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and District

Issue 207 - February 2019



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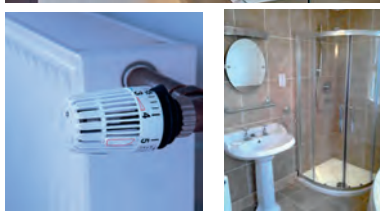
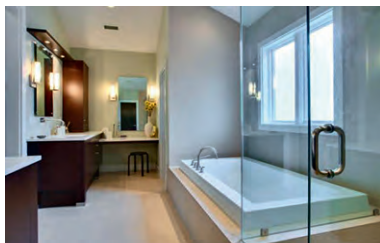
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In Cottingham and District

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

Beverley Gardeners' Club

Tuesday 5th February - Sissinghurst and Vita Sackville-West, speaker Rose Horspool, at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 5th February 2019 - 7.30pm

Tuesday 19th February 2019 - 7.30pm

Tuesday 5th March 2019 - 7.30pm

Get a new camera for Christmas, then why not join our friendly group. Members are more than happy to help new members. New members welcome. All levels. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk.

Cottingham Local History Society

Wednesday 6th February - 'Perronet Thompson - Hull's Forgotten Hero' by John Morrison, in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

Cottingham Men's de Luda Society

Wednesday 6th February - Philip Walker - Being British, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Little Weighton Yorkshire Country Women

Wednesday 6th February - Derek Clarke - A fun quiz on Antiques, part 2. We meet on the first Wednesday of the month in Little Weighton Village Hall at 7.30 pm. All welcome.

Cottingham Ladies Circle

Thursday 7th February - Paul Schofield - Three Hull Personalities, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 7th February - Alistair Fitter 'Friendly Funghi', at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

Hull Alpha Probus

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

7th Feb 10am - coffee

21st Feb 12 noon - lunch

Front cover: Snowdrops.

Photo: Paul Lakin.

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The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 7th February - Social Evening. Meetings held at the Village Hall, Skidby on the first Thursday in the month at 7.30 pm..

Hull And East Riding Glaucoma Group

Friday 8th February - at 11am, when our invited speakers are Gill Jordan and Linda Thelwell from Total Estate Planning. Gill and Linda live locally, come from a banking background and have a wealth of knowledge about wills, power of attorney, trust funds etc, so for advice and information about all things financial. Join us at 11am. Entry £1.50 per person. A 2 course lunch, cost £5, and bookable in advance will be available following this meeting. For more information and to book your place (and optional lunch) please call Sight Support on 01482 342 297.

EYES (East Yorkshire Embroidery Society)

Saturday 9th February - My Dyeing Journey - Heather Young, in the Darby and Joan Hall Finkle Street, Cottingham. 2:30 to 4.00 pm. Doors open 2:15. Members £1:50 Visitors £2:50. Tea/ Coffee biscuits included.

Hull and East Riding Astronomical Society

Monday 11th February - Talk by Chris Arridge (Lancaster University). We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders ...".

East Riding Cricket Society

Wednesday 13th February - 7.45pm. Meet in the Brewery Bar, King William IV, Hallgate, Cottingham HU16 4BD. Speaker - PAT MURPHY, BBC 5 Live cricket and football journalist & author; biographer of Ian Botham and Brian Clough. Everyone welcome! No dress code, no formalities - just great cricket chat. £15 a year / £5 a meeting. Website: <http://ercsoc.blogspot.co.uk/>. Email: ercsoc@gmail.com. Phone: Maggie Sumner (Secretary) 01482 861848.

Cottingham Green Women's Institute Evenings

Thursday 14th February - Frances Bell - History of Lace. Competition: Something Lacey, held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

U3A

Thursday 14th February - Pat Elliott 'Medieval Beverley', at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

Inland Waterways Association

Friday 15th February - What Could Possibly Go Wrong? Tales of the Unexpected by Iain Campbell. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

Little Weighton Gardening Club

Friday 15th February - In Little Weighton Village Hall, 7.30pm Members photographs and questions evening. £2.00 entry, Guests welcome.

Continued on page six

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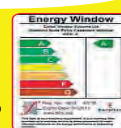
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What's On - Continued from page five

North Ferriby Gardeners' Club.

Monday 18th February - Adrian Reed (FNVS), Growing Quality Vegetables for the Table and Show Bench. The club meets on the third Monday of each Month (except December and August) at The Parish Hall, Church Road, North Ferriby HU14 3DA commencing at 7.30pm. Annual membership is £10 with guests fees of £2.50 per visit. Tea/coffees are served along with a raffle. For further information please ring Trevor on 633409.

East Yorkshire Woodturners

Tuesday 19th February: Annual General Meeting - members only. Meetings are every third Tuesday each month at Skidby Village Hall at 6.45pm. Apart from the AGM, visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). The next open

meeting will be on Tuesday 19 March - see next month's Cottingham Times for details. For information about the Club, please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the Club's website: eastyorkshirewoodturners.org.uk

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

Tuesday 19th February - Embellish Miniature Photographs - Pam Shalcross, 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 19th February - Ann Clements: "The lives and art of Suzanne Valadon and Maurice Utrillo". 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 20th February - Pat Elliott - East Hallgate, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

Cottingham Men's de Luda Society

Wednesday 20th February - Cath and Clive Richardson "I Don't Believe a Word of It", in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Cottingham Ladies Circle

Thursday 21st February - Dennis Trezise - Slide Show, Fun, Facts and Fantasy, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Association of the National Trust

Thursday 21st February - Susan Butler "Howden and Howdenshire", in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

Cottingham Methodist Church Hall, Hallgate

Friday 22nd February 6.40pm for 7pm - Free Film Night
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The East Riding Flower Club

Monday 25th February - at the Civic Hall, Cottingham. It will take the form of a floral demonstration by Joan Woodhead from Brigsley in Lincolnshire entitled 'Picture This'. This is an open meeting hence there will be no entrance fee to non members. There will also be a Cake Stall at this event. We Meet on the fourth Monday of the month at 2pm at Cottingham Civic Hall, Cottingham. We are a friendly club, and welcome new members and visitors to all the meetings.

National Vegetable Society, East Yorkshire District Association.

Monday 25th February - 'My Yorkshire' by Trevor Barningham. We meet on the last Monday of the month (except December and August) at The Conservative Club, Wylies Road, Beverley, HU17 7AP at 7.30pm. Light refreshments are served and a raffle. Admission is £2 per person. For further information about the club, please use our web site nvseyda.btck.co.uk or ring Trevor on 633409.

Cottingham Community Supper Quiz

February 27th - Quiz Master - to be arranged. Held on the last Wednesday of every month. Come and have a great night out and make new friends. Held at the King Billy Pub - Hallgate - Cottingham 7.45pm for an 8.00pm start - £6 entry on door. Prize Raffle on the night. Contact: Keith Gibson Text/Mobile 07950904665. E-Mail: gibol@gibol.karoo.co.uk

Wednesday Social Club

Wednesday 27th February - Phillip Walker - Being British, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Skidby Village Hall

Friday 1st March - Quiz with fish and chip supper. Tickets from 07899 676259 or email svhsecretary@gmail.com.

World Day of Prayer (A Women led, Global, Ecumenical Movement)

Friday 1st March - at 2.00 pm at the Methodist Church, Hallgate, Cottingham. The service has been prepared this year by the women of Slovenia and the theme is 'Come - Everything is Ready!' All are very welcome."

Beverley Gardeners' Club

Tuesday 5th March - Lavenders and Pink (Dianthus), Jill Tomkinson, at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

Storytime at St Mary's Church Cottingham

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

Hull Folk Dance Club

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

Continued on page 17

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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.

process. We are especially keen to hear from people who want to tackle the consequences of anti-social behavior i.e. graffiti removal.

- **Word from the Clerk**

A belated Happy New Year to all Cottingham residents! 2019 promises to be an exciting year for the Parish Council as we have elections in May. If you are interested in becoming a Parish Councillor then please get in touch for further information.

Parish Councils are the first tier of local government and are, therefore, often the first place people will go with concerns or ideas. For this reason they are a vital part of any community. Parish councils make all kinds of decisions on issues that affect the local community. Probably the most common topics that parish councils get involved with are planning matters, crime prevention, managing community spaces (in our case the Memorial Gardens and the Park Lane allotments), and campaigning for and delivering better services and facilities.

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

- **Grants to Local Organisations**

Cottingham Parish Council may award grants to any community group or charitable organisation that is beneficial to the village. If you wish to apply for a grant then please contact the Parish Council Office for more information and an application form. All application forms received are decided upon at the next Full Parish & Finance Meeting. The next meeting is **Thursday 21st February 2019**. We also have smaller grants (up to £50) available without going through the full grant

- **Cottingham Events**

Thank you to those who attended the Christmas Festival on Sunday 16th December 2018. The Parish Council were very happy with the event and we believe around 9,000 people visited throughout the day. **Cottingham Day** will be taking place on **Sunday 7th July 2019**. After a smaller Cottingham Day in 2018 the event will, once again, be extended down Hallgate as in previous years. Please contact the office if you wish to have a stall at the event. Don't delay as half of the stalls have already been allocated! The **Christmas Festival** will be taking place on **Sunday 15th December 2019**.

- **Dates for your Diaries**

The Cottingham Parish Council Full Parish & Finance meeting takes place on the third Thursday of the month (apart from in August and December) and start at **7pm**. The next meeting will be **Thursday 21st February 2019**.

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

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

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HOW TO PREPARE FOR SELLING YOUR HOUSE

There are many reasons to advertise your house for sale; relocation, selling as an investment, downsizing or upsizing - whatever the reason, once you have decided to sell, there are a number of things to consider and actions to implement to help the smooth running of the transaction.

The first decision is usually how to sell. Are you planning on selling privately, through a traditional estate agent or using an online agent? Things to take into consideration are the likely fees payable, the access to advertising locally and nationally and the help and assistance offered face to face as opposed to little or none at all.

Once you have decided how to sell, turn your attention to the legal and practical procedures such as finding your title deeds and ensuring that a valid EPC is in place - it is a requirement to have an EPC when selling a property and these are only valid for 10 years. If you have made improvements to your property during your ownership it may be beneficial to instruct a new EPC to show a higher rate of energy efficiency as a direct result of your improvement works.

If you have carried out any works at the property such as installation of new windows and doors, electrical works, installation of a new boiler or building and alterations works, now would be the time to ensure that you locate all the relevant documents and certificates. Include in this any guarantees, planning permissions and/or building regulations certificates, as these will be required by your solicitor to form part of the "contract pack" issued to the buyer's solicitor.

Lastly, take the opportunity to carry out any minor improvement works to the property such as re-painting, replacement of broken or damaged doors, windows, kitchen units, flooring etc. as well as de-cluttering to make the property appear more spacious. These will all add to the overall look of the property and make it more appealing to potential buyers. It will also prepare you for vacating the property when an offer is accepted and the property is sold.

If you would like help with the sale of your property, or with the purchase of your next one, please contact Helen L Cherry, Solicitor.

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Home assistants, recycling and security advice

What is a smart speaker? Also known as **home assistants**, the main players are *Amazon Echo* and *Google Home*. These clever little devices connect to your Wi-Fi and using built-in processing circuitry and microphone and speaker to let you communicate. I'll talk about the *Amazon Echo* here as I bought the *Echo Dot*, then upgraded to the larger *Echo* which I must say has excellent sound quality for music. The voice assistant is called Alexa, so all you do is say "Alexa, what's the weather today" or virtually any other question and she will reply with a normally intelligent reply. Behind all this is the 'Alexa Voice Service' run by Amazon which is like an artificial intelligence/machine learning system that translates voice into commands. It is location-based, so it will give the time, weather etc for your area, unless you specify a different location. Because it is linked to your Amazon account, you can even place an order for goods. (*Google Home* is linked to *Argos* for shopping). Alexa can also play radio stations, has access to millions of music tracks (usually for a subscription), and if you have the right equipment, can turn lights on and off, adjust the central heating and even play word games, sing happy birthday and tell jokes. Say "Alexa good night" she'll reply "good night, don't let the bed bugs bite" - very retro! New 'skills' as they are known, are being added every week.

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31% of shoppers would be happy to see computer screens or robots in High Street stores according to a recent survey. Interesting.....

Recycling computers and other electrical goods. If you are concerned about the mountains of kit that ends up in recycling skips or even worse going to landfill, then you will be interested in the Restart Project which was featured on BBC Radio in last month. Started in 2013 and operating as a registered charity, the project runs regular 'Restart Parties' all over the UK. People can take along their old broken appliances and one of the volunteer workers will help them try and fix it. Unfortunately, there doesn't

seem to be one in this area yet, but the good news is that anyone can apply to set up a venue! Further details at: <https://therestartproject.org>

New PC. This month, we are probably still thinking of new beginnings and replacing old stuff that has had its day. So, a new PC can be a welcome start. Think of all the things you use a computer for: searching for answers, shopping, banking, email, family history, spreadsheets, even writing letters maybe. Most people's worry is that by moving to a new PC they might lose all their valuable files and photos etc., but fear not, it can all be transferred. Just get in touch for advice and a quote.

For honest, unbiased advice & pricing on a new PC call RDM on 875666

If you don't want a PC and you're thinking of buying a new laptop, it is important to make the right choice when you go to a store. There is nothing worse than paying out good money and then finding the laptop doesn't meet your expectations. To help you choose, there is a useful article on my website providing details of the latest specifications, and what else to consider. We offer a set up and data transfer service to make sure you get off to the right start. www.rdmcomputers.co.uk/news

Laptops – power saving and hibernation settings. Relying on a rechargeable battery means that laptops are always going to sleep! However, you can change this setting to suit you. Go into Control Panel, and Power and you can adjust how long the screen stays on whilst not in use, and whether the whole unit switches off after a given time. Remember also that it is not good for the battery to be on charge all the time, particularly on a new laptop, as it will mean the battery will stop holding any charge at all eventually. New batteries are available but cost anywhere from £50 upwards.

TV Licensing scam – Thousands of people have been targeted by fraudsters using emails and even texts, saying that direct debits haven't gone through or that a refund is a due. As usual the best advice is **don't click on any links** asking you to update your details or enter bank account numbers etc. This applies to any other messages about accounts like Banks, PayPal etc. If you think there might be a problem, go online to the website **directly** (not via a link) and log in and check for any secure messages. If you want to ring your bank, use the number shown on the reverse of your switch card. If someone calls you purporting to be from your bank or other company and you are suspicious, call the company **using a different phone line** to check whether it is authentic. The reason for this is that phone fraudsters can sometimes hold your line open even if you put the phone down. Then when you think you're dialling the correct number you are still in fact connected to the same caller!

Remote access software. Many of my regular customers will know that I offer remote support using special secure software. This is a very useful and cost-effective service. **However, do beware of any unsolicited calls offering to fix your computer using remote access. No reputable computer company will ever phone you offering such a fix, unless it is something you have requested first.**

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

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

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Swanland Screen - 'All the Money in the World' on Saturday 16th February at 7.30 pm

All The Money in the World - the film of the true story of the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his billionaire grandfather John Paul Getty to pay the ransom - will be the February film showing at 7.30pm on Saturday 16th February at Swanland Village Hall. Tickets at the door cost £4 adults and £2 schoolchildren and refreshments are available to purchase during the interval. For further details see www.swanlandvillagehall.info/forthcoming-events.htm.

Swanland Live Shows

Although there will be no live shows during February at Swanland Village Hall, please watch out for full details in next month's magazine of the play Joan & Jimmy (about Joan Littlewood and Jimmy Miller - aka Ewan McColl) which will take place on Sunday 17th March followed by the musical evening with Ryan Cook on 27th April. For tickets to either of these please contact Yvonne on 01482 634863.

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The Main Event

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Bacon and chorizo sauce

Spice it up!!

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Cider Hotpot

Vegetarian Hotpot packed with thick cut seasonal vegetables

soaked in local cider topped with

a sweet potato and yorkshire gold cheddar crust

Minted lamb

Slow roasted shoulder of local lamb sliced

and served with a fresh minty meat jus

Salmon Thermador

Poached salmon supreme in that classic cream and prawn sauce

All mains served with new potatoes and fresh vegetables or

chips if you prefer

The grande Finale - homemade desserts

Strawberry and champagne Charlotte Royale

Belgium chocolate fudge cake and salted caramel

Sticky Toffee Apple Crumble

Lemon and ginger cheesecake

Raspberry Bakewell

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Wordsearch - Alice in Wonderland

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

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

Find the words in the letters above:

Alice, Baby, Bill, Bottle, Caterpillar, Caucus Race, Cheshire Cat, Cook, Croquet, Dinah, Dodo, Dormouse, Drink Me, Duchess, Eaglet, Eat Me, Fan, Fish Footman, Flamingos, Frogfootman, Glass Box, Golden Key, Grin, Gryphon, Guinea Pigs, Hedgehogs, King of Hearts, Knave, Lewis Carroll, Little Door, Lizard, Lory, Mad Hatter, March Hare, Mock Turtle, Mushroom, Pepper, Pig, Pigeon, Pool, Puppy, Queen of Hearts, Rabbit Hole, Small Cake, Tarts, Tea Party, Tears, Thimble, Watch, White Rabbit, Wonderland.

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

Sudoku No. 144

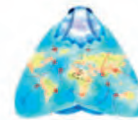
This is an easy challenge this month - Answer on page 29

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

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MARION OWEN TRAVEL



Cruising 2020... don't miss out on the fantastic early booking offers. Cruise & Maritime sail from our very own port of Hull plus 11 other ports around the UK. See separate page.

Other cruise lines are selling for 2020 including Viking's River & Ocean. Hurtigruten's are up to 2021 with Antarctica sailings!

Fred Olsen also have amazing cruise deals. **For example:- 22 March 2019**, an 11 night cruise to Spain, Portugal & Madeira from just £999 per person twin share. This price is inclusive of drinks, tips & £100 cash back! MOT's optional travel also available to/from your door to Southampton.

Passport update. With Brexit it looks likely that you will need to have 6 months validity on your passport on your return to the UK where ever in the world you travel, (cruise ships always have). Why not check your passport now just to ensure you are not caught out. Visa regulations are always changing too but don't worry we will keep you on the right track when we make your booking ~ it is all part of our service.

Many of our own tours for this year are now full, those shown alongside still have seats. We now have Thursford Christmas Spectacular 2020 on sale, reserve your seat for just £10 per person. August Bank Holiday 2020 we have a mini cruise from Hull to Newcastle overnight followed a day in North Yorkshire, price from £90 per person for the 2 days.

China, is this on your bucket list? 2019 is the departure of our 18 day special flying from Humberside airport. To find out more about this departure & China in general why not come along and celebrate the "Year of Pig"? Tuesday 19th March 1pm, please let us know in advance if you would like to join this event. Having previously visited China it is a amazing country offering so many diverse sights it will not disappoint. I am looking forward to seeing the lesser known gems myself so, why not join me?

Where are the hot spots at the moment, apart from cruise bookings flooding in for 2020! Central Europe, Uzbekistan, Georgia & Armenia are popular with those looking for culture. The Far East, Australia & New Zealand are selling well year round and appeal to all ages. Don't forget we can always tailor make a personal itinerary to meet your requirements.

Not on our mailing list? Email:- info@marionowentravel.com with full name, address & telephone number. Point out if you are a solo traveller or have a special interest e.g cruising.

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18 May	National Trust in Derbyshire 3 nights HB, members of the NT £295 - limited single rooms + £15	£ 345
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26 May	Disneyland Paris - 5 nights via P&O sailing from Hull, 3 nights Newport Bay Club Disney Hotel B&B plus a 3 day park pass. E.g. price, family of 4 £1859. Ask for other combs	£ per room max 4
16 Jun	Luxury Halls , 2 days includes Wynyard, Whitworth & Crook	£ 175
18 Jun	Boundary Mills for the Summer Sales	£ 20
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16 Jul	Isles of Scilly - 8 day tour , a wonderful holiday	£1185
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30 Aug	Frogmore House, Savill, Wisley & Woburn 3 days DBB	£ 315
04 Sep	Isle of Man - a 7 day island tour half board, guided by island resident John, enjoy history, scenery & wildlife.	£ 695
18 Nov	Thursford Christmas Spectacular - 2 days DBB (6 seats)	£ 189
10 Dec	Ripley Castle: tour & afternoon tea + Stockeld Park	£ 65
18 Dec	Boundary Mills & Lunch a superb 3 course meal & coffee	£ 40

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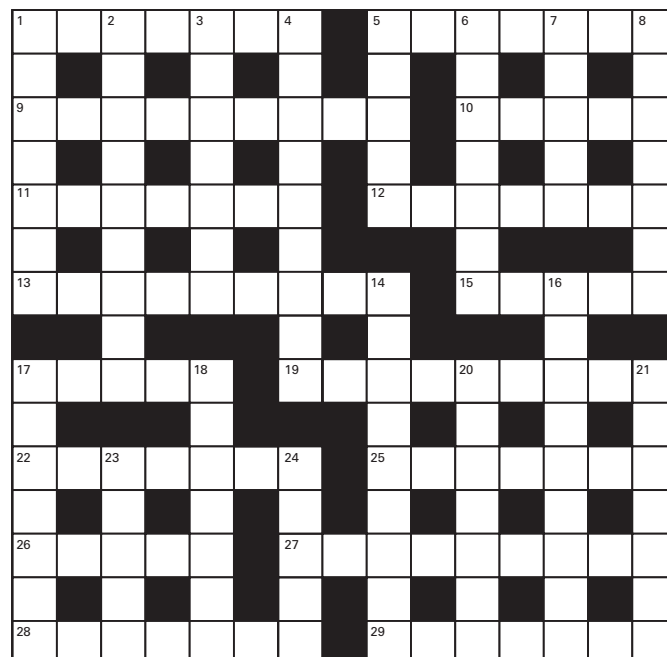
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Crossword – Solution on page 46



Across:

- Comestibles (7)
- Anarchic (7)
- Attache (9)
- Persian (5)
- Killing oneself (7)
- Indulge oneself (7)
- Badmouthing (9)
- Father (5)
- Washer and _____ (5)
- Coming forth (9)
- Get over an illness (7)
- Plodded (7)
- Angry (5)
- Come out in the end (9)
- Lubricates (7)
- Makes unhappy (7)

Down:

- Embrace (archaic) (7)
- At first (9)
- Raising up (7)
- Similar to a cobra (9)
- Scallions (5)
- Spoke in ignorance (7)
- Mistake (5)
- With a sneer (7)
- Majesty (9)
- Belittle (9)
- Flitting (7)
- Critical evaluations (7)
- Uttered a low animal-like noise (7)
- Without ceasing (7)
- Rub (5)
- Tall woody perennial grasses (5)

Crossword courtesy of www.crosswordpalace.com
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Question & Answer

How important is it that I have a Will?

Very important. A Will explains your wishes such as; who should be given your property, money and possessions upon your death. It also informs people what type of funeral you would like and if there are any particular instructions you have, you can include them in your Will.

Without a Will, everything you own will be shared out in accordance with the law rather than according to your wishes. A will makes it much easier for your family or friends to sort your things when you die – without a will the process can be more time consuming and stressful. A Will may also act to reduce the amount of Inheritance Tax that might be payable on the value of the property.



How long does it take and how much does it cost to prepare a Will?

It does not take long to prepare a Will providing you have thought about

who you would like to act as your executors and who you are leaving your estate, property, money etc to. We can prepare a straightforward single Will within 24 hours which usually costs £125+VAT however through January and February 2019 we have special offer which means we can offer this for £100+VAT.

What does a Lasting Power of Attorney (LPA) do?

There are two types of LPA; health and welfare to give an attorney the power to make decisions about your daily routine, for example washing, dressing, eating, medical care, moving into a care home, life-sustaining treatment; and property and financial affairs to give an attorney the power to make decisions about money and property for you, such as; managing a bank or building society account, paying bills, collecting benefits or a pension and selling your home.

Am I too young to need a Lasting Power of Attorney?

The average life expectancy in the UK is on the increase with incapacities such as dementia on the rise. With any mentally debilitating illness, it can become difficult to manage your own affairs, so make an LPA whilst you can.

Mental capacity is not just an issue for the elderly. An accident may result in losing your capacity or being unable to deal with your affairs whilst you are young. With an LPA in place, your family will be able to make important decisions on your behalf. If not, they may have to apply to court to appoint someone to manage your affairs which maybe more costly and time consuming.



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Standard Single Will	£125+VAT*
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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.

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.



Musical Memories

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

Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Chris 01482 849124.

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev37@gmail.com

Alcoholics Anonymous Meeting

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

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

Alternative Aquatics

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

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WITH ROY WOODCOCK

Vegan Wines, Champagne sales and chocolate

Whether you took part in Veganuary or not, there's one indisputable fact - all things vegan are very much on trend. And that includes wine, if only because more retailers have understood that they are well placed to capitalise on rising consumer demand for all things plant-based.

Waitrose, Majestic and the Wine Society are just three major names to have vegan wine sections on their websites and if you look closely, more and more bottles stocked in the major supermarkets will be marked as "suitable for vegans".

A quick glance at Majestic, for instance, threw up a total of 90 vegan wines.

Traditionally, a number of animal products have been used during the fining process (the bit that helps make the wine clearer, stabilised and less bitter). These fining agents can include milk proteins, egg whites, gelatine or even fish bladder.

However, thanks to the vegan surge, both supermarkets and wine producers have wised up and ditched the animal products. Replacing them are clay or charcoal-based alternatives, safe for both vegans and vegetarians alike.

We've also seen "natural wines" grow in popularity. Often appearing cloudy, with no fining agent used at all, these organic and biodynamic wines are likely to appeal to vegans.

As I've said, most wine suitable for vegans will be labelled accordingly but if you're at all unsure then www.barnivore.com is a good website, boasting a database of more than 36,000 wines, beers and spirits.

Simply type in the name of your wine and Barnivore will let you know if it's vegan or not.

Britons bought a record 164 million bottles of Champagne and sparkling wine this year – and roughly one-quarter of them will have been drunk on Christmas Day or enjoyed on New Year's Eve. Sales totalled £2.2 billion for the year, according to the Wine and Spirit Trade Association, which is a 10 per cent increase on 2017. And the surge in demand for fizz shows no signs of abating.

Aldi alone sold 17 million bottles of wine, Champagne and Prosecco over the festive period, including a special promotion featuring a six-litre bottle of Prosecco. Now the German-owned supermarket has added another low calorie Prosecco to its portfolio.

The La Gioiosa Collezione Oro Prosecco, priced at £8.99, contains 63 calories per glass, which Aldi claims makes it the lowest-calorie Prosecco in UK supermarkets.

"We know that our shoppers are passionate about their Prosecco, having seen sales increase for fizz year on year, but also recognise that the trend for lower-calorie drinks is becoming increasingly popular," Julie Ashfield, managing director of buying at Aldi UK, said.

Talking of Christmas and New Year, no sooner than the festive period was over than the supermarkets were piling the Easter eggs high. Which got me to thinking . . . how does chocolate and wine stack up?

The most important factor, as in all pairings of food and wine, is that only you can really decide what tastes best but the following are general rules that have stood the test of time:

- * The wine must be perceived as sweeter than the chocolate or it will simply be overpowered.
- * Since wine coats the mouth as you eat it, choose a wine that's big enough to cut through its richness.

- * Try looking for flavours in both that are similar to one another.

Milk chocolate, being the sweetest, your best match might just be a sweet and tasty tawny port but if you find the right bottle of Pinot Noir you won't be disappointed.

Chocolate with between 50 and 70 per cent cocoa solids are the sweetest of the dark chocolates and with these a good Cabernet or Bordeaux wine will tend to bring out the fruity or peppery nuances in the chocolate. A ruby port is another good choice.

Finally, those chocolates with more than 70 per cent cocoa solids really need a strong red wine to balance the intense, bitter and roasted flavours. Zinfandels, Australian Shiraz or Spanish Grenache might be the way to go.

Once you've got a great pairing stick with it - it's bliss. Start by tasting the wine, allowing its flavours to fully saturate your mouth, then take a bit of the chocolate, letting it slowly melt on your tongue. Sip the wine again and, yes, it really is a match made in heaven.

And finally, just a word about wine events. House of Townend's Cellar Door at Melton hosts regular tastings throughout the year and many of their February and March events are already listed as "sold out" on its website. A word of advice - events taking place in April, May and June are being released on Monday, February 4, so get in quick, take a look and book any off those you fancy (details for the rest of the year will be released on May 6).

An event with tickets still available last time I looked was the Cellar Door's spring portfolio tasting; showcasing some of their favourite products alongside some exciting new wines from around the world. It takes place on Thursday March 21, from 5.30 - 9pm and tickets cost £15.



BEST BUYS


Maree d'Ione Nero di Troia Organic

Where: Waitrose

When: Now until February 19

Why: Produced from organically-grown grapes, this sumptuous and full-bodied red from the southern Italian region of Puglia is suitable for vegans and vegetarians and is easy to drink on its own - smooth and velvety.

£6.49 (was £8.79)


Marques De Valido Rioja Reserva

Where: Co-op

When: Now, until February 19

Why: Excellent value for a meaty, savoury deep red Rioja, with plenty of oak showing through. Pair with beef or lamb.

£7 (was £9)


Adeletto Prosecco

Where: Co-op

When: Now, until February 19

Why: Yes, you'll find cheaper, which shows how the market has responded to the fashion for fizz in recent years. But this is still a pretty decent bargain for a dry, light and refreshing Prosecco.

£7.50 (was £8.50)


Giesen Dillons Point Sauvignon Blanc

Where: Waitrose

When: From February 20 to March 19

Why: In 1981, three German brothers decided to travel to New Zealand with the aim of making wines that people around the world would enjoy. This excellent Sauvignon Blanc ticks all the archetypal Marlborough boxes, with lime and grapefruit flavours.

£6.99 (was £9.49)

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Perfect Match

Have you ever thought how easy it can be to buy a new car? With most garages offering 'Free Test Drives' on new cars, how could we possibly go wrong? When looking to move house, we more invariably look around the area, taking note of the local amenities, schools etc., and even some people look at the way the sun rises and sets in the garden. So why, oh why, do we draw a blank at 'adopting' one of the most treasured members of the family.....someone who will be with us through 'thick and thin', from puberty to adolescence and then through to their 'twilight' years?

I'm talking about our four legged friend the DOG.

In an ideal world, how lovely would it be to 'test drive' the pet of our choice? Sadly this is reality and mistakes are often made. Maybe a breed is chosen because you have always had this type of dog, forgetting that it was many years ago and your life style has changed OR losing your canine companion after many years together, you adopt a young, plant eating, shoe chewing tear away, forgetting how much time and energy it takes to train them.

There are many things to be considered when you are looking for a dog. Here are some examples:



BREED, SIZE, TEMPERAMENT AND TIME REQUIREMENTS.

These are all very important, however the most important thing to think about is your LIFESTYLE. Ask yourself the following-

How much time do you have for daily exercise and when else will you be free?

What spare income do you have?

How much space do you have?

Are you a novice or an experienced dog owner?

Answering the questions above, will give you a better understanding of the 'right' type of dog that will fit in with your current lifestyle. The biggest mistake many people make is choosing a dog for their looks, without considering what the dog needs and if they have time to meet those needs.

DID YOU KNOW FOR EXAMPLE?

HUSKIES have been bred to race and pull sleds, in some circumstances they will cover 70 miles in a single day! Would you really be surprised if you couldn't meet this dogs daily exercise requirements?

TERRIERS have been bred to hunt and kill vermin which involves digging them out of their dens or going underground after them. If you want a nice garden without holes in it, maybe think twice about the addition of a terrier to your household.

Once you have the answers to your lifestyle questions, create a shortlist of breeds that meet your requirements. To do this, research the web and speak to dog professionals ie: Breeders, Vets, Rescue Centres and Dog Trainers.

Here at KINGSTON we offer free pre-puppy consultations with one of our many qualified veterinary nurses, who will discuss any queries you may have on buying a puppy and which breed will suit your lifestyle. We have on sale a full package consisting of a crate, bed, lead, collar, water bowl, poo bags with dispenser and disinfectant spray to help welcome your new arrival.

If you are thinking of getting a puppy/kitten, please ring any of our six KINGSTON surgeries to discuss the above.

A happy pet is a happy owner!

AND FINALLY.....TALI.....

Well what can I say? Her lead walking is still a test, more for me rather than Tali testing her strength but I am delighted with her recall. I'm afraid I'm down two patio plants in my garden. I bought the two foot tubs thinking my rabbits wouldn't eat the plants and they haven't but I've found out they're not puppy proof! She's loving her swimming sessions, something I would thoroughly recommend for any puppy. Also, to help me with her training, I have started having one to one sessions and have been surprised at how quick and keen she is to learn. All the above takes time and like I mentioned in this article, please look into everything involved before finding your perfect match.

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

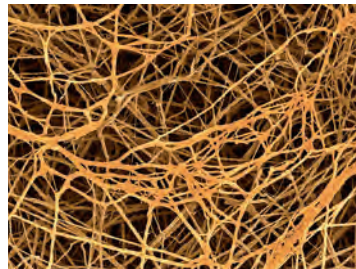
It's a Bit Scabby

Hello again, I hope you are well and had a great start to 2019. It's only just into the New Year and this dental anorak has already been on a course and given a talk about Dental Mavericks. I had a lovely reception by a group of nice ladies who gave a donation to our Charity. It was a bit different as it was in a pub. It felt like they turned the TV up louder and then somebody started playing pool. Anyway, I just had to talk a bit louder! It was a good gig with a great crowd. Thanks for the invite ladies and thanks ever so much for the donation!

So, What's A Bit Scabby?

Fibrin, that's what. You know when you have a cut or a graze and get a scab and then have a bath or a shower and get it wet and it goes yellow? Well that's fibrin. It is a protein that acts as a mesh scaffold or a matrix for healing.

A few months ago I was banging on about stem cells and how they are used in medicine and surgery to promote healing and how we are using them in our practice by taking blood and spinning in a special machine to utilise

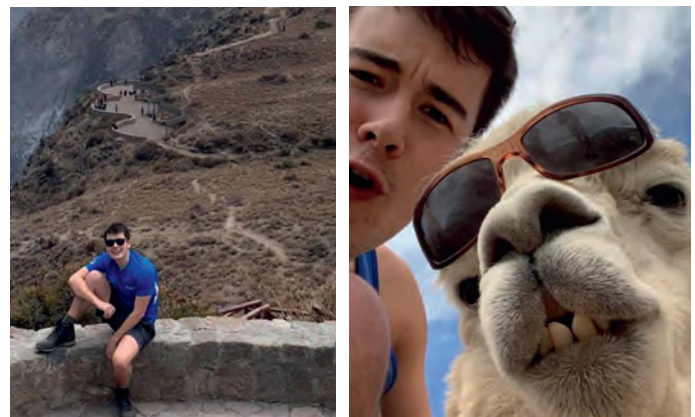


them. The other thing we get is something called Platelet Rich Fibrin or PRF. This stuff acts a scaffold for healing but it also contains more concentrated ingredients such as growth factors and stem cells.
Fibrin Matrix

A Bit Of A Head Start

There are many different growth factors. Some of the most important stimulate the ingrowth of blood vessels. This is called Angiogenesis. Angio = blood vessel as in angiogram. Genesis = the origin or mode of formation of something, in our case new growth. Angiogenesis is vitally important as blood vessels carry oxygen and that is what is needed for sustained life within the tissues. Other growth factors stimulate fibroblasts. Fibroblasts are cells that lay down collagen, which can then be transformed to bone or connective tissue.

Having these more concentrated ingredients for healing can give up to two weeks head start on bone formation after a tooth extraction. There are also more white blood cells to help prevent infection. All really clever stuff don't you think. It works very well in dental implant therapy in particular but is not limited to that.



Back From An Adventure Of A Lifetime

I mentioned last time how my son, Edward was off to Peru and then returning to work with us in February. He's not back as I write but seems to be having a blast. He has been making friends!

Having A Ball

Next week is the Dental Mavericks Ball when we aim to raise some money to continue our humanitarian work in Morocco and in Lebanon. The theme is Peaky Blinders meets Great Gatsby so it should be fun with many a Flapper.

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

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 26 years and has a special interest in life changing, pain free dentistry with dental implants, 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' Humanitarian work go here now www.castleparkdental.co.uk.

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Cottingham Police surgeries

Meet your local officer, PCSO Mike Dale at Cottingham Green/Market.

Thursday February 28th - 11 a.m. - 12 noon.

A heartfelt thank you to an honourable gentleman

On Monday January 14th on returning home after an afternoon shopping in Cottingham, I received a phone call from my local Lloyds Bank informing me that my purse had been found on the High Street and had been handed in to their branch. This was a huge shock as I wasn't aware I had lost it.

On Tuesday morning when I went to reclaim my purse and I asked if a name or telephone number had been left by the gentleman who had found it, unfortunately, he did not, so I am writing this letter to the Cottingham Times to express my gratitude to the honourable gentleman responsible for the safe return of my purse.

To you sir, I offer my profound thanks, not only for the return of my purse, but also for restoring my somewhat jaded faith in human nature.


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LYNNE IN HULL

TOP TIP FOR BOOKING A CRUISE:

I would always advise to book early for your ideal cruise. Having the pick of ships & cabin options really helps you get exactly what you want for your holiday.

WHY I LOVE CRUISING:

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GILL IN ANLABY COMMON

TOP TIP FOR BOOKING A CRUISE:

Choosing the right ship! There are lots of mega ships out there which may suit families with lots of activities to participate in; likewise the luxury ships may appeal more to couples who are looking for relaxation. Matching the right ships to your requirements is what we do best.

WHY I LOVE CRUISING

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February Gardening Tasks

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.



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.



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 2019

By Kay Gower

Aries (Mar. 21- April 20)

You have more than your fair share of charisma and people notice when you walk into a room. Make your exit with equal grace and leave before they want you to - and they'll want more!

Taurus (Apr. 21- May 21)

People recognise your winning presence and will want to help you succeed. The end of the month is excellent for your financial picture.

Gemini (May 22-June 21)

You wouldn't want to escape reality completely, but you can dodge it occasionally. Having taken a break from a long and demanding obligation you return recharged and ready to go.

Cancer (June 22-July 22)

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

Leo (July 23-Aug 22)

Whatever you think you deserve, think it twice as often during the whole of February. A career break is on the cards and this will be your chance to change your finances for the better.

Virgo (Aug 22 - Sept. 23)

You begin February feeling guilty about your lack of financial prudence. These feelings will vanish by the second half of the month when things will start to look up. Don't ruin this time with negative thoughts.

Libra (Sept. 24-Oct. 23)

It may only be the second month of the year, but it's not all fresh. A certain project feels a bit tiresome. Still, this isn't a time to zigzag. Stay on purpose, and stick with the plan.

Scorpio (Oct. 24 - Nov. 22)

This would be a good time to sign up for a course. You have an enjoyable although hectic month ahead. You communicate easily and develop new friendships.

Sagittarius (Nov. 23-Dec. 21)

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

Capricorn (Dec 22.- Jan. 20)

Change is moving in your favour this month. Plan your escape from all things routine and unimportant. A small windfall or prize is also indicated. If you have been below par recently you will soon be back on top form.

Aquarius (Jan 21 - Feb 19)

There are gains to be made at work this month and perhaps a new job in the pipeline. Trends suggest that money-wise things should be coming together better than expected.

Pisces (Feb. 20-Mar. 20)

The sun moves into your first house this month, this is no time to be hiding your talents. Self belief is the key to success and you need to show everyone what you are capable of. A wonderful month especially around the 20th.



Bridlington Spa free roadshow to help get 2019 Tour de Yorkshire's wheels in motion

A free roadshow for business and community representatives will be held at Bridlington Spa on Wednesday, 20 February to further showcase 2019 Tour de Yorkshire, the world-class cycle race which promises to be among one of the many highlights in the region's calendar.

Sudoku Answer from page 12

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

Organised and hosted by Welcome to Yorkshire and East Riding of Yorkshire Council, the roadshow is an opportunity for businesses and residents to find out more information.

Following the race route announcement in December 2018, the East Riding will host two days of racing in the four-day event, on Thursday, 2 May and Saturday, 4 May 2019.

At the roadshow there will be a short presentation, details about the new route and a Q&A. Attendees will also receive advice and guidelines about what they can do to get the best out of the May event.

It will take place from 1.30 pm, with registration at 1.30 pm and the event to start at 2.00 pm.

Councillor Stephen Parnaby OBE, leader of East Riding of Yorkshire Council, said: "This roadshow will be a wonderful chance for businesses and community organisations to find out more about this spectacular 2019 event for both Yorkshire and the East Riding.

"We know that Bridlington is one of the eight host towns which makes it fitting that the Spa will be the place to hold this year's roadshow.

"Tour de Yorkshire is something we are immensely proud to be part of, so along with Welcome to Yorkshire we want to support the race by getting the message out there as best we can and to encourage local businesses and communities to be involved, as no doubt it will be a tremendous boost for them as it has been in previous years."

Attendees are encouraged to book early, as spaces for the roadshow will be limited. To register a space, visit <https://www.eventbrite.co.uk/e/tour-de-yorkshire-2019-roadshow-in-bridlington-tickets-52207510068>

General information about the 2019 race can be found by visiting <https://letour.yorkshire.com/>.

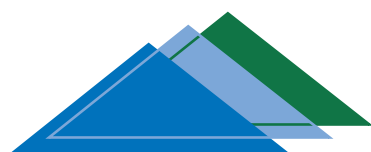
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Local Beekeeper Neil Gower Continues his quarterly article on Beekeeping

A False Alarm

The start of a new season.

Four years have now passed since I started writing this column and whilst some activities remain the same there are always new issues and challenges to keep us on our toes. In my last article I wrote about the discovery of an Asian Hornet on our doorstep. An influx of Government bee inspectors brought a flurry of activity and left quite a few worried looking local beekeepers. When the dust settled it would appear that the insect discovered was already deceased and appeared to have hitched a lift in the luggage of holidaymakers returning from one of our European neighbours. The threat appears to be over for now in this area but this isn't a reason for celebration. More than 30 nests have been destroyed in Jersey over the last few years and a further 6 in the southern counties of England. Asian Hornet Action Teams (AHAT's) will be in place in every area of the country by the end of February 2019 which is evidence that this continuing threat is being taken seriously. Some of the stories coming out of already affected areas of Europe are quite alarming, and the insect has now been discovered in Amsterdam for the first time. Let's hope it won't be making a 'Dutch dash' anytime soon.

However, on Mallorca where the hornet arrived in 2015, early discovery, a confined detection area and an active eradication plan gives hope that containment and perhaps elimination is possible.

Autumn and Winter activity.

After losing all my colonies at Easter I'd spent the best part of the 2018 season breeding new bees and queens to form new colonies. This activity went well through a very productive summer and by the beginning of autumn I was able to review the viability of each colony. At this point I decided to undertake some consolidation by bringing a couple of hives together under the strongest queen and this work was completed by mid September. I'd also taken the opportunity to move some hives to new addresses for the winter to prevent a re-occurrence of last

years vandalism.

Autumn is one of the periods that allows me to carry out part of my integrated pest management strategy and once I'd settled on the number of colonies I wanted to take through to the next season I applied treatment for the Varroa Destructor Mite in the form of a Thymol based application.

Mouse guards were also fitted to the entrances to prevent the robbing of honey stores and throughout November, December and January I've been 'hefting' the hives to check on the stores. Hefting is a method of lifting the hives from the back to check the weight and gives me an idea of the size of the colony and amount of honey they have stored.

Around the middle of December I put some bakers fondant above each of the bee clusters in the hives in a plastic bag with a hole in the middle. The bees eat the fondant from the centre outwards and during regular checks I can see their progress and determine the need for more.

Depending on the weather in general and more specifically the temperature we are now reaching the time of year when the queen will start laying eggs. This usually coincides with the availability of early pollen as this is needed to feed the grubs.

This is also the time of year that I start my beekeeping jobs. I've been putting my carpentry skills to good use and carrying out repairs to some of my hive equipment. The brood boxes have been cleaned by removing unwanted build up of wax and propolis and applying a blowtorch to kill any germs and bacteria that accumulates. I have a good stock of frames for both brood boxes and supers (honey boxes) and a matching amount of wax foundation.

Part of my integrated pest management strategy is to change 50% of my frames each year and I will normally start to make up these frames when the temperature rises.

All my equipment has been cleaned and sterilised so I am ready for the new season.

General Bee Decline

It is old news that bee populations continue to decline with loss of habitat being one of the most common reasons with changes to agricultural practices and the use of pesticides being another.

This was first brought to the worlds attention more than 25 years ago and since then millions has been spent by many different organisations to produce studies and recommendations. On a positive note it is now widely recognised that private green spaces such as parks, allotments and private gardens are really starting to make a difference.

I know that many of you are keen to make your own gardens 'bee friendly' and I often get asked questions about what you can do to attract more bees and pollinators. This is going to be of great importance if we are to stem the decline of habitat and forage. You don't need a large space as containers and window boxes can provide plenty of interest for the bees and they look good as well.

With early spring approaching the bees will be looking for crocus, snowdrops, hellebores and the like to bring in early pollen and nectar. It's too late to add these now but perhaps these and daffodils are bulbs you could think of for next year. Trees are a great source of forage for pollinators; especially fruit trees and these can be bought in dwarf varieties if space is limited. Apple, pear and plum trees blossom at different times and after the bees have pollinated them you can also hope for a fruit crop. Hawthorns, horse chestnut and willow are also good trees but if you are limited for space then shrubs such as berberis, buddleia and hydrangea are ideal.

In my next article in May I will pick out some bee friendly flowers, herbs and vegetables for summer that you may wish to consider in our fight to save the bee.

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Wildlife Photographer of the Year exhibition will return to Beverley this summer

East Riding of Yorkshire Council has announced that the hugely popular Wildlife Photographer of the Year exhibition – developed and produced by the Natural History Museum – will be back in Beverley in summer, 2019.

Beverley Art Gallery in the Treasure House will host the new exhibition from Saturday, 22 June – Saturday, 14 September, making it an ideal day out for the summer holidays this year.

The exhibition reflects the 54th year of the competition, which welcomes entries from professional, amateur and young photographers.

For the 54th competition, the international judging panel of respected wildlife experts reviewed over 45,000 entries from 95 countries. Visitors will be able to see 100 acclaimed photographs from all the competition categories, featuring a huge variety of

inspiring images.

Councillor Richard Burton, portfolio holder for leisure, tourism and culture, said: “This is great news! I am absolutely delighted that we have managed to secure the return of this exhibition once again for 2019, working with our partners at the Natural History Museum, and featuring all the new winning photographs from the 2018 international competition, which will be on show in Beverley for the first time.”

Sir Michael Dixon, Director of the Natural History Museum, says ‘Wildlife Photographer of the Year is one of our most successful touring exhibitions, enjoyed by millions of people all over the world. The awarded images shine a spotlight on nature photography as a work of art, whilst raising questions about our crucial role in shaping a sustainable future.’

Keep up to date with what’s happening in the Treasure House by following East Riding Libraries, Museums and Archives on facebook or twitter [@ERidingLMA](https://twitter.com/ERidingLMA).

Top photo: © Emmanuel Rondeau - Wildlife Photographer of the Year; and below: © Valter Bernardeschi - Wildlife Photographer of the Year.



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Haltemprice Lions start the New Year in good heart

The members of Haltemprice Lions finished a busy year with presentations to local causes to assist them to start 2019 on the right foot. The last year finished with the successful Christmas Band Concert by the East Riding of Yorkshire Brass Band at Cottingham, thanks to all who attended and helped raise funds for good causes.

There are many appeals and requests for support both on a local, national and international basis. During the year support has been given to many organisations including the "Open Doors" charity which supports those who are new to the area, the Helen Coulson (Dunning) Trust based in Walkington and supports those wishing to enter the local nursing profession, the Rocky Walker group who are committed teaching first aid in Soweto, Hull Retcam appeal who supply eye cameras.

The club is always aware of the havoc and death tolls caused by national disasters, such as in India and Indonesia, and send donations to the Lions' International organisations for immediate support.

We were pleased to help the Anlaby Community organisations in their preparations for a Christmas dinner to benefit local people. These are just a few of many benefits made by the club members over the 45 years of existence of Haltemprice Lions whose motto is "We Serve".

For further details or more information on Haltemprice Lions, please contact David Whincup, email – dwhincup@dwhincup.karoo.co.uk.

Photo above: The Vice President of Haltemprice Lions hands over a cheque to Rocky Walker to support him in his work in Soweto.

Life and Death in the Woods – why we are losing so many of our prized trees

Cottingham's magnificent mature trees were mostly planted as landscaping for Victorian gardens. Whilst the mighty Oak is King of the Woods, his Queen is the beautiful Beech.

Like us, trees need regular health checks, particularly with increasing age. Some ailments are easy to spot, but some need expert eyes or drill tests.

Beech can live for centuries but can suffer root rot caused by fungi. Without testing, the first sign may be when this giant blows over. Once tests show a tree is unstable, controlled felling is best, and the best time is during its winter sleep, before the bird nesting season.

Geraldine Mathieson

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Rachel Jerome and Susan Wheeldon celebrate Valentine's Day with Harp and Flute

Join Sue and Rachel for Valentine's Day when they will be presenting a programme of musical delights to welcome the spring. They will perform popular classics including Debussy, Saint-Seans and Mozart as well as original flute and harp compositions by Andres, Hovhannes and Molnar.

They will take you on a journey through musical landscapes and also add in a touch of romance to help you celebrate St. Valentine's Day with this most beautiful combination of sounds.

Thursday 14 February 2019, at 7.30pm, Toll Gavel United Church, Beverley HU17 9AA

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 01262 678258 or visit bridspa.com.

Hull Ladies Choir donates £600 to the Cottingham Village Trust

The Cottingham Ladies Choir has presented a cheque to the Cottingham Village Trust for £600. The money was raised from the Christmas Concert presented by the Hull Ladies Choir in December 2018.

Pictured below are Chris Lake of the Hull Ladies Choir (left) and Ian Start of the Cottingham Village Trust at the presentation of the cheque.



Feb: Valentines Ball - Friday 8th

Valentines by Candlelight - Romantic Dinner - Thurs 14th

Valentines Brunch - Fri 15th

Frankie Valli a tribute by Daniel Winters - Fri 22nd

Mar: George Michael by Rob Lamberti - Fri 8th

St Patrick's Day Dinner Dance - Sat 16th

Murder He Wrote - Murder Mystery - Fri 22nd

One for the Girls - Fri 29th

Mothers Day Lunch - Sun 31st

Apr: Madonna by Nicola Marie - Fri 19th

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

www.instinctivehorsetraining.co.uk

New Year – New Beginnings

Whoever knows what is around the corner in life? We make our plans and we think we are infallible or even immortal! Well, life has a great way of levelling us all if we think we can somehow how beat the fates.

As I write this article, I am in rehabilitation from spinal surgery having had a disk removed to, hopefully, become sciatica free. This free time from my usual rushing about from A-B, has given me time to sit back, think and reflect on life and the things we consider most important.

The journey I have found myself on over the past 40 years, has been one I never expected to be on. In recent years, I discovered a whole new world of animal training where force and human dominance no longer has a part to play.

All through the years of my life with horses, all my collective experiences and all my decisions and actions in husbandry, care and training, were all via the ways I had been taught, mentored and shown by trainers I had great respect for. From as far back as when my career started back in 1980, attaining my BHSAI and other professional qualifications. Seeking more than just mainstream experience, took me to Vienna, Austria, where I was trained and mentored by 2 head riders from the Spanish Riding School. This precious opportunity helped to define me. It raised the bar in feel, empathy, softness and breath- to become one with a horse. My horizons and my world expanded. My skill set became defined and my credence rocketed.

I learned all I could about the “old” ways, the traditional ways, the BHS (British Horse Society) ways, the Germanic ways, the strict military based Haute Ecole ways and years later being introduced to Natural horsemanship with its cowboy ways. All of these structures, methods and protocols influenced every aspect of my horse care, management and training. This was so



for 29 of my 36 years as a professional horse trainer. I had no idea that the huge, life changing balloon was about to burst over my head and make me re-evaluate every aspect of everything!

This new world of animal training was brought to me via the Zoos. All my learning and follow up training, reading, video watching, conference attending and seminar/workshops etc was all there for me to find and follow and absorb. I saw such huge possibilities for horses to be trained in the same ethical way. The science made sense to me. So much I already knew without knowing I knew it but there was so very much to learn. No one ever stops learning in life and no one should ever want to stop learning

I guess over the past 6 years I have studied degree level behavioural science and I apply it in every aspect of my care regimes at work and when I am away consulting. The art side of the science is a whole other world. To become skilful in timing when shaping new behaviours with a clicker. To set the animal up for success as to how you can arrange the environment where possible. To see how the environment present may be destructive and decide what can be done. This tip of the iceberg is where I am now. I am a positive reward based horse trainer. I totally understand why horses do what they do and why. I understand what may be reinforcing these behaviours which is why they are repeated. I have left behind the use of the labels I hear all the time- none of which are useful at all. Horses are labelled as being dangerous, naughty, lazy, stupid, too clever for its own good- the list goes on and on. No label ever describes what is really happening and degrades the horse. Humans hide behind them as security in case it may all be happening through some fault of their own. The great pity is that all behaviour- both good and bad- is vital information to someone like me. They paint a picture of the emotional state of the horse, the hormones which are in play and the environmental triggers which have been missed.

I now help trainers of any animal to become better. I train trainers. I train humans via these horses. My dearest wish is that behavioural science can be included at every level of Equine Collage education to all up and coming grooms, yard staff and riders. There is absolutely no teaching or knowledge of this form of ethical, force free, punishment free training in any curriculum anywhere in the UK, when it comes to horses. Dog training, zoo animal husbandry and training etc is already way up there.

This is now my vision and my mission. I am actively trying to make a start. I use social media to showcase my work to an ever-expanding audience. I write articles to create interest so that more horse owners ask how it could help them with their relationship with their own horse.

I have been asked to join a group of 40 pioneering Horse Trainers from across the world to be present for the 2nd Progressive Horse Behaviour Forum in Orlando in February. Not only am I honoured to be asked but am panicking that this surgery will not allow for the flight. My speaking subject is how to start to get this subject of mine incorporated into main stream higher education in the UK. It has to happen, as it has with all other animal training, management and behaviour- just not horses! Yet!

So, I leave you now as I continue to ponder this and how best to make that happen.

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Unique Salons step in with warming gift for Hull Animal Welfare Trust

Unique Salons have donated more than 300 towels to Hull Animal Welfare Trust to help keep the shelter's residents warm this winter. Danny Smith and Claire Pickering of Unique Salon took a quick break from creating fantastic hair for their clients to visit the Sunnysdene Animal Shelter to hand over the towels and meet some of the animals there.

Unique's Marketing Manager Danny said: "Unique's three salons in Cottingham, Hessle and Beverley recently took delivery of new towels in preparation for the Christmas season, and when it came to finding a good use for the old towels the answer was obvious.

Pictured above: Ginny Tyler of Hull Animal Welfare Trust, Marshall the Jack Russell/Patterdale Terrier cross, Danny Smith and Claire Pickering of Unique Salons.

February Cookery Courses at the Adult Learning Centre

The Cottingham Adult Learning Centre has the following cookery sessions running during February. For £15 tuition over 3 hours come along and enjoy

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Booking is essential so please visit www.eastriding.gov.uk/learn, pop into the centre on Hallgate (next to the school) or give us a call on (01482) 842329.

(Pictured below: New cookery classroom and classes at the Cottingham Adult Learning Centre).



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www.cottinghamtimes.co.uk - February 35

£200,000 road improvement scheme for Cottingham's main shopping street

A £200,000 scheme to improve the road along Cottingham's main shopping street got underway in late January.

The full length of King Street is to be resurfaced as part of East Riding of Yorkshire Council's programme of road maintenance works.

The resurfacing began on Monday 28 January and is expected to take seven weeks to complete.

The council has programmed the vast majority of the works to be carried out at night time to avoid the need for any day-time road closures and avoid causing disruption to traffic, local businesses and residents.

King Street will remain open during the day time, with the work carried out on Mondays to Fridays from 6pm to 11pm and on Sundays from 5pm to 11pm.

Council contractor Tarmac Trading Ltd will carry out the scheme in four phases:

Phases one and two

The first two phases will involve the resurfacing of King Street between the junctions with Northgate and Hallgate, as well as related footpath works.

This section of King Street will be temporarily closed during the evening work times, with a diversion in place via Northgate, West End Road and South Street.

Phase three

This phase will involve the resurfacing of the Hallgate junction.

To allow this work to be carried out, the road will be temporarily closed during the evening work times, with a diversion in place via Northgate, West End Road and South Street.

Phase four

The final phase of work will include the resurfacing of King Street between its junctions with Hallgate and South Street, plus related footpath works.

During the evening hours of work this stretch of King Street will be temporarily closed, with a diversion in place via Northgate, West End Road and South Street.

On certain days there will also be temporary traffic lights in place during the day from 9.30am to 3.30pm, but the road will remain open throughout the day time.

Access will be permitted within the work areas to residents, business owners and emergency services, however the council is asking drivers not to leave any vehicles parked in the area while the work is being carried out.

Dave Waudby, head of infrastructure and facilities at East Riding of Yorkshire Council, said: "King Street is a very busy road in the centre of Cottingham and these works are essential in order to improve the road surface for years to come.

"We'd like to thank residents, businesses and motorists for their patience during this scheme, but we are making every effort to keep disruption to an absolute minimum."

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Bacon, Egg, Tomato or Beans,

Two Slices of Toast £4.95

Sandwiches in white or brown bread served with
salad, coleslaw and crisps

Hot Drink and Soup and Bread £3.25

Toasted Teacake and Hot Drink £2.50

Sandwiches

White or Brown Bread

Smoked Salmon and Cream

Cheese, Ham, Chicken,

Cheese: Cheddar/Red Leicester,

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Served with Salad, Coleslaw and Crisps

Cakes

Please ask for daily choices

Scones (plain/fruit)

Served with Butter/Jam/Cream

Tapas Available

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before ordering

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JJ's Smart Repairs are now offering cost-effective, exacting colour matching on body repairs

JJ's Smart Repairs who are based in Station Road, Cottingham, are now offering cost-effect, exacting colour matching on body repairs which they undertake using the SONNE range of colours manufactured by HELLA.

SONNE is the ideal alternative for collision repairers who are focused on the 'free to choose' market, where paint suppliers are not dictated by the insurance companies.

SONNE provides the UK market a greater choice (with over 70,000 colours), high quality, compliant range which guarantees speed, accuracy and consistency resulting in the perfect finish.

When tackling scuffed bumpers and scratches, etc, the panel to be repaired is scanned using the SONNE Vision Spectrophotometer which gives default information such as the make of car and the colour code. The screen also shows the digital colour image and the best proposal colour to be used.

"We're a much cheaper alternative to body shops. Take something like a scuffed bumper. Typically, with a body shop repair, you're looking at a bill of £360 to £410, whereas, our costs would be £170 to £190".

JJ's Smart Repairs offer a collect and delivery service, and its location, close to the Cottingham Railway Station on Station Road, means it's feasible for some people to drop off their car on the way to work, catch a train, and then collect it again on their way back after work.

JJ's specialise in Bumper Scuffs, Smart Alloy Wheel Repairs, Power Polish, Headlight Polishing, Windscreen Chip Repairs £45, Summer and Winter Waxings.





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Pictured below is an example of a Smart Repair
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www.cottinghamtimes.co.uk - February 37

East Riding's YORSwitch collective energy switching scheme delivers savings for residents, again!

With rising energy prices, it is time to get switching with a new round of YORSwitch open for registrations.

Since the scheme started in 2013, YORSwitch has delivered more than £5.2million savings for East Riding residents. In the latest auction, more than 5,000 East Riding households registered for YORSwitch. Registrations were combined with a number of other similar initiatives around the UK, to create a collective of more than 24,000 households from 40 local authority areas.

The council partnered with iChoosr, the UK's leading expert in collective energy switching, and together were able to deliver bespoke and highly competitive tariffs.

Now is the ideal time for residents, especially those on standard tariffs, to switch. Residents should see if they could secure a good rate for the year ahead as wholesale energy prices are likely to continue increasing in the coming weeks.

Councillor Symon Fraser, cabinet portfolio holder for strategic asset management, housing and environment at East Riding of Yorkshire Council said: "In the short term, despite forthcoming energy price caps, households should not be lulled into a false sense of security that they will get the best deal for their energy.

"It remains a fact that households which have not switched tariff recently could make significant savings by reviewing their

energy contracts and council-operated collective switching schemes, such as YORSwitch, provide a safe and easy route for householders to engage with the energy market."

The current round of YORSwitch will be available until Tuesday, 26 March 2019.

Registering is easy and straightforward, just visit www.eastriding.gov.uk/yorswitch, alternatively call (01482) 393939, visit your local customer service centre or come to one of the sign up sessions listed below.

If you do not have access to the internet, please register before Wednesday, 20 March 2019 to enable the council to get your personal offer sent out to you. Make sure you have your current energy bill to hand.

How YORSwitch works:

Register for free to express your interest online at www.eastriding.gov.uk/yorswitch or by telephone (01482) 393939.

An auction takes place on Tuesday, 12 February 2019 between energy suppliers who try and win your business. The winning supplier is the one making the lowest offer. YORSwitch is not affiliated to any supplier.

Support sessions will take place in February 2019, if you need any additional support.

Personal offers will be sent out from Friday, 22 February 2019, based on the information you submit.

You are under no obligation unless you decide to switch.

If you decide to accept the offer, you have until midnight on Tuesday, 26 March 2019 to let the council know.

East Riding of Yorkshire Council takes care of the entire switch for you, making the whole thing as smooth and hassle-free as possible.

Caring Dentistry

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

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



Stuart Graham
BDS, MMedSci (Dental Implantology)

Caring and Complex Dentistry
GDC Registration Number: 59133



Christos Ziaras
DDS Athens

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Making Tax Digital VAT pilot now open to all April joiners

by Nick Robinson of Yorkshire Accountancy

HMRC announced that its Making Tax Digital for VAT (MTDfV) pilot is now open to everyone who has to comply with MTDfV from April 2019. Others will be able to join soon. When and how can you get involved?

Oh...if you are unsure about Making Tax Digital then please give me a call on 01482 845750 as it may affect you.

Pilot progress. HMRC reports that over 3,500 businesses are now using the MTDfV pilot, with sign-ups at 100 plus per day. But given that about 1.2 million businesses are mandated to use MTDfV pretty soon, there's still some way to go. MTDfV kicks off for real from April 2019: businesses must comply from their first accounting period starting on or after 1 April, unless they're in the deferrals group. If you're deferred, your start date is delayed to periods from 1 October 2019.

Find out if you can join. The GOV.UK pages on MTD are somewhat piecemeal and so not easy to follow. You'll find the pilot scheme information on who, what and when at "Use software to submit your VAT return". Sole traders and (most) companies were eligible to join the pilot early on, but very few participated, while partnerships and businesses on the flat rate scheme were let in before Christmas. On 10 January 2019, VAT groups were also admitted despite their start date for MTDfV not being until October 2019.

Tip. If you want to join the pilot, and you pay VAT by direct debit, note that you can't sign up in the 15 working days before your VAT submission date or the five working days immediately afterwards.

Can't join yet. Currently, you can't join the pilot if you're:

- part of a VAT Division
- based overseas
- a trust
- a not for profit organisation not set up as a company
- submitting annual returns
- making VAT payments on account

If you're in one of these groups keep an eye to see when you can join. You can check this on GOV.UK.

When to join the pilot? Don't sign up for the pilot until you're ready. What HMRC means by ready, is you've MTD-enabled software in place and you're currently up to date with your VAT returns.

Tip. If you join the pilot, stop filing VAT returns the old way. HMRC reports that some businesses have joined and then filed a return via the portal. To use the pilot, you must have MTD software and file digitally through HMRC's MTD system.

If you need assistance please get in touch with us on 01482 845750.

Key dates – February 2018

19 – Monthly deadline for postal payments of CIS, NICs and PAYE to HMRC

22 – Monthly deadline for electronic remittance of CIS, NICs and PAYE to HMRC

Please do not hesitate to contact Nick Robinson, Director at Yorkshire Accountancy Limited for any help or guidance you require.

Telephone – 01482 845750

Email – nick@yorkshireaccountancy.co.uk

Address – County House, Dunswell Road, Cottingham, East Yorkshire, HU16 4JT

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A friendly face returns to the Half Moon at Skidby

The Half Moon has gone through rather a sticky patch over the last few months, and unfortunately things did not go right for Mathew and I hope he does well in his future endeavours.

The Half Moon at Skidby has a new landlord in Steve (or Stavros), as many of the locals know me, and many of the locals knew I had the pub upto 2012 when Michael took over from me, and as far as I am aware, he did an excellent job in running the Half Moon.

THE HALF MOON, SKIDBY Forthcoming Entertainment

Friday 1st February - Carol Curtis

Friday 8th February - Gary Julian

Friday 15th February - Chrissie

Friday 22nd February - Gary Marsden

Friday 1st March - Liam Alexandra

For more information tel. 846774



I have come out of retirement to keep the Half Moon open as the brewery was going to close it due to having no new incoming tenant.

I would hopefully like to get it back trading as a popular pub once again.

Food, Drink and Entertainment

There will be entertainment every Friday with local acts singing 60's, 70's and uptodate.

With being a trained chef selling plain Pub food at Pub prices, if people want something special, I am sure I can oblige. Food will be served Wednesday to Saturday 12 noon to 2.00 pm., and 5.00 pm till 8.00 pm; and Sunday 12 noon to 3.00 pm.

I am sorry to say that if people do not support the Half Moon from the Skidby residents and residents from the surrounding area, I am afraid it will be history and close like many other pubs in the surrounding area.

Steve (Stavros)

Tiny Treasures return for 2019 at the Treasure House in Beverley

Tiny Treasures at the Treasure House in Beverley are free sessions designed for under 5s to explore the museum and art gallery collections.

Each session has a different theme and includes hands-on activities, which range from messy play to handling objects, and sand play to craft activities.

The themes for the next three sessions will be (all on Thursdays from 1.30 to 2.30pm):

14 February : Archaeology

14 March : People.

"I would advise all our young participants to bring a change of clothes just in case!"

There is no need to book in advance – just turn up on the day.

Visit the website for more information:

www.eastridingmuseums.co.uk.

Sails Café would like to take this opportunity to say thank you to all our past and present customers who have supported us and helped us grow from strength to strength over the last 8 years.

We are looking forward to many years ahead despite the East Riding of Yorkshire Councils' decision to reduce the Windmill and museum's opening hours, only opening from Saturday to Tuesday.

Sails Café will be open as usual to welcome customers old and new.



Sails Café, Beverley Road, Skidby, HU16 5TF

Opening Times:

Tuesday to Sunday 9.00am – 5.00pm

To reserve a table call us on 01482 847831



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Hull CHA Rambling Club

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

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

We pick up 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 3rd February 2019

North Dalton to Bishop Wilton

A. North Dalton – Blanch Farm – Minister Way to Millington – Great Givendale – Bishop Wilton, Fridaythorpe to Bishop Wilton

B. Fridaythorpe – Wolds Way – Gills Farm – Worm Dale – Painsthorpe – Kirby Underdale – Garrowby Hill Top – Worsan Dale – Bishop Wilton

Sunday 17th February 2019

Wharram le Street to North Grimston

A. Wharram le Street – Wharram Percy – Deep Dale – Raisthorpe Wold – Thixendale – Birdsall – North Grimston.

B. Wharram le Street – Wharram Percy – Deep Dale – Birdsall – North Grimston.

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://hullcharambling.wix.com/hull-cha-rambling>

Find us on face book. Hull CHA Rambling Club

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If you like walking in the countryside/a social day out then why not join Phoenix Walkers, we are a very friendly walking group with walks on Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

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

Three levels of Walks

A Group 8-10 miles

B Group 5-7 miles

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

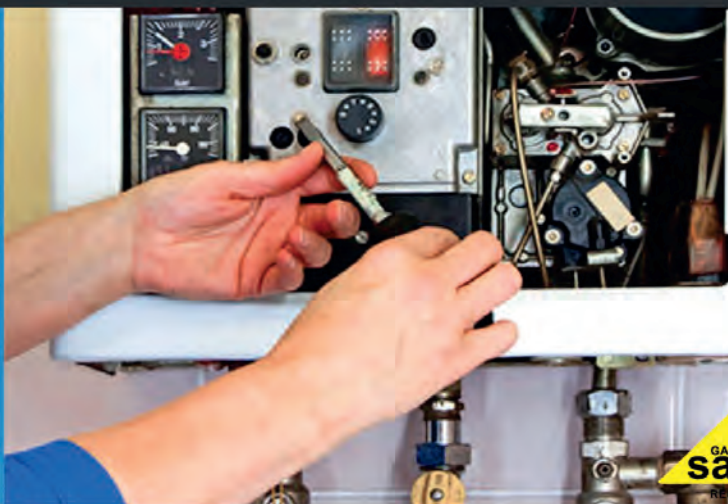
Sunday 10 February Hornsea followed by Fish and Chip Tea.

Sunday 24 February Riverside walk near Goole.

For further information and pick up times please ring Dulcie Hartley 01482 509000.

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Cottingham Bowling Club celebrates its Centenary

In 1919 the First World war had been finished for a year, King George V was on the throne and there was a coalition government in place led by David Lloyd George as Prime Minister.

It was during 1919 that the Cottingham Recreation Club was established with the aim of resuscitating organisations which were involved in such sports as Cricket, Football, Tennis, Bowls and Hockey, activities which had virtually ceased to exist during the First World War.

One of the first tasks of the Recreation Club was to find suitable grounds and in 1919 were successful in renting a field north of Northgate for cricket, hockey and football. Later a site better and more easily accessible was acquired for bowls and tennis, this was the paddock adjoining the Garden of Beaulah House on New village Road close to the junction with Thwaite Street and Hull Road which was rented from Captain N. K. Neilson a man of Norwegian descent and a prominent member of the Hull Fishing Industry. This became known as Beaulah Ground. Alma Nurseries in Northgate, Mr. W. Schweizer, was engaged by the Recreation Club to landscape the grounds to accommodate, four

tennis courts, a cricket square and a bowling green. The official opening took place during the summer of 1920.

There were some concerns about the future of Beaulah when it was learned that Captain Neilson intended to retire to Bridlington. A special committee was convened on 5th July 1926, when it was agreed that a limited company The Cottingham Recreation Club Ltd., be formed to purchase the paddock for £350.00. Since that time the Tennis club moved and the cricket square ceased to be used. An extra bowling green has been added and we have built a pavilion and extended same. The extension enabled us to offer indoor carpet bowling for the closed outdoor season thus enabling meeting with fellow bowlers.

During the outdoor season the club competes in many Leagues which keeps us all busy bowling from April to the end of August. There are also internal competitions with many trophies to compete for. There are also three coffee mornings and Social evenings organised by our Ladies Committee, which contributes to the Club's funds

Cottingham Bowling Club is now celebrating 100 years of bowling in Cottingham and to mark the occasion, Cottingham Bowling Club will be open to the General Public on the two Sundays as part of the Cottingham Open Gardens where visitors will be encouraged to try their hand at sending bowls down the green and to see what facilities we have to offer, and have a chance to meet the president and captain plus other members of the committee who are on hand to help with any enquiries.

You may have seen in this august publication the presentation from the Parish Council of a cheque towards the installation of a flagpole from which we will fly a Centenary flag, the official Flag flying will take place during our Spring Coffee morning.

(Acknowledgements: Cottingham in the 20th Century published by the Cottingham Local History Society and Members of the Cottingham Bowling Club). Membership Contact Details Trevor Holborn 849647.

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

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

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

TCM also holds 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:

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

Women's Problems:

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

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

Cancer and Tumour:

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

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Herbgarden have been situated in Butcher Row, Beverley, for the past seven years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.

For further information and appointments, telephone 01482 888152 or call in at the Herb Garden, 28 Butcher Row, Beverley.

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Active Coast will be back in 2019 - bigger and better!

East Riding beaches, promenades and open spaces will be vibrant, active and full of family fun once again in 2019, as Active Coast returns.

There will be plenty of old favourites including beach days, field days, the beach sports festival, kite festival, UK Pro Beach Tour, Sewerby Family Fun Day and more. Other returning favourites include the All Ride adapted cycling scheme, Coastal Explorers, parkrun, sand and stone workshops, and regular pop up sessions including beach cricket and beach volleyball.

New for 2019 will be a new-look Cover the Coast programme with outdoor coastal activities for adults, and the Headlands Way led walk; beach clean and create sessions; Humber Bridge field day; picture post coastal trail; beach volleyball training camps; and a land, sand and stone festival with Responsible Fishing, celebrating culture, the outdoors and natural art, the first of its kind in the UK.

Councillor Richard Burton, portfolio holder for leisure, tourism and culture, said: "I am delighted that we are able to bring back Active Coast for its third year, and that we have been able to expand it still further this year with new venues and an even wider range of events and activities."

"After a hugely successful 2018, engaging over 19000 people along the East Yorkshire coast, we are looking forward to another great year!"

Active Coast will again work with partners Skyball, East Coast Beach Soccer, Yorkshire Wildlife Trust, SAS Hornsea, Yorkshire Cricket and more to make the East Yorkshire Coast the place to Explore, Join In and Enjoy.

For full details of Active Coast, and details of how to book where required, visit www.activecoast.org or follow on Facebook, Instagram and Twitter.

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Valentine's Dinner -

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Cozze Nostrame

Green Lipped Mussels cooked in White Wine, Fish Stock and Cream
or with Spicy Tomato, Garlic and Wine, served with Ciabatta bread

BBQ Ribs

BBQ Meaty Ribs, served with Ciabatta bread

Prawns Savoia

Pastry Case filled with Prawns, Mushrooms and Topped with
Thermadore 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



Main Courses

Pollo con Pancetta

Strips of Chicken, Cooked with Onions, Marinated Spices,
Fine Fresh Chopped Tomato, White Wine, Diced Bacon, Mustard and Cream

Anatra Pasco's

Pan Fried Duck Breast, Cooked with Stock, Mango Chutney and a touch of Cream

Salmone Suprema

Salmon Cooked with Prawns, Mushrooms, Dijon Mustard, Dill, White Wine and Cream

Tortellini Ripieni

Shaped Pasta filled with Spinach, Italian Cottage Cheese,
and Served with a Creamy Wild Mushroom Sauce

Manzo della Casa

Strips of Beef, Cooked with Onions, Mushrooms, Demi Glaze, Red Wine and Mustard Cream

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Two Pastry Cases, One Filled with Strips of Beef, and One Filled
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Bistecca al Pepe

Rump Steak, cooked with soft Peppercorn, Red Wine, Mustard Brandy and Cream

All the above Dishes served with Vegetables of the Day and Potatoes

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So much to see by the sea with 2019 guide promoting the East Yorkshire Coast

A new holiday brochure for 2019 has been launched which encourages visitors to explore and enjoy Bridlington, Hornsea, Withernsea and the East Coast.

Produced by Visit Hull & East Yorkshire (VHEY), 30,000 copies of the guide are available for free at East Riding tourist information centres in Beverley, Bridlington and at the Humber Bridge.

They can also be requested online at www.visitbrid.com or found at tourist information centres further afield in Yorkshire and across the country.

VHEY, as part of its commitment to create a strong identity for Bridlington and the East Coast, has a digital marketing campaign which invites online visitors to interact with them on social media and help spread the word of the area.

Councillor Richard Burton, portfolio holder for leisure, tourism and culture at East Riding of Yorkshire of Council, said: "East Yorkshire's stunning coastline offers diverse experiences for the thousands of visitors it attracts every year.

"We don't want people to miss out on the picturesque scenery we are proud to boast about at various locations, so we want to encourage visitors to pick up this fantastic free guide and take their adventures from there."

The guide is also packed with information about events and festivals along with points of interest at tourist attractions such as Sewerby Hall and Gardens, Bridlington Spa, East Riding Leisure Bridlington, Burton Agnes Hall and John Bull World of Rock.

The East coast is covered too, with adventures suggested at places such as Flamborough Living Seas Centre, RSPB Bempton Cliffs, Spurn Point and Hornsea Mere. Visitors are promised great places for walking, cycling, horse riding, beach sports and sky diving.



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 Darby & Joan Hall, Finkle Street,
 Cottingham
 Monday 5.30 pm and 7.30 pm
 and all Bank Holidays
 Also at: Sutton Park, Hull
 Tuesday at 9.00 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

1	E	D	I	B	L	E	S		5	L	A	W	L	E	S	8				
	M		N		I		N			E		A		R		N				
9	B	R	I	E	F	C	A	S	E		10	F	A	R	S	I				
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11	S	U	I	C	I	D	E		12	S	P	L	U	R	G	E				
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26	I	R	A	T	E			27			E	V	E	N	T	U	A	T	E	
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28	G	R	E	A	S	E	S		29		S	A	D	D	E	N	S			



How to protect your vision naturally

The eyes are a window to the soul, they say. Well, that is true in many ways - the eyes affect not only how you see, but how you feel. Caring for your vision can improve the quality of your life, as your eyesight impacts your performance at school, work and home. When your vision is sharp, your performance in all aspects of your life will be better, too. However, in this day and age, our eyes are exposed to many external factors that can affect your vision.

Screen Time

As technology advances and digital devices take the primary role in our everyday lives, prolonged screen time has become a real issue. Up to 90% of people who work in front of the computer experience eye health issues also known as computer vision syndrome - CVS. Common symptoms of CVS are fatigue, blurred vision, headaches, dry or irritated eyes and even double vision. According to experts, when you spend a long time staring at a computer screen your natural blink rates goes down, causing itching, dryness, and burning.

Stress

Your hectic life can cause chronic stress and anxiety which elevates the level of adrenaline in the body. This can cause pressure on the eyes which sometimes can result in blurred vision as your pupils dilate in response to adrenaline in order to take in more of the surroundings. You become hypersensitive to even the slightest movement which will ultimately result in muscular tensions and headache.

Pollution

The human eye is also affected by even the slightest level of pollution, which causes a range of eye infections. High levels of pollution have been linked to dry eye syndrome, which causes an itchy and burning sensation. In extreme cases, the dryness can damage the eye surface and result in more serious vision problems.

UV Rays

Extended exposure to UV rays can damage the eye and cause cataracts, macular degeneration, pterygium, pinguecula, and photokeratitis that can cause temporary vision loss. Additionally, sun's high-energy visible radiation, also known as blue light, can increase your risk of macular degeneration.

While it is important to avoid exposure to outside factors and have regular eye exams, the real change starts from within. Improving your diet is the first step towards enhancing your chance of maintaining good eyesight. Include nutrients like lutein, zinc, omega-3 fatty acids, and vitamins E and C in your diet to keep your vision at its best.

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