

# Cottingham Times

and District

Issue 239 - February 2022



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## Reminiscing Sessions

### A word from our chairman

Happy New Year from everyone at Magnolia House.

We rounded off 2021 with all the fun and festivities you would expect (under the circumstances), and we're looking forward to a prosperous 2022.

We've been running some super reminiscence sessions with our residents using photobooks, and everyone has been enjoying remembering their younger days in Hull and the surrounding areas.

We're now ready to get loved up on Valentine's Day, and await the first sign of snowdrops when Spring... springs!

Though it goes without saying, nevertheless the last two years have been some of the strangest and most challenging for care sector staff. I'd like to take this opportunity once again to thank our team at Magnolia House, for all their hard work and dedication.

Here's to 2022 being much less eventful!

Chris Mitchell – Chairman, Park Lane Healthcare

Residents at Magnolia House participate in reminiscing sessions to help stimulate memories and promote conversation.

Using photo books, residents are encouraged to look back at their childhoods and discuss the war and rationing, and to talk about what it was like at school.

Memory activities are essential for older people, particularly those living with dementia, because they help to keep the brain active.

Sarah Carter, activities coordinator, said: "It's very interesting because people from different areas of the country have different stories to tell. We chat about who had a television in their home, or who had to go to their neighbours to watch the Queen's coronation.

"We talk about different jobs people had and what they did in their spare time - a lot of our residents enjoyed going to dances, especially on payday so they could spend their wages!"



One resident, Margaret, said: "I enjoy reminiscing, as I can share my life stories with people. I used to go dancing with my friends back then, and we used to make our own dresses to wear."

### Rave Reviews

Magnolia House is pleased to have a score of 9.6 on carehome.co.uk. The score is based on reviews submitted by residents, their friends and family. Reviewers are asked to score the home on several categories such as our facilities, care and support, staff performance, safety and security, and value for money.

Recent reviews said:

"I have nothing but praise for the staff, who all seem dedicated to their job." J.B, resident

"During my father-in-law's time in Magnolia House, he was very happy with the care given by the staff. His health improved since arriving at the home due to nursing care and good food." – Ken H, son-in-law of resident

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## THE COTTINGHAM TIMES

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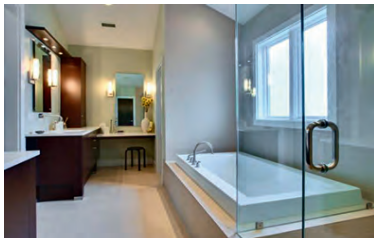
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### How will I find room for a water softener, they are huge aren't they?

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?

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

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

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## In Cottingham and District

*The deadline for entries in the March "What's On" section, is no later than the 17th February 2022.*

### Haltemprice Art Group

Meetings held during school term in the Skidby suite at Cottingham High School, on Tuesday evenings between 7.00pm and 9.00pm. February 1st - Workshop with Sue Spivey; February 8th - Sunrise/Sunset; February 15th - Half Term; February 22nd - A Hole in the Fence. March 1st - A Childhood Memory.

### Cottingham Local History Society

Wednesday 2nd February - The Cottingham Review (1952-1954). Annual Stamp Lecture, Elaine Moll, in Cottingham Civic Hall, starting at 7.45 p.m. Meeting fee: members £2; non-members £3. Contact: Chairman Peter McClure 845734.

### The Yorkshire Countrywomen Association, Skidby Branch

Thursday 3rd February - would like to inform our members that the meeting for February has been cancelled due to ongoing covid concerns.

### Cottingham u3a

Thursday 10th February - at 2 pm in the Darby & Joan Hall. Eddie Lawler will give a talk on 'Tracking the Brontes', which will be followed by the usual tea/coffee and biscuits. As numbers are limited, members must register to attend the meeting by contacting Lesley Tempest (Secretary) - telephone 847359 or email [www.u3asites.org.uk/cottingham](http://www.u3asites.org.uk/cottingham).

### Hull Alpha Probus

Club for retired or semi-retired professional people meeting on alternate Thursdays - new members welcome. Contact the Secretary on 01482 348270 or 07542 959314  
Coffee meetings are upstairs at Kristoff's at 10:30  
Lunch meetings are at The Blue Bell (on West Green) at 12:30  
10th February Coffee & conversation  
24th February Lunch & Speaker

### Hull and East Riding Glaucoma Group. An update

Friday 11th February - In view of the current very high rates of Omicron in the local area, and the continued uncertainty regarding potential risks it may hold for members, it has been decided to cancel the meeting. This decision has been taken in order to continue to protect the health and well being of all concerned with the group.

### Little Weighton Village Hall

"Friday 11th February- The second Winter Talk in Little Weighton Village Hall is 'The Joy of Sheds' with Bryan Pentelow. 7.30 for 7.45pm. Tickets £4pp available from Lt Weighton Post Office. See you there!"

### Cottingham Catholic Women's League

Monday 14th February - at 7 30pm in the Garden room at Holy Cross RC church Carrington Ave. The speaker Malcolm Scott - 'The Pilgrimage of Grace'.

**Front cover: St. Mary's Walk, Cottingham.  
Photo: Mike Drinkall.**

### East Yorkshire Woodturners.

Tuesday 15th February - The AGM which was due to be held has been cancelled. For information, please contact David Taylor, 01482 876702, or see the Club's website: [eastyorkshirewoodturners.org.uk](http://eastyorkshirewoodturners.org.uk)

### Hull and East Riding New Stitchers

Tuesday 15th February - Alison Larkin - Georgian Sprig - Practical. In the Darby & Joan Hall, Finkle Street, 7.15 pm to 9.15 pm. Meetings are open to visitors. Membership is £15 per year, meetings £2.50 (visitors £3.00) plus refreshments. Further information from Jean Ellis 01482 845415.

### The Arts Society, Hull and East Riding

Tuesday 15th February - An illustrated lecture by Ian Keable: "History of Cartoons: from Hogarth to Private Eye". At 10.45 a.m. Mercure Grange Park Hotel, Willerby. Non-members welcome. Guests £5.00. For further details please contact Membership Secretary, Maureen Jones, tel. 01482 869886

### East Yorkshire Association of the National Trust

Thursday 17th February - An illustrated talk by Richard Clarke, entitled 'The Evolution of the Humber Estuary'. To be held in Cottingham Civic Hall at 7.30 p.m. Non-members welcome.

### North Ferriby Gardening Club

Monday 21st February - 7.30pm -9.30pm Parish Hall, Church St, North Ferriby, HU14 3DA. Wack's Wicked Plants presentation - Love at first bite -Carnivorous plants. Plants will be for sale. Please wear face masks and observe social distancing. A membership of £5 or guest fee of £2. Queries? Contact Trevor Barningham 07779 620651.

### Little Weighton Gardeners' Club

Friday 18th February - 10.40am. Lt Weighton Gardeners club plan an outdoor visit to Devonshire Mill (£5) for their snowdrops display and Langlands for lunch (optional) afterwards. If you want to go/ need a lift or can offer a lift to others from the 10.40am village hall starting point, call 07714 089289.

### St Michael's Church, Skidby

Friday 25th February - Coffee Morning 10.30 - 12 noon. All welcome.

### The East Riding Flower Club

Monday 28th February - The East Riding Flower Club will be at the usual venue Cottingham Civic Hall at 2pm. It will take the form of a floral demonstration by Lucy Richardson who will take as her theme, 'Dales Life'. We welcome everyone to join us for this event, you do not need to be a member of the club

### Cottingham Local History Society

Wednesday 2nd March - Power Beneath the Pavements. A World's First for Hull's Victorian Engineers, Peter Walker, in Cottingham Civic Hall, starting at 7.45 p.m. Meeting fee: members £2; non-members £3. Contact: Chairman Peter McClure 845734.

### The Yorkshire Countrywomen Association, Skidby Branch

Thursday 3rd March - with a silent auction. The usual time of 7.30pm. All our members and guests are welcome. We look forward to seeing everyone when hopefully life will be getting back to some normality and safer. Please contact Celia Parnaby for any information 01482 841370.

### The Arterian Singers

Are looking for new members. If you enjoying singing why don't you come and join us? We sing variety of music to satisfy all tastes. Rehearsals are at Cottingham Methodist Church, Hallgate, Cottingham on a Tuesday evening at 7.30. All voice sections, both men and women, would be very welcome. Contact Maureen Holwell telephone 845363.

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## Wet wipes the most common cause of sewer blockages

**W**et wipes incorrectly flushed down toilets were the most common cause of blockages in Yorkshire Water's sewer network in 2021.

Blockages linked to wet wipes made up 11,996 blockages of the 26,790 (45%) Yorkshire Water removed from its network in the 12-month period. Other regular culprits include fats, oils, sanitary products, construction debris and tree roots.

Many wet wipes contain plastic and do not break down in the sewer – unlike toilet paper – meaning they can become snagged and stick together to block the flow of sewage through the network.

Wet wipe blockages can lead to restricted toilet use

in homes, sewage escaping the network into properties, gardens or roads, and in some cases can lead to pollution of local watercourses


Mark Hammond, head of customer field services at Yorkshire Water, said: "A considerable proportion of blockages our teams dealt with in 2021 were caused by wet wipes being flushed into the network.

"Many baby wipes, make-up wipes and cleaning wipes contain plastic and do not breakdown in the sewer network like toilet paper. We spend millions of pounds every year resolving blockages caused by wet wipes and the incorrect disposal of items down toilets and sinks, money which could be better spent elsewhere.

"We are urging people who use wipes to put them in the bin once used, rather than flushing them into the sewer, to reduce the number of unnecessary blockages we deal with every day."

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## 'Hidden: Cold War Women' – a new exhibition in Beverley Treasure House

The new exhibition at the Treasure House in Beverley, 'Hidden: Cold War Women', gives a glimpse into a lesser-known period of history, the Cold War.

The exhibition centres on photographic portraits of local women by artist Lee Karen Stow. Many of the women were members of the Royal Observer Corps or serving with the RAF. Some were involved with local authority Emergency Planning, whilst others were part of the peace moment. In their testimonies, the women reflect on living through this unique period of history, which was dominated by the threat of annihilation from nuclear war.

Visitors can also see examples of some of the substantial Cold War related material held in East Riding Archives, plus technical equipment, such as radiation counters and warning devices, on loan from York Cold War Bunker (English Heritage).

The exhibition is the result of an Arts Council England funded project, which started back in 2018. It will run until 19 March.

A talk by Lee Karen Stow on the project is planned for March – follow East Riding Museums on social media or sign up for the East Riding Museums newsletter on [eastridingmuseums.co.uk](http://eastridingmuseums.co.uk) to keep up-to-date.

Admission is free and no booking is needed. The Treasure House is located in Champney Road in Beverley.

For more information, including opening hours, visit <https://www.eastridingmuseums.co.uk/>.

## The Windmill Walkers

In 1999, Windmill Walkers was formed. 23 years on, it still operates as a successful, friendly walking club thanks to the support of regular members.

Originating in Skidby, East Yorkshire, and the location of the most northerly English working windmill built in 1821, the club name was created. Current membership of around 80 adults, are residents within East Yorkshire, from Hull and surrounding villages, to locations further afield with some, close to the county borders.

Members enjoy a scheduled weekly programme of walks between five and seven miles on Wednesday mornings starting at 10am, and a longer walk on the third Sunday of each month. Many of the walks use the public rights of way within East Yorkshire and, as the weather improves and days draw longer, some take place in North Lincolnshire and North Yorkshire. An annual summer coach ramble also takes place.

If you would like further information, details are available on our website at [www.windmillwalkers.org.uk](http://www.windmillwalkers.org.uk).

Here you will find under the walks tab, our new current schedule that is currently work in progress (mid-January) and will be added to as our experienced walk leaders plan their events. There is also a

gallery of photographs to show our happy members at various locations we have visited in recent years.

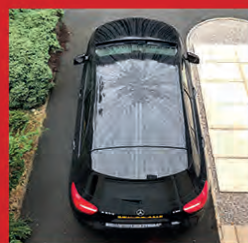
Windmill Walkers are affiliated to the Ramblers as we support their aims and objectives. We also hold third party liability insurance to protect our leaders and members.

If you would like to undertake up to 3 trial walks with us at any time, and enjoy our company, find a 10am start point on our schedule and show up. Please wear adequate footwear and clothing. Also, a drink and snack as we usually stop for 'elevenses'. You will be very welcome.



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## Bees follow Social Distancing Rules Local Beekeeper Neil Gower continues his quarterly review

### Annual Winter Checkup

**W**inter is a quiet time for beekeeping, but certainly not for beekeepers. It is the time we check and replace equipment stocks, carry out repairs, make sure our bees are treated against pests and diseases and feed any colonies as necessary.

The British Beekeeping Association also run winter courses aimed at making its members as knowledgeable as possible about the craft and their charges, while some beekeepers will conduct their own research or study books and magazine articles.

I've done all of the above with the exception of signing up for a BBKA course and am just waiting for the flurry of beekeeping activity which begins almost as soon as the queen starts laying eggs as the temperature starts to creep up. It's almost like the calm before the storm. Very quickly the colonies start to expand, and before you know it, we're in the 'swarming season'.

My repairs have been mainly of the woodworking kind, and I've had to replace parts of brood boxes and some of my hive stands, which have to take a lot of weight at the height of the season when they are full of bees and honey.

We also tend to reflect on the last season at this time of the year, and my 2021 was the most frustrating beekeeping seasons ever. I knew I was due to have surgery on my ankle at some stage but was not quite sure exactly when. I decided at this time last year that if I cut my number of colonies to the minimum and had time to get through the swarming season, me and my bees might just have a chance. I managed to complete both tasks before going 'under the knife' in mid May.

I promised at the end of my last article in October to give you an update and I'm pleased to report that as of the time of writing the two colonies I took into the winter period are still with us and I've just given them some 'bakers fondant' to supplement their own stores.

8 February - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

### What next.

Preparation and timing are the key components at this time of year together with a slug of good luck. Making up new frames of foundation wax is a big job at this time of the year. I replace half my frames every year to prevent the spread of disease, and I'll also need plenty of new frames as I aim to increase my colony numbers. To accommodate growth, I'll be preparing some of my spare hives. These need to be scorched with a blow torch to cleanse them of anything nasty which may lurk in corners and crevices. I'm on with both of these tasks and my little garage workshop area is a hive of activity if you'll forgive me the beekeeping pun. My little garden pond in front of the hives I keep at home has also had a bit of TLC. I've cleared out the fallen leaves and made sure the pump and filter are working properly, so it will provide a healthy environment for the birds, bees animals and aquatic life that depend upon it. The fish came up to check what was going on and one of the Frogs splashed me on it's way in. Not a shred of evidence of social distancing going on in that environment.

### Bees and Social Distancing.

Talking of social distancing, I came upon an interesting article on the subject whilst catching up on my reading over the Christmas period. Research into bee behaviour in infested colonies is being carried out as part of an international study by Universities in the UK and Europe.

The study demonstrates that Honeybees actually carry out their own form of social distancing in colonies infested with the Varroa mite. Comparing them against colonies that were not infested the researchers found that less foraging dances which can increase the mite transmission were carried out and bees were increasing the distance between themselves and others.

They also noticed that far more grooming was being carried out in the infested colonies. Bees are known to be very social and are also known to benefit from dividing up responsibilities and interactions. However, when those social activities can increase the risk of infection the bees appear to have evolved to balance the risks and benefits by adopting social distancing.

### The Pollinators need our help

Changes in farming and the loss of habitat is still a major problem for Honeybees as it is for most pollinators. Honeybee numbers have been falling steadily over the last 25 years and I have written the reasons in these pages many times. There is simply not enough food for them to forage on and until that is addressed numbers will not increase. I know from my conversations with people locally that many of you 'want to do your bit' to help. The easiest way is to plant some bee friendly flowers in your garden or in window boxes or patio containers. It seems very early in the year to mention this, but all the flower seeds are now starting to appear in shops and garden centres, and many are not hugely expensive. They'll look and smell pretty good too.

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Indeed, Debbie's decision to practice in personal injury law was made after she suffered serious spinal injuries in a car accident in the 1990's, "Such gave me an insight into the difficulties an injured person can face such as trying to do everyday tasks, worries about losing your job and financial strains. It was important to me to have a solicitor who was knowledgeable and committed to helping me."

Helen, heads up Graham & Rosen's personal injury department and has over 30 years' experience with particular expertise in securing compensation for motorcyclists, cyclists and those injured in work accidents. Over the years, her determination has won millions of pounds of compensation for local people and she has fought hard to win claims which other lawyers have declined or which have been heavily contested.

She says, "I am proud that our personal injury team has such a wealth of experience to offer to our clients and that we provide a caring, bespoke service for local people who have the misfortune to suffer injury through no fault of their own."

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## Fitmums & Friends founder named BBC Unsung Hero

**A**fter winning a regional award in November, Cottingham local Sam Barlow has been named the BBC Sports Personality of the Year Unsung Hero 2021.

Sam is the founder and chief officer of local athletics club and charity, Fitmums & Friends, which she began in Cottingham in 2009 to bring people together to be more active and feel more connected.

BBC Sport's Unsung Hero award recognises the best volunteers

in sport whose efforts are making a difference to our communities. The volunteers are nominated by local communities who have benefited from exceptional efforts. Local winners are selected in 15 regions across the UK. From among them, Sam was chosen as the national winner by a panel of experts from the sports volunteers sector. The award recognises all the time, energy, enthusiasm and ideas that Sam gives to help others through Fitmums & Friends' activities.

Sam learned she had won the national award during the BBC Sports Personality of the Year Awards show broadcast on BBC One in December. She responded by thanking Fitmums & Friends' volunteers and dedicating the award to her late husband, Mike:

"I just want to say an enormous thank you. It's an incredible thing that the BBC recognises even the work of all the volunteers in communities across the country. And I feel really honoured to be one of many amazing nominees tonight. I just want to say that the volunteers who work with me are the magic of everything that happens, because I have the ideas but I wouldn't be here if it wasn't for those volunteers out in communities supporting and helping people.

"And of course tonight, I dedicate this award to my amazing husband. Sport kept him going through the diagnosis of a very rare tumour and Mike's ambition was always to keep on going: if he couldn't run, he would walk, and if he couldn't walk, he would coach and he would support people. So, I just want to say please, everybody, have hope, whatever happens, have hope and please just keep going."

Fitmums & Friends offers running, walking and cycling clubs, boot camps and buggy walks, and junior athletics sessions in the local area. The group is friendly and supportive and welcomes all abilities. To find out more, visit <https://fitmums.org.uk/> or [search for Fitmums & Friends on Facebook](#).

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## Tech Time groups in six East Riding Libraries

For those East Riding residents who received new tech equipment at Christmas, Tech Time groups meet in six East Riding libraries to share and develop digital knowledge.

Everyone is welcome, from beginners to pros. Those attending should bring their own device, whether it's a tablet, laptop, smartwatch, or phone, and get to grips with it - from changing settings and using apps, to checking emails, taking pictures or catching up with friends.

Register interest in joining a Tech Time group at one of the following East Riding Libraries - Bridlington Central, Bridlington North, Cottingham, Goole, Hessle, and Stamford Bridge. Contact details can be found at:



<https://www.eastridinglibraries.co.uk/find-a-library/>

Tablet Time groups will continue to run at Brough and Haltemprice.

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said: "Learning is better when we learn together! I hope that anybody who would benefit from coming along to a Tech Time group will do so, and learn how to make the most of these essential devices, which are such a key part of modern life."

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## Wordsearch - Lights, Camera, Action!

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

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

### 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. 175

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

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

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# MARIONOWENTRAVEL



## What a start to 2022...

I have just returned from Finland with our group of 29 viewing the Northern Lights. They danced twisted & turned giving us wonderful views. The 5 days away were an amazing magical adventure, we mushed

huskies, drove a reindeer sled and a snowmobile plus enjoying forest treks and snow shoeing. The break was incredible value for money - book now for next year before it sells out. Escorted throughout by Emma and flying from Humberside 4 nights 22 January 23 £1009 per person full board plus all activities included as above! This holiday is for adults not for the little ones, children are catered for before Christmas including a visit to Santa in his homeland please ask for details.

**Regent Seven Sea's luxury all suite & all inclusive cruising it is simply the best.** We have a rare opportunity for you to join me on a special non flying cruise. Departs Southampton 23rd May 2023 for 10 nights - the itinerary visits a lovely selection of ports. Register today for our on line taster of Regent Seven seas at 6pm on the 9th February you will not be disappointed with the quality of anything. I think everyone deserves being spoilt after the past 2 years.

**Is Italy on your "to do" list?** The Italian Lakes or Tuscany are available flying from Humberside. You can even cross the Italian border into Switzerland and enjoy a trip on the Bernina Express. The one departure is the 7th September 2022 for a 7 night duration. Travel from your door is also available just £20 per person.

2022 gives you the opportunity to enjoy a 10 yearly event Floriade (a Dutch Horticultural show) our departure on April 17th is a fabulous itinerary also including a day at Keukenhof to enjoy the blooming bulb fields.

Your bucket list? Where ever you are wanting to visit on you list we look forward to helping you achieve your wish. With our expertise you can sit back and relax whilst we take care of your arrangements. Also when you book with us, we will help and guide you through protocol to exit and entry the UK it is part of our service. We are very pleased to see foreign travel becoming easier.

During January our most popular destination for new bookings has been New York a great city to visit.

**Our face book page** shows offers along with other news, a bit like our shop window! Fabulous photos from our Finland adventure. Keep your eye on our website too. [www.marionowentravel.com](http://www.marionowentravel.com)

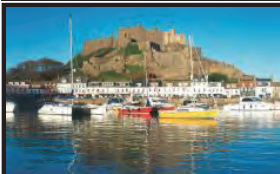
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02 May	Somerset Explorer—5 days dinner B&B	£ 499
17 May	APT Croatian Coastal cruise & Zagreb 9 days from your door with flights from Humberside. Excursions, most meals & gratuities are included	£2345
16 Jun	Shetland Explorer 9 days - just 4 rooms available	£1295
25 Jun	Jersey 7 nights from your door various hotels	POA
08 Jul	APT Russian River cruise 11 days from	£2995
07 Aug	Edinburgh Tattoo 4 days great seats - hotel B&B in the centre of Edinburgh. Includes the Falkirk Wheel	£ 425
21 Aug	Knowsley Safari Park ~ just for the day	£ 39
11 Sep	Floriade 5 nights via P&O North Sea Ferries, DBB	£ 789
21 Nov	Holly & Mistletoe at the 4 star Tynedale hotel in Llandudno 5 days of fun and amazing food DBB+	£ 485
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01 Dec	Thursford Christmas Spectacular	£ 225
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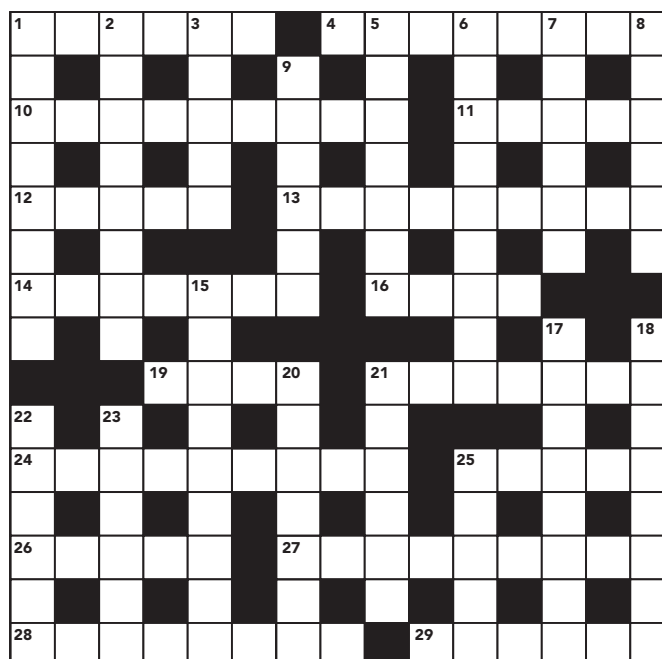
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## Crossword - Solution on page 29



### Across:

1. Infused (6)
4. Mopping (8)
1. Roofing (9)
11. Work (5)
12. Travels in a vehicle (5)
13. Assignable (9)
14. Reassert (7)
16. Found on most heads (4)
19. Footwear (4)
21. Sties (7)
24. A loose high-necked blouse (9)
25. An African country (5)
26. Decree (5)
27. Soaks (9)
28. Haphazard (8)
29. Dampen (6)

### Down:

1. Teach (8)
2. Edifice (8)
3. Boundaries (5)
5. Witty (7)
6. Possessing (9)
7. Drink (6)
8. Steel beam (6)
9. Render harmless (6)
15. Dwelt (9)
17. Left (8)
18. Killer (8)
20. Joins the army (7)
21. Reproduces with a press (6)
22. Concurs (6)
23. Fleet of ships (6)
25. Furze (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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## Bridlington and East Coast guide 2022 now available

A new guide to encourage visitors to book now for Bridlington and the East Coast for 2022 has been produced.

Visit East Yorkshire (VEY), who have created the guide, are looking forward to seeing visitors back to our popular East Coast towns, resorts and attractions.

The free Bridlington and East Yorkshire Coast 2022 guide is available to order by potential visitors to the area, and this can be done at [www.visitbrid.com](http://www.visitbrid.com).

The launch of the guide coincides with the Wow Book Now Bridlington 2022 campaign, which looks to encourage families and 'empty nesters' to plan a visit to the area.

Councillor Jane Evison, portfolio holder for economic development and tourism at East Riding of Yorkshire Council, said: "We are delighted to have produced this guide as it is a handy reminder to everyone that we have a treasure trove of local destinations for visitors to book and enjoy in 2022. We enjoyed seeing thousands return to the East Riding for visits following the lifting of restrictions in 2021 and we hope even more visitors head to our coastal towns and villages this year.

"We value our tourist spots in Bridlington and the East Coast, and as such it is vital that we inspire future visitors and continue to raise awareness of our wonderful coastal offer, which will be vital in rebuilding the local visitor economy."

The guide features an array of attractions, including Sewerby Hall and Gardens, Bridlington Spa, East Riding Leisure Bridlington, and John Bull World of Rock.

It also shows the world of potential adventures to be had at coastal attractions such as Flamborough Living Seas Centre, RSPB Bempton Cliffs, Spurn Point and Hornsea Mere, along with showcasing the coast as a perfect place for walking, cycling, horse riding, beach sports and golf.

To view the guide online, visit [www.flipgorilla.com/p/26675824929306068/show#/26675824929306068/38](http://www.flipgorilla.com/p/26675824929306068/show#/26675824929306068/38).


## Kirk Ella and Willerby Short Mat Bowling Club

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Bowling is on Mondays and Thursdays, every week between, 2 – 4 pm. Everyone is requested to turn up at least ¼ hour early, so that people can help with setting up the bowling equipment, pay their subscription fees and get refreshments organised.

The 1st bowling session is free. If people are new to bowling, we have bowls that can be borrowed free of charge and please bring a pair of clean shoes to change into e.g. deck shoes or trainers. We

*Continued on page 23*



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## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## What makes a vegan-friendly wine vegan?

**D**id you take part in Veganuary? Every year hundreds of thousands of Brits sign up for the January campaign – a pledge to embrace plant-based diets for a month and beyond.

A record 580,000 people from more than 200 countries got involved in 2021. And a big landmark was the involvement of all of the UK's major supermarkets in promoting the event, which began in 2014.

If you were one of the growing number becoming vegan the good news is the wine industry is also getting in on the act producing more and more vegan wines than ever before. But what makes a vegan-friendly wine vegan? And how's it different to conventional winemaking techniques?

In conventional winemaking, for both red and white, the grape has a long and tortuous path from the vine to the bottle. Red wine fermentation is carried out with the skin on the grape, as this is where the molecules that contribute to colour are found. Additions and manipulations can be extensive. Yeast is normally added in combination with diammonium phosphate, a source of nitrogen, to ensure a controlled and manageable fermentation.

Enzymes may be added, either to break down pectin (a fibre found in fruits) or to enhance flavour. Malo-lactic fermentation — where the grape's malic acid is converted to lactic acid — is common in red wine and also used in some white wine styles. Gross lees (waste yeast) can be removed by "racking" — which means moving wine from one vessel to another — while the smaller fine lees are removed by filtration.

Wines are routinely tasted prior to bottling. It's often at this stage a decision is made that the young wine may need adjustment to the palate structure. For example, a wine may have an obvious drying effect in the mouth, known as astringency, or exhibit a slightly bitter aftertaste. This can happen when the amount of polyphenolic compounds — micronutrients that naturally occur in plants — are higher than preferred.

In red wine, polyphenolic compounds are commonly called tannins; these are macromolecules made up of carbon, oxygen and hydrogen atoms. The molecules are much smaller in white wine and, in that context, are usually referred to simply as "phenolic compounds". Phenolic compounds interact with proteins. Think of putting milk into a cup of strong black tea to soften the taste and give a more rounded, less bitter taste.

Winemakers will add one of the permitted protein additives after setting up a tasting trial to assess the right amount of protein to be added. This process is known in the business as "fining". This is where things get problematic for vegans.

The commonly used proteins are gelatin sourced from cow or pig collagen, isinglass (from fish swim bladder), egg white or skim milk.

Each protein tends to have specific fining ability, and winemakers make decisions on which to use based on experience or advice. Australia has comprehensive rules regarding wine labelling, including the need to specify allergens.

This includes milk and eggs, but not the other animal-derived fining proteins. This can cause considerable uncertainty when selecting wines that are vegan-friendly. Some wine labels now have a statement such as "this wine has been treated with fish product and traces may remain".

Increasingly in Australia and especially in Europe, wines are now often labelled as "vegan-friendly" or "no animal products were used in the preparation of this wine".

What are the alternatives to animal proteins? Proteins derived from plants would appear to be an obvious alternative but, for now, most work on plant proteins is still in the research stage. Only one from potatoes is commercially available. Gluten from cereals is effective in red wine, but presents obvious problems for those with coeliac disease or gluten allergies.

Grape seed extract is perhaps the most effective plant-based protein that has been trialled but it's not commercially available. Obtaining regulatory approval across international markets is a significant barrier to the commercialisation of new products for use in wine.

Storing a wine on its fine lees (meaning the wine is aged in contact with its fine lees) after removal of the gross lees is one alternative to using animal proteins in winemaking. This can soften a wine and enhance the mouthfeel without the use of additives. White wines can be stored on fine lees for nine months before bottling. Reds can take up to 18 months to obtain the desired mouthfeel.

Regular tasting during this ageing step is essential to ensure the wine is developing as desired. It is a somewhat expensive process as it ties up storage vessels and winery space.

\*For more information, [Barnivore.com](http://Barnivore.com) is the world's biggest vegan alcohol database, which relies upon its readers to update it whenever possible. They also list the contact details of winemakers, breweries, and distilleries, so that you can easily call up the manufacturers and producers if you are unsure.



## BEST BUYS

**Great Heart Red Blend****Where:** Waitrose**When:** Now, until February 22

**Why:** South African wine from a profit-sharing collective that's a blend of Syrah (51%), Tinta Barocca (34%) and Cabernet Sauvignon (15%). Vegan friendly and pairs well with vegetables as well as tomato-based pasta dishes.

**£10.99 (was £14.99)****The Hidden Sea Chardonnay****Where:** Co-op**When:** Now

**Why:** Australian company who only produce vegan wine, including this super Chardonnay. Flavour-wise you'll get melon and peach along with a bit of lychee. You then get that savoury oak flavour and a hint of vanilla that rounds this fruitiness out, making it a great easy-drinking wine. The company also pledges to remove and recycle 10 plastic bottles from oceans and rivers for every bottle of wine they sell.

**£8.00****Freedom Cross Chenin Blanc****Where:** The Cellar Door, Melton (House of Townend)**When:** Now

**Why:** South African, vegan friendly, white wine: Pale gold with a distinctive green hue and a well-balanced sweet nose of tropical fruit and honey. As ideal with food as it is without.

**£6.99****Co-op Spanish Garnacha****Where:** Co-op**When:** Now

**Why:** A rustic, vegan friendly, red from northern Spain; a perfect crowd-pleaser red for sharing with friends. Dry to off-dry, medium- body, low tannins, low acidity, with flavours of blackcurrant, bramble, and vanilla.

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

[www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk)



## Emotions are behaviours are behaviours are emotion driven

In order to get positive outcomes, we want to influence the emotional state of the horse. Associations are made by experiences so therefore trying to guild horses with good experiences will start to produce the behaviours we would like repeating.

**In my capacity as a behaviour consultant**, I speak to horses owners from all across the globe, who always have issues with horses because of bad experiences. These bad experiences work both ways. Both the horse as well as the owner suffer trauma, feel scared and worry about what happens next.

**Can horses worry about situations repeating?** Yes they can. That means that horses will worry in situations where bad things have happened in the past. The environment it finds its self in will trigger memories associated with likely unpleasant outcomes. If it finds itself with no means of control then its worry gets worse. Where it can find some control, it will likely try to escape, avoid or defend itself.

**I have a 13 year old rescue pony in just now who fears being stabled up.** It frets inside the stable and tries to escape over or through the door. As such we enrich the stable environment as much as possible and only stable up for short periods of time. We make sure the yard is peaceful when he is in and that there are other (calm) horses around he can see and gain confidence from being near. We will not challenge him by forcing him to stay inside while he watches other horses leave so we bring him out and tie him up with a hay net and then pop him back inside again once the horse has gone and he is showing relaxed interest.

By repeating this scenario, he will start to feel so much safer over time until he no longer feels trapped or feels the need to try to escape. Immediate outcomes are everything. As lead trainer, I can control my yard environment so all the movements on my yard at that time are controlled and are always with a view to his emotional state. Give me 2 weeks with this pony and he will be a totally different pony. He will be relaxed and calm all the time. He will be in a brilliant place for learning in his training programme for foot handling, leg and body touching/desensitisation/leg washing/leading out and about etc.

**We will never know why he feels the way he does.** Being a rescue pony, his history will be dubious and mostly unknown. With certainty, it has never been good for this chap because his behaviours all tell a story of deep seated trauma. They are predictable in that environmental set up and can be seen and described. At 13

years old, I am dealing with a lifetime of reinforced experiences, reactions, protections, fears, escape behaviours etc. Not an easy job and certainly a challenge I am embracing. Out in the field he is calm and relaxed. He interacts with other horses in a normal way, showing relaxed, happy, playful, inquisitive and confident behaviours. His problems are with humans, not other horses. His owner is a lovely lady who has taken him on in ownership and just wants him to feel safe. She adores him and they have a wonderful bond. My job is to help him and her have a beautiful future together.

**Worryingly, ponies like him** are often labelled as rude, awkward, dangerous, a nutter, wild and more and always because these observable behaviours are inconvenient to humans. As such there is no basic understanding nor empathy shown towards its stress. All there is (sadly) are predictable, forceful behaviours from humans in order to force the horse to learn to conform. Putting bars up in the gap, closing the top door to trap it inside, nailing up planks of wood across the opening - 2 things will likely happen as a result of forcing traumatised horses to stay inside stables.

**The horse/pony will have a complete mental breakdown.** First, it will go berserk inside the stable but on finding that it cannot escape, it will fall into a terrible emotional place called learned helplessness. It will then accept its imprisonment because it has no choice and will shut down emotionally. This shut down state causes a suppressed or depressed state. Shut down horses show no enthusiasm for life and will be very quiet to deal with in general. Unfortunately this reaction is what is wanted which is why this practice continues.

**Interestingly, Natural horsemanship/cowboy training relies on this outcome.** I know first-hand because I used to train using NH many years ago, before I studied science based animal behaviour, applied behavioural science and the modern, high welfare LIMA (least invasive, minimally aversive) protocols I use now. We are all only as good at what we do given where we are in learning. Surgeons used to perform open heart surgery, now it is mostly key hole surgery. Science moves on and techniques and understanding improves as such.

**The other likely outcome** is that the horse/pony becomes completely unmanageable and extremely dangerous. Its escape and flight behaviours will increase and it will become a nightmare for humans to handle. If it gets the opportunity to escape it absolutely will and as such will then become an uncatchable horse/pony.

**I have a pony called Toby.** I've owned him for years and years now. Toby was abjectly terrified of everything (especially humans) when I took him on. It broke my heart seeing him in the situation I found him in and could never have left without him.

**The journey I started with him changed me forever. Toby IS the reason I am where I am today.** To look at him now, you would never know. He is simply the sweetest, calmest and most adorable pony ever. He has adopted the role of nurturing the traumatised horses who come to me. He provides solid companionship and is a safe place for them to be. Everything is possible when you understand that emotions are behaviours and the way forward is to train horses on the emotional level instead of the physical. The physical behaviours change when you address the emotional side.

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## Love is in the air

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

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

### How much space do you have?

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



### DID YOU KNOW FOR EXAMPLE?

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

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

**LABRADOR/COCKER SPANIEL:** Working or show breeds of this category, can be very different. The working breed is bred for working so if you are quite happy having a Porsche on legs who has plenty of energy and needs constant stimulation then working type is for you. As you have most probably followed my chapters on Tali and now also Max, this is certainly proof in the pudding of the working breed.

This advice does not stop at dogs but also includes cats, rabbits, guinea pigs and even the tortoise.

**CAT:** Once again look at the breed for its temperament, coat etc. It is no good adopting a ragdoll or any other long haired cat if you do not have the time to daily groom which can be a challenge in itself.

**RABBIT:** They are not the easiest of pets and personally, having 2 of them myself, I think are not ideal for youngsters. They are happier in pairs ( 2 males are not ideal as they are likely to fight) and must be neutered. Even the bonding process takes time as it is not just a case of putting in a hutch together and let them get on with it. They need plenty of space, indoors and out plus stimulation to fend off boredom.

**GUINEAPIG:** I do find these a lot easier as they love to be handled, smaller for small hands to hold but once again happier in pairs (neutered of course unless females together).

**TORTOISE:** Not the easiest of pets as one of my daughters is finding out. They need plenty of room ie: a specially made tortoise table with housing, substrate for the bottom, heat lamps, rocks, plants (but only the recommended ones). She also has an out side table too for the summer. Long gone are the days when a tortoise lived in the garden to roam.

If you are thinking of adopting any of the pets mentioned or others, please ring any of our six KINGSTON surgeries to speak to one of our many registered nurses who will be happy to help you with your search.

AND FINALLY...TALI...

My gorgeous girls latest episode was on Christmas day. Now, if anyone has ever seen the film MARLEY AND ME, you will relate to what I am going to tell you. We were having a lovely family morning, all gathered round exchanging presents...6 adults, 5 children and yes...4 dogs! Things were going quite smoothly until out of the corner of my eye, a little brown nose appeared at the kitchen island which was laden with all the preparation for our meal. Within a flash Tali appeared around the corner, pigs in blankets filling her mouth. With a shriek from my eldest daughter the chase began. For the older readers, all we needed was the 'Benny Hill' signature tune.

*Until the next time... Have a lovely Valentines Day.*

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# Cottingham...

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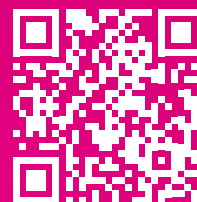
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## "The Tooth and Nothing but The Tooth"

by

Chris ' Dr. Smile  
Maker' Branfield

### So, what's new in dentistry?

Hello again, I hope that you are safe and well. At the time of writing another mild winter so far. Global warming, eh? I've been following the science on Covid and it really looking like a light at the end of the tunnel unless something drastic happens (again at time of writing). Fingers crossed it's back to a new, new normal that is more relaxed, social and enjoyable.

#### So, what's new?

Well, to be honest, I've had a good think and there is nothing that is new as such. However, things just keep developing and improving over time. The fastest moving and improving area is in the digital arena. A lot of this is because the improvements are down to computer programming and algorithms. This makes things more accurate and quicker. I have talked about digital 3D and 2D x-rays before, and also digital intra-oral scanning.

#### Digital Scanning

I think that one of the biggest move forwards is the confidence we can now have with digital scanning and optical impressions of the teeth. We are moving away from traditional impressions more and more. We have used optical impressions for some time now but limited to small areas of the mouth for mainly single

crowns etc. My colleague, Andrew, is our expert in the practice for scanning, designing, milling, glazing and fitting crowns, onlays, inlays and veneers in a single day. This is great as it means you don't need a temporary restoration that you have to nurse for 2 weeks. You cannot do it with every material but it's a great tool to have.



We have continued to invest in the latest developments with improved scanners and software. The accuracy has improved leaps and bounds, especially for full mouth scans. Years ago, it was black and white, now full colour. It's also faster now which makes it easier to choose over traditional impressions that set in a tray in the mouth. Also, less storage of models and you could argue better for the environment because we do not need to post or have delivery drivers deliver the impressions. We can send them securely via t'interweb.

Our patients are appreciating the difference, especially, if they have had traditional impressions in the past for dental procedures.



Another great thing is that we can keep the digital file saved and not have to store stone gypsum cast models. We can retrieve the files and then just modify with a smaller scan if we are just sorting out a tooth. Things are moving on. We cannot use them for everything, full dentures and full mouth implants, for example or if a mouth is just too small or a tongue just gets in the way all the time. However, we are using this great tool more and more all the time now. It is starting to come into it's own with teeth straightening, especially with clear aligners and retainers. More updates on that to come in the future. Again, some changes in this field as well. We have team training on this tomorrow as I write. Exciting times for a geek!

#### Getting back in the swing

I have only done one "in the flesh" course since the pandemic started. The rest have all been online. However, there are a couple of meetings and conferences coming up in the next few months and it is time to get back in the swing of it and see what is new in the flesh. It will be good to see people again as well.

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 29 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris' Humanitarian work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).

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Christopher Edward Branfield GDC Reg No 68346.  
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Continued from page 16

have members who are willing to show new people how to bowl and explain some of the rules. After the 1st session, people are expected to join the Club (Membership is £5 paid twice yearly) and also £3 per session which includes tea/coffee and biscuits.

If you require further details, then please phone Ian or Brenda on; 01482 650157 or email us at: [ianhaylock@hotmail.co.uk](mailto:ianhaylock@hotmail.co.uk).

## Haltemprice Art Group

We are back at Cottingham High School and ready to welcome new members

The art group meets during school term time in the Skidby suite at Cottingham High School. The meetings are held on Tuesday evenings between 7.00 and 9.00 pm.

We have an interesting and varied Syllabus from September to May. Meetings vary between sketching, with a life study or still life to choose from, themed subject matter, or demonstration / workshop by a professional artist. Please ask if you would like a copy of our current syllabus.

From early June to the end of July, we meet at venues around the area, for the experience of painting or sketching outdoors (when the weather allows).

We welcome anyone who would like to join us, for the experience of painting with a friendly group, in whatever medium you prefer. Whether you are a novice or experienced 'Old Master', you will be made very welcome.

Annual subscription is just £30, with an extra charge only for demonstrations. Interested? For further information about the group, please call one of the following:

Pat Tillotson on: 01482 352840

Jill Hardaker on: 01482 650926

David Goldsmith on: 01430 873848 / 07519268490

[david\\_carol\\_goldsmith@hotmail.com](mailto:david_carol_goldsmith@hotmail.com).



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## Motoring - with Roy Woodcock



**It was a happy New Year for fans of Suzuki's S-Cross SUV, with an exciting new version going on sale.**

**Roy Woodcock reports . . .**

**A** New Year and a new car . . . for debuting in January was the third generation of Suzuki's S-Cross. And the good news is, the plain Jane of the surging SUV market has cast off its drab garb and donned a sparkling new outfit.

Respected for its off-road ability and acclaimed for its good value, the Suzuki S-Cross was nevertheless something of a Cinderella while its more radiant relative, the Vitara, won the popularity contest.

In fact, the Vitara outsold the similarly priced S-Cross by four to one.

The situation has now been redressed – quite literally – and starting 2022 with a bang there's a very heavily face-lifted S-Cross that has the looks to compete with the likes of the Peugeot 2008/3008, Nissan Qashqai and SEAT Ateca.

It sits on the same platform as before, has a similar 1.4 Boosterjet hybrid engine and the dimensions are largely unchanged, but boot and passenger space is a tad more generous.

Slightly longer than the big-selling Vitara, it boasts greater boot space with a capacity of 430 litres, still slightly short of rivals such as the Ateca. In addition to a totally new nose and tail, the cabin has been improved with more soft touch plastic and a more up-to-date infotainment centre.

Two S-Cross versions are on sale – Motion which starts at £24,999 and Ultra at £27,999. The latter comes with all bells and whistles, including four wheel drive, part leather seating, glass panoramic sunroof and 360 view camera.

Even the entry model gets front and rear sensors, dual zone air con, heated front seats and keyless entry.

Standard issue is the excellent turbo petrol 1.4 engine which pushes out an impressive 129 horsepower yet has emissions of just 120g/km in two-wheel drive form, allied to frugal economy of 53.2mpg combined.

There are plenty of safety measures built in, including blind spot monitor, rear cross traffic alert, adaptive cruise control and dual sensor brake support. Six speed manual transmission is standard and there's an automatic gearbox option priced at £1,350.

The mild hybrid power unit with Boosterjet technology is a lively performer giving the S-Cross nimble acceleration – 0 to 62mph in less than 10 seconds – alongside decent torque meaning that frequent rowing through the gears is seldom necessary.

Pressed hard, the unit can become a bit vocal, but throttle back and noise levels are pleasantly hushed. Suspension is

relatively soft, allowing a composed and comfy ride. There's plenty of grip through corners and the Ultra version's all wheel drive gives an added sense of security.

Payback for the cossetting ride is some body-roll when cornered quickly but this has little affect on the car's stability.

Few small SUVs offer the option of 4WD, so it's all credit to Suzuki remaining faithful to its original principles. It is certainly good news for country dwellers who don't want to spend a fortune on their vehicle. Suzuki's ALLGRIP "Select" system is fitted as standard on Ultra models and Suzuki is unique in the sector by offering 4WD with both manual and automatic transmissions.

The system incorporates four driver-selectable modes for safe, enjoyable driving on diverse surfaces and has proved very successful. In further development, it was then enhanced by the addition of a "feed forward" function that allocates torque to the rear wheels before any slippage can occur. The system's four driver-selectable modes are as follows:

**Auto:** The auto mode prioritises fuel economy in typical driving conditions and uses two-wheel drive by default. It switches to four wheel drive if it detects wheel spin.

**Sport:** The sport mode is optimal for twisty roads. The system makes maximal use of four-wheel drive in accordance with accelerator inputs. At low and mid-range engine speeds, the system alters the accelerator/torque characteristics to optimise engine response and cornering performance.

**Snow:** The snow mode is optimal for snowy, unpaved, and other slippery surfaces. The system uses four-wheel drive by default. It optimises four-wheel drive control in accordance with steering and accelerator inputs to promote traction and stability on low friction surfaces.

**Lock:** The Lock mode is for extricating the car from snow, mud, or sand. A limited slip differential is fitted which helps brake any slipping wheel and transfer torque to the gripping wheels.

Also worth mentioning is that Hill Hold Control is available as standard on both models, making hill starts much easier by preventing the vehicle from rolling backwards for two seconds as soon as the driver removes his or her foot from the brake to the accelerator pedal.

Following hard on the heels of the upgraded Ignis and the new Across and Swace, Suzuki has ushered in the New Year with a bold car making a bold statement.

\* All Suzuki models are covered by a three-year/60,000-mile new vehicle warranty, one year AA Suzuki Assistance, providing 24-hour UK and European roadside assistance, recovery and associated services; and by a 12-year perforation warranty.



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## February Gardening Tasks

**N**ow 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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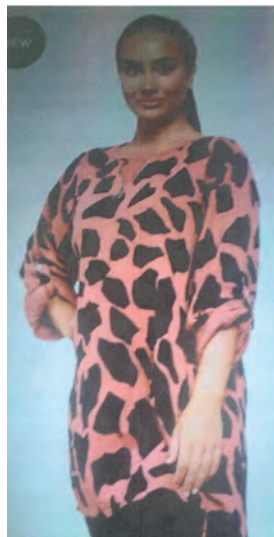
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## Your Stars for February 2022

By Kay Gower

### Aries (Mar. 21- April 20)

Change can happen suddenly, but even the sudden moves were a sort of gradual motion just gathering up speed. By the end of this month you'll know for certain that there's no turning back, and you wouldn't want to.

### Taurus (Apr. 21- May 21)

Routines are comforting, there's security in knowing what's coming down the pipe. That's why habits, even ones you'd rather not have are so difficult to break. During February however, it will be easier.

### Gemini (May 22-June 21)

Gather up your best ideas as you're about to get an energy boost that will help you put all your big dreams into practice. Situations you tolerated in 2021, you will no longer put up with this year.

### Cancer (June 22-July 22)

A good month if you can put the past behind you and look to the future, ready to begin again. Now is time for a definite step, so don't let the shadows of the past hold you back.

### Leo (July 23-Aug 22)

The full moon in your 12th house around the 16th Feb. makes you feel moody, try to stay on an even keel. A suspicion you have had for a while will pay dividends when you make a satisfying discovery, but it may be wise to bite your lip this month. Keep your powder dry for now.

### Virgo (Aug 22 - Sept. 23)

You're inclined to believe that if you don't do it, no one will. This is compounded by the fact that you often forget to include anyone else in the plan! Let others in and they'll ease the load, especially this month.

### Libra (Sept. 24 -Oct. 23)

Look back over the past couple of months and pay attention to what you recently let go. Something new is about to drop into that void so it would be a good idea to know how you'd ideally like to fill it.

### Scorpio (Oct. 24 - Nov. 22)

You're heading for a different life, although a few old habits might be pulling you away from your dream. What do you want to happen this year? Keep thinking about that and then start moving toward it.

### Sagittarius (Nov. 23 -Dec. 21)

You are usually the first to strike a balance, create a compromise and negotiate a plan that everyone is more or less happy with. But not this month - or even next. It will be important that 'things' happen your way and this month you won't back down.

### Capricorn (Dec 22.- Jan. 20)

At last it's a 5-star month and the cherry on top of the cake is that there are people around who are just as happy for you. You're thrilled that progress is at last coming as quickly as you wanted it to. Enjoy.

### Aquarius (Jan 21 - Feb 19)

Someone is looking to you to take charge, family could besiege you with problems especially during the first two weeks. Taking on the role of workhorse gets old fast, so if you get the chance this month spoil yourself.

### Pisces (Feb. 20-Mar. 20)

There are times when those close to you don't want materialistic things. They just want your attention. Listen closely to what others are saying. This is the most precious gift you can give.

## All Yorkshire's beaches achieving sufficient bathing status

The latest classification of Yorkshire's beaches by the Environment Agency has revealed all achieved sufficient status for the first time since the introduction of the revised Bathing Water Directive in 2015.

The classifications for the 2021 bathing water season show Flamborough South Landing improved from 'Good' to 'Excellent' and Scarborough South Bay improved from 'Poor' to 'Sufficient'.

Overall, 16 beaches in the region achieved 'Good' or 'Excellent' classifications.

Geraldine Sewell, coastal delivery and engagement manager at Yorkshire Water, said: "We know how important the coastline is to our customers and visitors to Yorkshire and these results are positive for the region.

"Improvements at Scarborough South Bay are the product of hard work from a variety of partners in the region. However, we know there is still more to do, and we will be working with partners locally to continue this critical work.

"Our 'Do your bit' campaign continues to protect and improve

bathing waters. Encouraging everyone who visits our beaches to recycle plastics, put all litter in the bins and pick up after their dogs will contribute to improving our beaches further and help our coastal resorts continue to thrive."

## The Cottingham Food Bank

On behalf of our Volunteers, we would like to express our warm appreciation for the support that we have received this year at the Food Bank. It has been a difficult Year in many respects, but we have experienced tremendous support and kindness throughout. Besides the generosity of the residents of Cottingham and beyond, we have been supported by our local Schools, Churches, Clubs and Associations of various Organisations.

This year we have seen an increase in the number of Visitors to the Food Bank and it is likely that we may see the attendance continue to increase in the future.

We would like to express our thanks to the Cottingham Branch of the Co-operative Society for their help in providing the "Drop-off Box" in the Store, and to those who regularly "drop off" gifts for the Food Bank.

The Food Bank continues to open on Wednesday mornings, from 10a.m. to 11-30 a.m. We meet in the Annexe at the rear of the United Reformed Church, Hallgate. All are welcome, and we would be very pleased to welcome new Visitors. If you need help, please call in to see us!

With our best wishes for the New Year,

*The Staff, the Cottingham Food Bank.*

### Crossword solution from page 14

1	I	M	2	B	U	E	D		4	S	W	A	6	B	B	7	I	N	8	G
	N			U		D		9		A		E			M				I	
10	S	H	I	N	G	L	I	N	G			11	L	A	B	O	R			
	T			L		E		S		G		O			I			D		
12	R	I	D	E	S				13	A	L	I	E	N	A	B	L	E	R	
	U			I					R		S		G			E			R	
14	C	O	N	F	15	I	R	M			16	H	A	I	R					
	T			G			N						N			17	D		18	A
					19	S	H	O	20	E		21	P	I	G	P	E	N	S	
22	A		23	A		A		N			R					P			S	
24	G	A	R	I	B	A	L	D	I			25	G	H	A	N	A			
	R			M		I			I		N		O			R			S	
26	E	N	A	C	T				27	S	A	T	U	R	A	T	E	S		
	E		D		E			T		S		S			E			I		
28	S	L	A	P	D	A	S	H			29	D	E	A	D	E	N			

### Sudoku Answer from page 12

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

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## Don't ditch the New Year resolution, switch it! Make a difference by registering as a blood or organ donor

**D**onating blood or organs are the most important things you can do to make a difference to someone else's life, according to new research which ranks altruistic acts.

A survey of 2,189 adults in England placed blood and organ donation top in a poll of ways that people felt they could make a real difference to other people's lives.

As most New Year resolutions are starting to fade by mid-January, NHS Blood and Transplant are urging people not to ditch their New Year resolution but instead switch and make a pledge to register as a blood or organ donor.

In the survey carried out in December 2021 respondents were asked: 'When it comes to making a real difference in people's lives, which of these do you think are the most important things that someone could do?'

Donating organs or giving blood came out as the two most important steps that people can take.

42% of people citing organ donation as the most important

43% of people saying giving blood was most important.

Other ways people were asked to list in terms of importance included giving to charity, donating to food banks or doing voluntary work.

Respondents said the biggest motivation for giving blood or donating organs was that they could help save or improve someone else's life.

Other reasons were to help the NHS, that donation is the 'right thing to do' and that it 'feels good' to do something for others.

One organ donor can save or transform up to nine lives after

their death through organ donation and save and transform even more by donating tissue.

In 2020 – 2021, across the UK, 3,391 people had their lives saved thanks to the generosity of 1,180 people who donated their organs after death.

Even though organ donation has moved to an opt out system across England, Scotland and Wales, families will still always be consulted before donation goes ahead.

This means it is still just as important as ever to let your family know what you want to happen – we urge people to speak with your family to share your decision as well as record it on the NHS Organ Donor Register.

In 2021, 132,172 new blood donors made their first step in making a difference and donated blood. NHSBT needs around 450 donors a day to meet demand.

Blood is needed to help the NHS provide life-saving transfusions to people with blood disorders, as well as for use in trauma emergencies, childbirth, during surgery, and in cancer treatments.

On average around 1.4 million units of blood are issued to hospitals each year.

Blood donation is safe, easy and takes just one hour. Each donation can save or improve up to three lives. People can also donate plasma and platelets at some centres.

You can save three lives in just one hour by donating blood. Register today and book an appointment by calling 0300 123 23 23, downloading the GiveBloodNHS app, or visiting blood.co.uk

Find out about organ donation, and register your organ donation decision, at [organdonation.co.uk](http://organdonation.co.uk) or call 0300 123 23 23. Users of the NHS app can also use this to check, update or register their decision.



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C.S. LEWIS

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**WHERE:** Cottingham Civic Hall, 1 Market Place, Cottingham, HU16 5QG

**CHILDREN:** We have children's activities for 3-11 year olds during the service in a separate hall.

**EMAIL:** [lucy@revivechurch.co.uk](mailto:lucy@revivechurch.co.uk) or call 01482 420620 if you have any questions.

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



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