

# Cottingham Times

and District  
Issue 211 - June 2019



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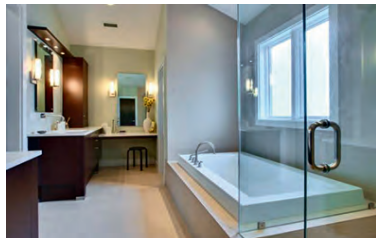
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## In Cottingham and District

The deadline for entries in the July 2019 "What's On" section, is no later than the 18th June 2019.

### Little Weighton Yorkshire Country Women

Wednesday 5th June - Pat Callard - Who Wants to be a Millionaire, Meeting held in the village hall at 7.30 pm.

### Cottingham Ladies Circle

Thursday 6th June - Mike Grey - Birds in Your Garden Part II, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

### East Yorkshire Group of the Hardy Plant Society

Thursday 6th June - Pat Inman 'Good Garden Plants', at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

### Royal British Legion

Thursday 6th June - Meetings will be held each month in the Cottingham Memorial Club, Finkle Street, on the first Thursday of the month at 7.30 pm.

### The Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 6th June - Children's' African Charity - Janet Smart. In Skidby village hall at 7.30 pm.

### EYES (East Yorkshire Embroidery Society)

Saturday 8th June - Jo Beattie "Precious Memories", in the Darby and Joan Hall Finkle Street, Cottingham. 2:30 to 4.00 pm. Doors open 2:15. Members £1:50 Visitors £2:50. Tea/Coffee biscuits included.

### Humberside Bonsai Society

Sunday 9th June - Humberside & North East Lincolnshire Bonsai Societies Show. 10.00 am to 4.00 pm, in the Darby & Joan Hall, Finkle Street, HU16 4AZ. Join us to experience the majesty of nature in miniature. Admission £1.00, Children Free. Bonsai Sales Table.

### Catholic Women's League

Monday 10th June - Karen Wagg - Why Recycling and What Happens to Your Rubbish?. Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, 7.30 pm.

### YPI Camera Club

Monday 10th June - Show an AV based on a Poem or Song. The club encourages the production & appreciation of audio-visual sequences (AVs). We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, text and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.uk/index.html>. New members always welcome - just turn up.

**Front cover: Collage of the Tour de Yorkshire in Skidby.  
Photo: Paul Lakin.**



### Hull and East Riding Astronomical Society

Monday 10th June - AGM. We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

### Cottingham Methodist Church Photography Group

Tuesday 11th June 2019 - outside visit - 6.30pm

Tuesday 25th June 2019 - outside visit - 6.30pm

An ideal opportunity to join a friendly group and get out with your camera or smart phone. New members welcome. All levels. Contact for further details:- John on 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk).

### Hull and East Riding Glaucoma Group

Wednesday 12th June - when once again we are very pleased to welcome our patron Mr Craig Burnett as our guest speaker. Mr Burnett is the Glaucoma Specialist Consultant at the Hull and East Yorkshire Eye Hospital, 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 please call Sight Support on 01482 342 297.

### Cottingham Green Women's Institute Evenings

Thursday 13th June - Catherine Scott - Writer and Performance Poet. Competition: Bee. Held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

### Hull Alpha Probus

Club for retired or semi-retired professional people meets in The Back Room (on Hallgate) on alternate Thursdays. New members welcome. Contact the Secretary on 01482 348270 or 07542 959314.

13th June 12 for 12:30 lunch : Speaker Michael Ratcliffe - 'Readers Digest changed my Life'

27th June 10:15 am - coffee

### U3A

Thursday 13th June - Dulcie Lewis 'Not Just Yorkshire Pudding', at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

### The East Yorkshire Thoroughbred Car Club

Friday 14th June - Are holding a further evening HISTORIC & CLASSIC VEHICLE GATHERINGS at Cottingham Parks Golf Club, Woodhill Way, HU16 5SW, at 4.00 pm, managed once again for us by EYTCC member Keith Purkiss. All of these events are open to all Historic & Classic cars over 20 years old.

### East Yorkshire Woodturners

Tuesday June 18th: Philip Greenwood - Registered Professional Turner. Philip 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, 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>

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

Tuesday 18th June - Practical - Get Knotted, 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](http://www.hullandeastridingnewstitchers.weebly.com).

*Continued on page six*

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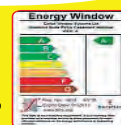
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## What's On - Continued from page five

### The Arts Society, Hull and East Riding

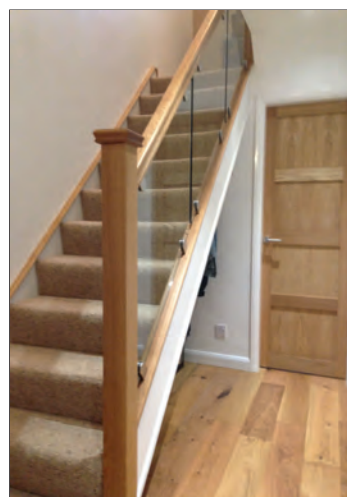
Tuesday 18th June – Chris Bradley “Islamic Art - Exploring the Decorative Arts of the Islamic World”. At 10.45a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

### Cottingham Evening Townswomen's Guild

Wednesday 19th June - David Smith “The Bloodstained Glove” - An ER Duel, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

### Cottingham Ladies Circle

Thursday 20th June - AGM, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.



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### Little Weighton Gardening Club

Sunday 21st June - “The Show Must Go On” - Behind the scenes Harrogate Flower Show. An illustrated talk from show director Mick Smith. In Little Weighton Village Hall, 7.30 pm.

### The East Riding Flower Club

Monday 24th June - John Chennell, a very popular national demonstrator from Wellingborough will be with us again and will entertain us with his floral creations entitled “Fun with Flora”. Tickets £10.00 for non-members. The Club usually meets on the fourth Monday of the month at 2pm at Cottingham Civic Hall. We are a friendly club, and welcome new members and visitors to all our meetings.

### National Vegetable Society, East Yorkshire District Association.

Monday 24th June - ‘Seeds’ lead by David Thornton. We meet on the last Monday of the month (except December and August) at The Conservative Club, Wylies Road, Beverley, HU17 7AP at 7.30pm. Light refreshments are served and a raffle. Admission is £2 per person. For further information about the club, please use our web site [nvseyda.btck.co.uk](http://nvseyda.btck.co.uk) or ring Trevor on 633409.

### Cottingham Community Quiz

Wednesday 26th June - Quiz Master TBA, in the King Billy, Hallgate, £6.00 on the door including supper, 7.45 pm for 8.00 pm start.

### Wednesday Social Club

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

### Cottingham Methodist Church hall, Hallgate

Friday 28th June, 2019 Free Film Night - 6.40pm for 7pm. Refreshments on sale.

### St Michael's Church, Skidby

Friday 28th June - Coffee morning 10.30 - 12 noon, in the church. Come and enjoy coffee and home made cakes in a friendly social environment.

### Little Weighton Yorkshire Country Women

Wednesday 3rd July - An evening on the Bowling Green, followed by a Strawberry Tea at 7.30 pm.

### The Back Care Group

Wednesday 3rd July - Pétanque Tournament, 114 Coltman Street, Hull, 1.30 for 2.00 start. Free Refreshments.

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### East Yorkshire Group of the Hardy Plant Society

Thursday 4th July - Alistair Baldwin 'Wynyard Rose Garden'. Plants for sale, at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

### COTTINGHAM DAY Classic Car Display Hallgate

Cottingham Sunday 7th July 2019. The East Yorkshire Thoroughbred Car Club are managing the Classic Car Display at this 2019 event. Anyone wishing to display a classic car at Cottingham Day can obtain an entry form from Cottingham Parish Council Office. Bill Barratt Secretary, East Yorkshire Thoroughbred Car Club Tel. 07834 877973.

### 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 Cottingham 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. Our 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 Maureen on 01482 845363 or Janet on 01482 849415.

### The Beverley Flower Club

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

### Hull Folk Dance Club

Tuesdays 7pm for 7.30 to 9.30pm. Darby & Joan Hall, Finkle St., Cottingham. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. All dances are walked through before being set to music. Beginners tuition is also offered. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and [www.folkdance.me](http://www.folkdance.me).

### Musical Memories

Do you enjoy a good sing-a-long? If so come and join us on the 1st Thursday of the month, 1.45 pm until 3.15 pm. We have coffee/tea and cakes halfway through. No Charge FREE. And we meet in the Methodist Church, Hallgate.

### Wolfeaton Park Bowling Club

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

*Continued on page 32*

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - June 7



# Cottingham Parish Council



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

- **Word from the Clerk – Election Fever.**

By the time you read this the European Elections will have taken place (don't mention the B word!) these following on not long after the Local Council Elections on the 2<sup>nd</sup> May. Also, on the 2<sup>nd</sup> May the Town and Parish Elections took place. The make up of the Parish Council is now:

**Priory Ward:** Cllr Ann Abel, Cllr Mike Medini, Cllr Win Knight, Cllr Judith Moore

**Millbeck Ward:** Cllr Mike Harness, Cllr Kevin Casson,

**Croxby Ward:** Cllr Helen Green, Cllr Sam Kind

**Castle Ward:** Cllr Ros Jump, Cllr Alex Duke

We currently have a vacancy in Castle Ward, which will be filled via co-option on the 4<sup>th</sup> June.

At our meeting on the 16<sup>th</sup> May, Cllr Ann Abel was elected as Chair of the Parish Council and Cllr Kevin Casson as Deputy.

I would like to thank Don Hardwick, Denise Sloan, Alan Wright, Doug McLaren, and Harold Kay for their hard work as Parish Councillors in the last term.

Matthew Kay, Clerk to Cottingham Parish Council  
[clerk@cottinghamcouncil.org](mailto:clerk@cottinghamcouncil.org)

- **Dog fouling in Cottingham**

Unfortunately, we seem to be seeing a spike in dog fouling cases in the area. The Parish Council is working with the East Riding of Yorkshire Council Dog Warden to get on top of this (not literally of course). We have 'clean it up' stencils which we will be putting in problem areas in the coming weeks and the Parish Council continues to sell dog waste bags at 50p per pack. Please inform us of any problem areas that you see.

- **Grants**

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



*Pictured above: Cllr Ann Abel attending the centenary celebrations of Cottingham Bowling Club*

- **Cottingham Day – Sunday 7<sup>th</sup> July 2019**

In this edition of the *Cottingham Times* you should have received a programme for this years Cottingham Day. It returns on Sunday 7<sup>th</sup> July between 10am – 5pm with activities occurring on Grandads Park, the Market Green, King Street & Hallgate, the Civic Hall, the Memorial Club, the Darby & Joan Hall, the Methodist Church, Zion Church, Cottingham Rifle Club, and the Memorial Gardens. There will be live entertainment, market stalls, drinks and catering units, classic car display, dog show, skate park, fairground rides, vegetable competition, funfair climbing walls, circus skills, birds of prey, and much, much more. We do hope you will attend.

- **Dates for your Diaries (including Natwest)**

The Cottingham Parish Council Full Parish & Finance meetings take place on the third Thursday of the month (apart from in August and December) and start at **7pm**. The next meeting will be **Thursday 20<sup>th</sup> June 2019**.

Meetings of our Planning Committee cannot be fixed, so will be advertised as they arise, as they are dependent on the planning applications that come in from East Riding of Yorkshire Council. We are now aiming to have the meetings on the first Tuesday of the month but this is subject to change.

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

A Natwest representative will be in the office one day per month in order to answer customer queries and assist with moving to online banking. The next time they will be visiting is **Tuesday 25<sup>th</sup> June 10am-12pm**.

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# “BUT IT’S A COMMON LAW MARRIAGE”

This is a refrain that family lawyers are used to hearing. If you have been in a committed cohabiting relationship for a number of years and think that you are a “common-law spouse” then I am afraid that you are in for a shock; it doesn’t exist.

Of course, what people mean, by “common-law marriage” is that they expect, because they have been in a relationship with someone for a number of years, that they have the same legal rights that a married couple have to property, upon separation. In most cases this is completely wrong. Unless an asset is in joint names, one partner may have no claim whatsoever against the property owned by the other.

If there are children then the partner who has full-time care can make a court claim for financial provision to enable them to support and house them. This is often only any help in cases where

there is a lot of money available and even then any financial support will disappear on the child’s 18th birthday, leaving the recipient in Cinderella-like poverty.

It is possible for a partner to make a claim, in civil law, for an interest in the property owned by the other, but such claims can be legally complex, lengthy and expensive.

Couples who are considering cohabiting should consider in advance how they want to divide property and assets if they separate, and obtain legal advice prior to moving in together.

A solicitor can draw up a ‘cohabitation agreement’ setting out couples intentions, which can help to avoid unnecessary arguments.

It is clear that what needs to happen is a change in the law to provide some protection for cohabiting couples. This is a politically sensitive area however and it remains to be seen if any future government has the political will to grasp the nettle. Until then, if you want to be sure that upon separation you have the full range of claims as regards family property, the only advice can be “get married”.

Iain Boyle is a Solicitor, our Finance Director, Head of our Matrimonial Department and has been with the firm since 1994; he brings an enormous amount of experience and expertise in what is a very emotive area of law. Iain is a member of *Resolution*, is on the Law Society’s *Family Law Panel* and specialises in divorce, dissolution of civil partnerships and relationship breakdown involving complex and high value financial issues. Backed by a dedicated team of lawyers and support staff, Iain is here to help.



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## Did you know . . ? and keeping your banking safe!

Let's start off this month's article with a 'Did you know' feature....

**Snap happy!** Every 2 minutes today we snap as many photos as the whole of humanity took in the 1800s. In fact, 10% of all the photos in the world were taken in the past 12 months.

**1.5 billion** – is the approximate number of PCs now in use in the world

**825 million** – the number of devices Windows 10 is installed on

**Windows 7 was launched** on 22 July 2009

**Windows 7 retirement** - official date is 14 January 2020

**32600 times faster** – an iPhone compared to the first Apollo Moon mission computers

**400kph** - the projected top speed of Japan's newly designed Alfa-X 'bullet train' currently being tested.

**13 billion miles** – approximate distance from Earth of Voyager 1 – now in interstellar space

**Unbelievable** – We can communicate with objects on Mars, so how come when someone phones in to a radio station the sound quality is so awful!!

**Make RDM your first call for home computer support**  
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**Eset banking app.** If you have Eset Internet security installed on your computer, you will also have a shortcut to the Banking & Payment App. Please do make use of this whenever you are doing online banking. (the exception will be if you are also using Microsoft Edge as your web browser, as the app will not work with that). This app doesn't change the way you log into your bank, but does provides an extra layer of security by encrypting your details as type them.

**IBM Trusteer also known as Rapport** – this is a piece of

software provided by some banks in the UK to do a similar job of encrypting personal details and is worth having if you have a different internet security product i.e. **not** Eset. But please note it will **not work along with Eset's** version of encryption. So before using the Eset Banking & Payment app, just check if you have the above-named product installed too. Go to Control Panel, Programs & Features, and see if either name appears in the alphabetical list of programs. If so, click on it and click the top button that says uninstall. When you get to the part that tells you to type in the characters shown, type them in and then you have to hit the enter key, there is nothing to click on to continue.

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**KCOM Lightstream routers are dual band** – that means they broadcast two Wi-Fi signals, normal and 5g. Most computers (and printers) will only use the normal signal, which is fine. But for mobile phones and tablets you will receive a better speed by using the 5g signal. The password (which is shown on the base of the router) is normally the same for both. If were given a plastic card by the Kcom engineer with the router details on, you will see a QR code (one of those squares with blocks inside, like below), all you have to do is point your device's camera close up to it and it will offer to connect you automatically! If by chance it doesn't work on your device, you may need to download a QR reader app, which will be free.



If you have never used a QR code before, try pointing your mobile's camera at this one to go straight to the RDM website.

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**Scam telephone calls** – there has been another raft of these recently. So, I would again like to remind everyone, to NEVER let an unknown caller take over your computer remotely, even if they say they are from Microsoft or Windows. These companies, or any other reputable firm, will NEVER make unsolicited calls to home users. The other thing to watch out for is that these scammers have started cloning UK numbers, so in other words instead of your telephone caller display showing 'International' or 'out of area', they may now show a London, Leeds or Sheffield number for instance. If you give them access to your computer, they will cause all sorts of mayhem, and then ask for a credit card number, so they can extract your hard-earned cash

**If you haven't already upgraded to ESET Internet Security**, now is the time to do it. 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.

**If your Eset licence is up for renewal, just email or call for the price, and we can sort it out for you.**

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Remember to look on my website for copies of the current and two previous articles where they can be read, downloaded or printed.

**Richard Mills**

**RDM Computers, Cottingham**

**01482 875666 or 07850 105424**

**Web: [www.rdmcomputers.co.uk](http://www.rdmcomputers.co.uk)**

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## Hull Savoyards present The Grand Duke or 'the Statutory Duel' at the Cottingham Civic Hall

For the first time in our 85year History, Hull Savoyards present The Grand Duke, by Gilbert and Sullivan (the comic geniuses behind such classics as The Pirates of Penzance, Mikado, Iolanthe and many more).

This is one of their lesser performed operettas and in our interpretation the exciting new setting moves the action to the wild west and the town of Pfennig-Halbpennig, led by the intractable and grumpy Sheriff Rudolph.

A local theatre group take it upon themselves to overthrow the despot, but things don't quite go to plan with hilarious consequences! Featuring shot-gun weddings, witty multiple wives, card games and duels at high noon, this show promises to be a great night out for all the family.

This comic opera combines the wit of Gilbert's libretto and the stunning swells of Sullivan's music, with the society's own Kingston Savoy Orchestra providing the orchestral arrangement.

Enjoy this operetta at the Cottingham Civic Hall on 21st or 22nd June 2019 with performances at 7.30 pm.

Tickets £10. Concessions £9. Under 14s free. Available from [ticketsource.co.uk/](http://ticketsource.co.uk/), Hull Savoyards, Barkers of Cottingham, 159 Hallgate or at the door (subject to availability).

If you are unavailable for Cottingham then why not visit the Hesse Town Hall on 28th June 2019 or Holme-upon-Spalding-Moor 29th June 2019 to see this enjoyable Gilbert and Sullivan production.

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## Wordsearch - Fish

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

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

Find the words in the letters above:

Amberjack, Bass, Bluegill, Bonito, Bowfin, Buffalo, Burbot, Carp, Char, Cisco, Cobia, Croaker, Dolphin, Flounder, Goldfish, Grouper, Haddock, Houndfish, Lingcod, Marlin, Perch, Pickerel, Pike, Pollock, Porgy, Pumpkinseed, Rockfish, Sailfish, Shad, Sheefish, Snapper, Sole, Spearfish, Steelhead, Tarpon, Trout, Tunny, Walleye, Weakfish, Whitefish, Yellowtail.

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

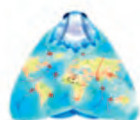
## Sudoku No. 148

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

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

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# MARION OWEN TRAVEL



As you may well be aware we book all cruise lines here at Marion Owen Travel. There are lots of offers available which can be quite confusing and choosing a cruise can be daunting. I have 1st hand experience of over 160 ships. It does not cost more to book with an agent so why not let me guide you along the way.

Remember, when booking your cruise or holiday with Marion Owen Travel there is always the option of travel from your door to the ship or airport. You cannot beat a relaxed start and finish to your holiday.

Most of our tour operators and now on sale throughout 2020 and into 2021. When we book you a holiday for travelling by air you receive an ATOL certificate which is your financial protection should the tour operator collapse. We of course always hope this will not happen but in this time of uncertainty I wanted to assure you that your money is safe.

Our own tours are financially covered by our ABTA license and our tours for 2020 are gradually going on sale. We have a selection of very different tours next year which are filling up fast. This year we have just a small number of departures with a few seats. Why not join me on our relaxing 3 Halls or venture with me on to the continent staying with our wonderful hosts Bart & Wil in Vianden. The time we visit is Festival time so we are looking forward to joining in.

**The Isles of Scilly**, this July is our 3rd and final tour to these beautiful islands it is possible that I may be able to squeeze you on. Rooms are becoming a problem! The islands offer deserted white sand beaches, turquoise sea, plus wonderful wildlife & fauna await. When the sun shines you may well feel you are in the Caribbean.

**Our China group now only has 3 places remaining**, don't hesitate to ask for a full itinerary it is amazing.

I am delighted, proud and excited that I have been nominated for **"Ambassador of touring holidays"** for my contribution to escorted touring around the world. There is no better way to see a country than an escorted tour. You will not have to waste time hunting for the sights and will learn so much more about the local culture.

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14 Dec	Dordrecht Christmas Market 2 nts North Sea Ferries	£ 125
18 Dec	Boundary Mills & Lunch a superb 3 course meal & coffee	£ 40
27 Dec	Warner's Nidd Hall TWIXMAS 4 days half board	£ 323
17 Apr	Llandudno & Anglesey Explorer 4 day Welsh weekend	£ 349
03 May	Devon & Cornwall's National Trust - members £595 6 days	£ 665
28 Jun	Shetland Explorer, inc. 3 days on Shetland, 8 days DBB	£1015
29 Aug	2020 2 day overnight cruise & the North York Moors from	£ 99
01 Oct	WW1 remembering our family & friends - unique 6 days	£ tba

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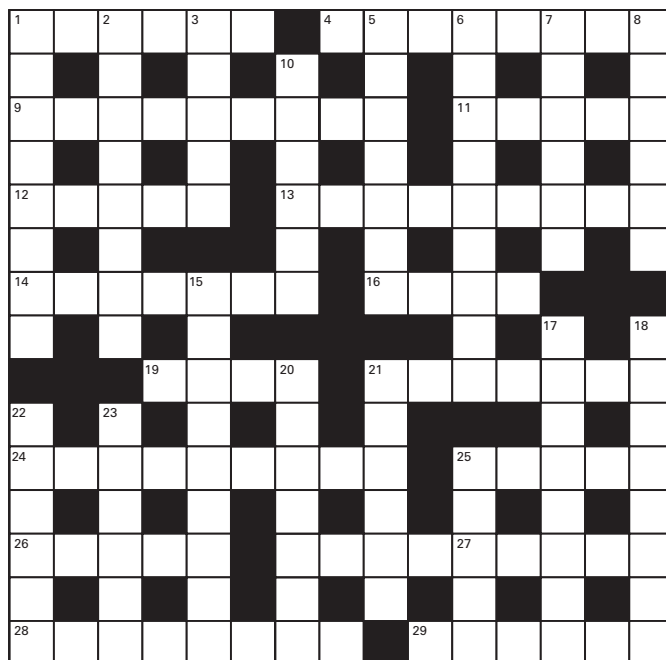
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## Crossword - Solution on page 46



### Across:

1. Reasoned argument (6)
4. Dampness (8)
10. Sheets of unbound paper (9)
11. Gapes (5)
12. A southern Eurasian falcon (5)
13. Naivete (9)
14. In an unclear manner (7)
16. Historical periods (4)
19. Stated (4)
21. Providing nourishment (7)
24. Women in love (9)
25. Willow (5)
26. Having some resemblance (5)
27. A citrus fruit (9)
28. Proof (8)
29. Spiritualists meeting (6)

### Down:

1. In a psychotic manner (8)
2. Occlusion (8)
3. Not our (5)
5. A discourtesy (7)
6. Thrive (archaic) (9)
7. Relax (6)
8. Christian holy holiday (6)
9. Prove true or correct (6)
15. Become more frugal (9)
17. Relating to Sicily (8)
18. Break the heart of (8)
20. Severe or far-reaching (7)
21. Show off (6)
22. A thick cream soup (6)
23. Hunting expedition (6)
25. Overweight (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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## New summer activities for children in Cottingham

Children in Cottingham can have fun over the summer holiday period. During August, activities are being provided both at Cottingham Sports Centre on Northgate, and for the first time, also at the Civic Hall.

Mondays, Wednesdays and Fridays - the Sports Centre will provide sports, skill and physical fun including circus skills, soft play and gymnastics.

Tuesdays - at the Civic Hall, starting on July 30th, there will be ukulele club in the morning and cookery classes in the afternoon.

Thursdays - August 1st Musical Theatre Workshop (Mary Poppins), songs, dance and performance.

August 15th SPECTAC-U-LAB science workshop with experiments.

August 29th Lion Learners - animal handling experience, with stories and craft.

Full details concerning the activities and how to book will be available after half term and will be provided through the primary schools, Civic Hall and Sports Centre.



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# In the Kitchen, sponsored by Cottingham Adult Learning Centre

Adult Learning Part Time Courses [www.eastriding.gov.uk/learn](http://www.eastriding.gov.uk/learn)



What will you do next?



## Jersey Royal, brie & asparagus frittata

A seasonal frittata to make the most of the asparagus and Jersey Royal potato season. This dish makes a lovely supper served warm or enjoyed cold for lunch the next day with salad. Another time, try with goats' cheese or feta instead of the Brie

- Preparation time: 10 minutes, plus cooling
- Cooking time: 30 minutes
- Total time: 40 minutes, plus cooling. Serves: 4

### Ingredients

- 300g Waitrose & Partners Jersey Royal New Potatoes
- 5 tsp olive oil
- 230g pack asparagus, trimmed and halved widthways
- 6 British Blacktail Medium Free Range eggs
- 1 onion, sliced
- ½ x 230g pack Somerset brie, sliced

### Method

1. In a large pan, cover the potatoes with cold water, bring to the boil and simmer for 12 minutes. Meanwhile, heat 1 tsp oil in a frying pan over a high heat. Fry the asparagus for 5 minutes, tossing regularly until charred; set aside. In a large bowl, season the eggs and beat together with a fork.

2. Heat another 2 tsp oil in the frying pan and fry the onion for 2-3 minutes. Drain the potatoes and rinse under cold water; cut into 0.3cm slices. Add to the pan with the onions; season and fry for 2-3 minutes until golden. Set aside.

3. Heat the remaining 2 tsp oil in a 20cm non-stick frying pan over a medium heat. Stir the veg into the eggs; tip ½ of the mixture into the pan, swirling so it sets on the base. Lay the brie on top, pour over the remaining egg mix, cover with a baking sheet and cook over a medium heat for 5-6 minutes.

4. Remove the sheet and place a plate over the pan. Carefully invert the pan so the frittata turns out onto the plate, then slide it back into the pan so the uncooked side is on the base. Cook for 5-6 minutes. Cool for 5 minutes, then serve.

16 June - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)



## Toad in the hole, with Swiss chard & mustard cream sauce

- Preparation time: 20 minutes
- Cooking time: 40 minutes
- Total time: 1 hour. Serves: 4

### Ingredients

- 454g pack 8 essential Waitrose Pork Sausages, pricked with a fork
- 2 essential Waitrose Red Onions, peeled, trimmed and cut into 6
- 120g plain flour
- 2 essential Waitrose Medium Free Range Eggs, beaten
- 100ml whole milk
- 100ml carbonated natural mineral water
- 400g Swiss chard, thinly sliced
- 1 tbsp olive oil
- 100ml single cream
- 2 tbsp wholegrain mustard

### Method

1. Preheat the oven to 230°C, gas mark 8. Arrange the sausages and onions in a shallow ovenproof dish. Cook for 20 minutes until cooked through.

2. Meanwhile, place the flour in a bowl, making a well in the centre, and whisk together the eggs and milk in a jug. Gradually whisk the egg mixture into the flour until you have a thick batter. Gently stir in the water and pour into the hot pan of sausages, return to the oven for a final 20 minutes until golden and puffed up.

3. Meanwhile, gently fry the chard with the olive oil, adding a couple of tablespoons of water to the pan to encourage it to wilt, until the leaves have softened and the stalks have started to become transparent. Just before serving, stir in the cream and mustard, and serve with the toad in the hole.

Cook's tip Need a meat-free option? Use vegetarian sausages. Roast them with the onions and a little oil, adjusting the cooking time in step 1, until cooked through.

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## Fresh strawberry & vanilla New York-style cheesecake

Serves: 8-12

### Ingredients

125g McVitie's Hobnobs biscuits or Waitrose Vanilla Viennese Swirls  
 125g Seriously Gingery All Butter Dark Chocolate & Ginger Biscuits  
 25g butter, melted  
 600g cream cheese  
 75g caster sugar  
 4 large essential Waitrose Free Range Eggs  
 3 tsp vanilla extract  
 300g fresh strawberries, hulled and quartered  
 1 tbsp icing sugar  
 Few sprigs fresh mint, finely chopped  
 170ml tub soured cream

### Method

1. Preheat the oven to 160°C, gas mark 2. Line the base of a 23cm springform loose-bottomed cake tin with parchment paper. Place the biscuits in a food processor and whizz until fine crumbs. Tip into a bowl, add the melted butter and mix well. Press the biscuits into the base of the tin and place in the fridge to chill.

2. Beat together the cream cheese and sugar with an electric hand whisk until smooth then carefully add the eggs one at a time, with the vanilla extract, until well mixed – be careful not to over whisk. Pour the mixture onto the chilled biscuit base and bake in the middle of the oven for 50 minutes until just set. Turn off the heat and leave the cake to cool in the oven with the door open.

3. Meanwhile, place the strawberries in a bowl with the icing sugar and mint and toss together well.

4. When the cheesecake is completely cooled, spoon the soured cream over the top and spread to give a thin layer then decorate with the fresh, minted strawberries.

## Martha's Carrot cake traybake

'A sprinkle of crunchy walnut brittle on top of moist carrot cake jazzes up an old favourite!'

- Preparation time: 25 minutes
- Cooking time: 35-40
- Total time: 60-65 minutes. Serves: 12-15

### Ingredients

150g soft dark brown sugar  
 150g golden caster sugar

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300ml sunflower oil  
 3 medium Waitrose British Blacktail Free Range Eggs  
 300g plain flour  
 1 tsp bicarbonate of soda  
 1 tsp baking powder  
 1 tsp ground cinnamon  
 ½ tsp ground ginger  
 ½ tsp salt  
 300g carrots, grated  
 100g walnuts, chopped  
 For the topping:  
 100g full fat cream cheese  
 30g unsalted butter, softened  
 200g icing sugar  
 100g chopped walnuts  
 100g caster sugar

### Method

1. Preheat the oven to 170°C, gas mark 3. Line a 23cm x 33cm tray with baking parchment.

2. In a large bowl, whisk the sugars, oil and eggs together until smooth. Slowly add the flour, bicarbonate of soda, baking powder, cinnamon, ginger and salt, and continue to beat until well mixed.

3. Stir in the grated carrots and chopped walnuts until they are evenly dispersed. Pour into the lined tin and bake for 35-40 minutes or until golden brown and a skewer inserted comes out clean. Allow to cool in the tin for 20 minutes, then cool fully on a wire rack before icing.

4. To make the icing, use an electric whisk to blend the cream cheese and butter together. Add the icing sugar in a few separate additions until it is all combined, then whisk on high speed for 5 minutes until the mixture is thick, pale and light.

5. For the brittle, arrange the walnuts on a baking tray lined with baking parchment and place the caster sugar in a saucepan with 2 tbsp of water. Simmer over a medium heat until the sugar has dissolved, then turn the heat up and boil until it turns a dark amber colour. Carefully pour the hot caramel over the nuts and leave to cool completely before breaking up and blitzing in a food processor to create chunks of brittle.

6. Spread the icing over the cooled cake and sprinkle the brittle over the top before slicing into squares.

www.cottinghamtimes.co.uk - June 17

## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## Latest wine news and Waitrose launch nine new wines

I thought I would use this month's column to do a round-up of some of the latest wine news doing the rounds, starting with the fact that Waitrose is launching nine new own label wines this month from "lesser-known" grape varieties.

The "W" range, which launches on June 17, will feature wines from different regions and countries including Sardinia, Austria and Chile.

It follows a survey by the supermarket which showed the most familiar grape varieties in the UK are Chardonnay, Sauvignon Blanc and Cabernet Sauvignon. They were recognised by at least 85 per cent of the 2,000 people surveyed.

However, 78 per cent of people had not heard of the nine wines in the "W" range.

There are four reds: A Marselan IGP Méditerranée from the Languedoc region in France, (RRP £6.99), a Pais from Chile (£7.99), a Cannonau from Sardinia, Cannonau being the local name for Grenache (£8.99) and a Mencia from north-western Spain (£9.99).

Added to these will be three whites; an Elbling from Germany (£6.99), an Arinto from Lisbon, a versatile grape grown in most of Portugal's wine regions (£7.99) and a Petit Manseng from Juraçon in France (£9.99).

Finally, there will be one rosé - Zweigelt from Austria (£8.99); and a sparkling Pecorino from Italy (£8.99).

Waitrose wine buying manager James Bone has said: "We want this range to inspire and encourage our shoppers to experiment even further with their wine choices and try something they've never heard of or tried before."

"We've worked with talented winemakers across Europe and South America to bring together a range of wonderfully exciting wines at affordable prices, some of which have never been widely available in the UK before. We see this as an ever evolving range which we hope to expand even further in the future."

Waitrose said the survey also showed that France and Italy were the most popular European countries with UK wine drinkers, with 68 per cent of respondents saying they had tried French wine compared to only 11 per cent of people that had tried wine from Sardinia.

And while on the subject of supermarkets and wine, I found this story interesting . . . it seems trials of till-free stores by Sainsbury's has meant that wine and other alcoholic drinks cannot be age verified and so cannot be sold legally.

It seems Sainsbury's has got around this by removing all alcohol from those stores.

The concept of shop and walk where cameras monitor what you have purchased and charge you automatically has been tried by a number of retailers, including Amazon. There are a number of potential solutions such as RFID tags (currently used in the UK over the lids of high value spirits) but they require the customer to go to a sales representative to have the cap removed and this slows down the sales process, defeating the object of going till-free.

\* Environmental issues are rightly well to the fore at the moment, so this caught my eye: Claims that the higher carbon footprint associated with organics, and the environmental damage from over-relying on one spray, mean organics should be dropped to save the environment.

That's the view from climate change activist and leading Port producer, Adrian Bridge, who has made it clear that he wouldn't be embracing organic approaches to vineyard management in a bid to make his business more environmentally-friendly.

Bridge gave an example of Taylors LBV Port: "Currently, our carbon footprint for Taylors LBV is 2.8 kilos of carbon per litre, which is down seven per cent over the past two years, but, if I compare that figure to 2014, when it was 2.4 kilos, then you would think that we have got worse - we are producing more carbon dioxide."

He explained the difference was associated with lower yields, not a change in CO2 consumed. With organics producing 25 per cent less grapes, it means 25 per cent more carbon per bottle vs non-organics.

And Miguel Torres, in a discussion with on-line magazine The Drinks Business, said that he wouldn't be converting all his estate to organics because of the increased amount of energy required to manage vines in this manner, as well as the extensive use of copper.

The restriction in sprays to manage mildew means organic producers used more of the copper sulphate than other growers which builds up in the soil.

Miguel also said that because copper is less effective than synthetic chemicals against fungal diseases such as mildew, it needs to be applied more often, which in turn produces more carbon emissions from the greater number of miles travelled by the vehicles spraying the heavy metal.

Meanwhile, the Wine And Spirits Trade Association has come out against the inclusion of glass bottles in a Deposit Return Scheme currently being investigated by the Government; although it has to be said the main driver for the scheme is to reduce the estimated 13 billion plastic drinks bottles a year that UK consumers get through.

WSTA chief executive Miles Beale said: "The WSTA has long argued that there is no evidence to support the inclusion of glass in the deposit return scheme. What is clear is that including glass drastically increases costs, which ultimately will end up being paid for by the consumer."



## BEST BUYS



## Tesco Finest English White

Where: Tesco

When: Now

Why: New in store from the middle of May, this is made by a family-run Kent winery, from Pinot Blanc, Bacchus and Chardonnay grapes. A crisp and delightfully fresh wine, bursting with aromas of gooseberry, hedgerow and white blossom. The palate is dry, with notes of fresh citrus. Ideal served with fresh pan-fried sea bass or a seasonal asparagus and goat's cheese tart.

£12.00



## Gable &amp; Grace Shiraz Mourvedre

Where: Waitrose

When: Now, until June 11

Why: From South Africa's Western Cape, this is a rich and dark red wine, packed with fruit and chocolaty notes and a big savoury heart. A great partner to rich and savoury red meat dishes such as salt-marsh lamb, or a gutsy bean casserole.

£5.99 (was £7.99)



## Fairtrade Bonarda Malbec

Where: Co-op

When: Now

Why: Great value Argentinian red that's exclusive to the Co-op and a recent bronze medal winner at this year's International Wine Challenge, mixing Bonarda and Malbec grapes to produce a wine full of plum, spice and vanilla flavours. Works well with beef and spicy foods.

£5.25



## Fairtrade Torrontes Chardonnay

Where: Co-op

When: Now

Why: Another IWC bronze medal winner. Light and fresh with zesty citrus and tropical fruit and a great match for chicken dishes.

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Unfortunately, some of us during our lives may have had the upsetting decision to call an ambulance. From the second to speaking to the operator telling them what is wrong, to the ambulance arriving and the paramedics taking over is upsetting enough, but the knowledge that they will take the patient to hospital as quickly as possible, is a reassuring end to a very traumatic event. We are so fortunate to have this wonderful service, knowing they are on the end of the phone..... for us. What happens if it is for our furry companion?

Under normal circumstances, to call a taxi is fine although some company's do not allow pets or they have limited cars who will take them BUT what if it is an emergency?



Did you know, here at KINGSTON, we have our own pet ambulance driven by two caring, compassionate experienced drivers, John and Paul. The ambulance is available on a pre-booking system from 9 am to

6pm, Monday, Tuesday, Thursday and Friday for routine appointments going to any of our six surgeries. The drivers will collect you and your pet from home, take you to your appointment, wait, then take you home again. If you struggle to get your cat in a basket, John or Paul are there to help. It has been known, they have retrieved a cat hiding under a bed. Also, if by any unfortunate chance the appointments are running late, the driver will not leave until YOU are ready to go. It is solely the receptionists responsibility to organise the ambulance and any hold ups that may occur. Also if your pet is seriously ill or has an accident and it is an emergency, then we will do our utmost to collect you both asap.



Our ambulance is fitted out for most emergencies, large enough ( no bigger than a dog) to take any pet and as you can see from the photos, any 'bodily fluids' can be immediately cleaned away without hassle.

As you may have already realised, there is a small charge for this service and with all the above taken into account, it is small.



Did you know that we also transport pets to and from referral clinics within Yorkshire and the surrounding counties and this is priced on a pound per mile basis.

Even if you may have transport, what better way to travel door to door, near or far, hassle and stress free, than by a friendly chauffeur.

#### AND FINALLY... TALI...

Well it has been an uneventful month I am delighted to say. She is becoming more confident on and off the lead and doesn't take the leap of faith out of the boot of the car when the door opens, but tends to sit and wait which ideally from a safety point of view, should be one of the first things taught. Chewing has calmed down too although I haven't risked putting my plant pots back into my back garden yet....I may leave that for a while. It's our first training lesson tomorrow evening.....I say our, as I need the training just as much as Tali. It's 12 years since I had a pup and I'm 12 years older ....believe me, it's quite a learning curve.

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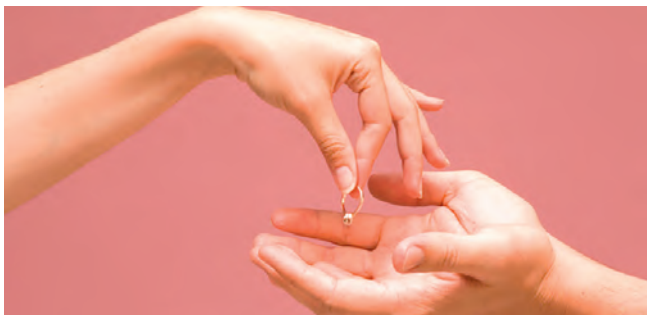
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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile  
Maker' Branfield

### Gums and Brains

Hello again, I hope you are well. I got back safely from my motorbike trip to Holland, Germany and Belgium, I'm happy to say. My friend and I managed to soak up some World War 2 history with museums in Arnhem in Holland and Bastogne in Belgium. It was great. So, so interesting. Some brave men and women.



#### National Dementia Action Week

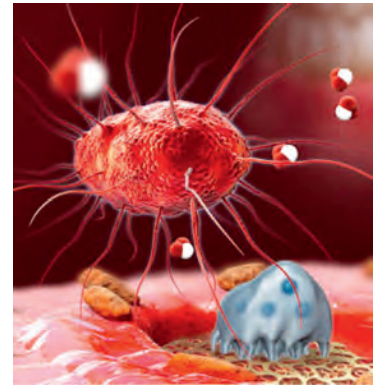
As I write National Dementia Action Week is about to start. There are 850,000 people in the UK, who are affected by dementia, and it does not just affect the elderly, 40,000 people in the UK under the age of 65 suffer from early onset dementia. It is believed that by 2051 the number of people who have dementia in the UK will have risen to 2 million.

#### What have Gums Got To Do With Brains?

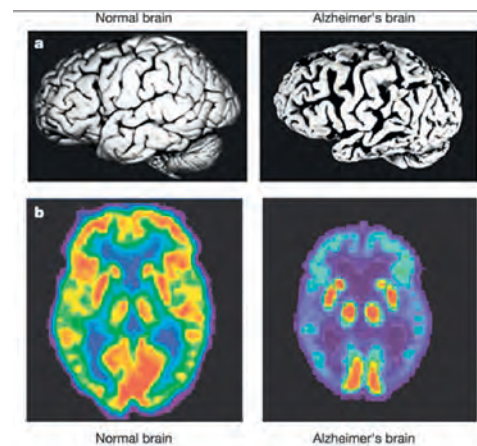
There has been quite a lot of research all over the world in top class

research centres of late trying to find the cause of Alzheimer's. There has been an association with gum disease shown by several Teams. One of the most recent was in January this year.

The study, published in the journal Science Advances, uncovered a potential link between *Porphyromonas gingivalis*, the bacteria associated with periodontal disease (commonly known as gum disease) and Alzheimer's. Researchers analyzed brain tissue, spinal fluid, and saliva from Alzheimer's patients—both living and deceased—and found evidence of *P. gingivalis*. Gingipains, the toxic enzyme secreted by *P. gingivalis*, were found in 96 percent of the 53 brain tissue samples examined,



with higher levels detected in those with the pathology and symptoms



of Alzheimer's disease. The study confirmed via animal testing that *P. gingivalis* can travel from the mouth to the brain and that the related gingipains can destroy brain neurons. These findings are noteworthy in that they suggest a biological mechanism for how periodontal disease bacteria may play a role in

the development and progression of Alzheimer's.

#### Carried In The Blood

When gums are infected with *P.gingivalis* it causes inflammation and gum disease from early gingivitis to bone loss and loose teeth. When you brush and eat the bacteria get into the blood stream and travel to other sites in the body including the brain. So, getting your gums looked at and treated if needed could be more beneficial than just saving your teeth. Often the mouth can be looked at as the gateway to your health.

#### International Education

I'm getting ready this week to travel Lake Bled in Slovenia to attend an international Medical Laser Congress. There are literally people from all over the world and a really great event. My work colleague Ilay Maden will again, be speaker at the event. I hope it is as good as last year. It promises to be.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 26 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris' Humanitarian work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk)

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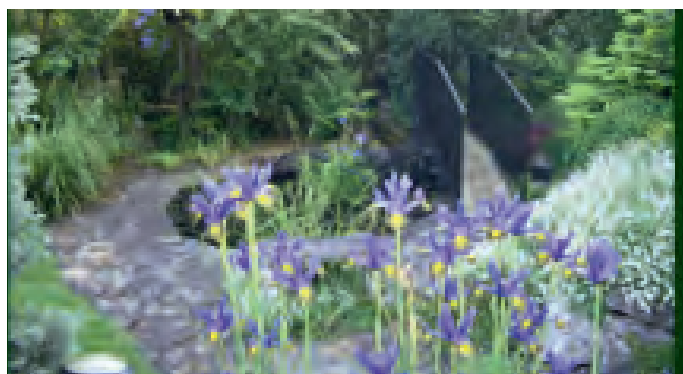
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## Welton and Melton Gardens Festival, Sunday 30th June

**G**ardens 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, duck race, etc. 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).

Hope you can join us!

The Gardens Festival Committee

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



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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.

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### 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

### 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 to 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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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.

### Caring for Containers

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

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

- Aim to keep the compost moist at all times, watering daily in hot weather.

- If the compost looks pale, has shrunk away from side of the pot, or if plants are droopy and wilting, stand the container in a bucket or pan so that it can soak water right up into the compost.

### Dealing with drought conditions

Attach a water butt with a tap to your drainpipe to collect rainwater.

- Keep borders well weeded as weeds compete for moisture.

- A 5–7cm protective layer of mulch such as compost, cocoa shells, bark or even gravel spread on the soil between plants reduces evaporation.

- Stop sprinkling lawns in drought – in autumn they will recover!

- Hoe weeds at the roots to save time and avoid disturbing the soil and increasing water loss from the surface.

- Leave grass clippings on the surface of the lawn after mowing to recycle nutrients.

### Different Plant foods for different plants:

- Shrubs & trees –Bonemeal when planting in autumn/winter; Growmore in spring/summer.

- Bulbs – Bonemeal after flowering.

- Bedding plants – fortnightly general liquid feed.

- Container plants –general liquid feed weekly in spring/summer.

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

- Nitrogen promotes leaf growth.

- Phosphates help roots develop.

- Potash increases production of flowers and fruits and improves fruit flavour. It also increases winter hardness. They also require trace elements of calcium, boron, iron, magnesium and manganese. By applying a range of garden fertilisers, you can ensure your plants receive sufficient food to perform to their full potential.

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## *“Taking the soft option . . .*

Quite often the questions we get asked from customers are not about if they should have a Water Softener, they often have already been convinced they should have one by friends or relatives; but practical ones such as, “we would love to have a softener, but they are great big ugly things that have to go in a utility room aren’t they?” or “aren’t they very complicated and fiddly to use?” or “don’t you have to lift huge bags of salt?”.

We take great delight in explaining to customers that whatever pre conceptions they may have had about Water Softeners of old, that modern, efficient, compact and well designed Water Softeners are now available that can often fit conveniently in any kitchen, they can be fitted, neat and tidy, in a few hours by our skilled fitters with no fuss. Approximately the size of a computer tower unit the softeners are stylishly designed to fit in the minimum possible space and on our free no obligation site survey we will discuss the various options and possibilities depending on the specific plumbing and kitchen layout in the customer’s home.

Are they complicated to use? Well, they used to be, with dials and meters and plugs and sockets and programmes to input, but, although this type of softener is still available, worry not! there are modern, simple, eco friendly units that are kinetically powered by the water, these units are pre-programmed and the only attention they need is topping up with salt every now and then.

Softeners of old tended to be of the type that required to be filled from large 25 kilo bags of Salt Tablets or Granules and this could be difficult for some customers, I am pleased to say that whilst as stated above this type of softener is still available, modern compact Water Softeners take compact, handy sized salt blocks that are easily stored and convenient to use.

The comfort benefits of soft water for bathing, hair washing, and soft, fluffy laundry are well known to Softener owners and it is often this as much as the cost savings, protection of appliances and pipe work and even the easier cleaning that they enthrall about to family and friends.

Water softeners work 24 hours a day to protect your home from limescale and provide beautifully soft water as well as saving you money, with more efficient and longer lasting appliances, and make the chore of cleaning the shower screen a breeze!

Please give me a call if you have any questions; we offer a free no obligation site survey- testing water hardness, customer requirements and checking the plumbing to recommend the best solution.



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## **Your Stars for June 2019**

*By Kay Gower*

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

The destination is unclear. This could be a good reason to slow down. If you don’t know where you’re going, there’s no sense in setting a speed record to get there.

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

Sit back and let this month unfold like the wild ride that life is. As with all rides, you’ll end up back where you started, but by the month end you’ll have a few new experience under your belt to think about.

### **Gemini (May 22-June 21)**

Second chances exist, and so do third and fourth chances. Exams can be re- taken, post can be resent, relationships can start again. So why not ease up on yourself?

### **Cancer (June 22-July 22)**

People who are strong on the outside and inside have the potential to be great partners and friends. But if you can’t find both strengths in the same person then choose someone with inner strength - that’s rare. Muscles are ten a penny.

### **Leo (July 23-Aug 22)**

Brace yourself Leo, you’re going to meet up with the person or problem you’ve said you want nothing more to do with. This isn’t bad luck it’s a blessing in disguise, you’ll handle it all the better for being on guard.

### **Virgo (Aug 22 – Sept. 23)**

Words matter, so choose them carefully this month, Virgo. It’s why car dealers advertise “pre owned vehicles” instead of “well used second hand cars.” Consider which words might give you an emotional advantage.

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

The bees don’t compete with the butterflies, nor the sun with the moon. Nature’s features are quite naturally in balance and you’ll soon feel this in your own life too, especially after the 15th.

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

The truth is supposed to keep things simple. But whose truth? Someone isn’t seeing things the way you do. Another way to keep things simple would be to say nothing that may come back to bite you later. Let everything settle down.

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

Choose your target. If you narrow it down to one, you’ll hit it. More James Bond tips for a successful month: Only act when you’re sure, and use what’s in your environment to your best advantage.

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

We all appreciate friends who can keep a secret, but lets be truthful - most can’t.

In the “can’t” group, there are those who will warn you up front, and there are those who won’t. You need to know who you’ll be dealing with this month because discretion will be important.

### **Aquarius (Jan 21 - Feb 19)**

The need for perfection is a prison. The need for acceptance is a prison. The shame of past mistakes or spoiled dreams — all prisons. You hold the keys. Break free.

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

Romance is a kind of enchantment, but that doesn’t mean it’s unreal, but it is a spell and like most spells, it can make the impossible happen. It can also be broken.

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Sudoku Answer from page 12

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

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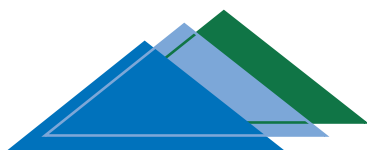
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## Independent broker moves with the times to reach 50-year milestone

**A**n independent insurance broker which has expanded throughout East Yorkshire is celebrating its 50th anniversary after moving with the times and seeing off tough competition.

Long-serving staff at Hedon Insurance have seen their sector dwindle to only a handful of current operators in the region compared with more than 200 when the firm started – before the introduction of direct selling through TV, telephones and the internet.

But as other brokers around the country have closed, Hedon Insurance has expanded. The business, which was started when a “man from the Pru” opted to set up on his own, now employs 24 people in four offices.

Anne Walters, who joined the business in 1993 and took it over in 2006, said the strategy is to continue to grow gradually by providing a personal service supported by technology and extensive knowledge of policies and pitfalls.

Anne said: “The internet has had an impact. People go online and think they can get their cover at a lower price but they often come back to us when they find out they can’t claim for something that’s gone wrong.

“We have access to the same facilities as the direct companies – dynamic pricing, which can change on a daily basis, but you don’t see the real value of the policy until something goes wrong and you have to make a claim.

“It’s almost always the case that when people are claiming on a policy they are in a vulnerable position because something difficult has happened to them, their family or their property. That’s when they find out whether the policy is what they wanted and what they thought they had signed up for. Our challenge is getting people to think about that when they take out the cover in the first place.”

Jeffrey Cladingbowl was well known to householders and small businesses as the local agent for the Prudential when he set up Hedon Insurance in 1969, a year when the Yellow Pages listed more than 200 in its insurance classification in the Hull area alone. Known to all his staff as Mr Cladingbowl, he opened and subsequently sold a second office in Barton on Humber, and he sold the business when he retired in 1987.

The new owners ran the company for two years until it was bought by Mike Medforth, who had been looking to buy a local business after a long career with Smith & Nephew and Reckitts.

Under Mike’s ownership, Hedon Insurance expanded to Hornsea and as he moved closer to retirement Anne advanced to the role of Managing Director.

Mike said: “At the time I bought the business there were about

60 different independent insurance businesses as well as large firms and individual operators, but quite a few were closing by the time I left.

“There was also more competition from national firms selling direct by phone and advertising on TV, but the location of our offices encouraged people to call in deal face to face. We survived by being friendly with people and looking after them. The bigger firms didn’t look after their clients very well. Our business grew every year and it was down to customer service.”

Anne opened a Hull office in Holderness Road in 2007 and in 2010 opened a Cottingham office which relocated to larger premises in 2017. The bulk of the business is personal insurance – home, motor and travel – but the commercial side is expanding.

Anne said: “Over the years some competitors retired and there were a lot of mergers and acquisitions. The larger firms have left the high street because they know they can make money from a digital service, and with other firms closing we’ve never been so busy.

“We made a conscious effort to streamline the way we did things and to be better from a business point of view, maintaining that face-to-face service that other businesses have abandoned. We are local people, we enjoy that approach and we realise the importance of it. We are part of the same community.”

## Cottingham Open Gardens Celebrates it’s Fifth Year

**T**he gardeners’ of Cottingham are trimming their hedges and pruning their lawns for the return of Cottingham Open Gardens on 16th and 23rd June this year.

Now in its fifth year, the Open Gardens will run from 10am to 4pm on both Sundays with over 20 gardens opening their gates to the public in support of Dove House Hospice.

The participating gardens have something for everyone; from the majestic Thwaite and Southwood Halls with lakes and animals to the ‘party garden’ complete with hot tub for visitors to enjoy; there is plenty of inspiration, beauty to be viewed and fun to be had!

Phoebe Broad, Regional Fundraiser at Dove House Hospice said: ‘We are so excited for this year’s Cottingham Open Gardens! With 25 gardens opening over the two weekends, there is so much to see and do including refreshments, crafts, entertainment and children’s games - there really is something for everyone!’

Over the course of the two weekends, there will be the opportunity to participate in the Grand Raffle, with over 20 fantastic prizes including a P&O Mini Cruise to a destination of your choice.

Since the first Cottingham Open Gardens back in 2014 this community event has raised over £50,000 for Dove House Hospice. ‘The support from our community is always overwhelming and is vital in ensuring that the medical teams can continue to provide the specialist care and support for people in Hull and East Yorkshire living with life-limiting and terminal illnesses’ says Phoebe. ‘It is only through community events such as Cottingham Open Gardens that we can continue to remain available 24 hours a day, all year round, at no cost to those who need it.’

Entry passports which will give you entry to all the gardens on both weekends, and containing descriptions of all the gardens, will be available towards the end of May in the Dove House Hospice Charity Shop in the centre of Cottingham, The Duke of Cumberland, Barkers, and King William. Cost for Adults is £4 each and accompanying children are free. Passports can also be purchased from individual gardens.

Lists of the gardens will be displayed around Cottingham and the participating open gardens will be identifiable by balloons outside the houses.

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### 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 Chris 01482 849124.

### The Cottingham Bowling Club

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

### 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.

### Cottingham Bridge Club

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

Continued on page 38



## Making Tax Digital – 10 Myths Debunked

by Nick Robinson of Yorkshire Accountancy

**M**aking Tax Digital (MTD) is an HMRC initiative designed to make sure the UK tax system is effective, efficient and easier for taxpayers. It began on the 1st April 2019 with VAT. From that date VAT registered businesses have to keep digital records and submit VAT returns using compatible software. With so much information available about Making Tax Digital it can be confusing. To help you prepare for the biggest shake-up in VAT and accounting in decades, the team at Yorkshire Accountancy have put together a list of common misconceptions and debunked them. Compliance doesn't have to be complicated as long as your records are up to date, stored appropriately and transferred to HMRC via an approved method, you're there!

1. Older bookkeeping software needs to be upgraded in favour of cloud accounting bookkeeping software.

No, any software can be used, it must, however, store individual transactions digitally. It must also have the capability to transfer the VAT return data in digital form to MTD enable bridging software

2. I must purchase a new software package in the place of using Bridging Software after the 12 month soft landing period.

No, bridging software can be used indefinitely, not just for the soft landing period.

3. Spreadsheets must not be used for digital record keeping.

No, you can use spreadsheets for digital record keeping. As was the case for bridging software, spreadsheets can be used beyond the soft landing period specified by HMRC.

4. A 'digital link' does not include a CSV file transfer.

A CSV file is recognised as a digital link between where the records are stored and the MTD submission software.

5. Copying and Pasting Data is sufficient to create a digital link.

Under the regulations, this is not considered to be a digital link and is therefore not compliant.

6. I can go back to the old VAT 100 submissions if I don't like MTD for VAT.

No, MTD for VAT is here to stay and compliance for VAT registered businesses is mandatory.

7. Data cannot be adjusted once exported from the bookkeeping software.

Adjustments are necessary as part of the more complex VAT arrangements. HMRC recognise this and state that all adjustments must be documented within the spreadsheet.

8. I must submit all of the transactions that make up the VAT return.

HMRC only wants the nine boxes of numerical data that make up the VAT return.

9. I can just type in the nine boxes of data.

No, all VAT records must be kept digitally. These records will be used to populate the nine boxes of information required by HMRC automatically.

10. My accounting software must interact directly with HMRC for MTD.

Some accounting software can interact directly with HMRC however this isn't necessary. Bridging software can be used in the place of a direct link.

Compliance with the new regulations doesn't have to cause a headache. We want to help our clients with their compliance so if you have any questions or concerns, please do get in contact, we'll be happy to assist.

### Key dates – June 2019

1 June – New Advisory Fuel Rates (AFR) for company car users

1 June – Due date for payment of Corporation Tax for period ended 31 August 2018

7 June – Deadline for VAT returns and payment Accounting Quarter period ending 30 April 2019 if filed online

14 June – Due date for Corporation Tax quarterly instalment for "very large" companies with year end 31 March 2020

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

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

30 June – CT61 quarterly period ends

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

Telephone – 01482 845750

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

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

### The evolutionary journey which makes up the modern-day horse - Part 1

To understand horses with all their intricacies and foibles, you need to understand exactly what is in the list of horse ingredients which makes up that one horse in front of you. Horses are constantly scanning the environment for danger- they still think they will be eaten by a lion even though it is the year 2019! They are quick to react to sudden movements, new or scary objects and always quick to flight- which is the main reason car drivers should drive past very wide and slow when passing horses on a road. Horses are outside of their comfort zone on roads so are more likely to suddenly spook away from something they perceive as life threatening. They will not think twice about leaping out in front of a car because something on the path or in the hedge is worrying.

Horses are, by nature, a complicated mix of genetics and experiences, all wrapped up inside a beautiful frame. Humans are drawn to horses as if by magic by their innate power, their beauty, their intelligence, their grace and those huge all seeing eyes!

Humans domesticated horse's way back in time- studies all agree it was around 5000 BC. However, that is not the start of the horse by any means, merely the beginning of cooperative human/ horse relationships.

To start to understand a horse, its basic needs and how it behaves, it is good to appreciate the difference between the 3 main categories in animal evolution- carnivore, omnivore and herbivore. Each category has its own innate set of hard driven behaviours and it's all about survival. These 3 categories have evolved specific conformation within their bodies, all very different from each other dependent on the environment they live in. However, many characteristics remain the same within each group.

The carnivore eats meat so it became the top predator and survives by being the hunter at the very top of the food chain (sadly now only in certain protected environments) Big cats have developed short strong legs on long powerful bodies so they can crouch down and silently stalk prey while staying hidden in the surrounding undergrowth so as to get as close as possible. Their coat/skin colouration have evolved to be similar in pattern and colour to its environment. This clever use of disguise maximises their chances of getting in up close to their prey and increases their chance of survival. They are built for short bursts of fast running but cannot be sustained for long- therefore the nearer they can approach their prey unseen, the better their chance of bringing down dinner. They have eyes in front of their face for targeted focus, short close ears with an amazing



hearing capability, short noses and a powerful sense of smell, long whiskers for sensitive touch in close environments/ assessing wind direction etc, massive claws for hanging on to moving prey until they can bring it down and finally, powerful jaws for killing and big teeth for biting, ripping open carcasses and tearing off chunks of meat. Their molars are razor sharp. (I have just described a Lion or a Tiger as well as a domestic pussy cat!) Their hunting success requires stealth behaviours. The Owl has developed huge eyes for motion detection in gloom or dark. It has evolved special feathers so that its wings are silent in flight. This clever mutation means that it maximises stealth approach in an already quiet environment. All carnivorous birds have the same big claws and strong short legs. Across the spectrum of carnivore, you will find the same behavioural and physical attributes all based on maximising hunting success and survival. Most big carnivores are solitary species but many species have evolved to live in groups where cooperative and coordinated behaviours have evolved to maximise hunting success.

The omnivore evolved to eat meat and plants and there is a massive array of different species under this evolutionary umbrella, humans being only one of them. Mammalian omnivores have a completely different set of teeth: - a mix of canines for biting and tearing as well as molars for chewing and crushing fibrous food. Bears, pigs, rats and badgers are another species of mammalian omnivores. Chickens and crows are bird examples and some reptiles also fit in here (turtles and lizards) All these omnivorous species eat both plant and animals. The human animal became top of the predator tree by our evolution of standing tall on only 2 legs and something called the opposable thumb. Our thumb is the reason why we are what we are. Our thumbs have developed the ability to be distinctly separate in actions from our other 4 fingers which means that we can hold things. In evolutionary terms, it led us to be able to make tools and weapons- humans became a very early version of both a hunter and a farmer. We could defend ourselves better. We could hunt down and kill all forms of available animals, in water and on land. Humans thrived because we learned to manipulate, alter and ultimately manage most environments. We are the dominant, top of the food chain species on the face of the earth! (Unless you are unfortunate enough to find yourself within the territory of a large predator with no way of defending yourself- in which case we jump right back down that evolutionary scale and become prey!) I innately fear sharks so I am nervous in deep sea water therefore I avoid that environment and stick to paddling in Bridlington! Omnivores tend to live in large social groups.

Herbivores are purely plant eating species. They are food for both carnivores and omnivores and as such, have developed survival traits and bodily conformation in their own unique way. There is a massive list of herbivores- from rabbits to Giraffe- such is evolution re environment but they all rely on instant speed to flee. That is their main protection against being eaten. Each species has again adapted to its own environment on earth and horses are no different. All herbivores are flight animals so they rely on fantastic vision with large eyes placed on the sides of their faces. Although they cannot see directly in-front or behind, all it takes is a slight tilt of the skull and they can scan environments through 360 degrees. They all have very big ears which can turn sideways and backwards so achieving maximum sound detection ability. Plant eaters always have long jaws with big flat molar teeth for grinding down the fibre diet and sharp incisors in front for clipping away at stems. They need to be constantly eating as their diet is poor. Their sense of smell is acutely honed by the presence of large nostrils usually placed in front and to the side of the face.





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## 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 £12.**

We pick up at Bilton and on Holderness Road, then Hull City Centre, Beverley Road and Beverley.

Pick up in the City Centre is **8.30am** during the Spring and Summer months.

All walks are with leaders.

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

The 'B' walk - 7 -9 miles

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

### Sunday 9th June

Nettleton Circular - Viking Way, Lincolnshire

### Sunday 23rd June

Bainton / North Dalton - Minster Way - Millington

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

Pauline Borger on [Pauline.borger223@btinternet.com](mailto: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 'Put your boots on' and join Phoenix Walkers. We are a very friendly walking group with walks on alternate Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

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

Two levels of Walks

A Group 8-10 miles

B Group 5-7 miles

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

**Sunday 16 June Staithes to Saltburn**

**Sunday 30 June Helmsley**

For further information and pick up times please ring Sid&Sue 01482 701325. email [phoenixwalkingclub@outlook.com](mailto:phoenixwalkingclub@outlook.com)

## Wykehykers Walking Club – New Members Welcome

Our 44th season is underway with planned fortnightly Sunday trips to picturesque locations across Yorkshire, Derbyshire and Lincolnshire. Choice of guided walks of around 4 and 8 miles often with further option to simply enjoy a day at leisure at our planned destination.

We start at Ferensway and pick up along Beverley and Hull Roads into Beverley when Northbound and start from Beverley High Road into Ferensway and along Anlaby and Boothferry Roads when Westbound starting at 8.30am and usually home around 6pm. Coach fare is £10. Annual membership £10.

Interested? You are very welcome to come with us for a walk or two before deciding whether to join. Contact Alan on (01482) 850997 or Keith on (01482) 782917 for further details including walks list.

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## East Yorkshire cardiologists perform new heart procedure on first patient

A man has become the first patient to undergo a new heart procedure in East Yorkshire which saves people having to travel across Yorkshire for treatment.

David Morris underwent Transcatheter Aortic Valve Implantation (TAVI) after Hull University Teaching Hospitals NHS Trust was commissioned to set up the new service by NHS England.

Performed at Castle Hill Hospital, heart patients in Hull, the East Riding, North Yorkshire and Northern Lincolnshire no longer have to travel to Sheffield or Leeds for treatment.

Mr Morris, now back home and recovering well, said: "It's been fantastic and I am now able to walk into town again."

"I am 86 and my wife's main carer so travelling to Leeds or Sheffield would have been difficult for us."

"Having it done here has made a big difference to us and meant my wife was able to visit me every day."

Some patients with heart disease are not considered fit or well enough for major heart surgery if they require valve replacements. Instead, they are often suitable for TAVI, which puts less strain on the body as the heart does not need to be stopped and placed on bypass.

During the procedure, a catheter with a balloon on the tip is inserted into an artery in either the upper leg or the chest which is then passed into the heart and positioned near the opening of the aortic valve. The balloon is then inflated, creating space for a new tissue valve which is put in position and expanded.

Mr Morris started experiencing chest pain while walking around

Cottingham and he was referred to the Centre for Cardiology and Cardiothoracic Surgery at Castle Hill Hospital by his GP.

Tests showed his heart valve was restricted, causing him to experience chest pain and extreme tiredness, and Consultant Interventional Cardiologist Dr Raj Chelliah, who leads the TAVI service, realised Mr Morris would be a suitable patient for the treatment.

Mr Morris underwent TAVI under general anaesthetic in March and stayed in hospital for six days before he was well enough to go home.

Dr Chelliah said: "TAVI is an excellent procedure for some patients who may not be suitable for major heart surgery. It is less invasive, meaning patients can spend less time in hospital and can have a far quicker recovery time."

"For patients like Mr Morris, it can be a far better option for them as not only can they have the surgery right here, much closer to their homes and their families, it also takes less toll on their bodies which means they are able to recover more quickly and get back on their feet."

"We're really pleased with Mr Morris's progress since his procedure and look forward to offering this treatment to more patients that are suitable across our region."

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*What's On - Continued from page 32*

### Butterflies

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

### St. Mary's Church, Cottingham

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

### Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 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](http://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.

### Fitmums & Friends Run, Walk

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

### Thursday Fun

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

### Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 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](mailto:cottinghamcc@hotmail.co.uk)

*Continued on page 42*





## Haltemprice Art Group

Thanks to everyone who visited our Annual Exhibition, at the beginning of April, in the Civic Hall, Cottingham. We hope you enjoyed our work and hope to see you all again next year. Judging by the wonderful comments in our visitor's book, the exhibits were appreciated for their quality and diversity of subject.

We asked our visitors to vote for their favourite painting. The winner of that vote was number 39, "Autumn Glow" by Carol Davidson.

The raffle prize, a lovely still life donated by Gerry Wilks, was won by Mr Kenyon of Cottingham.

This year, some of our members brought and hand painted, terracotta flower pots. These were sold to raise funds for Mires Beck Nursery, a charity situated in North Cave. We have now handed a cheque to Mires Beck for £110.

If you would like to receive information about joining our group, please contact one of the following:

Mavis McGowan (Chairman) 01482 502663; Pat Tillotson (secretary) 01482 352840; David Goldsmith (exhibition secretary) 01482 633397 or [david\\_carol\\_goldsmith@hotmail.com](mailto:david_carol_goldsmith@hotmail.com).

# LITTLE WEIGHTON

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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.

Contact@CottinghamMemorialClub.co.uk or visit

<https://cottinghammc.wordpress.com/>

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## The 5th Tour de Yorkshire made its second visit to Skidby and Little Weighton for the 2019

### Men's race

Despite the weather not being so kind almost two million spectators lined the route over the four days and images of our glorious county were beamed to 190 countries. Local groups, residents, children and businesses did our area proud in welcoming the elite cyclists from around the World. Bunting, bikes, signs, flags, knitting, flowers, even tractors decorated the streets along with many other displays, some of which had taken weeks, if not months to prepare.

The Thursday race set off in Doncaster with the route encompassing large parts of the East Riding before finishing in Selby. Coming through Ellerker, Brough, Elloughton, Welton, North Ferriby and Swanland all for the first time, the peloton entered Skidby from Eppleworth passing The Windmill to be met by huge crowds cheering them on before racing on to Little Weighton. The cyclists and spectators experienced some horrendous weather but it did nothing to dampen their spirits.

Peter Dodd, commercial director of Welcome to Yorkshire said "It is so much more than a bike race, it's about bringing communities together, welcoming visitors to the county and showcasing the very best of Yorkshire to the entire world - I'm incredibly grateful for the part you have played in helping us to do that".

Stephen Parnaby, director added "The cycling teams and organisers love this race, and love Yorkshire and particularly its people. After the Tour de France it is probably the best supported race in Europe and across the World, and it is now firmly on the cycling map of a must-do event".

Help the Heroes benefited from being this years charity and £600 was raised in Skidby from refreshment sales in The Village Hall. Well done to everyone involved.

Following on from this success the UCI Road World Championship will be taking place in Yorkshire in September this year. Watch for details and where the event will be taking place.







## Haltemprice Lions support MIND . . . and others

Haltemprice Lions invited Local amateur and well known photographer with a difference, Dr Koshy Johnson, recipient of several National and International awards, to their Social Evening. Dr Johnson has served the local community as a General Practitioner for decades here in Hull. In his spare time he fulfils his passion of photography of wild animals. He entertained the members and their guests at the supper and made the evening great fun.

Dr Johnson shared a wide range of stunning photographs of birds, mostly taken locally and also of animals in their natural habitats, in India and other parts of the world.

Dr Johnson along with his wife, Beena, are also involved in extensive relief work as part of their charity, in Kerala, India. Through donations they have built low-cost residential houses to give away to flood affected homeless families. On this occasion as a gesture of respect and in appreciation of Dr Johnson's

presentation, the Club honoured him with a small donation towards their mission.

The Haltemprice Lions also celebrated their 45th Charter Anniversary with a dinner at the Grange Park, Mercure Hotel at Willerby, when their President, John Hall, presented a cheque for £2500.00 to the MIND charity, for support to young persons in the area.

*Left: Vice President of Haltemprice Lions, Norma Tanikal, presents Dr. Johnson with a donation, looking on is member, Dr. Neel Kamal.*

## St. Michael's Church, Skidby, Tower Repair - GOOD NEWS

We are very pleased to announce, that after three years, the work to repair the Tower Roof and Associated works has now been COMPLETED.

We are grateful to the Heritage Lottery Fund, Garfield Western Foundation, Allchurches Trust Ltd, Yorkshire Historic Churches, the Diocese of York, Skidby Parish Council, local residents and members of St Michael's congregation and beyond for their generous donations and grants.

Thanks are also given to all who supported our Fundraising Events over the past three years to enable us to reach this happy completion.

With the generosity of all the above this Grade II\* Listed Church will continue to be open and safe for future generations.

To mark this special occasion the Bishop of Hull, Alison White will lead us in a service of Thanksgiving on Sunday 28th July, at 3.30 pm followed by refreshments in Skidby Village Hall.



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**Cave Castle Hotel in 2019**

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**Summer Wedding Open Day** – Sun 14th

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**Dirty Grease Tribute Event** – Fri 18th

Sept: **Without a Clue - Murder Mystery** – Fri 17th  
**Neil Diamond Tribute Event** – Sun 27th

W: [www.cavecastlehotel.com](http://www.cavecastlehotel.com) T: 01430 422245 E: [info@cavecastlehotel.com](mailto:info@cavecastlehotel.com)  
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## Cottingham Day – Sunday 7th July 2019

# AMATEUR PHOTOGRAPHY COMPETITION

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C – 13 to 15 yrs, D – 16 to 18 yrs.

### ADULT Competition – Title – ARCHITECTURE

The maximum number of prints to be entered is three.

**Junior Competition** (under 19's) – Free entry.

All entries to be A4 size prints.

Label on the back to include – Title, name, Age Group,  
DOB and Age (as at 07/07/2019).

**Adult Competition** – non-returnable entry fee  
£1 per photograph.

All entries to be A4 mounted print with a maximum  
35cm x 25cm mount.

Label on the back to include Title, name and building  
details (name / where?).

All photographs and entry forms to be presented on  
Saturday 22nd June 2019 between 10am and 12 noon at  
Cottingham Methodist Church.

#### For more information and entry forms:-

Email: [photo@cottingham-methodists.org.uk](mailto:photo@cottingham-methodists.org.uk)

Website: [www.cottingham-methodists.org.uk](http://www.cottingham-methodists.org.uk)

Local shops: The Photo Shop (King Street) and Barkers  
(Hallgate).

**Venue:** Cottingham Methodist Church –  
12 noon to 5pm.

**Sponsor:** The Photo Shop (King Street) for all your  
photography printing.

**The organisers reserve the right not to accept any  
professional entries**

### The Orchard Stroke Group

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

### Calligraphy, Quilling and Folk Art classes

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

### 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.

### 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!

### 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  
[philmee79@gmail.com](mailto:philmee79@gmail.com) for further information.

### 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](http://www.eycmc.org) and our meet up site is [www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/](http://www.meetup.com/East-Yorkshire-Climbing-Mountaineering-Club/)

### Card making classes at Cottingham Methodist Church Hall

Every Monday (except Bank Holidays) - 1.30pm to 3.30pm.  
New members welcome. All levels. Contact Ann on  
07932 833578.

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## Law firm continues growth with key appointment

A law firm which has increased its team four-fold since opening a second office six years ago is set for further expansion as a result of continuing recruitment and staff development.

Jane Brooks Law has strengthened its commercial and residential property team, with the appointment of an additional Solicitor, Glenn Holden, and the achievement of Amanda Powell in qualifying as a Chartered Legal Executive.

The firm has also confirmed the appointment of Lilli Grigg as a Solicitor after she qualified on completing her training.

Stephanie Sadofsky, a Solicitor and a Director of Jane Brooks Law, said the firm is exploring options for further expansion and is also monitoring recruitment opportunities, including hiring a new trainee to follow in Lilli's footsteps.

*Continued on page 45*

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Skin Problems:-

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

### Muscular, Neurological, Skeletal and Vascular:-

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

### Internal:-

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



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

### Men's Problems:-

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

### Women's Problems:-

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, Ear Infection, Viral Infection, Eye Problems, 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 is situated at 10b Well Lane, Beverley, HU17 9BL. Just 20 yards round the corner from The Beverley Flower Company.*

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



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### Jane Brooks Law - Continued from page 43

Jane Brooks, also a Solicitor and Director, opened the firm in Hedon in 2007 and Stephanie, who joined in 2011, opened the office in Cottingham in 2013. Further growth prompted the firm to relocate its Cottingham office in 2017 to a prime location in the centre of the village.

Under Stephanie and fellow Director Paul Harrison, the Cottingham office has become a specialist in commercial and residential property. The arrival of Glenn will add to the department's capabilities as will the progress of Amanda, who has been with Jane Brooks Law for three years.

Lilli, who moved to Jane Brooks Law from Slater and Gordon in Leeds, has spent two years training under Stephanie and is now specialising in private client work including wills, power of attorney, probate and administration of estates.

Stephanie said: "We have a growing commercial and residential property practice and we have expanded across all areas of the business and in both offices.

"We moved our Cottingham office because we found somewhere very central, with more space and better accessibility and we've kept growing, with more than 40 people now working for the practice.

"We'll see where the business takes us but there will be opportunities to expand into other towns and villages in the Hull area and further afield and there might be further recruitment, starting with another trainee solicitor."

Jane added: "The successful recruitment and development of our staff has been a key factor in helping us to expand our commercial and residential property work and our private client services across both our offices."

Picture on page 43 shows Lilli Grigg, Glenn Holden and Amanda Powell (right) at the Cottingham office of Jane Brooks Law.



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- Extensive gardens
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## Hull £575pcm



### 3 Bedroom Terraced House

- Unfurnished accommodation
- Gas central heating
- Double Glazing
- Through lounge dining room
- Nicely fitted kitchen
- Gardens
- BOOK TO VIEW SOON

## Hull £550pcm



### 4 Bedroom End House

- Orchard Park Location
- Refurbished
- Newly fitted carpets
- Deceptively spacious
- Gas central heating
- Double glazing
- AVAILABLE TO VIEW NOW

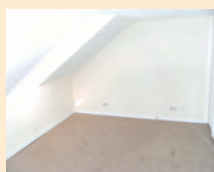
## Hessle £525pcm



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## Cottingham £425pcm



### 2 bedroom duplex apartment

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Crossword solution from page 14

1	D	E	B	A	T	E		4	M	O	I	S	T	U	R	E	
	E	L		H		V		F				A	N		A		
9	L	O	O	S	E	L	E	A	F		11	G	A	W	K	S	
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12	S	A	K	E	R		13	I	N	N	O	C	E	N	C	E	
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24	I	N	A	M	O	R	A	T	A		25	O	S	I	E	R	
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26	Q	U	A	S	I		T	A	N	G	27	E	R	I	N	E	
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28	E	V	I	D	E	N	C	E		29	S	E	A	N	C	E	



## Are we doing enough about preserving our health

The single most important thing we have in our lives is our health. It affects who we are, and how we are in our everyday lives.

We all find out the hard way that life has a rather painful way of catching up with us, as repetitive strains, soon start to take their toll. Backs, hips, knees, neck and shoulders, high blood pressure, then add to the mix, a decent nights sleep becomes two or three hours if your lucky.

I myself, became a victim of a negligent lifestyle. I used to be in the building trade, running up and down ladders carrying bricks on my shoulders, living life to the full, with a very active social life, I was an established musician playing gigs, burning the candle at both ends. When we are young, self preservation is an alien concept (hindsight is wonderful thing).

Fast approaching my thirties, my vibrant energies were fast becoming very sluggish, with my tired and neglected posture, stooping forward and becoming slightly twisted, severely damaging all of the nerves in my upper body. With paralyzed hands, I was unable to play my guitar.

So along came Tai Chi, in my very first lesson my instructor made a vague attempt at straightening my posture. As she let go, I promptly twisted and sagged back into my own sad version of being upright and relaxed. So began my long road to recovery.

Five years later, I became a Tai Chi instructor. In 2002, I left the building trade and started teaching Tai Chi full time.

Tai Chi consists of very relaxing, calming, flowing movements that help to create natural strengths, balance and flexibility in the entire body. The very pure levels of meditative concentration, ease you away from the stresses and strains of modern-day living tends to create.

There are lots of different holistic therapies out there, but Mindfulness seems to be the buzz-word of the moment.

*Seek and you will find* - your actions will always speak louder than these words.

For further details regarding Tai Chi classes or private tuition, please telephone Michael Maduro on 01482 651981.

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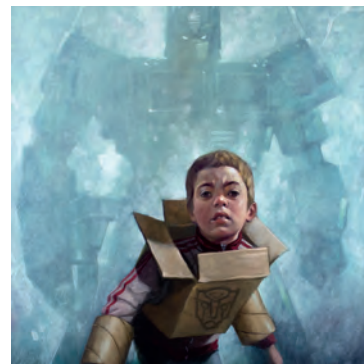


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