

Put these face-saving tips to work and you will notice that your skin is not aging rapidly at all! Reap the benefits of caring for your complexion.

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