

# Cottingham Times

and District

Issue 256 - July 2023



Magnolia House



## A word from our chairman

In a blink of an eye, we have passed the halfway mark on what has already been a truly magnificent 2023.

We have hosted some amazing events and celebrated several special occasions, welcoming family and friends throughout.

This month, residents were joined by family and friends for a Father's Day get together. We always make a fuss on special days of the year, and Father's Day is no exception!

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](mailto:lindsayaltoft@parklanehealthcare.co.uk)

*Chris Mitchell, Chairman,  
Park Lane Healthcare*

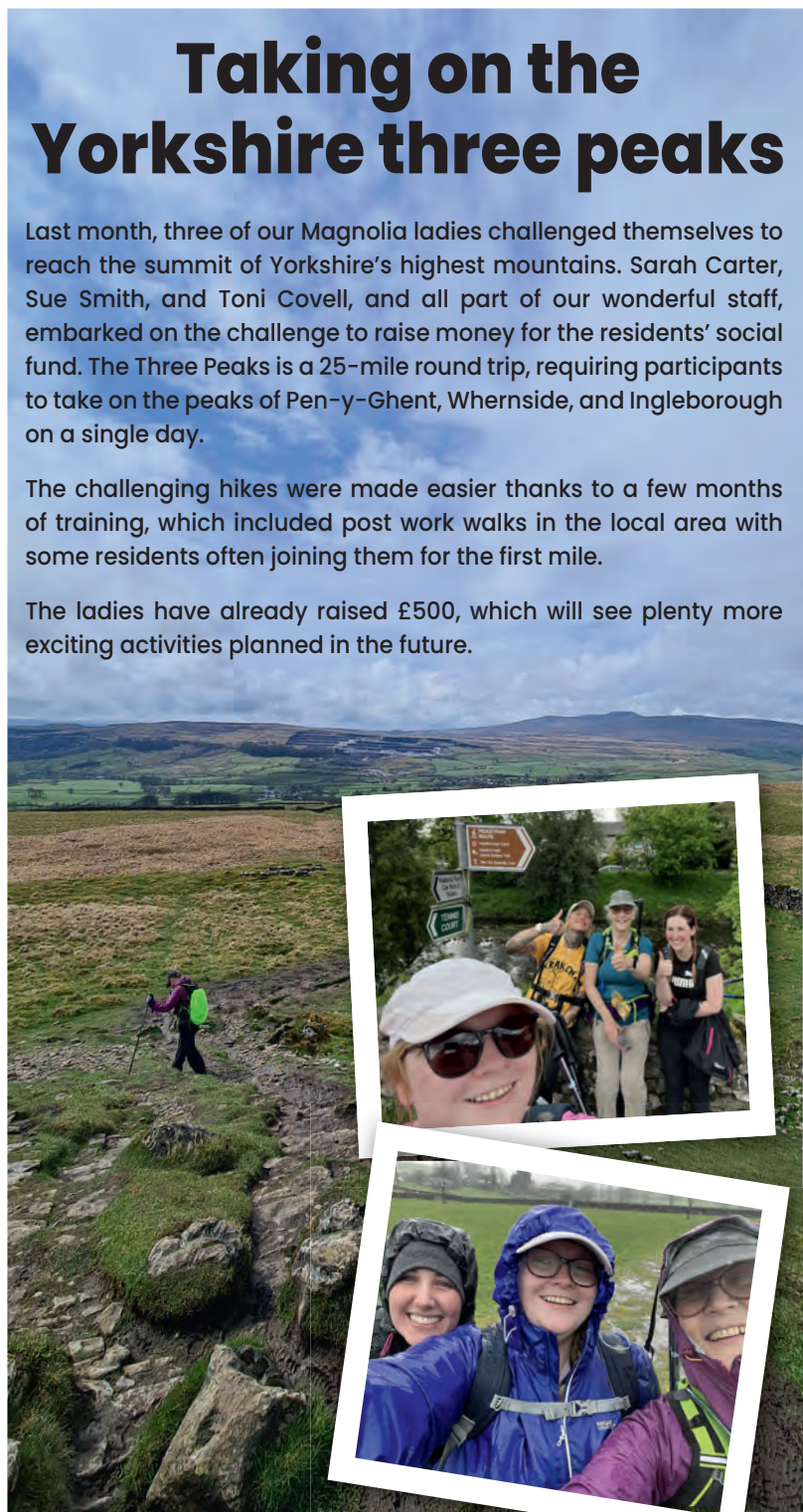
## News from Magnolia House Care Home

# Taking on the Yorkshire three peaks

Last month, three of our Magnolia ladies challenged themselves to reach the summit of Yorkshire's highest mountains. Sarah Carter, Sue Smith, and Toni Covell, and all part of our wonderful staff, embarked on the challenge to raise money for the residents' social fund. The Three Peaks is a 25-mile round trip, requiring participants to take on the peaks of Pen-y-Ghent, Wharfedale, and Ingleborough on a single day.

The challenging hikes were made easier thanks to a few months of training, which included post work walks in the local area with some residents often joining them for the first mile.

The ladies have already raised £500, which will see plenty more exciting activities planned in the future.



## Father's Day fun

Father's Day is always a special day in the calendar, allowing families to visit and spend time with their beloved dads.

The men of Magnolia House were delighted to receive presents and cards and even some goodies from members of staff at the home.

Residential Care ~ Respite Care ~ Dementia Care

Magnolia House, 42 Hull Road, Cottingham, East Riding of Yorkshire, HU16 4PX T: 01482 845038



# THE COTTINGHAM TIMES

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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.

**23rd July - Hackness to Scarborough North Bay**

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](mailto:sue@sueoleary.co.uk) or telephone 07767420646 or Pauline Borger on [paulineborger48@gmail.com](mailto:paulineborger48@gmail.com) or telephone 07929 933 323.

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

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## In Cottingham and District

The deadline for entries in the August "What's On" section, is no later than the 19th July.

### The Hardy Plant Society - East Yorkshire Group

Thursday 6th July - Eileen Shone - Chasing the Rainbow, a brief look at having year round interest from the genus iris. Meet at 7.30 Lund Village Hall, YO25 9TF. Guest welcome.

### Yorkshire Country Women Skidby Branch

Thursday July 6th - at 7.30pm. The Skidby Branch of the Yorkshire Country Women will be meeting in Skidby Village Hall. The topic this month is Guide Dog Puppy Fostering with an interesting talk given by Lyne Byrne. Everyone welcome. Contact Celia Parnaby on 01482 841370 for more information.

### Cottingham Catholic Women's League

Monday July 10th - Annual Review. We meet in the Garden Room at the Holy Cross RC Church, Carrington Ave at 7 30pm.

### St. Mary's Tower Tours

Monday 10th July - 7pm. "Evening Tower Tour, St Mary's Church, Cottingham. To book contact Ian on 07768 319 570.

### Cottingham u3a

Thursday 13th July - at 2 pm in the Darby & Joan Hall. David Beel will give a talk on 'Supertankers', which will be followed by the usual tea/coffee and biscuits. For further information or queries visit [www.u3asites.org.uk/cottingham](http://www.u3asites.org.uk/cottingham).

### North Ferriby Gardener's Club

Saturday 15th July - 'The North Ferriby Show' in The Village Hall open to the Public from 2pm. Show schedules of events from the Show Secretary by email: [nfgcshow@gmail.com](mailto:nfgcshow@gmail.com) or 07801 025 737. Or contact Trevor Barningham Chairman, by text to 07779 620 651.

### North Ferriby Gardener's Club

Monday 17th July - 7.30 -9 pm Parish Hall, Church St, North Ferriby. HU14 3DA, Dahlias - Presented by Tracey Parkinson. Come along and improve your knowledge about dahlias, one of Summer's most popular flowers! Guests £3.00 Teas and coffees Yearly membership £15 Queries? Contact Trevor Barningham 07779 620 651.

### East Yorkshire Woodturners:

Tuesday 18th July - 7pm, Skidby Village Hall, (doors open 6.30pm): Demonstration by professional woodturner and qualified tutor, Dennis Wake. Dennis is from Hartlepool, and joins us for the first time. He has twenty years experience and has been demonstrating around the country for the last ten years. <https://woodturninghartlepool.co.uk/about-us/> Guests are welcome (£5.00 entry). No need to book in advance. For information about the Club, please contact Amanda Barker, 07792 117 539, or visit the Club's website: <https://eastyorkshirewoodturners.org.uk>.

Front cover: Abbot's Walk.

Photo: Paul Lakin.

### Hull and East Riding New Stitchers (HENS)

Tuesday 18th July - Stitch and Chat, 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](http://www.hullandeastridingstitchers.weebly.com).

### The Arts Society, Hull and East Riding

Tuesday 18th July – AGM followed by The Mary Glen Memorial Lecture given by James Russell. “Seafaring: Art and Life on the Ocean Waves”. At 10.30 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.

### Hull Stamp and Postcard Club

Wednesday, 19th July at 1.30 pm. - Are meeting in the Arlington Hall, Hallgate, Cottingham. (Behind St. Mary’s Church). The guest speaker is Keith Burton, the President of the Yorkshire Philatelic Association. Keith has several interesting collections and he will be bringing some of these along to show us. What? - Come along and find out! Visitors are always welcome and I guarantee you won’t be disappointed! For more details, contact Robert McMillan on 01482 840836. <https://www.hullphilatelicsociety.com/programme-2023.html>

### Little Weighton Gardeners Club

Friday 21st July - 2.00 pm. A tree walk in Wassand Hall Parkland with Dr. John Killingbeck. (Let Pru know if you are going, 01482 844461.

### Macular Society Hull Group

Friday 21st July - 10.30 am until 12.15pm meeting at Sight Support Beverley Road Hull with guest speaker Alison Stannard Operations Manager for Sight Support giving a talk on the workings of Sight Support. Macular Society is a group for anyone living with central sight loss. For more information contact Sight support 01482 342297.

### Marie Curie

Local fundraisers for Marie Curie are holding a coffee morning on Friday 28 July in celebration of the charity’s 75th anniversary. It will take place at the Zion Church Hall, Hallgate, Cottingham, from 9.30 - 11.30 am. There will be a cake stall, and cards & crafts for sale. Admission is £1.50 to include drinks and biscuits. Pre-bought tickets will be entered into a prize draw. For more information please contact Gail on 07980 175 393 or Joy on 01482 842991.

### 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](http://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. All are welcome to any session especially those who just want to have a go. Newcomers can borrow woods and play in stocking feet if need be. For information please contact Mike on 07889 007005.

*Continued on page six*

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## Hard Water Horrors ?

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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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### 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](http://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 07795680912/870906.

### Cottingham Bowling Club

Outdoor bowling has started again. Carpet bowling is also available in the club house. We welcome new members. To find out more visit our web site [cottinghambowlingclub.weebly.com](http://cottinghambowlingclub.weebly.com).

### 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 Hilary Andre 848958.

### Cottingham Cricket Club

Run four Saturday sides, a Sunday side, a Ladies team and junior teams from U9 to U15. Our indoor winter net training will be held at Hymers College, 6-9pm on Wednesdays starting in January. This is for all junior (Hardball) and Senior teams. We also have indoor Softball training for girls and boys aged 7-14 at Sirius Academy North. This is held on Saturdays 12.30 -2.30pm starting in January. In the Summer, junior training is on a Friday evening and Senior training during the week. For any further information please contact Rob Rhodes at [cottinghamcc@hotmail.co.uk](mailto:cottinghamcc@hotmail.co.uk) We are Clubmark Accredited and all Coaches are DBS checked"

### The Cottingham Community Garden Group

Meet every Tuesday and Thursday from 1pm to 3pm on the Worklink site on Eppleworth Road Cottingham HU16 5YF. All welcome

### Beverley and East Riding Croquet Club

It's not too late to enjoy the summer weather playing croquet in the idyllic surroundings of Rowley Manor Hotel. Contact Angela 07903 804 044.

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## The Bridlington Beach 5K and Fun Run is returning for its second year

Sunday, 10th September will see a return for a second year of the Bridlington Beach 5k and Fun Run.

The event takes place entirely on the beach and is restricted to 250 runners. There will be a 1k Fun Run for children and those who do not wish to run the full 5k.

The event proved an exciting addition to last year's calendar in the resort and the council's Coastal Services team hope it will be again this year.

The event is being held in conjunction with Comic Con being hosted at Bridlington Spa on the same day. For those who fancy doing the 5k or Fun Run dressed as their favourite comic book hero, there will be a prize for the best dressed, to be awarded by the Comic Con judges.

Councillor Nick Coultish, portfolio holder for culture, leisure and tourism at East Riding of Yorkshire Council, said: "This event was great for Bridlington last year, and undoubtedly helps the health and wellbeing of the town's residents. People can take part just for fun, or perhaps to raise money for charity, and we will also be offering prizes for the best fancy

dress as well. Please do sign up to take part and get involved!"

Entries for the 5K will be £12 and all participants will receive a T-shirt and a medal.

Full details for the Beach 5k are at <https://www.theentrypoint.co.uk/events/the-bridlington-beach-5k-2023-bGXzW4xDP4Kjm83>

To enter the 1k Fun Run please use the following: <https://www.theentrypoint.co.uk/events/the-bridlington-beach-fun-run-2023-EKLBoeNNxeZwdv3>

Follow the progress of the planning of the event on facebook, twitter and Instagram @bridbeach5k.



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## Cottingham Parish Council



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

### Litter bins

We appreciate that keeping the village tidy and litter free is an issue frequently discussed. We are pleased to announce that the Parish Council has agreed to fund an additional litter bin to be installed at the junction of Dunswell Road and New Village Road.

### Elections

Following the resignation of one of our Councillors, East Riding Council will be advertising a by-election for Castle Ward. A by-election to fill the vacancy will be held if by 4th July 2023 ten electors for the Parish Council give notice in writing to the Chief Executive of the East Riding of Yorkshire Council at County Hall, Beverley, East Riding of Yorkshire, HU17 9BA claiming such an election.

If a by-election is not called the Parish Council will fill the vacancy by co-option.

### Trees

We continue to receive enquiries from residents asking for clarification as to the process around removing/pruning trees. Anyone wishing to check whether a property/land has protected trees or is in a Conservation Area can do this via the East Riding 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 online 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, Clerk to Cottingham Parish Council [deputy-clerk@cottinghamcouncil.org](mailto:deputy-clerk@cottinghamcouncil.org)  
Tel: 01482 847623



# SAVE TAX BY USING YOUR SURPLUS INCOME



Philip Evans is an Associate Solicitor at Graham & Rosen with 23 years' experience. Philip specialises in Tax and Trust work and he is a full member of the Society of Trust & Estate Practitioners.

**Many clients are worried about paying Inheritance Tax. One way to save tax is to give money away. A little-known rule concerns "gifts out of surplus income".**

Ordinarily if you have surplus income it would accumulate in your bank account and you could end up paying IHT on this at 40%. But the surplus income exemption means that you can give away this income and it will be immediately exempt from IHT, without having to wait 7 years like most lifetime gifts.

There are some special rules about this exemption. First, you can only give away income. This includes your salary or pension, interest,

dividends and rental income. Secondly, any gift must not affect your usual standard of living. Thirdly, you must intend for the gifts to continue into the future.

With many taxpayers not being able to spend money on holidays or eating out, they may have surplus income. This could be given away.

Common uses of the surplus income exemption are to pay a regular standing order to your children or grandchildren, to pay school

fees, or to contribute to a relative's pension scheme.

There is no limit on the amount of surplus income you can give away. So if you received a large bonus or an unexpected dividend payment then this could be given away free of tax. Also the amount given away can vary from year to year.

You must keep careful records to claim the exemption and we can advise you on this.

**Please contact us to make an appointment to discuss your own individual requirements.**

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difficult to cope with, but losing a child or a young person to cancer or indeed in any other way can be especially hard because their lives have been so short; parents always expect their children to outlive them.

“Speaking to some of the parents we work with in recent months, we felt there would be a real benefit in giving people the chance to meet and talk with other people who have been in the same position and know exactly what they’re going through. We’re really looking forward to launching our new venture with Fitmums and Friends, which now means parents have that opportunity and can also take in some fresh air and gentle exercise at the same time.”

The second LiLY Walk will take place at 6.30pm on Wednesday 12 July, meeting at Beverley Rugby Union Club, on Norwood in Beverley. Distances of 1 to 3 miles will be available, with a drink and biscuit in the clubhouse afterwards. Walks will then take place at the same venue on the second Wednesday of the month each month thereafter.

Sam Barlow BEM, Chief Officer and founder of Fitmums and Friends, says: “We feel honoured to be working with the Teenage and Young Adults Cancer Service to create this new means of support as part of our wider Together In Grief programme. We want to help anyone struggling with grief through activity and the chance to connect with others who may share a similar experience. We see the positive impact of bringing bereaved people together through our work, and we hope so much that we can extend this support even further through our new LiLY Walks.”

For more information or to register for the LiLY Walks on Wednesday 12 July, please scan the QR code, email [heather@fitmums.org.uk](mailto:heather@fitmums.org.uk) or call 07870 654586.

*Pictured left: Sam Barlow BEM, Chief Officer and founder of Fitmums and Friends.*

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**Wordsearch - Summer**

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



Find the words in the letters above:

Ants, August, Barbecue, Baseball, Beach, Bees, Bicycle, Blue Sky, Boating, Breeze, Camping, Fishing, Flies, Flowers, Gardening, Golf, Green Grass, Hat, Hiking, Holidays, Hot, Ice Cream, July, June, Mosquitoes, No School, Picnic, Roller Blades, Sandals, Skateboard, Soccer, Solstice, Sprinklers, Sunburn, Sunglasses, Sunscreen, Sunshine, Suntan, Sweat, Swimming, UV Rays, Wasps, Water Fights, Watermelon.

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

**Sudoku No. 192**

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

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

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# MARIONOWENTRAVEL



When do you take a holiday? Are you fixed to factory closedowns, have children governed by school holidays or the lucky ones able to travel any date? There are still some great holidays available for this summer and midweek travel can provide some good savings for you.

For those choosing to book in advance, budget & look forward to their future holidays we now have touring & adventure dates bookable for 2025 and several tour operators & cruises bookable for 2026! If you are anything like me I have a number of "need to visit" places on my bucket list and look to fit these into a gap as soon as possible. I have to say I have not booked anything for 2026 yet, but my 2025 calendar is starting to take shape.

For those of you out there who can travel at the drop of a hat, being totally flexible it is possible at times to pick up a bargain. E.g. luxury all inclusive cruising aboard Regent Seven Sea's this year in Europe from just £2999 for 10 nights! While 16 nights sailing Bermuda & the Caribbean you can book a fabulous suite from just £343 per night. You could not stay in a 6 star hotel including gourmet dining, premium drinks, gratuities and even your excursions, this is fantastic value. Additional expenditure not required unless you want to purchase souvenirs.

For a not so inclusive cruises pick up the telephone we have many offers sailing on the Oceans & Rivers.

**Big bucket list adventures** we have two special cruises August 2024 - an expedition cruise exploring the North West Passage, north of Revolution Bay in Canada. June 2025 a Panama Canal cruise from San Francisco to Miami, a perfect time of the year for this itinerary.

Is it on your list to see the "Big 5"? Our Escorted South African Safari departs in November 2025 and has only 4 rooms remaining! You only pay a deposit at this stage giving you plenty of time to save up for your balance which is not due until August 2025.

Travel from your door is always available when you book at Marion Owen Travel. We do sell operators that include this in the cost e.g Titan. but with our own service it allows you so much extra choice.

**We can offer fabulous tailor made itineraries.** Seen a trip you fancy? Call us and we will turn your idea into your perfect holiday. Our first hand travel knowledge is vast and the world map in the office is covered with visit pins which amazes clients. Myself & Emma are Canadian Specialists and as a team along with most states of the USA, we have visited Australia, New Zealand, Asia inc. India, Vietnam & Cambodia, the list goes on...

**Our Website,** shows live availability 24/7 should you need to book accommodation, flights or a holiday. Book using the "Book Button" on the front page.

**We are a small experienced team** who love to travel ourselves, have first hand knowledge of travelling the world by land, rail, sea & air. We make your holiday booking simple and hassle free, leaving you to relax and look forward to enjoying your holiday. You also know who you are booking with, will find us available 24/7 when away on your holiday. Not biased in our sales, we book all tour operators & cruise lines including Jet2.

Susan, Emma & myself look forward to booking you on your next holiday. *Best wishes Marion*

## Our very own exclusive holidays, experience the difference

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16 Sep	West Ireland Atlantic Way, our journey continues, another adventure of coast, history & culture 9 days	£1165
22 Oct	Fred Olsen 10 night cruise visiting the lovely ports of Lisbon, Gibraltar, Cadiz, Malaga & La Coruna. Sails from Liverpool. Emma will be sailing with you.	From £1399
27 Nov	Warners Heythrop Park 5 days great itinerary inc. Blenheim Palace, dressed for Christmas	£ 495
08 Dec	APT TRAVELMARVEL River cruise, wonderful festive towns along the Rhine & Moselle	£POA
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18 Jan	Boundary Mills January Sales just for the day	£ 23
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16 Mar	Northern Cyprus 7 nights tour now on a waitlist	£1357
15 Apr	Cornwall's wonderful gardens. 5 nights dinner B&B Inc. Llanhydrock, Eden, Lost Gardens & much more	£ 995
17 Jul	Isle of Man 6 nights dinner B&B + comprehensive sightseeing of the island. 4* Mannin Hotel Douglas.	£1195
14 Nov	Thursford Christmas Spectacular 2 days	£ 255
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Jan 25	NORTHERN LIGHTS 5 days full board & activities	POA
17 Nov 2025	South African Safari, 7 nights all inclusive. Game drives to see the big 5 & more. Travel from your door.	£2899

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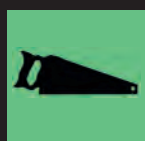
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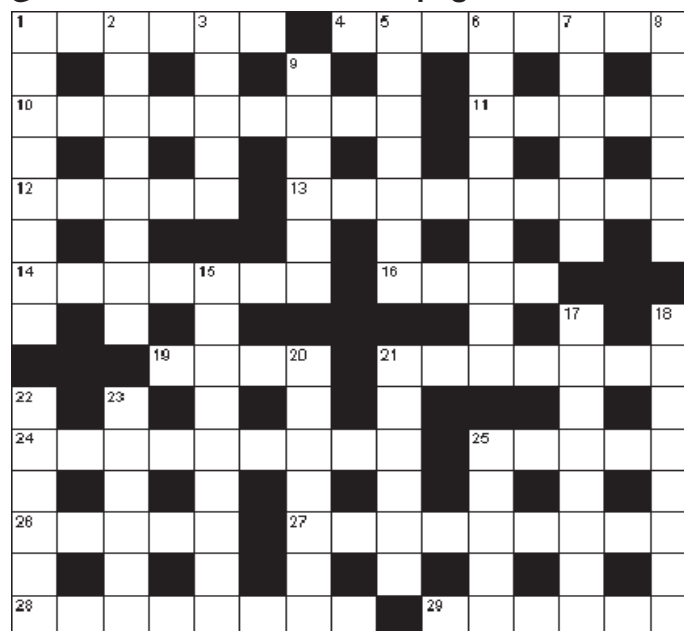
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yogawithkimhayman@gmail.com

14 July - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

## Crossword - Solution on page 29



### Across:

- 1 Cooks with water vapor (6)
- 4 Lame (8)
- 10 Tongue-in-cheek (9)
- 11 A Siouan people (5)
- 12 Acclaim (5)
- 13 Gives evidence (9)
- 14 Voter (7)
- 16 Uttered aloud (4)
- 19 Wise men (4)
- 21 Incapable (7)
- 24 Souvenirs (9)
- 25 Dance bar (5)
- 26 An emperor of Japan (5)
- 27 Translate (9)
- 28 Less than expected (8)
- 29 Guided (6)

### Down:

- 1 Endured (8)
- 2 Surpassed (8)
- 3 Short choral composition (5)
- 5 Asserts (7)
- 6 A native of Australia (9)
- 7 An introductory section to a story (2 words) (6)
- 8 In fancy clothes (6)
- 9 He works with clay (6)
- 15 Carry (9)
- 17 Determined the size or amount (8)
- 18 Accompanied (8)
- 20 Intimation (7)
- 21 Makes angry (6)
- 22 Ice or roller (6)
- 23 Hut (6)
- 25 Song of mourning (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)

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## COTTINGHAM'S NEW TRAVEL AND CRUISE CENTRE IS NOW OPEN!

### **A TRULY FABULOUS WELCOME....**

Where do we begin, after opening on June the 1st, the community has been nothing but kind to us, offering us the most glorious welcome to the village, well wishes, people popping in for brochures, the daily greetings and the interest in all of our products has just been phenomenal, we've even nearly hit our 1st milestone of 100 bookings! how exciting!

As a local business your support is important to us and we thank you for everything so far!

### **WHO WE ARE...**

Our team consists of over 40 years travel industry experience, a well travelled diverse team offering various skills and personal experiences to enhance our clients trips. Our knowledge and guidance is readily available to be shared with you. For the cruise lovers we have a dedicated **Cruise Centre** in-store too!

Some of our faces may be familiar from other agencies within the area, with a desire in the village for a travel agent and as the birthplace of Josh the founder of the business, it feels right to be here in our new location!

We look forward to meeting you!

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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)



## Summer! The best time of the year!

There really is nothing more satisfying to me than to see all the horses I care for, living out in the fields full time.

Somehow these winters in the UK are long, drawn out and generally miserable months with all the associated hard physical work attached needed for stabled horse management. Endless heavy mucking out, heavy hay nets, mud, cold, rain, heavy wet rugs, praying that the old tractor will start and attempting (and sometimes failing) to drive the tractor through the mud to empty the yard trailer in the field.

Bring on the summer! Everything changes and every single task is so much more pleasurable! We are still mucking out everyday of course however, cleaning the fields on a daily basis is by far a nicer task than cleaning bedded stables.

One of my secret pleasures is looking out of my

upstairs windows and seeing the horses out in the hill field. I can watch my babies play and sleep and graze. I can see a couple of my livery horses doing the same and it's just lovely. I miss not having horses at home as I did when I lived in Lincolnshire. There I was lucky enough to have my mares and foals outside my kitchen window. However, I can still see some of my horses from my home and I take pleasure in it.

The summer brings new management challenges of course. We have miles of electric fencing which all needs daily maintenance. Batteries need regular charging and inevitably the fences need some repairing, moving, tightening or replacing.

Weed control is a big one. Trying to minimise any foliage touching the electric fencing is time consuming and somewhat tedious but essential to keep the fencing working as it should. There are always some horses who cannot mix well with others so keeping them apart is all important. Just keeping all the horses in their correct paddocks is all important. The ponies tend to consider that the grass is always greener on the other side. I have some serious escape artists in my care and they keep my staff and I on our toes!

My favourite summer sound ever comes from those little, tiny, brave little souls called Swallows. Their return somehow brings me great pleasure alongside the feeling that all is well in my world. I am, however, sad to see fewer and fewer each year. It is very noticeable this year especially. Our skies used to be full of them and my telephone wire used to hold rows of them, all chittering away. This year there is only one sat singing where there would have been six or seven in a staggered line. The receding pond water in the little paddock exposes perfect nest building mud for Swallows. I would watch flocks of them swooping in to collect mouthfuls (or beak-fulls) and all swooping back away to their chosen nest sites. Not so this year. Their drastically reduced numbers have made me sad and is a stark sign of the times.

On a more positive theme, I have enjoyed watching my foals grow up over the past years into beautiful individuals. Kouros is now three and his brother Creed is now two. Both are big and boisterous and super confident-so much so that my staff have nicknamed them the devil children! Nothing can be left out in their presence because it will get picked up, run off with, chewed, played with, torn apart, trodden on or stretched to breaking point. They are quite a team when it comes to deconstructing things but we love them all the same. (except when they try to strip my windscreen wiper blades off my truck of course!)

Long may this beautiful summer time last 😊

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# The Skidby Scarecrow Festival returns on Saturday 15th and Sunday 16th July



Preparations are well under way for this year's Skidby Scarecrow Festival, which promises a fun day out for all the family.

The festival will take place on Saturday and Sunday July 15 and 16, with imaginative creations on show throughout the village.

Programmes, which include scarecrow maps, a kids' scarecrow trail activity and more, will be on sale on the weekend for £1, with all proceeds going to Skidby Village

Hall, a registered charity.

Visitors will have the opportunity to vote for their favourite scarecrow, with previous entrants including Iron Man, Harry Potter and the England football team.

Festival committee chairman Mat Croshaw said: "We have some really imaginative and creative people in Skidby and some fantastic entries already.

"Skidby Scarecrow Festival has so much going on this year, there's enough to keep the kids entertained all day, at a very low cost too."

"It promises to be a brilliant weekend for all the family."

Attractions at the festival include a grand raffle, with a first prize of a hamper worth £250, singers, brass band, birds of prey, fun dog show, ice cream, plant sales and more. Refreshments, hot sandwiches and home-baked cakes and biscuits will be available from the village hall and there will also be displays and activities at St Michael's Church.

Skidby Scarecrow Festival is kindly supported by main sponsors Eon Visual Media, Jordans Cars, Artmarket and Sewell On The Go.

For more information, visit [www.skidbyscarecrows.org.uk](http://www.skidbyscarecrows.org.uk) or join the community at [www.facebook.com/groups/skidbyscarecrows](https://www.facebook.com/groups/skidbyscarecrows)

*Pictured: Last years winning entry, Betty Bee Kind..*

**SKIDBY SCARECROW FESTIVAL**

**JULY 15<sup>th</sup>-16<sup>th</sup>**

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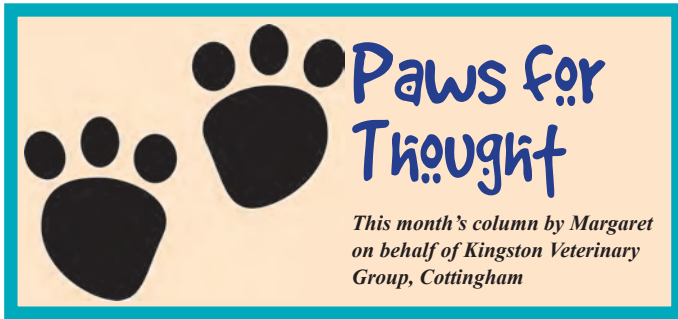
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## Think Twice

Since going into semi-retirement, one of the perks has been able to enjoy the gorgeous weather which we have recently been having. How wonderful it is to enjoy the warmth but more recently, something I'm not keen on, the heat. It is this that has spurred me onto this month's article. I was horrified to see someone today walking her two dogs in the midday heat at 26 degrees! Yes, she was dressed for the soaring sun but her dogs weren't who were showing such distress as panting, drooling, etc., whilst still wearing their fur coats.

They don't have a choice but we do, about when to take our pets for a walk. I shall never forget witnessing a dog that came in as emergency suffering from heat stroke. It took the vet and two nurses an hour to stabilise the poor thing but then it was transferred via ambulance to Kingstons Park St hospital for intensive care. Thankfully this one survived but I have known one not to as it was being exercised on the beach on a very hot day! Just a fact to make you think.....Did you know we have sweat glands all over our body but our dogs are confined to their nose and the pads on their paws?

A dog that is hot can only normalise their body temperature



through panting. This doesn't get the job done under extreme conditions and because they do not sweat, are actually at higher risk of heat stroke than humans, who perspire over most of their body. Panting quickly passes air through the moist tissues of the dogs mouth and cools it, much like a breeze on a sweaty face cools a human. This is a form of evaporative cooling and that's where most of the slobber comes from in panting.

If a dog begins to get too hot, their breathing increases to panting but when their body heat climbs faster than the panting systems ability to cool itself, heat stroke becomes a threat. If you feel your dog is showing signs of distress, please ring any of the KINGSTON surgeries, where you will get excellent advice from one of the registered nurses on what action to take.

Please be mindful and choose the correct time of day. A good tip....take off your shoes and feel the pavement. You will be shocked on how hot it becomes so whilst you think your dog is fidgeting as you are stood chatting to a friend, he/she isn't, their pads are burning (see pic). Just a thought ...A dog has never died from not having a walk but has died from heat stroke. Also, don't forget our other friends such as cats.

You may remember my lovely cat Bisley. He was a gorgeous white cat who loved to sunbathe on the garage roof. At the time, I didn't realise that because white cats have very thin hair on their ears and nose, they too can get sunburnt. Sadly, Bisley developed skin cancer on the tip of his ear and because of this he had it removed. From then on, he had suncream applied daily. Also, don't forget rabbits in their hutch and run. Place them in the shade where you know the sun won't move round to. You could also always put an ice cube in the water bottle.

### AND FINALLY ..... WAFFLE....

No, you haven't misread a typing error as, dare I say, there's not a lot to report on my gorgeous girl Tali so this is about my lovely rabbit Waffle. As I have written in a past article, we adopted Waffle as a companion for our rabbit Sabrina. It wasn't an easy journey bonding them as I found out after many months but as the saying goes, patience is a virtue and after six months they became great friends. Sadly, Sabrina died two months ago and it has hit Waffle hard so after saying I was not adopting anymore rabbits, lo and behold I am collecting on Saturday, a lovely two year old boy called Junior. In the words I use at the end of Talis paragraph, "watch this space!"

*Until the next time .....*

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So, what has made Andrew Earles successful when many travel agents have fallen by the wayside? Andrew says, "We have adapted and been prepared to change how we serve our clients. 30 years ago people didn't travel far, long-haul bookings were few and far between, now travel is quicker long-haul is more popular. It's not been easy sailing, with the collapse of Thomas Cook and then the greatest challenge was Covid, those were worrying times; but now travel is well and truly picking up. We are finding that Cruise is now very popular along with long-haul with destinations such as Australia, America, and Canada, I just hope the next 30 years are easier".



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Rosé the perfect summer drink

**B**RITS have declared their love for rosé, with two thirds describing it as the nation’s “perfect summer drink”, according to new research – yet fans are split over whether or not to add ice to their glass.

Supermarket Aldi polled over 1,000 rosé drinkers – and while 55 per cent think it’s acceptable to add a couple of ice cubes when the temperature starts creeping up, 45 per cent claim they would “never” dilute their drink.

According to the survey, rosé lovers enjoy an average of 63 glasses throughout summer, spending £11.34 per bottle, with the ultimate moment being a glass of Provence first sipped at 5.18pm.

And one in three claim to have tried the “spicy rosé” TikTok trend in which sliced jalapeños are added to a glass of pink.

Sam Caporn, Aldi’s wine expert, said: “I regularly get asked if it’s okay to add ice to wine and my answer is usually no – except for when it comes to rosé in the summer.

“While it’s true that adding ice to wine can dilute the flavour, when it comes to enjoying a glass of rosé in warm weather, it can be worth sacrificing a tiny bit of flavour for extra refreshment.

“During the summer months, it is all about rosés with crisp, cooling acidity. The most popular pinks at the moment are generally quite pale with restrained aromas and flavours; crunchy red berry and citrus fruit notes. The wines are intended to be drunk cold – around 7-13C is best.”

She continued: “When enjoying a glass at lunch or in the late afternoon, in the full glare of the sun, my advice is to add 1-2 ice cubes to keep your glass of rosé cold at the optimum temperature. Another tip is to pour smaller glasses – that way the ice and wine won’t sit there for too long.”

The research comes as Aldi is fast becoming a destination for rosé wine: Last year, the supermarket saw a 134 per cent uplift in spring/summer sales year on year. This year, it celebrated the start of pink season by launching the world’s first rosé dispensing billboard. The construction gave free rosé to passers-by when the temperature reached 19.2C in Manchester.

Now then, I have to say I’m with the 45 per cent in that survey - adding ice cubes to wine seems like a very bad idea to me - better by far to ensure the wine, whatever the colour, is served at the correct temperature. And that includes red wine.

The fridge is where the good - or bad - work is done to ensure we’re enjoying our wine on the hottest of summer days; the point I’m trying to make is simply storing that bottle of white or rose in the fridge for long periods is not great.

The average domestic fridge is between 3C and 5C, which is colder than the recommended temperature for even sparkling wines, so leaving a bottle of wine in it all day is a bad idea. Basically, it dumbs down the flavour.

Depending on the style of wine, and the size of the bottle, an hour in the fridge should be about right. Light, crisp, dry whites can take a bit more chilling than more full-bodied ones such as Chardonnay – for a standard-size bottle, one and a half to two hours in the fridge, rather than an hour.

Allow longer times in the fridge for sweet and sparkling wines and some fortified wines such as dry sherry (finos and manzanillas) and Vermouth. Even then, though, there’s a difference between lighter sparkling wines such as Prosecco and lighter aperitif styles of champagne (two to three hours in the fridge) and vintage champagne (an hour and a half to two), which again benefits from a slightly higher temperature to open up.

So far as reds are concerned, you probably know (though many restaurants seemingly still don’t) that you can serve light reds such as Pinot Noir and Beaujolais lightly chilled – say, half to three-quarters of an hour – but even fuller-bodied reds benefit from not being served at ambient temperature, particularly on a hot day. I wouldn’t actually chill them, but keep them cool and out of the sun.

It might also be worth considering chilling your wine glasses, too. They can heat up very quickly in the hot sun and that alone means it will have an impact on what you are about to consume.

BEVERLEY’S 2021 Masterchef winner Eddie Scott is cooking his signature biryani dish at three “feasts” he is hosting in July at Little Wold Vineyard at South Cave. The dates are July 24, 25 & 26 but tickets (£130) are fast selling out.

You will be welcomed on arrival with a drink and canapés. Eddie will then present an insight into the history of the Mughlai cuisines of India. A three-course dinner will be served, accompanied by a flight of three wines, all crafted by the award-winning Little Wold Vineyard. The main event will be Eddie’s signature Hyderabad lamb biryani, which you will be able to see being assembled and cooked in the large traditional deg (pot). The evening will end with a cup of masala chai or coffee and petit fours.

More details and details of other wine-related events at the vineyard from [www.littlewoldvineyard.co.uk](http://www.littlewoldvineyard.co.uk).

BEST BUYS



**Santa Tresa's Frappato Rina Russa**

**Where:** Waitrose  
**When:** From July 5 - August 1  
**Why:** A lovely light summer red that’s great served lightly chilled. The organic Santa Tresa estate in Vittoria, south eastern Sicily, has cultivated its own clone of the Frappato grape, which is indigenous to the Vittoria area. The classic food pairing in Sicily is with tuna seared on the barbecue.

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**Boutinot Les Cerisiers Cotes du Rhone Rose 2021**

**Where:** Roberts & Speight, Beverley  
**When:** Now, while stocks last  
**Why:** A classic salmon pink rosé with delicate perfumed aromas of rosehip syrup, wild berry blossoms and cherries on the nose. A delicious aperitif but pairs well with light dishes and even a red Thai chicken curry

£8.99 (was £9.69)



**Co-op Irresistible Solo Pale Spanish Rosé**

**Where:** Co-op  
**When:** Now  
**Why:** Beautifully pale, dry rosé packed with red berry flavours. Perfect on its own or with salmon, chicken or vegetarian salads.

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**Sorcova Pinot Grigio**

**Where:** Waitrose  
**When:** Now, until July 4  
**Why:** Lovely grapefruit and peach aromas, followed by plenty of melon and apple flavours, and citrusy acidity. Great with a Thai or Malaysian-style chicken curry

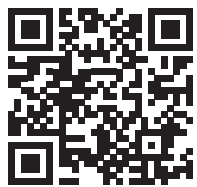
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## Motoring - with Roy Woodcock



### It's BMW's most successful saloon; now a new 5 Series is on the way. Roy Woodcock gets a sneak preview . . .

**P**LAYING computer games in the car? Whatever next! But depending on your point of view this is either the most exciting or irrelevant feature of the new BMW 5 Series, heading to our roads from October this year. Even the driver can join in; but only when the car is stationary you'll be pleased to know!

So, let's get this "trivial" detail out of the way first. What we're talking about here is a curved widescreen display unit (that also displays all the normal information required by the driver) that can be accessed via your smartphone, which also act as controllers for actual game-playing.

It's the result of a tie-up between BMW and a gaming platform called AirConsole. A connection is established by scanning a QR code and the selection of games available at launch includes racing, sports, quiz, simulation, strategy, jump-and-run and puzzle games. The portfolio of 20 or so titles is continuously expanding and includes "Go Kart Go", "Golazo", "Music Guess" and "Overcooked".

A Travel & Comfort System is also available to provide customised entertainment in the rear. With plug-in couplings installed in the backrests of the front seats for attaching multi-function holders, tablets and other devices can be attached to serve as entertainment screens. The system also includes mounting options for clothes hangers and fold-out tables.

And now you're over the shock of all that I have to say there is a lot of exciting "proper" developments with this new model - the eighth generation of BMW's most successful saloon - including an all-electric version for the first time. Priced from £73,200 the BMW i5 eDrive40 joins a new 520i petrol model and a potent i5 M60.

The range will be expanded early in 2024 with the introduction of the BMW 530e and BMW 550e xDrive plug-in hybrid models, which are expected to offer an electric range of 49 - 56 miles and 54 - 62 miles respectively.

Also set to join the model family in spring 2024 is the next generation of the BMW 5 Series Touring estate car, which will also be available with all-electric drive for the first time, as well as with plug-in hybrid drive and pure combustion engine drive.

The 520i saloon is priced from £49,850 while the all-wheel drive i5 M60 will cost from £96,480.

Performance figures for the petrol engined 520i are a 0 to 62mph acceleration time 7.5 seconds with a top speed of 143mph and fuel economy of up to 49.56mpg and emissions of 130g/km at best.

The zero emission i5 can hit 62mph in six seconds while the

24 July - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

electric motor in the M60 develop 601hp giving it a 0 to 62mph time of just 3.8 seconds. Top speeds for the electric models are 120 and 143mph respectively with BMW claiming ranges of up to 361 miles for the i5 eDrive40 and 320 miles for the M60.

BMW says that the new 5 Series is a modern interpretation of the classic styling which has become a standard bearer for the brand for more than 50 years. The car has grown in length by 97mm to 5,066mm, in width by 32mm to 1,900mm and in height by 36mm to 1,515mm. The wheelbase has been increased by 20mm to 2,995mm for more seating comfort, especially in the rear.

It is also the first BMW in the UK to feature leather-free Veganza upholstery as standard, encompassing the seats, dashboard and door panels while the high tech BMW Interaction Bar first seen in the BMW 7 Series is now incorporated in the new 5 Series. The car is also available with a panoramic roof - the first time in the model's history - and digital features are taken to a new high with cutting-edge additions of AI-driven servicing notifications.

With the latest styling cues, the new 5 Series incorporates BMW's latest kidney grille design flanked by twin LED headlights. Boot space ranges from 520 litres on the 520i with 490 litres available on the i5 models to accommodate the electric drive units on the rear axle.

Recharging to 80 per cent capacity takes 30 minutes according to BMW for the i5 and up to 97 miles of range can be added in 10 minutes.

All versions feature the previously-mentioned BMW Curved display which consists of a 12.3-inch information display behind the steering wheel and a control display with 14.9-inch screen, which merge into a single fully digital high-resolution display unit.

The i5 M60 xDrive has motors on both front and rear axles which combined produce 601hp - 340 from the rear and a further 261 at the front. Maximum torque is 795Nm or 820Nm when the M Sport Boost or M Launch Control is activated.

The petrol engine in the 520i uses 48-volt mild-hybrid technology to boost economy and develops 208hp - 24hp more than the current engine.

But to finish I couldn't resist highlighting another technical "advance" available with this car. Specifying the optional Tech Pack means you get an interior camera in the roof area that allows passengers to take photos and record video and sound to capture "special moments" and share them with friends or family. The recordings can be transferred by scanning a QR code in the control display.

But on a more serious note, the interior camera is also activated when the anti-theft recorder is triggered. Now, that is useful!



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# 'The Tempest' coming to Sewerby Hall and Gardens: Friday 11th August

Sewerby Hall and Gardens will present an outdoor theatre show of Shakespeare's fabulous tale, The Tempest.

"A mighty storm shipwrecks a King and his entourage on an island of magic and mystery. It is a place of music and visions, surprising encounters and unlikely friendships. But what secrets does this island hold? Who or what is really in charge? And will the world ever be the same again?"

This new outdoor tour from SISATA will see professional actors tell their tale in beautiful surroundings, uniquely situated in a dramatic clifftop position with spectacular views over Bridlington setting the scene perfectly.

Councillor Nick Coulty, portfolio holder for culture, leisure and tourism, said: "It's great that we are able to welcome this production of a classic Shakespeare play to the beautiful surroundings of Sewerby Hall and Gardens. I have no doubt that this will be a wonderful night out, and will prove to be very popular amongst Shakespeare fans young and old."

Marie Gascoigne, general manager, Sewerby Hall and Gardens, added: "Enjoy the experience, bring along a chair, a blanket and a picnic. Immerse

yourself in this open-air performance, and spend a glorious evening watching this enchanting, fast-paced production of one of Shakespeare's finest plays."

Gates open at 5.45pm. The production starts at 6.30pm. (Approx running time 100 minutes)

Customers are advised to arrive early to pick their spot, bring a picnic and whatever they need to be comfortable and prepared for the weather.

Ticket prices £12.00 - £15.00, available through ticketsource.co.uk: <https://www.ticketsource.co.uk/sisata/t-yaecoyda>.



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July is often one of the hottest months of the year and a great time to sit out and enjoy your garden. Keep your plants looking good by regularly dead-heading and you'll enjoy a longer display of blooms. Make sure you keep new plants well watered and hoe off weeds, which thrive in the sunshine. Not only can we enjoy our plants in the Summer we can also relax and unwind in the garden on the warmer evenings with a chimenea, garden furniture or even a few bbqs.

#### A guide to watering and feeding your garden

If you want a healthy garden with an abundance of flowers, watering and feeding are essential. Without water, plants will simply wilt and die. A complete fertiliser or specific nutrients are essential – particularly for plants growing close together. But when should you water and feed?

During long hot dry spells, plants definitely need water – but make sure this is given at the right time and in the right way. Plants need to be fed during periods of active growth – not when it could encourage new growth later in the season.

#### How to water

- **Watering cans:** Use one fitted with a fine watering can rose. This leads to less soil disturbance and possible root or plant damage.

- **Sprinklers:** Try not to use them in hot sunny weather as this can cause leaf scorching. More importantly the water applied has more time to be absorbed in the soil when applied in the cool of the evening or in the early morning.

- Trickle or soaking hoses: deliver tiny amounts of water over an extended period of time.

- **Root Watering:** Sink 5–8cm diameter pipes or plastic soft drink bottles with the bottoms cut off in the soil next to trees or shrubs, or in containers. Top these up with water on a regular basis.

#### Watering Tips

- It's better to soak plants from time to time rather than watering little and often.

- Make sure water gets right down to the roots, by placing the hose or watering can spout at the base of a plant and water gently. If soil is very dry, water twice.

- Do not water plants too forcefully. Never direct a jet of water at the



base of a plant as it will wash away the soil, exposing the roots. Make a hollow around the plant base and fill with water.

- Re-use 'grey water' from baths and sinks or recycle rainwater by using a water butt.

#### New Plants

New plants need a good deal of care and attention to help them adjust to their new surroundings and grow well.

- When planting new plants, prepare the soil to ensure they get enough water and food.

- Dig the soil between 25 and 50cm deep. This will let in air and water to prevent root suffocation.

- Add some water-retaining gel or try some well-rotted manure, garden compost or peat alternative, as these will act as a sponge, retaining water.

#### Lawn Irrigation

- If grass does not spring back after it has been walked on, water as soon as possible, as long as there isn't a drought!

- If it is very dry, spike your lawn with a fork before watering.

- The quickest way to water your lawn is to use a sprinkler but to ensure you don't over-water in one place, place a jar next to your sprinkler and move it once the jar has 2.5cm of water in it.

#### Caring for Containers

Like new plants, those in pots and hanging baskets need special care as they run out of water more quickly than established border plants – which have bigger root systems and more soil from which they can reach water.

- Add water-retaining granules or gel (right) to compost in pots and place a small pipe or plastic bottle in the compost to help with root watering.

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## 10 Jobs for this month

1. Place Conservatory plants outdoors
2. Regularly de-weed your borders and keep on top of weeds
3. Dead head bedding plants and repeat flowering perennials
4. Paint sheds, decking, fencing and furniture while its dry
5. Spray roses with fungicide to ward against black spot and mildew
6. Be water wise, use your water butt and keep on top of watering bedding in particular
7. Feed your lawn, particularly if you didn't do a Spring feed
8. Look out for Scarlet Lily beetles on your Lilies before they ruin them
9. Also keep a look out for other pests as they thrive in warm weather
10. Chop lupins, delphinium and poppies down once they have finished flowering

- Aim to keep the compost moist at all times, watering daily in hot weather.
- If the compost looks pale, has shrunk away from side of the pot, or if plants are droopy and wilting, stand the container in a bucket or pan so that it can soak water right up into the compost.

**Dealing with drought conditions**

- Attach a water butt with a tap to your drainpipe to collect rainwater.
- Keep borders well weeded as weeds compete for moisture.
- A 5-7cm protective layer of mulch such as compost, cocoa shells, bark or even gravel spread on the soil between plants reduces evaporation.
- Stop sprinkling lawns in drought – in autumn they will recover!
- Hoe weeds at the roots to save time and avoid disturbing the soil and increasing water loss from the surface.
- Leave grass clippings on the surface of the lawn after mowing to recycle nutrients.

**Different Plant foods for different plants:**

- **Shrubs & trees** –Bonemeal when planting in autumn/ winter; Growmore in spring/summer.
- **Bulbs** – Bonemeal after flowering.
- **Bedding plants** – fortnightly general liquid feed.
- **Container plants** –general liquid feed weekly in spring/summer.

All living things need food and water and plants are no exception. They need a mixture of the following three main types of plant food:

- **Nitrogen** promotes leaf growth.
- **Phosphates** help roots develop.
- **Potash** increases production of flowers and fruits and improves fruit flavour. It also increases winter hardiness. They also require trace elements of calcium, boron, iron, magnesium and manganese. By applying a range of garden fertilisers, you can ensure your plants receive sufficient food to perform to their full potential. Some specific plants need tailored cocktails of fertilisers – roses are a good example.

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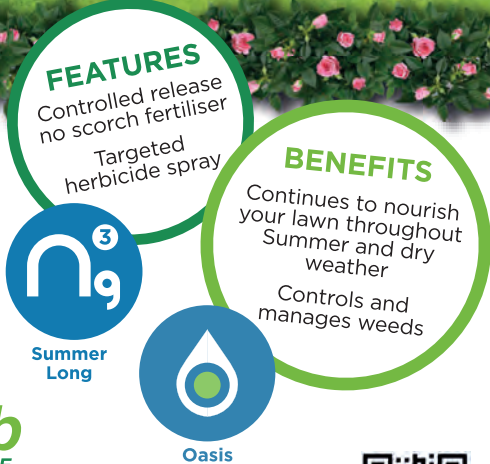
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## Your Stars for July 2023

By Kay Gower

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

You begin the month in high spirits. You have a sense of purpose and vision as well as the energy to achieve your goals. Romance, professional opportunities, trips abroad all lie in store for you.

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

July finds you full of optimism, ideas and plans, but try not to bite off more than you can chew especially during the first week. This could in fact be a productive month, but only if you can keep your expectations reasonable.

### Gemini (May 22-June 21)

Don't let indecisiveness hold you back, there are no perfect choices on the table this month nor is there one that's better than the others. Make a choice and then commit by the 23rd. Things will open up from there.

### Cancer (June 22-July 22)

You may begin the month feeling guilty about something. Whatever these feelings are about they will vanish by the second half of the month when things start to look up. Don't ruin the summer months with negative thoughts.

### Leo (July 23-Aug 22)

Your attitude may be misunderstood mid month (15th - 17th) think carefully when dealing with work colleagues. Don't make remarks that could be used against you.

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

Get a move on with those hopes and impossible dreams - you could fulfil one of them during the next three weeks. Timing couldn't be better.

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

Even when you're angry you can still find it within yourself to be kind, this is all part of your forgiving nature, you even forget why you were angry in the first place. However, some slights are best remembered - just to avoid a repeat.

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

Communications with friends is well starred throughout July, perhaps people from the past will make re-appearances around the last week of the month. Legal projects and house moves are also positively favoured.

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

There are no guarantees that there will ever be a day, week or month when you'll be secure enough to do the thing your heart wants to do. Do it now. July would be a great month for new beginnings.

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

There may be no evidence that your ideas/ plans will work or that the timing is right, but you still feel that you're onto something good. For now, that's enough of a reason to move forward.

### Aquarius (Jan 21 - Feb 19)

Routines are not likely to impress you much and this is odd because normally you like to know what is expected of you, but new projects are just waiting for you to take charge especially around the time of the new moon (17th).

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

From now until November, Saturn embarks on a retrograde journey through your sign. This transformational period sees you letting go of old thought patterns or beliefs that may have influenced your life. Break free from limiting cycles and release what no longer serves you.

# Woodland trail for staff opens at Castle Hill Hospital

A new woodland trail has been created for staff in the grounds of Castle Hill Hospital to help them relax and recharge their batteries during their breaks.

Hull University Teaching Hospitals (HUTH) has opened the trail stretching almost half a mile and weaving through the grounds of the hospital in Cottingham.

The safe and tranquil haven for staff was created by Castle Hill's Gardening team – Richard Guest, Luke Whitteron, David Baines, Andy Eagle and Kallum Rilatt – as part of a project with Up! – the health and wellbeing programme run for staff at HUTH.

Staff are being encouraged to use the trail for team meetings, lunchtime walks and breaks as part of the trust's commitment to support staff's health and wellbeing at work.

Chris Long, Chief Executive at HUTH, performed the official

opening of the trail by unveiling a plaque to thank the gardeners for their work in clearing a trail through the woods.

He said: "Our staff work in a really high pressured environment as we recover from the impact of Covid-19 on all hospital services.

"This trail means our teams at Castle Hill can benefit from fresh air and exercise during their breaks, enabling them to return to their wards, departments, clinics and offices refreshed and refocused for the rest of their shifts."

# Saxophone and harp concert in Aid of Amnesty International on Friday 14 July

Hull Amnesty Group's annual concert in aid of Amnesty International will be given by the Polaris Duo: Live Music Now artists Gillian Blair (saxophone) and Elinor Nicholson (harp). Their programme will include works by Debussy, Fauré, Tchaikovsky and Gershwin, as well as pieces written specifically for this unusual combination of instruments.

The concert will take place on Friday 14 July in the Judi Dench Theatre of Hymers College, by kind permission of the Headmaster. The start time is 7.30pm. Tickets, including refreshments, cost £15 (or £10 for under-18s and students with a student card). They may be ordered by email ([hullamnestygroup@gmail.com](mailto:hullamnestygroup@gmail.com)) or telephone (01482 849443).

All proceeds will go to Amnesty International.

### Crossword solution from page 14

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

### Sudoku Answer from page 12

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



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## Cottingham Darby & Joan members celebrate King Charles III Coronation

On Friday 5th May, the Darby & Joan Club held a party with a special lunch to celebrate the coming of the Coronation of the King and Queen the following day. It was a very happy day enjoyed by all.

*Pictured right the cutting of the cake made by member Lesley Davy (left), and Brenda Snith (our oldest member).*

*Pictured below: The members enjoy their lunch.*



## Summer Reading Challenge 2023, Ready, Set, Read! is raring to go at East Riding Libraries

East Riding residents can get ready to take part in the UK's biggest free reading programme for children.

This annual challenge encourages children aged 4-11 to keep reading during the summer holidays.

This year's Summer Reading Challenge is all about games and sports, delivered in partnership with the Youth Sports Trust. Participants will join the fictional team (and their animal mascots) as they use their skills to weave their way through a summer obstacle course.

East Riding Libraries librarian Jess McCarthy said: "Ready, Set, Read! will showcase how reading can be active and involved,

as well as encouraging children to engage in games and sports in any way that best suits them. We are excited to launch the Challenge, and related events, once again this year to help children and families to see that reading really is a superpower!

"Alongside the Challenge we have a spectacular programme of events and activities across all our libraries, including epic storytelling, travelling theatre, Lego events and more... Keep your eyes peeled for information on this, coming soon.

"Pre-school children can also take part via the Mini Challenge; register for a collector card at your local library, read with them throughout the holidays and collect up to six stickers at the library for each book they read with a very special shiny medal sticker for those who have completed the card."

Councillor Nick Coultish, portfolio holder for culture, leisure and tourism, explained: "Reading skills can 'dip' during the long summer break without regular access to books and the encouragement to read for pleasure. We are ready to tackle this

by motivating our young East Riding residents to visit their library and keep reading during the holidays, maintaining their skills in preparation for the new school term.

"But we also encourage parents to attend and get involved with their children over the summer to help them read for pleasure. The Summer Reading Challenge promises to be great fun for both parents and children!"

Register to take part at your local library from 8 July – all participants can collect a FREE poster, stickers and incentives and then get reading...

Jess McCarthy added: "Don't forget to let us know how you are getting on throughout the holidays, and visit us at the end of summer to collect your finisher's certificate and medal!"

For more information visit [www.eastridinglibraries.co.uk/summerreading](http://www.eastridinglibraries.co.uk/summerreading)

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