

Cottingham Times

and District

Issue 199 - June 2018



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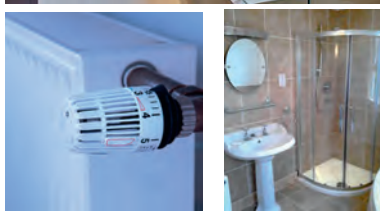
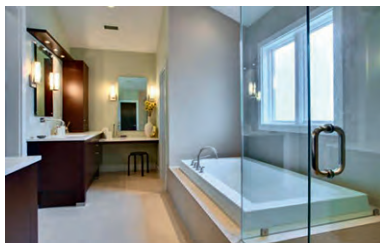
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In Cottingham and District

British Sugarcraft Guild

Saturday 2nd June - Demonstration on Canzashi Sugar Work will be given by Kerrie Banborrow at 2.00 pm. £5.00 for visitors, all welcome. At Cottingham Parks Golf and Leisure Club, Woodhill Way.

Wild Spaces

Sunday 3rd June - Dean Wood, at 10.00 am, Dean Road entrance.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 5th June 2018 - Far Ings, Barton - 6.30pm start

Tuesday 19th June 2018 Hornsea Mere - 6.30pm start

Tuesday 3rd July 2018 - Programme Planning - 7.30pm - Church Hall. Why not spend a summer evening with your camera/phone and a friendly group. New members welcome. All levels. Contact for further details: John on 842169 or john@jcmhome.karoo.co.uk.

Beverley & East Riding Croquet Club

Wednesday 6th June - 2.00 pm to 4.00 pm. 'Free Taster Sessions at Beverley & East Riding Croquet Club, Rowley Manor, HU20 3XR. Come and try croquet for leisure or sport. All equipment provided, wear flat shoes. Further details www.beverleycroquet.org.uk.

Cottingham Ladies Circle

Thursday 7th June - Cottingham Village Trust - Katrin McClure, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 7th June - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Andrew Karavics - "The Design Behind Sledmere Gardens". Further information from Lois Scott 01482 494276.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 7th June - at 7-30pm. Karen Wagg will give an insight into "Recycling". New members and visitors always welcome.

East Yorkshire Embroidery Society

Saturday 9th June - Greta Fitchett, member of the East Midlands based Living Threads Group, the Quilters' Guild, and the Embroiderers' Guild. In the Darby & Joan Hall, Finkle Street at 2.30 pm to 4.00 pm (doors open 2.15 pm). £1.50 members; visitors £2.50. Tea/Coffee and biscuits included.

Front cover: The Memorial Gardens with the new mural by Andy Pea, which was commissioned by the Parish Council.

Photo: Paul Lakin.



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Cottingham Catholic Women's League

Monday 11th June - A member of the Co-op will be speaking about Wills and the Law, in the Garden Room, Holy Cross Church, Carrington Avenue, Cottingham at 7.30 pm.

YPI Camera Club

Monday 11th June - (Chairman Peter Richardson). View Cleethorpes Camera Club's "35 image" AV's. We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. For more details & examples of our work see <http://www.ypicc.uk/index.html>. Each meeting will normally consist of viewing and critiquing any set subject or open subject AVs that members might bring. Work in progress or unfinished AVs that have hit a problem are always welcome too. This will normally be followed by a question and answer technical session. New members always welcome – just turn up.

Cottingham Women's Institute

Tuesday 12th June - Summer Flower Demonstration - Sue Whitelan. Competition: A Summer Flower, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Hull and East Riding Glaucoma Group

Wednesday 13th June, 2pm-4pm - Our invited guest is our Patron Mr Craig Burnett. The Glaucoma Specialist Consultant at the Hull and East Yorkshire Eye Hospital, Mr Burnett's work involves the medical and surgical management of glaucoma, and we are very pleased to welcome him to our June meeting. At Sight Support Hull & East Yorkshire (formerly HERIB) on Beverley Road, Hull, at 2pm. Entry £1.50 per person. For more information and to book your place call Sight Support Hull & East Yorkshire on 01482 342297.

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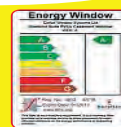
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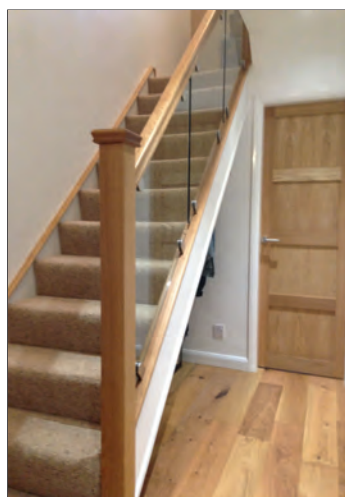
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Thursday 14th June - Sheila Dixon - Life on-board the Titanic, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

Beverley Film Society

Thursday 14th June - Paterson (2017). USA/France Comedy Drama 120 mins Written and directed by Jim Jarmusch, Adam Driver stars as Paterson who is a bus driver and aspiring poet. Every day he adheres to a simple routine, he drives his daily route; he writes poetry into a notebook; he goes home to his wife Laura, played by Golshifteh Farahani. By contrast, Laura's world is ever changing as new dreams come to her almost daily. The film quietly observes the triumphs and defeats of daily life, along with the poetry evident in its smallest details.



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Cottingham Green Women's Institute Evenings

Thursday 14th June - Ruth Beckett - How Aromatherapy and Reflexology can improve Health and Wellbeing. Competition: A Hat, held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

Hull Savoyards

Friday 15th and Saturday 16th June - Featuring the Kingston Savoy Orchestra bring some Italian sunshine to East Yorkshire when they present Gilbert and Sullivan's Gondoliers at the Cottingham Civic Hall commencing at 7.30pm. Tickets are £12.00 with concessions at £10.00. Tickets will be available on the door or from Barkers on Hallgate or Countryman's Deli on Finkle Street. Any enquires contact 01482 876918 or visit website www.hullsavoyards.co.uk.

East Yorkshire Woodturners.

Tuesday June 19th, 6.45pm - Demonstration by professional woodturner Philip Greenwood who is a firm favourite at our club. He resides at Hutton Le Hole, North Yorkshire where he has a craft centre with his wife Wendy, who is a glass and ceramics artist. Philip demonstrates throughout the UK, has written more than 60 magazine articles and offers tuition from his workshop. <http://woodturningintoart.co.uk/index.html>. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For further information please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the website: eastyorkshirewoodturners.org.uk.

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

Tuesday 19th June - Button Workshop - Pat Conlon, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

The Arts Society: Hull and East Riding

Tuesday 19th June - Mr O Everett: "The Drama behind the Taj Mahal". At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

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Cottingham Evening Townswomen's Guild

Wednesday 20th June - Sally George - The Importance of Writing Diaries, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

Cottingham Ladies Circle

Thursday 21st June - AGM and Supper, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

Cottingham Methodist Church, Hallgate

Friday 22nd June 2018 - Free Film Night - 6.40 for 7pm. Refreshments including ices on sale.

Christ Church, Cottingham

Saturday 23rd June - Family Fun Day, 12.00 noon to 4.00 pm. Admission Free. Lots of fun activities for all ages. 31 Endyke Lane, Cottingham.

East Riding Flower Club

Monday 25th June - The East Riding Flower Club will meet at 2.00 pm, at the Cottingham Civic Hall, Kathleen Gibson from Bladon-on-Tyne, will demonstrate "Inspirational Moments".

Wednesday Social Club

Wednesday 27th June - Mr. Trevis - Fact and Fantasy, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 5th July - at 7-30pm. Kate Willoughby will talk about Helicopter Search & Rescue. New members and visitors always welcome.

Continued on page 11

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Cottingham Parish Council



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

- **Word from the Clerk**

I have now been in post for over a year and what a year it has been! Once again, I am currently preparing the Parish Councils accounts for audit and they will be available for viewing by the public sometime in July/August. Please email me if you would like to see them.

In the last newsletter I mentioned that we hoped to be returning to a three-day a week opening once our staff restructuring had taken place. I can actually report that we will be opening five days a week. When this will happen and what the exact hours will be is yet to be determined. Please visit the Parish Council website for further updates.

Matthew Kay, Clerk to Cottingham Parish Council
parishclerk@riscouncil.karoo.co.uk

- **Grants to Local Organisations (including new small grants)**

Cottingham Parish Council may award grants to any community groups or charitable organisations that are beneficial to the village. If you belong to an organisation and wish to apply for grant funding from the Parish Council, then in the first instance, please contact the Parish Council Office for more information and an application form. Please note that there are criteria elements to this form that need to be taken into consideration. All application forms received are decided upon at the next scheduled Finance & Asset Management Committee Meeting. The next meeting of the committee is **Tuesday 10th July 2018**.

At our meeting in May a grant was given to the Cottingham Village Trust.

As well as individual grants, the Parish Council donates money received through the sale of dog waste bags. For the 2017/2018 financial year the money will be given to Cottingham Wild Spaces and for the 2018/2019 financial year the money will be given to the Cottingham Village Trust. The charge for the bags remains at 50p per pack (each pack containing 50 bags) and is limited to 2 packs per person per month.

Small Grants

The Parish Council have recently decided that small grants (up to £50) will be made available via

a streamlined process without having to complete a full grant application form or waiting until the next Finance & Asset Management Committee meeting for a decision. Under normal circumstances a grant can only be given to an organisation but in certain circumstances they can be given to individuals i.e. if the grant relates to something in our remit such as litter collection, so please feel free to enquire. Any grant given must be for the benefit of the village.

- **Noticeboards.**

The Parish Council operates a number of noticeboards throughout the village. Normally you would have to ask us to place any notices in the boards, however, we have recently had the noticeboard near to the Co-op store altered so that it can be opened without keys. We also hope to install a new noticeboard onto the back of the bus shelter in Market Green. This too will be accessible to the public without keys.

- **Memorial Gardens, bunting, and village flowers.**

The mural in the Memorial Gardens is now complete and I hope residents of the village are as pleased with it as the Parish Council is. If you have not seen it I would highly recommend that you pay a visit.

The mural is part of the Parish Councils ongoing aim to improve the look of the village, you may have also noticed the bunting that has gone up in King Street and Hallgate. Likewise the village flowers will soon be planted up for the summer season.

- **Cottingham Day, Sunday 1st July**

After a break last year, Cottingham Day is returning on Sunday 1st July with a childrens' fairground on Grandads Park, a market on King Street/Market Green, a craft market inside the Civic Hall, and live music performances on Market Green with more to be announced as we get closer to the day

- **Dates for your Diaries**

Cottingham Parish Council meets the third Thursday of every month, excluding August and December, commencing, normally, at 7.30pm. The next Full Parish meeting will take place on **Thursday 21st June 2018**. This does not include meetings of our Finance or Planning committees, which will be advertised as they arise.

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

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BEWARE THE BEAR TRAPS OF BARE TRUSTS

Bare trusts are one of the simplest types of trusts. Clients often call them “bear trusts” but the correct spelling is “bare trust”. These are effectively a nominee arrangement whereby one person (the trustee) holds assets on behalf of another person (the beneficial owner).

Bare trusts are normally used to hold assets on behalf of people under the age of 18 because they cannot legally own assets such as shares or property.

The simplest type of bare trust is where a grandparent opens a bank or building society account on behalf of their grandchild. Such accounts are often opened in the name of the grandparent and designated with the grandchild's name, e.g. “William Smith a/c Emily Smith”.

For shareholdings, the beneficiary's initials often appear after the trustee's name, e.g. “William Smith a/c ES”.

Sometimes, clients draft a formal declaration of trust to show that they have given away the beneficial ownership of the assets. This might be done for tax purposes.

Bare trusts can be useful for tax purposes. Any income is treated as belonging to the beneficiary, so that they can utilise their personal allowance of £11,850. The exception is where a parent creates a bare trust for their minor child, where any income in excess of £100 is taxed on the parent.

Any capital gains are taxed on the beneficiary, so that they can utilise their annual exemption of £11,700. This can be useful where the bare trust holds shares. The CGT allowance also applies where a parent sets up the trust.

For Inheritance Tax purposes, the transfer of assets is a potentially exempt transfer, so that after 7 years the assets no longer form part of the donor's estate. The assets transferred will form part of the beneficiary's estate for IHT purposes as soon as the trust is set up.

There are some pitfalls. First, the beneficiary will become entitled to the trust assets at age 18. This can cause problems if a large amount of money is put into the trust. Also, if the beneficiary should die during the donor's lifetime, then the assets will revert back to the donor's estate, which could negate any IHT advantages. For these reasons, some clients may prefer to create other types of trust.

For further information, please contact the Head of Trusts, Philip Evans, at Graham & Rosen's Hull or Cottingham offices.

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GDPR and less junk mail, or maybe not?

GDP – short for the EU General Data Protection Regulation, came into force recently. This is a major shake-up in the way that personal data is collected, stored and processed. **It affects all of us.** Prior to 28th May you will probably have received lots of emails from organisations asking you to re-subscribe to their mailing lists. The reason is that under the GDPR it will be unlawful to keep sending emails to customers unless they have categorically agreed to receive them. In the past it has become accepted practice that organisations assume your approval to receive marketing communications by some pre-ticked box on a web page. So, if you haven't re-subscribed then you will certainly be receiving less marketing stuff in your inbox. The bad news is that on the other side of the fence, the hackers and spammers of this world flout the law anyway, so they will just keep sending out all the junk mail regardless!

But email is just a small part of this new regulation. More important is the way that our personal data is used, and this can mean everything from name, address, telephone number and email, to financial data. **Every organization** no matter how big or small, that keeps customer records has to have a policy in place to explain why they keep data, ensure that it is stored securely and not processed unnecessarily or passed on, without prior consent. Customers also have the right to ask what information is being held about them, and if they so wish can demand that their details be deleted, provided of course there is no ongoing binding agreement in force such as finance etc. It is worth adding that even though this is an EU regulation, the UK will still be bound by it when we leave! More riveting information about GDPR can be found here: <https://www.eugdpr.org>

Junk email aka spam has of course been an annoying part of our online existence for many years. As mentioned above

this should be partly improved under the regulations, but we should all be careful that we are not tricked into agreeing to receiving junk by the bad guys who will no doubt come up with new schemes and scams. So, don't agree to anything unless you are sure it is from a reputable organisation that you trust. And conversely don't click an 'unsubscribe' link from any organization you don't recognize, because if it is from a scammer it will just alert them that yours is a live email address. **Windows 10 April Update** – yes I know this might seem a bit late, but this big update was delayed and has been rolling out to computers all over the world ever since. As usual with these big releases, like the Creators Update a while ago, it has not been without a few glitches, so watch out for this one. Not that you can do a lot about it as the update process is now fully automated and cannot be turned off! Also, after this update you will be presented with some screens relating to data privacy such as using voice and diagnostic data, to which you have to agree or disagree.

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ESET also has a program update available for most users, so if you see a notification from Eset popping up advising you to update to the latest version, it is safe to do so.

User account control (UAC). In Windows there is a security feature designed to prevent malicious software being installed on your computer which goes by this catchy name. So, whenever you start to install a program or sometimes an update, you will be presented with that familiar, but somewhat worrying message, that says a certain program wants to make changes to your computer, do you agree? To which of course you have to agree, unless you were not installing anything or don't recognise the program.

Smart socks send data to your Physio :-} Meanwhile over on the **BBC Click** website, this is one of the news headlines, which seems wacky but has a distinct medical purpose!

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

Security Central:

If you haven't already upgraded to ESET Internet Security, now is the time to do it. And for anyone who hasn't tried ESET yet, don't just take my word what an excellent product it is, go to the website <https://www.eset.com/uk/home/free-trial/> and download a **free one-month** trial! Just make sure you uninstall any existing anti virus you may have, even if it has expired. For prices, upgrades and licences – just give us a call.

Telephone scam – yes, I must mention this again. There has been another spate of unsolicited calls to computer users in this area purporting to be from Microsoft (who they are not) offering to fix problems with your computer (which they won't) and then fraudulently taking money for their non-existent services. If you get such calls, and they can be very persistent, tell them you are not interested, or that you have a local computer specialist, or that you don't have a computer!

Remember to look on my website for copies of the current and previous two articles where they can be read, downloaded or printed. And if you are considering investing a new computer you will also find on there my popular article on 'things to consider when buying a new computer. Or if you would like a copy sent by email, just drop me line.

Richard Mills
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Come & join our fun music group for children aged 0-4 years. Cottingham Civic Hall, Monday 9.30 am & 10.30 am sessions during term time. First session FREE, £3.75 thereafter, paid per term. For more information call Dean on 07947 817556 or go to www.music-time.org.

Activities for Under 5s

ArchaeoTots at Southburn Archaeological Museum. Free drop-in sessions for children under 5 to enjoy age appropriate toys and activities with their carers, linked to times past. Tea, coffee, changing facilities and easy parking are available. 10 - 12 a.m. on 3rd Tuesday of each month, for themed fun in a safe and stimulating environment. June 19th - "food and farming". Call 07410 441408 for details. samatsouthburn@live.co.uk

St Mary's Church Cottingham - "Storytime in the Space"

Bible Stories with a twist, every Tuesday in term time straight after school. Aimed at primary school children of all faiths or none. Parents and carers you are invited to bring your children along and join in the fun. Refreshments provided. Younger siblings welcome.

Cottingham Tennis Club (off Hull Road)

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

Fletcher on 07814 495931 for more information and to arrange to visit the club.

Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Beryl on 01482 353547.

The Cottingham Bowling Club

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

Alcoholics Anonymous Meeting

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

Continued on page 32

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Wordsearch - Summer

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

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

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. 136

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

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



MARION OWEN TRAVEL



June... time does fly when you are travelling! As you read we are just completing our break in Llandudno. Celebrating 25 years of Marion Owen Travel, this tour is at the request of a regular guest who will also be celebrating his birthday.

Early May we made a return visit to the Isle of Man. This was a superb tour with a twist, inspired by our local blue badge guide John. We are repeating a similar itinerary September 19. The island offers amazing history, stunning scenery along with an abundance of wildlife. Call now to secure your place.

Cruising, 2019 & 2020 early bookings are starting to dwindle.

Cruise & Maritime, sail from 11 ports around the country including Hull. They are still offering 2-4-1 deals until the end of the month. The deal is you pay for the first guest in the cabin as shown in the brochure and the 2nd guest sharing is free of charge. Travel from your door to out of town ports is an option when you book Marion Owen Travel, please ask.

Fred Olsen have just launched there River Cruise programme for 2019. Early bookers can enjoy an excursion free in every port whilst solo travellers can opt for a cabin without any single supplement. Flights from Humberside are also a possibility. Don't delay book today.

Regent Seven Sea's offer wonderful all inclusive luxury 6 star cruising. I absolutely love this cruise line. Top quality, yet offering a relaxed atmosphere on board smaller ships. We have amazing itineraries for the Rockies & Alaska next year. How about a 7 night Rockies tour including a helicopter flight over Banff, Gold leaf Rocky Mountaineer and more. Teamed with a 7 night all suite veranda cruise sailing from Vancouver to Alaska. This ultimate holiday is available for just over £6000 per person. Call for details.

Touring holidays are really expanding and more operators are offering travel from your door. For 2019 you can book from just £49 deposit and savings can be made on the brochure prices. If you know your destination let us find and book you the best combination to suit your requirements.

USA City Breaks, for a getaway this Autumn or next Spring we have many options available from under £500, now is the time to book before prices increase.

Do remember we are a full travel agency, we book financially protected holidays and you never have to worry about the security of your money. Why book direct with an operator when it costs no more to book with us. You have our help in the event of unforeseen circumstances both before or when you are travelling with our 24 hour service

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

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13 Jun	Westonbirt Arboretum & Painswick Rococo. 1 night DBB	£ 195
26 Jun	Royal Scot Train Ride - celebrating Keighley Worth 50 years	£ 46
18 Jul	Cambridge & SAGA cruise ship 2 days DBB + lunch	£ 130
20 Jul	Bastion in the Air day outing including lunch	£ 40
22 Jul	Tatton Park Flower Show & Renishaw Hall 1 night DBB	£ 179
06 Aug	Warner's Littlecote & Highclere Castle 5 days half board	£ 485
05 Sep	Musical, An officer & a Gentleman, Bradford Matinee	£ 59
06 Sep	Isles of Scilly - this 8 day holiday is 6 night HB & 1 night B&B	£1125
14 Sep	Star break Alexander Armstrong at Thoresby Hall 3 nts	£ 449
03 Oct	"Miss Saigon" Matinee at Bradfords Alhambra Theatre	£ 78
30 Oct	Efteling Theme Park - 2 night s NSF 1 day park family of 4 Europe's 3rd largest theme park. Family of 3 from £390	£ 465
17 Nov	Chatsworth House - House, Garden & Christmas Market	£ 50
15 Dec	Dordrecht Christmas Market Dash a superb break from	£ 99
18 Dec	Boundary Mills & Lunch just for a day	£ 40
2019	Tours are gradually being added	
16 Jan	Boundary Mills January Sales - Just for the day	£ 20
17 Feb	Manchester & Liverpool Music Tour - 1 night Dinner B&B	£ 149
27 Feb	Matilda the Musical matinee at Bradfords Alhambra	£ 80
04 Sep	Isle of Man - a fascinating 7 day island tour half board	£ 695

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* the first 2 departures will be escorted by Marion

*04 May 19 £485 (singles £560), *13 July 19 £495 (singles £599)

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June 18*

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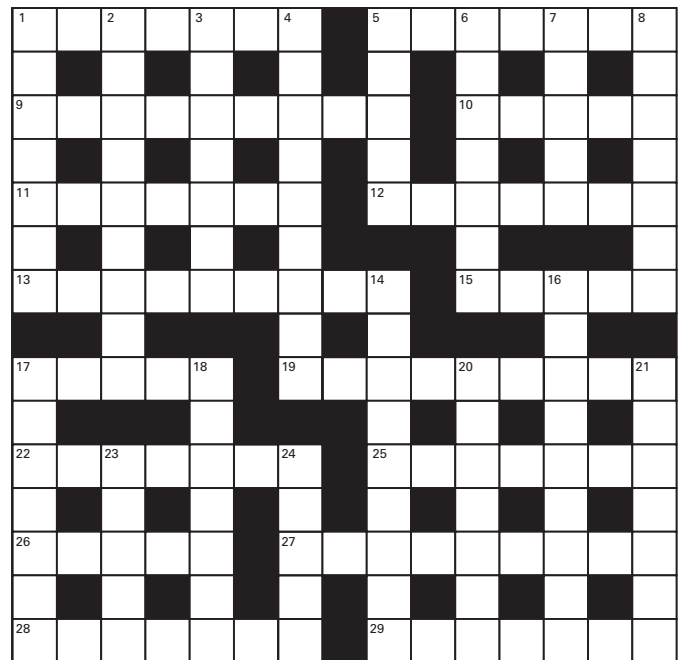
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Crossword – Solution on page 46



Across:

- Deal (7)
- Rod-shaped bacteria (7)
- Reproduced (9)
- The sharp edge at the junction of 2 surfaces (5)
- Voter (7)
- Ceded (7)
- Lead (9)
- Show someone to their seats (5)
- Mongrels (5)
- Child (9)
- Biting (7)
- In an unspecified manner (7)
- Father of Methuselah (5)
- Disturbance (9)
- Smiled contemptuously (7)
- Baby cats (7)

Down:

- Boundaries (7)
- Be a delegate for (9)
- Flyer (7)
- Infamy (9)
- In a poor fashion (5)
- French country house (7)
- Horrible in savagery (5)
- A personal with confidential information (7)
- The lower joint of the leg of a fowl (9)
- Bum rides (9)
- Social deportment (7)
- How a snake moves (7)
- Acrobat or tumbler (7)
- Reverses the tape to the beginning (7)
- Writing style (5)
- Secretes a hormone (5)

*Crossword courtesy of www.crosswordpalace.com
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WOMEN WORKING TOGETHER IN BUSINESS

Caroline Harraway Solicitors are pleased to give a warm introduction to the newest edition to their Cottingham office, **Rebecca Dymond Chartered Accountants!**

Rebecca is a popular, trusted and knowledgeable Chartered Accountant with over 20 years' experience. She is originally a local Cottingham girl, so is pleased to be returning to the village. Caroline and Rebecca have decided to join forces and provide the East Riding with a formidable female duo of Solicitor and Accountant both under one roof. Clients will no longer need to travel from place to place to have their legal and financial matters looked after and we hope this will provide a valuable convenience to local residents and those further afield in Hull and surrounding areas.



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Rebecca@dymondaccountants.co.uk

Please contact Rebecca for an initial appointment and advice on any accountancy queries, such as Personal Tax (Self Assessment), Corporate Tax, VAT, PAYE, Payroll, Company & Sole Trader Accounts, amongst other services. Rebecca's expertise includes the use of cloud based systems (Xero and Quick Books) in readiness for the upcoming age of Making Tax Digital.

Meet, Greet and Eat

The next Meet, Greet & Eat **FREE** drop in clinic will take place with Caroline Harraway Solicitors **AND** Rebecca Dymond Chartered Accountants on 16th June 2018 from 10.30am to 12 noon. We'd like to thank the readers of the *Cottingham Times* for your warm support and attendance at these events. So far, so good! Complimentary teas, coffees, cream scones and cakes are still being provided.



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In the Kitchen



Cheese Burgers (8 small burgers)

Ingredients

- 1 small Onion, finely chopped or grated
- 450g/1lb Minced Beef
- 1 tbsp Tomato Paste
- Salt and Black Pepper
- A little Oil
- 8 thin slices of Hard Cheese

Instructions

1. Place all the ingredients in a large mixing bowl and mix until well blended, squidding the mixture together with your hands.
2. Shape the mixture into 8 small burgers, brush with a little oil then place oiled side down on the grill and cook over medium hot coals and cook each side thoroughly.
3. Just before your burgers are ready, place a slice of cheese on top of each and finishing cooking. The cheese will slightly melt.



BBQ Tropical Fruit Skewers

Ingredients

- 1 Large Mango
- 2 Large Bananas
- 1/2 a Fresh Pineapple
- 1 Ripe Papaya
- The Juice of 1/2 a Lime
- 4 tbsp Rum
- 2 tbsp Brown Sugar

Instructions

1. Prepare all the fruit and cut into chunks about 2.5cm/1-inch pieces.
2. Place the fruit in a large mixing bowl together with the lime juice, rum and sugar, mix well then thread onto skewers.
3. Cook over hot barbecue coals for 3-4 minutes on each side, basting with any remaining juices in the bowl.

Cranberry Mustard Sausages

Ingredients

- 450g/1lb Cumberland Sausages
- 1-2 tbsp Dijon Mustard
- 3 tbsp Cranberry Sauce
- 1 teasp Sugar
- 1 teasp Red wine Vinegar

Instructions

1. Cook the sausages over medium hot coals or under a medium grill for about 15 minutes, turning from time to time or until cooked.
2. Meanwhile, mix together the remaining ingredients in a bowl until well combined.
3. Baste with a little of the mustard mixture on the sausages for the last five minutes of cooking. Serve the sausages with the remaining mustard sauce on the side.





Red pesto chicken and vegetable skewers

- Preparation time: 15 minutes
- Cooking time: 15-20 minutes
- Total time: 30-35 minutes. Serves: 4

Ingredients

- 2 essential Waitrose British Chicken Breast Fillets, cubed
- 2 courgettes, thickly sliced
- 1 orange pepper, deseeded and cubed
- 1 red onion, cut into wedges
- 275g baby plum tomatoes
- 2 tbsp Waitrose Red Chilli Pesto with Tomato
- 250g pack LOVE life Barley, Wheatberries, Spelt & Rice
- 110g pack Waitrose Babyleaf Salad

Method

1. Place the chicken, courgettes, pepper, onion and tomatoes in a large bowl. Add the pesto and toss together well.
2. Thread onto 8 short metal skewers and grill or barbecue over a medium heat for 15-20 minutes, turning frequently until the chicken is lightly browned and cooked through with no pink meat remaining.
3. Heat the cooked grains according to pack instructions and serve with the chicken and vegetable skewers and the salad.

Baby potato salad with herby crème fraîche

- Preparation time: 15 minutes
- Cooking time: 20 minutes
- Total time: 35 minutes. Serves: 4



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Ingredients

- 500g Waitrose Baby New Potatoes, scrubbed
- 300g green beans, trimmed
- 6 salad onions, finely chopped
- ½ x 25g pack fresh flat leaf parsley, finely chopped
- ½ x 25g pack fresh mint, finely chopped
- 200ml tub crème fraîche
- 2 tbsp fresh Waitrose Cooks' Ingredients Greek Basil, leaves only
- 1 tbsp Farrington's Mellow Yellow Rapeseed Oil

Method

1. Place the potatoes in a large pan of cold water and bring to the boil. Cook for 10 minutes, adding the green beans for the last 5 minutes until both are tender. Drain the vegetables and then set aside to cool completely.
2. In a large bowl, mix the salad onions and chopped parsley and mint with the crème fraîche. Add the potatoes and beans and toss gently to combine.
3. Season to taste and serve topped with the Greek basil and drizzled with the rapeseed oil.

Honeyed Mediterranean vegetables with spiced yoghurt dressing

An easy grill or barbecue dish, served with pittas

- Vegetarian • Preparation time: 10 minutes
- Cooking time: 20 minutes
- Total time: 30 minutes. Serves: 4

Ingredients

- 1 essential Waitrose red pepper, cored and cut into strips
- 1 essential Waitrose aubergine, cut into 1cm slices
- 2 courgettes, cut into 1cm slices
- 3 tbsp olive oil
- 1 tbsp honey
- 1 tsp cumin seeds
- 1 tsp toasted pine nuts
- 4 wholemeal pitta breads
- 100g natural yogurt
- ½ lemon, juice
- 1 tsp harissa paste

Method

1. Start the barbecue, if using, or preheat the oven grill to high. Toss the vegetables in 1 tbsp olive oil and, in 2 batches, barbecue over hot coals covered in a light layer of ash, or grill on a baking sheet, for 3-4 minutes each side, until charred and cooked through. Put in a large bowl.
2. Combine the honey, cumin seeds and remaining 2 tbsp olive oil, then toss into the grilled vegetables. Scatter with the pine nuts.
3. Barbecue or grill the pittas. Mix the yogurt, lemon juice and harissa to make a dressing. Serve with the vegetables and pittas.



www.cottinghamtimes.co.uk - June 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Wine from God's own Country

As a passionate advocate of English wine I make no apologies for returning to the subject again; a recent wine tasting organised by the outgoing Mayor of Beverley as the last charity event of her year in office, allowed me to catch up with all the news from one of two thriving vineyards here in East Yorkshire.

The evening, hosted by Councillor Ann Willis and held in The Guildhall in Beverley, saw us tasting the current six wines that make up the Laurel Vines collection - five whites and a rose.

It's still a surprise to many people that just seven miles from the centre of Beverley is a thriving vineyard and winery and one that is currently getting a lot of national acclaim (the other local one is the Little Wold Vineyard at South Cave).

Laurel Vines, based in Aike, between Beverley and Driffield, is a family business run by Ian and Ann Sargent and their daughter Rebekah and Rebekah's partner Jonathan, along with Ian's brother, Neil.

Although there are around 700 vineyards in the UK (mainly in the south), Laurel Vines is among a fairly select number that also make their own wines on site as well as grow the grapes.

The first vines were only planted in 2011 but since the first wines were bottled four years ago Laurel Vines has been garnering national acclaim with three bronzes at the UK Wine Awards; two in the English Independent Wine Awards; and last year carried off the title Best Wine Maker and Grower of the Year for the North of England.

Rebekah is the company's sales manager and passionate to spread the word about the family business. "We have lived in Aike for 20 years; it's a lovely village to grow up in and I can't imagine living anywhere else," Rebekah told me. "My dad runs a successful electrical business in Hull but around 15 years ago decided he wanted to make wine. He wasn't an expert by any means, but enjoyed drinking it!

"He bought some land at nearby Laurel Farm (hence the name) and just took it from there - we've learned as we went along and have since acquired some more land," she said. "We currently have 9,000 vines planted and will have planted another 2,800 by the end of this month, making us the biggest vineyard in East Yorkshire."

Whether by accident or design the decision to buy the land at Aike has proved fortuitous - it's south facing, so getting plenty of sun, and predominantly heavy loam with chalk underneath that helps with drainage.

"It's a perfect location - a little bit of France in East Yorkshire," Rebekah told the attentive audience at the Beverley wine tasting.

The six wines we tasted and which make up the current portfolio started with Ortega, made with 100 per cent grapes of the same name. It's medium dry, delicately creamy with a fruity nose. Grassy and crisp, it's 11 per cent alcohol by volume with a hint of asparagus on the palate - a good wine to partner summer salads.

All Laurel Vines wines are single varietals named after the grapes they are made from and next up was Phoenix, a touch paler than Ortega but once again a medium dry white wine with slightly more alcohol (12 per cent) and perhaps the vineyard's closest example to a Sauvignon Blanc. I detected tastes of fresh ripe fruit and we agreed this would be best served with savoury dishes and salads.

Two down and four to go . . . the third wine was a dry white, Seyval Blanc, a French grape variety that was citrus on the nose and delivering intense fruity flavours. A fairly light wine, it proved very quaffable and with only 10 per cent alcohol by volume I can imagine this being the perfect accompaniment to an al fresco dining afternoon.

Surprisingly, for a drier tasting wine, this one did deliver a slight sweetness on the finish.

Our fourth wine, a bronze award winner, was Solaris and probably my favourite of the whole evening. Asparagus notes on the nose and a fresh fruity palate, this dry white would be great on its own or as an aperitif but would also make a great partner for spicy dishes.

The final white wine tasted was the pale, straw-coloured Madeleine Angevine - a white grape variety from the Loire Valley that's also popular in Germany, making an attractive fruity wine with a flowery nose - crisp and dry and pairing particularly well with seafoods such as crab and oyster.

The last wine of the night, a rose wine called Rondo, was for most people the star of the show; a bright raspberry red in colour but a wine full of strawberry notes with a touch of creaminess thrown in - a bit like drinking strawberries and cream one of my fellow guests commented.

I can definitely see why this is a popular wine, but perhaps a tad too sweet for me!

The Laurel Vines story continues to gather apace and Rebekah told us the next year will see their first red wine introduced and also their first Champagne-Style fizz.

Currently stocked by some of the area's best restaurants, including Cerutti 2 in Beverley, the Pipe and Glass in South Dalton and 1884 Dock Street Kitchen in Hull, Laurel Vines wines have to battle the same problem as all other English wines - price. Because of the duty levied by the British Government (roughly £2.50 per bottle as opposed to pence by French producers) the average supermarket price is likely to be pounds higher than the overseas wines we are more used to buying - around £12 per bottle.

But believe me, it is worth seeking out. And the good news is it can be bought direct from the supplier at £9 a bottle - just place your order and collect on site. Or it can be delivered.

In addition to Laurel Vines wines described, any of the following would be worth trying this month . . .



BEST BUYS



**Cotes de Provence
Rose, Arbaude, Mas de
Cadenet 2017**

Where: thewinesociety.com

When: Now.

Why: Sunshine always makes me think of rose wines and this is a pale, dry and full-flavoured pink made with equal amounts of grenache, syrah and cinsault. Lovely with just about any fish dish you can think of.

£8.50 (normally £9.95)



Santa Julia Malbec

Where: Waitrose

When: From June 13 to July 10

Why: Full-bodied Argentinian red, with cherry and plum flavours, spice notes and a velvety finish. It is the ideal wine for steaks, burgers, firm cheeses and pasta with red sauces.

£6.99 (was £9.39)



**Rosé Duo des Plages,
Vin de France 2017**

Where: The Wine Society

winesociety.com

When: Now.

Why: A real all-rounder - and not just for summer! Made from cinsault and grenache from the Languedoc, this is a very pale rose and an easy charmer with an impressive array of foods, whether Friday night pizza or fish and chips on the beach.

£6.75



**McGuigan Family
Release Shiraz**

Where: Waitrose

When: From June 13 to July 10

Why: Food friendly red from South Australia. This is a smooth, full bodied red with rich plum and blackcurrant flavours and a warm spicy aftertaste.

£5.99 (was £8.99)

Cottingham Day - Sunday 1st July

Well, it seems in the blink of an eye that our successful Christmas Market is now a distant memory, but something to look forward to is Cottingham Day 2018. This year it will be on Sunday the 1st July and the weather along with other things has already been booked.

There will be a stage on the Market Green to keep everyone entertained while they sit in the sunshine at the tables and chairs, that will be put out for everyone. Although still in the process of booking completion, there will be music and singing from various artists to keep you entertained and you could even have a dance !!!!

Stalls will be in the Civic Hall from various organisations selling their crafts and they could even give you some ideas for that up and coming special occasion.

Stalls will be around the Market Green and King Street, however, this year there will be no stalls down Hallgate.

Granddads Park this year will be fully occupied by a fun fair and side stalls, something for all the family.

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Phew!!

Who doesn't like this lovely weather we are having at the moment? Not many I can imagine. It is just so nice to go out on an evening after work, knowing that the balmy evenings will linger on to almost 10pm. Plenty of time to walk our pets. Dogs do love a good frisbee throw in the park, a fast game of fetch in the garden or a romp on the beach. They seem happy, dashing around with tongue lolling and slobber dripping and many dog owners figure their dog will know when to stop. But that's not the case. Dogs are so excitable and very playful. They just keep on going and often don't feel the effects of overheating until it is too late. We must take that responsibility and know when enough is enough, allow the dog to rest and offer plenty of cool water.

Dogs also like to go along on car rides but they should NEVER be left inside a parked car. Even in weather that seems cool, a vehicle can quickly become a deadly 'green house'. Did you know that on an 85 degree day, it takes only 10 minutes for the interior of your parked car to climb to 102 degrees? In half an hour, it can reach 120 degrees. Leaving windows partially open does help to cool things down inside the vehicle BUT it just is not enough. To make matters worse, dogs have a higher body temperature than people and they don't cool down as efficiently as we do. The car body is designed more for insulation from the cold than for cooling down.

We have sweat glands all over our body, but our dogs are confined to their nose and the pads on their feet. A dog that is hot can only normalize 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 a panting dog. If a dog begins to get too hot, their breathing increases to panting but when their body heat climbs faster than the panting system's ability to cool itself, heat stroke becomes a threat.

So what are some of the signs of our pets overheating?

1. Profuse and rapid breathing
2. Bright red tongue
3. Thick drooling saliva
4. Wide eyes with glassy look and lack of coordination
5. Vomiting and diarrhoea

If you think your pet is suffering from heatstroke, you need to take IMMEDIATE action as well as contacting your vets.

1. Move them immediately to a cool area - either shade or preferable air conditioned area

2. Are they conscious and panting? If so, offer them small amounts of water to drink but never put water in a dogs mouth which can't swallow on its own.

3. Place cold wet towels over their body, remove quickly and re-cool with wet towels.

4. Turn a fan on them. It will speed up the cooling process.

Cats are also susceptible to heat stroke. As well as the above points, you may also look out for;

1. Restlessness to find a cool spot, plus staggering.
2. Vomiting/Lethargy.

3. Place cold wet towels over their body, remove quickly and re-cool with wet towels.

4. Turn a fan on them. It will speed up the cooling process.

Once again, if you think your cat is suffering from early stages of heat stroke, the same IMMEDIATE action must be taken, as in our canine friends.

It is critical to your pets health to cease all measures as soon as it becomes apparent that treatment is working. Their body temperature will continue to drop after the treatment stops, and then they will become in danger of it becoming too low.

Now what can we do to help prevent all the above happening? Most of it is common sense! Take for instance our canine friend being left in a car, as described previously. Would we sit in a tin can, wearing a fur coat in 90 degrees heat? No!

1. Always make sure plenty of fresh clean water is available at all times.

2. A clean coat can help prevent summer skin problems, so keep your dog/cat well groomed. Give your dog a shorter hair cut, but do not shave down to the skin as this robs him or protection from the sun. A cat should be brushed frequently to keep their coat tangle free.

3. Exercise only in the coolest parts of the day, but do not overdo exercise or play sessions.

4. In extremely hot weather, don't leave your dog standing on the street and keep walks to a minimum. His paws can burn since they are not protected by shoes so the jumping around is not them being impatient but their pads are melting.

5. Please be sensitive to old and overweight animals in hot weather plus those with heart or lung diseases should be kept indoors as much as possible.

6. Always provide shelter if outside, or bring your pet inside during the heat of the day, and let them rest in a cool part of your house.

7. As for rabbits, you could always spray their ears with cool water. Please avoid soaking the full body, this is because thick wet fur may encourage FLY-STRIKE (a condition where blue bottles lay their eggs, then maggots hatch out and feed off the rabbits skin.)

8. Give frozen treats - take bananas or apples and cut into chunks and freeze. For many rabbits this equates to an ice cream in the heat, they love it!

9. Rabbits hutches should always have a cool, shady spot. You can also freeze plastic bottles of water to pop in the hutch for the rabbits to lie against. My rabbits love this.

Please also do not forget to apply sun screen to the tips of the ears and noses of your pets if they have white fur. Unlike other coloured coats, pets with white fur have a thinning of hair on these areas so are susceptible to sun burn and later on skin cancer (just like in humans) as I sadly found out with my white cat, Bisley. He had the top of his ear removed after skin cancer was diagnosed due to being a sun worshipper.

If you do happen to find your pet in the above situations, please seek IMMEDIATE MEDICAL attention.

Do not hesitate to ring any one of our KINGSTON surgeries where our dedicated staff will be on hand to give the necessary advice, 24 hours a day.

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Moomins and Mischief at this Summer's Beverley Puppet Festival

Following the acclaimed exhibition of author and artist Tove Jansson and her tales of Moominvalley at the Dulwich Picture Gallery earlier this year, 2018 sees more Moomin mischief as Beverley Puppet Festival announces a puppet version of this much loved fictional family over the festival weekend on Sunday 15th July. Created by the Finnish author in the 1940s, these internationally adored curious creatures are currently undergoing a renaissance with a new animated television series also in the pipeline for 2019.

Produced and performed by Brighton based puppet company, *Get Lost & Found*, *Mischief and Mystery in Moominvalley* was commissioned by the Tove Jansson literary estate and Moomin Characters as a new theatrical experience for children, in consultation with Sophia Jansson, Tove's niece. It is currently

the only authorised Moomin puppet show, having originally been created for the Southbank's Nordic Matters festival.

Kerrin Tatman, Co-Artistic Director of Beverley Puppet Festival, said: "We are very excited to welcome Moomins to the festival for the first time. 2018 is the 70th anniversary of the publication of Tove Jansson's third Moomin book *Finn Family Moomintroll* and the stories continue to endure across old and new generations. The books themselves are quite philosophical and I think they resonate with children and adults alike because so much of their subject matter chimes in with everyday family life."

Mischief and Mystery in Moominvalley echoes the books' themes; the love of nature, the value of friendship, the pain of separation and the acceptance of difference. The show features a pop-up book set, original music and interactive play for younger audiences to encourage them to immerse themselves in participatory storytelling.

Sophia Jansson, Creative Director at Moomin Characters, said: "*Mischief and Mystery in Moominvalley* is an engaging and hugely entertaining show that brilliantly embodies themes from Tove's original stories such as love, family, respect and fun - universal values that are more important today than ever before. I am so excited that the show will be performed at the Beverley Puppet Festival this year and will bring these essential values to an even wider audience."

Kerrin continues: "Well known fictional characters and literary connections can be found right across this year's family shows, *One Moment in Time's A Necklace of Raindrops* is based on Joan Aiken's modern fairy tales, Rattlebox Theatre is performing *Beowulf*, Little Fawn Caravan returns with a new show *The Pied Piper of Hamelin*, Barm Pot Theatre's *Penguinpig* is based on the best-selling picture book by Stuart Spendlow and illustrator Amy Bradley, and Indigo Moon Theatre is performing *Mermarella*, inspired by Cinderella."

This year's festival takes place from 13th - 15th July, with performances from over 30 professional puppet companies. Anyone wishing to sign up for regular updates can check the festival website www.beverleypuppetfestival.com.

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

More to it than just Snoring . . . Hmm

Hello again. I hope that you are well. Well some weather at last!! About time eh, May was good generally and May bank Holiday was superb. We caught the Tour de Yorkshire in Filey.

So, What's More To It Than Snoring?

In the last few articles I've been going on about snoring and how we can help with non-invasive measures using lasers and Mandibular Advancement Devices (more to follow on this). Snoring has obvious problems associated with it as it causes a right row and can be anti-social and cause problems with sleeping partners. We have also touched on Obstructive Sleep Apnoea when breathing actually stops and then there are great gasps for air. This is really not healthy and can put strain on the heart. In this case a sleep study is needed and possibly CPAP (Continuous Positive Airway Pressure) at bedtime. However, the compliance with these things is generally poor even though it is the gold standard treatment for OSA. CPAP.



The Less Obvious Stuff

Sleep medicine and airway medicine is the up and coming thing. It was highlighted on the TV just this week about how many more people are experiencing poor sleep and are constantly tired during the day. I was horrified to see that loads of school kids had to have caffeine before school, as they were so tired. Now this is a different thing to do with mobile phones taken to bed and blue light.



There is a condition called Upper Airway Resistance Syndrome. This is when the upper airway collapses causing resistance to airflow. OSA is the extreme, snoring we all know about, but it can be less obvious and affect many of us. Some snorers sleep great. Lucky so and so. This is thought to be because the sensors at the back of the throat have been beaten up that much by vibration that they no longer fire and wake you up with a snore. Now for people that do not snore or only really snore after alcohol these sensors can be stimulated when you get close to a snore and airway is about to collapse and you wake up for no apparent reason. This is a so-called arousal from sleep. It can interrupt the normal cycle of sleep and disturb hormone balance. This can cause tiredness as well a load of other stuff that will list in a bit. When the airway collapses a bit it can create a negative pressure that can suck up fine droplets of acid from the stomach that can reach the throat and nose and even the sinus. This is different to heartburn or GastroEsophageal Reflux Disease (GERD). It is called Laryngo Pharyngeal Reflux Disease (LPRD) and can lead to symptoms of post-nasal drip, sore throat, cough, and even chronic sinusitis. This can go hand in hand with a poor night's sleep. If you



are interested a great book is Sleep Interrupted by Steven Y. Park, M.D. (an ENT specialist who came across this paradigm shift in thinking how we treat some common ailments by getting to the cause, i.e. the airway). According to Dr. Park this is a list of some of the ailments/symptoms that UARS can be associated with but limited to: the nasal stuff mentioned above, hoarseness, throat clearing, teeth grinding/clenching and

Temporo-Mandibular Dysfunction (TMD), heartburn (GERD), cold hands, postural hypotension (dizzy when stand up quickly), depression and anxiety, migraine headaches, chronic fatigue syndrome, and weight gain (which compounds the situation. He even feels that ADHD (Attention Deficit Hyper-activity Disorder) is associated with UARS. It's all interesting stuff. Or is it just me? Some top tips next time as run out of space today. I was on a role, eh?

Well Done

Hull City stayed up. Onwards and upwards lads.

Final preparations this weekend for my presentation at an international laser medicine conference in Slovenia. My colleague at the practice and gum expert, Ilay, is the first speaker at the Dental Programme. Wish us luck.

Until next time. Take care and be good.

Here's to a good night sleep

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 25 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris' humanitarian work go here now www.castleparkdental.co.uk.

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Wednesday Social Club seeks new members

I would like to introduce you to the Wednesday Social Club, and to invite you to come and join us. We meet at 2.00 pm on the fourth Wednesday of the month in the small hall at The Darby & Joan Hall, Finkle Street, Cottingham.

We have a good variety of guest speakers, and as we are not affiliated to any one, we are able to keep our subscriptions very low, and all money is used for the benefit of the members.

If you are interested please contact Dorothy on 01482 847707. I look forward to hearing from you.

Dorothy Cooper.

Warning to take care when choosing where to board your pet dog

Dog owners across the East Riding looking for day care or boarding facilities should take the time to check to make sure individuals or businesses they are using are licensed and insured.

East Riding of Yorkshire Council's Licensing Team has seen an increase in the number of adverts for home boarding or day care provision which may seem an appealing option for dog owners who do not wish to put their pets in a kennel environment.

In addition, some dog kennels which were previously licensed no longer hold a licence to trade with the council so they should not be taking dogs in from customers as it is unlawful to do so.

Licensing officers are warning that while the majority of

individuals and businesses are legitimate and have the correct license and insurance, some may not and they are urging owners to check the details to make sure their beloved pet will be in a safe environment whilst they enjoy their holidays or a weekend break away.

Louise Attwood, interim licensing manager at East Riding of Yorkshire Council, said: "Our simple message to dog owners is, don't leave your pet anywhere that doesn't hold a licence issued by East Riding of Yorkshire Council, always ask to see it or contact us to find out if they are licensed.

"We are supportive of small businesses and new business initiatives; however we recognise that locally there has been an increase in the provision of home and day care boarding facilities for dogs and not all seek licences from the council.

"We know there are a lot of responsible dog boarders in the East Riding operating lawfully, providing a valuable and caring service.

"We need to address those individuals operating unlawfully, for a profit, with little regard to the safety and welfare of those pets living temporarily in their private homes or kennels.

"If you place your beloved pet during the day or overnight with a boarding kennel, stranger, friend or relative for payment, please check whether the home or kennels are licensed to provide that service and that your pet will be safe.

"If it is not licensed, you could be putting your pet at risk and should anything go wrong your pet is unlikely to be covered for insurance purposes."

Anyone who has information relating to any unlicensed activity of dog boarding should contact the licensing team at East Riding of Yorkshire Council at licensing@eastriding.gov.uk.

A public register of those premises and individuals licensed to board dogs can be found on the council's website at www.eastriding.gov.uk.

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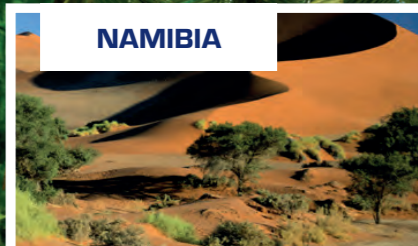
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June is a great time to be out in the garden. Many plants are in full bloom at this time of year and the weather (should be) warm and sunny. Keep watering your garden to avoid your plants from wilting. A great way of recycling water and saving money is by using a water butt system that will collect rainwater from summer showers. It's only £40 for a 100 litre space saving water butt kit at the Coletta & Tyson Garden Centre and will save you money on your water bill over the hot summer months.

The uncertain start to the year with the weather has made it difficult to get started on the garden properly but now the weather is looking better so now is the perfect time to start planning for those summer blooms.



During the month of June roses begin to open up in fantastic blooms lighting up the garden. It's no wonder we chose them to be our Plant of the Month at the Coletta & Tyson Garden Centre.

Roses are one of the countries favourite plants and can be a great benefit to any garden whether the rose is

a fragrant variety, climber or miniature. Roses come in a rainbow of colours and double blooms meaning they'd suit many gardens with a colour scheme. Some say they are moderately difficult to tend but with our tips on growing and caring for roses it can be an easy and rewarding part of gardening.

At the Coletta & Tyson Garden Centre we have a large selection of roses to suit, with 3L roses for just £3.99 each or 3 for £10. David Austin speciality roses starting from £14.99. Plus protect those roses from blackspot and rust as well as most common insect infestations with Rose Rescue, just £5.99 at Coletta & Tyson.

Planting New Roses

For first time rose growers you can chose to grow your rose in a container or plant it straight into the ground. If you chose to plant your rose in a container the plant will benefit from well draining compost and rose fertilisers through out the year.

When planting your rose you will need to prepare the soil. The best way to do this is by adding farmyard manure like horse or chicken manure.

Dig a hole roughly twice the size of the roots and the depth of a spade's blade to allow room for the rose. Add a general fertiliser to the hole to help the roots establish and grow further once planted. To aid the rose over the summer and to avoid drought in summer gently tease out the roots so they can grow out once planted.

Place the rose in the hole and fill with compost making sure that the compost covers the roots completely to avoid future dieback. Water thoroughly.



10 Jobs for this month

1. Keep weeds at bay by hoeing your borders and beddings regularly.
2. Maintain the lawn by mowing it once a week.
3. Plant summer bedding.
4. Shade your greenhouse to prevent it getting too hot over the summer.
5. Be careful not to waste water over the dry months. Conserve water by investing in a water butt or using bath and kitchen water that isn't too dirty.
6. Harvest early potatoes, radishes and salad leaves like lettuce.
7. Once the sun has ripened them, strawberries should be perfect for harvesting.
8. Remove rose flowers as they fade to encourage new flowers.
9. Plants like tomatoes, courgettes and celery can be planted outdoors.
10. Tie stems of tall growing plants to supports.

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Aftercare

Over the next two summers you will need to keep the new rose well watered to keep the roots healthy especially over dry spells. Your rose will also benefit from an extra feeding with a general rose fertiliser every spring followed by mulching with bark chips or well rotted manure. Be careful to leave a space around the stem of the rose when you are mulching.

Pruning

It is a good idea to prune back your rose in the first winter after planting, and then in late winter to early spring thereafter. With all roses you will need to remove dead, damaged and weak growths. Pruning then depends on the variety in your garden.

- Climbing or rambling roses need to be pruned back to around 30-40 cm away from the base.
- Large flowered varieties are best pruned back to 10-15cm away from the base of the plant.
- For cluster flowered varieties prune back long stems to about 15cm away from the base.

- Avoid pruning the remaining long stems on shrub roses.

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- Avoid pruning the remaining long stems on shrub roses.

Grow Your Own: June

- **Peas:** are a trouble free crop that enjoy cooler weather. Sow them directly into the ground from March to June and look forward to the incredible sweet flavour of fresh picked peas from June to August. All they require is support for their stems - simply erect some chicken wire or netting between supports at each end of the row. You'll be amazed at how good fresh peas taste and the more that you pick them, the more they produce!

- **Broad Beans:** What could be simpler! Sow Broad Beans in spring in small 7.5cm (3") pots of compost, and within a few weeks these quick growing beans will make sturdy plants that can be planted out in the garden. If that sounds like too much work then sow them directly in the ground. Watch the bees pollinate their pretty flowers and before you know it you will be harvesting a bumper crop of fresh picked beans from June onwards, with a flavour that puts supermarket beans to shame.



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Your Stars for June 2018

By Kay Gower

Aries (Mar. 21- April 20)

Over the next couple of weeks there is much to be said for breaking with some of your usual routines and trying out new and more interesting possibilities. Good news around the full moon on the 28th June.

Taurus (Apr. 21- May 21)

There is no sense in trying too hard as you would simply be knocking your head against a brick wall. Let others take the strain this month and you sit back and enjoy the show.

Gemini (May 22-June 21)

This is not the best month to take risks. Somewhere along the line you've got your figures wrong and if you base important decisions on them you may be heading for trouble. Keep your money in your pocket.

Cancer (June 22-July 22)

Take this month as an opportunity to have some time to yourself and to gather your thoughts. There's so much going on in your mind that you need some time to think things through.

Leo (July 23-Aug 22)

No matter how sure you are of your ground or how much the facts back up your case, others will oppose you tooth and nail. Keep a low profile and wait until after the 13th before making your move.

Virgo (Aug 22 - Sept. 23)

A good time to reflect on what has happened during the last couple of months. This would also be a good time for a heart to heart with your nearest and dearest.

Libra (Sept. 24-Oct. 23)

A month to tap into the friendship and support of those around you. All in all you can afford to feel good about yourself right now.

Scorpio (Oct. 24 - Nov. 22)

Simple problems require simple solutions, so why are you making things complicated? Could it be that you fear you're not up to a certain task and are looking for excuses? Relax.

Sagittarius (Nov. 23 -Dec. 21)

You are not a details person at the best of times and current planetary aspects suggest you are not interested in the nitty gritty of a certain situation. Let someone else take care of petty details.

Capricorn (Dec 22.- Jan. 20)

You know from experience how quickly things can change and the planets aspects indicate you will be taken by surprise no matter how much you plan ahead. Try not to make promises you may not be able to keep.

Aquarius (Jan 21 - Feb 19)

Work decisions should be postponed to avoid making a mistake. One thing is certain: you don't have all the facts. Wait until after the 15th or you'll end up backtracking when you should be going forward.

Pisces (Feb. 20-Mar. 20)

Don't bother asking for advice this month. One person will tell you one thing and someone else will tell you another. Keep your thoughts, opinions and questions to yourself. It will be a lot less trouble that way.

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Cottingham hockey players selected to represent Northern Conference

Meeyah Forbes age 10 and Alex Kent age 13. Both children live in Cottingham and play ice hockey for the Kingston junior Ice Hockey. They were

selected to represent Northern conference, Meeyah for the under 11's and Alex for the Under 15's, they travelled to Sheffield for a three day tournament in May.

They played games against the Midlands, Scotland, South East and South West. They were also selected for the England team, Meeyah for the Under 14's girls and was one of the youngest players, Alex for the Under 14's.

They travelled to Bratislava, Slovakia for five days in April. The trip was part of the players development and included daily training sessions and matches against local and regional teams.

Kingston Junior Ice hockey Club are proud of their achievements and of the other players that also made the England Teams; Declan Jones, Ketzia Robinson, Martha brown, Martha Cornell and Dannie Newlove.

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Sudoku Answer from page 12

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



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Bolton Abbey - Welly Walk Woodland Adventure Trail 26th May to 1st October 2018

Prepare for lots of fun and mud! Our woodland adventure trail leads you from the stepping stones to the Cavendish Pavilion (you can start at either end).

Your little ones can look forward to navigating balance beams, wobbly stirrups, tunnels, scramble nets, the maze and many more obstacles – forget about being clean!

This is a challenging adventure and some obstacles are not suitable for all age groups. Children must be supervised at all times.

Useful Information

This is a free event. The Estate's usual admission fee will apply.

This is a family event, there's no minimum age to participate. Children must be supervised at all times.

This path is steep in sections with unguarded steep drops. It is not suitable for wheelchairs or pushchairs. Dogs are welcome on a lead.

Please wear appropriate footwear, especially when it has been wet – it's not called the Welly Walk for no reason! *A spare set of clothing is recommended.*

Fact

The Green trail follows the route of the old carriage way. Guests would have been transported by horse and carriage to picnic by the Strid.

Bolton Abbey, Skipton, North Yorkshire, BD236EX

T: 01756 718000.

Admission: £10 per car - Includes all occupants of the vehicle up to a maximum of 11 people. Blue badge holders do not receive a discount.





Flat rate expenses - a good idea or not?

by Nick Robinson of Yorkshire Accountancy

Since 2013 businesses have been allowed to use simplified deductions for motor (and other) expenses, to work out their taxable profits. Does this sound like it might suit you? But could you lose tax relief by making the switch?

Flat rate or simplified?

It's five years since flat rate tax deductions were introduced. Their proper title is simplified expenses, but in practice using them doesn't actually simplify anything, but on the plus side they can be tax efficient. Only unincorporated businesses, i.e. sole traders and business partners, can use them, but not if a company is a member of the partnership.

Which expenses?

Simplified expenses can be used for costs you incur in:

- working from home
- living on your business premises, e.g. in a guest house, nursing home, etc.; and
- motor expenses for cars, vans and motorbikes.

We'll concentrate on motor expenses here.

How much can you claim?

Calculating the motor expenses is the easy part of using the simplified deduction. It involves multiplying the number of business miles travelled by a mileage rate. For cars and vans it's 45p per mile for the first 10,000 miles and 25p for each additional mile. For motorbikes, it's a straight 24p per mile for all mileage.

Relevant costs

The deduction covers all purchase and running costs of the vehicle from the time it's first used for the business to the time it ceases to be.

Tip. Expenses relating to a business journey rather than a vehicle, e.g. tolls and parking but not fuel, can be deducted in addition to the flat rate. Don't record them in your books as motor expenses as it's then easy to overlook them. Record them with your other travel expenses.

Trap 1. Flat rates can only be used for vehicles where you haven't claimed capital allowances (CAs), i.e. a tax deduction for the cost of a vehicle. If you've claimed CAs, you'll have to wait until you stop using the existing vehicle to switch to simplified expenses. Once you start you must continue using the flat rate until you stop using the vehicle in your business.

Trap 2. Using simplified expenses doesn't mean you can stop keeping records of your actual motor expenses. Strictly, your business accounts should still show these. Lending and insurance companies, and your bank, might ask for accounts using actual rather than flat rate expenses.

The million dollar question

Which is more tax efficient, flat rate or actual expenses? There's no simple answer as there are many variables, e.g. the cost of the vehicle and repairs. As a rule of thumb, the lower the cost of the vehicle and the greater your business mileage, the more likely it is that the flat rate will benefit you. We have a comparison calculator which can help you decide – please get in touch.

Tip. Wait until you've prepared your accounts to decide which method to use. That way you can compare the options to see which is most tax efficient.

Key dates – June 2018

7th – Deadline for VAT returns and payment Accounting Quarter period ending 30 April 2018 if filed online.

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

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

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

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Summer Reading Challenge is back for 2018 - and full of mischief!

There are plenty of pranks and a ton of fun at East Riding Libraries this summer – it's Mischief Makers, the Summer Reading Challenge 2018, in association with the Reading Agency!

The Summer Reading Challenge will be a chance to read library books over the summer holidays, join in with fun themed weekly activity sessions, collect special stickers and explore the map of Beanotown to find clues, but– Dennis the Menace is usually up to all kinds of mischief. He'll make sure some of those stickers are extra stinky!

The Challenge encourages children aged 4 to 11 to read during the long summer holiday; it's completely free and available throughout the East Riding. The Summer Reading Challenge is run very successfully in the East Riding each year, with the area achieving one of the highest completion rates in the country.

"Children's reading can 'dip' during the summer holidays if they don't have regular access to books and encouragement to read for pleasure. The annual Summer Reading Challenge helps get three quarters of a million children into libraries each year to keep up their reading skills and confidence. Because everything changes when we read." (The Reading Agency)

Councillor Richard Burton, portfolio holder for leisure, tourism and culture, said: "Children are encouraged to read at least six library books. They can be any books they like – novels, fact books, joke books, e-books or audio books, they all count – and your local library will have staff on hand to help children choose books they will really enjoy."

Visit any East Riding Library to sign up before 1st July. Places are limited, so early booking is recommended for this fun, free summer holiday activity.

To find your local library or mobile, visit: www.eastriding.gov.uk/find-a-library and follow on Facebook/Twitter to keep up to date with East Riding Libraries, Museums and Archives.

Facebook: East Riding Libraries, Museums and Archives

Twitter: @ERidingLMA

What's On - Continued from page 11

Kirk Ella & Willerby Short Mat Bowls Club

St. Andrew's Memorial Hall, Beverley Road, Kirk Ella, HU10 7QA, (opposite the Police Station). Sessions on Mondays & Thursdays 2.00 pm - 4.00 pm. NEW MEMBERS VERY WELCOME! Fun, social short mat bowls club with a tea and biscuit break! £3 per session, FREE first session. Club woods available to use, just bring clean flat-soled footwear. Come along to any future session and give it a try! (aim to arrive around 1.45 pm so we can source bowls for you) For more information contact Ian/Brenda on 01482 650157 or email bgih@hotmail.co.uk.

ALANON Meetings

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

Alternative Aquatics

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

St. Mary's Church, Cottingham

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

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 25 teams (17 Boy's teams at under 7 to under 19 level, 4 Girl's teams at under 10, 12 14 and 16 level, 1 Men's teams, 1 Veterans teams and 2 Ability Counts teams), as well as an academy for 4 to 7 year-olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

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

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. **Get Fit, Have Fun!** £2.50 Adults; Students £1.00 per evening. For more information telephone Telephone Fiona/Steve on 01482 870906.

Continued on page 36

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New display at Skidby Windmill looks at the East Riding's historic hospitals

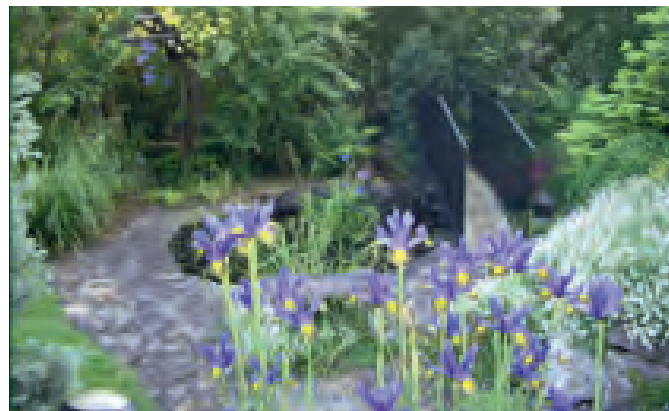
A new display by the Skidby Mill volunteer team has just opened. 'Historic hospitals: care in the East Riding before the Health Service' examines the beginnings of organised public health provision in the region in the 19th and early 20th centuries.

Some of the places covered in the exhibition are Castle Hill hospital, Cottingham; the Lloyd cottage hospital in Bridlington; and Withernsea convalescent home. Hospital treatment for soldiers during the First World War is also covered and the display features a variety of items from the Museums Service's collections.

Dr. David Marchant, museums registrar with East Riding of Yorkshire Council, said: "The display is not simply an account of when hospitals were opened or closed and what the buildings were like. Our volunteers have also been researching such topics as patients' diets, ghosts and also some of the early forms of medical treatment, which would be considered bizarre today."

The display will run until 11 December.

Opening times, admission charges and other information about Skidby Windmill can be found at: <http://www.museums.eastriding.gov.uk/skidby-mill/visitor-information/>.



Welton and Melton Gardens Festival, Sunday 24th June

Gardens in the village will be opened to raise money for St Helen's Church, Welton. There are many wonderful gardens to visit both small and large.

As in previous years, there will be various activities in and around the Memorial Hall, Welton, including music, raffle, plants, refreshments etc. For once again we will be running ~ TOWER TOURS ~ for a small extra cost you can see Welton from the roof of St Helen's Church.

Tickets and a map of the gardens can be purchased from the Memorial Hall, Welton where there will also be refreshments and toilet facilities.

Following the Open Gardens there will be a musical concert in St. Helen's Church (admission free).

Tickets cost £5 with accompanied children free.

For the Gardens Festival Committee

Contact: Hilary Drysdale on 01482 666295 or David Johnson on 01482 667440 or Sue at sue@binky.karoo.co.uk.

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

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Choice - one of the most important primary reinforcers to all living beings

As I started to explore pure Behavioural Science (with all its intricacies) some years back, the impact of understanding what reinforcers are to each individual animal regardless of species or breed of species in a myriad of environments, can be mind-blowing.

We all realise that air to breathe, water to drink, shelter from extremes in temperature, food to eat and the desire to keep their species diversely strong through procreation, are the main primary reinforcers. However, owning the right or power of total personal choice is a huge behavioural desire for every species of animal on earth.

Here comes that magic word.....CHOICE! Our choice. Informed choice. No choice. Choosing to learn, stay, leave at any time, sleep, eat, and move wherever it is we wish to move to or away from. The list is endless and it is powerful stuff. As humans, living in a democracy, we have the power and empowerment of full choice in our lives, a blessing not so if you are a captive. The world has captive populations under despotic rule, prisoners behind bars, hostages and any other form of a lack of personal freedom. It is a situation and a right we fight hard to keep for ourselves always.

As captive species, our pets are under house rule at all times. We make every decision about how they live their lives. Most are lucky with loving humans making good choices for them, so many are not of cause.

The reason for this article is because I have just had to really evaluate the power of choice in training goals with the arrival of two very different young horses in for training. Both are rescued black and white Gypsy cobs, found in appalling conditions and in desperately frail health. Thin beyond words, scared and fearful and covered in matted faeces. Their new owners have done an amazing job bringing them back into good physical health after 2/3 years of care. It's their emotional health and future training which is now on the table.

Buzz is weak in frame and stature. He still feels innately scared of being caught so if he loses the headcollar, there is no way of catching him. His mum has the best relationship with him and could sedate him out in the field so that foot care, inoculations, de-lousing etc could occur, but was never able to get him to break down that overwhelming fear of entrapment from being caught, head shy and body touch shy. Innately fearful of foot/leg handling, being tied up and being stabled.

Escape behaviours always to the fore, unless sedated (temporary helplessness). He would rather be on his own in the field rather than be caught and stay with his friends. He could not be led reliably because he would invariably seek escape, so he was unloadable to come to me for training of cause. They tried to load him next to his mate Woody but failed to convince him to able to comply. It took a different open trailer, another sedation and six people to finally get him loaded and ultimately travelled to my yard. We quietly herded him out at my end and quietly lured him

into a huge stable with a high value liquorice lick. He made me very sad.

Woody is a big, strong horse now, handle-able to an extent but cannot exist on his own, away from other horses. Separation anxiety is a huge problem to train away with lots of behavioural aspects, some very dangerous. He is emotionally fragile and just needs to learn how to feel safe in his own skin. Handling wise, he kicks out behind to avoid having his back feet handled. He slams his front feet down to avoid having them handled and body slams you out of the way both tied up or held. He uses his weight to escape anything and everything. Unfortunately he felt the need to try to escape his stable, getting stuck over the door and damaging himself and the door. He had company next to him but as one horse was led past it triggered this drive in him. He cannot cope being on his own and he fears being left on his own.

This was my start point with these two young horses. All the training being planned and implemented required my being able to empower these two individuals with as much choice as was possible to implement. I do not want to trigger avoidance or escape behaviours but still need to be actively able to train. In the first week, using clicker training(marking and rewarding desired behaviours or emotions), I have Buzz self-haltering (on top of another halter which stayed on) and leading quietly by my side. He now comes up in the field to be caught cautiously, as he is very much in charge of how it all goes. By week two we can take his halter off in the stable and out on the yard and he comes up to put his own halter on. Next step is trusting the training so much as to remove the halter in the field altogether. This can only happen when Buzz trusts us completely (he loves target training; loves being empowered with total choice and is visibly enjoying all that is happening with him)

We have started body touch and foot lift training. He has already mastered offering his front feet into our outstretched hands on a voice cue, as has Woody too! Hind feet are a work in progress but they have both learned how to relax and feel calm in this process, which is a massive emotional shift.

Woody can now manage to stay connected with us in the school so long as the field gate is wide open always. His need to be able to control his environment and his freedom is all encompassing. Years ago, I would have trained him traditionally on a long rope, sending him around me through force of my will and being the dominant "herd leader". This would have been violent until he came around to my way of thinking (requiring the horse to fear the human and fear making a mistake)

I am so glad I have left all this behind. Learning how to train horses on the emotional level, using proven science based protocols, rewarding every try, empowering them with choice and setting the environment so that they can succeed is so empowering to me too!

These first two weeks of bespoke investment have already brought forward massive changes in their behaviours, their trust of humans and their emotional wellbeing. They are so calm now and so interested in their surroundings as well as the training to which they are willingly participating in. My staff are brilliant partners here, all working from the same hymn sheet. We are sharing the training so that these two fragile animals can find safety and trust in everyone.

Onwards and upwards as they say.



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Cottingham continues to grow successful Open Gardens Event

New gardens, old favourites, beautiful flowers, enticing plants and exciting attractions are the order of the day for this year's Cottingham Open Gardens in aid of Dove House Hospice. Taking place on Sundays June 17th and 24th between 10am until 4pm, the Open Gardens allows visitors from the area to enjoy some of the most attractive and intriguing gardens that Cottingham has to offer.

Having raised over £42,000 since the annual event first began in 2014, it is hoped that 2018 will be its best year yet. Event organiser, Jim said, "All of the gardeners are working hard to get their gardens ready for the public and are arranging a great variety of activities, entertainment and refreshments in order to raise as much as possible for this very worthy cause. Each host shall bring their own personality and twist to the event with gardens coming in a wide range of interesting styles".

Over the course of the weekend, there shall be the opportunity to participate in the Grand Lottery with lots of magnificent prizes, including a P&O Mini Cruise to Amsterdam or Zeebrugge.

Dan Clipson, Fundraising Coordinator at Dove House Hospice, said: "Cottingham Open Gardens has become a huge event in the fundraising calendar for the hospice. The event showcases an immense community spirit and pride from residents in their local area. We are incredibly grateful to all those involved who work tirelessly to host an exceptional two weekends of culture, entertainment and activities for all of the family".

This year there shall be 23 gardens open and everyone is welcome to visit. Adults are priced at just £4 and accompanied children for free. Entry 'passports' which allow the holder to visit all of the gardens are available from all of the gardens on the day or from The Duke of Cumberland, Barkers, The Blue Bell Hotel or the Discount Garden Centre in Cottingham during the fortnight preceding the event and allow you to visit on both weekends.

Shops, pubs and cafes throughout Cottingham are displaying lists of all the gardens and Dove House Hospice balloons will be used to identify which gardens are open for visitors. There will also be signs at Cottingham Village Green with a full list of gardens and the activities planned throughout the day.

Farewell Concert from the Cottingham Singers

The Cottingham Singers will be performing at their final summer concert ever. This will take place on Wednesday 11th July, at Bricknell Avenue Methodist Church, 7.30pm. Tickets can be bought on the door, £4 adults; £2 children (including refreshments). The programme will feature a variety of music, including a Lion King medley. Further information available from Janet Burton 01482 442894.

Please come and support what will, sadly, be the Cottingham Singers farewell concert.



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Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

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

The Alzheimers Society

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

Cottingham Cricket Club

'The club provides cricketing activities and games for boys and girls from the age of 6. We run 4 Saturday sides, and teams at U9, 11, 13, 15, 17 and 19 and also Girls Teams. All new players of any ability are welcome. Training starts in January with Indoor Nets at Sirius Academy North for all age groups and Seniors on Wednesday evenings 6.00 pm till 8.00 pm and at Cottingham High School (Sports Hall), (tennis ball/kwick cricket ball) for ages 6-15, on Saturdays 12.30 pm till 2.30 pm till Easter. Summer training for Juniors is Friday evenings and Seniors is on a Wednesday. For more information and details contact Rob Rhodes on 842215. Or email cottinghamcc@hotmail.co.uk

Calligraphy, Quilling and Folk Art classes

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

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 843253 - 07531 762593 or 473042.

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 heyhappinesgroup.weebly.com

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Scottish Country Dance Club

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

Continued on page 38

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Beverley Market traders raise more than £2,000 for hospital appeal

A fund-raising day held by Beverley Market traders raised more than £2,000 for the Daisy Appeal at Castle Hill Hospital.

Families took part in a children's treasure hunt and there were great prizes on offer donated by businesses from Beverley and the surrounding area in a grand raffle and a tombola at the event in Saturday Market on Saturday 5 May.

To tie in with the Tour De Yorkshire weekend, shoppers were also challenged to ride as far as they could on a static bicycle in 10 minutes, with a prize for the winner.

All proceeds from the day went towards the Daisy Appeal charity, which is funding a new £7.2million Cyclotron and Radiopharmacy Unit at Castle Hill Hospital in Cottingham, which will be used to help medics in the earlier detection of cancer, heart disease and dementia.

Organiser Lisa Gray, liaison officer for the Beverley Group of the National Market Traders Association, who runs the Little Cheese Pantry stall, said: "I'm really pleased with the amount we've raised for the Daisy Appeal – it's a lot more than we hoped for.

"There was an amazing atmosphere on the day and we're all extremely pleased to be handing over more than £2,000 to such an amazing cause.

"I'd like to thank everyone who supported our charity event, local businesses and market traders who donated great prizes to us, the council's markets staff and everyone who helped on the day."

The event was supported by East Riding of Yorkshire Council, which runs Beverley's Saturday and Wednesday markets.

Pictured above: Beverley Market charity event – from left, organiser Lisa Gray, Cecelia Sugarman from the Daisy Appeal, council markets officer Richard Lascelles, Claire Levy from the Daisy Appeal, trader Pearl Dyson, Chris Robson from the council markets team, and Alison Almond from the Daisy Appeal.

Marie Curie raise over £3,000 in the Cottingham area

The recent Daffodil Campaign for Marie Curie has raised over £3000 in the Cottingham area. This money has come from street and store collections, stalls and donations. Many thanks go to everyone who has supported the charity, either by donating their time, their money or in any other way.

As a result the charity will be able to provide funding for 150 hours of nursing care to patients who are suffering from any terminal illness, and support for their families, in our area.

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Shower screen cleaning a problem?

Cleaning the shower screen, in a hard water area like ours in Cottingham, is one of life's more disagreeable chores! When I speak to people about water softeners and how they can help, it is one of the first questions I am asked, typically: "If I have a softener, will it mean that I won't have to scrub away with sprays and squeegees after every shower?" I can answer promptly, that, yes indeed a softener will reduce the shower cleaning routine to a quick rinse! Like wise there will be sparkling taps, limescale free toilets, gleaming unspotted work tops and all with less chemicals and elbow grease!

Laundry will be cleaner and softer with a water softener, and with vastly less detergent necessary and the dish washer can operate without having to add salt, because the water is already soft.

Appliances such as washing machines, being scale free, will operate more efficiently and last longer as well as doing a better job.

It's long been recognised that a home supplied with water from a softener cost less to run, but it's been hard to quantify the exact savings due to the large number of variables. These include the hardness of the mains water in the area, the volume used in the household as well as the layout of the property. The type of boiler and plumbing system are also important factors.

So anything we can say is by definition just an estimated average, but never the less it serves as a useful guide. It's a few years now since estimates emerged of a £1 per day saving in household costs for softened water compared to hard, based on an average size property in an average hard water area (a hardness of around 300ppm has been considered a useful standard for many years). Since then, energy costs have risen dramatically, only reaching a plateau more recently. And in the USA the Battelle Report has been published, concluding that a domestic water softener is one of the best energy saving investments we can make in our home.

The main savings can be summarised in three categories;

Avoiding the costs of plumbing repairs and replacements – things like shower heads, taps, heat exchangers, washing machines, kettles, irons... and the list goes on!

Supermarket shopping bills – it's clear that softened water households use only a fraction of the detergents, soaps and personal care products that are needed in hard water households. Anyone who's showered in a hotel which has a softener and experienced "suds law", the explosion of foam and bubbles from using an excess of shower gel or shampoo will certainly confirm this!

Energy costs – in a softened water household, the absence of limescale on domestic hot water heat exchangers ensures they operate at their original efficiency, keeping fuel charges low.

Water softener owners have direct experience of the saving they make, so are in the best position to confirm the reality of the savings. If you have neighbours or friends with a water softener, why not ask their opinion – most are very happy and some are positively evangelical about the positive advantages of switching to softened water.

For specific information and a free detailed quote and installation plan, ask us to pop in so we can understand more about your requirements. There is no obligation and we can answer any questions or concerns you may have.

Contact David Parry at :



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Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm., and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philmeec79@gmail.com for further information.

Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon Sec) on 571205 for details of how to join the City's longest established cricket club. www.hullzingari.play-cricket.com and on facebook and twitter

East Yorkshire Climbing and Mountaineering Club

To all climbers, mountaineers and hillwalkers in the Hull and East Yorks area - We are a friendly club based in Hull and East Yorks area. The climbers meet at Rock City in Hull every Tuesday evening in the winter and outdoors in the summer. We have monthly weekend meets to the Dales, Lake District and Scotland. All abilities are welcome to come and try us out. We have just launched our new website and are currently recruiting new members. Check us out at www.eycmc.org and our meet up site is www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/

Cottingham Methodist Church hall, Hallgate

Card making class held every Monday (Except Bank Holidays) 1.30pm - 3.30pm. All levels welcome. Contact for further details - Ann on 07932833578

Arterian Singers

"Would you like to join a friendly group of men and women who enjoy singing? We meet during school term time at the Methodist Church on Hallgate, Cottingham on Tuesday evenings at 7.30pm. We present three concerts a year; the music ranges from folk songs to songs from the shows to religious works to carols at Christmas. There is no audition, and although it helps it's not essential to be able to read music. Musical Director is Julian Savory. If you think you might like to join us, why not come along one Tuesday evening? You will be made welcome! (If you would like to contact a choir member first, then please ring Maria or Alan Tel 442758) .

Hull Folk Dance Club

Tuesdays 7:30 to 9:30pm. Darby & Joan Hall, Finkle St., Cottingham. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. All dances are walked through before being set to music. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Beginners tuition is also offered. We do not meet during August. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and www.folkdance.me.

The deadline for entries in the July 2018 "What's On" section, is no later than the 19th June 2018.

Beverley Puppet Festival 2018 - First wave of acts announced?

Friday 13th July marks the opening night of this year's eagerly awaited Beverley Puppet Festival and anyone who loves 1970's British horror and holiday camps is in for a treat as Odd Doll Theatre open with retro-tastic comedy, *Seaside Terror* to give audiences fun frights and ice-cream chills! Odd Doll aficionados will recall they previously visited the festival with *The Worried Walrus* and this time they are upping the ante by inviting festival goers to take a trip to the seaside to meet a sinister ice-cream seller who has a few strange stories to tell...

Festival Co-Director Anna Ingleby says, "Following the success of our shows for older audiences last year, we felt this darkly comic production would be the perfect fit for a scarily tongue in cheek Friday 13th opening night. This year's festival takes place from 13th - 15th July, with performances from 30 professional puppet companies. Our aim is to include a diverse choice for all ages and our themed programme of 'transformations and journeys' includes specially chosen acts, ranging from a puppetry version of silent disco with miniature puppets, by Strangeface, to Headstrung's hilarious puppet cabaret with a strongman, escapologist and the Great Throwzini."

Further shows announced for the festival include Parachute and Watch the Ball by Stephen Mottram, an internationally acclaimed master of puppetry and festival favourite who fuses artistry with neuroscience and demonstrates the magic of puppetry as a story-telling medium. And a new show, *Transmograpihiles* by Hopeful Monster Theatre, which was discovered for the festival when it was performed in the Moving Parts Scratch Tent at Skipton Puppet Festival.

Younger children will be taken on a journey to a world of magic, mayhem and moonlit adventures by One Moment in Time Theatre who perform the favourite story, *The Enormous Turnip* and also, *The Necklace of Raindrops* which is based on Joan Aiken's modern

fairytales. And the highly acclaimed Lempen Puppet Theatre from Skipton are set to delight with *Cardboard Carnival*, taking inspiration from the music of Camille Saint-Saëns, a little help from Charles Darwin and a whole lot of cardboard.

Dolly the Giraffe will also make an appearance courtesy of VIP Puppets and Bird in Hand Theatre will bring their Special Delivery to local audiences. Festival goers will also be excited to learn that this year will also see the return of the much loved *Little Fawn Caravan* by Sokobauno Theatre and Prof Clive Chandler will be bringing *Punch and Judy*.

As in previous year's, Beverley Friary will be the daytime festival hub where, amongst lots of other activity, children will be able to make their own puppets with the return of the popular Scottish Mask and Puppet Centre's workshops.

More acts will be announced in due course, along with details on how to buy tickets. Anyone wishing to sign up for regular updates can check the festival website www.beverleypuppetfestival.com.



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The Gondoliers, or The King of Barataria to be performed the Hull Savoyards

At the Cottingham Civic Hall on Friday 15th and Saturday 16th June 2018 commencing at 7.30pm.

The Gondoliers; or, The King of Barataria was Gilbert and Sullivan's last great success premiered at the Savoy Theatre on 7 December 1889. In this opera, Gilbert returns to the satire of class distinctions figuring in many of his earlier librettos. As in several of their earlier operas, by setting the work comfortably far away from England, Gilbert was emboldened to direct sharper criticism at the nobility and the institution of the monarchy itself.

Gilbert and Sullivan created powerful synergy, and in The Gondoliers they were on peak form, Gilbert bubbling with nonsensical ideas and Sullivan producing some of his most charming, touching, intoxicating music.

The operetta starts in Venice, but no one turns a hair when the Spanish Grand Inquisitor turns up and we then move to the never-never-land of Barataria.

Besides the Italian saltarello, tarantella and barcarolle, Sullivan gives us a graceful French gavotte and a brilliant Andalusian cachucha.

Tickets are £12.00 with concessions at £10.00. Tickets will be available on the door of from Barkers on Hallgate or Countryman's Deli on Finkle Street.

Any enquiries contact 01482 876918 or visit website www.hullsavoyards.co.uk.

Cottingham Memorial Club Open Day

Classic Car & Motorcycle Display

SUNDAY 1st JULY 2018

ELM TREE HOUSE

Finkle Street, Cottingham 10am - 5pm.

Catering served 12 Noon - 5pm



The Cottingham Club invite you to attend this event and enjoy its facilities. The house is a Grade II listed building with a pleasant bar and lounge. We have a full Calendar of social events, including regular quizzes and artists or entertainment evenings. We have five full-size snooker tables, regular in-house snooker competitions and an active Golf Society playing at various local courses. We serve excellent lunch-time and early evening meals.

The Club is open seven days a week from late morning until evening closing time for members and guests from 18 years of age.

For Membership, contact the Membership Secretary or via e-mail.

Asac@CottinghamMemorialClub.co.uk or visit

www.cottinghammemorialclub.co.uk

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Hull Musical Theatre present "The Likes of Us" at the Civic Hall, Cottingham

The Hull Musical Theatre are the longest running Amateur Theatre Company within the local area, formally the Hull Amateur Operatic Society. We celebrated our 120th year last year, No mean feat! We are very excited to be performing our production "The Likes of us" at OUR NEW HOME the Cottingham Civic Hall, as it's quickly becoming a popular venue since it was been taken over by The Cottingham Village.

On Friday July 6th July at 7.30 pm, and Saturday 7th July at 2.30 pm and 7.30 pm at the Cottingham Civic Hall. We are presenting Andrew Lloyd Webbers "The Likes of us" to coincide with Andrew Lloyd Webber's 70th Birthday. *The Likes of Us* was actually the first Musical that Andrew and Tim Rice wrote together. It tells the story of Thomas Barnado who founded Barnados, and has an Oliver theme to a lot of the music, and some beautiful tunes.

Hull CHA Rambling Club

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

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £10

We pick up on route to the city centre at Bilton and Holderness Road.

Pick up at City Centre is now **0830 am** for the spring and summer months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles.

B walk from 7 to 9 miles

C walk 4 to 5 miles may be available (please enquire)

Sunday 10th June

Rosedale Abbey circular

A. Rosedale Abbey – Hill Cottages – West Gill – Northdalle Rigg – Higher Row Mines – Hollins Farm – Rosedale Abbey

B. Rosedale Abbey – Eastside Railway – Dale Head Farm – Rosedale Abbey

For a C walk please enquire with the Joint Rambles Secretaries.

Sunday 24th June (Tea Out in Whitby)

Whitby Abbey circular

A. Whitby Abbey – Ruswarp – Sneaton – Stainsacre – Whitby Abbey

B. Whitby Abbey – Cleveland Way – Stainsacre – Sneaton – Ruswarp – Whitby Abbey .

For a C walk please enquire with the Joint Rambles Secretaries.

For further information and book a place on the coach, please contact Joint Rambles Secretary Sue O'leary on sue@sueoleary.co.uk telephone 07767420646

Pauline Borger on Pauline.borger223@btinternet.com telephone 07929933323

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

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

Phoenix Walkers

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

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

Three levels of walks,

A Group 8-10 miles

B Group 5-7 miles

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

Sunday 3 June Washburn Valley near Harrogate

Sunday 17 June Elsecar South Yorkshire

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

Wykehykers Walking Club

Our new season is under way and membership is currently open. Come along and try a walk or two with this friendliest of long established clubs before deciding whether to take up membership.

We have planned trips to picturesque locations across Yorkshire, Derbyshire and Lincolnshire commencing Sunday 25 February 2018 and fortnightly thereafter; full list available upon request. Choice of guided walk each time usually of around 4 or 8 miles and often with further option to simply enjoy a day at leisure at our scheduled destination.

We pick up from Ferensway to Beverley via Beverley Road when Northbound or from Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound starting at 8.30am and usually home around 6pm. Coach fare is £10.

Forthcoming walks, Whitby 10 June.

Go ontake those first few steps! Any queries or further info needed? Just ring Alan on (01482) 850997 or Keith on (01482) 782917.

All-singing, all-dancing Beverley-based comediennes transport you to Broadway, whilst solving the mysteries of love, in their unexpected musical revue show

Beverley Does Broadway: The Rebound

Back by popular demand after a sell-out run in 2015, She Productions are bringing West End showbiz, delicious harmonies, and bags of talent right on your doorstep at the East Riding Theatre in Beverley in a revamped version of *Beverley Does Broadway... The Rebound*.

She Productions are putting on a show and it's their opening night. Relentless rehearsals have ensured they are pitch perfect and that every dance step has been drilled with precision. However, *Follies* of their own have been distracting them, and Aspects of Love have our cast members preoccupied... so will it be alright on the night?

Beverley Does Broadway: The Rebound runs from 14th-23rd June at 7.30pm, with a matinee at 2.30pm on Thursday 21st, at the East Riding Theatre. Tickets are between £10-14 and can be bought at www.eastridingtheatre.co.uk or via the box office on 01482 874050.



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Glorious weather welcomed the 4th Tour de Yorkshire to Skidby

Glorious weather and spectacular crowds welcomed The 4th Tour de Yorkshire cycle extravaganza to Towns and Villages across The East Riding. Recognised as one of Europe's major races and Yorkshire's largest single tourism event the County was showcased at its absolute best. Live national TV coverage, beamed to around 200 countries around The World ensured the maximum exposure to "Gods own County" The Tour continues to be embraced by enthusiasm and delight by locals and visitors.

Despite an early start in Beverley, The Women's race still attracted many thousands to see this event for the first time in this area. Entertainment continued throughout the morning before an estimated crowd of 30,000 who watched the start of The Men's race, who after heading to Hornsea came back through the Town which saw stunning views from the helicopter camera before heading south.



For the first time Skidby and Little Weighton were on the route for both the Women's and Men's races. Both villages did themselves proud with unique decorations along with hundreds of enthusiastic spectators, promoting these hidden gems, welcomed by both riders and the organisers.

Entering Skidby from the A164 a huge SKIDBY sign erected on the roundabout left no one in any doubt that the village looked forward to being involved. Travelling through the Main Street bunting, flags, blue and yellow cycles at every angle, even Tractors and some incredible signs made a memorable display, even a scarecrow managed a guest appearance! School Children waved flags and cheered whilst residents young and old lined the streets. On to Little Weighton The Tour was welcomed by an enthusiastic crowd who were enjoying a real party atmosphere.

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Skidby resident Councillor Stephen Parnaby and Leader of East Riding Council said "The Council continues to support and sponsor the Tour having hosted all four starts since its inception and as always what makes it so special is the involvement of communities. It only works when people become involved, thank you, you did, and it made me very proud when I welcomed Sir Gary Verity and Christian Prodhomme the race organisers to meet people in the village.



"Next year is already at the planning stage and The East Riding is guaranteed a start or finish because of our special relationship with Welcome to Yorkshire. I would particularly like to thank everyone for their patience and cooperation for something which takes a huge amount of planning and organising but hope you agree it is very worthwhile .

Above all I hope everyone enjoyed being part of, either directly or indirectly of something a bit special"

Skidby sign photo courtesy of Tom Hasnip.

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 or phone 01482 876918
www.hullsavoyards.co.uk

www.cottinghamtimes.co.uk - June 43

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Dermatological:

Eczema, Herpes, Psoriasis, 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.

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Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

Anxiety, Depression, Stress, Panic Attack, Insomnia, Dementia, etc.

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

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



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Get your wine loving friends together and take a dash around the world of wines for your local hospice!

Dove House Hospice is excited to bring a brand new event to East Yorkshire; Wine Dash! Join us on Saturday 23rd June for a grape day out! Working with the Little Wold Vineyard in South Cave and kindly sponsored by House of Townend our Wine Dash will take you and your friends on a tour of East Yorkshire's very own corner of the Wolds as you sample wines from across the world!

The dash will take you through approximately 5km of vineyard, hills and countryside with views only interrupted by our four wine stations.

With four wine stations from across the world, along with nibbles to keep you going and something sparkling as you cross the finish line, it's a great chance to get friends and family together this summer for a walk with a difference. Every step and sip you take will enable Dove House Hospice be there for every family that needs our support.

Fundraising co-ordinator, Anita Brien, said 'We're really excited for this brand new event on our calendar and to be working with the Little Wold Vineyard and House of Townend. It's set to be a fantastic day out and something a little different. It's the only Wine Dash in the region and we hope lots of local people join us. Without events like this, supported by our local community, we wouldn't be able to continue adding life to days when days can no longer be added to life for people living with life limiting illnesses in Hull and East Yorkshire.'

To register visit: www.dovehouse.org.uk/winedash or contact the Dove House fundraising team to request an entry form by calling: 01482 785743 or email: fundraising@dovehouse.org.uk.

'Beverley Town Handbell Ringers'
Present a
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with special guests the
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Saturday 14 July 2018
Toll Gavel Methodist Church
19.00
Tickets £7.50 to include
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Opposite Beverley High School
Telephone John - 01482 862551
Andrew - 01482 867120
Tickets also available on the door

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Or ring 07740 367793

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Ward 29
Castle Hill Hospital
Neurological Rehabilitation
Fun Day with lots of activities

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Final Whistle - 4pm

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Penalty Shoot Out Competition
PAUL for Brain Recovery Cake Stall Live Music Headway

www.cottinghamtimes.co.uk - June 45

'Murder Mystery' at Walkington on Saturday 7th July

The members of Haltemprice Lions have organised a Murder Mystery evening to take place at Walkington Village Hall at 7.30 p.m. on Saturday, 7th July, 2018. The action will be played out by the Cottingham Little Theatre players and it is then for you, the audience, to investigate and detect the heinous crime of murder!!!

There will be a supper of pie and peas provided within the overall cost of £10.00 per person. Tickets are available from John Hall Tel. 07917887938 or email dwhincup@dwhincup.karoo.co.uk.

The recent Sportsmen's Dinner, at the Mercure hotel, Willerby, organised by the Lions, when the guest speaker was Sir Ian Botham, raised over £5,000.00 - of this total £2,500.00 was donated to the Hull, Beverley & Holderness Branch of the Multiple Sclerosis Society with a request that £2,000.00 was sent to the National organisation for research into the dreadful disease; also the balance (£2,500.00) has been retained by Haltemprice Lions to support local good causes.

Further activities organised include an afternoon tea concert with the Cheshire Lions' Youth Band to be held on Wednesday, 25th July in the gardens of Mill Cottage, Walkington (by kind permission of Nicky and Elizabeth Dunning). A return of "Thursday Night is Music Night" with Sharon Nicholson-Skeggs and her professional artistes to be held at the Hull Guildhall on Thursday 25th October, and on a date and location to be confirmed the East Riding of Yorkshire Brass Band Christmas Concert.

There are other activities but details have not been finalised as yet, however, the readers of *Cottingham Times* will be the first to know! We are grateful for the support we receive from the local community that is why we are pleased to benefit any local cause together with National and International calls for assistance. For further details of any matter concerning the Haltemprice Lions please contact David Whincup, Tel. No. 01482 847367 or email dwhincup@dwhincup.karoo.co.uk.

Weekly Classes held at:
Darby & Joan Hall, Finkle Street,
Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays

Also at: Sutton Park, Hull
Tuesday at 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

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Keep Your Summer Glow with the help of Aloe Vera

This is the season when everyone wants their skin to turn to a bronze colour that makes them look like a real beach baby! While a tan is not the healthiest thing for your skin, if you are someone who is addicted to tanning then to play it as safe as possible and to ensure a longer lasting tan you need to stock your bathroom shelf with a plentiful supply of aloe vera.

Look for a commercial brand that contains authentic ingredients and not a lot of fillers.

If you use aloe vera during the tanning process and/or if you use it to condition and replenish moisture in your skin afterward, your tan will last longer than ever before. You will be surprised and pleased at the results you end up with!

Many people are unaware of what a tan really is and why it occurs. A tan is the result of the production of melanin in the skin. It is the body's way of protecting itself from developing a sunburn and subsequent skin damage. A sunburn occurs when the skin has been excessively exposed to the sun and has not been protected by a sunblock with a high enough SPF (sun protection factor).

Look for a wide spectrum sunblock that protects you from both the UVA rays as well as the UVB rays. A SPF of 30 or higher is a wiser choice. A sunburn destroys cells in the outer layer of the skin and over time this can lead to permanent cell damage and the potential for skin cancer.

It is a common misconception that sun tans will only occur after the skin has been burned. This is not correct and it can be a harmful assumption to make for your health. Many individuals also incorrectly assume that if they wear sunscreen they will not tan. If you wear the right type of sunscreen you can still get a nice golden look to your skin minus the pain and discomfort of sunburn.

The Soothing and Replenishing Side of Aloe Vera

It is always a good practice to apply a special after sun lotion to your skin following sun exposure. The most important ingredient that the after sun lotion or moisturiser needs to have in it is aloe vera. There are many on the market. If you apply it after you come in from the sun you will be replenishing the vitamins and minerals that your skin needs and this in turn helps you to retain the golden brown look you are aiming for.

Aloe Vera encourages the skin to heal and it provides the after sun care that helps your skin to look and feel its best. Aloe Vera calms and heals skin and it goes to work fast to make sure that your skin has not been damaged by the sun's rays.

Even if your skin turns a slightly darker shade of pink from being out in the sun but is not burnt, aloe vera gel can be of assistance as it is very cooling and soothing to sun sensitive skin. Some people, and in particular those who are blonde and blue eyed, burn very easily and therefore need sunblock the most. They also need to use aloe vera when they tan on a regular basis.

Bear in mind that aloe vera is a healing agent for the skin and can help a tan last as long as possible. Apply aloe vera gel or lotion to your tan every day for optimum effects. This paves the road to a healthy tan.

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