

Cottingham Times

and District

Issue 219 - February 2020



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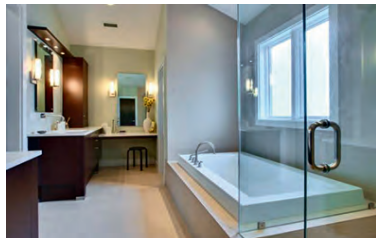
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In Cottingham and District

The deadline for entries in the March 2020 "What's On" section, is no later than the 18th February.

Beverley Gardeners' Club

Tuesday 4th February - Backhouse Rock Garden and Plants - Peter Williams, 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 Photography Group

We meet in the Methodist Church hall.

Tuesday 4th February 2020 - 7.30pm

Tuesday 18th February 2020 - outside venue - 6.30pm

Tuesday 3rd March 2020 - outside venue - 6.30pm

You are invited to join our friendly group. New members welcome, all levels and cameras and smartphones. For further details contact John on 842169 or john@jcmhome.karoo.co.uk.

Haltemprice Art Group

Tuesday 4th February - Fantasy

Tuesday 11th February - Sketching Night (K. Baker S/L, G. Stansfield M)

Tuesday 18th February - Half Term

Tuesday 25th February - The Life and Works of Fred Elwell - Mrs. V. Wise

Tuesday 3rd March - Primary Colours Only

A model and/or still life will be available on sketching nights or you may bring your own subject at any time. Demonstrations, Talks, Workshops, Appraisals etc. Members £2.50, Visitors £3.00 All other meetings are covered by the annual subscription. Cottingham High School And Sixth Form College, Harland Way, Cottingham HU16 5PX. From 7.00 pm to 9.00 pm.

Hull Womens' Literary Club

Tuesday 4th February - 'The Death of Bessie Smith' Cecile Oxaal.

Tuesday 18th February - Short Papers.

Tuesday 3rd March - But What Was a Girl to Dombey and Son? - Frances Ramsden.

Meetings: Fortnightly, Tuesdays at 7.30pm, The Avenues Centre, Park Avenue, Hull HU5 4DF. The Club has no political or religious affiliations. Visitors are welcome.

Cottingham Local History Society

Wednesday 5th February - A History of Castle Hill Hospital - Rolf Meigh, 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 5th February - Antiques - Cath and Clive Richardson, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Front cover: Snowdrops in Dene Wood.
Photo: Paul Lakin.

Little Weighton Yorkshire Country Women

Wednesday 5th February - Air Sea Rescue - A talk by Kate Willoughby.

Wednesday 4th March - Spring Cakes, A demonstration with the Tickton Tarts.

Non members very welcome. In the Village hall at 7.30 pm.

Cottingham Ladies Circle

Thursday 6th February - Getting Work Published - Marion Gamble.

Thursday 5th March - Dialect, History and Humour of Yorkshire, Eric Scaife. To be held in the Darby & Joan Small Hall, Finkle Street at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 6th February - Eileen Shone - Right Plant, Right Place, factors to consider for successful gardening, 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.

6th February 10:15 Coffee and conversation

20th February 12 noon Lunch & Speaker: Katrin McClure - 'Cottingham'

5th March 10:15 Coffee and conversation

The Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 6th February - Antiques with a Difference - Derek Clark. In Skidby Village Hall, on the first Thursday of the month, at 7.30 pm.

Little Weighton Village Hall

Friday 7th February - 7.30pm. A fully illustrated talk by sculptor Peter Naylor on the making of the sculpture 'gone: fishing', the lost Trawlermen of hull memorial. Tickets available from Little Weighton Post Office or Prue Campbell on 01482 844461.

East Yorkshire Embroidery Society

Saturday 8th February - A Backbone, a Wishbone and a Funny Bone, Phillippa Naylor, in the Darby & Joan Hall, Finkle Street, 2.30 pm to 4.00 pm (Doors open 2.15 pm). £2.00 members; £3.00 visitors. Tea/Coffee and biscuits available).

Hull and East Riding Astronomical Society

Monday 10th February - "How the Environment Shapes, the Evolution of Galaxies", by Claire Cashmore (University of Hull), Post Doctoral Researcher. 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 . . .".

YPI Camera Club

Monday 10th February - A exchange of AV's with Lincoln Photographic Association AV Group. We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, text and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.uk/index.html>. New members always welcome - just turn up.

Continued on page six

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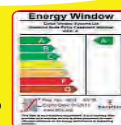
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www.cottinghamtimes.co.uk - February 5

What's On - Continued from page five
Cottingham Catholic Women's League
 Monday 10th February - Pat Collard - Who Wants To Be A Millionaire. Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, at 7.30 pm.

Beverley Film Society

Thursday 13th February - Happy as Lazzaro (2018) Italy | Drama Fantasy | 125 mins | 12A. A kind peasant and his family are blatantly exploited by a tobacco baroness but then a local nobleman asks for his help. Dir: Alice Rohrwacher. Films screened on the second Thursday of every month between September and June, society members can also enjoy three extra films throughout the season at no additional cost.

Cottingham Green Women's Institute Evenings

Thursday 13th February - Amanda Smith, Community Banker,

talking about Scams. The competition will be Valentine's Day. Held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm., second Thursday of each month.

U3A

Thursday 13th February - Tony Martin - Yorkshire Wildlife Trust, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

Hull and East Riding Glaucoma Group

Friday 14th February - At 11am, when we welcome back 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 they are willing to share. Power of Attorney, trust funds, wills, advance directives - If you would welcome advice and information about these and many other financial matters join us at Sight Support. 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.

East Yorkshire Woodturners

Tuesday 18th February - Annual General Meeting - Members only! Meetings are held every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the Club's website: eastyorkshirewoodturners.org.uk.

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

Tuesday 18th February - Smocking - Sue O'Neil, at the St. Faith's Church Hall, Dunswell. Meetings 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. **PLEASE NOTE NEW VENUE!**

The Arts Society, Hull and East Riding

Tuesday 18th February - Janusz Karczewski - Slowikowski "From Desktop to Bureau". At 10.45 am. 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 19th February - A representative from the Charity "Hull Women's Aid", at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

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Cottingham Men's de Luda Society

Wednesday 19th February - CPR - Tony Pace, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

East Yorkshire Association of the National Trust

Thursday 20th February - 'The Restoration of Hull Minster and Ferens Art Gallery' An illustrated talk by John Bayliss (Geo Houlton & Sons Ltd.). Meetings take place in the Cottingham Civic Hall, at 7.30 p.m. Non-members are welcome.

Little Weighton Gardening Club

Friday 21st February - 7.30pm. Ancient and Exotic Trees with John Killingbeck. In Little Weighton Village Hall. All welcome £2.00 per talk. Contact Pru Campbell 01482 844461 or Sylvia 07714 089 289.

East Riding Flower Club

Monday 24th February - When we will be entertained by Pauline Foster who is going to demonstrate 'Beauty in All Things'. Whilst we welcome visitors to all our meetings, this is a free event for guests who may not have thought previously of joining our friendly club. Be sure to come early for the cake, coffee/tea and chat The East Riding Flower Club usually meets 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 our meetings.

Cottingham Community Quiz

Wednesday 26th February - Quiz Master Sandra Holmes, in the King Billy Pub, Hallgate. £6.00 entry on the door including supper. 7.45 pm for 8.00 pm start. Prize raffle on the night.

Cottingham Wednesday Social Club

Wednesday 26th February - Mr. Trezise - Facts and Fantasy, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Cottingham Methodist Church, Hallgate

Friday 28th February 2020 - Free Film Night - 6.40pm for 7pm. Refreshments on sale.

Skidby Village Hall

Friday 28th February - Quiz night and fish and chips supper. 7.30pm start. £8 each. Max 6 per team. Bookable in advance then payable on the door (text 07807 188930/email skidbyhallsec@outlook.com) vegetarian/gluten free available. Bring your own drinks. All welcome.

Beverley Gardeners' Club

Tuesday 3rd March - Sir Joseph Banks - His Life and Achievements, Jean Shastoe, 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 Local History Society

Wednesday 4th March - The Rise and Fall of Hull's General Cemetery, Peter Lowden, 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.

Continued on page 10

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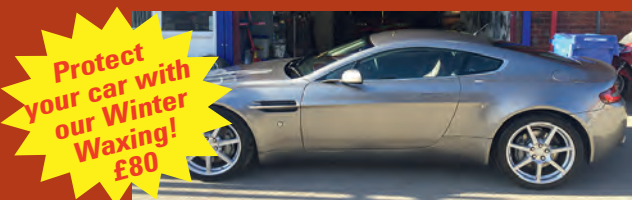
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www.cottinghamtimes.co.uk - February 7

Cottingham Parish Council



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

- **Word from the Clerk**

A belated Happy New Year to Cottingham residents from all of us here at the Parish Council. Thank you to all of those who attended the Christmas Festival on the 15th December. Once again, we got lucky with the weather and had a very successful day. A big thank you goes out to all the volunteers and performers who made the day possible. We hoped you liked the addition of the tipi which, hopefully, will be returning for 2020. Preparations for Cottingham Day 2020 are already underway, this will take place on Sunday 5th July 2020.

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

- **Precept**

You will soon be getting your Council Tax bills through for the 2020/2021 financial year. Cottingham Parish Council is funded through an addition to the Council Tax called the precept. The exact amount you pay depends on your property banding but for a Band D property the charge will be £24.10, this is an increase of £3.41 on the previous year. To put this into context, the national average charge from Town/Parish Councils in 2019/2020 was £67.69 and is estimated to be around £71 for 2020/2021. Cottingham Parish Councils always strives to get best value for taxpayers and our charge has actually been dropping for the past few years but, unfortunately, due to increased operations, overheads, and the need to overhaul the Cottingham CCTV system we have needed to increase it this year. In the 2014/2015 financial year the charge was £22.12. The £24.10 charge for 2020/2021 is the equivalent of the 2014/2015 figure adjusted for inflation meaning that, in real terms, the amount paid per household to Cottingham Parish Council has not increased for six years.

- **Crime & Anti-Social Behaviour**

On Thursday 6th February 2020 at 7:45pm at the Civic Hall there will be a Community Resilience meeting. This is a chance for members of public to raise concerns relating to policing matters to representatives from Humberside Police and other organisations.

8 February - www.cottinghamtimes.co.uk

- **Grants**

The Parish Council continues to offer grants to community groups and, in certain circumstances, individuals for the benefit of the community. We offer larger grants which require completion of an application form, receipt of bank statements etc., and are decided at our monthly Parish meeting, as well as smaller grants, up to £50, which are agreed less formally. Please contact the office if you wish to apply.

In January we gave grants to the Cottingham Christmas Lights

- **Hedgehogs**

In Cottingham we are lucky to have a healthy hedgehog population however they are very vulnerable. The Parish Council urges residents to help them wherever possible by doing nine simple things. 1) Don't use chemicals or slug pellets in your garden 2) Drive slowly and take care at night 3) Feed the hedgehogs (though not bread and milk) 4) Link your garden to the hedgehog highway (ask your neighbours before making holes in fences) 5) Look out for underweight youngsters (call a hedgehog rescue if you see one) 6) Build a hedgehog home (guides can be found online) 7) Create a hedgehog larder by encouraging insects into your garden 8) Become a citizen scientist (learn about hedgehogs and record any sightings) 9) Spread the word about these wonderful creatures.

- **Dates for your Diaries**

The Cottingham Parish Council Full Parish & Finance meetings usually take place on the third Thursday of the month (apart from in August and December) and start at **7pm**. The next meeting will be **Thursday 20th February 2020**

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 aim 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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Cathy Giblin, Debt Collection Specialist at Graham & Rosen Solicitors,
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If you run a business, you will be aware of the need to be paid fully and promptly for your work. Many businesses are owed money, and this can have serious consequences on their cash flow. If a service or goods have been provided, then you can rightly expect to be paid for it. Individuals who are owed money can also go through stress due to the financial hardships it can cause them.

As with all debt problems, it is better for the creditor and debtor to have a good channel of communication to try and resolve the problem amicably. However, debtors often need to be approached in a formal way before they will respond, and that is where

Graham & Rosen can step in to help. Since 2017, the Debt Collection Protocol has been in force. This Protocol applies to any business, including sole traders and public bodies, claiming debt from an individual (including a sole trader). Any business that is owed money from an individual is required to send a formal Letter of Claim. The debtor must provide certain information within 30 days of receiving the letter. If they return this information within 30 days, they have a further 30 days to discuss the debt (for example they may wish to discuss a payment plan) before Court proceedings are issued. If the debtor does not respond at all within the 30 days, then the

creditor would have the right to issue Court proceedings without further notice. Please note that the Debt Collection Protocol does not apply in respect of business-to-business debts; a normal non-protocol "7 day letter" can be sent chasing payment.

Graham & Rosen can help you with all types of debt collection cases including cases where the Debt Collection Protocol applies and business-to-business debt collections. We can take Court action against the debtor and arrange enforcement of Court judgments including bankruptcy and winding up orders.

If you are a business or an individual trying to recover a debt and would like some more information, please contact Cathy Giblin at Graham & Rosen on 01482 314241 or email lcg@graham-rosen.co.uk. Appointments are available at 2-4 George Street, Cottingham, HU16 5QU.



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Cottingham Men's de Luda Society

Wednesday 4th March - Fun, Facts and Fantasies, D. Trezise, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

"World Day of Prayer" (International Inter-Church Organisation)

Friday 6th March - The annual service will take place at 2 pm

at the Holy Cross Church, Carrington Avenue, Cottingham. The service this year has been prepared by the women of Zimbabwe and the theme is 'Rise! Take Your Mat and Walk'. All are very welcome."

ParkinsonsUK - Hull and East Yorkshire Group Meeting

We meet every third Sunday, from 2.00 pm to 4.00 pm in the Cottingham Civic Hall, Market Green, HU16 5QG. Contact Steph Houlst 07542 096756 or parkinsonsukhullbranch@gmail.com. Helpline 0808 800 0303.

The Beverley Flower Club

Meets on the first Monday of each month, except August and January, when we have a Demonstration of Flower arrangements by an Area or National demonstrator, and twice during the year, usually before Christmas and Easter we have a Workshop when members can try out their own skills. We meet now at Bishop Burton College at 7.30pm and are always pleased to welcome new members. Find us on Facebook or ring 01430 828466 or 01482 865439 for further details.

Cottingham & Hull Folk Dance Club

Formerly Hull Folk Dance Club 1919-2019. Tuesday 7pm to 9-30pm at Darby & Joan Hall, Finkle st; Cottingham. Enjoy free/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 necessary and everyone is welcome. Open from 7th of January until 14th of April More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and www.cottinghamandhullfolkdance.com.

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.

Wolfreton Park Bowling Club

From early April through to September we are an active bowling club. New members are very welcome, including complete beginners. We have 'roll-up' social/fun bowling sessions: Mon at 6.30-8.30pm and Tues/Fri at 2pm-4pm. Arrive early (15 to 20 mins) so that we can show you around. Come along and see if you like it – your first three sessions are free, we will provide the bowls and bowling shoes for you to use. We also have club competitions and social events (summer and winter) in which all are very welcome to join. Additionally, most days in the Summer, we have: ladies, men and mixed league matches. We bowl at Bramble Close (off Chestnut Avenue), Willerby HU10 6PD. For more information, about membership and other details, call Sue Hall, Club Secretary – 01482 652384 or email: s.hall@doodad.karoo.co.uk.

Card making classes

Every Monday (except Bank Holidays) at Cottingham Methodist Church hall - 1.30pm to 3.30pm. New members welcome, all levels. Contact:- Ann on 07932 833 578 for further details.

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What's That Noise . . . ??????

A resident living in the Eppleworth Road area has contacted us to make an appeal to our readership for help in determining the source of a nuisance noise which has been ongoing for several months and is causing sleep disturbance.

Heard primarily during the dark hours, the deep rumbling/reverberating sound appears to be bounded within the Eppleworth - Harland Way - Castle Hill area and is particularly prominent in the early hours of the morning. They would appreciate hearing from anyone experiencing the same issue (anonymously or otherwise), or who might be aware of what the source might be in the hope of getting the issue redressed.

They can be contacted at: WTN.Eppleworth@gmail.com or on 01482 841235.

Graham & Rosen to hold Will Advice Clinic at the end of March

Graham & Rosen will once again be holding another of their successful Will Advice Clinics in their Cottingham office on a Saturday towards the end of March.

A Solicitor will be on hand to answer your queries on Wills and Powers of Attorney. Keep checking for the date and book your slot early!

See their advert in the March Issue of the *Cottingham Times* for further details.



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Wordsearch - Lights, Camera, Action!

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

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Find the words in the letters above:

Actor, Adventure, Animation, Biography, Black and White, Camera, Cinematography, Classic, Closeup, Color, Comedy, Costume, Documentary, Drama, Ending, Epic, Family, Fantasy, Film, Hero, Horror, Makeup, Musical, Plot, Prequel, Projector, Prop, Reel, Remake, Retake, Romance, Scenery, Science Fiction, Screen, Sequel, Silent, Soundtrack, Special Effects, Star, Still, Storyline, Studio, Supporting Actress, Suspense, Theme, Thriller, Twist.

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

Sudoku No. 155

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

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

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MARIONOWENTRAVEL

February already and we have exciting times ahead for new departures in 2021. You can call now for further details of the following:-

- A very special River cruise - the Rhine to Switzerland none flying mid April 21.
- An adventure to Australia's Kimberley region travelling from Broome to Darwin along the Top End in July 21.
- Special departure to Taiwan October 21.
- Special departure to India's Golden Triangle May 21.

Solo travellers are always welcome on our specials. It is nice to travel with like minded travellers and enjoy wonderful sights.

What's hot? January has been a busy month and our top style of holiday has been River Cruising. We have excellent offers on the European Rivers flying from Humberside via Amsterdam. With travel from your door this is a hassle free holiday from start to finish plus a river cruise is the most relaxing way to enjoy multiple cities. I do enjoy river cruising myself, and having cruised all of the rivers in Europe please do not hesitate to ask for more information.

For flower lovers if you have never been to Keukenhof then you are missing a treat. With over 7 million bulbs the blooms are an amazing sight of colour and perfume. Travelling on P&O ferries overnight from Hull we awake in Europort the following morning. The journey to the bulbfields takes just over 1 hour and you have 7 hours to enjoy the 32 acres with displays inside and out you will be spoilt for choice. 2 nights dinner B&B, coach travel & entry from £199 per person.

Canada, is one of my favourite countries and I always say if I were to emigrate it would be British Columbia where I could settle so, I am not surprised Harry got off the flight with a big grin on his return. There are so many options for a holiday in this area. The Rocky mountains are an awesome sight and one of my favourite combinations has been the Calgary Stampede, a tour through the Rockies, a city stay in Vancouver and a rural adventure up to Tofino on Vancouver Island. Ideally you could do with a good 3 weeks to make the most of a visit but bite size visits could also be planned. How about a long weekend in Calgary to take in the Stampede it is a really exciting event of all sorts of horse skills. Chuck Wagon racing is my favourite. The evening show is known as "the greatest show on earth" and will not disappoint you.

We can tailor make any itinerary you are looking for.

Do remember we are a full travel agency, we book financially protected holidays and you never have to worry about the security of your money. We have tips to save you money on those sometimes necessary extras e.g. Visas.

We have a wealth of first hand knowledge travelling around the world by land, sea & air with the answers to make your travel simple & hassle free, leaving you to enjoy your holiday. All you need to do is pick up the telephone or visit our office in person. It is always good to talk we look forward to creating your special memories when we book your next holiday in the UK, Europe or Worldwide.

We look forward to hearing from **Marion, Emma & Beth**

To make your bookings Tel: 01482 212525 www.marionowentravel.com

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Feb 20*

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17 May	Just for the day Well Dressing in Derbyshire -	£ 30
19 May	Just for the day Bomber Command + the Dambusters Inn	£ 45
21 Jun	Just for the day Steam & Tea on the Wensleydale Railway	£ 59
22 Jun	Just for the day Boundary Mills Summer Sale	£ 20
22 Jul	Safari Experience Port Lympne - 4 days, 1 night luxury tent	£ 625
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29 Aug	2020 2 day overnight cruise & the North York Moors from	£ 99
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17 Nov	Thursford Christmas Spectacular best seats 1 night DB&B	£ 189
20 Nov	Warner's Alveston Hall 3 nights Dinner B&B	£ 299
26 Nov	Chatsworth House & Christmas Market	£ 49
03 Dec	Thursford Christmas Spectacular best seats 1 night DB&B	£ 189
05 Dec	Thursford Christmas Spectacular best seats 1 night DB&B	£ 189

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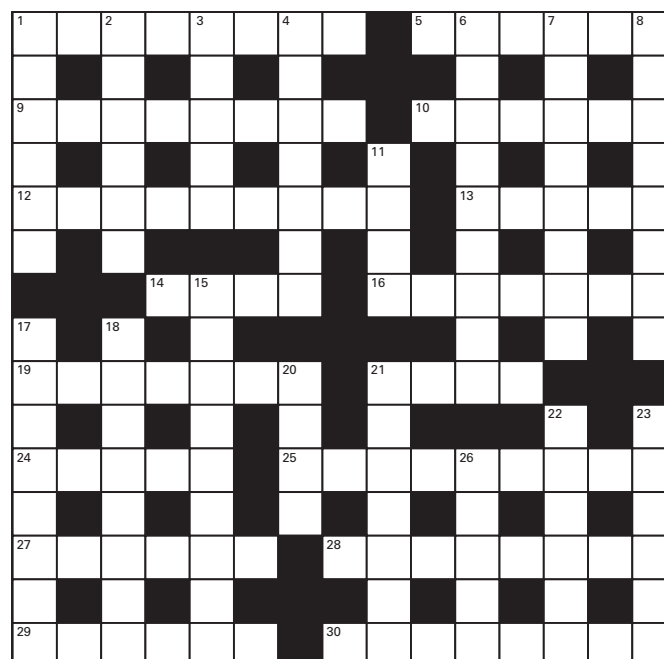
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Crossword - Solution on page 46



Across:

- Dolphin (8)
- Slaps (6)
- Shot up abruptly (8)
- Capital of Canada (6)
- Scavenging (9)
- Barf (5)
- Shadow (archaic) (4)
- Purposes (7)
- Romantic (7)
- Passport (4)
- Coops (5)
- Global (9)
- Not senior (6)
- Marrow squash plant (8)
- Messy (6)
- Insincere praise (8)

Down:

- Examine (6)
- Amplify (6)
- Classical music theatre (5)
- Appearing (7)
- Incites (9)
- Disputant (8)
- Most intelligent (8)
- Tangelo (4)
- Intersection (9)
- Wolverine (8)
- Supposedly, a policeman's favorite (8)
- Seeded (4)
- Realistic (7)
- Manly (6)
- Prove true or correct (6)
- An old gold coin (5)

Crossword courtesy of www.crosswordpalace.com
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Quality Water is our Business

Hard Water Horrors ?

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

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

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

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

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

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

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

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

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

flashing lights to look out for, its all perfectly simple, perfectly soft.

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

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



You'll love your sparkly, shiny, limescale-free taps, no scrubbing necessary!



Maintain the efficiency of your water-using appliances including your washing machine and dishwasher.



The water from your shower will be free-flowing rather than a mere dribble.



Save up to 12% on water heating bills and maintain boiler efficiency.



Soft water will keep your towels and laundry looking and feeling like new.



Enjoy a shiny, limescale-free kettle

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



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In the Kitchen



Traditional steak & mushroom pie

Total time: Ready in 2 hours. Serves: 4

Ingredients

- 1 tbsp sunflower oil
- 500g essential Waitrose British Diced Braising Steak
- 1 onion, chopped
- 2 carrots, thickly sliced
- 2 tbsp plain flour
- 2 sprigs thyme
- 150ml red wine
- 500ml beef stock
- 250g Waitrose Chestnut Mushrooms, halved
- 320g Jus-Rol Puff Pastry Sheet
- 1 tbsp milk

Method

1. Heat the oil in a large saucepan and cook the steak over a high heat until nicely browned. Lift out with a slotted spoon and set aside. Add the onion and carrots to the pan and cook for a few minutes until beginning to brown, then stir in the flour and cook for a minute or two.

2. Return the meat and any resting juices to the pan. Add the thyme, wine and stock, bring to a simmer then cover and cook gently for an hour until the meat is tender. Add the mushrooms and cook for a further 5 minutes.

3. Preheat the oven to 200°C, gas mark 6. Spoon the filling into a roughly 30x22cm pie dish. Brush the rim of the dish with water then lay the pastry sheet on top. Trim away any overhanging pastry and press down firmly to seal. Using a small, sharp knife, lightly score the pastry surface in a cross-hatch pattern then brush with milk and bake for 25–30 minutes until risen and golden.

16 February - www.cottinghamtimes.co.uk

Lamb with parsnips

This succulent lamb dish is first slow roasted on a bed of onions to bring out all the flavour of the lamb. It's then finished hotpot-style with plenty of vegetables and all the delicious roasting juices

- Preparation time: 30 minutes
- Cooking time: 5 minutes
- Total time: 5 hours 30 minutes . Serves: 4

Ingredients

- 10 juniper berries, crushed
- 4 cloves garlic, crushed
- 2 tsp chopped rosemary
- Essential Waitrose Half Shoulder Of Lamb On The Bone, about 1kg
- 2 large onions, sliced
- 2 large parsnips, thinly sliced
- 600g potatoes, thinly sliced
- 2 tbsp balsamic vinegar

Method

1. Preheat the oven to 200°C, gas mark 6. Mix together the juniper, garlic, rosemary, plenty of pepper and a little salt to make a paste. Rub the paste over all sides of the lamb. Scatter the onions in a small roasting tin. Position the meat on top and roast for 30 minutes. Reduce the oven temperature to 170°C, gas mark 3. Cover the tin tightly with foil and return to the oven for 3 hours or until the meat is very tender.



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2. Transfer the lamb to a board. Drain the onions and transfer to a bowl with a slotted spoon. Tilt the roasting tin and skim off most of the fat leaving just a little fat and all the cooking juices in the tin.

3. Pull the lamb from the bone, cutting it into chunky pieces. Discard any areas of excess fat. Arrange half the parsnips and potatoes in a pie dish or casserole and layer the lamb on top. Spread the onions on top of the lamb and arrange the remaining parsnips and potatoes on top. Stir the vinegar and 100ml water into the roasting tin and bring slowly to the boil on the hob, scraping up any residue in the tin.

4. Pour the juices into the dish. Cover with greased foil and bake for about 1½ hours until the vegetables are golden and tender. Serve with seasonal vegetables.

Spicy meatball pasta bake

Serves: 4

Ingredients

- 1 tbsp oil
- 300g pack essential Waitrose 20 British Beef Meatballs
- 340g jar essential Waitrose Tomato and Chilli Pasta Sauce
- 250g essential Waitrose frozen grilled Vegetable Mix
- 300g essential Waitrose Fusilli Pasta
- 50g essential Waitrose English Cheddar Cheese, grated

Method

1. Heat the oil in a frying pan and fry the meatballs for 5 minutes. Add the sauce to the meatballs with the grilled vegetables and cook, covered, for 5 minutes.

2. Meanwhile, cook the pasta in boiling water for 10 minutes, drain. Stir into the meatball mixture and transfer to a heatproof serving dish.

3. Sprinkle with cheese and place under a preheated grill for 2-3 minutes until golden.

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Speedy beef stroganoff

This is the only beef stroganoff recipe you'll need. Here's why:

- It's quick, tasty stroganoff that's ready to serve in under half an hour
- You can also freeze it in advance, then simply defrost and follow from step 3 before serving
- Makes a great dinner party recipe
- One-pot dish, saves on washing up and reduces time spent preparing.

Ingredients

- 2 essential Waitrose British Beef Sirloin Steaks, about 290g each
- 2 tsp plain flour
- 1 tbsp olive oil
- 15g butter
- 2 shallots, thinly sliced
- 250g pack chestnut mushrooms, halved
- 2 tbsp brandy
- 1 tsp Dijon mustard
- ½ x 300ml carton essential Waitrose Half Fat Soured Cream
- Chopped parsley, to garnish

Method

1. Cut the beef into thin strips about 5cm long. Mix the flour with seasoning and toss the steak in the flour to lightly coat. Heat the oil and butter in a large non-stick frying pan until foaming and add the shallots. Cook over a low heat for 3-4 minutes until softened then add the mushrooms and cook over a high heat for a minute. Remove from the pan with a slotted spoon.

2. Add the beef to the pan and cook for a couple of minutes until lightly browned. Pour over the brandy and flame with a match. When the flames die down add the mustard and return the shallots and mushrooms. Stir for 3-4 minutes until the beef is almost cooked through, but still a little pink.

3. Remove from the heat then stir in the soured cream and allow to gently heat through, taking care not to bring to the boil or the cream will split and separate. Garnish with the parsley and serve with steamed rice or noodles.

Reproduced by permission of www.waitrose.com

www.cottinghamtimes.co.uk - February 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

New Year, time to try new wines

So, here we are, well and truly into 2020 and with all the festive and New Year celebrations but a fast dimming memory, perhaps it's time to try some new wines. In fact that does seem like a very good new year's resolution!

One suggestion would be an interesting, but lesser-known, white wine grape that drinks exceptionally well. It's called Albarino and grows in north-west Spain and also in Portugal, where it is known as Alvarinho.

In Portugal it has long been a contributor to Vinho Verde - the classic, slightly spritz wine, but was little known in Spain until about 20 years ago when the setting up of the Rias Baixas denomination of origin in Galicia in Spain led to it suddenly becoming a fashionable drink in the bars and restaurant of Madrid.

Part of the problem was the fact that the grapes were difficult to grow in any quantity because it was difficult to get the grapes to ripen in the cool climate in that region of Spain. But the upside of that climate problem is that the grapes produce a white wine with delicious acidity, which makes it excellent with fish and seafood.

Albarino has a dramatic aromatic intensity, so expect aromas of lemons, limes, grapefruit and honeysuckle, and occasionally orange zest, and a mouth-watering tingly taste, coupled with subtle salty and bitter notes.

It's usually best to drink within a year or two of the vintage to ensure the wine retains its trademark acidity and bold, fruity aromas and is very much a wine to drink with seafood. But white meats wouldn't be a problem and, depending on personal taste, it's definitely worth trying with Vietnamese, Thai and Caribbean food.

Because of the difficulties in growing the grape, Albarino wines can be expensive, but I've picked out one bargain offer worth trying - see this month's "best buys" section.

* Talking of price, two budget £4.99 wines have proved a hit with shoppers - with Lidl selling the equivalent to 16,000 glasses of them an hour during the festive period. The supermarket's Rioja Joven DOC and the Argentinian Malbec wines proved a firm favourite among Christmas shoppers.

The two popular red wines are both part of Lidl's core range, meaning shoppers can pick up a bottle all year round and the news comes as new data revealed wine was the fastest-growing sector for Lidl last Christmas, with 21 per cent growth over the last year.

The Rioja Joven is a refreshing wine, with bright black plum aromas making it juicy and appetising. It's also highly versatile, meaning you can enjoy it with anything from pizza to steak. The Argentinian Malbec is ripe and plummy with a dry and savoury finish, and delicious with steak and grilled meats.

Lidl's master of wine Richard Bampfild said: "It's wonderful to see that Rioja and Argentinian Malbec continue to be so popular, with both demonstrating that you don't need to spend over the odds for high quality wine."

"The Malbec is a particular favourite of mine - it's delicious paired with roast beef on a Sunday."

* Has the bubble burst for sparkling wine sales? That certainly seems to be the case if latest sales figures are to be believed, because fizz in all its forms is now facing a decline according to the Wine and Spirits Trade Association's latest Market Report.

While sparkling wine, particularly Prosecco, has enjoyed a boom over the last ten years, overall sales went down for the first time by three per cent in the last 12 months. The price of wine has gone up by up to seven per cent in the past year, and the WSTA said this could be partly to blame for the drop.

The wine industry has blamed the Government for refusing to cut duty on wine for 35 years, making it more costly and causing drinkers to choose other beverages. Miles Beale, Chief Executive of the Wine and Spirit Trade Association, said: "Wine drinkers haven't enjoyed a cut in duty for 35 years, since Nigel Lawson was Chancellor and only then because he was forced into it by the Courts. Wine was singled out for a duty rise at the last Budget which, on top of the weakening of the pound, has contributed to a further hike in wine prices."

"This is why the WSTA is calling for a cut to wine excise duty at the Budget to help revitalise the industry, encourage investment and bring a boost to the economy."

But notwithstanding all of that, retailers will be enjoying a boom in fizz sales this month because of Valentine's and I've picked out a nice pink Champagne as a "best buy" as it's currently enjoying a price cut at the Co-op for a limited period.

* Finally, there was good news recently for Majestic, who have an outlet in Beverley, after a takeover by private equity firm Fortress Investment Group, who immediately announced plans to keep open its 190 stores and possibly open new ones. Under its previous leadership, Majestic had been set to close up to 140 of the 190 stores.



BEST BUYS

**Les Pionniers Rosé Champagne**

Where: Co-op

When: Now, until February 18

Why: A Champagne of complex yet refreshing flavours. Les Pionniers Rosé reveals a glorious palate of red berries, raspberries and invigorating, fine and persistent bubbles!

£20 (was £22)

**Most Wanted Albarino**

Where: Co-op

When: Now, until February 18

Why: Really worth trying if you've never tasted Albarino before. It's limey and crisp and full of ripe white fruit with a refreshing zesty finish. A great alternative to Sauvignon Blanc.

£7.50 (was £8.50)

**Pellegrino Gibebe, 2016**

Where: Roberts & Speight, Beverley

When: Now (while stocks last)

Why: A white wine made from Zibibbo grapes; dry and fresh, with intense aromas of jasmine, green apples and citron with a long lingering taste of citrus fruit, yellow peaches and green apples. Alike the Albarino, a good choice with fish and shellfish dishes.

£6.99 (was £13.99)

**Grant Burge Shiraz**

Where: Waitrose

When: Now, until February 18

Why: A full-bodied wine, it displays soft tannins and a long finish. It is a perfect accompaniment to char-grilled red meats and hearty Italian dishes.

£6.99 (was £9.49)

ch CAROLINE HARRAWAY S O L I C I T O R S

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'I chose Caroline Harraway Solicitors through my friend recommending her and I am so pleased I took her advice in going to see Caroline. From my first visit Caroline made me feel at ease and was more than helpful in every way. She is professional, proactive, kind and very sincere.'

There's a genuinity, and a likability in Caroline, and I have no hesitation whatsoever in recommending her to anyone who might need the services of an empathetic solicitor.'

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The Passage of Time

It is Barbara Wynn, the vet, here.

Maggie has kindly lent me her column again to do a little reflecting. I cannot believe it is already February and January has just gone. As you may already know, January is the month named after Janus, the two-faced Roman god, with one face looking forwards to the future and the other looking back into the past. It's also a very good time for me to be snuggling up indoors, where it's nice and warm and dry, with a cup of hot coffee by my side and an open laptop.

I'm finding I feel a little bit sorry for veterinary students now. When I first qualified, the only form of equipment we had to learn to use to look inside our patients was a basic x-ray machine. If we were very lucky, we might also have a precious endoscope to peer into stomachs and down into lungs. Nowadays the poor vet students have to get to grips with a whole battery of modern diagnostic equipment in a very short space of time. In addition to x-ray facilities, we at KINGSTON now also have a range of machinery that provides incredibly detailed pictures of nearly every part of the body. Much like in human medicine, we can now use MRI to look at brains, ultrasound to look at abdomens and a CT scanner to take images of whole bodies from nose to tail.

The veterinary student of today also has more information about more conditions to learn about, more laboratory tests to consider, more diagnoses to ponder over and many more treatments and surgical techniques to choose between. On the plus side, it means that vets now have far more resources at their disposal to care for the nation's pets to an increasingly high standard. They are far less likely to suffer the frustration of being



unable to help an animal because of limits on reaching a diagnosis or lack of information about possible treatments. Looking forward, that hopefully means the veterinary profession will continue to be a rewarding career and keep attracting the brightest and the best young people to keep the torch of enthusiasm burning.

Those of us who are bit longer in the tooth have had the relative luxury of years to slowly build upon the basic knowledge we gained at university. It's obviously essential that all vets keep up to date with new information given the incredibly fast pace of change in our profession, and most vets at this time of year will be planning which courses and other learning activities they will be taking part in to keep themselves as current as possible over the coming months.

I was very gratified to read that a recent Royal College of Veterinary Surgeons survey revealed a whopping 94% of the general public completely or generally trusted veterinary surgeons. That is really good to know, as none of us would be doing this job if we didn't love it and all of our patients. Yes, even the ones who don't necessarily love us back!

One thing you can't stop, though, is the passage of time. All of this progress means that there is far more for us to discuss with owners and many more choices to be made about treatment for their pets. To address this issue, at KINGSTON we are now making our consultations longer. When I first started work as a veterinarian five minutes for a veterinary consultation was normal. More recently it has been ten minutes and starting this year we will now be offering fifteen minute consultations as standard. This means more time for you to express your concerns, more time for us to examine your pet carefully and considerately and more time to discuss treatment options. Welcome progress indeed.

So what about the future I hear you ask? With the pace of change I've seen so far I'm beginning to think that maybe Dr McCoy's little gadget that performed diagnosis and fixed every injury and disease in Star Trek isn't so impossible to imagine anymore. Beam me up, Scottie!

*****Please also note our new opening times for consultations....
Monday to Friday 8.45am to 12pm / 1.30pm to 6pm and Saturday 8.45am to 12pm / 1.30pm to 4.15pm. The reception is open all day.

AND FINALLY . . TALI . .

Christmas came and went and I am delighted to say that the majority of things kept in tact. I was even allowed to bake in peace...but I put that down to an exceedingly long run to tire out my furry friend. Toys?? Yes Santa did remember and yes, not much left of an 'indestructible' knotted rope toy, the octopus became legless! Having a very greedy Labrador previously, I have learnt a lesson to put all items out of harms way ... or so I thought.

The joke amongst my family is that all my kitchen knives are blunt...the thought of a sharp knife makes me shudder so just imagine the horror on my face seeing Tali present me with one of my kitchen knives. Thankfully I have taught her to swap so the look of a ball is more appealing and she instantly dropped the offending article before she had chance to run away. Goodness knows how she reached it but I am so thankful I dislike anything sharp! Just goes to show, you need eyes in the back of your head.

Until the next time

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SC005964



"The Tooth and Nothing but The Tooth"

by

Chris 'Dr. Smile Maker' Branfield

Tooth Wear, Everywhere

Hello again, I hope you are well. I had a trip down memory lane last weekend. It is just over 27 years since I qualified as a dentist from Leeds University Dental School. I met up with a few old mates in Leeds. It's changed quite a bit in the city and the university. However, there are still some old haunts going strong I'm pleased to say.

Where is This Tooth Wear?

It's all over the place and very common. We see it in adults and children. Really the proper term is tooth surface loss and is caused by different things.

Attrition is tooth against tooth wear from grinding teeth together. We see quite a bit of this.

Erosion is caused, generally from acids. The acids can come from the diet including fizzy drinks, citrus fruits and juice. It can also come from the stomach with reflux or full on vomiting. You can see it on the side teeth, the front of teeth, on the palate side of teeth and on the biting surfaces.

Abrasion is the wearing of teeth from an external source e.g. tooth brush abrasion from over brushing.

Abfraction is an interesting one. This is when teeth are clenched and jiggled side to side creating stress at the gum level

Teeth wear can be treated



Digitally planning a wear case

breaking down the calcified crystals in the tooth.

Sometimes there is a combination of things. The good news is that it can be treated and these days it involves less tooth grinding and more additive techniques saving as much tooth tissue as possible. The first important thing is to establish the cause and get this sorted first.

Introducing Gary Rowland BDS, MFDS (RCS), MSc. (UCL Restorative Dentistry), PGCert. (Manc. Implantology)

At the practice we are attracting dentists with lots of letters after their names that want to work with us. Gary Rowland is from the Hull area and owned a practice in Beverley for many years. He has a Masters Degree in restorative dentistry and has treated many wear cases in his time. He accepts referrals from dentists for more complicated wear and aesthetic cases as well as complicated root canal therapy that he does using a microscope. He is close to completing his second Masters Degree in this field as well. Welcome to the team Gary!



Frankfurt Beckons

Well I'm off to Frankfurt at the weekend to see an orthodontist present his PhD. findings. Up the geeky anoraks!

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 27 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris' Humanitarian work go here now www.castleparkdental.co.uk.

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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.

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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 2020

By Kay Gower

Aries (Mar. 21- April 20)

As humanity becomes more and more detached from its imaginative side in a world of rush and technology, never stop listening to your intuition or believing in your dreams. If you cease to dream then your dreams will never come true because they don't exist anymore. In your darkest moments dreams can often provide a ray of hope. Dare to dream and all things become possible this year.

Taurus (Apr. 21- May 21)

You have every right to be proud of all you've accomplished and others should recognise your success this month. But if they don't then that's fine. The only judge of your success is you, and if you are pleased with yourself that's all that matters.

Gemini (May 22-June 21)

Your ideas meet tough challenges, your best offence will be a good defence. Hold fast to your resolve and let nothing deter you. Compromise if you must, but refuse to lose your cool, even while standing on the hottest of coals.

Cancer (June 22-July 22)

The past is gone and can't be changed, so you might as well make the most of the future. You can't go backward and you can't stay where you are, the time has come for you to move on. The planets urge you to pursue your true path and find something better. An old ambition may have to be abandoned - but a new one will certainly take its place. Look forward.

Leo (July 23-Aug 22)

Love is a plant with many flowers: generosity, forgiveness, peace, honesty or simply letting your feelings show. All of these things associated with the emotions and intuition make an appearance when the planet Venus begins its transit through your solar 5th house from the 9th.

Virgo (Aug 22 - Sept. 23)

If an opportunity comes down the pipe that you really can't afford to miss, but you already have a lot of projects to watch already, one of those projects may have to be sacrificed so you can take on the new opportunity. Try to maintain a balance in the face of change.

Libra (Sept. 24 -Oct. 23)

There may be a doubt over how best to deal with a tricky situation and emerge unscathed (this could be around 10th), sometimes it's difficult to know whether a period of calm marks the beginning, middle, or even the end of a storm. Holding on is admirable, but this month it might be in your own best interest to just let things go.

Scorpio (Oct. 24 - Nov. 22)

If you set your mind to accomplishing your goals you can achieve anything you desire, especially around the 18th. Single Scorpio's should be circulating as much as possible this month as you could meet someone new.

Sagittarius (Nov. 23 -Dec. 21)

Lucid understanding and mental reasoning reach their peak around the time of the full moon on the 9th when achievement of goals will suddenly becomes a lot easier. Clear away the fog that has kept you from seeing an inner truth and perhaps it's time to cut away the bonds of the past that have held you back.

Capricorn (Dec 22.- Jan. 20)

Your mission this month (should you choose to accept it), is to find peace with who you are, to take pride in your thoughts and talents, and to stop incessant worrying. Introspection is a devouring monster...put it on a diet.

Aquarius (Jan 21 - Feb 19)

Change is moving in your favour, you can go willingly or be dragged. So, instead of fighting against the current relax and let it take you wherever it's flowing. Allow things happen naturally especially around the 14th.

Pisces (Feb. 20-Mar. 20)

Jupiter, the planet of good fortune has entered Capricorn, your eleventh solar house of hopes and wishes. This same house rules friends and groups of all kinds. You will be expanding your circle of friends dramatically this year and by the end of 2020 a secret dream will have come true. Health continues to improve this year.



Travel without limits with new bus subscriptions

There's a new way to travel in the region as bus company East Yorkshire launch their new bus subscriptions.

Subscriptions are becoming more and more common, with people using them to access gyms, television channels, and even bank accounts. Now you can subscribe to bus travel, giving you unlimited travel each month, without the hassle of buying individual tickets.

Subscribers simply visit the company's website and sign up to the zone of their choice. They'll be sent a ticket which they can access via the East Yorkshire Buses app, which automatically

renews every 30 days. There are no limits to how many times you can travel, so it's ideal for regular bus users.

East Yorkshire's Area Director, Ben Gilligan, said that what bus passengers want has changed over the years. "Although we still sell paper single and return tickets on the bus, we find that more and more passengers like the flexibility of having a pass on their phone which they can use whenever they like. Our subscriptions mean you can sign up once and then know you'll always have a way to travel, without having to worry that your ticket needs renewing. For people who travel a lot, it's a great way to avoid the time and hassle of continually buying tickets."

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Find out more about the subscriptions and sign up now at www.eastyorkshirebuses.co.uk.

Sudoku Answer from page 12

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

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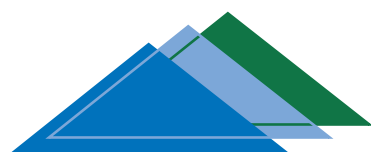
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Local Beekeeper Neil Gower Continues his quarterly review of the Beekeeping world

Beekeeping DIY

I've had a productive winter so far in terms of repairing my ageing wooden beehive collection. I've been able to utilise my new found garage space and have made good use of some spare timber to repair some of the larger brood boxes and the smaller supers.

Using plans from the internet I've also managed to build some new boxes and have adapted other plans for a complete hive.

This new design is a hybrid between a full size hive which can take 11 frames and a Nucleus hive designed to take 6 frames. My new design will hold eight frames, will be smaller and lighter than a full size hive and is an ideal size for my garden. It will allow a colony to become big enough to survive the winter and provide some excess honey without becoming too large. I'll be able to use bees from this hive to support start up colonies with new queens which will provide me with more flexibility. I've sourced everything I need locally including the mesh for the flooring and the waterproof roof covering. I'm also using locally sourced timber so my new hive(s) will have a very low carbon footprint. This is something that's important to my beekeeping philosophy and I'm looking forward to completing my first hive shortly.

There are a few other maintenance jobs to be carried out before the start of the new season, but I'm well ahead and these can be scheduled as the weather improves.

The bees

It seems an age since I closed the hives down in September. Since then I've made the odd visit to my various sites to administer varroa treatments or to add fondant to those hives low on stores. I've also made sure the mouse guards are still in place following mistakes I made during last winter.

30 February - www.cottinghamtimes.co.uk

I just have to wait now until the first vestiges of spring arrive, the temperature rises, the queens begin laying eggs and bees start to emerge on warmer days to carry out hive cleansing tasks. The long wet winter gives me some cause for concern as damp conditions are bad for honeybees. It is often said that a cold hard winter is much better for them than a damp one. When it is cold they tend to cluster around the queen and maintain their stores more efficiently. If there are warmer periods the bees tend to venture out using energy and require more food, thus depleting their stores more quickly.

Climate change is clearly having an effect on us all. In some climatic regions this results in excessive temperatures, forest fires, melting of ice caps etc. Our temperate climate seems destined to be warmer but wetter. I read a report recently from beekeepers based in London who said that last winter their queens continued to lay eggs throughout the winter period. If that pattern continues it will mean that beekeepers will have to completely review our thinking on how we manage our bees between October and March. If queens lay eggs in the wintertime the bees will need a source of pollen to feed the grubs. We will need to add pollen substitutes much earlier and more frequently than is currently the case and food stores will need to be monitored more closely. Over the past few years I've made subtle changes to my beekeeping practices, but it could be that in years to come we don't have a closed season.

Hive products

I've always been interested in putting the products generated by the bees to good use. It's a given that any excess honey produced is well received and delicious. The excess beeswax that I recover with a solar powered extractor also makes excellent candles and for many years my wife and I have made 100% all natural soaps with honey, propolis and beeswax featured in some of our recipes. In my last article I announced my intention try my hand at mead making. Many of my beekeeping colleagues are already experienced mead makers with some being award winners.

I used about 2kg (just over 4lbs in old money) of honey which I dissolved in warm water. I transferred it into a 5 litre (1 gallon) demijohn and topped up with cool water. When the temperature of the liquid was around 22 degrees Celsius I added a sachet of Champagne yeast and added an airlock. All the equipment needed is readily available at a number of local stores featuring homebrew equipment. I kept the potion warm during fermentation and left it for a couple of weeks. I was really pleased with finished product which served me well over the festive period, and I will certainly be making it again.

Mead is said to be one of the oldest alcoholic beverages with evidence linking it back to 7000B.C.

It was prevalent in areas of Europe where grapes could not easily be grown for wine and many monasteries made mead as a by product of their beekeeping. It can range in strength from around 3% to 20% alcohol by volume and can be made with added fruit (Melomel) or herbs and spices (Metheglen)

Here's looking forward to spring.

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Council opens hospital discharge suite

The council has developed a new pilot which will help free up hospital beds and give residents the chance to gain back their independence after being discharged from hospital.

The East Riding Social Care Suite will create a short-term facility for those individuals who are medically ready for discharge but are waiting for planned social care and support to begin.

East Riding of Yorkshire Council has entered into an innovative partnership arrangement with Hull University Teaching Hospitals Trust, East Riding of Yorkshire Clinical Commissioning Group and City Health Care Partnership to pilot a social care suite on the Castle Hill site.

The East Riding Social Care Suite will support people to regain their daily living skills and promote ongoing independence, ready for their return home.

East Riding residents accessing the service will be provided with short-term care and support and will have the opportunity to take part in a range of interactive activities with a view to taste what is available to them in the community.

Alongside this, a range of information and advice and signposting will be provided and available on how to live healthily and independently for longer.

The East Riding Social Care Suite is available and contributes towards meeting the additional demand for acute medical beds as a result of winter pressures.

John Skidmore, director for adults, health and customer services at the council, said: "We are aiming to provide engaging and interesting activities from a range of services that will enhance the emotional and physical wellbeing of users, whilst strengthening social networks in the community so that people are more confident and better connected once leaving hospital."

Teresa Cope, Chief Operating Officer at Hull University Teaching Hospitals NHS

Trust, said: "Having this excellent facility at Castle Hill will mean there is somewhere to care for people who no longer require the intensive support and treatment provided by our hospital and staff. We are matching the council's funding to get the suite up and running and look forward to continued close working with the council."

Paula South, director of quality and governance/lead nurse at East Riding Clinical Commissioning Group, said: "Clinical evidence shows that people recover faster when they are in an environment where they can carry on with their activities of daily living that helps to support and increase their independence."

"This new suite will offer care focussed on re-ablement, whilst patients wait for their planned social care package to start."

Users of the suite can expect to receive input from a range of services, including help from the staff in the voluntary sector, public health, East Riding Libraries, East Riding Leisure and the museum services.



Valentine's Day

14th February

2 Course Dinner - £19.95

+ two free glasses of Prosecco!

STARTERS	MAINS
<p>Paté di Fegatini Homemade Chicken Liver Paté served with Garnish, Salad and Toasted Bread</p> <p>Cozze Nostrane Green Lipped Mussels cooked in White Wine, Fish Stock and Cream served with Ciabatta Bread</p> <p>BBQ Ribs BBQ Meaty Ribs, served with Ciabatta Bread</p> <p>Gamberoni All'aglio (Garlic Prawns) King Prawns pan-fried in Garlic and Chilli</p> <p>Funghi al Forno Button Mushrooms cooked in Garlic Butter, Wine and Cream, Cheese and Baked</p> <p>Salmone Affumicato Smoked Salmon with Drizzly Olive Oil, Lemon Juice and served with Bruschetta Bread and Topped with Fresh Chopped Tomato</p>	<p>Pollo con Pancetta Strips of Chicken cooked with Onions, Marinated Spices, Fine Fresh Chopped Tomato, White Wine, Diced Bacon, Mustard and Cream</p> <p>Anatra Pasco's Pan Fried Duck Breast, Cooked with Stock, Mango Chutney and a touch of Cream</p> <p>Salmone Suprema Salmon Cooked with Prawns, Mushrooms, Dijon Mustard, Dill, White Wine and Cream</p> <p>Tortellini Ripieni Shaped Pasta filled with Spinach, Italian Cottage Cheese, and Served with a Creamy Wild Mushroom Sauce</p> <p>Manzo Al Vino Rosso Pieces of Beef cooked with Onions, Mushrooms, Diced Peppers and Bacon in a light sauce of Red Wine & Beer Stock. Seasoned & flavoured with a little Garlic</p> <p>Medaglioni de Maiale Tender pieces of Pork fillet cooked in a delightful Cream, Apple & Calvados Sauce</p> <p>Bistecca al Diane Rump Steak cooked with White Wine, Dijon Mustard, Mushrooms, Brandy and Cream</p>

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Bainton - 15km (9½miles) or 10km (6½miles) 'Wolds & Woods'

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

Winter is a good time to explore the rolling landscape of the Yorkshire Wolds with its wide open views. This is an ideal walk for this time of year as the going is generally firm underfoot, other than for a short stretch near Bainton.

Distance: 15km (9½miles) or 10km (6½miles)

Terrain: Field & woodland paths, tracks & minor roads

Time: 4 (3) hours; Stiles 8

Grading: ** easy. Suitable for all

Start/Parking: Lay-by off A614 just north of Bainton (Grid Ref: SE). Nearest Town Driffield.

Refreshments: Wolds Village Tea-rooms & Restaurant near Bainton roundabout, Star Inn at North Dalton.

Toilets: None

Public Transport: Buses 142 and 743 from Driffield serve North Dalton and Bainton Church (Mon-Sat) and 744 (York – Driffield - Bridlington, daily) serves North Dalton and Bainton Roundabout.

Map OS Explorer 294

1. (Start) Walk towards the church and turn right down the lane opposite. Cross the busy A614 with care and take the road opposite. Turn left past cottages and at the end, where the road turns right, go through a gate to the left into a field (way-marked Minster Way). Continue forward across earthworks to a kissing gate into the next field. Turn right to arrive at a gate, where it can be muddy. Cross a decrepit stile by the gate and go left alongside the hedge towards a small wood. Walk round the edge of the wood – note Ell Well, a pond, inside the wood – and come to gate onto a farm road. Cross the farm road and walk on along a wide track (still on the Minster Way). Cross a stile and turn right to a road.

2. (3.2km, 2miles) Turn left along the road (B1246) into North Dalton. The Star Inn is at the west end of the village, round the corner by the village pond. The church stands on small hill opposite. (For shorter route, you must back-track and take



a lane heading north by the telephone box. This track passes the village cricket pitch and after passing through a gate climbs gradually onto the Wolds, with good views all round. The track now drops down to reach woodland. Go through a small gate and follow a narrow path which bears left down through the trees into Deepdale at point 5.) In North Dalton Take a lane heading west past Tithe Farm. A footpath sign now indicates the way, left, along a sunken lane. At the end of this lane cross a stile and go left round two sides of a small field. With a hedge now on your left, go through a gate, and head west alongside the hedge for about 2km (1¼ miles) to meet a concrete farm road.

3. (6km, 3¾ miles) Here you leave the Minster Way and turn right and follow this farm road due north for about 1km (¾ mile) to a road. Cross straight over and continue north on what is now a green lane between hedgerows. At the top you meet another green lane, the Hawold or Haywold bridle road, at right angles.

4. (7km, 4½miles) Turn right to follow this ancient route due east for about 3km (2¾ miles). Cross a farm road from Haywold Farm which is in a sheltered valley to the left. The route then gradually descends into this valley amid rolling farmland. In area shown as Deepdale on the OS map you come alongside a belt of woodland on the right. It is here the shorter route joins from North Dalton.

5. (9.5km, 6miles) Continue east on the ancient Hawold track along the valley floor to the corner of Low Wood. Turn right here uphill alongside the wood and on towards High Wood, Do not enter this wood - the track in High Wood is private and is not a right-of-way

6. (12km, 7½miles) Turn left and walk along the edge of this wood to reach the B1248 road. Turn right along the road. You must now walk along the verge of the B1248 for about 0.8km (½ mile) back towards Bainton. Take care as this is a straight, fast stretch of road. Just before Bainton roundabout are the Wolds Village Tearoom and craft centre, which is worth a visit. From the tearoom, walk to the roundabout and cross the B1246 to join the footpath, which runs from the bus-stop to Bainton village, alongside the A614. Note the ruined tower of and old windmill on the right before crossing the main road to reach the lay-by. (10km/7miles).





Artmarket's newest artist... Zee

Zee talks all things art and inspiration at the Artmarket gallery.

Blonde Bombshell and *The Colour of Money* proved to be extremely popular with all visitors to the gallery, or followers who scrolled through the Artmarket's Instagram. Iconic faces surrounded by eye-catching graffiti and filled with hidden quirks. Zee, Artmarket's newest artist.

In October 2019, Zee was introduced exclusively to the Artmarket gallery. With the quick success of her first released artwork, we can't wait to see what Zee has planned for 2020.

"Arts in the blood..." says Zee, "both my parents are artists so I was growing up around art and creativity from a young age. I was born in Budapest, Hungary and moved to London on my own when I was 18, hardly speaking any English, hungry for success and I was ready for all the challenges life can bring!"

Zee studied Interior Design and Creative Art at Richmond College, she also studied Digital Art at Elephant and Castle College in London. With a current, fresh and innovative outlook towards art, Zee would create personalised, custom artwork for her friends and family around her day job. In 2019, Zee decided to try and pursue her passion for art as a career.

Zee began working as a solo artist at the start of 2019. With two little children running around her home studio, her working hours are restricted to post bed time! But, her technological advanced studio, aka a laptop, means Zee is not restricted to her working space. In fact, Zee says that she is most creative when she's on holiday, after "a few good nights sleep and feeling relaxed, I seem to come up with great ideas." I suppose that's a good excuse to holiday all year round! When asked about the process of her artwork, Zee said that she can produce a finished piece of artwork with "no clear memory of the individual steps taken along the way." She admits to

having "little awareness or concern for the 'rules' when it comes to creating artwork, so she has a 'natural tendency to break them' to create unique pieces of work. Technology plays a big role in her artistry as well as her influence of fashion and icons!

"I orchestrate the visual components using a variety of techniques. By scanning painted and drawn media into pixels, I manipulate and integrate the imagery with digital painting." Says Zee, a totally unique method of artwork. Zee's fascinating use of technology allows her to create art with an edge. Quite obviously inspired by iconic figures, Zee reflects on her love for the Queen, Freddie Mercury and Madonna in her latest pieces. Zee recalls listening to Freddie Mercury's album on repeat across long car journeys and her love for fashion is pretty clear in her crafty graffiti.



Colourful stickers, brands and Disney anecdotes are pivotal features in Zee's art. Following the fall of the Berlin wall in 1989, Zee recalls how communism brought new, American brands into her hometown. Living in Hungary at the time, Zee remembers seeing her home flourish with Walt Disney logos, McDonalds signs and Coca Cola bottles. 20 years down the line, this moment of commercialisation has served as eye-catching inspiration for Zee's artwork.

Zee's influence does however stem further away from fashion, icons and logos. Her two children inspire the quirks in her work; Zee makes sure to include Spider-man in her artwork wherever possible in homage of her son's favourite Marvel character. As well, Zee includes her children's birthdays amongst the graffiti in each piece. Zee has had an amazing first few months at the Artmarket gallery and we are so excited to move forward with Zee and her brilliant artwork.

Artmarket

www.artmarket.co.uk

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www.cottinghamtimes.co.uk - February 33



Melanie Watson of Skidby Livery Stables with the latest of her monthly articles www.instinctivehorsetraining.co.uk **Sharing horse training knowledge 2020**

This New Year is already producing many opportunities for me to be able to gain more scientific knowledge and to share my comprehensive knowledge of behavioural science, learning theory and LIMA, as applied to horses.

I have been invited to attend many animal training conferences which are planned over this next 12 months. Some are more valuable to me than others, mostly because they are more geared towards dog training. This said, all animals learn the same way.

There are never very many horse orientated conferences or seminars. As much as it is all the same science, ethos, and application, I would always like more horse orientated ones here in the UK. As such, I am planning a series of one day training, workshop days, starting off with clicker basics and behavioural science basics, through to more advanced applications of both.

These will be three days over three months, where attendees can learn more and also practice applying it themselves. I can add more if there is a lot of interest.

Day 1. Saturday 11th April 2020 - Foundation Day

For attendees to be introduced to behavioural science, as it applies to horses.

½ classroom based, ½ hands on training with horses.

Learning about basic targeting skills and how to apply it.

10am start- 3.30pm finish

Day 2. Saturday 16th May 2020. Basic Clicker Training workshop. Shaping Behaviour

For attendees to be taken a little deeper into the science and be trained with great knowledge about shaping new behaviour. Hands on time with horses.

34 February - www.cottinghamtimes.co.uk

Stationing, moving to targets, adding cues and generalising

10am start – 3.30pm finish.

Day 3. Saturday 13th June. Precision Training for advanced techniques

Workshop for counter conditioning and systematic desensitising for **clipping, needle/injection preparation, Foot handling/farrier fear.**

Working on shaping plans for self-bridling, calm saddling, voluntarily moving in for mounting, all based on the amazing relationship you gain when you use positive reinforcement as your main training tool.

10am start - 3.30 pm finish

These event details will all shortly be up on my website and social media pages.

Over and above these courses, I always offer home visits to where the problem behaviours are happening. This includes full **historical, behavioural, environmental and functional analysis.** Once done we start to devise and implement a training plan and protocols which may include management changes as necessary.

I offer a **bespoke day** with me where I work 1 to 1 with you to bring your clicker training skills and shaping plans up to speed for **error-less learning and training.** **These happen here at my yard in Skidby, East Yorkshire on any convenient date.**

I offer **telephone consultations** where I train, mentor and support horse owners from all over the world. One client recently helped lives in the **Caribbean, another in Spain and another in Italy.** It makes no difference where in the world the owner is- especially when reviewing video footage of training etc. The world is smaller now than ever before!



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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 6.00 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

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.

Alcoholics Anonymous Meeting

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

Alternative Aquatics

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

Cottingham Bridge Club

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

Continued on page 36

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f4 Photographic Group

The f4 Photographic Group meets every Thursday evening at 7.45pm in The Blue Bell Restaurant, West Green, Cottingham, HU16 4BH. We promote our hobby and skills in Photography by the exchange of ideas and mutual assistance amongst our members as well as interaction with other clubs. We take part in internal and external Competitions, have presentations from visiting speakers and go on field trips during the Summer. We also hold an Annual Trip away. Our Website can be found at www.f4photogroup.co.uk. You're very welcome to come and take a look.

Butterflies

Is one for those with memory loss and their carers. The group meets on the 3rd Friday of the month in the afternoon from 12 noon to 2.30 pm. The venue is in the Methodist Church, Hallgate. A light lunch (optional) precedes a variety of activities, eg. Crafts, entertainment, games. A small charge is made to cover costs.

St. Mary's Church, Cottingham

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

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 29 teams (19 Boy's teams at under 7 to under 17 level, 1 Youth's under 21's team, 5 Girls teams at under 8's to under 14's level, 1 Men's team, 1 Ladies team, 1 Veterans team and an Ability Counts team), as well as an academy for 4 to 6 year olds, a Wildcats Girl's Footballing Centre and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website "www.cottinghamrangers.co.uk".

Zion United Reformed Church, Hallgate

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

Fitmums & Friends Run, Walk

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

Continued on page 41

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New guide promotes East Yorkshire coast as must-see destination for 2020

A new holiday brochure which encourages visitors to explore Bridlington, Hornsea, Withernsea and the East Yorkshire coast in 2020 has been launched.

Thirty thousand copies of the guide, produced by Visit Hull & East Yorkshire (VHEY), are available for free at tourist information centres nationally and can also be viewed and requested online at www.visitbrid.com.

Councillor Shaun Horton, portfolio holder for tourism, culture and leisure at East Riding of Yorkshire Council, said: "From Bridlington to Spurn Point, our outstanding East Yorkshire coast offers breath-taking beaches, fascinating history, colourful character and beautiful scenery, so it's no wonder thousands of visitors flock to it every year."

The brochure features some of the coast's amazing accommodation on offer along with popular tourist attractions, including Sewerby Hall and Gardens, Bridlington Spa, East Riding Leisure Bridlington, Burton Agnes Hall and John Bull World of Rock.

The guide suggests coastal adventures at attractions such as Flamborough Living Seas Centre, RSPB Bempton Cliffs, Spurn Point and Hornsea Mere, and also promotes the area as a great place for walking, cycling, horse riding, beach sports and golf.

"Lost Trawlermen of Hull" illustrated talk by Peter Naylor at the Little Weighton Village Hall

On Friday, 7th February at 7.30 in the Little Weighton Village Hall there will be a fully illustrated talk by Peter Naylor, a local artist based in Beverley. He is the designer of the 'Lost Trawlermen of Hull' memorial at St Andrew's Quay. The memorial was unveiled by John Sentamu, Archbishop of York in February 2017.

Peter will describe some of the background research he carried out into the history of trawling and will also outline the process by which he arrived at the design of the memorial, the winning of the commission and the issues which had to be overcome in its construction, installation and unveiling. As with Peter's other talks, this appeals to anyone with interests in history, art, engineering and simply the human condition.

Peter also designed the 158 Squadron memorial at Lissett near Bridlington which some of you may have seen.

Below is a link to the STAND website. This was the group, mainly of fishing families, which pressured for a memorial and raised much of the money required. <https://www.hullfishingheritage.org.uk/memorial-heritage-garden/>

Tickets are available from Little Weighton Post Office at the cost of £5 or can be ordered through Richard Mann (01482.875878) if you are out of the village. The talk will be followed by tea and biscuits and the opportunity to ask questions informally."



Cave Castle
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Cave Castle Hotel in 2020

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Valentine's Ball - Friday 14th
Dolly Parton Tribute Event - Friday 21st

Mar: **Wedding Fayre** – Sunday 8th
Annie Lennox & The 80's Tribute Event - Friday 13th

Mar: **An Easter Extravaganza Murder Mystery** - Friday 20th
Mother's Day Lunch - Sunday 22nd
Mother's Day Afternoon Tea - Sunday 22nd

Apr: **Freddie Mercury Tribute Event** – Friday 17th
Matrimonial Mayhem Murder Mystery - Friday 24th

W: www.cavecastlehotel.com T: 01430 422245 E: info@cavecastlehotel.com
Cave Castle Hotel & Country Club, Church Hill, South Cave HU15 2EU

News from the Cottingham Civic Hall

There is some good news to report from the Cottingham Civic Hall as we approach the second anniversary of the date we took over responsibility from the East Riding of Yorkshire Council. You may have seen in the press recently of a former Cottingham resident, Audrey Mosey who passed away last year leaving a significant sum in her will to be awarded to local charities. Administration of these monies has been placed into the hands of the HEY Smile Foundation with the fund name The IAM Fund and we submitted a bid to that organisation for funding to help with the development of the Civic Hall.

I am delighted to announce that we were granted £10,000 which will go a long way towards the improvements we are seeking to make to the stage area. Visitors to the Main Hall

will also notice that we have had the floor renovated during the Christmas/New Year period and it now looks as good as new!

In May there are a couple of events which you may find of real interest. The retired MP and former Home Secretary, Alan Johnson will be spending "An Evening with..." at the Civic Hall on Friday 1st May and we are planning a spectacular Big Band Celebration to mark the 75th Anniversary of VE Day on the evening of Friday 8th May (more news on this to follow).

Following the closure of the Lawns Centre we are pleased to be the hosts of the Cottingham Beer Festival in June and in May there will be a chance to see Park Street Performing Arts Centre's production of the Musical "Calamity Jane".

Following on from the visits of last year's star performers we have more lined up for you in 2020 these include return visits from The Big Country, Hue & Cry, The Skids, The Christians and the much awaited return of Leo Sayer in September. There will also be many tribute bands appearing during the course of the year. We hope that with this eclectic mix we are starting to offer a little of something for everyone. If you have any suggestions or would like to book the Hall please email enquiries@cottinghamvillagetrust.org.uk or call the office and leave a message on 01482 844599. We still have some space for regular bookings and one-off events such as parties, receptions etc. Come and talk to us!

Look forward to seeing you all at some point during the year.

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FITSTEPS Fri 10:30 - 11:15am	Strictly Fitsteps NO DANCE EXPERIENCE/PARTNER NEEDED, SUITABLE FOR ALL AGES BALLROOM FITNESS

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"Bohemian Rhapsody" on Saturday 15th February at 7.30 pm in the Swanland Village Hall

Swanland Village Association look forward to welcoming you on the third Saturdays of each month to view the films - chosen by you - at 7.30pm at Swanland Village Hall.

On February 15th we are showing Bohemian Rhapsody - The story of the legendary British rock band Queen and lead singer Freddie Mercury.

Tickets, at the door, £4 adults and £2 schoolchildren. For further details see <https://www.swanlandvillagehall.info/forthcoming-events.htm>.



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Happy Endings Stolen By Joanna Lumley, Or Was It The Big Bad Wolf?

Beloved fairy-tales will be given a unique twist by two internationally renowned ballet companies when *balletLORENT* and *Northern Ballet* bring their family-friendly productions to Hull New Theatre.

Award-winning actress and Absolutely Fabulous star Joanna Lumley narrates *balletLORENT's* *The Lost Happy Endings* during two performances on 22 May.

The original story by former Poet Laureate Carol Ann Duffy tells the tale of a magical girl named Jub who lives deep in the forest. Her job is to guard the happy endings to stories and fairy tales, but one day a witch steals them.

In this fantasy family show packed with spirit, adventure, and glorious surprises *Goldilocks* has changed the locks on the three bears' cottage, Cinderella's foot is now too big for the glass slipper and *Little Red Riding Hood* is gobbled up by the wolf.

If she survives, the girl visiting her grandmother will return for *Northern Ballet's* interpretation of *Little Red Riding Hood* for the companies' two shows on 30 May.

In this retelling of the classic fairy-tale, the heroine is on her way to grandma's house and meets a very hungry wolf in the forest who just wants something to eat. But is he really such a big, bad wolf?

Join Little Red on her adventure as she makes friends and discovers the importance of kindness in this show produced by *Northern Ballet*, who have enjoyed sell-out performances and a string of hugely successful CBeebies TV adaptations.

Both shows are the perfect opportunity for all generations to enjoy live ballet, music and theatre.

Tickets are on sale from 10am Friday 10 January. Book at the Hull City Hall Box Office, call 01482 300 306 or visit www.hulltheatres.co.uk to book online.

Acklams Coaches shortlisted for British Coach Tourism Awards 2020

Acklams Coaches are pleased to announce that they have been shortlisted for the British Coach Tourism Awards 2020 in the following categories:

- **Holiday Programme**
- **Coach Tour Operator – Medium Fleet (6-15 Coaches)**

Holiday Programme - This award is open to entry from any UK-based tour operator that undertakes a programme of coach holidays. Judges will be looking for a current programme that demonstrates innovation and creativity, in a brochure that is easy to navigate, online and in print if required, with clear price points and an easy-to-understand summary of what the tour and price includes. With so many brochures now meeting these criteria, the judges will be looking for something that makes the winning programme stand out from the crowd.

Coach Tour Operator - The judges will not only be looking for a coach tour operator with between six and 15 tour coaches that demonstrates a commitment to quality, innovation and training, customer service and has an excellent industry reputation, but also examples of how it has developed and enhanced its product over the last year.

****Fleet size** for this category is dependent on the total number of tour coaches operated, not overall company fleet size.

They wait to find out the result in Birmingham on Wednesday 25th March 2020.

Caring Dentistry

Mr Porter has finally retired altogether and handed the reins over to Christos.

He now divides his time between feeding the ducks on Walkington pond and tending a small herd of tortoises in Southern Greece.



Stuart Graham
BDS, MMedSci (Dental Implantology)

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Christos Ziaras
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Cottingham Memorial Club hosted Christmas dinner for local members of Re-Engage

Cottingham Memorial Club hosted a Christmas dinner for local members of Re-Engage, a national registered charity aiming to combat loneliness amongst the elderly.

Social isolation and loneliness are more than an emotional experience, they have huge mental and physical health implications. Older people living alone are significantly more likely to experience health problems, visit their GP or attend A&E. As the ageing population continues to grow, so does the epidemic of loneliness among older people. Re-Engage is the only charity solely committed to tackling this problem by helping older people to re-engage with their communities through regular face to face contact, giving them a lifeline of friendship and, vitally, something to look forward to.



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Hull CHA Rambling Club

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

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

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road, King Street, COTTINGHAM (new) and Beverley. **PLEASE NOTE NEW PICK UP POINT IN COTTINGHAM!!**

Pick up in the City Centre is 9.00am during the Autumn and Winter months.

All walks have leaders.

The 'A' walk- a fast paced 10 to 12.5 miles.

The 'B' walk- a steady paced 7 to 9 miles.

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

Sunday 16th February: Burwell / Calceby to Burwell (Lincs.). (This walk picks up at Monument Bridge at 9.00am)

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on sue@sueoleary.co.uk or telephone 07767420646 or Pauline Borger on Pauline.borger223@btinternet.com or telephone 07929933323.

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

Like us on Facebook: The Hull CHA Rambling Club. You will be very welcome.

Phoenix Walkers

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

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

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

Coach fare £10.

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

Two levels of Walks

A Group 8-10 miles

B Group 5-7 miles

Shorter walks, a stroll of about 3 miles or so may also be available depending on the location please enquire.

Walks are with leaders and are risk assessed.

Sunday 9 February Hornsea followed by Fish and Chip Tea

Sunday 23 February Market Weighton

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

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The Alzheimers Society

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

Thursday Fun

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

Cottingham Cricket Club

'The club provides cricketing activities and games for boys and girls from the age of 5, both hardball and softball. We run 4 Saturday sides and teams at U9, U11, U13 and U15 and also Girls teams and a Ladies team together with an Over 50's side. All new players of any ability are welcome. Training starts in January with Indoor Nets, (Hardball) at Sirius Academy North for all age groups, Seniors and Ladies on Wednesday evenings 6.00pm till 9.00pm and at Cottingham High School (Sports Hall), (softball based) for ages 6-14 on Saturdays 12.30 pm till 2.30pm until Easter. Summer training for Juniors is Friday evenings, Ladies are on a Thursday evening and the Seniors on a Wednesday evening. For more information and details please contact Rob Rhodes on 07810796442 or email cottinghamcc@hotmail.co.uk.

The Orchard Stroke Group

The Orchard Stroke Group is a small group run by, and for

Stroke survivors and their carers. We meet on the 3rd Thursday of the month at Cecil Gardens, Hawthorn Avenue, from 10.00 am to 12 noon, for a friendly chat over a cup of tea or coffee with biscuits, and if any members need any help with any Stroke-related issues, we can point them in the right direction for information. If anyone would like more information, they can contact me on 01482 565767 or 07908 145585. My name is Rob and I am the chairman of this group and look forward to having some new members,

Calligraphy, Quilling and Folk Art classes

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

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday and Saturday from 10.30 am to 12.00 noon, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Scottish Country Dance Club

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

Continued on page 46

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The Beverley Singers seek new voices

The Beverley Singers are a choir based in Beverley run by volunteers. We raise money each year for local charities by performing concerts two or three times each year in Beverley.

Free taster sessions are on the following dates:-

Monday 3rd February 2020 - 1:30pm to 3:30pm
Monday 17th February 2020 - 1:30pm to 3:30pm
Monday 24th February 2020 - 1:30pm to 3:30pm
Monday 2nd March 2020 - 1:30pm to 3:30pm
Monday 9th March 2020 - 1:30pm to 3:30pm
Monday 16th March 2020 - 1:30pm to 3:30pm
Monday 23rd March 2020 - 1:30pm to 3:30pm
Monday 30th March 2020 - 1:30pm to 3:30pm

To book a free taster session please call Diane on 01482 866065.

All sessions are being held at The Toll Gavel Church Hall in Beverley, (side entrance) where we rehearse every week.

Single/married ladies, single/married men and couples are all welcome.

There are NO auditions, you do not have to read music and are never asked to sing alone.

Singing just brightens your day.

The Beverley Singers is a mixed choir and we perform two or three concerts each year to raise money for local charities.

We are members of 'The National Association of Choirs'..

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SPECIAL BALTI DISHES

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Gost Ohmuri £10.95; Makrani Jingha £12.95; Choice of Chick or Lamb £9.95 (Balti Tikka Masala, Balti Tikka Korma, Balti Tikka Madras, Balti Tikka Rogan); Balti Fish Curry £12.95; Special Rajstani Balti £12.95; Balti Crab Madras Chilli £12.95; Shahensha Balti £9.95; Patan Balti £9.95

BIRYANI

(Pilau Rice treated together with Lamb, Chicken or Prawns in a butter with mild spices, served with vegetable curry)

Lamb £7.95; Chicken £7.95; Vegetable/ Mushroom £7.95; King Prawn £10.95; Prawn £7.95; Chicken Tikka £8.95; Lamb Tikka £8.95; Special Biryani £10.95

KORAHİ DISHES

Korahi (Chicken or Lamb) £7.95; Tikka Sag (Spinach) £8.95; Agni King Prawn Korahi £10.95; Agni Korai £9.95

VEGETARIAN MAIN DISHES

Vegetable Chanari £5.95; Aloo or Vegetable Doom £5.95; Chilli Aubergine £5.95; Motor Paneer Brinjal £5.95; Sylheti Vegetables £5.95

SET MEALS

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EUROPEAN DISHES

Steak and Chips £10.95; Fried Chicken and Chips £8.95; Green Salad £2.95; Bengal Spiced Salad £3.95

SUNDRIES

Poppadoms £0.50; Pickle Tray £2.00; Cucumber Raita £1.95; Mixed Raita £1.95; Chips £2.25

SIDE DISHES

Served as accompaniments to main courses £3.95
Bhindi Bhajee; Bombay Aloo; Brinjal Bhajee; Cauliflower Bhajee Tarka Dhall; Dhall Masala; Mushroom Bhajee; Chana Masala; Aloo Gobi; Niramish; Sag Aloo; Sag Paneer; Motor Paneer; Vegetable Curry

BREADS AND NAAN

Paratha £2.95; Tandoori Roti £2.50; Chapatti £1.50; Naan £2.25; Garlic Naan £2.95; Keema Naan £2.95; Kulcha Naan £2.95; Peshwari Naan £2.95; Stuffed Naan £2.95

RICES

Plain Rice £1.95; Pilau Rice £2.25; Mushroom Rice £2.95; Keema Rice £2.95; Lemon Rice £2.95; Special Fried Rice £2.95; Egg Fried Rice £2.95; Vegetable Rice £2.95; Chilli Rice £2.95

FOOD ALLERGIES AND INTOLERANCES

Some of our dishes contain allergies.
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The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

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

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

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

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

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

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

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

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For further information and appointments, telephone 01482 888152, or call in at The Herbgarden, 10b Well Lane, Beverley, HU17 9BL.



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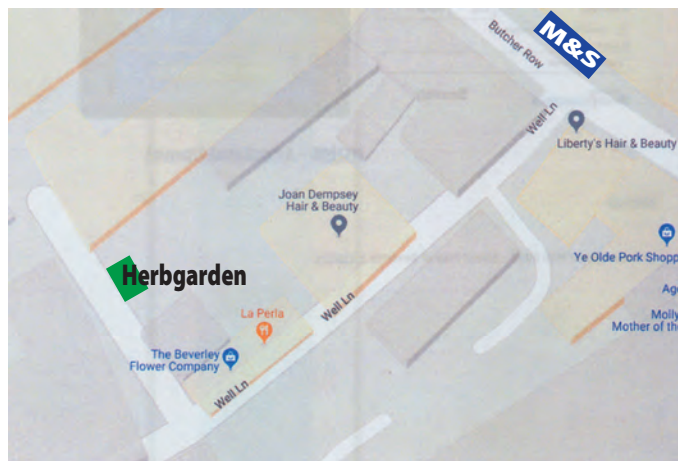
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Join in the Digital Arts Celebration in East Riding Libraries

East Riding Libraries are hosting their first Digital Art Celebration until 29 February, which culminates in a digital art competition with a chance to win one of five graphics tablets.

East Riding Libraries pride themselves on being much more than books – they are a community hub that's free for everyone to attend, and offer a variety of social groups, access to information, free internet and computer access and free digital support.

Digital services officer (libraries) Gary Smith said: "The Digital Art Celebration has been designed to explore art in a different setting, encouraging residents to come along to a library and learn something new. They will increase their digital skills and enjoy the mental health benefits such as reducing stress, increased creative thinking and sense of accomplishment, which are all reported from taking part in art projects."

The Digital Art Competition is open now to all residents, and the five prizes will be awarded to the best piece submitted from the following categories: junior 0-8, junior 9-11, teenage 12-14, young adult 15-17 and adult 18+.

East Riding Libraries and Customer Services are hosting a variety of digital art workshops in January and February to provide advice to get started creating digital art. Workshops are free to attend, and places just need to be booked at the venues. Attendees are welcome to use tablets provided or bring their own. The remaining workshops will be held at:

Tuesday, 4 February: Haltemprice Library and Customer Services: 10am-12 noon

Thursday, 6 February: Willerby Library: 2pm-3.30pm

Thursday, 6 February: Cottingham Centre: 4pm-5.30pm

Saturday, 8 February: Hessle Centre: 10am-12 noon

Saturday, 8 February: Beverley Library: 1.30pm-3.30pm

To find out more about the Digital Art Celebration, and how to enter the competition, visit: eastridinglibraries.co.uk/digitalart

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The Cottingham Whist Club

Every Wednesday afternoon 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information telephone Jill 843253 - or Pat 07531 762 593.

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philme79@gmail.com for further information.

Hull Zingari

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

Haltemprice Dolphins Swimming Club

Every Thursday night. Some of our members have physical disabilities, whilst others have more hidden disabilities. The sessions are ideal for people who are recovering from strokes, heart attacks and other medical or hidden problems. Most of the people we help have achieved much more now as they have needed, and received, extra support. We actively encourage family and friends of disabled members to join us in the pool, as this encourages the social side to the club. There is an aqua aerobics half hour at the beginning of each week for those who would like to join in and keep fit. There is a charge of £2.50 per session for disabled and family members. (Carers are not charged.) Sessions are on Thursday nights from 7.30 to 9.00. For more information tel: D. Thomas on 01482 844815.

Crossword solution from page 14

1	P	O	R	P	O	I	S	E		5	S	M	A	C	K	S
	E		I		P	E					O		L		M	
9	R	O	C	K	E	T	E	D		10	O	T	T	A	W	A
	U		H		R		M		11		I		I		R	
12	S	A	L	V	A	G	I	N	G		13	V	O	M	I	T
	E		Y				N				I		A		A	E
				14	S	C	U	G		16	I	N	T	E	N	T
17	C			18	D		R						E		T	T
19	A	M	O	R	O	U	S			21	V	I	S	A		
	R		U		S			O							V	V
24	C	A	G	E	S			25	W	O	R	L	D	W	I	D
	A		H		R		N				T		U		R	R
27	J	U	N	I	O	R				28	Z	U	C	C	H	I
	O		U		A						A		A		L	F
29	U	N	T	I	D	Y				30	F	L	A	T	T	E
																Y

Alternative Health



Tai Chi - a step in the right direction by Michael Maduro

Tai Chi has been an integrated part of Chinese culture for thousands of years. This ancient health and relaxation art can be practised by all ages and is suitable and adaptable for all levels of fitness.

Learning Tai Chi is by simple step-by-step tuition; gentle encouragement taught in a non-competitive, easy-going atmosphere. The movements are developed over a period of time, consisting of a series of slow, graceful, deeply relaxing and therapeutic movements, which give gentle relief to a wide range of health problems. Greater flexibility and suppleness will be gained throughout the entire body, helping muscular tension, toning and strengthening posture and all without the need of any strain.

Many people in my classes have found the exercises have helped to reduce stress levels, lower blood pressure and increase lung capacity. Sleep can be deep and restful after each lesson.

Tai Chi can have a calming influence on the very fast paced stressful lifestyles that so many people seem to lead. You can start a class feeling mentally and physically tired and leave relaxed, refreshed and without a care in the world. It was certainly a step in the right direction for me. So treat yourself to some quality time, unwind and discover a new you. Enjoy the benefits of exercise without strain in a warm and friendly atmosphere.

In May 1994, I had a serious accident at work, injuring my spine. An accomplished guitarist, I also found my hands were useless.

The surgeon removed two crushed discs from my neck and patched me up with a piece of my hip bone. At 39 years old this was a devastating scenario.

Prior to the accident I had started Tai Chi lessons, knowing that I now needed a positive focus, I pinned all my faith and hopes on Tai Chi.

With the permission of my doctor and wearing a neck collar, I returned to Tai Chi classes and found myself on the first steps to rehabilitation and recovery.

Nine months after the accident I returned to work, but began an instructor programme. In 1997 three years after the accident I qualified as a Tai Chi instructor.

In March 2002 I retired from the building trade and became a full-time instructor. Through my own rehabilitation experience, I pride myself on being able to teach anyone Tai Chi, regardless of age or level of fitness.

With simple step-by-step tuition, the moves are easily adapted to suit individual needs.

For further information on classes contact Michael on 01482 651981.



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