

Cottingham Times

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Issue 196 - March 2018

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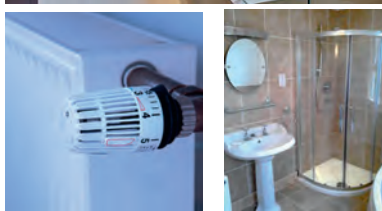
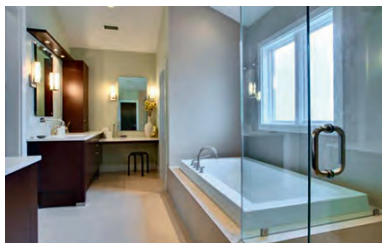
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In Cottingham and District

Cottingham Ladies Circle

Thursday 1st March - Eileen Shore - Bulbs for all Seasons, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 1st March - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, AGM followed by a talk by Alistair Baldwin - 'Winyard Rose Garden', and plants for sale. Further information from Lois Scott 01482 494276.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 1st March - Will meet at 7.30 pm in the Village Hall, Skidby, for an insight into Life as a paramedic and a helicopter winch person.

Skidby Village Hall

Friday 2nd March - Village Quiz at 7.30pm. Tickets are available in advance from the Secretary tel/text 07534351974 or email svhsecretary@gmail.com. We are also collecting unwanted gifts/prizes for our event tombolas. Collection can be arranged by contacting the Secretary. See you all soon.

"Women's World Day of Prayer

Friday 2nd March - The annual service is to take place at 2.00 pm at the United Reformed Church, Hallgate, Cottingham. The service has been prepared by the women of Suriname and the theme this year is 'All God's Creation is Very Good'. All are very welcome."

The Back Care Group

Tuesday 6th March - 2.00 pm to 3.00 pm doors open 1.30 pm. AGM and a Beetle Drive. Everyone welcome. Refreshments available. Raffle. The Back Care Group meet at the Boulevard Village Hall (near St. Wilfreds Catholic Church), from 1.30pm. Membership is £5 per annum or £7.50p for a couple.

Beverley Gardeners' Club

Tuesday 6th March - RHS Harlow Carr - Paul Cook at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

Haltemprice Art Group

Tuesday 6th March - Workshop with Sue Straw
Tuesday 13th March - Anything but a brush
Tuesday 20th March - Sketching evening (J. Allum, s/l model J. Hardaker
Tuesday 27th March and April 3rd - Easter Holidays.
Members £2.50, Visitors £3.00. Meetings are held in the Cottingham High School, Harland Way (Art room on first floor). 7.00 pm to 9.00 pm.

Front cover: Mill Beck.
Photo: Paul Lakin.



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Cottingham Local History Society

Wednesday 7th March - Farrago House, Hornsea and its architect David Robinson by Josie Adams, in the Red Hall, Hallgate Primary School, King St, Cottingham starting at 7.30 p.m. Meeting fee, members £1; non-members £2. Contact: Peter McClure 01482 845734.

Cottingham Men's de Luda Society

Wednesday 7th March - Sirens, Shelters, Shrapnel - Kim Shaw, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Beverley Film Society

Thursday 8th March - Franz (2016) Germany History War Drama 114 mins. In the aftermath of WWI, a young German who grieves the death of her fiancé in France meets a mysterious Frenchman who visits the fiancé's grave to lay flowers. Oscar nominated and winner of several awards. Directed by Francois Ozon. At Parkway Cinema Beverley. Films start at 7.30pm on the 2nd THURSDAY* of the month (doors open 7.00pm). Membership fee: £15 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members) £6.50 (Guests). For more information www.beverleyfilmsociety.org.uk

Cottingham Green Women's Institute Evenings

Thursday 8th March - Members Evening. Competition: A Rabbit, held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

U3A

Thursday 8th March - Kathleen Barnett - Meeting our Tiger, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

Continued on page six

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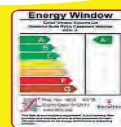
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What's On - Continued from page five

Cottingham Catholic Women's League

Monday 12th March - Sue Avery and Friend who will be telling us about their year as Hull City of Culture Volunteers, in the Garden Room, Holy Cross Church, Carrington Avenue, Cottingham. Our National President, Margaret Valentine, will be attending so our meeting will take place at 2.00 pm for this meeting only, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham..

YPI Camera Club

Monday 12th March - Chairman (Andrew Chadwick. Bring a Last Summer Pictures AV 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. For more details & examples of our work see <http://www.ypicc.uk/index.html>. Each meeting will normally consist of viewing and critiquing any set subject or

open subject AVs that members might bring. Work in progress or unfinished AVs that have hit a problem are always welcome too. This will normally be followed by a question and answer technical session. New members always welcome – just turn up.

Cottingham Women's Institute

Tuesday 13th March - The Land Girls of World War II - Hazel Stephenson. Competition: World War II Memorabilia, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Church Photography Group

We meet in Cottingham Methodist Church hall

Tuesday 13th March - 7.30 pm

Tuesday 27th March - Meet Humber Bridge 6.30 pm.

Although we meet in the Church we are an "open" group and new members are always welcome. All levels. There is no reason why you cannot use your smartphone. Contact for further details; John 842169 or john@jcmhome.karoo.co.uk.

East Riding Cricket Society

Wednesday 14 March - Brewery Bar, King William IV, Hallgate, Cottingham, 7.30pm for 7.45pm. ****SPEAKER: FAROKH ENGINEER, India and Lancashire**** Everyone welcome! £5 on door. 2018/19 MEMBERSHIP available - £15. Enjoy FREE 2018 access to Headingley Long Room / East Stand (normal charge - £5 a day). More info: Maggie Sumner (01482 861848) / <http://ercsoc.blogspot.co.uk/>

Cottingham Ladies Circle

Thursday 15th March - Phillip Schofield - Hull City of Culture, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Association of the National Trust

Thursday 15th March - '250 years of Jewish life in Hull. 1766-2016' an illustrated talk by David Lewis, in the Cottingham Civic Hall, 7.30 p.m. Non-Members welcome.

Hull Macular society support group

Friday 16th March - The Hull Macular support group will meet at HERIB Beverley road Hull 10 30 am until 12.15 pm lunch available This months guest speaker will be Judith Richardson Technical Assistant for the East Riding Disability and sensory team. She will offer help and advice on sight loss and hearing issues. For more information contact Clive Skinner 01482 656714.

Inland Waterways Association

Friday 16th March - Branch AGM followed by Waterways Extremities, the end of things, by Peter Scott. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.



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Little Weighton Gardeners' Club

Friday 16th March - 7.30pm. History and Restoration of Helmsley Walled Garden - Slides/talk with garden guide Barbara Hickman. In the Little Weighton Village Hall, (more info from Mrs Campbell 01482.844461). £2.00pp Entry.

Wolds Lacemakers

Saturday 17th March, 10.00 am - 4.00 pm- Quarterly Meeting and AGM. In The Marist Hall, Church and Parish House, 119 Cottingham Road, Kingston-upon-Hull. HU5 2DH. Cluny Chapman will give a talk on "Blackwork and Whitework". Everyone welcome. Members - £1.50; Non members - £4.00. Disabled access. Car parking available Tea and Coffee available (Bring a packed lunch and stay all day) .

YPI Camera Club

Monday 19th March - (at Denis Trezise's house). AGM and discussion.

East Yorkshire Woodturners.

Tuesday March 20th, - 6.45pm: Woodturning demonstration by local woodturner and club member, Ian Carress. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For further information please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the website: eastyorkshirewoodturners.org.uk.

Friends of Thwaite Gardens

Tuesday 20th March - "Unnatural Gardening" a talk by Peter Williams, retired plant scientist and lifelong gardener who for many years ran a small nursery specialising in the propagation of trees, shrubs and herbaceous plants. Natural gardening. Is it possible, sustainable or even desirable? A humorous approach to a subject with important underlying theme, at 7.45pm. Methodist Church Hall, Hallgate, Cottingham. Members FREE. Non members most welcome. £2 including refreshments.

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

Tuesday 20th March - Show and Tell, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

The Arts Society: Hull and East Riding

Tuesday 20th March - Ms A Findlay: "Germany's post-WW2 Culture of Memorials & Counter Memorials". 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 21st March - AGM, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

Cottingham Men's de Luda Society

Wednesday 21st March - Medieval Beverley - Pat Elliott, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Methodist Church, Hallgate

Friday 23rd March - 6.40 pm for 7 pm - Free Film Night Refreshments and ices on sale.

Continued on page 32

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Property News from Martin English of Homelink

Looking at the legislation recently introduced or announced, the private rented sector has certainly been in the spotlight for legislative attention in the last two years. Greater clarity has been brought to the Minimum Energy Efficiency Standards (MEES) with the launch of the guidance document explaining how the scheme will work.

This clarifies it will only apply to the Housing Act 1988 tenancies, Rent Act 1977 tenancies and certain agricultural tenancies. This means that properties let to companies or where it is not the tenant's only or principal home are not covered and can still be let on band F or G.

Other than this, if the property is in band F or G, but finance is not available to improve it, or consent cannot be obtained to do the works and some other conditions, then by April 2018 it will have to be registered on the exemptions register before the property can be let or re-let.

Exemptions generally have to be renewed every 5 years and whilst there is no direct cost for being on the register there may be indirect costs of showing the exemption still applies (for example some exemptions need a surveyors valuation). It is also not understood whether this will have any impact on the value of a property.

Properties on a fixed term tenancy continuing beyond 1 April 2018 will not be allowed to run statutory periodic if they are in band F or G and do not have an exemption, so consideration should be made now as to how the works will be done. Making improvements to your property can take time as well as the time to seek out whether finance is available for making

improvements. With the legislation only weeks away, planning to bring your property up to an E or better rating will be time wisely invested in your property.

It is possible that you don't have an EPC for your property if you have had a periodic tenancy continuing since before 2008. If you suspect that there is a chance that your property may fall short of the minimum E band, it is certainly worth planning for some upgrades to the energy efficiency of your property now. If there is funding available then this can take time to find and most tenants will thank you for investing in the efficiency of the property, making for a happier tenant that may stay longer as a result. When the tenant does leave, you are ready to rent your property again without any unduly prolonged and costly void periods.

It is also worth noting that at time of writing, discussions have been held in government to further increase the minimum energy efficiency standard to band C which will effect a significant amount of rental properties today, whilst this isn't likely to happen for quite some years to come it is clear to see that the government is intent on a clear progression to raising the energy standards of homes in this country.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk 01482 875248 or contact through Cottingham Times directly.

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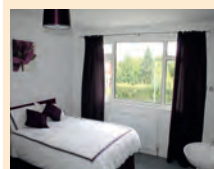
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SETTING THE BOUNDARIES

Rachael Kitchman, Solicitor at Graham & Rosen, looks at the best way to resolve a boundary dispute.

Do you get on with your neighbour – do you even know your neighbour?

The response to this is likely to vary. Some of us would be happy to invite the neighbours to our summer BBQ, whilst others have barely said two words to each other. Most, however, would agree that it is important to at least be respectful of our neighbours and keep things civil.

So what should you do when you fall out with your neighbour about the position of the boundary between your properties?

Stressful times

If resolving your differences over a cup of tea is simply not an option, then obtaining assistance early is important. Problems with neighbours can quickly become stressful and distressing, and when the problem is literally on your doorstep you can't escape it.

It's complicated

The problem with boundary disputes is that the law is a minefield and difficult to apply in practice. The Land Registry records the title to land but rarely records the position of the boundary, because they don't usually know where it is. The boundary line on Land Registry plans therefore is for identification purposes only. Determining the boundary position involves looking at all of the evidence available to include plans, deeds and physical and historical evidence. A surveyor is also likely to be instructed to prepare a report.

Court should be a last resort

A boundary dispute can be referred to the appropriate court to make a decision but doing so is expensive, time consuming and can lead to irreparable bitterness between the parties. The outcome of a boundary dispute at trial is also difficult to predict and Judges usually have little sympathy for the parties. Issuing court proceedings therefore should be a last resort.

Getting the right advice

Land owners usually approach disputes emotionally in an attempt to protect what is theirs. This is understandable but counterproductive to resolving the dispute and preserving neighbourly relations. A Solicitor with the necessary experience will take a more rational approach and will encourage you to look at the practical and economic factors. If an agreement cannot be reached with your neighbour by discussion or correspondence, then your Solicitor is likely to recommend an alternative dispute resolution method such as mediation.

Being involved in a dispute with your neighbour is never pleasant but as you may have to live next door to your neighbour for several years, an amicable solution is always best.

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Website advert blocking, emails and updates

Google Chrome will soon include an ad-blocker that is designed to prevent annoying and intrusive adverts being shown on web pages. After surveying thousands of internet users, Google first announced plans to curtail full-page and auto-playing video adverts last year. This will be a popular move I'm sure as it should reduce one of the annoyances online. There's nothing worse than trying to read a web page only for the text to suddenly move and be replaced by an advert! On that subject, another third-party ad-blocker I have found very effective is called Adblock Plus. It is free to install and use on all browsers. <https://adblockplus.org/en/>

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KCOM has changed the address of its *webmail page recently, so if you always had a favourite or bookmark to go straight there, it may not work now. The new address is <https://webmail.kcomhome.com/>. Go to this page and then add it as a new favourite or bookmark.

Types of email access methods explained. There are basically two ways to access and read emails. Many people use a program such as Windows Live Mail, Outlook or the newer eM Client. These work on the 'pop box' system; in other words as you open the program, it goes to the email provider (in this area Kcom) and then downloads messages and saves them into your inbox. Alternatively if you use a *webmail system, you go online to a webpage like that described above, and your inbox (and other folders) open within that page. Other examples of this system would be Hotmail, Gmail and Ymail. The advantage of this system is that you are going directly to your inbox, so the page looks exactly the same on whichever device you are using. *Tip: If you want to send Kcom emails outside this area on your laptop or other mobile device, use the webmail service. Live Mail or Outlook etc will not work once you leave the Kcom area.*

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Windows 10 has finally edged ahead of Windows 7 (now 8-years old) as Microsoft's most popular operating system (most popular in terms of numbers anyway!!) Launched back in late summer of 2015, Windows 10 ran on 42.7% of Windows computers in January 2018—versus 41% for Windows 7. In raw numbers, Windows 10 has been installed on over 500 million devices as of last May, which is impressive, though still short of the 1 billion goal Microsoft's head of Windows and devices predicted at in 2015. (news first published online by Gizmodo).

Windows Updates – the bane of most computer users lives!

It is an unfortunate fact of life that these are important security updates, so it is critical for everyone to always keep their systems up-to-date. Research apparently says there is frequently a substantial lag between when people receive updates and when they actually implement them. According to the U.S. Department of Homeland Security's cyber-emergency unit, US-CERT, as many as 85 percent of all targeted attacks can be prevented with – among other things – regular system updates."

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Equifax has been sending out letters regarding a major hack of their systems which could affect nearly 700,000 UK customers. Equifax is a major credit rating agency so although you may never have dealt with them directly, another lender or organisation may have checked your credit rating with them, so don't be too surprised if you receive a letter. Fortunately for most UK customers, the only information stolen was possibly names and email addresses.

Eset Internet Security includes an anti-theft module which you can activate free of charge. Just open the Eset window and click Set up, and you can activate it in there by entering your email address and creating a password. It works in a similar way to 'find my phone' so it is very useful on mobile devices like laptops. For more info just go to the Eset website here: <https://anti-theft.eset.com/?wrfsts=true>

Security Central:

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

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

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

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JJ's Smart Repairs are now offering cost-effective, exacting colour matching on body repairs

JJ's Smart Repairs who are based in Station Road, Cottingham, are now offering cost-effect, exacting colour matching on body repairs which they undertake using the SONNE range of colours manufactured by HELLA.

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"We're a much cheaper alternative to body shops. Take something like a scuffed bumper. Typically, with a body shop repair, you're looking at a bill of £350 to £400, whereas, our costs would be £160 to £180".

JJ's Smart Repairs offer a collect and delivery service, and its location, close to the Cottingham Railway Station on Station Road, means it's feasible for some people to drop off their car on the way to work, catch a train, and then collect it again on their way back after work.

JJ's specialise in Bumper Scuffs, Smart Alloy Wheel Repairs, Power Polish, Headlight Polishing, Windscreen Chip Repairs £45, Summer and Winter Waxings.





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Wordsearch - Dance crazes

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

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

Find the words in the letters above:

Ballroom, Bollywood, Calypso, Cha Cha Slide, Charleston, Chicken Dance, Da Dip, Disco, Electric Slide, Flamenco, Footloose, Foxtrot, Gangnam Style, Hand Jive, Hip Hop, Hokey Pokey, Jitterbug, Jump On It, Limbo, Lindy Hop, Line, Macarena Mambo, Merengue, Modern, Moonwalk, Quickstep, River, Robot, Rumba, Salsa, Samba, Shimmy, Single Ladies, Square Dance, Suzie Q, Swing, Tango, Tap, Texas Two-Step, The Bunny Hop, The Hustle, The Jerk, The Running Man, The Twist, Thriller, Vogue, Waltz, Watusi, YMCA, Zumba.

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

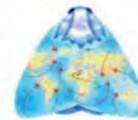
Sudoku No. 133

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

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



MARION OWEN TRAVEL



March, and it is definitely mad! All of the cruise lines are now or about to go on sale for 2019/2020. You will see we have an extra page in this months issue showing a selection of Cruise & Maritime sailings at amazing prices. If dates don't suit from Hull, Newcastle & Liverpool sailings are super and we can offer you optional travel from your door ensuring a relaxing start & finish to your holiday.

Fred Olsen details are not available as I write but as you read we will now have information to furnish you with. Julia from Fred Olsen will be in our office on Thursday 15th March from 10.30 to 12.30 to talk all things Fred, pop along to find out whats new & the expanded fly cruise options.

River cruising, there are superb offer for early bookings. APT have an amazing 15 night cruise from Amsterdam to Budapest. Top quality and all inclusive from just £2595 or 7 night cruises from just £1795. You can fly from our local airport over Amsterdam or direct from other airports is available with a host of river cruise operators. For non flyers there is always the option to travel by North Sea Ferries or Eurotunnel to join your cruise by rail. Cruising allows you to enjoy a multi centre holiday and only unpacking the once.

Our own tours can all be found on our website. We have just received notification of Highgrove tickets, this tour departs 13 June with a maximum of 26 places.

April is now only around the corner and we still have space on our Norfolk tour. A lovely hotel and great itinerary, why not join me? Solo travellers single rooms are only £40 extra.

We have many splendid itineraries lined up throughout the coming months, you will not be disappointed.

A gem not to miss is 100 years remembered WW1 Ypres Salient & the Somme with a special visit to Oppy included.

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

We have a wealth of first hand knowledge travelling around the world by land, sea & air. We have the answers to make your travel simple & hassle free, leaving you to enjoy your holiday. All you need to do is pick up the telephone or visit us in our office ~ it is always good to talk.

We have so many adventures to offer you to all corners of the world I could fill several books! With holidays to suit all levels of activity, budget and age group. Ideal departures for singles, couples and families, giving you the opportunity to share your holiday with like minded travellers.

We look forward to creating your special memories when we book your next holiday where ever in the world you have on your "Book it List"... **Marion, Lynne, Julie, Barbara, Rosie, Alison, Margaret & Dave.** Your Marion Owen Travel Team.

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20 Mar	Millstones	Belly busting, fun day out. Great food & dancing	£ 40
12 Apr	Springtime in Norfolk	4 nights at the Links Country Park itinerary inc. Thursford, Blickling, Felbridge, Kings Lynn, rail & sail	£ 449
13 May	Isle of Man	5 nights half board & full sightseeing programme	£ 595
31 May	Llandudno	3 nights at the lovely Tyndale Hotel Half board	£ 299
12 Jun	Boundary Mill Summer Sale	day outing	£ 18
13 Jun	Highgrove Gardens	plus another amazing garden. 1 night DBB	£ 195
23 Jun	WW1 Ypres Salient, The Somme & Oppy	6 days	£ 589
18 Jul	Cambridge & SAGA	cruise ship 2 days DBB + lunch	£ 130
22 Jul	Tatton Park Flower Show & Renishaw	1 night DBB	£ 179
06 Aug	Warner's Littlecote & Highclere Castle	5 days half board	£ 485
05 Sep	Musical, An officer & a Gentleman	Bradford Matinee	£ 59
06 Sep	Isles of Scilly	- this 8 day holiday is 6 night HB & 1 night B&B	£1125
14 Sep	Star break Alexander Armstrong at Thoresby Hall	3 nts	£ 449
15 Oct	Enchanted Forest & Castles of Scotland	5 days	£ 415
30 Oct	Efteling Theme Park	- 2 night NSF 1 day park family of 4	£ 465

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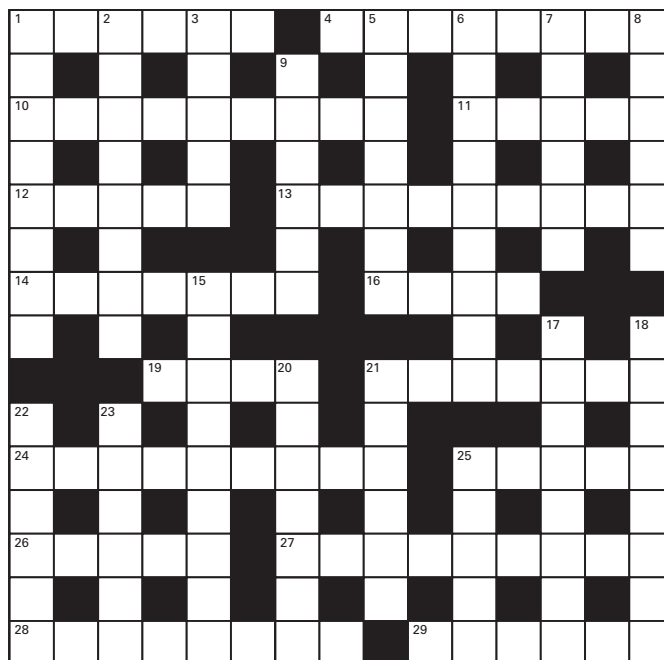
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Crossword – Solution on page 46



Across:

- Young cow (6)
- Soaked up (8)
- Gorgeous (9)
- Excursion (5)
- A moon of Saturn (5)
- Proponents (9)
- Harmful (7)
- Genus of the dogfish (4)
- Frozen (4)
- Rendezvous (7)
- Large breed of dog (9)
- Color of grass (5)
- Not sooner (5)
- A loose high-necked blouse (9)
- Bars temporarily (8)
- Elevated open grasslands (6)

Down:

- Customary (8)
- Idle (8)
- Consumed (5)
- Country in South America (7)
- Goal (9)
- Reward (6)
- Hate (6)
- Obliterate (6)
- Secretariat was one (9)
- Slandered (8)
- Government administrative units (8)
- Sedated (7)
- Current (6)
- Expands abnormally (6)
- Dishes (6)
- Actor Clark _____ (5)

Crossword courtesy of www.crosswordpalace.com
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In the Kitchen



South American slow cooked beef

- Gluten Free
- Preparation time: 15 minutes
- Cooking time: 6 hours
- Total time: 6 hours 15 minutes. Serves: 4

Ingredients

- 1 tbsp oil
- 375g pack essential Waitrose Sliced Beef Shin
- 100g Capsicana Chilli & Lemon Peruvian Cook Sauce
- 400g can chopped tomatoes
- 400g can black beans, drained and rinsed
- 1 bay leaf
- 2 sprigs lemon thyme
- 3 sticks celery, thickly sliced
- 2 carrots, thickly sliced
- 28g pack coriander

Method

1. Heat the oil in a large frying pan and fry the beef shin for 3-4 minutes to brown. Add the chilli and lemon sauce, tomatoes, beans, bay, thyme, celery, carrots and the chopped stalks from the coriander and bring to the boil.
2. Transfer to a slow cooker and set on low. Cover and leave to slow cook for 6 hours or until the meat is really tender. Chop the coriander leaves and stir into the casserole. Serve with cooked rice.

Garlic lamb with sweet potato champ

- Gluten Free
- Preparation time: 10 minutes
- Cooking time: 15 minutes
- Total time: 25 minutes. Serves: 2

Ingredients

- 2 cloves garlic, crushed
- ½ tsp freshly ground black pepper
- 1 tsp finely chopped rosemary
- 4 lamb chops, about 450g
- 600g essential Waitrose Sweet Potatoes, scrubbed and cut into small chunks
- 2 tsp butter
- ½ bunch essential Waitrose Salad Onions, finely chopped
- 150ml Cooks' Ingredients Lamb or Chicken Stock, hot
- 1 tbsp balsamic vinegar

Method

1. Combine the garlic with the pepper and rosemary and rub over both sides of the lamb. Leave to stand for 10 minutes.
2. Cook the sweet potatoes in boiling water for 10 minutes or until tender. Drain and return to the pan. Melt the butter in a large frying pan and fry the salad onions for 2 minutes to soften. Add to the sweet potatoes with 50ml of the stock and mash.
3. Reheat the frying pan, add the chops and fry according to pack instructions or until cooked to your liking. Transfer to serving plates with the mash. Add the remaining stock to the frying pan, scraping up the pan juices and cook until slightly reduced. Stir in the vinegar, season and drizzle over the lamb. Serve with seasonal green vegetables.

Chocolate fondant puddings

These delightfully sinful, hot, oozy chocolate puddings are the ultimate indulgence.

- Vegetarian
- Preparation time: 25 minutes
- Cooking time: 14 minutes to 16 minutes
- Total time: 39 minutes to 41 minutes. Serves: 4

Ingredients

- 125g butter, plus extra for greasing
- 25g plain flour, plus extra for dusting
- 200g good-quality dark chocolate, chopped
- 2 eggs, plus 2 yolks
- 100g caster sugar

Method

1. Preheat the oven to 180°C, gas mark 4. Evenly brush individual metal pudding moulds (175ml) with butter. Evenly coat the buttered moulds with flour, tapping off any excess. Transfer the prepared moulds to a baking sheet.
2. Place the chocolate and butter in a heatproof bowl set over a pan of barely simmering water, making sure the bowl does not touch the surface. Once melted, stir until smooth. Take the bowl off the pan to allow the chocolate to cool slightly.
3. Place the eggs and sugar in a large mixing bowl. Using an electric whisk, beat on high four minutes or until very thick, pale and fluffy. Fold the cooled chocolate mixture into the eggs and sugar. Sift in the flour and gently fold it in.
4. Divide the mixture equally between the prepared pudding moulds. Place in the oven for 14-16 minutes. Remove from the oven and set aside for 2 minutes. Using a tea towel, invert onto plates and carefully remove the moulds. Serve immediately with a scoop of vanilla ice cream or a good plug of double cream.

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ON THE GRAPEVINE

WITH ROY WOODCOCK

Rioja - one of Britain's best-loved wines

I've always enjoyed a glass of Rioja - or Roy-Ja as a good friend of mine always calls it after first buying me a bottle many years ago and getting her pronunciation all mixed up.

I'm not alone in liking it, of course, because Rioja (and particularly red Rioja) is one of Britain's best-loved wines.

Much of its success is that it goes so well with a whole range of foods; if we have roast lamb on a Sunday, for instance, I can't think of anything better than a decent Rioja Reserva.

Not surprisingly, with Rioja being Spain's most famous wine region, it also goes particularly well with Spanish food, especially lamb and pork and recipes that contain red peppers, paprika, garlic and saffron. And with the craze for Tapas showing no signs of abating it's no wonder we Brits are consuming it in ever increasing quantities.

Moroccan tagines - Chris does a great dish of chicken and apricots - will pair well, as will a moussaka and mild and medium-hot curries.

Global Rioja sales stabilised in 2017 after many years of increase, but that in itself was seen as success against a climate of an overall fall in wine consumption in the UK. Globally, exports make up more than a third of all Rioja sales and the UK remains Rioja's largest market, with 33.4 per cent of all exports followed by Germany with just 15 per cent.

Certainly, according to the Wine and Spirit Trade Association, the volume of Spanish wine consumed in Britain has risen by more than a quarter in the last five years. During the same period, imports of French wine shrank by 13 per cent.

The Rioja vineyards of northern Spain consist of some 112,000 acres on both banks of the Ebro. The popular reds are primarily made from Tempranillo grapes, although most are blended with other varieties - mainly Garnacha, as well as Graciano and Mazuelo. But the region also produces several white wines, using grapes like Garnacha Blanca, Verdejo and Viura.

Rioja is split into four categories, based on the amount of time it has aged, with the "best" being the oldest (depending on your tastes).

Rioja Jovan is the cheapest of the lot, with little to no ageing in oak barrels. Crianza is more expensive but still accessible, spending one year in the oak and another in the bottle.

Then comes Reserva, which spends a year in the oak and two years in the bottle. Finally we have the most expensive; the Gran Reserva, which arrives having spent two years in the oak barrels and three years ageing in the bottle.

But Rioja has certainly changed over the past 20 years. Once the common hallmark was a strong aroma of oak due to prolonged storage in casks; now modern producers are tending to adapt themselves better to international taste by favouring ageing in the bottle.

The result is that the intensive aroma of the wood is giving way to a richer, fruitier and more complex bouquet.

Perhaps that's the reason for the recent sales boom.

* Something to make you cry into your beer (or wine glass) is the news that the UK has the fourth highest prices for alcoholic drinks in Europe, according to a study by the Office for National statistics.

The UK average drink price is 43 per cent above the average in Europe. Leading the pack is Finland with a staggering 76 per cent above the average followed by Ireland at 74 per cent, then Sweden 44 per cent.

France is 16 per cent cheaper while the cheapest place for a drink is Bulgaria with 35 per cent below the average.

The average price for a bottle of wine sold in the UK shops is currently £5.56, with over half the price being given to the Government in tax. The duty on wine is £2.16; there is also VAT to pay worth £0.93p, making a total tax take of £3.08. The remaining £2.46 is eaten up with retailer profits, typically about 35 per cent of the sale price, transportation around £0.20p.

This leaves the winery with £0.82p to cover growing the grapes, making the wine, packaging and making a profit.

* Marks & Spencer has reported a 15 per cent rise in sales of its 17-strong range of English sparkling wines last year and predicts that the trend is set to continue into 2018. They're also predicting a strong year for English sparkling in 2018 prompted by national events such as the birth of the royal baby, two royal weddings and the FIFA World Cup.

According to the Wine and Spirit Trade Association, M&S is not alone. Total sales in the sparkling wine category grew by six per cent in UK supermarkets in the year ending September 2017.

The latest figures reveal that over £120 million bottles of fizz, worth over £850 million, were sold in British shops and supermarkets in 2017.



BEST BUYS


**Waitrose Crianza Rioja
Vina Lorea**

Where: Waitrose

When: Now until March 20

Why: A blend of Tempranillo, Garnacha and Mazuelo give it a lovely freshness with a well balanced but not intrusive spicy oak component alongside bright flavours of cranberry, raspberry, cherry and plum. Rich, smooth and elegant, this is best served with slow-cooked lamb shoulder or game. Suitable for vegetarians and vegans.

£7.49 (was £9.99)


**Corte Mayor Rioja
Crianza**

Where: Co-op

When: Now, until March 9.

Why: This Crianza wine is made from the best Tempranillo grapes, selected from high sloping vineyards. It has been fermented and aged in new oak barrels for one year, followed by an extra year of resting in bottle. Suitable for vegetarians and vegans.

£6.99 (was £8.99)


**Co-op Fairtrade
Argentina Malbec**

Where: Co-op

When: Now.

Why: We're into Fair-trade Fortnight right now (until March 11) so have picked this and the next wine as the Co-op has been championing Fairtrade for the last 20 years and remains the largest retailer for Fairtrade wine in the world. This full-bodied 100 per cent Malbec has sweet but firm tannins with bursts of chocolate, tobacco and vanilla notes. Pair with red meat, especially steak.

£7.49


**Co-op Fairtrade Pinot
Grigio**

Where: Co-op

When: Now.

Why: This Argentinian white offers an aroma of soft tropical fruits with notes of honeydew melon and stewed apple. There is very pleasant finish with this wine, upheld by its crisp acidity - it will stand up to spiced dishes and will work well with a goat's cheese. Suitable for vegetarians but not vegans.

£6.49

Question Time with Caroline Harraway

Find out more about the new firm of Solicitors in Cottingham . . .

Tell us about your Legal Journey

I studied law at Hull University from 1999-2002 before beginning my first ever full time position at Andrew Jackson Solicitors in December 2002. I learnt my way around a busy, large legal office. Skills that have never left me and later proved invaluable to my career.

I then enrolled in the Legal Practice Course in York and quickly gained a training contract before qualifying as a solicitor in 2006. I became a partner in a successful firm in 2009 and then a director and equity partner in 2011. I am now the sole director and owner of Caroline Harraway Solicitors.

Difficulties I've faced along the way

Anyone who has embarked on a career in law will have faced difficulties along the way. I could probably write a fairly entertaining book on the trials and tribulations of a legal career choice! As well as the male dominated working environments (still very apparent even today) and the pressures of the job generally, the main difficulties were usually from my own high expectations.

In a nutshell, I overcame the problems by setting up by own law firm. Gone were the office politics, or the constantly applied pressure and far too large caseloads. I could work flexibly, around my family, and found I could provide a ten times better service to my clients whilst maintaining a healthy, happy me.

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Ten spacious rooms form our building which is unique and interesting in its style and history. We've freshly decorated the offices in our colour scheme of black and rose gold and have recently presented our new "gold room" which is our luxurious meeting room, complete with a feature rose gold sparkly wall, leather sofa and comfortable dining style table and chairs. Who doesn't like some sequins and sparkle to inspire the mind and promote a drive for success!




Future plans

We are soon to entertain our clients, friends and family at a launch evening, complete with bubbly, canapés and entertainment plus we are having "Open Mornings" on the first Saturday of every month to provide the community with free legal advice and a complimentary Yorkshire cream tea!

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Are we right for each other?

Valentine's day has been and gone, but as you all know, it is a day to lavish more attention on your other half, reflecting on moments that have passed and the looking forward to making many more future memories. Way back when I was in my teens/early twenties I was going through the 'courting' stage (showing my age there), there was no living together it was just pack your case the day before the wedding and head to your new home after the honeymoon. Looking back now, what a risk that was even though you may have been dating for some time. There is nothing like living with a person 24 hrs. Nowadays, couples (and I must admit I tend to agree) live together before deciding to marry or they may even start a family before. Also help is at hand through dating websites if you have not yet found your 'perfect' partner by entering your likes/dislikes, hobbies etc, a match or matches as close to yourself is found.

So why is buying/re homing a pet any different? It shouldn't be but looking at the Hull Animal Welfare Trust rehoming board, it is. There are so many pets (a lot of them pedigrees) living at these rescue centres, quite often due to mismatching. Before working within the Veterinary field, I thought the only type of Labrador was the one featured on the adverts. You know the type, the cuddly, well behaved puppy who can do no wrong other than run off with a toilet roll.

How wrong was I! When Teal arrived into our lives at a ripe old age of 9 weeks, she instinctively became a one dog destruction team. If anyone has read the book or seen the film 'Marley and Me', they will relate to it instantly. You see, Teal is a from a 'Working' Labrador background where her parents, grandparents, great grandparents have competed within either Shooting or Field Trial competition backgrounds. From a very early age, she has eagerly yearned stimulation and interaction with everything around her. Her brain is so active

that even at the age of 10 1/2 years and very arthritic, if regular daily stimulation (not necessarily exercise in Teal's ripe age) is not given, the 'Marley' comes out in full force and all I can say is that she is pacing and impatient. 'Show' bred labradors are usually stockier, more easily going and laid back than their field bred counterparts. Field bred labradors are bred for working, very hyperactive and never wanting to stop playing and fetching. Taking all this in, the Labrador may not be right for everyone and you should look into the breed very carefully if interested in taking one on.

Have you ever thought of a Cocker Spaniel? Once again, I have learnt there is the 'Working' Cocker which is potentially bred for country pursuits and has gradually become popular and suitable in canine sporting activities such as agility/fly ball due to their stamina, speed and bidability. Then there is the 'Show' Cocker; very adaptable to most environments and easy to transport with you, so resulting in becoming the most popular type of Cocker Spaniel as a typical family pet.

Before I got Teal, as I have mentioned in previous articles, I had a beautiful cross bearded collie called Tammy. I adopted her from one of the local rescue centres at the age of 8 weeks. Since the day she came into our lives until the day she departed at the ripe old age of 16 yrs, we never had one 'Marley' incident. From being a dog 'blood donor' to a registered P.A.T dog, life with her was blissful. Did I look into the breed at the time? She was a cross so I had little to go on but I must say I was very fortunate.

When Tammy approached middle age, my daughter Natalie looked into buying a Tibetan Terrier. We did our research on the internet and travelled to the Midlands to collect our 'Charlie' and what a perfect name it is! We had never had a terrier in the family before and I know Natalie won't mind me saying but boy, do we know we have a terrier now. The first couple of years went by without incident with Charlie gaining a rosette for his 'Good Citizen' Bronze award but what we didn't know at the time (and hindsight is a good thing) is that most terriers love to chase and the chase is upmost in their brains. At the time of buying our little 'terror - ier' we had 4 cats and all 6 pets got on famously... until... Charlie reached 2 years old and it was like a light bulb had switched on! The chase began and is still ongoing. We now have a baby gate at the top of the stairs where our 1 remaining cat can seek sanctuary. Needless to say, terriers are extremely intelligent, fun and that shows looking at Charlie now at the age of 11, running around like a spring chicken finding numerous toys to play with.

I could go on about various breeds but the ideal and most IMPORTANT thing to do before adopting/buying any pet is to RESEARCH. Look at your own life style. Are you out at work all day or part time/retired? Do you go on many holidays abroad (although obtaining a pet passport is far more simple now) where you cannot take a dog so they have to go into kennels adding cost to your holiday? My mum used to look after ours when we went on full day family outings i.e. to Alton Towers but sadly when she died I realised how costly a day out can become. Now when we have a day out like this, we look into day kennels close to the venue we are going to, take our dogs to the kennels as we arrive and collect them before closing. This works well with cost and travel when we have an early start and a late finish incurring 3 days stay at the local kennels. As for our cat and 2 rabbits, we have a lovely local professional animal carer popping in to feed and look after them. Keeping this in mind, is a dog right for you or will a cat or rabbit be more fitting into your life style (not forgetting your holidays of course). Please do not forget, although they do not need the exercise as a dog would require, they still need stimulation, care and attention. Do you have very young children or teenagers who are willing to help with the day to day feeding/exercise regime? Is it a puppy you are looking for and you are not fazed by the night time / toilet training. Are you interested in Agility or even Gun Dog Training. The list is endless, but it is simple.

Research, ask family/friends who may own the breed you are interested in. You can also contact one of our surgeries where we offer a 'Pre Puppy Chat' with one of our many qualified nurses who will discuss the different needs of the breed you are interested in. We also offer, here at KINGSTON, a full puppy package containing a crate (to suit your dogs size), vet bed, slo-feeder bowl, water bowl, a disinfectant spray (designed for pet use), poo bag dispenser with bags, small puppy kong and finally a collar and lead. All of these are also available to buy separately.

THOUGHT OF THE MONTH Would you ever buy a car without looking into the model and test driving it? You cannot test drive a pet but the background information is out there and available.

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

From soup to solids . . . In a day

Hello again. I hope that you are well. Another busy month as usual. I was on a course last night in Wakefield in fact. It was the Association Of Implantology UK Yorkshire Study group. It was good but getting home just before 11pm was a long day. The motorway was closed!

Ready For A Feast

So what is this soup to solids about then? Well, I was inspired by the study group last night. I see quite a lot of people who have failing teeth and a lot of missing teeth that really means they struggle to eat what they really want to and can miss out on that enjoyment or are limited when they go out in company or socially.

This can be because of the limitations of dentures that move or make the mouth sore or because dentures cannot be tolerated and there just aren't enough teeth left. If quite a few cases it is possible to place dental implants in the morning and make a bridge to fit within 24 hours so that a proper meal can be had straight away. I would give another 24 hours before popping the champagne but it is a good reason to celebrate as it's life changing. Like anything else it all



has to be planned right and certain criteria met to be successful, it's all in the planning. Not one size fits all. With our modern, fancy 3D scanner we have loads of information to do the proper planning with no surprises. It's really revolutionised dental implants. I was just designing some implant guides this morning on a case that I had virtually placed implants on the computer. This is common place now and increases accuracy and safety especially in more tricky cases.



What a Difference A Day Makes

So, "same day teeth" is another tool in the box. We can use for single teeth sometimes or even a full dental arch. Sometimes we can even remove many failing teeth and place implants there and then and have the bridge with 12 teeth on it within 24 hours. With single teeth, within a couple of hours start to finish, sometimes.



before

after

Tools In Your Box

I'm a big believer in "tools in your box". In my game it's different techniques. Everyone we meet is different with different needs and situations so we need to be able to have bespoke, individualised solutions. When I have spoken to young dentists I have told them to be a sponge. To go looking for knowledge and soak it up.



Another reference I make is Bruce Lee. At this point I need to work hard not to lose them as I get incredulous looks. Well, Bruce had a martial arts style, or more a philosophy, called Jeet Kune Do (Way Of The Intercepting Fist). The premise is to learn from all styles and not be rigidly stuck to one style. Some techniques within one style work better than others for different individuals. Also every opponent is different so if you do the same thing every time you'll come a cropper at some point.

So, be an anorak, be passionate about what you do, learn from the best. Confidence comes from competence and competence comes from KNOWLEDGE. "If you're not GROWING anywhere you're not GOING anywhere."



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 25 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity-ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's humanitarian work go here now www.castleparkdental.co.uk.

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Spring is on the horizon and we should soon be enjoying some beautiful spring bulb displays of daffodils if they haven't sprung already. The improving weather is the first sign that we will be able to sit out and enjoy our gardens once again. At Coletta & Tyson we always find March one of the most exciting months of the gardening season as we can start planning garden projects and making our garden look stunning again. Whether that is re-painting a fence or planting bedding plants ready for our hanging baskets in the summer.

Whenever you visit us you'll find a healthy stock of bedding plants, bulbs and everything you'll ever want to start making your garden perfect this year. There is a myriad of tasks to undertake in the garden to spruce it up ready for summer. Simple pruning is a good task to do in March and tidy everything up a little, filling borders where you may now have gaps after winter or even choosing a large specimen plant for a focal feature.

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Before choosing any plants it's always a good idea to assess the plot and look at a range of conditions:

- Sunlight
- Temperature
- Exposure to wind
- Soil type

For example, if the plot is in shade for most of the day and the soil tends to be moisture retentive a variety of Ferns may be best.

Similarly, if the plot gets a lot of sun and the soil dries out quickly you should consider a drought tolerant plant like Lavender or Hebe.



Sunlight

The overall amount of light your entire garden receives depends on the direction it faces. A North-facing garden will get the least light and can be damp whereas South-facing gardens will receive the most light. An East-facing garden will receive the most light in the morning and a West-facing garden will get afternoon and evening light.

Shade loving plants will thrive in a North-facing garden. Ferns do great in moist and shady areas but you've also got a great choice for colours. Consider Vinca (Periwinkle) as groundcover; this evergreen plant is hardy and has beautiful purple-blue flowers. For height, Mahonia is an excellent choice and has year round interest. It is a hardy evergreen shrub with attractive spiky leaves and yellow flowers in winter. Camellias also thrive in shade and are frost hardy meaning they will need little protection in the winter months. They also have beautiful spring flowers and can be grown in a container of ericaceous compost to brighten a patio.

For South-facing gardens prone to a lot of light it's best to pick sun-loving plants. Helianthemum (Rock Rose) is ideal for a gravel garden or a dry stone wall, ideal for summer colour.

A bulb ideal for sunny positions is Allium, or the Ornamental Onion. This unique looking plant with star-like flowers is frost hardy and dries well for floral arrangements. The foliage is a silvery grey and looks beautiful in a border or container.

10 Jobs for this month

1. Plant shallots, onion sets and early potatoes.
2. Protect new spring shoots from slugs.
3. Plant summer-flowering bulbs.
4. Lift and divide overgrown clumps of perennials.
5. Top dress containers with fresh compost.
6. Mow the lawn on dry days (if needed).
7. Buy young bedding plants for the greenhouse. 6 for £5 at Coletta & Tyson
8. Weeds come back in to growth - deal with them before they get out of hand.
9. Start feeding fish and using the pond fountain; remove pond heaters.
10. Open the greenhouse or conservatory doors and vents on warm days.

Temperature

In the North East of England we are prone to cold, wet and windy weather. This January we saw heavy snow, frost and very low temperatures meaning our gardens got a bit of a battering. Town gardens tend to be warmer than rural ones because of the shelter provided by buildings, however check your garden for potential frost pockets caused by cold air becoming trapped by the house or hedge.

When taking a look at your plot you should consider where the most sheltered points are in your garden or if you can improve them (hedging is an ideal windbreaker).

Choose your plants based on the minimum temperatures they can survive;

Hardy: - Can survive to -15°C . They can stay in the ground all year and survive.

Frost Hardy: - Can survive to -5°C but will need protecting during particular cold winters.

Half Hardy: - Can survive to 0°C will require winter protection

Tender: - Protect below 4°C and they cannot survive outside during winter so will need to be brought inside.



Wind

Long term, winds can deform plants – (think of sideways growing trees in coastal areas) - and sudden gales can snap branches and stems. Colder winds can scorch your plants but there are ways you can protect your garden from winds.

- Use canes to support plants.
- Surround the garden in a 'shelterbelt' by adding hedging or 'open' fence.

These shelterbelts work because they are porous and will slow the wind down. Attempting to block the wind with a wall will force the wind up and over, creating vortices that will still damage your plants.

Coniferous plants like Thuja and Leylandii are the perfect wind protection as the thick and dense foliage can act like a wall without the damage.

Soil Type

By digging deep into your plot you will be able to find what's beneath the top, looser soil. This subsoil can cause problems for your plants if not improved. Heavy, clay soils can retain moisture and become water logger in winter. Sandy or chalky soils can become dry in the summer causing dehydration.

Well rotted organic manure or products like Gro Sure Farmyard Manure can help improve most soil types and improve quality and drainage.

To work out what kind of soil is in your garden you will need to get your hands dirty. Get a handful and feel it. Clay soils feel slimy and sticky, and can retain its shape when moulded. Sandy or gravelly soils feel gritty and will crumble apart. Peaty soils feel spongy and loam and slit soils feel smooth.

All soils can be improved with organic matter, as well as by digging in multi purpose compost or horticultural grit (which will improve drainage in clay soils).

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Your Stars for March 2018

By Kay Gower

Aries (Mar. 21- April 20)

The influence this month favours all efforts to improve health and establish a new fitness routine. Your body is the vehicle that you will be riding into the future as you make way for a new adventure.

Taurus (Apr. 21- May 21)

Your physical strength in March will be greater than that of the last couple of months. You'll love how this feels and should make every effort to keep the trend going. The message from the planets is: more rest, less stress.

Gemini (May 22-June 21)

As sure as the moon pulls the tides, something is pulling you along and it would be futile to resist. Instead of questioning, enjoy the ride this month. You are really in the flow of things now.

Cancer (June 22-July 22)

The sands of time don't stop for drama and neither should you. Take a quick look round to assess what's relevant to you, then move on. Be bold, this is your month.

Leo (July 23-Aug 22)

You feel open and optimistic and this will draw new people to you. You have a talents for telling stories, and you will attract an audience or even new business by the way you relay events.

Virgo (Aug 22 - Sept. 23)

The more you try to gain control of a situation over which you have none, the more helpless you feel. The planets advise caution, for with control comes responsibility and with responsibility comes pressure. You can do without both this month.

Libra (Sept. 24 -Oct. 23)

The full moon lights up your 12th house at the start of the month. Listen to the message sent from your heart to your head. You are due for some adventures, so make them happen.

Scorpio (Oct. 24 - Nov. 22)

The planets warn that someone could be stirring up trouble and hoping that you will react. Now you know that you also know what to do. Ignore it.

Sagittarius (Nov. 23 -Dec. 21)

You don't have to give fast answers, and it may in fact be unwise to do so especially mid month. Resist anyone who tries to pressure you to act quickly. Think things over.

Capricorn (Dec 22.- Jan. 20)

Rather than get embroiled in other people's problems, use this month as an opportunity to have some time to yourself. There's so much going on in your mind that you need some time to think things through.

Aquarius (Jan 21 - Feb 19)

Hunger will lead to poor choices and irritability and is likely to diminish willpower this month especially around the 12th. It may be an idea to plan ahead to avoid hunger.

Pisces (Feb. 20-Mar. 20)

Pisces, the final sign of the zodiac. Pisceans are usually old souls and highly empathetic. The Sun, Mercury, Venus and Neptune all align and offer an you an opportunity. Connection - to one another, to all things - it's what these days are all about.

Ugly Duckling spreads its wings

Northern Ballet returns to Hull with its hugely popular children's ballet. Tiny dancing feet are in for a treat this May when Northern Ballet brings its much loved family ballet *Ugly Duckling* to Hull New Theatre for one day only, in its first outing since 2013.

Retelling the famous Hans Christian Andersen fairy tale, *Ugly Duckling* is the perfect opportunity for little ones to enjoy live ballet, music and theatre for the first time.

Sudoku Answer from page 12

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

Ugly Duckling is lonely and fed-up, ignored by those around her who think she is too ugly to fit in. She tries to make friends with fellow ducklings as well as with frogs, cats and even a fox, but realising she is not like any of these animals, she is left sad and alone. Follow the duckling on her journey as she overcomes her troubles and realises that she was beautiful all along.

As seen on CBeebies, Northern Ballet's sell-out productions for children are not to be missed.

This child friendly performance lasts approximately 40 minutes.

Tickets for *Ugly Duckling* at Hull New Theatre on Monday May 14, 2018 go on sale on Friday January 26, from 10am, priced £6. Book at the Hull City Hall box office or call 01482 300 306. Visit our new website www.hulltheatres.co.uk to book online.

Cottingham Open Gardens 2018 in aid of Dove House Hospice

We are starting planning for this year's event which will take place on Sunday June 17th and 24th, 10 am till 4pm, and would be pleased to hear from anyone who may be prepared to open their garden, or could help us by giving a bit of their time, on either or both days.

More details from Jim on (01482) 875129

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Lincolnshire Walk Barton and Barrow-on-Humber

The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

County/Area - Lincolnshire

Author - Hugh Marrows

Length - 8.3 miles / 13.4 km

Ascent - 20 feet / 6 metres

Grade - easy/mod

Start - OS grid reference TA030234

Lat 53.696891 // Long -0.441446

Postcode DN18 5BD (approx. location only)

Starting from the new nature reserve at Waters Edge in Barton this walk visits Barrow, the home of famous C18th clockmaker John Harrison and returns along the Humber bank. There are cafés at the Waters Edge and the nearby Ropewalk and two inns (off route) in Barrow. The Waters Edge visitor centre will provide a reserve map illustrating the various colour-coded routes within the reserve.

Barton has always depended upon the Humber and waterborne trade for its prosperity and its long history has resulted in a remarkable architectural legacy. The local clay was long exploited for brick and tile making and in the past this has also contributed much to the town's attractiveness.

Today the abandoned clay pits along the Humber on either side of town are used as nature reserves and for leisure activities such as sailing and fishing. The most recent reserve to open, the Waters Edge, occupies the site of an old chemical works whilst nearby are the picturesque wharves of the Haven and the amazing 450 yard long Ropewalk, built in 1767, which now houses art and craft galleries and a rope-making heritage display.

Nowadays Barrow does seem an unlikely place for ground breaking scientific progress. Yet it was here that John Harrison (1693 -1776) lived and devoted his life to the development of his famous seagoing clocks now preserved in Greenwich Observatory. (Born in Yorkshire Harrison's family moved here when he was very young, so Lincolnshire has made a claim to him too!) Because of the difficulties of keeping accurate time at sea, in 1714 the admiralty offered a prize (equivalent to a £ 1million) for the invention of an accurate sea-going clock. Harrison's struggle to solve the problem, and then to overcome the government's reluctance to pay up lasted until 1773. (Read all about it in Dava Sobell's book "Longitude") Holy Trinity church has a display featuring pictures of his clocks and a portrait copied from one in the Science Museum.

The nearby Barrow "Castles" (GR656225) are remnants of a medieval motte and bailey that was probably built around

30 March - www.cottinghamtimes.co.uk



1071AD; earthworks still rise to 3 metres or so, and are visible from the road.

After the walk spare time to look around Barton too with its narrow streets, delightful houses and shops. The town's best-known features are of course its two magnificent churches, St. Mary's and St. Peter's, cheek by jowl with only yards between them.

St. Mary's is a mix of architectural styles beginning around 1150 AD with many alterations and additions over the centuries whilst St Peter's is one of England's finest Saxon churches with a tower design characteristic of the mid C10th. Building in stone was still new then; look for the mitred stone joints adapted from woodworking techniques. St. Peter's is in the care of English Heritage. (Opening times are on their website.)

Route Guide

From the Waters Edge visitor centre follow the wooden walkway cantilevered out over the lagoon to a path junction and turn left and then right at the next junction. At a third path junction go left again past Folly Pond and at the next junction go right again and exits onto Pasture Road North. (Red route on the reserve map)

Turn right to cross the railway and at the junction of Falkland Way and Pasture Road keep ahead until opposite the end of Butts Road. Now turn left along Pasture Road South - a pedestrian/cycleway which rejoins Falkland Way. Cross onto the lane opposite where tarmac soon gives way to grass. Continue for about a mile and at a footpath sign, go through some trees to exit into a large field. Walk ahead beside the right hand hedge to join a road (West Marsh Lane) at a handgate.

Keep forward, bearing right at the first junction. At the second junction (with the B1402) cross to the pavement opposite, and go right for 100 yards before taking the footpath on the left along the edges of two fields. Then look for a grassy track between hedges that leads into Barrow. At a road continue until you can turn right through the churchyard. [You may wish to explore Barrow by strolling down to the Market Place and the inns.

Return through the churchyard and cross into North Street, go over Barton Road (the B1402) and continue along North Street until you can turn left into Cherry Lane, which becomes a short, unsurfaced track. At the end turn right to cross a footbridge and at the next road (Hann Lane) turn left. (Along here the "Castles" are on the left.) At the next junction bear right and keep ahead past the Haven Inn to Barrow Haven.

Turn left over the railway bridge, then immediately right onto the Humber Bank where a two-mile walk returns you to the Waters Edge centre with magnificent views across the Humber all the way.



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Continued from page seven

East Riding Flower Club

Monday 26th March - This meeting will take the form of a Workshop, led by Jean McClure of Saltburn, with a title 'Frameworks'. Setting up is at 9.30 am for a 10.00 start. At 2.00 pm Marion Gamble will give a talk entitled 'Yorkshire Air Ambulance. In the Civic Hall, Cottingham at 2.00 pm. "Bring and Buy" cake stall. Members may bring a friend for free. Tel. 01482 876279 for further information.

Wednesday Social Club

Wednesday 28th February - Asquith Cowon - Cottingham and the Black Prince, in the small hall at the Darby & Joan Hall, at 2.00 p.m.

Tower Tour, St Mary's Church, Cottingham

Easter Monday April 2nd - 11am. To book, contact Ian on 01482 848041.

Beverley Gardeners' Club

Tuesday 3rd April - Growing and Showing Dahlias, Andrew Robinson, at St Mary's Parish Hall, Beverley at 7.45pm. Refreshments will follow the talk. An annual fee of £15 to join the club provides free admission to all talks. Guests are welcome to all meetings at a cost of £4 per talk. For further information please contact the Chair on 01482 865432.

Cottingham Men's de Luda Society

Wednesday 4th April - Paul Schofield - City of Culture, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 5th April - at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF, Neil Timm 'World of Ferns'. Plants for sale. Further information from Lois Scott 01482 494276.

The Skidby branch of the Yorkshire Countrywomen's Association

Thursday 5th April we meet for our Annual General Meeting and Competitions at 7-30pm, in the Skidby Village Hall, Main Street.

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

Bible Stories with a twist, every Tuesday in term time straight

after school. Aimed at primary school children of all faiths or none. Parents and carers you are invited to bring your children along and join in the fun. Refreshments provided. Younger siblings welcome.

Hull Alpha Probus Club

We are a small social club for Retired Professional and Business Persons, who meet in Cottingham every two weeks, at the Back Room, 173 Hallgate.

Thursday 8th March - Coffee Morning at 10.15 am. If you would like to join us for a complimentary coffee and to meet the members, you will be made very welcome.

Thursday 22nd March - Two course Lunch (£12.00), at 12.15 pm for 12.30 pm., followed by a guest speaker. The lunch should be booked seven days in advance. Contact The Secretary, Mrs. L. Fearnhead tel. 01482 843282, or the Treasurer, Mrs. J. Barram, tel. 01482 844125.

Singers Wanted

The Cottingham Singers began rehearsals on Wednesday January 10th 2018. We would welcome new singers, both male and female. We are a mixed voice choir who meet every Wednesday at Bricknell Avenue Methodist Church, from 7.30pm -9.30pm. We sing a mix of music including songs from musicals, folk songs and some classical pieces. Please ring our membership secretary (Jeanne Fenton 01482 658195) if you are interested and for more details. We are a friendly choir; no audition is needed so please come and give us try.

Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Special offer for Cottingham Times readers: 50% off first year membership fees for new members. Offer available until 31st March 2018. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Do you wish you could swim?

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

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.

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

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Lucky by name, Lucky in reality

I recently got called out by a member of the public to look at a tethered pony in Cottingham. Their concern was that it had a poorly/damaged eye and they were very worried about it. I went down straight away to find this beautiful little Stallion was indeed in need of urgent veterinary help. What was left of his right eye was mess, and it appeared to have been left untreated for a very long time. Apart from the surgery needed, Lucky was in excellent condition, had beautifully kept feet and has a very sweet, kind and friendly nature. I called for the RSPCA to come down and assess the situation. I was also joined by a great friend of mine called Jackie to help me in this situation I found myself in.

His owner turned up, very distraught that we were going to take his pony away. I will call him Syd for privacy reasons. Lucky was all Syd has left in life and is simply the only reason he gets up in the morning. They obviously had a very sweet bond and had been together for a very long time. Lucky was very affectionate with him, no fear or stress from the pony- the opposite in fact. Syd looked to be a poorly person in himself, living in obviously difficult circumstances yet his pony was in beautiful health. Therein lay the quandary.

Everyone knows how much I abhor the fly grazing culture suffered by so many ponies across the UK yet here was a pony stallion who wanted for nothing except the money needed for his eye to be removed. The life he knew was the only life he had ever known and he was loved and cared for in all the ways he needed for his basic welfare. This was a partnership I saw in front of me, a much better one than so very many I see in the stabled/livery yard scenario's I work in.

Signing this pony over to the RSPCA was not necessarily in the best interest of this pony either. They are over stretched to breaking point with coloured ponies and Lucky being an older stallion was

never going to be a candidate for re homing. Too old to castrate ethically speaking (and pointless too as he would always be a stallion in his head and never can live alongside other horses in a herd situation) and in need of expensive surgery on top. I found myself in unfamiliar territory. The human side to this story mattered. I saw a man in front of me who would be destroyed if he lost his reason to live and a pony who did not deserve an uncertain future if handed over because of my personal beliefs and dare I say bigotry.

A vet attended and Lucky was given a course of pain relief drugs. The attending RSPCA Inspector issued a decree that Syd had to find the wherewithal to have Lucky's eye removed or lose his pony by the end a 2-week course of pain relief.

I walked away from this desperate situation with a very heavy heart and in a personal conflict. Syd did not have the money for such serious surgery yet I also felt that he did not deserve to lose his pony. Lucky had known long term suffering and had to have this surgery. They both needed help - so therein lies the tale, the quandary and the soul searching. When I spoke to the local horse feed merchant manager, they spoke highly of Syd and his long-term love for his pony and how Lucky always got the correct feed etc. Lucky's feet were well shod and cared for so Syd was paying for a proper farrier, not doing as so many do by hacking at their pony's feet themselves to save money.

I decided to try to fund raise the surgery. My vets, Rainbow Equine Hospital at Malton, agreed to keep the costs to a minimum but give first class service and I thank them whole heartedly for such support and kindness. I had a figure to work towards. Jackie supported this decision completely and helped me plan a campaign. I went back to work and told anyone who would listen about this situation. The kindness and understanding stunned me. My customers, my friends and my family all donated. Random people in Skidby donated. Mr and Mrs Hall, who called me out that morning donated, Mrs hall being very concerned as to making sure Syd was getting the medical help he needed.

In less than a week I had raised enough money to have Lucky operated on, have his teeth checked and rasped and to have a course of injections for mites present in his leg feathers. I bought Syd a very warm jacket as he was always cold and organised my diary to take Lucky to Malton. I picked him up the day before and had him on my yard. My staff poured so much love into him, washing his legs and tail. Grooming him, detangling and plaiting up his gorgeous long mane- he looked a new horse when I set off early on Friday morning.

The staff at Rainbow were all so taken with Lucky and his sweet nature. His eye was operated on and stitched up, all his other procedures were done and I brought him back to my yard after he was fully recovered for a few days of rest and recuperation.

Everyone came to see him and fed him carrots and gave him fusses. He must have thought he was in pony heaven! I am just so grateful to everyone who helped me help Lucky and Syd. My faith in human nature has been restored and I have learned a big lesson along the way. I learned that you must be prepared to look at the bigger picture no matter how it may be in conflict to a hard-felt belief of what is right and what is wrong. Welfare include humans as well as their animals. I am humbled by people's kindness and generosity especially as it was towards a situation I wrote about recently where my belief is that horses cannot and should not be kept on a shoe string in poverty.

Lucky is Lucky. I am now his guardian should anything ever happen to Syd, health wise. I monitor him, and will be there when his stitches are removed, and will give him the remainder of his mite's injections. Syd knows he can ring me anytime and I will do what I can to help him because that is the best way I can help Lucky.

"If anyone in Cottingham has a paddock where this beautifully mannered Stallion could live turned out on his own, then I would love to hear from you." Please email me at melanie@instinctivehorsetraining.co.uk or phone 07720 758425". Thanking you in advance.





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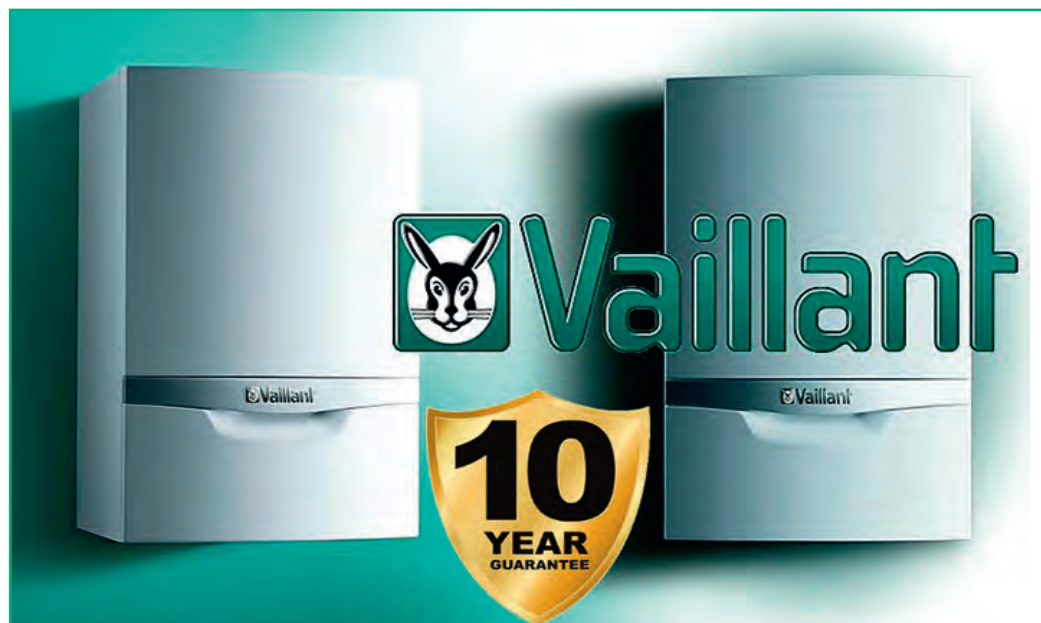
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The Friends of Hallgate Primary School to hold Nearly New Sale

The Friends of Hallgate Primary School are organising a Nearly New Sale for Baby & Toddler Items on Sunday 18th March at Civic Hall in Cottingham, 10.30am – 12 noon.

Plenty of opportunities to come along and grab a bargain.

There will be good quality prams/buggy's, maternity items, toys, clothes, books, equipment and everything you could possibly need for children aged 0 to 9 years old. There is a separate larger items gallery to view all large items in one place.

Refreshments will also be on sale to help raise funds for the school.

Do you want to raise some extra cash and clear out your lofts/cupboards – please get in touch with us at hallgateprimaryfriends@gmail.com or ring the school on 01482 846136 about hiring a table for this event. Tables cost £9.50 and are approximately 1m x 2m.

Admission is £1 per person with children under 16 free.

The Friends of Hallgate look forward to seeing you on the day and offering your support.

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What's On Continued from page 32

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

Hull Folk Dance Club

Tuesdays 7:30 to 9:30pm. Darby & Joan Hall, Finkle St., Cottingham. Enjoy tea/coffee and biscuits and get to know the members. Come on your own or bring a friend for light exercise in a friendly environment. All dances are walked through before being set to music. No experience is necessary. Beginners classes are offered and everyone is welcome. Your first visit is free. **Closed 27 March & 3 April.** More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and www.folkdance.me.

Kirk Ella & Willerby Short Mat Bowls Club

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

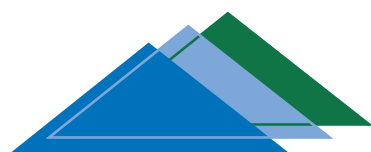
Alcoholics Anonymous Meeting

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.

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Hedgehogs on the Edge: New report shows hedgehogs plummet by half in British countryside

At least half the population of our native hedgehogs has been lost from the British countryside over the last two decades, warn two wildlife charities in a report issued in February 2018.

The State of Britain's Hedgehogs 2018, published jointly by the British Hedgehog Preservation Society (BHPS) and People's Trust for Endangered Species (PTES), is the only comprehensive review of the status of Britain's hedgehogs. This new report shows that hedgehogs in rural areas are in severe decline, with their numbers plummeting by half since the Millennium.

"There are many reasons hedgehogs are in trouble," explains Emily Wilson, Hedgehog Officer for Hedgehog Street, a public action campaign run by PTES and BHPS. "The intensification of agriculture through the loss of hedgerows and permanent grasslands, increased field sizes, and the use of pesticides which reduce the amount of prey available, are all associated with the plunge in numbers of hedgehogs in rural areas."

Wilson concludes: "Urban and suburban areas are becoming increasingly important for hedgehogs, so we need more people in those locations to sign up as Hedgehog Champions. Hedgehogs are a generalist species, so the more people can do to help them in their own back garden, the more they will also benefit other wildlife."

How to help hedgehogs

Visit www.hedgehogstreet.org and:

- Become a Hedgehog Champion and find simple advice on making your garden and neighbourhood more hedgehog-friendly
- Pledge to make a small hole – no bigger than a CD case – in your garden fence, wall and other barriers so that hedgehogs can access different gardens in their search for food, shelter and mates
- Log your 'hog sightings – dead or alive – on The BIG Hedgehog Map

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What's On Continued from page 36

Alternative Aquatics

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

St. Mary's Church, Cottingham

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

Cottingham Rangers AFC

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

Zion United Reformed Church, Hallgate

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

Fitmums & Friends Run, Walk

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

Cottingham Bridge Club

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

The Alzheimers Society

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

Cottingham Cricket Club

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

Continued on page 43



8th Beverley Puppet Festival

Dates for Beverley Puppet Festival 2018 have been announced, with exciting news about new developments that will see the quality of this award winning event soar to even greater heights. The 8th Beverley Puppet Festival, a Beverley Arts Trust event, takes place over two days and three nights between 13th and 15th July 2018.

This year sees a new direction for the festival as organisers join forces with Moving Parts, a unique performance and training festival based in Newcastle.

"Moving Parts' Artistic Director, Kerrin Tatman has been on the organisational team of the Beverley Festival for some years", explains Anna, "and will be co-directing this year's event with myself. This new partnership will create opportunities for shared working practices, cross promotions, arts industry engagement and will see the Beverley based and Newcastle puppet festivals happening over alternative years to ensure longevity. By working together, we aim to enhance and strengthen the reputation of this diverse art form, whilst making it accessible for all."

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Who Wants to Die a Millionaire - Murder Mystery – Fri 13th

Just Whitney! a Tribute to Whitney Houston – Tribute Show – Fri 20th

MAY: Bon Jovi by Dave Burrows – Tribute Show – Fri 4th

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The Haltemprice Art Group's 71st Annual Exhibition at the Civic Hall, Cottingham on Wednesday 11th April

The Haltemprice Art Group's 71st Annual Exhibition and Sale, to take place in Cottingham Civic Hall, Market Green, Cottingham, East Yorkshire. HU16 5QG. The official opening will be on Wednesday 11th April at 7.30 pm.

The Exhibition will then be open to the public as follows:

Thursday 12th April, 10.00am to 5.00pm

Friday 13th April 10.00am to 5.00pm

Saturday 14th April 10.00 to 4.00pm

Admission is FREE, with Disabled Access and Free Public Car Park by the Hall

The exhibition will be officially opened by the Chairman of the East Riding of Yorkshire Council, and the adjudicator this year will be Heather Burton.

The Exhibition will consist of approximately 150 framed paintings and around 100 unframed in mounts. Also available to purchase, will be a range of beautifully crafted greetings cards, all made by our members. Most of the exhibits will be available to purchase.

Carrying on from our "City of Culture" contribution last year, we will have another display of paintings, all in acrylic and on the same size boards. The theme this year is "Seasons", and will feature many of the events that take place, through the seasons of the year.

If you require further information please contact me on the above number or david_carol_goldsmith@hotmail.com

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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 £10

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

Pick up at City Centre is now **0900 am** for the autumn and winter months continuing Beverley Road and onto Beverley.

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A walk 10 to 12.5 miles.
B walk from 7 to 9 miles
C walk 4 to 5 miles may be available (please enquire)

Sunday 4th March

Ganton to Rillington.

A. Ganton – Woldsway – The Grits – East Heslerton Brow -
Deep Dale – Winteringham – Thorpe Bassett - Rillington

B. Sherburn to Rillington

Sherburn – Crowsdale Wood – East Heslerton Brow – Deep
Dale – Winteringham – Thorpe Bassett – Rillington

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

Sunday 18th March

Hackness – Falcon Inn.

A. Hackness – Wrench Green – Langdale End - Holm Wood –
Hardwick Farm – Cowgate Stack – Falcon Inn

A. Hackness – Whisperdales – Silpho Forest Trail - Harwood
Dale – Falcon Inn

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

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

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

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

Find us on face book. Hull CHA Rambling Club

You will be very welcome.

Phoenix Walkers

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

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

Three levels of walks,

A Group 8-10 miles

B Group 5-7 miles

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

Sunday 11 March Skipwith Common near Selby

Sunday 25 March Huggate Yorkshire Wolds

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

Wykehykers Walking Club

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

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

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

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

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Shower screen cleaning a problem?

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

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

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

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

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

The main savings can be summarised in three categories;

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

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

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

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

For specific information and a free detailed quote and installation plan,
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East Riding's YORSwitch collective energy switching scheme delivers savings for residents

Since the YORSwitch scheme began in 2013, East Riding residents have saved more than £4,500,000, with just shy of 20,000 registering. East Riding householders who signed up for the latest round of the Council's YORSwitch scheme saved an average of £190 each following an auction between energy companies. The council partnered with iChoosr, the UK's leading expert in collective energy switching, and together they were able to deliver bespoke and highly competitive tariffs.

The winners of the auction for dual fuel were SSE and will supply a range of contracts to residents. SSE is currently ranked number one for customer service by Citizens Advice with 5 out of 5 stars for ease of switching and contact.

Now is the ideal time for residents, to switch. Residents will see if they could secure a fixed rate for the year ahead as wholesale energy prices are likely to continue increasing.

Councillor Symon Fraser, portfolio holder for strategic asset management, housing and environment at East Riding of Yorkshire Council said:

"Despite forthcoming energy price caps, households should not be lulled in to a false sense of security that they will get the best deal for their energy. Council operated collective switching schemes such as YORSwitch provide a safe and easy route for householders to engage with the energy market, and will continue to do so."

The next auction will take place in February 2018. Registering with YORSwitch is easy. Register online at www.eastriding.gov.uk/yorswitch, visit your local customer service centre, or call (01482)393939. You will need a recent energy bill to hand.

Cottingham residents say "Yes" to the Neighbourhood Plan

In the first of its kind for East Riding, Cottingham residents gave a resounding 92.5% YES vote in favour of the Neighbourhood Plan. The actual numbers were 3004 in favour, 235 against, and 7 'spoilt' papers. The turnout was 25%.

The Plan, organised by Cottingham Parish Council, but developed by ordinary residents through workshops and Cottingham Day consultations over many years, will now be planning policy.

Anyone can apply to build anything anywhere. Planning authorities then assess applications against approved policies to sieve out unsuitable ones, or persuade developers to make changes. Cottingham now benefits from an extra layer of protection, in addition to the National Planning Policy Framework and the East Riding Local Plan.

Having been involved at every stage of the process (eg. making tea at each workshop!) I would like to thank everyone who has played a part in making planning history for Cottingham.

Cllr Geraldine Mathieson



**"Sully: Miracle on the
Hudson" - Saturday
17th March at 7.30 pm**

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media.

Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.

Tickets £4 (schoolchildren £2) at the door. For further information ring Yvonne on 634863.

Calligraphy, Quilling and Folk Art classes

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

The Cottingham Whist Club

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

Hull and East Yorkshire Happiness Group

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

Cottingham Food Bank

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

Scottish Country Dance Club

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

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 philme79@gmail.com for further information.

Hull Zingari

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

Cottingham Methodist Church hall, Hallgate

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

Continued on page 45

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Countryside events programme launched for 2018

East Riding of Yorkshire Council's countryside access team has launched its Countryside Events 2018 programme.

From rambles and themed walks (including photography, navigation, bushcraft, geocaching and orienteering) to wildlife watching events; from Kids Go Wild events to workshops, conservation days and natural craft workshops - the programme includes something for everybody with an interest in the outdoors. The programme also links to the council's Active Coast initiative this year.

The programme, sponsored by NHS Healthcheck, runs throughout the year. Many events are free; others have nominal charges.

The Countryside events programme contributes to the new campaign to 'Enjoy Spring in the Yorkshire Wolds', promoted by the Yorkshire Wolds Tourism Network to encourage visits to the area at a quieter time of the year.

The range of walks on offer range from 30 minutes to two hours, and operate from East Riding Leisure Beverley and Bridlington; Brough Methodist Church; Cottingham Sports Centre; East Riding Leisure Driffield, Goole, Haltemprice and Hornsea; Hessle Community Centre; Shire Hall, Howden; Skidby Mill; Leven Sports and Social Club; Paull St Andrew Church; Market Weighton Methodist Church; Preston Community Hall; East Riding Leisure Francis Scaife in Pocklington; Sewerby Hall and Gardens; East Riding Leisure South Cave and Withernsea; and from Welwick Village Hall.

The programme is available online at www.eastriding.gov.uk/events or a hard copy brochure is available from Tourist Information Centres, the council's leisure centres, libraries and Customer Service Centres.

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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Internal:

High Blood Pressure, Palpitation, Obeseness, Asthma, Bronchitis, Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Cold, Flu etc.

Men's Problems:

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

Women's Problems:

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

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



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East Yorkshire Climbing and Mountaineering Club

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

Arterian Singers

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

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



Sir Ian Botham to speak at charity dinner

A children's nursery is to celebrate its 20th anniversary by bringing world famous cricketer and charity campaigner Sir Ian Botham to support the Hull, Beverley and Holderness Branch of the Multiple Sclerosis Society.

Educare Nursery and Out of School club of Beverley, will be the main sponsor of a dinner at which Sir Ian will speak about his cricket career and his work in raising millions of pounds for charity.

The dinner,organised by the Haltemprice Lions, will take place at the Mercure Hull Grange Park Hotel on Wednesday 11 April and will also feature Geoff Miller, another former England cricketer. Proceeds will go to the MS Society and to other local charities selected by Haltemprice Lions.

Sir Ian's record-breaking cricket career included 102 Test matches spanning 16 seasons, 116 limited-overs internationals and more than 400 First Class appearances.

The evening is suitable for all audiences and it is hoped businesses in the area will join the Haltemprice Lions in raising as much money as possible for the MS Society and other local charities."

For details of tickets and sponsorship opportunities please contact David Whincup on 01482 847367, email dwhincup@dwincup.karoo.co.uk.

Pictured above: Sir Ian Botham.

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and all Bank Holidays

Also at: Sutton Park, Hull
Tuesday at 9.45 am

Crossword solution from page 14

1	H	E	I	F	E	R		4	A	B	S	O	R	B	E	D
	A		N		A		9	E		O		B		O		E
10	B	E	A	U	T	I	F	U	L			11	J	A	U	N
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24	W	O	L	F	H	O	U	N	D			25	G	R	E	E
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26	L	A	T	E	R			27	G	A	R	I	B	A	L	D
	L		E		S		E		N			L		E		E
28	S	U	S	P	E	N	D	S		29	V	E	L	D	T	S



Tai Chi

Tai Chi has been an integrated part of the Chinese culture for thousands of years, they have devised a system of therapeutic holistic exercise that work the whole of the body without the need to strain, relaxing body and mind alike.

We in the west seem to accumulate physical and mental stresses creating such problems as back, shoulder and neck strains to name a few. Then there's the emotional pressures a fast paced modern lifestyle brings upon us. So what do we do about it? We thrash ourselves from pillow to post and just about get by!

Tai Chi is a series of slow, graceful, deeply relaxing and yet dynamic movements that creates greater flexibility and suppleness to the whole body, improving posture, balance and co-ordination.

People who practice Tai Chi regularly find stress levels reduced and better nights sleep. There are also the deeper more meditative aspects that can be attained. But of course is in accordance to the individuals needs. You can go into a Tai Chi lesson feeling jaded and at the end of your tether and leave relaxed, revitalised and without a care in the world. All of the exercise movements are complimentary to other sporting systems.

They can be practised by people of any age and any level of fitness. Individual needs are always catered for. So give yourself some quality time, allow yourself to gently unwind, relax your mind and body, enjoy the Tai Chi experience. A warm and friendly atmosphere awaits you.

I have practised this ancient art for about 20 years teaching for 14 years. I now teach full time with many classes in and around the Hull areas, I have also converted the front room of my house in Willerby into a Tai Chi studio for those of you who require or prefer a deeper more personal Tai Chi experience.

Telephone Michael M. Maduro on 01482 651981



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