

# Cottingham Times

and District

Issue 220 - March 2020



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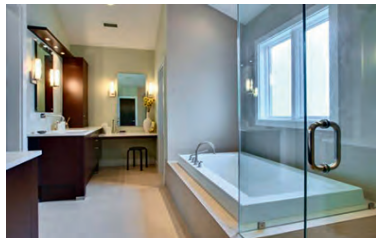
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## In Cottingham and District

The deadline for entries in the April 2020 "What's On" section, is no later than the 18th March.

### Beverley Gardeners' Club

Tuesday 3rd March - Sir Joseph Banks - His Life and Achievements, Jean Shastoe, 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 Methodist Photography Group

We meet in the Methodist Church hall.

Tuesday 3rd March - outside venue - 6.30pm

Tuesday 17th March 2020 - 7.30pm

Tuesday 31st March 2020 - 7.30pm

You are invited to join our friendly group. New members welcome, all levels and cameras and smartphones. For further details contact John on 842169 or [john@jcmmhome.karoo.co.uk](mailto:john@jcmmhome.karoo.co.uk).

### Haltemprice Art Group

Tuesday 3rd March - Primary Colours Only

Tuesday 10th March - Talk on picture framing - T. Weeks

Tuesday 17th March - Sketching Night - J. Churchland S/L, N. Taylor, M

Tuesday 24th March - Glass Painting Workshop

Tuesday 31st March - Handing in day for exhibition

A model and/or still life will be available on sketching nights or you may bring your own subject at any time. Demonstrations, Talks, Workshops, Appraisals, etc. Members £2.50, Visitors £3.00 All other meetings are covered by the annual subscription. Cottingham High School And Sixth Form College, Harland Way, Cottingham HU16 5PX. From 7.00 pm to 9.00 pm.

### Hull Womens' Literary Club

Tuesday 3rd March - But What Was a Girl to Dombey and Son? - Frances Ramsden.

Tuesday 17th March - Diaries, What's the Point? Wendy Hunter

Tuesday 31st March - Annual Dinner

Meetings: Fortnightly, Tuesdays at 7.30pm, The Avenues Centre, Park Avenue, Hull HU5 4DF. The Club has no political or religious affiliations. Visitors are welcome.

### Cottingham Local History Society

Wednesday 4th March - The Rise and Fall of Hull's General Cemetery, Peter Lowden, in the Red Hall, Hallgate Primary School, starting at 7.30pm. Meeting fee: Members £2.00; Non-Members £3.00. Contact Chairman Mr. Peter McClure 845734.

### Cottingham Men's de Luda Society

Wednesday 4th March - Fun, Facts and Fantasies, D. Trezise, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

**Front cover: Daffodils in Grandad's Park.  
Photo: Paul Lakin.**



### Little Weighton Yorkshire Country Women

Wednesday 4th March - Spring Cakes, A demonstration with the Tickton Tarts.

Wednesday 1st April - Annual Dinner

Non members very welcome. In the Village hall at 7.30 pm.

### Cottingham Ladies Circle

Thursday 5th March - Dialects, History and Humour of Yorkshire, Eric Scaise. To be held in the Darby & Joan Small Hall, Finkle Street at 2.30 pm.

### East Yorkshire Group of the Hardy Plant Society

Thursday 5th March - AGM, Chris Pearson 'Shandy Hall Gardens', a look at how the gardens are developed and maintained, at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

### Hull Alpha Probus

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

5th March 10:15 Coffee and conversation

19th March 12 noon Lunch & Speaker: Susan Hornby – 'The Deep'

2nd April 10:15 Coffee and conversation

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

Thursday 5th March - "Action Horses", TV events and films, Mark Atkinson. In Skidby Village Hall, on the first Thursday of the month, at 7.30 pm.

### "World Day of Prayer" (International Inter-Church Organisation)

Friday 6th March - The annual service will take place at 2 pm at the Holy Cross Church, Carrington Avenue, Cottingham. The service this year has been prepared by the women of Zimbabwe and the theme is 'Rise! Take Your Mat and Walk'. All are very welcome."

### Hull and East Riding Astronomical Society

Saturday 7th March - HERAF proudly host the British Astronomical Association's "Back To Basics Workshop", at the Civic Hall, Cottingham. Full details [www.britastro.org/meetings](http://www.britastro.org/meetings). A lunchtime bonus event has been added, a visit to the historically significant clock of the parish church of St. Mary's The Virgin. Details will be available on the day at the reception.

### Cottingham Catholic Women's League

Monday 9th March - Mr. & Mrs. Elsworthy - Through the Lens of Ben and Margaret. Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, at 7.30 pm.

### Hull and East Riding Astronomical Society

Monday 9th March - "The Earth and Atmosphere from Space", by Dr. Anna Hogg (University of Leeds). We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

*Continued on page six*

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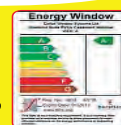
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### **YPI Camera Club**

Monday 9th March - Show an AV that includes some video.

Monday 16th March - Annual General Meeting at Dennis Trezises house.

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

### **Beverley Film Society**

Thursday 12th March - 12 March 2020. Caché (2005). France |

Drama Thriller | 117 mins | 15. A married couple are terrorized by a series of surveillance videotapes left on their front porch. Winner of best director at Cannes. Dir: Michael Haneke. Films screened on the second Thursday of every month between September and June, society members can also enjoy three extra films throughout the season at no additional cost.

### **Cottingham Green Women's Institute Evenings**

Thursday 12th March - Roz Jump - The Work of a Parish Councillor. Competition: A Cottingham related item. Held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm., second Thursday of each month.

### **U3A**

Thursday 12th March - Stephen Wells, The Story of Butlins, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street, Cottingham.

### **East Yorkshire Embroidery Society**

Saturday 14th March - Mary Gamester - My Textile Adventures, in the Darby & Joan Hall, Finkle Street, 2.30 pm to 4.00 pm (Doors open 2.15 pm). £2.00 members; £3.00 visitors. Tea/Coffee and biscuits available).

### **East Yorkshire Woodturners:**

Tuesday March 17th - Demonstration by renowned professional artistic woodturner Joey Richardson MA, whose work is on display in galleries worldwide. <https://www.joeyrichardson.com/>. Meetings are held every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, Secretary, 01482 876702, [cotters@cotters.karoo.co.uk](mailto:cotters@cotters.karoo.co.uk) or visit the Club's website: [eastyorkshirewoodturners.org.uk](http://eastyorkshirewoodturners.org.uk)

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

Tuesday 17th March - Jan Ride, Project Linus, at the St. Faith's Church Hall, Dunswell. Meetings start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or [www.hullandeastridingnewstitchers.weebly.com](http://www.hullandeastridingnewstitchers.weebly.com).

### **The Arts Society, Hull and East Riding**

Tuesday 17th March – Julia Musgrave “Caravaggio, Murderer of Genius”. At 10.45 am. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

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### Cottingham Men's de Luda Society

Wednesday 18th March - Japan - John Scotney, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

### Cottingham Ladies Circle

Thursday 19th March - All about Mires Beck Nursery. To be held in the Darby & Joan Small Hall, Finkle Street at 2.30 pm.

### East Yorkshire Association of the National Trust

Thursday 19th March - 'History of the Philharmonic Orchestra' an illustrated talk by Andrew Penny (Musical Director HPO). Meetings take place in the Cottingham Civic Hall, at 7.30 p.m. Non-members are welcome.

### Hull Macular Society

Friday 20th March - 10.30 am until 12.15 refreshments available. The Beverley Ukulele band are coming along to entertain the group at Sight Support Beverley Road. The Hull Macular group is for anyone living with central sight loss.. We are a friendly group and would love new members to join us. For more information contact Bernard Messingham 01482 860381

### Little Weighton Gardening Club

Friday 20th March - 7.30pm. Special Plants for Small Gardens, Peter Williams. In Little Weighton Village Hall. All welcome £2.00 per talk. Contact Pru Campbell 01482 844461 or Sylvia 07714 089 289.

### Wolds Lacemakers

Saturday 21st March - AGM, a talk by Elizabeth Almond "Keep on Stitching", 10.00 am - 4.00 pm. At The Marist Hall, Church and Parish House 119 Cottingham Road, Kingston-upon-Hull. HU5 2DH. Members - £1.50; Non members - £4.00. Disabled access.

### East Riding Flower Club

Monday 23rd March - Lynne Sharpe will be with us and the theme for her floral demonstration will be 'Car Boot Collection'. The East Riding Flower Club usually meets on the fourth Monday of the month at 2pm at Cottingham Civic Hall, Cottingham. We are a friendly club, and welcome new members and visitors to all our meetings.

### Friends of Thwaite Garden

Tuesday 24th March - 'A bees' guide to a balanced diet'. How can you help wild bees in your Garden? A talk by James Gilbert (Lecturer in Zoology, School of Biological and Marine Sciences, University of Hull). At 7.45 pm, in the Methodist Hall. Members free. Non-members £2.00. Light refreshments available.

### Cottingham Community Quiz

Wednesday 25th March - Quiz Master: Jim Hutton, in the King Billy Pub, Hallgate. £6.00 entry on the door including supper. 7.45 pm for 8.00 pm start. Prize raffle on the night.

### Cottingham Wednesday Social Club

Wednesday 25th March - Quiz, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

### Cottingham Methodist Church, Hallgate.

Friday 27th March 2020 - Free Film night - 6.40pm for 7pm. Refreshments on sale. All welcome.

### St Michael's Church, Skidby

Friday 27th March - 10.30 am to 12 noon. Come and enjoy a coffee, home made cakes and friendly chat. Proceeds towards the upkeep of the church.

*Continued on page eight*

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### Cottingham Men's de Luda Society

Wednesday 1st April - A History of East Hull, Paul Schofield, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

### East Yorkshire Group of the Hardy Plant Society

Thursday 2nd April - Johnathan Burton 'Ray Woods', a walk through Ray Woods. at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

### Hull and East Riding Glaucoma Group

Friday 3rd April - 11.00 am to 1.00pm. Ann Hutchinson Hull York Medical School: Living Well With Breathlessness. Meetings take place every 2 months on the 2nd Friday of the month from 11.00am to 1.00pm, at Sight Support in Beverley Road. (Please note the exceptions in April and June). Entry £1.50 per person. For more information contact Sight Support on 01482 342297. We look forward to seeing you.

### The Beverley Flower Club

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

### Cottingham & Hull Folk Dance Club

Formerly Hull Folk Dance Club 1919-2019. Tuesday 7pm to 9-30pm at Darby & Joan Hall, Finkle St; Cottingham. Enjoy free/coffee and biscuits and get to know the members. Your first visit is free. Come on your own or bring a friend for light exercise in a friendly environment. No experience necessary and everyone is welcome. Open from 7th of January until 14th of April More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and [www.cottinghamandhullfolkdance.com](http://www.cottinghamandhullfolkdance.com).

Continued on page 32

## Haltemprice Art Group invites local business people

The Haltemprice Art Group is asking local business people to support the many talented, amateur artists we have in the area.

Surely, local businesses should be proud to invest in and promote our many local artists. Each painting is created with love and a passion for art.

Genuine, original paintings can lift the spirits and mood of staff and customers!

Haltemprice Art Group members are holding their 73rd Annual Exhibition and Sale, in the Civic Hall, Market green, Cottingham, this April. The Art Group would like to extend a warm welcome, to any local business person who may be thinking about rejuvenating the decor of their premises. We invite you to attend the preview evening of our Exhibition and Sale, on Wednesday, April 1st, at 7.00pm (for 7.30 pm opening). Modest refreshment will be provided.

The Exhibition will be officially opened, by the Chairman of East Riding of Yorkshire Council, Councillor Pat Smith.

The main Exhibition will consist of around 170 framed paintings, all moderately priced from £30 upwards. These will be accompanied by a special display of themed paintings, titled "hidden corners of our area".

A range of beautifully hand-crafted, greetings cards will also be available to purchase. We would love to meet anyone who is interested in supporting our local, talented artists.

The exhibition is also open:

Thursday and Friday, 2nd and 3rd of April, 10am to 5pm

Saturday, 4th April, 10am to 4pm

For further information, please contact: David Goldsmith, 01482 633397 or [david\\_carol\\_goldsmith@hotmail.com](mailto:david_carol_goldsmith@hotmail.com).

## Swansea City Opera presents 'A Night of Romantic Opera'

The acclaimed company Swansea City Opera make a welcome return to the Toll Gavel United Church, Beverley, on Thursday, 5 March at 7.30pm with a captivating performance transporting audiences into the world of Romantic Opera.

This will be an enchanting evening of arias and ensembles, accompanied by piano and performed by a carefully selected cast of singers from the major national and international opera houses singing music from some of the most loved composers, including Puccini, Verdi, Bizet, Mozart and many more.

Known for his colourful life in opera as Artistic Director of Swansea City Opera, the evening will be hosted by the charismatic Brendan Wheatley, introducing the ravishing music of the great romantic composers in his own inimitable style.

Tickets cost: Adults £16, Concessions £14 all children under 16 FREE with full paying adult, additional children £6, and are available from Beverley Library or call 01262 678258 or visit [bridspa.com](http://bridspa.com).

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If you have been wondering about the answers to these questions, we would welcome you to our FREE Will advice clinic on Saturday 21<sup>st</sup> March 2020 at 2-4 George Street, Cottingham, between 9am and 12 noon. A solicitor will be available for advice and to answer any questions you may have on a one-to-one basis.

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## New plans revealed for A164 and Jock's Lodge Junction improvement scheme near Beverley

**B**rand new plans to improve the A164 and replace the Jock's Lodge Junction near Beverley have been unveiled by East Riding of Yorkshire Council.

The preferred scheme went on show to the public at two exhibitions during February, giving residents a chance to have their say on the proposals.

The new design includes: The construction of a new roundabout along the A1079 Hull to York road, and the creation of a new road connecting it with the Lincoln Way roundabout on Minster Way in Beverley.

Two new roads, travelling northbound and a southbound, will connect the new A1079 roundabout with the A164 further south, near Copleflat Lane, Bentley. Together these would replace the current Jock's Lodge Junction.

Keeping the A164 as a two-way single carriageway road between Copleflat Lane and the Victoria Road roundabout in Beverley.

Turning the A164 into a dual carriageway between Copleflat Lane and the Cottingham Castle Road roundabout.

Depending on funding for the scheme, work could begin in late 2022 and is expected to take two years to complete.

Members of the public were invited to see the plans for themselves and have their say on the scheme at two exhibitions.

At both events, staff from the council's civil engineering services team were there to answer any questions and give a better understanding of the scheme.

People attending were asked to fill out a short questionnaire about the project.

The proposals can also be viewed and a questionnaire completed at the council's website at: [www.eastriding.gov.uk/jockslodge](http://www.eastriding.gov.uk/jockslodge).

Councillor Chris Matthews, portfolio holder for strategic management at East Riding of Yorkshire Council, said: "The A164 and the A1079 are two of the busiest roads in the East Riding and where they meet, at the Jock's Lodge Junction, this has always created a pinch point for traffic.

"Despite work being carried out over the years to improve the safety of the junction, this has never really eased the congestion, and the only solution for us now is a major road improvement scheme.

"This project has been a huge challenge for our civil engineers but we believe we have come up with the best possible solution to reduce congestion and keep traffic disruption to a minimum during the construction.

The results of the public feedback will form part of a planning application which is due to be submitted to the council in April this year.

If planning permission is granted, the council will submit a Full Business Case to the Department for Transport, and if this is approved the scheme could receive construction funding in 2022.

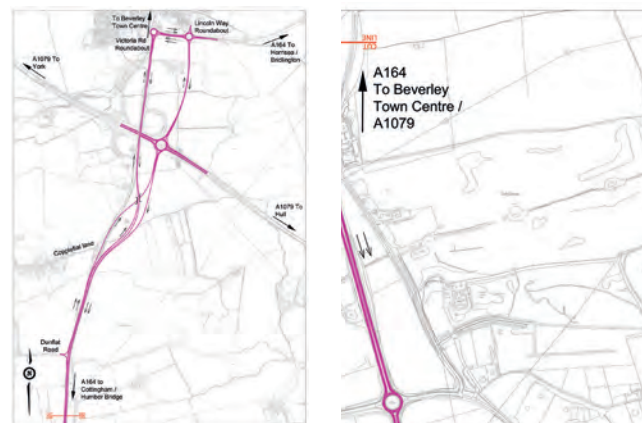
The A164 and Jock's Lodge Junction Improvement Scheme received feasibility funding from the Department for Transport's Large Local Major Schemes fund following the submission of an Outline Business Case in December 2017.

### Original plans

Initial plans for the A164 and Jock's Lodge Junction Improvement Scheme were revealed in November 2017 with a number of alternative schemes put forward.

Feedback from the public identified a preferred scheme to create a dual carriageway along the A164 and a two-bridge roundabout to replace the junction.

However, during extensive design and development it was found the plan would have too large an impact on the existing infrastructure and would cause considerable disruption on the existing roads during construction.



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## Cottingham Open Gardens - Sundays June 14th and 21st

**D**ove House Hospice are looking for volunteers to help organise the Cottingham Open Gardens event which take place on Sunday June 14th and Sunday June 21st between 10.00 am and 4.00 pm.

With this in mind, we are looking for someone to help myself and Charlie coordinate this year's Open Gardens and instill that community spirit amongst gardeners in Cottingham that helps to make the Open Gardens a fantastic annual occasion. The Open Gardens raises a huge amount of money each year (over £11,000 in 2019) and it would be a great shame for us to lose what is a key event in the calendar that raises such a large amount of money for Dove House Hospice. Duties of the Lead Organiser will involve: encouraging gardens to sign up for this year's event, encouraging programme stockists in Cottingham to take part, obtain raffle prizes where needed, obtain sponsors where needed, assistance with promotion.

The structure of the event is well established, along with the marketing materials so all I would need from you is to show your interest in stepping forward either as a Organiser or by nominating your garden to take part in 2020. Please can you email me Dan Clipson [d.clipson@dovehouse.org.uk](mailto:d.clipson@dovehouse.org.uk) with the following information if you would like to take part:

Name:

Address:

Telephone number:

Dates your garden shall be open for (14th / 21st June):

Description of your garden and any activities/entertainment planned:

Any other information:

*Dan Clipson, Regional Fundraiser Dove House Hospice.*

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## Wordsearch - Spring

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

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

Find the words in the letters above:

Allergies, April, Baseball, Bees, Crocuses, Cyclamens,  
Daffodils, Dandelions, Easter, Equinox, Flowers, Frogs, Golf,  
Grass, Green, Growth, Irises, Lilies, March, May, New Leaves,  
Planting, Rain, Renewal, Robins, Season, Snowmelt, Softball,  
Spring Break, Spring Cleaning, Tulips, Warmer, Wet.

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

## Sudoku No. 156

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

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

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# MARIONOWENTRAVEL

2021 brochures are well and truly launched for River & Ocean cruising along with World Wide touring. Why not contact us now with your bucket list and see what we can offer to get a number of your wish list ticked off?

Last month I mentioned a very special river cruise in the offing, well as I write we have just 10 places available on the coach subject to space on the Cruise. Why not join me?

- Departs 15th April 2021 for 10 night via Hull/Europort
- 7 night Maiden voyage on Premium APT Travelmavel's super new ship Capella with guest star ALED JONES.
- He will be on board to host questions & answers plus a special private concert in an area of Cologne Cathedral.
- Sailing from Amsterdam along the Rhine & Moselle to Switzerland via Cologne, Cochem, Rudesheim, Strasbourg & Breisach - "Black Forest" arriving in Basel.
- 1 overnight in Germany travelling by coach to the ferry.
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**Cruise and Maritime** are offering a 2-4-1 on all sailing from Hull and 11 ports around the UK. See our separate page for details the dates are super and there is a good selection of itineraries to choose from sailing on the Marco Polo.

Have you been to the Faroes? Well I have not so why not join me on this cruise departing on the 10th June 2021 from Hull? Fred Olsen cruise lines guarantee you will enjoy your cruise or your money back. There 2021 brochure is on the brink of going on sale and there are so many interesting itineraries. Many depart from Newcastle or Liverpool just over a couple of hours away, not far to travel.

Last month I was one of the first guests to board Regent Seven Sea's new ship Splendor, she certainly is luxury perfected. When cruising if you opt for a balcony or suite Regent Seven Sea's is definitely worth a try. With everything included even your excursions it really represents excellent value for money. For non flyers we have a super cruise to offer you next May sailing to/from Southampton. With travel from your door it will be the most carefree of holidays from start to finish. Ports you will enjoy include Bordeaux surrounded by its many vineyards including St Emilion, Bilbao, Gijon, Lorient, St Malo, Le Havre & Guernsey.

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21 Jun	Just for the day Steam & Tea on the Wensleydale Railway		£ 65
22 Jun	Just for the day Boundary Mills Summer Sale		£ 20
23 Jun	Highgrove Gardens proposed date, This will now be on sale		£ 225
22 Jul	Safari Experience Port Lympne - 4 days, 1 night luxury tent		£ 625
08 Aug	Kynren, The Edinburgh Tattoo & more 3 nights		£ 489
29 Aug	2020 2 day overnight cruise & the North York Moors from		£ 99
01 Oct	WW1 Ypres Salient & the Somme - unique tour 6 days		£ 595
20 Nov	Warner's Alveston Hall 3 nights Dinner B&B		£ 299
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05 Dec	Thursford Christmas Spectacular best seats 1 night DB&B		£ 189

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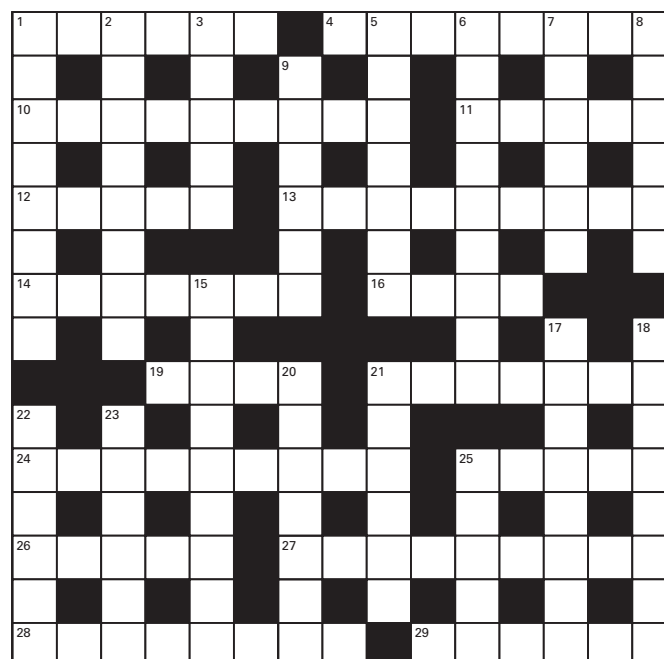
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## Crossword - Solution on page 46



### Across:

- Meddle (6)
- Pedalled (8)
- Fired (9)
- Lessen in intensity (5)
- Not daytime (5)
- Funding (9)
- Sexually gratifying (7)
- Submerged (4)
- The boundary of a surface (4)
- Temporarily expel (7)
- Swear word (9)
- Swelling under the skin (5)
- Sends out (5)
- Not extreme in climate (9)
- Preoccupied (8)
- Avenue (6)

### Down:

- Neatness (8)
- Hatred of women (8)
- Eject (5)
- Normally found at the start of paragraphs (7)
- Prolonged unfulfilled desires (9)
- An introductory section to a story (2 words) (6)
- Drag the bottom of a river or lake (6)
- Practical (6)
- Disrobes (9)
- Sing and play for someone (8)
- Next (8)
- A formal letter (7)
- Cooks with water vapor (6)
- Prefix indicating "Different" (6)
- Ruins (6)
- Excrete (5)

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



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<b>Fjordland Splendour</b>  <b>22 May 2021</b> <b>8 nights from £649 pp</b> Eidfjord, cruise Hardangerfjord, Flam, cruise Sognefjord, Olden, cruise Nordfjord, Andalsnes, Bergen.	<b>British Isles Discovery</b>  <b>30 May 2021</b> <b>11 nights from £899 pp</b> Invergordon, Lerwick, Stornaway, Tobermory, Belfast, Cobh, St Mary's & Portsmouth.	<b>Scotish Island, Highlights &amp; Faroes</b>  <b>Escorted by Marion</b> <b>10 June 2021</b> <b>8 nights from £649 pp</b> Kirkwall, Lerwick Faroes both Runavik & Torshavn, Tobermory, Liverpool Optional Coach to Hull £30pp

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# In the Kitchen



## Chicken casserole with dumplings

•Total time: Ready in 45. Serves: 4

### Ingredients

1 tbsp oil  
800g pack essential Waitrose British Chicken Thighs, scored  
500g tub essential Waitrose Gravy  
195g can essential Waitrose Sweetcorn, drained  
4 essential Waitrose Fresh Garlic Bread Slices  
200g essential Waitrose Spring Greens or cabbage or kale, shredded  
150g frozen essential Waitrose Broad Beans, defrosted

### Method

1. Preheat the oven to 220°C, gas mark 7. Heat the oil in a large frying pan and fry the chicken for 5 minutes until cooked through, then pour off any excess oil. Add the gravy and sweetcorn to the pan and bring to the boil. Transfer to an ovenproof casserole dish and cook, covered, for 20 minutes.

2. Meanwhile, tear the garlic bread into chunks and add 3 tbsp water. Mix with your hands to bind together then mould into 4 balls.

3. Add the spring greens and beans to the casserole and cook, covered, for 10 minutes. Remove the lid and add the dumplings to the casserole, pressing down slightly. Cook for 10 minutes until golden.

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

## Pepper stew with crispy jacket potatoes

- Low Fat • Vegetarian
- Preparation time: 10 minutes
- Cooking time: 45 minutes
- Total time: 55 minutes. Serves: 4

### Ingredients

800g pack frozen Bannisters 4 Baked Jacket Potatoes  
2 tsp olive oil  
2 red onions, chopped  
1 pack essential Waitrose Mixed Peppers, chopped  
2 tsp fennel seeds  
145g tub Waitrose Red Chilli Pesto With Tomato  
400g can essential Waitrose Red Kidney Beans, drained  
400g can essential Waitrose Plum Tomatoes  
2 tsp paprika, plus a little to sprinkle  
50g Gruyère cheese, grated

### Method

1. Preheat the oven to 190°C, gas mark 5. Place the jacket potatoes on a plate and microwave for 5 minutes to soften.

2. Heat the oil in a saucepan and gently fry the onions, peppers and fennel seeds for 5 minutes. Stir in the pesto, red kidney beans, tomatoes and paprika and bring to the boil. Stir in half the cheese and tip into a casserole dish.

3. Make deeper crosses into the potatoes and pinch the skins to open them out. Place on top of the stew and sprinkle with the remaining cheese and a little paprika. Bake, uncovered, for 35-40 minutes until the cheese is melting and the potatoes are piping hot. Serve with a leafy salad.



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## Plum and ginger cobbler

The warmth of ginger is an absolute winner paired with late-summer plums.

- Preparation time: 10 minutes
- Cooking time: 45 minutes
- Total time: 55 minutes
- Serves: 4-6

### Ingredients

750g plums, cut into wedges  
 4 balls stem ginger in syrup, drained and finely chopped  
 1 lemon, juice  
 1 orange, zest  
 100g light brown muscovado sugar  
 125g self-raising flour  
 125g self-raising brown flour  
 125g unsalted butter, cubed and chilled  
 ½ tsp ground ginger  
 75g walnuts, toasted and roughly chopped  
 Vanilla ice cream, to serve

### Method

1. Preheat the oven to 190°C, gas mark 5. In a baking dish (roughly 1.5 litres), mix the plums, stem ginger, lemon juice, orange zest and 50g of the sugar with a pinch of salt. Bake for 15 minutes. Meanwhile, combine the flours and a pinch of salt in a large bowl, add the butter and use your fingertips to rub it in until the mixture resembles fine breadcrumbs. Stir in the remaining 50g sugar along with the ground ginger and walnuts. Add 4-5 tbsp cold water and, using your hands, bring together into a dough.

2. Remove the plums from the oven. Using your hands, form the dough into 8 rough balls. Flatten each ball slightly, then sit them on top of the fruit, leaving a little space between each. Return to the oven for 25-30 minutes until the topping is golden and puffed up and the fruit is bubbling. Serve straight away with a scoop of ice cream.

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## Sticky plum and almond tart

Preparation time: 15 minutes

Cooking time: 45 minutes

Total time: 1 hour

Serves: 12

### Ingredients

250g shortcrust pastry  
 150g butter, at room temperature  
 150g golden caster sugar  
 3 essential Waitrose Eggs  
 75g ground almonds  
 75g essential Waitrose Self-Raising Flour  
 ½ tsp baking powder  
 1 tsp vanilla extract  
 400g essential Waitrose Home Ripening Plums, stoned and quartered  
 2 tbsp flaked almonds  
 2 tbsp apricot jam

### Method

1. Preheat the oven to 180°C, gas mark 4. Roll out the pastry thinly on a floured surface and use to line a 23cm deep, loose-bottomed tart tin. Chill for 5 minutes.

2. Meanwhile, place the butter, sugar, eggs, ground almonds, flour, baking powder and vanilla extract in a large bowl and whisk until well blended.

3. Spoon the filling into the tart case then press the plums evenly into the mixture (they will sink into the centre as the tart bakes). Scatter over the flaked almonds and bake for 40-45 minutes until risen and golden brown.

4. Melt the apricot jam with 1 tbsp water in a small pan. Brush over the top of the tart and leave to cool. Cut into slices and serve.

**Cook's tip:** Try serving this tart with a drizzle of cream or vanilla custard.

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - March 17



## ON THE GRAPEVINE

## WITH ROY WOODCOCK



## Cheapest bottle of wine could soon exceed £6.00

I hate to be the bearer of bad news, although in all honesty I'm pretty sure it won't come as a surprise to many! But according to the Wine and Spirit Trade Association the prediction is that the average price of a bottle of wine will exceed the £6 mark by June of this year.

The average bottle price in the UK in 2019 was £5.93 which, in turn, was up 20p on the year before.

How much the price rise is likely to be will be governed by duty changes to be announced this month (March 11), when new Chancellor Rishi Sunak will announce his plans.

The WSTA believes that the £6 average bottle price will be breached given the predicated duty rises, the 2016 Brexit referendum driving up import costs and less promotion in supermarkets.

Why is this significant? According to data and insights analyst Kantar, a whopping 54 per cent of still wine buyers in the UK spend less than £6 per bottle on wine - that's 9.7 million people. "This is a trend that risks alienating value-conscious shoppers as it has hit those who spend on lower-priced wine the hardest," Laura Christen of Kantar said.

Bearing this in mind, budget supermarket Aldi is mounting a campaign to demonstrate that affordable wines doesn't necessarily represent poor quality. Julie Ashfield, in charge of wine buying for the stores group, told us: "At Aldi we have the most efficient business model in the supermarket sector and enjoy close long-term relationships with our suppliers. It's through these partnerships that we are able to work together to provide outstanding quality wines, at unbeatable prices."

Challenged to put that claim to the test, I've tried and recommend both a white and a red wine, currently available at £4.99 from Aldi, as part of this month's best buys.

\* Interestingly, whether you had a dry, damp or "try" January, we're told sales of no or low alcohol wines surged during that month.

With 27 per cent of UK drinkers cutting their consumption at the start of the year, there have been, according to a YouGov survey, different ways to approach "dry January".

Dry January, is cutting alcohol out altogether, damp January is cutting back rather than abstaining, such as not drinking the night before work or so-called school nights. Try January suggests looking for unusual wines and beers, and lower alcohol options.

Confirming the trend, Majestic announced that sales of no or low alcohol wines were up 52 per cent this January compared to last year. German wines, in particular, enjoyed a jump in sales of 22 per cent, thanks to the crisp, white wine, styles with lower alcohol, which generally sit in the sub-8 per cent abv category.

The big winner though was beer, with no/low alcohol sales up 312 per cent this January, dominated by international brewers such as Heineken and Brew Dog.

\* This caught my eye, too . . . clothing company H&M has debuted an eco-friendly clothing range that includes items made from a leather substitute crafted from the waste products of wine-making.

A leather-like material, called "vegea", is a soft vegan leather alternative and is forming part of the popular fashion brand's Conscious Collection, made up of clothes crafted from eco-friendly materials.

The leather substitute is made from grape pomace, also known as marc, which is what's left over after the grapes are pressed in wine production. Some wineries use it as a fertilising compost, while others are selling it to biogas companies for use as a renewable energy source.

In more recent times food scientists have been finding more and more ways of using this by-product, because of the antioxidants and fibre that it contains, and it's known that it has been incorporated as an ingredient in bread, cereal, pasta, cheese, ice-cream and even added to meat and seafood.

Vogue magazine reported that H&M discovered this new leather alternative three years ago and is also using it in a number of handbags and pairs of shoes in the Conscious Collection. The range also features clothes made with a dye created from spent coffee grounds.

It takes about 2.6 pounds (1.17 kilograms) of grapes to produce a standard bottle of wine and after the grapes are squeezed, about 20 percent of that weight remains in the form of grape skins, seeds and stems. Pomace (or grape marc), as grape waste is called, is something that the global wine industry produces a lot of — close to 12 million tons each year.

\* More and more celebrities are joining the rush to lend their names to exclusive wine and spirit production. Angelina Jolie and Brad Pitt, Sam Neil, Sarah Jessica Parker, Cliff Richard and even Graham Norton have all been associated with their own wines. Now, legendary singer Bob Dylan, who launched his own brand of Tennessee whiskey called Heaven's Door in 2018, is about to see bottles go on sale in the UK.

But it comes, no surprise here, at quite a price. There are three in the range - a Tennessee Bourbon and Straight Rye Whiskey, which both have a recommended retail price of £75, and a Double Barrel Whiskey priced at £95 per bottle.

The distribution company responsible for marketing the Dylan whiskies in the UK said there has already been "fantastic interest". They are currently available on Master of Malt and the Whiskey Exchange.

## BEST BUYS

**Chapel Hill Pinot Noir**

**Where:** Waitrose

**When:** Now, until March 10

**Why:** As we're being price conscious this month, I thought I would recommend this Hungarian red - a delicious Pinot Noir that is elegant and silky with classic aromas of red berries and a hint of spice.

**£6.19 (was £7.79)**

**Radacini Sauvignon Blanc**

**Where:** Waitrose

**When:** Now, until March 10

**Why:** Here's another Eastern Europe bargain - from Moldova. With all the hallmarks of textbook Sauvignon, including gooseberry and freshly cut spring grass, this is an excellent choice for parties, simple salads or alfresco dining.

**£5.99 (was £6.99)**

**Toro Loco Organic Red**

**Where:** Aldi

**When:** Now

**Why:** An earthy red wine that's bursting with life. Its origins are in Utiel-Requena - a Spanish region blessed by an amazing climate. Fresh and juicy, this organically certified wine is a perfect partner to pasta and burgers - and it's great on its own, too. The wine was awarded a Bronze medal at the 2019 Decanter World Wine Awards.

**£4.99**

**Makaraka Sauvignon Blanc**

**Where:** Aldi

**When:** Now

**Why:** Another bronze medal winner - this time at the 2019 International Wine & Spirits Competition. Filled to the brim with tropical fruit flavours, this wine is refreshing, crisp and delicious - just the way a New Zealand Sauvignon should be!

**£4.99**



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<sup>†</sup>Based on a selection of national well-being criteria such as happiness and life satisfaction, an average person aged 80 feels as good as someone 10 years younger after moving from mainstream housing to housing specially designed for later living. <sup>#</sup>Subject to availability.

SC006620





## Never Give Up

**I** have yet again had the privilege of someone writing this month's article. This time it is written by one of our nurses, Louise "Working with animals has always been a dream of mine since the age of eight but from a young age my teacher told me because I was dyslexic that I wouldn't reach my goal. I remember coming home from school in tears after the teacher laughed at me saying that I was stupid wanting to be a veterinary nurse. I told my mum I would prove them wrong. With the help of my supportive parents I passed my GCSE and went onto Bishop Burton College where my passion for animals grew. I enjoyed being surrounded by people who had the same passion as myself but I still found studying hard. I was still determined to succeed.

When I reached eighteen, I heard that a local Veterinary practice was looking for a Veterinary Care assistant and I knew I had to get that job. I remember the day as being the happiest of memories. It was raining heavily as I got off the college bus to walk to the Veterinary practice. I was soaked, with my makeup running down my face, clutching and equally soggy copy of my CV, I was more determined then ever to get the job. The head Vet took one look at me and laughed but the following day I had an interview and I got the job. I loved working at the practice and I knew this was what I wanted to do enjoying every part of the job. One day, the teacher who told me I wouldn't become a Veterinary nurse came, in for an appointment with their cat. I can still see the shocked look on her face as I opened the door to call her into the consult room. I stood there with the biggest smile on my face and I wanted to say I told you so...but I could tell by the look on her face that she knew already.



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I got my first dog Tiny whilst working at the practice. He was a little Yorkshire Terrier with the biggest of attitudes. He hated dogs after being attacked by a larger dog on a walk and this is when my passion for dog training grew. I realised I needed to help him cope with walking around large dogs, so I went back to college to study Canine Behaviour and Training. Whilst studying I got another dog called Trudy who loved agility and training. I completed a foundation degree in Canine Behaviour but I knew I still wanted to be a qualified veterinary nurse.

So, I left my first vet practice and joined the PDSA because here I knew I would gain more experience but also qualify to become a Veterinary nurse. The PDSA was an amazing place to gain this experience. I not only worked as a Veterinary care assistant again but also became a qualified assistant which meant I could assist with anaesthetics, help in the theatres, look after the in-patients plus dispense medications. I loved it; it was hard work but it was worth it but I still wished to be qualified and the PDSA was not a training centre.

Then one day a vet who I had worked with at the PDSA contacted me and said that he was setting up a new practice and wanted me to train as a Veterinary nurse. I couldn't believe my luck and so excited. I left the PDSA to begin my training. I finally knew my dreams were coming true. Training to become a nurse was hard, working 40 hours a week, with one day at college and also completing an online diary called NPL plus studying for my exams. I was so stressed but knew I had to do it. Nothing prepares you for the amount of work you have to complete to qualify.

I began to become stressed because college became like school, they did not really believe that I could qualify. One teacher again told me that because I was dyslexic, I wouldn't make a good vet nurse and that crushed me. That is when I began to hate college and started to believe this too. Then one day at a work, a client sent me card and this card has stayed with me up to this day. It read "You were meant to be a Veterinary nurse, the care you showed Cassie (the dog) was above and beyond. Don't give up". I still carry the card in my handbag for when I'm having a bad day. After receiving this card, I knew I had to carry on with my studies. I realised there would be times when I fell but I just knew I would have to get back up. I studied every day and night with my poor mum becoming my study buddy. After 3 long years of study I qualified... I couldn't believe it. I remember the day I found out I had passed. I was driving to collect medication from another Veterinary practice when I received the message on my phone. I pulled over and opened the email. When it began with the word 'congratulations', I just cried, calling my mum who also burst into tears with joy.

I realised then I had to go into the Veterinary practice to collect the maledictions. When I walked in the staff knew I was waiting for my results. I just took one look at one of the nurses and cried "I've passed". I got a round of applause from the practice. I then drove back to my practice and told my boss and work colleagues.

A few days later I got an email from the dean of my college, congratulating me on passing my exams and qualifying but the email was also an apology for the way I was treated at college and how I wasn't given the support I was supposed to have been given. She explained that new measures have been put into play for students with dyslexia and that no other student was going to be treated this way.

I have now been working within the Veterinary industry for 18 years and I am so proud of myself because I have never given up on my dream. I have always carried on with my studies even though people have said no. I am now a qualified dog groomer and trainer. I now work for KINGSTON where they understand my passion for Canine Behaviour and I have started to run behaviour consultations and a puppy socialisation class on a Monday evening which I love doing.

What have I learnt from all this? If you have a learning difficulty, do not let anyone tell you what you can and cannot do. If I had listened to the negativity then I wouldn't be where I am today ..... working with my passion of dogs.

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

As anyone with a Labrador will know, training is always on the go and can take years up to what I call the 'light bulb moment' when everything clicks into place. Tali's recall on the park is still not quite there. Don't get me wrong, she comes back but only within a couple of feet, circling me like a Border Collie herding a flock of sheep! Now I have discovered the enclosed dog fields where members of the public can hire 1/2 an hour at a time. Up to 3 dogs are allowed at any one time and are totally enclosed by a six foot fence. Here I can let Tali off in the knowing that I can do my recall training without worrying. I did take her at the weekend along with my other daughters dogs plus 2 of my grandchildren...and yes it was during storm Dennis! The wind was howling, rain coming down but only for a short while but leaving the ground so deep in mud. The dogs were in their element and so were the children following the dogs into the muddiest areas possible. Needless to say, we not only had to bath the dogs when we got home but also my grandsons.....a great lot of fun was had by all.

*Until the next time....*

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## Quality Water is our Business

### Hard Water Horrors ?

Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water; limescale, soap scum, streaks and spotting . . . the list goes on.

After all the effort and cost of selecting and fitting your new units and appliances it's only natural to want to keep them sparkling and pristine and the one guaranteed way in our hard water county is to find the correct water softener for the property and get it installed as soon as possible.

Immediately after it is installed, a professionally specified and installed unit will protect plumbing, showers and appliances and keep everything at peak efficiency and performance year after year.

Amazingly the softener doesn't stop there, it will also undo the previous years of scale build up in existing plumbing and appliances and over a period of 12 months or so it will gently dissolve away the limescale.

Cleaning and care for kitchen and bathroom is transformed with a softener; no need for harsh chemicals or scrubbing and elbow grease; a rinse and wipe down is all that is needed.

### How will I find room for a water softener, they are huge aren't they?

Well, yes they used to be and indeed some of the older styles and more basic "builder grade" softeners still available are on the bulky side, however the good news is that there are now compact, non electric "consumer range" softeners that are the size of a tower computer, superbly efficient and stylishly designed to blend in.

### Will we need plug sockets and a degree in computers to operate it?

In a word, no. The modern softeners no longer need electric power, they are kinetically powered by water flow and are pre set by our skilled installer to give perfectly soft water all of the time, no dials to set or

flashing lights to look out for, it's all perfectly simple, perfectly soft.

### I don't want to be moving big heavy bags of salt around, has this been improved?

Yes indeed it has, I'm pleased to say, compressed 4kg Salt blocks are now available for certain units, which makes storing and replenishing salt much easier and salt can be delivered direct to your door or picked up from our Hull store as required.



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Soft water will keep your towels and laundry looking and feeling like new.



Hard Water Soft Water  
Enjoy a shiny, limescale-free kettle

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



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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile  
Maker' Branfield

### It's Cleaning Jim, but not as we know it!

Hello again, I hope you are well. My trip to Frankfurt the other week was really good, I learned a lot and am inspired to learn more. I was at a meeting of the German orthopaedic orthodontic society and was the only Brit in the room. I'm used to it now! I got a bit of stick about Brexit from the Australian guy who was presenting his Ph.D. Hey ho.

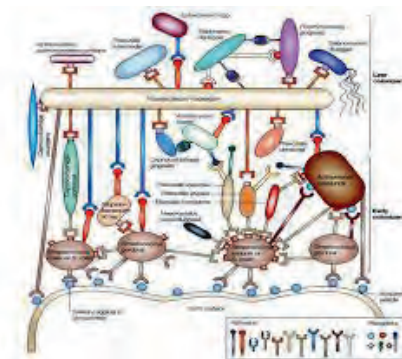
#### It's All About The Biofilm

The biofilm is the layer of bacterial colonisation if not removed effectively, on a daily basis, from the teeth. Think of a sink or shower drain at home. You get a gel like build up that is difficult to remove at times. That's a biofilm on a bigger scale. The biofilm in the mouth is like a mini city of different bacterial colonies that work together for the common good of the biofilm. There are inlets for nutrients and outlets for waste and toxins. Most mouthwashes do not work on a mature biofilm very well at all. You have to mechanically remove it.

*Complex oral biofilm that causes gum disease and decay (pictured top right).*

#### Hygiene Therapy

A dental hygienist or hygiene therapist is part of the dental team who has several roles. Amongst these many roles are: being your dental health personal trainer and coach to try and get you to Olympic gold medal standard in oral health; another is

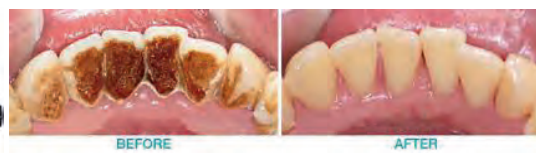


to remove the tartar and plaque (biofilm) build up to treat and prevent gum disease and prevent decay as well as stain removal.

The old fashioned way is to scrape with hand scalers but this is not as effective or therapeutic than modern methods and can lead to teeth being more sensitive in the long run. Then came ultra sonic scalers that vibrate at high frequency with water spray and disrupt the tartar and biofilm to remove them well and with less trauma to the teeth. The water is at room temperature and some people can find it a bit sensitive without being numbed up. This followed by a polish with a brush or rubber cup with a fine abrasive paste. Does this all sound familiar?

#### A Better Way

We are always looking for better at Castle Park Dental Care. We have taken on board the new research and listened to world leaders in this field. We have adopted the Guided Biofilm Protocol (GBT) and invested in some absolutely fantastic new equipment, the EMS Airflo



#### Warm Water

The system actually warms the water so we can say goodbye to temperature sensitivity. The biofilm and thin or loose tartar is removed with a gentle jet of soluble particles (Air Flow). Any remaining tartar can then be removed with the ultrasonic cleaner. The ultrasonic is different as it has less chatter/vibration and again has warmed water. The final polish is with the Air Flow, which is gentle and leaves a smoother tooth surface that reduces stain build up as quick.

#### Great Response

Even people that have always insisted on a 'hand scale' have been converted and are thrilled to bits about the new treatment with Air Flow and GBT. That's where we get our kicks, healthier in a more gentle way.

*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 27 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris' Humanitarian work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).

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For both of the above LPA's £400+VAT  
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Day 8: Quebec  
Day 9: Return to Toronto  
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14 excursions included | 14 meals included

Departs Heathrow

**Tour Highlights:** A day in Machu Picchu, with a train ride up to the site. A day in Colca Canyon. Visit Cuzco, a living citadel. Ride the 1920's style PeruRail Titicaca train through the Peruvian Andes to Lakeside Puno.

**Includes:** Guided tours of Lima, Arequipa, Cuzco and the Sacred Valley.

**Accommodation in:** Lima, Sacred Valley, Cuzco, Puno, Cola Canyon and Arequipa.

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11 Days | 2 November 2021

Departs London Gatwick

**Includes:** Titan Door to Door Service, 12 breakfasts, 5 lunches and 2 dinner.

**Tour Highlights:** Tour of San Jose and Panama City, Tortuguero Canals wildlife cruise and Arenal Volcano.

**Itinerary:**

Day 1: Travel to San Jose  
Day 2: San Jose  
Day 3: San Jose  
Day 4: San Jose to Tortuguero  
Day 5: Tortuguero National Park  
Day 6: Tortuguero - Arenal  
Day 7: Cano Negro Wildlife Refuge  
Day 8: Arenal - Monteverde - Cloud Forest  
Day 9: Monteverde  
Day 10: Monteverde - San Jose  
Day 11: San Jose - Panama City  
Day 12: Panama City  
Day 13: Panama Canal  
Day 14: Panama City to the UK

From **£2,499pp**

Other dates and durations available



## VENICE CITY BREAK

3 nights | 17 July 2020

Departs Leeds Bradford | 3\* Hotel Locanda La Cortel Room only | Trip Advisor rating 4, Central location close the Rialto Bridge

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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.

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.



26 March - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)



### 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 ground-cover; 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.
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.

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## 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  $-15^{\circ}\text{C}$ . They can stay in the ground all year and survive.

**Frost Hardy:** - Can survive to  $-5^{\circ}\text{C}$  but will need protecting during particular cold winters.

**Half Hardy:** - Can survive to  $0^{\circ}\text{C}$  will require winter protection

**Tender:** - Protect below  $4^{\circ}\text{C}$  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 2020

By Kay Gower

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

Legal projects and house moves are positively favoured. Late Spring will be the time period to sign on the dotted line. You will soon have a new project or new job and your mind will be buzzing with what to do next.

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

March will be a good time to broaden your horizons by making the most of opportunities that come your way. The next 4 weeks bring a positive change in your personal life. Be bold, this is your month..

### Gemini (May 22-June 21)

Trying new routines can be like trying on new clothes, they don't always feel comfortable right away, sometimes it's just one little adjustment — and it pulls everything together.

### Cancer (June 22-July 22)

The only caution this month would be to not squander precious times that have been given to you. Don't go looking for problems, just sit back and enjoy what you have.

### Leo (July 23-Aug 22)

Apathy can sometimes be a strategy to buy the time needed to get a better sense of things. An assertive response might be overkill this month. Play your cards.... do what a situation requires and no more.

### Virgo (Aug 22 – Sept. 23)

You make an effort to include someone who seems a little uncomfortable or feels left outside of a situation - because you know what that feels like yourself. A kind gesture from you this month will make a difference in someone's life.

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

Changes that you've been trying to make for a few months now can finally be implemented and the next rung of the success ladder is finally within reach. Trends suggest that some good luck is on the way and might bring a few surprises by the end of the month.

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

You always thought you knew what you wanted out of life, and perhaps you did, but that was then. Things are different now. Ask yourself some questions aimed at finding out what is going to be best for you over the next couple of months.

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

Some people get carried away by 'the moment' and make promises they won't keep when 'the moment fades'. Unhappy people will sometimes make decisions that will make absolutely no sense when their mood changes. You've been warned.

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

Unnecessary drama will not help a strange situation that may crop up this month, but there will always be a drama King or Queen who doesn't know any other way to get the attention they need. There is one of two ways to deal with this situation: be patient or walk away.

### Aquarius (Jan 21 - Feb 19)

The third month of the year serves as a kind of final test in the lessons learned over the last six months. If you skipped a lesson you will have to go back and try again. If you have paid attention, then nothing can take the rainbow out of the sky. A lovely month.

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

The path ahead is clear and at last the drama is over. You may have gone through a tricky time but finally you are out the other side. A change of scene would probably be welcome so try to get out and about if you can.



## Allen Branton Shores - March 1939 to January 2020

The family of the late Allen Shores, would like to express their gratitude and sincere thanks to everyone who turned out to show their respects to a true Cottingham lad born and bred. You certainly gave him an excellent send off.

Thanks go to the Rev. James Hargreaves for his help, prayers and guidance and leading the service, which has been praised by many. Kemps Funeral Directors for their unfaltering, personal, caring and professional service, very well done.

Yannis and his staff at the Hallgate Tavern for their excellent service, food provided was praised by everyone and enjoyed in plenty. Personal attention shown and given to us is very much appreciated. It is an ideal venue for a Wake. Highly recommended, nothing was any trouble to them.

Our thanks and appreciation also go to the Standard Bearers of the British Legion who turned out to pay their respects to one of their own members.

Roselie would also like to thank everyone who sent cards, letters and flowers, on the sad, sudden passing of Allen. All very much appreciated and comforting. Thank you all sincerely.

*Roselie Shores*

### Sudoku Answer from page 12

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

## The Beverley Singers seek new voices

The Beverley Singers are a choir based in Beverley run by volunteers. We raise money each year for local charities by performing concerts two or three times each year in Beverley.

Free taster sessions are on the following dates:-

Monday 9th March 2020 - 1:30pm to 3:30pm

Monday 16th March 2020 - 1:30pm to 3:30pm

Monday 23rd March 2020 - 1:30pm to 3:30pm

Monday 30th March 2020 - 1:30pm to 3:30pm

To book a free taster session please call Diane on 01482 866065.

All sessions are being held at The Toll Gavel Church Hall in Beverley, (side entrance) where we rehearse every week.

Single/married ladies, single/married men and couples are all welcome.

There are NO auditions, you do not have to read music and are never asked to sing alone.

Singing just brightens your day.

The Beverley Singers is a mixed choir and we perform two or three concerts each year to raise money for local charities.

We are members of 'The National Association of Choirs.'



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## Circular walk from Thixendale through Kirby Underdale

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

**Region - Yorkshire Wolds**

**Author - Donald Morton**

**Length - 8.5 miles / 13.8 km**

**Ascent - 1100 feet / 333 metres**

**Time - 5 hours 20 minutes**

**Grade - easy/mod**

**Start - OS grid reference SE843611**

**Lat 54.038998 // Long -0.714243**

**Postcode YO17 9TG (approx. location only)**

This walk in the Yorkshire Wolds provides a mixture of walking through quiet secluded dales and across the wide open spaces of a limestone plateau with extensive views over the Vale of York. It starts and finishes in the village of Thixendale which has a pub and a small shop.

The Yorkshire Wolds is one of those less frequented places which when found are truly rewarding. The Wolds is a chalk plateau criss-crossed by dales which on the western and northern sides are deep, steep-sided and winding. They provide secret secluded places while the plateau provides a feeling of space and at the scarp edges wide views. This walk is a mixture, starting up Thixendale from the eponymous village, walking on the scarp edge overlooking the Vale of York and returning down some other delightful dales. Some of it is on roads, but they are very quiet, and it was our experience that the local drivers are very considerate of walkers.

Park outside the church in Thixendale village (Not shown on OS Landranger 100 but at grid ref. SE843611). With the church on your left walk out of the village, passing the village shop on the right and the road to Uncleby. Look for a bridleway sign post on the left just before the road swings right. Follow this bridleway soon swinging further left (waymark) up Thixendale.



Follow the valley bottom: where it divides take the right fork through a gate. Continue following the valley bottom and at the top reach Thixendale Grange. Go through a gate, turn left and follow the farm drive out to the road.

Turn left along the road. Now to the right you can look over the Vale of York. Look out for a finger post on the left pointing right. Here turn right and follow the footpath down the field edge - hedge right - now facing over the Vale of York. At the end of the field turn left and continue to follow the field edge to a gate. Turn right through the gate and follow a line of hawthorns down to a gate and then still straight on to a second gate. Here turn left and then right to follow the field edge - hedge on left - still downhill to a cross path. Turn left through a gate and go over a field to join a farm track which is followed straight on to a road. (When you dip down to cross a small brook, this almost insignificant feature is the boundary between the ancient North and East Ridings and you have now passed from one to the other.)

When you reach the road turn right and, at the next junction, left to go through the small village of Kirby Underdale. Follow this road through the village, mentioned in the Domesday Book, down past the church on the left, and then up through the hamlet of Painsthorpe to a T-junction. Turn left and again there are views over the Vale of York. Very soon turn right up the first farm track and follow this bridleway past Painsthorpe Wold Farm. Follow it round when it turns left but when it turns right leave it to go straight on through a hedge gap and then turn right (back into the North Riding) to follow the field edge - hedge on right. Look out for a gate in the hedge with waymarks.

Go through this and turn left to go under a large tree where you should pick up a disused cart track and you leave the plateau, going down into Worndale on your left. Follow this little used dale along its floor until you go through a gate and come to a junction of dales. To the right is Bradeham Dale but you turn left to follow the Wolds Way along the floor of Grass Dale through a couple of gates straight on to a road. At the road turn right and, after passing two roads coming in from the right turn left back into Thixendale village.





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## What's On - Continued from page eight

### ParkinsonsUK - Hull and East Yorkshire Group Meeting

We meet every third Sunday, from 2.00 pm to 4.00 pm in the Cottingham Civic Hall, Market Green, HU16 5QG. Contact Steph Houlst 07542 096756 or [parkinsonsukhullbranch@gmail.com](mailto:parkinsonsukhullbranch@gmail.com). Helpline 0808 800 0303.

### Musical Memories

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

### Wolfreton Park Bowling Club

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

### Card making classes

Every Monday (except Bank Holidays) at Cottingham Methodist Church hall - 1.30pm to 3.30pm. New members welcome, all levels. Contact:- Ann on 07932 833 578 for further details.

### Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

### Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6.00 pm., for both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Chris 01482 849124.

### The Arterian Singers

Meet at Cottingham Methodist Church, Hallgate, Cottingham on a Tuesday evening at 7.30pm. The Choir welcomes new members in all sections. We sing a variety of music, no audition is required. We are currently rehearsing John Rutter's Requiem and other pieces in preparation for our April Concert which will be held at St. Mary's Cottingham. If you are interest ring Maureen 845363 or Janet 849415.

*Continued on page 36*

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## Mandatory electrical checks

The Government has proposed detailed regulations for enforcing mandatory five-year electrical safety checks in the private rented sector from July this year. They still require approval from both the House of Commons and the House of Lords before they come into force at the time of writing.

The draft regulations propose that, from 1 July 2020, all new private tenancies in England will need to ensure that electrical installations are inspected and tested by a qualified person before the tenancy begins. The landlord will then need to ensure that the installation is inspected and tested at least every five years – and more often if the most recent safety report requires it.

For existing tenancies, an electrical safety test will need to be carried out by 1 April 2021, with regular tests following this as outlined above.

The regulations will apply to all properties across the private rented sector, including houses in multiple occupation (HMOs), although lodger arrangements where the tenant shares accommodation or amenities with the landlord or their family are excluded.

A 'qualified person' for the purposes of these regulations is a person competent to undertake the inspection and testing required and any further investigative or remedial work in accordance with the electrical safety standards.

Local authorities can impose a financial penalty of up to £30,000 for a breach of the regulations. Where there are multiple breaches, the local authority can impose multiple penalties.

### Electrical Safety Reports

Once the electrical installation has been tested, the landlord must:

- Ensure they receive a written report from the person conducting the inspection, which includes the results

and the required date for the next inspection

- Supply a copy of this report to each existing tenant living in the property within 28 days of the inspection
- Supply a copy within seven days to the local authority, if they request a copy
- Keep a copy of the report until the next inspection and give a copy to the person undertaking the next inspection.

### For new tenancies, the landlord must:

- Give a copy of the most recent report to a new tenant before the tenant occupies the property
- Give a copy of the most recent report to any prospective new tenant who requests the report in writing, within 28 days of receiving such a request.

### Remedying Faults

If the electrical safety report identifies a fault or potential fault, which the landlord must either investigate further or repair, the landlord must ensure further investigations or repairs are completed by a qualified person within 28 days of the inspection, or within the time-frame set out in the report if this is shorter.

Following these further investigations or repairs, the landlord must ensure they receive written confirmation that these have been carried out and that either the electrical safety standards are met, or further work is required.

This confirmation must be supplied to each existing tenant within 28 days of the work being undertaken, along with the original report identifying further work is required.

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](mailto:menglish@home-link.co.uk) 01482 875248 or contact through Cottingham Times directly.

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

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**M**elanie has been in business since 1985, in Skidby, East Yorkshire. She has been a leading light in the UK for horse behaviour modification using behavioural science, learning theory and LIMA principles (least invasive, minimally aversive)

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Melanie is the UK's very first professional positive reinforcement yard to adopt force free training based on marker (clicker) training as the base of retraining complicated and traumatised horses and introducing young horses in to the human world.

Although she works cross species (zoos, dogs and anything in between) Melanie is ostensibly a horse behaviour specialist.

Melanie provides talks, seminars, presents at conferences and runs workshops to pet owners, animal trainers, zoos and regularly guest lectures at various universities and colleges across the UK.

Other venues includes business networking and charity events where Melanie captures the correlations in behaviour between the human animal and animals in

34 March - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)



general. There is much to learn about our own feelings, emotions and reactions when compared.

Understanding behaviour, what drives behaviour, why unwanted behaviour keeps happening and how we can shape positive new behaviours is a fascinating subject and one which effects every one of us as we interact with family and friends, workplace colleges and employees.... as well as with our pets of cause.

I have a Foundation course running here in Skidby on April 11th- details and tickets can be found on Eventbrite.

If you are interested in having me come along to speak at one of your Business Networking events, Charity fund raisers, Education centres, riding clubs, dog training clubs or any where else, then please fell free to contact me on:-

**07720 758425**

[melanie@instinctivehorsetraining.co.uk](mailto:melanie@instinctivehorsetraining.co.uk)

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



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## Fitmums introduce Walk Hull - West Park

**W**alk Hull - West Park is a community walking initiative designed to encourage people to walk in Hull's West Park. It combines signs in the park with an easy-to-use smartphone app which tells walkers exactly how far they have travelled.

Whether people want a gentle stroll or an active power walk, they can use their smartphones to track the distance they cover by scanning the Walk Hull QR codes located on the seven signs placed around the park. When they finish, the Walk Hull app will tell them how far they have walked that day, as well as the combined efforts of everyone that has used the Walk Hull scheme so far.

Sam explains: "Walking, particularly in green spaces like West Park, can have massive benefits for our physical and

mental health. We are delighted to be launching this new walking scheme which we hope will encourage more people to come along to the park and enjoy a walk here".

"The app is really easy to use and, as well as showing people how far they have walked on any one occasion, it also lets people know how far the whole community that has used the scheme at West Park has travelled. We hope this feature will encourage people who live around West Park to come out and enjoy all of the benefits of a lovely walk in the park."

Funding for Walk Hull - West Park has been provided by the Public Health Department of Hull City Council and Hull Culture and Leisure, Leisure Service to support sustainable physical activity. Councillor Marjorie Brabazon, Chair of Hull Culture and Leisure says: "We are delighted to be working with Fitmums & Friends on the development of Walk Hull - West Park. This is an exciting, innovative yet simple scheme that we hope will encourage more local people to come along to West Park to enjoy a nice walk."

Julia Weldon, Director of Public Health and Adult Social Care at Hull City Council, says: "Anything that encourages us to be active and provides opportunities to do so is very welcome. Not all of us are aware that just ten minutes of brisk walking counts as exercise and, done regularly, can help a range of health issues including high blood pressure, lower back pain and risk of developing type 2 Diabetes. This initiative is a good way to move more and thoroughly explore one of the fantastic public parks we have here in Hull."

"Fitmums and Friends are an absolutely fantastic group of volunteers who support hundreds of people in the city to get active and stay that way. They've put a lot of work into developing this project and, as with all the work they do, it's firmly anchored in local need".

For more information and to download the Walk Hull app, please visit [walkhull.fitmums.org.uk](http://walkhull.fitmums.org.uk).



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### The Cottingham Bowling Club

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

### 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.

### 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.

### 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.

### Butterflies

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

### St. Mary's Church, Cottingham

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

### Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 29 teams (19 Boy's teams at under 7 to under 17 level, 1 Youth's under 21's team, 5 Girls teams at under 8's to under 14's level, 1 Men's team, 1 Ladies team, 1 Veterans team and an Ability Counts team), as well as an academy for 4 to 6 year olds, a Wildcats Girl's Footballing Centre and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website "[www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk)".

### Zion United Reformed Church, Hallgate

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

### Play Badminton

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

### Fitmums & Friends Run, Walk

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

### 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 Bridge Club

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

### Thursday Fun

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

*Continued on page 45*



*Make it a Special  
Mother's Day*



**Sunday 22nd March**  
**For Reservations (01482) 848419**  
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## Free ebooks, eAudiobooks and eMagazines from East Riding Libraries

Anybody whose New Year resolution was to try to save money should consider stopping paying for eBook, eAudiobook and eMagazine subscriptions, as they are all FREE at East Riding Libraries.

EBooks, eAudiobooks and eMagazines are all available to download free for East Riding Library members.

Thousands of customers have already registered to use this free service. For example, in December 2019, library users downloaded over 2300 eBooks, 2500 eAudiobooks, and 7300 eMagazines, saving hundreds of pounds.

The most popular eMagazines downloaded by library users in December were Hello! Magazine, Auto Express, Woman's Own, New Scientist, Amateur Photographer and 25 Beautiful Homes, to name just a few of the 50+ popular titles available free.

Councillor Shaun Horton, portfolio holder for tourism, culture and leisure, said: "This virtual library offer means customers can download eBooks, eAudiobooks and eMagazines from anywhere with an internet connection, straight to their device, meaning it's more versatile than ever before."

"Another great benefit is that the eBooks and eAudiobooks automatically return to the library, so there are no possible fines, and can be easily renewed if unfinished."

To join, or have a look at the catalogue, visit [eastridinglibraries.co.uk](http://eastridinglibraries.co.uk), or visit any East Riding Library.

## A big 'Thank You' from the Cottingham Food Bank

Dear supporters of the Cottingham Food Bank. We had a marvellous response to our request for help over the Christmas period.

We had so many donations that we had problems dealing with them all, but it did enable us to give a little extra help over this period of the year.

Our work continues throughout the year and we are always grateful for your donations of groceries and money, but we are especially grateful for your Christmas gifts.

Many thanks to you all.

*Ellen Holborn (Management Committee)*

## Caring Dentistry

Mr Porter has finally retired altogether and handed the reins over to Christos.

He now divides his time between feeding the ducks on Walkington pond and tending a small herd of tortoises in Southern Greece.



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## Hallgate Primary School Children Launch New Reading Hub

Pupil librarians have launched a brand new amazing library at Hallgate Primary School to encourage more staff and pupils to read for pleasure and to foster a love of books.

Hallgate Primary School used to keep their books down corridors where children could not access the books on a regular basis. An old disused computer room has been transformed into a reading hub with exciting new art work and reading dens for the children to immerse themselves into.

Pupil librarians launched the library themselves and thanked

the Cottingham Parish Council, Hull and East Riding Charitable Trust, The Hobson Charity and The Foyles Foundation for the money they donated. The children also thanked the Friends of the School for their fabulous efforts in raising funds.

As a school community Hallgate are passionate about the power of reading to engage, excite and transform children's learning. Hallgate value the importance of exposing children to a broad range of literature and curriculum topics have a high quality text as a starting point. 'A Good Book' is an essential first ingredient for planning learning across the curriculum.



Research shows that only one quarter of children access reading for pleasure at school. Hallgate Primary School have vowed that children will be given more time to read for pleasure and children will foster a love for reading. Regular visits to the library are now an essential part of the school curriculum and school day.

Headteacher Chrissie Shiels said "Our new school library is amazing! Mrs Mitchell and the librarians have worked incredibly hard to develop the library and it looks fantastic. The children across school have really enjoyed visiting the library and the feedback from them has been really positive. We are confident that having this new library will support us in developing an enthusiasm for reading and writing."



## Andrew Reid Travel 2020

### Forthcoming events for 2020

"Just for you." Senior Sunday's; Beginning March 15th

Day's away with Inclusive Carvery **£47.00**

Love Yorkshire "The Tour" March 30th / May 25th / August 10th

A four day tour of Yorkshire 3nights D/B/B all inclusive **£225.00**

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Edinburgh & Britainia ; April Sat & Sun 4th & 5th / June Sat 6th & Sun 7th

A two-hour tour of the Royal Yacht Britannia

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Easter in the Cotswold's 4-days-3-days D/B /B All inclusive **£325.00**

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Scotland & Royal Deeside 5-day's 4-nights D/B/B **£385.00**

June Monday 15th- Friday 19th / August Mon 10th -Fri 14th

Staying at the Rosemount Hotel Pitlochry

Scotland & Royal Deeside; 5-Days-4-nights D/B/B **£325.00**

June; Mon 15th- Fri 19th /August; Mon 10th - Fri 14th

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## Hull CHA Rambling Club

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

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £12.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road, Market Green, COTTINGHAM (new) and Beverley. **PLEASE NOTE NEW PICK UP POINT IN COTTINGHAM!!**

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Pick up in the City Centre is 9.00am during the Autumn and Winter months.

All walks have leaders.

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

The 'B' walk- a steady paced 7 to 9 miles.

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

**Sunday 15th March: Thornton-le-Dale circulars.**

**Sunday 29th March: North Frodingham circulars.**

(Clocks go forward on 29th so the coach will pick up in the City Centre at 8:30am).

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on [sue@ sueoleary.co.uk](mailto:sue@ sueoleary.co.uk) or telephone 07767420646 or Pauline Borger on [Pauline.borger223@btinternet.com](mailto:Pauline.borger223@btinternet.com) or telephone 07929 933323.

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

Like us on Facebook: The Hull CHA Rambling Club  
**NEW WALKERS ARE ALWAYS WELCOME.**

## Phoenix Walkers

If you like walking in the countryside/a social day out.

Then why not 'Put your boots on' and join Phoenix Walkers for a brilliant day out. We are a very friendly walking group with walks on alternate Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

The coach picks up outside Hull Truck Theatre on Ferensway Hull at 8-30am Beverley Road around 8-45am and Cottingham Green around 9am.

Coach fare £10.

You may come three times before deciding to join us (£10 fee)

Two levels of Walks

A Group 8-10 miles

B Group 5-7 miles

Shorter walks, a stroll of about 3 miles or so may also be

available depending on the location please enquire.

Walks are with leaders and are risk assessed.

Sunday 8 March Towthorpe / Pocklington

Sunday 22 March Sinnington / Rosedale North Yorkshire

For further information and to book your seat on the coach please ring Sid&Sue 01482 701325. email [phoenixwalkingclub@outlook.com](mailto:phoenixwalkingclub@outlook.com).



## Haltemprice Lions present cheque for £250 to MIND

“Haltemprice Lions' President, John Hall, and his wife Andrea presenting a further £2500.00 to the Mind organisation for support to young persons in the area who suffer from mental disorders.

Also in the picture are Emma Dallimore and Emily Normanton of the charity MIND.”

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - March 39

## Special offers on Bridlington chalets

East Riding of Yorkshire Council's coastal services team has unveiled special offers on chalet hire in Bridlington.

People who book either one midweek day, or one whole week, in low season will receive another absolutely free. The beach chalets in Bridlington are located at Princess Mary Promenade, North Marine Drive, South Cliff and Belvedere. They are the perfect base for a day on the beach, equipped with power and access to running water.

Coastal services manager Kirsty Salisbury said: "The chalets are hugely popular, and make an ideal base to relax and enjoy a cup of tea or a sandwich!"

Bookings must be made in advance, but can be taken between 21 March and 17 July, and are subject to availability. The cheapest week will be free, subject to availability, and the free

week must be taken this year- the offer does not include May half term holiday.

Bookings can be made by calling 01262 678255, or by emailing [foreshores@eastriding.gov.uk](mailto:foreshores@eastriding.gov.uk).

The team can also offer Spring Lets on chalets in Bridlington – eight consecutive weeks' hire from 21 March to 15 May or 28 March to 22 May. Spring Lets offer the chalets at the buy one get one free price with a small additional discount.

Kirsty Salisbury added: "Spring Lets are selling fast and numbers are limited, so if you would like a longer let in a chalet over spring at a discounted price, please contact the team."

Payment in full is required at the time of booking.



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## Council secures Government funding to provide more electric vehicle charging points

Fourteen extra charging points for electric vehicles will soon be available in locations across the East Riding thanks to a Government grant.

East Riding of Yorkshire Council has secured a grant of £50,000 from the Office for Low Emission Vehicles to provide seven electric chargers which will be located in council car parks in Bridlington, Anlaby, Cottingham and Beverley and will provide 14 charging points.

The new chargers, which should come into use in the spring, are in addition to the council's three year plan to introduce a network of points to towns and villages across the East Riding.

These 14 points will be in addition to the 12 points currently in operation in Pocklington, Withernsea, Hessle, Bridlington, Driffeld, Goole and Howden.

By the end of the year, Market Weighton and Hedon will also have chargers installed and there will also be a charging point at the new East Riding Leisure Hornsea when it opens in spring.

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The points provided by the council are fast chargers which take around four hours to charge and parking while charging a vehicle is currently free of charge.

The council's charging points are managed by PodPoint and owners of electric vehicles need to register for a free account via their website or app before charging their vehicle for the first time.

Councillor Chris Matthews, portfolio holder for strategic management at East Riding of Yorkshire Council, said: "The council has been investing in a network of charging points across the East Riding so to have secured funding for extra chargers is great news.

"Making charging points more readily available will hopefully encourage more drivers to consider the environment when buying a new vehicle."

Private EV points, such as those at Flemingate in Beverley, are also available for use by the public and provide complementary facilities to those provided by the council.

For further information go to <http://eryc.link/chargingpoints>



## Hull Ladies Choir present cheque for £400 to Cottingham Civic Hall Trust

A cheque for £400 has been presented to The Cottingham Civic Trust by the Hull Ladies Choir from the money raised at the choir's concert in December.

The cheque was presented to Ian Start, Chairman of the Cottingham Civic Hall Trust by Chris Lake, Chairperson of the Hull Ladies Choir.

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## Come What May - The Ultimate Tribute to Moulin Rouge Parkway Cinema, Beverley - Sunday 22nd March 7:30pm

**S**weeney Entertainments and Sisco Productions proudly presents Come What May, The Ultimate Tribute to Moulin Rouge!

Enjoy this all-singing, all-dancing extravaganza as you enter the secret world of one of the greatest movie-musicals of all time.

Bursting at the seams with timeless classics including Come What May, Your Song, Diamonds Are A Girls Best Friend, Roxanne and Lady Marmalade plus hit songs from The Greatest Showman and other iconic movie musicals.

Travel back in time as the children of the revolution take you on a thrilling non-stop journey into the sexy, disreputable and glamorous underworld of Paris.

Sweeney Entertainments, co-founded by Julie and Peter Sweeney, has been providing a wide repertoire of top- quality touring shows for theatre and corporate events for over fifteen years both in the UK and internationally and now boasts a repertoire of fourteen touring productions. Julie said "This is our most exciting new production for 2020. The songs of Moulin Rouge are unforgettable...a spectacular combination of classic songs brought to life under the glitz and glamour of the Moulin Rouge."

It's a 'Spectacular, Spectacular' evening of unforgettable dancing, dreams, adventure and above all - love.

**Parkway Cinema, Beverley – Sunday 22nd March 7:30pm.**  
**Tickets £21.50. Box Office: 01482 968090.** Book Online: <https://beverley.parkwaycinemas.co.uk/Browsing/Movies/Details/m-1000001998>. [www.sweeneyentertainments.co.uk](http://www.sweeneyentertainments.co.uk).



## Spring into Fitness in 2020

**A**s thoughts start turning to warmer days, East Riding Leisure is urging residents to 'spring into fitness' with a range of special offers which are only available for a limited period.

A one-month Premier membership – including the full package of exercise classes, gym, swim and sports hall use at all nine East Riding Leisure Centres – is now available for £19.50, saving over £13 on the normal price.

In another offer, six months for the price of five are available on Premier, Crew Card and \*Sunlight memberships, which also allow access to all facilities. (\*Sunlight membership access from 9am to 4pm.)

These offers also include access to the HealthPlus programme, which offers three sessions with a fitness consultant to help members to achieve their goals.

The offer is available until Tuesday, 31 March, 2020.

Councillor Shaun Horton, portfolio holder for tourism, culture and leisure, said: "I hope these special offers will encourage lots of people to spring into action to take advantage of these great membership packages to help improve their overall health and wellbeing."

For full details, and news of all facilities and special events and offers at East Riding leisure centres, visit [www.eastridingleisure.co.uk](http://www.eastridingleisure.co.uk) or visit your local East Riding leisure centre. Follow on Facebook EastRidingLeisure and [twitter@ERLeisure](https://twitter.com/ERLeisure).

## Beverley Art Gallery and the Treasure House unveil exciting programme for 2020

**B**everley Art Gallery and the Treasure House have unveiled a varied and interesting programme for 2020, with exhibitions ranging from local attractions like The Yorkshire Wolds to the delights of Japan.

Highlights of the coming year include:

**Reading the Landscape - Photographs and Words** Inspired by Walking the Wolds, which opens on 7 March. Photographer Peter Heaton, who lives near York, has been out walking in the Wolds taking black and white photographs which he has then added words to.

From 14 March, **'Journey Into Abstraction'** will be a retrospective exhibition of the contemporary British artist John Sprakes, whose career spans over 60 years of painting and shows. His canvases often showed still-life compositions with a sense of mystery, as well as landscapes from all over the UK. John's work was very well received and he exhibited numerous times across the whole country.

From 13 June, Beverley Art Gallery will host the **162nd Royal Photographic Society exhibition**, bringing a true richness of new talent from all over the world. Themes include the current



## VOLUNTEER'S OPEN EVENT

**Cottingham Shop, King Street, Cottingham**  
**Thursday 5th March 9am - 12pm**

On Thursday 5th March 9am - 12pm our shop on King Street, Cottingham is having a drop-in Open Event for potential volunteers. We are open for anyone interested to drop in with the chance to speak to the managers and the team, learn how the shop works and see how they might be able to help.

**For further details**

**Visit** [dovehouse.org.uk/volunteers](http://dovehouse.org.uk/volunteers)

**Call** 07805173364

**Email** [volunteers@dovehouse.org.uk](mailto:volunteers@dovehouse.org.uk)

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environmental situation, unexpected views of nature, and many intriguing aspects of contemporary society The RPS has provided a platform for the best international contemporary photographers for a number of years and it is a great privilege for Beverley Art Gallery to be able to host such a prestigious exhibition.

Starting on 19 September, 'Reflections of Japan in the East Riding' will be showing items that relate to Japan from across East Riding Museums, with a local collector of Japanese crafts to show their fantastic works. The focus of the exhibition will be to show a collection of 20th century Japanese toys made in the ancient folk way. But it's not all about looking back: the exhibition will bring in a group of Japanese exchange students from Hull University and Ochanomizu University in Japan, who will work on the exhibition. The exhibition has been endorsed by the Japanese embassy and will be made part of the official Japan-UK Season of Culture.

From 19 September there will be Hidden - Cold War Women. The exhibition is a project with photographer Lee Karen Stow who has been interviewing and taking photographs of women who worked at the Cold War RAF bunker at Holmpton, but also who worked at other bunkers in the area or as part of local council "civil defence" departments. There are also images of women who were involved in the peace campaign.

The year will be rounded off, as always, with Open Art from 4 December, and there will be special events connected to all the exhibitions as the year goes on.

Councillor Shaun Horton, portfolio holder for tourism, culture and leisure, said: "This is a wonderfully varied programme at Beverley Art Gallery and Treasure House this year, which will appeal to many different audiences, from local photographers to lovers of the Far East! Congratulations to the team at the Art Gallery for putting all this together, and I look forward to another big year at this popular venue."

For full details of Beverley Art Gallery and the Treasure House, visit <https://www.eastridingmuseums.co.uk/>

## East Riding Rangers Blacks U8 looking to add new players

East Riding Rangers Blacks U8 in Cottingham are looking to add players to their squad as they prepare to move to 7v7 in September. They are currently a league 1 team who play in the Hull District Youth Football League (HDYFL) on a Sunday.

We are a fully inclusive team and put great emphasis on individual player and team development and enjoyment over any other outcome. The manager of the team has a FA Level One coaching certificate, along with all relevant DBS, safeguarding and first aid qualifications.

If you are interested in joining these talented and friendly lads, please contact the Teams manager Andy Crawshaw on 07834 544931.

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

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### Addictions:-

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



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### Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 5, both hardball and softball. We run four Saturday sides and teams at U9, U11, U13 and U15 and also Girls teams and a Ladies team together with an Over 50's side. All new players of any ability are welcome. Training starts in January with Indoor Nets, (Hardball) at Sirius Academy North for all age groups, Seniors and Ladies on Wednesday evenings 6.00pm till 9.00pm and at Cottingham High School (Sports Hall), (softball based) for ages 6-14 on Saturdays 12.30 pm till 2.30pm until Easter. Summer training for Juniors is Friday evenings, Ladies are on a Thursday evening and the Seniors on a Wednesday evening. For more information and details please contact Rob Rhodes on 07810796442 or email [cottinghamcc@hotmail.co.uk](mailto:cottinghamcc@hotmail.co.uk).

### The Orchard Stroke Group

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

### Calligraphy, Quilling and Folk Art classes

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

### Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday and Saturday from 10.30 am to 12.00 noon, 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!

### The Cottingham Whist Club

Every Wednesday afternoon 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information telephone Jill 843253 - or Pat 07531 762 593.

### 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](mailto:philme79@gmail.com) for further information.

Continued on page 46

**Cottingham Food Bank Can Help You**

Are you finding it more difficult to live within your means?

Are you looking for some help to make life a little easier?

**WE CAN HELP**

We are open to **EVERYONE**

You **DO NOT** need to be in receipt of benefits to come along

You **DO NOT** need to have a voucher or be referred by an agency to come along

Our door is open to **YOU** and **YOUR FAMILY**

We are open Wednesdays and Saturdays from 10.30am to 12 noon and can be found in the annexe behind Zion UR Church, Hallgate, Cottingham, HU16 4BB

Email: [cottinghamfb@gmail.com](mailto:cottinghamfb@gmail.com) Tel: 01482 845920

## 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. Three 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](http://www.hullzingari.play-cricket.com) and on facebook and twitter

## Haltemprice Dolphins Swimming Club

Every Thursday night. Some of our members have physical disabilities, whilst others have more hidden disabilities. The sessions are ideal for people who are recovering from strokes, heart attacks and other medical or hidden problems. Most of the people we help have achieved much more now as they have needed, and received, extra support. We actively encourage family and friends of disabled members to join us in the pool, as this encourages the social side to the club. There is an aqua aerobics half hour at the beginning of each week for those who would like to join in and keep fit. There is a charge of £2.50 per session for disabled and family members. (Carers are not charged.) Sessions are on Thursday nights from 7.30 to 9.00. For more information tel: D. Thomas on 01482 844815.

## Crossword solution from page 14

1	T	A	M	P	3	E	R		4	B	I	C	Y	C	7	L	E	8	D
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## Yoga

Yoga is something you may or may not have tried. Perhaps you practice yoga all of the time and wouldn't want to live without it. Or maybe you find it a little strange and put it into the category of "new age" therapies that are not for you. It helps to gain a better understanding of what it is really all about in order to demystify it. Let us delve into the philosophy that underlies yoga.

Yoga is a holistic therapy that has as its purpose the redirecting of negative energy and stress in order that stress will not have the opportunity to build up in the body and lead to problems in the form of disease and illness. In fact the preventative approach is what makes up most holistic practices.

Yoga practitioners (also sometimes referred to as yogis) feel that what we want most from life is to find joy and happiness.

However they believe that many people settle for so much less. They feel that at some point in time the desire for deeper and lasting happiness is something that everyone wants to find. This is what yoga seeks to do – discover a deeper feeling of bliss that comes from inside, as opposed to fleeting pleasures that come from the outside.

If a person feels that their life is lacking in bliss, joy and a sense of purpose then yoga can help them to find meaning that comes from within, as opposed to meaning that is sought through external avenues such as their work or the money they earn. Yoga is something that can be practiced at any age but many people do not make it a part of their lives until they find themselves needing more from their lives than they presently are receiving.

As the spirit evolves in your life (which is what yoga taps into – the spirit that lies within everyone) an individual can discover a greater sense of both peace and tranquility within themselves. This comes from the core of what makes you who you are.

As your life progresses and your spirit grows wiser and more insightful you are brought to a new stage of your life in which you yearn for a greater sense of well-being, and want more happiness, joy and peace. Yoga can help bring you that. You can work towards renewing and enriching your spirit and this can motivate you to higher stages of growth.

Yoga comes out of a Buddhist tradition and got its start in China. It has been practiced there for centuries where it is widely popular. Here we have looked at yoga in an abstract manner. If you are the kind of person who prefers concrete concepts then yoga can best be described as being "an applied science of the body and the mind."

Practicing yoga regularly and not just once in a while can benefit you physically in that it helps with balance and poise as well as helping to keep the body strong and healthy. It helps you to grow, develop and thrive. It works well when combined with a healthy lifestyle of eating nutritiously and getting plenty of physical activity. Yoga can centre your mind and keep it calm, serene and clear which will enable you to turn your focus inwardly to listen to your spirit.

Yoga can help many to discover a path they didn't know existed and which leads to true happiness and fulfilment.





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