

Cottingham Times

and District

Issue 251 - February 2023



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Magnolia
House



A word from our chairman

After an exciting Christmas and start to the year, we have already returned to our familiar routine at Magnolia House. Our activities programme is quickly filling up.

As we move into 2023, we will maintain our strong relationships with the local community, and look forward to establishing new ones throughout the year. These bonds bring joy to our residents, many of which are friendships established over many years.

On behalf of everyone at Magnolia House, I want to thank the families and friends of residents who visited our home over the festive and new year period. Special, new memories were made that will last a lifetime.

If you want more information about Magnolia House, please contact our registered manager Lindsay Altoft, who will be happy to help:

lindsayaltoft@parklanehealthcare.co.uk

*Chris Mitchell, Chairman,
Park Lane Healthcare*

News from Magnolia House Care Home

Debutots return

This month, it was lovely to welcome nursery children from Hull as part of our longstanding relationship with the Debutots community. The nursery franchise is a great friend of Magnolia, organising frequent intergenerational visits over the last few years.

On this occasion, children from Little Acorns in Hull visited Magnolia for the first time and the residents were delighted to meet them. A spider-themed afternoon was well spent, with creepy crawly storytelling and plenty of fun and games between residents and children.



Gearing up for Yorkshire three peaks

Later this year, some of our wonderful care staff at Magnolia will be raising money for our activities programme by taking on the Yorkshire 3 Peaks Challenge. With fundraising activities already lined up, there will also be a donation pot on the front desk for anyone wishing to support our staff and the challenge that faces them.

Our activities programme plays a huge role in providing joy and entertainment for our residents at Magnolia. The money raised will provide additional funds that can broaden our activities agenda throughout the year. We are looking forward to supporting everyone involved and starting our fundraising events very soon!

Park Lane
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1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL
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Editor: Keith Teale

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Enquiries: Advertising

Tel: 01482 840035 :: Mobile 07563 885388

Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

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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. All the above benefits of a

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

For more friendly, unbiased advice and information, just call **Dave Parry** at:



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In Cottingham and District

The deadline for entries in the March "What's On" section, is no later than the 16th February.

Cottingham Local History Society

Wednesday 1st February - The Early History of Hull's Municipal Parks, Richard Clarke. In Cottingham Civic Hall, Doors open 7.15 pm. Meeting starts 7.45 pm. Members £2; Non-members £3. Contact Peter Mclure 845734, email. cottinghamhistory@gmx.co.uk.

The Yorkshire Country women's Association

Thursday 2nd - February at 7.30 pm. We will be entertained by the Step Sisters a small dance group who will delight us with their repertoire, so bring along your tap shoes and join in. Look forward to seeing you there.

Little Weighton Village Hall

Friday 3rd February. - FUN QUIZ plus Raffle in Little Weighton Village Hall. 7.00pm for 7.30pm. Bring your own drinks & nibbles. Teams of up to 6. Entry £2.50per person. Get those brains working in 2023!

Cottingham u3a

Thursday 9th February - at 2 pm in the Darby & Joan Hall. Paul Schofield will give a talk on 'Hull Georgian Suburbs', which will be followed by the usual tea/coffee and biscuits. For further information or queries visit www.u3asites.org.uk/cottingham

Hull Alpha Probus

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

Thursday 9th February at 10:15 Coffee meeting upstairs at Kristoff's (near Hallgate/King Street traffic lights)

Thursday 23rd February at 12:30 Lunch meeting with Speaker at The Blue Bell (on West Green) .

Cottingham Catholic Women's League

Monday February 13th - Annual review. We meet in the Garden Room at the Holy Cross RC Church, Carrington Ave at 7 30pm.

Hull Stamp and Postcard Club

Wednesday, 15th February - 1.30 pm in the Arlington Hall, at the rear of St. Mary's Church, Hallgate, Cottingham. HU16 4DD. 'Newfoundland and St. Pierre et Miquelon' by Roy Stephenson. No doubt everyone has heard of Newfoundland but the other part of the island which is a French Dependency is less well known. Come along and find out about them both! All visitors are welcome. Robert McMillan FRPSL, Secretary. robertfmcmillan@gmail.com.

East Yorkshire Association of the National Trust

Thursday 16th February - An illustrated talk by Cecile Oxaal, entitled 'Dr Mary Murdoch: Suffragist and Social Reformer'. Cottingham Civic Hall, 7.30 p.m. Non-members are welcome.

Front cover: Daffodils down Linden Avenue.

Photo: Paul Lakin.

Little Weighton Gardeners

Friday 17th February - 7.30pm. Illustrated talk on British Wild Flowers by Colin Bradshaw of Yorkshire Wildlife Trust. £2 entry. In the Little Weighton Village Hall.

The Macular Society Hull Group

Friday 17th February - 10.30 am until 12.15 pm Sight Support Beverley Road Hull. The guest speaker is Helen Messingham Ophthalmic nurse at Hull and East Yorkshire Eye Hospital giving an up to date talk on the works of the eye clinic. All welcome For more information contact Clive Skinner 01482 656714.

North Ferriby Gardeners' Club

Monday 20th February - 7.30 -9 pm Parish Hall, Church St, North Ferriby.HU14 3DA, Talk entitled 'Tulips from Amsterdam' by Roger Burnet. Guests £2.50 Teas and coffees Yearly membership £10 Queries? Contact Trevor Barningham 07779 620 651.

East Yorkshire Woodturners:

Tuesday 21st February - 7pm, Skidby Village Hall, (doors open 6.30pm): Annual General Meeting - Members only! For information about the Club and the programme of meetings for 2023, please visit the Club's website: eastyorkshirewoodturners.org.uk.

Hull and East Riding New Stitchers

Tuesday 21st February - Ribbon Embroidery, Naoni Smith - Practical. Meetings on the third Tuesday of the month at The Darby and Joan Hall, Finkle Street Cottingham, HU16 4AZ, 7.15pm-9.15pm. For further information contact Jean Ellis 845415. www.hullandeastridingstitchers.weebly.com.

The Arts Society, Hull and East Riding

Tuesday 21st February – An illustrated lecture by Shauna Isaac: "The Art of the Steal: Nazi looting in WWII". 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.

The East Riding Flower Club

Monday 27th February - at Cottingham Civic Hall will be a demonstration by Ann Simpson, a well known Area Floral Demonstrator, who will take 'Seasonal Delights' as her theme. The demonstration commences at 2pm but as usual refreshments will be served from 1pm which gives us an opportunity to catch up with friends old and new. If you are not a member of our club, you will be most welcome at this event'.

Alternative Aquatics

Is a local charitable, self-help group providing gentle exercise & relaxation for people with back pain and associated mobility problems, in warm water and a friendly atmosphere. Thursdays, 5-6 pm during term time, at the hydrotherapy pool, Frederick Holmes School. The cost is £39/school term. Places available, so for more information please ring Karen on 807072 or Steve on 826873.

Cottingham Food Bank

Is organised and funded by Cottingham residents and based in the Annexe behind Zion Church, Hallgate, Cottingham. We are open every Wednesday from 10am to 11.30am and we offer a warm welcome to anyone in need of our help. We are available for anyone to use and we do not ask for vouchers or proof of eligibility. Every visitor will be given a bag of food and toiletries to take away and have the opportunity to stay for refreshments. Email: cottinghamfb@gmail.com or tel: 845920.

Continued on page six

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What's On - Continued from page five

Skidby Village Hall

Coffee Mornings - join us for a cuppa and a chat, all welcome! Light refreshments on sale, every Friday, 10am - 2pm. Visit www.skidbyvillagehall.com or @SkidbyVillageHall on Facebook for updates and information..

North Ferriby Short Mat Bowls Club

Village Hall, 50 Church Road, North Ferriby. HU14 3AA. Tuesdays and Fridays, 10am-12noon, and Thursday Evenings 7pm-9pm, except the second Thursday each month, with a qualified coach. All are welcome to any session and can borrow woods and play in stocking feet if need be. For information please contact Mike on 07889 007005.

Cottingham & Hull Folk Dance Club

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

Cottingham Tennis Club (off Hull Road)

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

Christ Church Cottingham

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

Christ Church Cottingham Play Cafe

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

Cottingham Badminton Club

Badminton Tuesday/Thursday evenings, 8.00pm while 9.30pm. Cottingham High School. £3 per session. No booking required, just turn up and play. Fun and friendly. Open to all levels and abilities. Steve Baker 07795 680 912 or 01482 870906.

Cottingham Bowling Club

The bowling club is still open for Carpet Bowls. It is a pleasant way to have gentle exercise in a warm friendly club house. Sessions are held most days from 10 to 12pm 2 to 4pm and 7 to 9pm. You can ring L. Davy 846611 for more information.

Arterian Singers

Arterian singers rehearse Tuesday evenings at Cottingham Methodist Church, Hallgate, Cottingham on Tuesday evenings at 7.30pm. We welcome new members. For more information ring Maureen Holwell 845363.

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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 we walk throughout the year.

Travel by coach to the starting point. Fare £13.

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

We have two walks planned for February.

February 5th: Bainton to Wetwang.

February 19th: Arras/Goodmanham to Millington.

Places must be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on sue@sueoleary.co.uk or telephone 07767420646 or Pauline Borger on paulineborger48@gmail.com or telephone 07929 933 323.

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

Like us on Facebook: The Hull CHA Rambling Club
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The Phoenix Walkers

Phoenix Walkers wishes you all the best for the NewYear.

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For more information ring or email Sid & Sue 01482 701325 or phoenixwalkingclub@outlook.com.



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After



Before



After

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Cottingham Parish Council



Welcome to our section of the *Cottingham Times* that keeps our residents updated with local news

Health and Wellbeing

We hope you have been able to keep fit and well and avoided catching many of the unpleasant seasonal viruses. If you require further information regarding the vaccinations you may be eligible for please visit: vaccinatehullandeastriding.gov.uk

Whilst we all hope we will never be in a position where we need to use a defibrillator, there are 5 accessible in the village, these are situated on walls outside Cottingham Civic Hall - Market Green, New Village Kitchen - New Village Road, Sewell's Petrol Station - Northgate and Tesco Express - The Parkway. There is also a defibrillator at the King George V Pavilion

We appreciate that the ongoing cost of living crisis is a major cause of concern for many families. East Riding Council have a dedicated team available to offer advice and support and can be contacted by phoning 01482 394633 or visiting yourmoney@eastriding.gov.uk

Trees

Hopefully the Spring weather is not too far away and many of us will be looking forward to spending more time outdoors. We often get asked questions regarding the pruning of trees and our Councillors recently met with the Principal Tree Officer of East Riding of Yorkshire Council to discuss various tree related issues in Cottingham. Anyone wishing to check whether a property/land has protected trees or is in a Conservation Area can do this via the Council's website Constraints Map link:

<https://www.eastriding.gov.uk/planning-permission-and-building-control/applications-for-planning-and-building-control/planning-constraints-map/planning-constraints-map-tool/#CloseBanner>

Applications can be made online to carry out work to protected trees:

<https://www.eastriding.gov.uk/planning-permission-and-building-control/tree-and-hedge-protection-and-regulations/tree-protection-and-regulations/>

These pages also include answers to many of the commonly asked tree and hedge questions as well as guidance to the regulations

Anyone wishing to view applications, both determined and pending, can see them via the following link, also after submitting an application an acknowledgement is sent to the applicant/their agent along with an application number which will enable tracking the progress of an application on line via the Council's Public Access system:

<https://www.eastriding.gov.uk/planning-permission-and-building-control/applications-for-planning-and-building-control/view-and-comment-on-planning-applications/public-access-disclaimer/>

Nicola Pape

Nicola Pape, Deputy Clerk to Cottingham Parish Council
deputyclerk@cottinghamcouncil.org
Tel: 01482 847623

Photo ID now needed to vote in May's local elections

East Riding residents wishing to vote at a polling station in the local council elections in May will now have to show a form of photo identification before they can be issued with a ballot paper.

Local ward elections in the East Riding will take place on Thursday, 4 May and the new regulations have been introduced by the Government's Elections Act which was passed last year.

Now, those voters who are eligible to vote and on the electoral register and wish to attend a polling station on 4 May will have to show an approved form of photo ID, which can include:

- UK, European Economic Area (EEA) or Commonwealth passport
- UK, EEA or Commonwealth drivers' licence
- an older person's bus pass or a disabled person's bus pass
- blue badge

Voters will also be able to use expired ID as long as the photograph still bears a strong resemblance to the person.

But for people who do not have a form of photo ID from the list and who wish to vote in a polling station, they can now apply online for a free voter certificate – as long as the applicant is already registered to vote and on the electoral register.

The applicant will then be required to provide a current photo, their full name, date of birth, address for which they are registered to vote as well as their National Insurance number.

The full list of accepted ID as well as the link to the voter authority certificate can be found on the Electoral Commission's website – www.electoralcommission.org.uk/voterID

But there are a number of other ways for people who are eligible, and on the electoral register, to cast their vote ahead of 4 May.

One of the easiest ways is to register for a postal vote, which means there is no need to attend a polling station and the registration form can be found on the council's website <https://eryc.link/elections2023> or by going to www.gov.uk/register-to-vote.

The website will also have details of how to register to vote as well as registration forms for those wishing to apply for a proxy vote too.

Caroline Lacey, returning officer at East Riding of Yorkshire Council said: "With elections taking place in the East Riding on 4 May 2023, it is important that those who want to vote make sure they have an accepted form of ID. It may seem early but checking now means you will be ready to vote in May.

"It's important that everyone understands what types of ID are acceptable and how to apply for the free ID, if required.

"If people find they do not have an accepted form of photo ID, there are alternative ways of still being able to vote in the elections. This can be done either by applying for the free ID online or by registering with the council for a postal vote."

* For more information go to www.electoralcommission.org.uk/voterID www.gov.uk/register-to-vote or East Riding of Yorkshire Council's website – www.eastriding.gov.uk/elections-and-voting.

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70% of people believe their next of kin always gets the final say when it comes to medical decisions.

Both are wrong. Without an LPA, even your spouse will have to wait for a court order to make even the most basic of decisions for you, should you become incapacitated. A stranger could be making decisions about you.

However, the biggest myth is that once you have an LPA in place and registered, your Attorney can override your choices and make decisions against your will... this is also untrue.

Armed with the facts, making an LPA needn't be a scary process; knowledge is key.

When you discuss a Lasting Power of Attorney with your Solicitor, either Property & Financial Affairs or Health & Welfare, they will talk you through the options of exactly when it can be used. Our easy-to-follow chart should help you plot the right course.

I need to future-proof myself, what type of Lasting Power of Attorney do I need?

Category	Deals with:	Once registered with the Office for the Public Guardian, can my Attorney act immediately?	Cost
Health & Welfare	Deals with: Medication Where you live Treatment Care	No... can only be used when a person has lost mental capacity so until then, the donor makes all their own decisions regarding their Health & Welfare	Unregistered H&W £480 Registered H&W £802
	Property & Finance	It is important that you choose someone you trust implicitly to be your Attorney because whilst these provisos are designed to keep you safe, there is always the unscrupulous Attorney who thinks your money becomes theirs.	Unregistered P&F £480 Registered P&F £802
Property & Finance	Deals with: Paying bills Dealing with the bank Collecting benefits Selling your house	Yes... but only with your consent or if you have lost mental capacity	

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A World with Honeybees

In his quarterly review of the Beekeeping world, Neil Gower contemplates life without the Honeybee

Happy New Year.

As this is my first article of 2023, let me begin by offering you all my very best wishes for this new year. As we are now in February, we are nearing the end of the winter months and we will soon be welcoming the spring season.

My bees have come through the winter pretty well to date. They had plenty of stores at the end of the autumn and I supplemented these with some fondant just before Christmas.

I'm in the process of preparing the new frames I will need for the season and have carried out repairs on the equipment in need of some attention. I seem better organised now than I have been at this time of the year in the recent past.

I'm really looking forward to the new season and have some plans to try one or two new things this year. I've been checking through some old Beekeeping journals and realising how much I enjoy this craft.

Most of the beekeepers I know are keen conservationists. We see our role as custodians of this generation of honeybees. We care for their health and wellbeing by having pest and disease management measures in place. We breed carefully and conscientiously in order to produce strong local queens with good characteristics, and we are careful to avoid harvesting too much honey in the summer, so as not to leave the colony weak for the following winter.

There are those who question the role of the Beekeeper, who believe we are exploiting the very insects we believe we are hoping to protect. Overall, I think we do a pretty good job.

Colony collapse disorder, foul brood, varroa destructor and the like continue to threaten honeybee colonies. The use of pesticides, modern farming methods and the loss of habitat are problems that never seem to go away, and the spread of the Asian Hornet can really make life difficult for the bees and beekeepers alike.

I recently started to think about what the world would look like if the honeybee population were eradicated from the face of the earth. Here's what I came up with.

10 February - www.cottinghamtimes.co.uk

A World without Honeybees.

Honeybees are a vital part of our ecosystem, and their disappearance would have far-reaching consequences. Here are just a few of the ways that the disappearance of honeybees could impact our world:

1. **Agricultural impacts:** Honeybees pollinate a wide range of crops, including fruits, vegetables, and nuts. In the United States alone, honeybees pollinate over \$15 billion worth of crops each year. In the UK it is around £1.5 billion. If honeybees were to disappear, it would be much more difficult for farmers to grow these crops, leading to a decrease in the availability of many types of produce. This would also lead to higher prices for the remaining produce, as the cost of pollinating crops by hand or using other methods would increase.

2. **Environmental impacts:** Honeybees play a key role in the pollination of flowers and other plants, which are essential for the health of ecosystems. The disappearance of honeybees could lead to a decline in the number of flowers and other plants, which could have a knock-on effect on the rest of the ecosystem. For example, the disappearance of flowers could lead to a decline in the number of insects that rely on those flowers for food, which could have a cascading effect on the rest of the food chain.

3. **Economic impacts:** The disappearance of honeybees could have a significant economic impact, both for farmers who rely on honeybees for pollination and for the beekeeping industry. Many small farmers rely on the income they receive from selling honey and other bee products, and the disappearance of honeybees could be devastating for them. In addition, the decline in the number of available crops could lead to higher prices for produce, which could affect consumers.

4. **Cultural impacts:** Honeybees have played a role in human culture for centuries, and their disappearance could have an impact on traditions and customs that revolve around bees. For example, many cultures have traditional dances and rituals that are centred around bees, and the disappearance of honeybees could mean the end of these traditions.

I'm sure I've only just scratched the surface in some of those headings, but the list is already pretty disastrous.

So, what about some of the options.

5. **Possible solutions:** If the honeybee population were to disappear, it would be important to find ways to replace their pollination services. One possible solution could be to increase the number of other pollinators, such as wild bees or butterflies. Another option could be to develop technologies that can pollinate crops mechanically or through the use of drones. However, these solutions would likely be expensive and may not be able to fully replace the pollination services provided by honeybees.

Genetically modified crops would also be more prevalent in society.

Overall, the disappearance of honeybees would have a significant impact on our world. It would be difficult to fully replace their pollination services, and the consequences of their disappearance could be felt in many areas, including agriculture, the environment, and the economy. Therefore, it is important to take steps to protect and preserve honeybees, in order to prevent their disappearance and ensure the health of our ecosystems.

Certainly food for thought.....

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Dancing diggers at the Driffield Show

Following the announcement that the Driffield Show will be returning to its traditional one day format on Wednesday, 19th July the Driffield Show team are excited to announce that the JC Balls Dancing Diggers will be the Main ring attraction at the Driffield Show this year.

Cheryl Lynch, Society Manager said "we are delighted to have been able to secure the Dancing Diggers, they rarely perform outside of the Midlands where they are based and we are guaranteed to see JCB's being handled much differently to how we are used to seeing them!"

The Dancing Diggers perform an exciting team driven show that exhibits the flexibility and talent of the JCB operators. The team follow a precise choreographed routine to music, containing several daring manoeuvres including balancing the machines on their sides and doing wheelies! Consisting of six team members who have worked together since 2004 the performances highlight the time, dedication and sheer hard work that has been put in to perform their precision routine. Using both vintage and unique machines to showcase the power, versatility and accuracy of the machines as they and their operators are tested to the limit throughout their amazing act.

Continued on page 19



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Wordsearch - Valentine's Day

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



Find the words in the letters above:

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

Sudoku No. 187

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

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

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Our office is buzzing, we are so busy. We have great news, an extra pair of experienced hands in the pipeline to help us out.

Emma is away with our first visit to Lapland viewing the Northern Lights. The first night they had such a fantastic showing. We

now only have 5 rooms left in the main hotel for 2024.

The New year always brings a wave of new offers to tempt you to book now. If you are pondering let us do you a costing it will probably make you a saving if you act now. E.g. free drinks with Fred Olsen. Extra on board credit or complimentary upgrades, ask for details.

If you are looking to really spoil yourself then Regent Seven Sea's are offering cruises from £400 a night, which for a top luxury boutique hotel at sea all inclusive is amazing value.

River cruising is filling up fast for 2023 the prices are not as keen as last year but availability is not so abundant.

Escorted tours are a great way to ensure you don't miss those important sights in your chosen destination and often include interaction with local communities allowing you to really immerse yourself in their culture, food and this also helps sustain their environment. Again these are popular and for early summer we are finding that you cannot always get your first choice so don't delay in booking.

Jersey from Humberside, we have guests travelling almost every week throughout the summer. The offers of free half board or extra nights free are coming to an end. We are finding 2 centres Jersey & Guernsey are popular 7 nights in Jersey & 4 nights in Guernsey makes a wonderful combination.

New Zealand visa's are proving a little difficult at the moment you need to allow more time of course when booking with us we will take care of this for you. We offer escorted tours, self drive itineraries, cruises, flights. We can tailor make your perfect holiday.

Some operators are now offering departures for 2025. In fact I booked myself a little treat for 2025 through the Panama Canal & the ship is virtually full and I got a great price. Showing it is never too early to start looking for your next adventure however far or close it is to home. We have many new exclusives in the pipeline for 2024.

Our face book page shows odd offers along with other news, a bit like our shop window! We also add bits on our website blog plus send out emails with news. If you are not on our mailing list call and we will gladly add you. The best way to communicate is via the telephone, it is easy to explain & us to find what you are looking for.

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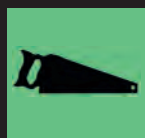
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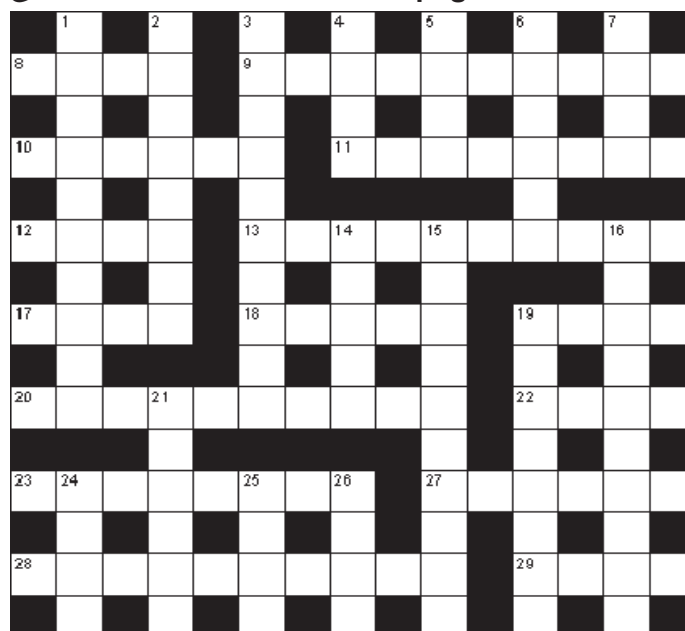
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Crossword - Solution on page 29



Across:

- 8 Sieve (4)
- 9 Uncompromising (10)
- 10 A short passage at the end of a literary work (6)
- 11 Longing (8)
- 12 Effervesce (4)
- 13 Unfinished (10)
- 17 Decorate with gold leaf (4)
- 18 A Great Lake (5)
- 19 Coral island (4)
- 20 Opinion pieces in newspapers (10)
- 22 A stupid person (4)
- 23 Cajoles (8)
- 27 Fail to fulfill a promise (6)
- 28 Companionship (10)
- 29 Appear (4)

Down:

- 1 Made less complex (10)
- 2 Used (8)
- 3 The kookaburra bird (10)
- 4 Chancy (4)
- 5 Queen of the gods (Greek mythology) (4)
- 6 Converse non-verbally (6)
- 7 Scheme (4)
- 14 Papal court (5)
- 15 An unpublished literary work (10)
- 16 Systematic religious beliefs (10)
- 19 Incivility (8)
- 21 Increase threefold (6)
- 24 Gardening tools (4)
- 25 Lascivious (4)
- 26 Area of central London (4)

Crossword courtesy of www.crosswordpalace.com

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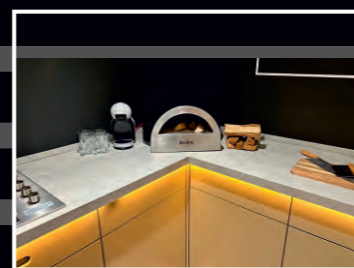
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Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

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Brrrrrrr! Baby its cold out there!

As I write this article, we are in the grips of our second big freeze. Looking after horses when the ground is totally frozen poses lots of issues. Providing fresh water is one of the biggest problems alongside the care needed when dealing with ice underfoot.

Horses drink gallons of water a day, especially when the ground is frozen and the limited grass is frozen. They are reliant on the forage we supply which is classed as dry matter. Therefore their need for greater quantities of water increases and so does our workload.

I have piped water to all my fields which becomes frozen solid and unavailable. And so the drudgery begins! I never seem to stop filling all my large water carriers- 12 x 25 litre containers in my little trailer at each go. I can easily refill these 3 times a day. The skill is driving the trailer as close as possible to the field troughs so that we don't have to haul them around very far- it kills your back and arms of course! Its also very time consuming and is extra work on top of all the normal heavy winter work of mucking out etc.

(If I was ever given the choice I would always choose ice over snow. Snow is slippery underfoot and my truck gets stuck easily. When it melts, the land is drenched and dreadful.)

Safety for both the horses and the staff is a huge consideration in frozen weather. Ice underfoot on concrete or tarmac is an



enormous risk to horses who can slip and slide. Loosing a leg and falling can break a leg, leading to euthanasia so I am very proactive in spreading salt before we attempt to take the horses out to the fields.

Many yards do not turn their horses out in these conditions and I understand the fear we hold, however, there is a big price to pay stabling horses up for days on end. Horses need exercise and routine. They stress when you keep them in and go stupid when you turn them back out. If the school/ménage is frozen then owners have no way of providing that much needed exercise which then means that the horses may have to stay in for the foreseeable future. This is very hard on horses emotionally and they will inevitably explode once you allow them back out – hugely increasing the risk of injury.

I turn out every day. I assess the risks and deal with the dangers to access the fields. They have available forage at all times and as such my horses all remain calm and content. They can struggle on hard bumpy ground for sure but they are perfectly capable of realising that and as such they move from A to B behaving quietly and remaining sensible. The risks are that they bruise a sole or sprain a joint however there are millions of horses who live out all year round. They cope because they are never stabled. Why being stabled at night leads us to resort to choosing entrapment is one of those questions we need to ask ourselves as care givers. It's a juggle and it's a choice we have to make. One choice against the other. I feel there is more risk of injury forcing horses to stay trapped in their boxes and then releasing them like coiled springs to leaving them to make their own choices when moving across frozen bumpy ground.

Forcing horses to be imprisoned 24 hrs a day is something I have always rallied against. I hate that yards do this to horses. It has a huge impact emotionally and is a huge cause of stress. Boredom is one factor, no exercise is another, no access to friends and companions is another and finally does not allow a basic need to display normal behaviours. Imagine the Covid lockdown impact on you if you had been locked in one room with no TV, phone, reading material or computer. No pen, no paper, no anything to occupy your brain or your time apart from sleeping and eating. That is sadly what we humans do to horses regularly and wonder why stereotypic behaviours develop and stress levels cause our sweet horses to turn into uncontrollable monsters. Intrinsic (internal) and extrinsic (environmental) stress can cause all sorts of gastric problems with stomach and hindgut ulceration at the very top of the list.

Life is always about weighing up one thing or risk against another. Within my role of care giver to the horses in my charge, their emotional wellbeing outweighs the possible risks. Mine all remain calm, easy to handle, safe to deal with and live a life of feeling content and happy. A calm horse is a safe horse to both handle and ride so it is the biggest consideration of all. We go into it with our eyes wide open because we have the power of choice here- the horses themselves have absolutely no choice when it comes to the management decisions we make. They simply experience it and live the consequences of those choices we make on their behalf.

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Dancing Diggers - continued from page 11

This year the Driffield Show will celebrate its 147th year, with its winning formula of celebrating the traditional and embracing the future the Show has earned its place as a 'must do' event on the calendars of both the farming community and families looking for a good day out.

To ensure that the Driffield Show remains not only a great day out for everyone but also a good value great day out for everyone entry tickets, when bought in advance, have been reduced and entry for accompanied children under the age of 16 is free!

For further information and to buy Driffield Show advance discounted tickets visit www.driffieldshowground.co.uk.

Adults £16; Accompanied children under 16 – free!

Beverley's Saturday market in 1966, at the age of 16, but enjoyed his last day (on Saturday 14 January) with colleagues old and new, and with his stall decorated with balloons.

The current stallholders clubbed together to present John with a cake and a picture of the market, his wife Pearl was presented with flowers, and former traders and a former markets officer were invited to say farewell.

Continued on page 29

Stallholder retires from Beverley market after 57 years

A day of celebrations was held for a stallholder who retired from Beverley market after 57 years.

John Dyson began trading at

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What a gift to give

“This month’s article? What can it be? “ I pondered as I was sitting in the Cottingham morning traffic. My mind had been going round as to which topic I could write about when I heard sirens and a Blood Fast car speed past. All I could think about was the poor soul waiting to precipitate the lifesaving liquid but where did it come from? It just doesn’t appear out of thin air but from kind hearted people who are prepared to give up an hour of their time to donate their blood. Our pets are living beings so what happens when they need a transfusion?

You’ll may be surprised to learn that we do have a blood donor register with a blood bank based at our Park Street hospital but like the NHS we are desperate for new donors. Yes, dogs can actually give blood but they do have to tick a few health boxes, which I shall mention later. I am fortunate enough to have had first-hand experience of owning a ‘donor’ dog. It was whilst working for a previous vet practice, that a very sick border collie was brought in. He urgently needed a blood transfusion but with no supplies available his fate hung in the balance until. My beautiful dog at the time, Tammy (see pic), who was well known within the surgery as she came to work with me every



day, matched all the criteria, so with her onboard we began the process. She was also a PAT dog (PETS AS THERAPY) so her training was to stay very still, not jump around and be gentle. I was very proud of her when the vet inserted the needle and line. She didn’t flinch, even when the lifesaving blood flowed into the collection pouch. Not long after, we had enough to use on the poor patient who was slowly getting weaker by the minute. Now for those of you who have given blood, we enjoy a biscuit and a cup of tea that is waiting for us. A biscuit and a bowl of water was the next best thing for my brave girl. A day or two passed and with a lot of loving patient care, the collie was allowed home. Miraculously, he made a full recovery and Tammy received a wonderful gift from him for saving his life but to me the most special gift was the gift of life.

I am proud to mention again, here at KINGSTON, we are a DONOR CENTRE so if you have a dog who matches the criteria below, please give our Park Street hospital a ring on Tel: 223688 or any of our five branches, where we will be happy to help.

Like I mentioned, not every dog is able to donate. The criteria being.... Fit and healthy ... Between one and eight years old... Weigh more than 25kg ... Have a good temperament... Have never travelled outside of the UK and Ireland... Vaccinated yearly... Not on any medication. Not a lot to ask for THE GIFT OF LIFE.

AND FINALLY, TALI ...

Time has come for the ‘Light Bulb Moment’. I first came across this saying with my previous girl Teal. As a typical Labrador who stole food, chewed shoes etc. (which some labs do not do) I was told this shall stop around the age of four years. Imagine my dismay when I thought it was four months! So, I battled through the years until, low and behold, 4th birthday arrived and it all stopped. Of course, when I got my Tali, this time I was prepared for every occasion and as you will have realised from my previous articles, it has been a trying time. When her 4th birthday approached , I was ready for the ‘lightbulb’ to appear. Did it? Only ‘dimmed’ as the chewing, the ripping up of magazines and running away with the remote controls did stop but the stealing of food plus her passion at the moment of stealing tissues out of people’s pockets still go on hence the not fully lit bulb. She will be five years old in July.....I am forever hopeful but there again, this is Tali we are talking about.

Until the next time ...

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North East and Yorkshire NHS leaders urge eligible people to get their free flu jab as numbers in hospital remain high

NHS leaders in the North East and Yorkshire are urging eligible people to get their free NHS flu vaccine, as thousands of people across the country are still in hospital with flu, and hundreds in critical care, as levels circulating remain high.

With hospital admission rates for flu currently matching the highest rates in the years just before the Covid-19 pandemic (2019/20 and 2018/19), the NHS is reminding people it's not too late to get their flu vaccine and get protected. Thousands of sites are offering the vaccine across the country and health leaders in this region are urging eligible people to come forward as soon as possible.

Dr Kev Smith, Regional Director of Public Health Commissioning at NHS North East and Yorkshire, urges anyone

eligible who hasn't yet taken up the offer to book their flu vaccination.

"The flu vaccine can protect young children from getting seriously ill and ending up in hospital," Dr Smith said. "For most children aged two to three, it is a quick and painless spray up the nose which is administered in a GP surgery. If the nasal spray vaccine is not suitable for them, they will be offered a flu vaccine injection instead."

Underlining the importance of being vaccinated against flu, Dr Smith added: "We know that group A streptococcus infections can be more serious when combined with another infection like flu."

Latest hospital admission figures for the North East and Yorkshire (8 January) show 1,053 patients being treated for flu, plus 42 patients in critical care beds. Hospitalisation rates are highest for older adults and young children.

Nationally, vaccine uptake in children aged two to three years is behind last year's figures. Only around 40% of children aged two to three years (40.4% of two-year-olds, and 42.9% of three-year-olds) have received their flu jab so far this year – down 7% points on last year.

In this region, it is estimated vaccine uptake in children aged two to three is also behind last year's level. Around 41% of two- to three-year-olds in the North East and Yorkshire have received their vaccine so far (39.4% of two-year-olds, 42.5% of three-year-olds), compared with around 48% this time last year (46.5% of two-year-olds, 49.4% of three-year-olds).

Pregnant women, especially

those who may have missed out as they weren't pregnant earlier in the flu season, are also encouraged to come forwards for the flu vaccine to protect themselves and their unborn baby.

With high flu levels and the recent return to school and work, there is potential for flu to spread. Getting the flu vaccine can protect against serious illness and ending up in hospital while helping prevent the spread of the virus.

People aged 50 and over, adults with a long-term health condition and pregnant women can make an appointment at their GP surgery or participating pharmacy. Parents and guardians of children aged two and three years and children in high-risk groups can make an appointment through their GP surgery. Secondary school-aged children are being vaccinated this month through schools and community clinics. If parents and guardians think their reception and primary school-aged children have missed their flu vaccination, they should contact their local school vaccination service or ask at their school if you are unsure.

Continued on page 30

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ON THE GRAPEVINE



WITH ROY WOODCOCK

Sauvignon Blanc

British Sauvignon Blanc has been named one of the best in the world in a blind tasting competition. Gloucestershire-based winemakers Woodchester Valley was awarded the highest accolade - a "Master" - at the Global Sauvignon Blanc Masters awards in the £20-£30 category of unoaked entries.

The wine, a 2021 vintage, beat entrants from more traditional wine-making countries such as France, Italy and New Zealand. It retails for £21.95 on the vineyard's website.

The judges said the result is a "perfect example of why we taste blind - partly to leave any preconceptions behind us, and partly for the absolute joy of surprise when something unexpected turns out to be wonderful".

They added: "And this wine was, indeed, wonderful. It starts with an intense gooseberry nose, building to reveal undertones of ripe lemon. On the palate there is bright, taut acidity and a juicy mouthfeel," and continued: "Very well balanced, there's just a hint of sweetness on the finish, which is long and textured. A very engaging wine, perfect for matching with asparagus or goat's cheese."

The Woodchester Valley vineyard near Stroud was established by lawyer Fiona Shiner in 2007 after she moved from Hong Kong to the Cotswolds. Her daughter Chloe, 34, joined the family business in 2018. Mrs Shiner said they did not know there was a "Masters" award above a gold medal so the award was "a very nice shock once we'd figured it out".

Writing in her blog on the vineyard's website, Fiona said "a few eyebrows were raised" when she first planted their Sauvignon Blanc vines in 2015. "It was a risky trial planting on a virgin site and in the South West of England when the majority of vineyards were located in the South East. It was actually a bit of an indulgence as I have always loved a cool climate Sauvignon Blanc, particularly from the Loire Valley," she wrote.

She continued: "Our vineyards are located in the South Cotswolds Area of Outstanding Natural Beauty on the steep slopes and Cotswold brash soils typical of the area. Cotswold brash, is poor grade arable soil with a shallow layer of stony topsoil, typically 8-12 inches over limestone. Our soil is free draining, full of fossils and a mean challenge for any cultivation machinery or post knocker. However the vines thrive in this environment and send their roots down deep into the limestone rock. During the drought of the summer of 2022, they looked a vibrant green against the parched grasslands."

She said less than a handful of English vineyards had planted Sauvignon Blanc at the time they started their trial, in 2015. "Sauvignon Blanc is a late ripener compared to Bacchus, Ortega and other varieties we plant for our still wines," she said. "It would need to hang on the vines later than our Chardonnay destined for sparkling wine which can be picked as late as the end of October or even into November (grapes for sparkling wine do not need to reach the ripeness levels required for still wine production)," she said.

"In a late ripening year, would it ripen at all? There was no history of Sauvignon Blanc grown in England and certainly not in the Cotswolds for reference. However, some of the best Sauvignon Blanc wines are grown in cool climates and in limestone soils. It was worth a trial."

Success came fast however, with Woodchester's 2018 vintage winning a gold medal at the 2019 Global Sauvignon Blanc Masters.

The family business produces more than 100,000 bottles of still and sparkling wine every year. It is one of just a few British vineyards producing Sauvignon Blanc grapes, which are traditionally grown in warmer climates.

Other wines produced by the vineyard and available via their online shop include Woodchester Valley's Culver Hill 2021, described as having "enticing notes of crisp and refreshing citrus and green fruits, beautifully balanced with subtle peach and hints of minerality". It costs £14.95.

The estate's Bacchus 2021 (£15.75) is said to be "a quintessential representation of the varietal style. Aromatic yet dry, With both early and late-harvested fruit this wine offers complex flavours of zesty citrus and gooseberry, subtle lychee and pineapple, with a distinctive elderflower aroma. The finish is mouthwatering and incredibly refreshing."

There's a red wine, too - Atcombe Red 2020 (£19.95) and two rose wines - a 2021 Rose (£15) and a Pinot Rose 2021 (£16.95). Full details at www.woodchestervalleyvineyard.co.uk. Guided tours and tastings are available all year round.

The Global Sauvignon Blanc Masters is run in collaboration with the London-based company The Drinks Business. The judges tasted 146 wines, awarding Gold, Silver or Bronze medals to the top wines.

Two entries - the British wine and the Pride and Glory sauvignon blanc from Marlborough, New Zealand - were awarded the title of Sauvignon Blanc Masters, described as "the ultimate accolade" by organisers.

Two Indian sauvignon blancs were also recognised at the awards, which the judges said were "particularly encouraging".

* I should also add congratulations to local vineyard, Laurel Vines, based at Aike, near Beverley, who won the Remarkable Ethical, Responsible & Sustainable Tourism Award at the Visit Hull & East Yorkshire Tourism Awards. Judges said: "Laurel Vines Vineyard and Winery has been created with sustainability entirely at the forefront of its business. The people who work there have a clear passion and drive to make the wine and the vineyard activities as sustainable as possible - even going as far to get an electric tractor! Their links with the community and the relationship they maintain are incredible - and of course so is the wine!"

BEST BUYS



The Ned Pinnacle Sauvignon Blanc

Where: Waitrose
When: Now, until February 14
Why: This is the premium selection from The Ned range - Waitrose also have The Ned, which I often recommend, currently on offer at £7.99. This is New Zealand Sauvignon at its best, offering complex aromatics of citrus and ripe white peach with a subtle sandalwood spice.

£9.99 (was £12.99)



Dark Horse Merlot

Where: Sainsbury's
When: Now, while stocks last.
Why: Robust flavours with smooth tannins. Rich aromas of dark, jammy blackberries are complemented by toasted oak with a long, plush finish. Lovely with slow-roasted brisket of beef.

£7.00 (was £8.50)



Co-op Irresistible Australian Shiraz

Where: Co-op
When: Now, until March 14
Why: Plenty of time to stock up on this irresistible Shiraz - a dry red that's suitable for vegetarians and vegans. The Co-op pioneered the use of vegan labelling and was the first retailer to list ingredients across its own-brand wine range. Now, 100 per cent of Co-op's own-brand beer range is fully vegan, whilst there's more choice than ever across its wine offer too.

£6.00 (was £8.00)



Luis Felipe Edwards Terraced Sauvignon Blanc

Where: Waitrose
When: Now, until February 14
Why: A similar Sauvignon Blanc from this Chilean producer, retailing at £7.99, won a gold medal at the Global Sauvignon Blanc Masters in the under £10 category. This vegan-friendly wine is fresh, flinty and dry and is full of fruit flavours.

£5.99 (was £7.99)



Clare Balding CBE Announced as Keynote Speaker For The Business Day

The organisers of The Business Day have announced **Clare Balding, CBE** as the keynote speaker for the event taking place on Friday 9 June at Bridlington Spa.

The Business Day is an annual networking event tailored to a day of discovery insight, with over 700 business leaders coming together for the event that will again be hosted by **Gyles Brandreth**.

Clare Balding is an award-winning broadcaster and author. She has worked on every Olympic Games since 1996 and on every Paralympics since 2000. Clare won BAFTA's Special Award for her work on London 2012 and continues to present major events in sport, factual documentaries and Royal events, including the wedding between Prince Harry and Meghan Markle.

A passionate campaigner for equality and women's sport, Clare is also a best-selling author of two memoirs and three novels for children. Her latest book, and first non-fiction children's book, *Fall Off, Get Back On, Keep Going*, was released in April 2021. In June 2022, it was announced in the Queen's Birthday Honours List that Clare had been awarded a CBE for her services to Sport and Charity. Clare was invested as a Commander of the British Empire by HRH The Princess Royal in December 2022 at Buckingham Palace.

Stephen Parnaby OBE, Event Director said, "The Business Day is the premier business event in the region, we have a fantastic inspirational line up of speakers, fabulous break-out sessions, exciting sponsor stands, superb networking opportunities and a great day planned. I am hugely grateful to our sponsors and delegates who make all this possible".

Mark Lonsdale, General Manager, Bridlington Spa and The Business Day Producer said "Clare Balding will provide unique insights to inspire and amuse as she shares her story with Gyles Brandreth. The day brings business leaders together for an inspirational day and is a great way to conclude Humber Business Week."

Further speakers will be announced in due course. Tickets for The Business Day 2023 are now on sale online at thebusinessday.co.uk or via the Bridlington Spa box office 01262 678258.

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Motoring - with Roy Woodcock

By way of a change this month, Roy Woodcock devotes his motoring article to some of the best road trips (and best stopping points) in the UK . . .

According to research carried out by Fiat, 72 per cent of motorists believe the UK has some of the most scenic roads in the world, so by way of a change this month I thought I'd take a look at the research and some of the best scenic drives that it mentions.

A total of 2,000 motorists took part in a survey to find the top ten road trips in the UK and, perhaps not surprisingly, the North Coast 500 route, starting from Inverness in northern Scotland, won hands down.

It isn't just a beautiful coastal drive, there are numerous sites and activities along the way and if you want to complete it all it's probably best as a holiday project - you'll easily need a full week and perhaps a day or two more depending on where you stop.

Invergordon, a town once home to the Royal Navy fleet, has a unique outdoor art gallery of 11 plus large-scale professionally painted murals. Energetic drivers could stop off at Dunnet Beach on the north coast of Caithness for an unforgettable surfing experience. Or there's white water rafting located on River Findhorn near the beginning and end of North Coast 500.

Other suggestions include stopping by Dunrobin Castle for a real Scottish fairytale, or go otter spotting at Tosaig or even chase dolphins at Chanory Point. Lastly, enjoy guided walking adventures starting from the lovely village of Ullapool.

With so much to discover, it's no wonder this is considered to be one of the best road trips in the UK. One who certainly thinks so is my daughter-in-law, Emma, editor of the award-winning travel magazine *Jrny*, who did the trip in the summer and has just written a guidebook.

Called "North Coast 500: Britain's Ultimate Road Trip" by Emma Gibbs, it's published by Collins in hardback at £25.

Kendal to Keswick, via the A591, in the Lake District, the runner-up route in the survey, is, in comparison, a mere 30 miles and can be completed in a leisurely four hours, but it still offers some breath-taking scenery, with Windermere and Grasmere must-see sites along the way.

The Cheddar Gorge through the Mendip Hills (15 miles, 30-40 minutes) and St Ives to St Just in Cornwall (13 miles) came in at third and fourth respectively. Closer to home, and I've done this a few times, I can recommend the Snake Pass in the Peak District national park, which was voted the fifth best road trip.

Just 34 miles overall, it does offer places where you can pull over and take a break, one of which is the Ladybower Reservoir in the Upper Derwent Valley.

And a little way off the road there are some great hiking paths, leading to Fairbrook Waterfall – and the Kinder Scout if you're up for a serious climbing challenge.

I'm sure we all know (and love) the road trip that made the sixth place; called "Best of the Moors" and navigated via the A169 and A170 in Yorkshire, a total of 130 miles. The survey report says this: "Robin Hood's Bay is a notable place to stop. A quaint and stunning old fishing village with a beautiful stretch of sandy beach. Explore the rock pools and ancient fossils while walking on the sand. Wander through its narrow, twisting cobbled streets and alleyways or enjoy the range of cafes, pubs and restaurants."

And it continued: "There's also the North Yorkshire Moors Railway – an old steam train – you can pick up from Whitby. A gliding lesson from Thirsk is worth a stop if you've got a head for heights. Or a two mile walk through the trees from May Beck to the charming Falling Foss Waterfall is quite the sight."

The Top 10 was completed by: No 7 - The Cotswolds, Cheltenham to Stratford (31 miles), No 8 - The A82 towards Loch Ness (68 miles), No 9 - A39 coastal route linking Minehead to Barnstaple (38 miles) and No 10 - The Black Mountain Pass in the Brecon Beacons (22 miles).

On a slightly connected theme, road trip guide site *Detour* (*detour-roadtrips.com*) has scoured the country to seek out the very best small, independent roadside cafes and diners and shortlisted ten excellent eateries that would be make a perfect pit stop.

Their top ten are: The Yonderman Café, Buxton, Derbyshire; The Ace Café, London; Aberfeldy Watermill Bookshop & Café, Aberfeldy; The Airport Café, Ashford, Kent; Harry's Café at Fowlers, Bristol, Avon; Super Sausage Café, Northamptonshire; Route 11, Attleborough, Norfolk; The Filling Station, Keswick, Cumbria; Hell's Mouth Coffee House, Cornwall; Ty Medi, Machynlleth, Wales.

Detour says: "Each defiantly different to the chains that dominate Britain's roads, these venues won't necessarily receive famous guidebook recommendations or become social media sensations. Instead, they're all independently owned and aimed at everyday people, with warm service and food that's subsistent, freshly made, tasty and high in quality — perfect for filling up before continuing your journey."

I'd love to hear your suggestions, particularly pit-stops closer to home! You can contact me via the magazine.

Pictured: Bottom left: The Yonderman Cafe. Bottom right: North Coast 500.



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.

Problems and Diseases commonly treated by TCM

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Eczema, Herpes, Dermatitis, Psoriasis, Warts, Shingles, Vitiligo, Acne, Hair Loss, Itching, Athlete's Foot, and other Fungal Infections, etc.

Muscular, Neurological, Skeletal and Vascular:-

Arthritis, Sciatica, Back Pain, Lumbago (lower back pain), Frozen Shoulder, Tennis Elbow, Gonitis, M.E., Stiff Neck, Hemiplegia, Neuralgia, Facial Pain, Stroke, Sprain, Sports Injury, etc.

Internal:-

High Blood Pressure, Palpitation, Obesity, Ashma, Brochitis,



Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, Flu, etc.

Men's Problems:-

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

Women's Problems:-

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Ears, Eyes, Nose and Throat:-

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Cancer and Tumour:-

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Addictions:-

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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.

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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

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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 2023

By Kay Gower

Aries (Mar. 21- April 20)

Think of this month as a time of reflection. Things are not what they seem, issues appear clouded and you don't have all the answers - that may be a good thing. Perhaps there is wisdom to be found in uncertainty?

Taurus (Apr. 21- May 21)

You have a very positive time ahead to look forward to and have cards to play that put you in a favourable position, but not everyone will be easy to deal with especially early in the month.

Gemini (May 22-June 21)

Mars, is now direct in Gemini until mid March. You will begin to make important changes this month. If there is something that you want to achieve then do it now, while you have the red planet on your side.

Cancer (June 22-July 22)

Be ready to react because anything can happen. For instance, you could be swept into the swirl of a dizzying romance. Keep future plans flexible.

Leo (July 23-Aug 22)

Planetary positions advise taking a rest, this doesn't mean stopping, just easing up especially mid month. Get away from the day to day routine, even if it's only for a short period, try to manage some time for yourself to do the things that you enjoy doing.

Virgo (Aug 22 – Sept. 23)

The next five weeks brings positive changes in all areas of your life and there's every reason to believe the stars will help you at each new twist and turn. An investment pays off at the end of the month.

Libra (Sept. 24 -Oct. 23)

Trends suggest that you would be wise to clear the decks and prepare for new opportunities. Work out exactly what you need to do this month and leave what's not worth doing in a pile at the bottom of a bin.

Scorpio (Oct. 24 - Nov. 22)

February has the potential to be a good month and may well feature your rise to a position that you have wanted for some time. Before the Spring months are here everything you need will fall easily into place.

Sagittarius (Nov. 23 -Dec. 21)

It's time to make decisions on the work front. Mid February, you experience a change you didn't anticipate or necessarily want, yet by the end of the month it will have improved your life.

Capricorn (Dec 22.- Jan. 20)

There are some things in life that you absolutely know you have to go ahead and do. There are others that you can't be so sure of. Where there's doubt, respect it.

Aquarius (Jan 21 - Feb 19)

Your creative potential is improved this month. If you enjoy nature, the theatre, art, poetry, and, if you have natural leanings in any of these areas, you will be inspired with ideas for future creative projects.

Pisces (Feb. 20-Mar. 20)

There will be a new moon in your own sign on the 20th. In order to keep things simple around that time ask only yes-or-no questions. If you're met with excuses, hesitation or indecision accept it as a 'no' and move on.

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John Dyson - Continued from page 19

The Chairman of East riding of Yorkshire Council, Councillor John Whittle, visited the market to congratulate him and said: "It was a pleasure to thank John Dyson for his remarkable years' service as a stallholder on Beverley market, and to wish him well for the future."

Richard Lascelles, the council's markets officer, said: "It's the end of an era. It's a shame to lose someone with so much experience."

"When I started, John was a big help to me, he's always been

someone to rely on, and he will be missed."

John, 72, who is president of the National Market Traders' Federation, couldn't drive when he first set up his stall, having to rely on lifts from others, and he said Beverley's market has grown much bigger over the years.

He said: "I did say I didn't want any fuss when I left, but I'm glad. Some of the comments I had were unbelievable and I saw a few people I hadn't seen for years."

Although retired from Beverley market, John will continue to trade at Pocklington and Cottingham markets with his stall, selling hosiery and socks.

And he intends to carry on his work with the national federation to encourage new blood into the markets industry.

Pictured: John Dyson and his wife Pearl with members of their family – three children and grandchildren – on John's final day at Beverley market.

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Crossword solution from page 14

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

Sudoku Answer from page 12

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



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Dr Mike Gent, UK Health Security Agency Yorkshire and Humber Deputy Director, said:

“The high flu rates among young children will be a concern for many parents and carers, and we urge them to take up the offer of vaccination for eligible children as soon as possible.

“We are extremely fortunate to have vaccines, which remain our best protection against severe disease and hospitalisation this winter. Most eligible groups have been selected because they are at higher risk of severe illness, including young children, those with long-term health conditions and pregnant women, so please book your jab without delay. It will help protect yourself, your family and help reduce the burden on our health services.”
Find out more about the NHS Children’s flu vaccine.

Positive Activity Grant applications are open for 2023

Youth and sports organisations across the East Riding have been invited to apply for a share of £40,000.

The 2023 Positive Activity Grant (PAG) will award funds of £2000, £5000 or £10,000 to voluntary groups across the county, in association with the East Riding of Yorkshire Council’s children and young people’s safeguarding and support service.

Grants are available in three bands:

Band A - £10,000 for a new youth organisation that has never received a PAG award previously.

Band B - 2 x £5,000 for new projects from established youth organisations.

Band C - 10 x £2,000 established youth organisations that want to continue to deliver or develop current youth projects.

Applications are now open. All organisations applying for a PAG award must be a member of the Smile Community Hive and have a development plan in place by 31 January 2023. Applications close at 23:59 on 31 January 2023.

Since 2013, the council has provided £445,000 to over 200 youth groups across the East Riding to create new projects for our children and young people, and to support existing youth groups.

The PAG has historically funded a variety of projects, including staffing the costs of youth workers, establishing new youth projects, funding new equipment like games consoles and sports equipment, and facilitating training for staff and volunteers.

Councillor Victoria Aitken – portfolio holder for children and young people’s education, health and well-being commented: “This is an exciting opportunity for our community groups, old and new, to access funding to continue to support their invaluable work that makes a real difference to the children and young people of the East Riding.”

“The positive activities grant fund of £40,000 for 2022/23, will play a part in supporting organisations and projects that offer positive diversionary activities to young people aged 9 to 24 across the East Riding.”

Applications from organisations that can deliver provision for targeted and vulnerable young people from areas of urban and rural deprivation within the East Riding would be particularly welcomed.

To find out more, visit www.eastriding.gov.uk/council/grants-and-funding/positive-activities-grant/.

To make an application, visit <https://eastridingofyorkshirecouncil.flexigrant.com/>.

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