

# Cottingham Times

and District

Issue 252 - March 2023



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## A word from our chairman

At The Manor House, we have prepared to welcome Spring with open arms.

Our residents have had the opportunity to showcase their arts and crafts skills, from making bird feeders to weaving their own tartan!

It was also a delight to welcome back local guitarist and The Manor House favourite, Matt Jones-Green. Matt ensured our residents were ready and raring to sing along to traditional Scottish songs.

We paid a visit to China by indulging in Chinese cuisine, tucking into everything from spring rolls to noodles. We wish our Chinese friends a happy and prosperous New Year!

If you want to find out more about The Manor House, please contact our manager Leanne, who will be very happy to help: [leannehatch@parklanehealthcare.co.uk](mailto:leannehatch@parklanehealthcare.co.uk)

Chris Mitchell, Chairman

# Feed the Birds, tuppence a bag...

As winter continues to bite, we were more than happy to help our little feathered friends by building birdfeeders.

Now hung on the trees outside, and in full view from our cosy rooms, we look forward to attracting and observing many hungry birds in the coming weeks.



# Chinese New Year Celebrations

Residents welcomed in the Chinese New Year...of the Rabbit by making 'lucky' rabbits for 2023 and, of course, Chinese lanterns.

The story of the Animal Race, along with clips of Chinese New Year Parades and fireworks, drew much interest. The Chinese spring rolls and noodles also went down a treat! Although some training in how to use chopsticks may have been needed!



# Burns Night Boogie

In honour of the Scottish Poet, Robert Burns, our residents got stuck into weaving their own tartan and painting the Scottish flag.

Thanks to local guitarist Matt Jones-Green, residents got the chance to

sing and clap along to traditional Scottish songs, as well as tasting haggis, neeps & tatties - which were given the official 'thumbs-up'.

We all look forward to welcoming Matt again soon.



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## THE COTTINGHAM TIMES

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## In Cottingham and District

*The deadline for entries in the April 'What's On' section, is no later than the 10th March.*

### The Hardy Plant Society - East Yorkshire Group

Thursday 1st March - Alastair Fitter - One Man Went to Mow, How to Create a Meadow. Meet at 7.30 Lund Village Hall, YO21 1EF. Guest welcome.

### Yorkshire Countrywomen's Society - Kidby Branch

Thursday 1st March - at 7.30pm. Our guest speakers will be Ben and Margaret Ellsworth's giving a talk "Through the Eyes" as they see it. Promises to be a really interesting and jolly evening. Members and guests welcome, please contact Celia 01823 830100 for more information on this event or future ones.

### World Day of Prayer Service

Friday 3rd March - at St Mary's Church, Hallgate at 2pm. A service for everyone. This year's service is prepared by the women of Taiwan entitled 'I have heard about your faith'. All are very welcome.

### Cottingham Men's DeLuda Society

Wednesday 8th March - Rob'n Russell - Singapore, in the Willerby and Kirkella Social Club 5a Main Street, Willerby HU10 6BY. We meet at 1.30pm for 20pm. Cost per meeting (including the drink) is £4.

### Hull Alpha Probus

Club for retired or semi-retired professional people meeting on alternate Thursday - new members welcome.

Contact the Secretary on 01482 81414

10th March at 10.15 Coffee meeting upstairs at Kristoff's.

21st March at 12.30 Lunch meeting with speaker at The Blue Bell. Subject 'Hull Fair' given by Paul Schofield

### Cottingham Amateur

Thursday 9th March - at 2pm in the Daryl & Joan Hall. Kathleen Barnett will give a talk on 'Making a Difference', which will be followed by the usual tea/coffee and biscuits. For further information or queries visit [www.uasites.org.uk/cottingham](http://www.uasites.org.uk/cottingham)

### Cottingham Catholic Women's League

Monday 13th March - Catherine Scott - A Woman with a View. We meet in the Garden Room at the Holy Cross RC Church, Carrington Ave at 7.30pm.

### Hull's Stamp and Postcard Club

Wednesday 15th March - in the Arlington Hall behind St. Mary's Church, Hallgate. HU16 4DD at 1.30pm. Graham Winters of Wakefield is bringing some of his rare and interesting postcards. All visitors are very welcome. Contact Robert McMillan 01482 81414

### East Yorkshire Association of the National Trust

Thursday 16th March - An illustrated talk by Catherine Fordham, entitled 'Susanna Wesley 'Mother of Methodism''. Cottingham Civic Hall, 7.30pm. Non-members are welcome.

Front cover: New weight street.

Photo: Paul Lakin.

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# Cottingham Food Bank

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### Little Weigh ton Gardeners Club

Friday 17th March - 7pm, Meg Morton from "York Gate" garden described with illustrations life as a volunteer there. £ entry. In LW Village Hall. (Also time to get your £ Potato for the August Challenge).

### North Ferriby Gardeners Club

Monday 19th March - at 8.30pm Parish Hall, Church St, North Ferriby, HU14 3DA. Brief AGM followed by 'Special plants for small gardens' presented by Peter Williams. Teas and coffees. Raffle. Yearly membership/guest fee TBC. Queries? Contact Trevor Barningham.

### East Yorkshire Woodturners

Tuesday 20th March - 7pm, Skidby Village Hall, (door opposite 6th); Joey Richards on MA. Professional artistic woodturner. Joey is internationally renowned for her artistic creations and has demonstrated in America, New Zealand Australia and in Europe. Her work is exhibited in many galleries, notably in America.

### Friends of Thwaite Gardens

Tuesday 20th March - A talk by Prof Phillip Gilmartin. "Primroses, an insight into their incredible flowers". At 7.30pm. Methodist Church Hall, Hallgate, Cottingham. Entrance £ Members free.

### Hull and East Riding Sewstitchers

Tuesday 20th March - Spring with Louise - Practical. Meetings on the third Tuesday of the month at The Darts and Joan Hall, Finkle Street Cottingham, HU16 4Z, 7pm - 9pm. For further details please contact Jean Ellis 01482 844695 [www.hullandeastridingstitchers.weebly.com](http://www.hullandeastridingstitchers.weebly.com).

### The Arts Society Hull and East Riding

Tuesday 20th March - An illustrated lecture by Anthony Peers: "The Triumph of Lady's New Delhi". At 10am. Mercure Grange Park Hotel, Willerby. Non-members welcome. Guests £. For further details please contact Membership Secretary, Maureen Jones, tel. 01482 844695.

### Cottingham Men's Deluders Society

Wednesday 21st March - Mike Ratcliffe - Whirlwind Years, in the Willerby and Kirkella Social Club 5a Main Street, Willerby HU10 6Y. We meet at 1.30pm for 200m. Cost per meeting (including the door) is £.

### Skidby Village Hall

Friday March 24th - Quiz Night, 7pm., £10 per ticket (max 6 per team) which includes a fish and chip supper! See [www.skidbyvillagehall.com](http://www.skidbyvillagehall.com) for more details, email [skidbyvillagehall@gmail.com](mailto:skidbyvillagehall@gmail.com) to book.

### Hull & East Riding Roderers

Saturday 18th March - is with Wyn Ingram. Precious Books - made from plaited Vilene and lace, at Our Lady of Lourdes Church Hall, Swanland Road Hessle HU13 0Y, 12 noon to 5pm. Cost £10, including your kit and refreshments. Visitors fee is £ per meeting.

### East Riding Flower Club

Monday 27th March - Welcomes Nick Ground, a well-known national demonstrator, to the next meeting at Cottingham Civic Hall. His theme is 'Joyful Spring Flowers' and all are welcome. Non-members of £5 as this is a special event and tickets are available through our Facebook page, by emailing at [info.eastridingflowerclub@gmail.com](mailto:info.eastridingflowerclub@gmail.com) or by ringing 01482 844695. The demonstration commences at 7pm.

Continued on page six

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## Two British Skating Champions from Cottingham

Brother and sister from Cottingham High School, Saiv and Cohen Buffey fought their way to victory at the British short track ice speed skating championships. The pair were both competing at the tournament that was held in Sheffield recently.

Cohen Buffey 12 years old took the Gold medal and was crowned the junior boy and 13 British champion.

Cohen's older sister Saiv Buffey who is 13 years old was crowned the under 15 junior girls British Champion on the same day as her brother. Making this Saiv's second year as a British Champion. Both skaters are working hard to attain personal bests and achieve their goals for the future. Cohen is taking part in the star class series on the 17th-19th of February in Bergamo Italy against the top European skaters in his category. Both skaters are looking forward to the new season that starts in August and what it will bring.

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### Bev rleyan dE astR idingC roquetC lub

Looking for a way to exercise in the great outdoors? Why not try racket in the picturesque grounds of Rowley Manor Hotel? All levels welcome including beginners with friendly taster sessions available. A very social way to spend a sunny afternoon. For more details contact Angela 01482 845 600 Maureen 01482 845 600

### Cottingham Food Bank

Is organised and funded by Cottingham residents and based in the Annex behind Zion Church, Hallgate, Cottingham. We are open every Wednesday from 10am to 11.30am and we offer a warm welcome to anyone in need of our help. We are available for anyone to use and we do not ask for vouchers or proof of eligibility. Every visitor will be given a bag of food and toiletries to take away and have the opportunity to stay for refreshments. Email: [cottinghamfb@gmail.com](mailto:cottinghamfb@gmail.com) or tel: 01482 845 600

### Skidby Village Hall

Coffee Mornings - join us for a cup and a chat, all welcome! Light refreshments on sale, every Friday, 10am - 12pm. Visit [www.skidbyvillagehall.com](http://www.skidbyvillagehall.com) or @SkidbyVillageHall on Facebook or updates and information.

### North Ferrisby Sports Centre

Village Hall, 8 Church Road North Ferrisby. HU14 3AA. Tuesday and Friday, 10am-12pm, and Thursday evenings 7pm-9pm, except the second Thursday each month. All are welcome to any session especially those who just want to have a go. Newcomers can borrow wood and pay in stocking feet if needed. For information please contact Mike on 01482 845 600

### Cottingham & Hull Football Club

Tuesday 7pm-9.30pm at the Darcy and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone welcome. For further information please contact Jan Gray on 01482 845 600 or Keith Alexander on 01482 845 600.

### Cottingham Tennis Club (off Hall Road)

A friendly club looking for new members at all levels including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. Lots of opportunities for social and competitive tennis and a dedicated coaching team. Contact Matthew Fletcher on 01482 845 600 for more information and to arrange to visit the club.

### Church Cottingham

Coffee Mornings 9am-1pm Monday to Thursday, full cafe menu and all proceeds for the Ukraine Aid Effort. 31a Engle Lane HU16 4D. [www.cccottingham.org.uk](http://www.cccottingham.org.uk) for more details.

### Church Cottingham Play Cafe

Family cafe environment with play area and reduced cost cafe menu. Every Thursday 9am-1pm, all welcome. All proceeds to support the Ukraine Aid Effort.

### Cottingham Badminton Club

Badminton Tuesday Thursday evenings, 8pm while 9pm Cottingham High School. 1hr session. No booking required just turn up and play. Fun and friendly. Open to all levels and abilities. Steve Baker 01482 845 600

Continued on page eight

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## The Phoenix Walkers

Hi all walkers old and new. Join Phoenix walkers for a great day out with a coach ramble. £2 per seat Membership £5. We walk the coast and country id eery two weeks from Feb to Dec. All you need is suitable footwear and a waterproof and a packed lunch, and you're ready to go.

Our first few walks are:-

March 12th Burton upon Stather (Lincs)

March 19th North Grimston

All walks have leaders and you are picked up and dropped off at the same point

For further information ring Sid and Sue 0800 033033 or email :- [phoenixwalkingclub@outlook.com](mailto:phoenixwalkingclub@outlook.com).

## Hull CHA Rambling Club

We are a friendly walking club established in 1971 whose members enjoy walking on the

Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally into

Lincolnshire, and we walk throughout the year.

Travel by coach to the starting point. Fare £3.

We pick up at Bilton, Holderness Road Hull City Centre, Beverley Road, Greenwood Avenue and The Green, Cottingham.

We have two walks planned for

March.

March 5th: Thornton-le-Dale circular.

March 19th: A car ramble (Mothering Sunday), details later.

Places must be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on [sue@sueoleary.co.uk](mailto:sue@ sueoleary.co.uk) or telephone 01482 861653 or Pauline Berger on [paolineborger@gmail.com](mailto:paolineborger@gmail.com) or telephone 01482 99333.

Check out our website <http://hull-cha-rambling.co.uk/hull-cha-rambling>. Like us on Facebook: The Hull CHA Rambling Club. NEW WALKERS WILL ALWAYS BE WELCOME..



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Before



After

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# Cottingham Parish Council



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

## Home Safety

Our Councillors recently met with the Community & Crime Reduction Resilience Officer of East Riding of Yorkshire Council. Did you know that you may be eligible to apply for a Safe & Sound Grant? The grant is available to homeowners and private tenants and is designed to help minimise the fear of crime by providing additional home security measures to enable residents to feel safer in their home.

To qualify for assistance applicants must be:

- Aged over 60 or disabled
- A homeowner or private sector tenant / Housing Association tenant.
- Everyone living in the property must not have a bank balance, when added together, of over £23,250.

If you meet the eligibility additional home security measures are available include

- Additional locks for doors and windows
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If you are interested in applying, you can request an application form by sending an email to [safe\\_communities@eastriding.gov.uk](mailto:safe_communities@eastriding.gov.uk) or by calling 01482 396380

## EAST RIDING NEIGHBOURHOOD WATCH ASSOCIATION

Have you ever considered setting up a local Neighbourhood Watch Group? For information either email: [safe\\_communities@eastriding.gov.uk](mailto:safe_communities@eastriding.gov.uk) or write to: ERYC Community & Crime Reduction Resilience Officer, c/o Housing and Public Protection, County Hall, Beverley HU17 9BA

## ANTI SOCIAL BEHAVIOUR

If you are suffering the effects of Anti-Social behaviour East Riding Council have a team to help. You can call 01482 396380 to speak with the team and can also report a crime anonymously by calling Crimestoppers on 0800 555111

## GOOD NEWS

We would like to congratulate all those involved in the weekly Cottingham Thursday Market for winning a top national award for being Britain's Best Small Outdoor Market.



Nicola Pape

Nicola Pape, Deputy Clerk to Cottingham Parish Council  
[deputyclerk@cottinghamcouncil.org](mailto:deputyclerk@cottinghamcouncil.org)  
 Tel: 01482 847623

## Arterian Singers

Arterian singers rehearse Tuesday evenings at Cottingham Methodist Church, Hallgate, Cottingham on Tuesday evenings at 7.30 p.m. We welcome new members. For more information ring Hilary Anderson

## Cottingham Cricket Club

run 4 Saturday sides, a Sunday side, a Ladies team and junior teams from U9 to U15. Our indoor winter net training will be held at Hyners College, 6pm on Wednesday starting in January. This is for all junior (Hardill) and Senior teams. We also have indoor Softball training for girls and boys aged 7-14 at Sirius Academy North. This is held on Saturday 12.30-2.30pm starting in January. In the Summer, junior training is on a Friday evening and Senior training during the week. For any further information please contact Rob Rhoads at [cottinghammcc@hotmail.co.uk](mailto:cottinghammcc@hotmail.co.uk). We are Clubmark Accredited and all Coaches are DBS checked.

## New exhibition at the Treasure House in Beverley: 'Fashion on a Plate - 1950s Contemporary Tableware'

The new exhibition for Spring at the Treasure House in Beverley, 'Fashion on a Plate', is full of favourite tableware brands from the 1950s, including Meakin, Beswick and Ridgway, whose stylish monochrome Homemaker range was sold in Woolworths stores.

The exhibition includes lots of examples of iconic local brand Hornsea Pottery, including pieces kindly on loan from Hornsea Museum.

Curator Sally Hayes explained: "Visitors can take a trip down memory lane with our film footage of the Hornsea Pottery visitor centre in the 1950s, courtesy of Yorkshire Film Archive, which shows the painting zoo, playground and the all-important factory tour."

"East Riding Archive holds over 100 documents, photographs and design sheets relating to Hornsea Pottery, and some of this material will be on display."

There are activities for under 5s in the exhibition space, and other activities in the Museum.

The free exhibition is in the first floor space, adjacent to the cafe. Visitors can enjoy a special offer of any tray, bowl and a hot drink for £3.50 after 12pm.

'Fashion on a Plate' runs until Saturday, 6 May.

For opening hours, and full details of facilities in the Treasure House, visit [www.eastridingmuseums.co.uk](http://www.eastridingmuseums.co.uk).





# ASBESTOS RELATED DISEASE

GRAHAM & ROSEN: SUPPORTING YOU AND YOUR FAMILY

Debbie Schofield is a specialist solicitor at Graham & Rosen solicitors with many years of experience dealing with Asbestos Disease compensation claims. Debbie explains how Asbestos Diseases can happen and how compensation can be claimed:

“As one of the UK’s major ports, in the decades following the war years, Hull received thousands of tonnes of raw asbestos through its King George Dock, destined to be used in building materials and insulation across the country for the railways, for shipbuilding and repair, in chemical factories, power stations, homes and other premises.

Asbestos is a fibrous mineral. It was considered to be highly useful because of its thermal and acoustic properties and so was used extensively. It was often used as a fire-retardant in buildings, for the insulation of pipes to maintain temperature or to absorb noise.

Unfortunately, asbestos is also highly toxic and can cause serious lung disease many years later if its fibres are inhaled. (It is important to note that asbestos is not considered a health risk if it is left intact and inhaling asbestos fibres will not necessarily cause health problems.)

**Lung diseases caused by asbestos include:**

- Asbestos related pleural effusion
- Pleural thickening
- Asbestosis
- Mesothelioma (a form of lung cancer)
- Lung cancer

Where asbestos related lung disease is developed, compensation and benefits may be payable, even if the former employer no longer exists.

For mesothelioma sufferers, it may be possible to obtain compensation to fund treatments which are not available on the NHS such as immunotherapy which can prolong life expectancy.

Asbestos claims are complex, and it is important to instruct a solicitor with many years’ experience of handling such claims to obtain the best outcome as quickly as possible.”

Debbie Schofield has over 20 years’ experience of dealing with asbestos claims, most of which have been for clients in the Hull and surrounding areas. She is probably the most experienced solicitor based in East Yorkshire in this field and her local knowledge is second to none. She is passionate about helping people to obtain the compensation they deserve and has secured compensation to fund private treatments for mesothelioma clients.

For free, confidential advice about asbestos compensation for you or a member of your family please contact Debbie Schofield at Graham & Rosen. Home and hospital visits are available.



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## Top marks for CHCP nursing apprentice

Emma Marston, one of City Health Care Partnership's registered degree nurse apprentices on the Academy for Clinical Excellence (ACE) scheme, has won the prestigious Michelle Harris prize for the highest marks in her year.

Emma scored an average of 92.7% in her first-year assignments, a truly impressive achievement. Now halfway through her second year, Emma is growing in skills and confidence as she continues her journey to become a registered nurse.

"I was an administrator for CHCP's treatment rooms service," she explains, "but when the chance came up to apply for the nursing apprenticeship I jumped at it. It's such a supportive programme and you learn so much, but what sets it apart is that you get to be involved!"

Jo Deighton is CHCP's operational practitioner for clinical service development and one of the architects of the apprenticeship programme. "We wanted to open nursing apprenticeship up to people who didn't already have healthcare experience but who are keen to learn," she says. "We're giving people who already work at CHCP the opportunity to become skilled clinicians, in partnership with the education providers."

"For example, if someone is working as an administrator and successfully applies for a healthcare apprenticeship through our Academy of Clinical Excellence, not only do we pay their tuition fees via the apprenticeship levy but also their salary, meaning the team where they were working can backfill their old job. This makes it possible for people who may have families or other commitments to get a healthcare qualification without having to worry about how they will repay debts at the end of the course."

"It's a great way to keep a valuable colleague within CHCP while also growing our own skilled and experienced nurses of the future."

Emma's wife Becky came straight from a night shift as a doctor to help celebrate. "Emma works incredibly hard," she says. "She puts in so much time, she really deserves this. She's won a course representing the university, surpassing the other students."

The award comes with a cheque for £250, which was a surprise to Emma. "I'm just really enjoying the course. I'm currently on placement with the West Hull community nursing team and I love it. The team are so supportive, I really like being out and about seeing patients. Ideally, I'd like to get a job with this team when I qualify."

The prize was presented by members of Glynford and Lindsey Lions Club in memory of Michelle Harris, a nursing student at Hull University who tragically died in a car crash just after qualifying. The award was established in 1999 and is presented to the student with the highest aggregate mark in their first year.

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# Andy Wilson

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# Beverley Guildhall to host a Georgian Concert

On Thursday, 30 March at 7.30pm, there will be a concert in the period elegance of the Georgian Courtroom at Beverley Guildhall. A string quartet of some of the finest musicians in the East Riding will perform for an audience sitting beneath the magnificently ornate stucco ceiling designed by Giuseppe Cortese around 1780.

The programme of music showcases German composer Fanny Mendelssohn Hensel (1805-1847) to mark Women's History Month this March. Her work was little-known during her lifetime, being overshadowed by her brother Felix Mendelssohn, but in recent decades her significance and talent has become more recognised. Hensel's stirring and energetic *String Quartet in E-Flat Major*, composed in 1841, is complemented in the programme by Haydn's beautiful *String Quartet in G Major, Op. 76 No. 1*.

The event is being organised by the Georgian Society for East Yorkshire in partnership with the East Riding of Yorkshire Council's Museums Service and promises to be a huge success.

Tickets can be purchased online by visiting [eastridingmuseums.co.uk/whats-on/](http://eastridingmuseums.co.uk/whats-on/) or by calling

(01482) 392699 (Monday to Friday during office hours)

The performance begins at 7.30pm and the doors open at 7pm for a glass of wine or soft drink included with the ticket. Tickets cost £6 per person or £8 per person for members of the Georgian Society or East Yorkshire.

Before the performance there will be the opportunity to take up an exclusive new members' offer to get concert tickets for half price! By presenting your ticket and joining up on the evening, £ will be deducted from your membership fee. Your ticket is therefore reduced to the members' discounted rate.

For more information about the Society, visit: [gey.org.uk](http://gey.org.uk).

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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	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, Apple, Basil, Bees, Crocuses, Cyclamens,  
Daffodils, Dandelions, Easter, Equinox, Flowers, Frogs, Golf,  
Grass, Green, Growth, Irides, Lilies, March, May, New Leaves,  
Planting, Rain, Renewal, Robins, Season, Snowmelt, Softly,  
Spring Break, Spring Cleaning, Tulip, Warmer, Wet.

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

**Sudoku No. 188**

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

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

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# MARIONOWENTRAVEL

Where is the year going? It's March already, we have been super busy and I am now pleased to say we have an extra pair of experienced hands in the office. It is a marvellous feeling to have extra help as we are still battling with changes to itineraries, but at the end of the day we are here to look after your bookings and ensure you have a smoothly running holiday! Emma & I are looking forward to having time to breath & perhaps I can play a little golf?

Where are people travelling to? The answer is every where our job is very interesting at the moment. We have bookings and enquiries visiting all corners of the world. The world is really becoming our oyster once again and it is fabulous to get out and about seeing something new. I must point out, that you do not have to travel to the far end of the earth to enjoy a new experience, closer to home can be just as amazing. I enjoyed a wonderful drive around the Yorkshire Dales on our tour last month that exceeded my expectations. Scenery, wildlife, history, music, food, drink, transport, cities there are so many ways to enjoy something new.

Escorted touring is huge, we had many new guests travel to Lapland this winter and a comment on more than one occasion was "I have not been on an organised holiday before and cannot believe how easy & enjoyable it has been". We take the trouble and you have the holiday. Next years Northern Lights to Finland from Humberside is now full, hence we are taking bookings for 2025 allowing you to budget over the coming months and spread the cost of this marvellous holiday and just £50 per month can secure your place.

**Northern Cyprus 2024** ... our special departure has been on sale for just 2 weeks and we already have 18 travelling. The exciting itinerary, with interesting visits included each day, with the luxury of unpacking once in a 4\* hotel including dinner & breakfast for the duration. With travel from your door, flying direct from Leeds Bradford to Paphos with day time flights this gives your holiday a great start & finish. Being suitable for couples & solo travellers, don't book quickly as spaces are filling quickly.

**Faraway holidays**, we have seen a big interest for travel to Canada for this summer & fall plus South Africa for the winter with fabulous safaris available for 2024 & even 2025.

There are lots of reasons to book early and late, price reductions being one of them and we know these can be confusing, especially with cruises were there may be several offers for the same departure. Simply get in touch and we can source the right deal for you. The best way to communicate is via the telephone, it is "nice to talk" & we can find out exactly what you are looking for. If you like to play on the internet check out our new bookable button that we have just launched.

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<b>13 May</b>	<b>Spalding Flower Parade</b> more than 52 floats, bands, a fly over & more. This will be a great day out.	<b>£ 45</b>
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<b>14 Jul</b>	<b>Welsh Adventure</b> - 7 nights two centre 3 nights at the Min Y Mor Barmouth + 4 nights at the Tynedale scenery, seaside, train rides, castles & more	<b>£ 975</b>
<b>28 Aug</b>	<b>Durham, Alnwick Castle, Bambrough Castle &amp; Holy Island</b> 3 days dinner B&B	<b>£ 299</b>
<b>02 Sep</b>	<b>Northern Belle</b> , Britain's most Luxurious Train. Full day outing to Carlisle travelling the iconic Settle to Carlisle route. Brunch + 5 course dinner inc.	<b>£ 495</b>
<b>16 Sep</b>	<b>West Ireland Atlantic Way</b> , our journey continues, another adventure to enjoy. 9 days a great itinerary	<b>£1165</b>
<b>22 Oct</b>	<b>Fred Olsen 10 night cruise</b> visiting the lovely ports of Lisbon, Gibraltar, Cadiz, Malaga & La Coruna. Sails from Liverpool. Emma will be sailing with you.	From <b>£1299</b>
<b>27 Nov</b>	<b>Warners Heythrop Park</b> 5 days great itinerary inc. Blenheim Palace, dressed for Christmas	<b>£ 495</b>
<b>2024</b>	New tours now being added	
<b>26 Jan</b>	<b>The Tynedales Big Weekend</b> , enjoy an 8 course tasting menu, a black tie casino night & more, 4 days	<b>£ 375</b>
<b>23 Feb</b>	<b>A great little break to Scotland</b> relaxing & inclusive 4 day break including packed lunch & drinks.	<b>£ 375</b>
<b>16 Mar</b>	<b>Northern Cyprus</b> 7 nights dinner B&B excursions	<b>£1302</b>
<b>25 Nov</b>	<b>Holly &amp; Mistletoe</b> at the Tynedale Llandudno - visit to our favourite hotel - advance register today £20	<b>£ tba</b>

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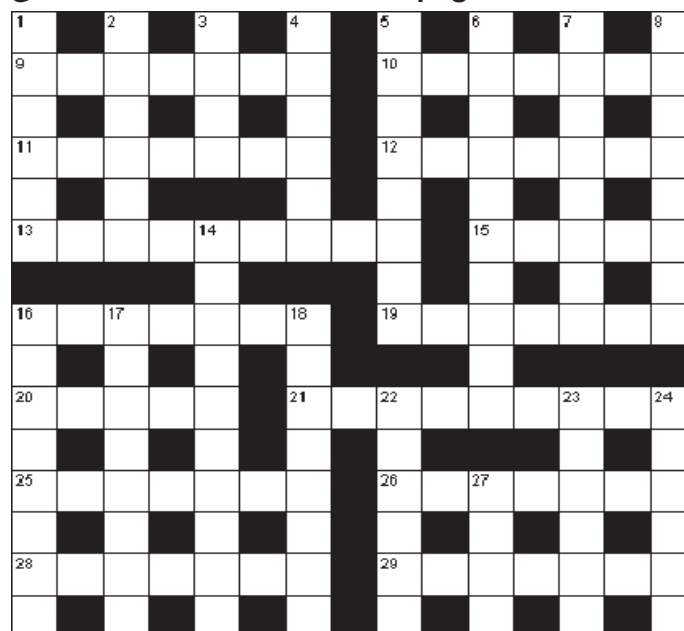
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## Crossword - Solution on page 29



### Across:

- 9 Strange or rare objects (7)
- 10 Promoting nasal discharge (7)
- 11 Drop (7)
- 12 Squeezed tightly between the fingers (7)
- 13 Gullet (9)
- 14 Piloted vehicle (5)
- 15 Capricious monkey (7)
- 16 Road on a sleigh (7)
- 17 Pertaining to sound (5)
- 18 Backpacks (9)
- 19 The omission of a vowel (7)
- 20 A city in Ontario Canada (7)
- 21 A country in western Africa (7)
- 22 Rain-teasers (7)

### Down:

- 1 Interfere (6)
- 2 A tuna-like fish (6)
- 3 Cashbox (4)
- 4 Room (6)
- 5 Hates (8)
- 6 Criminals (10)
- 7 Retain (8)
- 8 A transit bus travelling empty (8)
- 9 Command rings of vehicles (10)
- 10 Apprehensiveness (8)
- 11 Retirement benefits (8)
- 12 Mean spirited (8)
- 13 Clothing (6)
- 14 Waterway (6)
- 15 Wife or husband (6)
- 16 Disposes (4)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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## Cottingham Market scoops top national award

Cottingham Market has won a top national award for being Britain's Best Small Outdoor Market. The market, held every Thursday in Market Green, Cottingham, was named Best Small Outdoor Market at the annual Great British Market Award.

The market is owned by East Riding of Yorkshire Council, but is run on licence by the Cottingham Market Traders Co-op.

It beats other markets from across the country to scoop the title.

The Great British Market Awards are run each year by the National Association of British Market Authorities (NABMA).

John Dyson, one of the longest-standing traders at the market and a member of the co-op, was presented with the award at the ceremony in Birmingham.

He said "It's an achievement to win this national award. We're only a small market and all the traders are friends."

The market has around 30 stalls, selling a variety of food, clothing and other goods, and is known for its social media presence.

Councillor Jane Eiverson, the council's portfolio holder for economic investment, growth, and tourism, said "This is a great result for Cottingham, and for the East Riding, to win this national award."

"This market is a perfect example of a positive, proactive working relationship between traders and the council, and is vital to this village."

David Preston, chief executive of NABMA, said Cottingham Market was chosen to win the award for a number of outstanding reasons.

He said "It is the hub and a focal point of activity, for its local community with a variety of traditional and modern stalls."

"The market is also renowned as a visitor attraction with many home-grown special market events."

"It has excellent social media platforms, a huge trader buy-in and has positive leadership and superior management that is an example for others to follow."

Cottingham Market traders with the national award. From left, Jack Kissenisky, John Dyson, Lisa Gray, Nicky Condetta and Phil Green.

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Day 9: Delhi  
Day 10: Delhi & home



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

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### Investing in young people

Since starting my little business in 1991 I have always opened my doors for real life work experience opportunities for young people to come and spend time with myself and my team.

I have always accepted 15 year olds from all the schools in and round East Yorkshire as part of their school curriculum. As a result of this, many of the students return to my yard for more work experience when they are in college as 17 and 18 year olds. Re meeting them as young adults, making their way in life, is always lovely and friendships are formed.

This same opportunity runs through to the Universities where I have always had veterinary and veterinary psychology students come spend time with us during their courses.

I think it is very important for young people to get a glimpse of working life as they decide where their lives may take them in their chosen career pathway. For some it is a shock! Working with any type of animal will always require hard work and dedication. Horses especially. There



is always so much pressure and hard toil in caring for horses and the environments they live in. Riding and training with the actual animals comes very much second to their care regimes.

Learning to work in a team and becoming part of a team is a massively important life lesson. Being treated as an adult, given respect and expecting the same in return can be quite a eye opener for some. I have a serious health and safety policy which we complete when they arrive. Rules are rules and something each individual needs to learn, become accustomed to and accept. There can be high risks when working with horses who are infamous in their pedigree unpredictable. Understanding how we can make big impacts on safety with the judgments we make and the actions we take, is massively important.

Alongside the animals, there are potential dangers in every environment and with some of the equipment we use. The muck trailer can be fallen from. Trip hazard on rough ground. Proximity to the large Plant hire and farm vehicles who I share our world with. All I can ever do is make everyone aware and then hand them a mirror. Why a mirror? Its simple really. The person looking back at you in that mirror is the person who is responsible for the decisions made. Ultimately we are all responsible for our own health and safety. All I can ever do is arm everyone with all the relevant information and the risk factors and our own strategies to stay safe.

Sadly, increasing numbers of small businesses no longer offer work experience opportunities to young people because of the risks. No one wants to be sued if anything went wrong while they are in our care and control. It's a double edged sword I guess. I don't blame businesses for opening out however, if young people do not get opportunities in life, I feel we are failing them.

We always really enjoy having young people join us. It gives my staff the opportunity to grow as teachers and mentors. Sometimes they forget just how much they don't know! I enjoy watching everyone flourish, form friendships and gain so very much in their mutual interactions.

I am happy to answer animal behaviour questions in my articles so please feel free to send any along to [melanie@instinctivehorsetraining.co.uk](mailto:melanie@instinctivehorsetraining.co.uk)

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

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

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

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

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

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

flashing lights to look out for, its all perfectly simple, perfectly soft.

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

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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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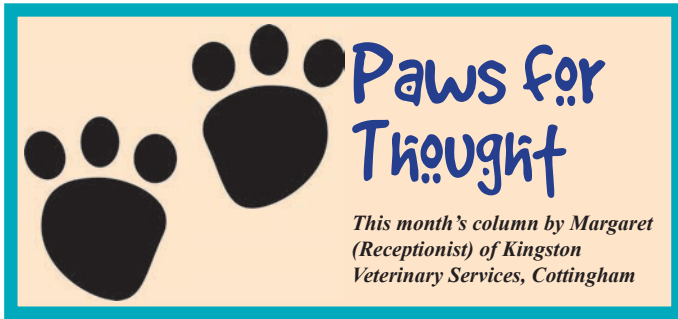
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## What a gift to give

Can you believe that Easter is nearly upon us and alarmingly so, to see the chocolate eggs on the shelves when it is only January. With this in mind, I reflected on my previous gorgeous Lab **Teal** who actually made the headlines in the HULL DAILY MAIL (Yes, it has not only been **Tali** who is mischievous). This is the article (I have edited as it was too long).

“Mischievous black Lab **Teal**, has a nose for food. The curious canine has been known to munch her way through a whole packet of Special K, tub of butter and a pack of 12 bread cakes! But **Teal** bit off more than she could chew on two separate occasions, once when she ate a tin of slug pellets and another time she ate a large quantity of chocolate, both of which can prove fatal to dogs. The slug incident happened when she got into a shed and ate enough to put her life at risk. She was admitted immediately and

spent two days in intensive care linked up to various drips. Fortunately, she made a full recovery but not long after she got hold of a full two-layer box of Thornton Continentals plus other chocolates and ate the lot. Once again she was rushed to KINGSTON VETS, Park Street straight away where she was made to vomit and then monitored. The prompt reaction, without delay, once again saved her from permanent damage.”

A vet on call at the time commented “Many owners are not aware of the dangers dogs can pose to themselves by eating things they should not. We do see quite a few cases of chocolate poisoning on a monthly basis and more so around Easter. Some dog owners have never heard how poisonous chocolate is and they feed it to their dogs as a treat.

Chocolate contains theobromine, a poison that affects the central nervous system and the heart of a dog. If a dog gets to a certain time, it can be made to be sick and also given activated charcoal to absorb any toxin left in the digestive system. In two of our cases, the dogs almost died before recovering, so it is vital owners act quickly.”

So that was **Teal's** claim to fame...my chocolate thieving Lab **Teal**. Please be careful when Easter approaches. The smell of chocolate is not only tempting to us, but more so for our furry friends.

## AND FINALLY..... TALI

You can imagine the conversations I had with my family when I decided to have another Lab **Teal** when **Teal** sadly passed away. “They are not all like that” I insisted “Surely she was a one off”. Then along came my gorgeous, thieving, mischievous **Tali**. Yes, she certainly has kept me on my toes, given me sleepless nights and endless amounts of worry but would I have her any other way?

On that note, what has she been up to? I am pleased to bring you up to date saying she has been so good and well behaved could this be our turning point but who can tell, it is **Tali** after all AND we have to make it through Easter yet.

**Until the next time.....**

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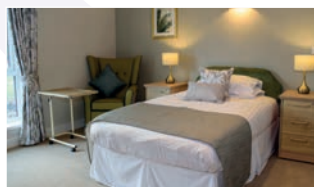


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ON THE GRAPEVINE



WITH ROY WOODCOCK

Pairing wine with food

Some advice for pairing food and wine can be overly strict. The truth is, you can eat pretty much whatever you want while drinking whichever wine you choose. I enjoyed a rare steak with a couple of glasses of an oaked Chardonnay recently and it was, I have to say, something that worked really well.

Which pinots the pinot - a red will be the go-to choice for most people, I guess, when it comes to pairing wine with steak, but at the end of the day it's what works for you.

Yes, red wines do work well with red meats (and more to come about that, with examples below). It's the tannins (the dry feeling you get in your mouth when you're drinking red wine or even a cup of tea) that work well against the robust flavours and fattiness of a great cut of steak. But which red?

If we really want to refine this particular steak/red wine "match" we need to consider about the cut of meat you're going for. Sirloin, flank and bavette are examples of leaner steaks while ribeye and rump are more powerful ones.

Sauce matters too. If you're having something spicy, you'll want to tone down the power in the wine so it's not all too much in your mouth. If you've got some creamy popcorn sauce going on, you might want a little more acid in your wine to cut through all that richness.

Malbec and Cabernet Sauvignon, particularly Malbecs from Argentina, the home of steak, certainly work well. Malbecs generally taste like lush dark fruits and have plenty of those handy tannins, making them a great match for meat dishes.

Cabernet Sauvignons, particularly those from California, are super powerful wines that go well with steak cuts like Ribeye or other bone-in tops. They too have lots of nice dark fruits and tannins going on.

If you've got a leaner cut, like a sirloin, you could try a Syrah from France, a South American Cinsault, Italian Montepulciano d'Abuzzo or Spanish Tempranillo. These wines are usually light to medium bodied (you don't need as much body if your steak isn't as meaty and have nice acidity). Plus, they're super versatile, so if you've got half a bottle left over you could have it with a bowl of ragu or sausage casserole.

And then, of course, there's the Chardonnay option! And having said that, here's a few more food and wine suggestions you might want to ignore...

Pinot Noir: Pair with earthy flavours: Recipes made with earthy ingredients like mushrooms and lentils taste great with red like Pinot Noir, which is light-bodied but full of savoury depth. Pinot is also often delicious alongside salmon, proving that red wine and fish can go together brilliantly.

Sauvignon Blanc: Goes with tart dressings and sauces: Tangy foods — like scallops with a grapefruit-onion salad — won't overwhelm zippy wines like Sauvignon Blanc, Vinho Verde from Portugal, and Verdejo from Spain. Sauvignon Blanc also works well alongside vinaigrette, roasted or sautéed fish, and goat's cheese.

Dry Rosé: For rich, cheesy dishes: Some cheeses go better with white wine and some sing alongside red. Almost all, however, pair well with dry rosé, which has the acidity of white wine and the fruit character of red. Rosé also works well with grilled fish, fresh salad, and even a big plate of charcuterie.

Pinot Grigio: Pairs with light fish dishes: Light seafood dishes seem to take on more flavour when matched with equally delicate white wines, such as Pinot Grigio from Italy, Chablis from France, and Vinho Verde from Portugal.

Malbec: Hold up to sweet-spicy barbecue sauces: Malbec, Shiraz, and Cotes-du-Rhône are bold enough to drink alongside foods brushed with heavily spiced barbecue sauces — just be careful that the sauce isn't too sugary sweet, which can throw off the wine's fruit.

Syrah: For highly spiced dishes: When a meat is heavily seasoned look for a red wine with lots of spicy notes. Syrah or Cabernet Franc are good choices. But be careful with spice heat, however: For hot dishes like those, try non-alcoholic wines, which will amp up the sizzle.

Off-Dry Riesling: Pairs with sweet and spicy dishes: The slight sweetness of many Rieslings, Gewürztraminers, and Vouvrays helps tame the heat of spicy dishes and goes toe-to-toe with the lift of more aromatic ingredients. A spicy green salad is a delicious partner for any of those wines.

Zinfandel: For Pâtés, mousses, and terrines: If you can apply the same adjectives to a wine and a dish, pairing them will often work. For instance, the words "rustic," "savoury," or "rich" are often used to describe Zinfandel, Italy's Nero d'Avola, and Spain's Monastrell, as well as a creamy liver mousse. Spice and fruit-driven Zinfandel also has a natural affinity for barbecued or sauce-slathered meats.

Champagne: Perfect with anything salty: Many dry sparkling wines, such as Brut Champagne and Spanish Cava, actually have a faint touch of fruity sweetness. This makes them extra-refreshing when served with salty foods. They also cut through the richness and oil of fried dishes. Great with fish and chips!

Moscato d'Asti: Loves fruit desserts: Sweet sparkling wines such as Moscato d'Asti and demi-sec Champagne help emphasise the fruit in the dessert, rather than the sugar. It's also delicious alongside a simple summer fruit salad or even smashed into it.

BEST BUYS



El Esteco Malbec

Where: Co-op  
When: Now, until March 14  
Why: A well balanced, spicy and subtly smoky Argentinian Malbec. A Fairtrade wine that's rich, with soft and fruity aromas that lead on to a palate of plum jam, raisins, tobacco, chocolate, vanilla and toasted notes. Perfect with beef whether grilled, roasted, or barbecued.

£11.00 (was £13.00)



Morrisons The Best Toscana

Where: Morrisons  
When: Currently on offer  
Why: Italian red that actually looks quite inky in colour with a full mellow taste of ripe, black fruit. The softness of this rich wine makes it the perfect drop to sip alongside bitterly dark chocolate. But it's also great with Sunday roast or any Italian dish.

£8.00 (was £10.00)



Don David Blend of Terroirs Malbec

Where: Co-op  
When: Now, until March 14  
Why: From Argentina's Calchaqui Valley wine region, this is a blend of two Malbecs from different high altitudes. One brings the fruit concentration while the other adds structure, texture and backbone. Oak is noticeable but not intrusive, sweet vanilla, cocoa and a kind of earthy, meatiness in the background, which was nice.

£8.25 (was £9.25)



Tilimuqui Fairtrade Organic Malbec

Where: Waitrose  
When: Current offer  
Why: Silver medal winner in the International Wine Challenge of 2020. Elegant, intensely rich red wine with silky smooth black fruit flavours on the palate, supple tannins and a spicy complex finish. A perfect choice for special get-togethers, parties, barbecues or a cosy night in. Best enjoyed with a juicy steak and all other types of grilled red meat.

£7.99 (was £11.99)

# Adventure Cinema returns to Sewerby Hall and Gardens in May

Adventure Cinema will return to Sewerby Hall and Gardens with three outdoor showings on giant screens in May.

Following hugely popular screenings last year, this Spring visitors will be able to enjoy three very different classic movies.

On Friday, 19 May, there will be a chance to see 'Elvis' (12), Baz Luhrmann's stunning biopic of the legendary star, featuring great performances and plenty of famous songs.

Saturday, 20 May will see 'Dirty Dancing' (12), the iconic 80s film, with another wonderful soundtrack. Baby (Jennifer Grey) falls in love with dance instructor Johnny Castle (Patrick Swayze)...

Rounding off the weekend of big screen action, on Sunday, 21 May, will be one of last year's biggest movies, 'Top Gun Maverick' (12), Tom Cruise's most successful film ever. Feel the need... or speed.

Marie Gascoigne, general manager, Sewerby Hall and Gardens, said: "What a fantastic selection of films to enjoy outdoors

this Spring! I am sure these showings will prove very popular, so book early."

Gates will open at 7pm on each evening, and a carefully curated soundtrack of music will precede each showing, which will be at 9pm.

Visitors should bring a blanket or picnic chair, and a picnic. Toilets will be available, as well as food and drink.

To book, visit Sewerby Hall | Outdoor Cinema in Bridlington ([adventurecinema.co.uk](http://adventurecinema.co.uk))

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## Motoring - with Roy Woodcock



### Roy Woodcock revisits Britain's most popular - and most reliable - car; the Nissan Qashqai . . .

When Nissan took the bold step of launching the Qashqai in the UK in 2007 there was nothing else like it on the road. It offered an excellent balance between the compact dimensions of a hatchback, with the sense of robustness and elevated view afforded by a traditional four-wheel drive, without the size, weight or efficiency penalty.

In doing so, it disrupted the bastion of the world by breaking down the barriers to SUV ownership and the Crossover was born. The concept certainly struck a chord with buyers, particularly families, and since then more than 600,000 Qashqais have been registered for UK roads and millions more sold worldwide. All built in the UK, of course.

The car's success shows no sign of abating, even though there are now direct competitors to the current Qashqai in Europe. The latest, third generation, of the model was introduced in 2021 and the range now includes an e-POWER option alongside 1.3 and 1.5-litre mild hybrid petrol engines.

The e-POWER badge version draws technologies from the company's pioneering Nissan LEAF electric vehicle and uses a 1.5-litre petrol engine as a generator for the electric motor and battery, without a direct line between the combustion engine and the wheels. It's a smooth and refined system that makes the car feel a bit like an EV most of the time, and it costs an awful lot less than rival plug-in hybrids.

Perhaps no surprise then that the Qashqai was the UK's most popular car in 2022, with 42,704 sales. Second was the Vauxhall Corsa with 35,910 registrations followed by the Tesla Model Y with 35,551 cars sold. It's also recently been declared the UK's most reliable car in the annual survey carried out by Which.

The new Qashqai is bigger thanks to an extended wheelbase that gives it more presence and the front features the large Nissan V-motion grille finished in chrome. There are slim full LED headlights with bonnet and tyre running lights and large 20-inch alloy wheels are available.

4M arch - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

With an eye on the competition Nissan has also taken the cabin market and my car featured ambient lighting, power operated quilted leather seats and a stack of technology. The infotainment system has been upgraded and includes easy integration of smartphones via Apple CarPlay and Android Auto, in-car wi-fi and a 10-speaker Bose surround sound system.

Depending on which specification you opt for - the range goes from Visia to Tekna + in five steps, you can also enjoy a heads-up display, 12.3-inch driver TFT screen and heated seats that can also come with a massage function. Prices start at just over £26,000 all the way to £41,000 plus.

The Qashqai is no slouch but it focuses on comfort rather than speed and that is just what most of its buyers will want. There are drive modes called Eco, Standard and Sport that alter the vehicle's responses, while the ProPilot set-up assists with steering, acceleration and braking and helps maintain the car's lane position and distance from the vehicle in front - ideal for motorway work.

The Qashqai offers lots of grip and there is not a lot of body roll even in tight corners.

The longer wheelbase means there is more room inside for passengers and four adults can travel in comfort and five for shorter journeys.

A powered tailgate (Tekna and above) offers easy access to the boot which can take 436 litres of kit and this increases to 1,379 litres with the 60:40 split-folding rear seats dropped flat. A double boot floor is also part of the deal.

The third gen Qashqai boasts a wealth of safety kit including the clever Intelligent Forward Emergency Braking with predictive function. This is able to read the road ahead of the car in front to detect if a vehicle suddenly brakes and reacts accordingly. Another new feature is a central airbag that protects front occupants in the event of a side collision.

Building a Crossover vehicle is easy. Building one as good as this Qashqai is a whole lot tougher, as competitors have found. This remains a benchmark car from a brand that clearly knows its market.

More information: [www.nissan.co.uk](http://www.nissan.co.uk)



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# Photo ID now needed to vote in May's local elections

East Riding residents wishing to vote at a polling station in the local council elections in May will now have to show a form of photo identification before they can be issued with a ballot paper.

Local ward elections in the East Riding will take place on Thursday, 4 May and the new regulations have been introduced by the Government's Elections Act which was passed last year.

Now, those voters who are eligible to vote and on the electoral register and wish to attend a polling station on 4 May will have to show an accepted form of photo ID, which can include:

- UK, European Economic Area (EEA) or Commonwealth passport
- UK EEA or Commonwealth driver's licence
- an older person's bus pass or a disabled person's

### bus pass

#### • bus pass

Voters will also be able to use a bus pass as long as the photograph still bears a strong resemblance to the person.

But for people who do not have a form of photo ID from the list and who wish to vote in a polling station, they can now apply online for a free voter certificate – as long as the applicant is already registered to vote and on the electoral register.

The applicant will then be required to provide a current photo, their full name, date of birth, address for which they are registered to vote as well as their National Insurance number.

The full list of accepted ID as well as the link to the voter authority certificate can be found on the Electoral Commission's website – [www.electoralcommission.org.uk/voterID](http://www.electoralcommission.org.uk/voterID)

But there are a number of other ways for people who are eligible, and on the electoral register, to cast their vote ahead of May.

One of the easiest way is to register for a postal vote, which means there is no need to attend a polling station and the registration form can be found on the council's website <https://ercy.link/elections> or by going to [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote).

The website will also have

details of how to register to vote as well as registration forms for those wishing to apply for a postal vote too.

Caroline Lacey, returning officer at East Riding of Yorkshire Council said "With elections taking place in the East Riding on 4 May, it is important that those who want to vote make sure they have an accepted form of ID. It may seem early but checking now means you will be ready to vote in May.

"It's important that everyone understands what types of ID are acceptable and how to apply for the free ID, if required.

"If people find they do not have an accepted form of photo ID, there are alternative ways of still being able to vote in the elections. This can be done either by applying for the free ID online or by registering with the council for a postal vote."

\* For more information go to [www.electoralcommission.org.uk/voterID](http://www.electoralcommission.org.uk/voterID) [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote) or East Riding of Yorkshire Council's website – [www.eastriding.gov.uk/elections-and-voting](http://www.eastriding.gov.uk/elections-and-voting).

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Spring is on the horizon and we should soon be enjoying some beautiful spring bluberry of daffodils if they have not 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-planting 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.

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### 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'll also get 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 plot.

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 arly potatoes.
2. Protect new spring shoots from slugs.
3. Plant summer-flowering bulbs.
4. Lift and divide overgrown clump of perennials.
5. Topdress containers with fresh compost.
6. Mow the lawn on dry day (if needed).
7. Buy young bedding plants for the greenhouse.
8. Weed 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 eaters.
10. Open the greenhouse or conservatory door and plants 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 being 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 wind breaker).

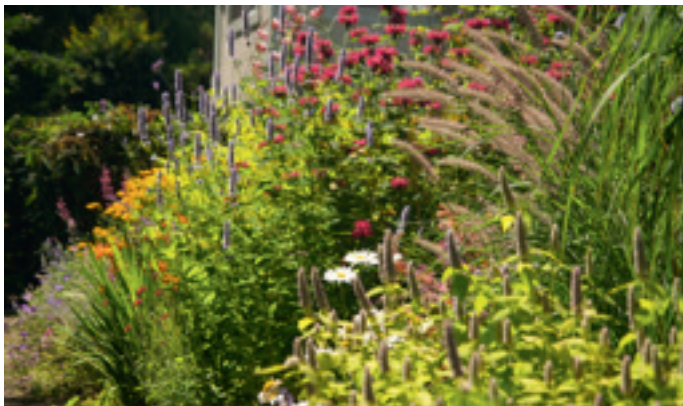
Choose your plants based on the minimum temperatures they can survive;

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

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

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

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



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## Your Stars for March 2023

By Kay Gower

### Aries (Mar.2 - April.9)

Don't be surprised if you find yourself subject to a great deal more in the way of good luck this month. You can play this trend for all it's worth. Definitely a great time for getting away from routines and seeking out some excitement.

### Taurus (Apr.2 - May.1)

Your finances and material possessions will be the main focus of the month. Make sure you're taking a practical approach to your money and not overspending. It's also a good time to turn your attention to your physical health and well-being.

### Gemini (May.2 - June.1)

Your creative energy will be flowing, so take advantage of this time to express yourself through art, music, or any other creative outlet. You may also find yourself feeling more confident and charismatic, making it a great time for a party.

### Cancer (June.2 - July.1)

This month, you'll be focused on your home and family life. Take the time to create a comfortable and welcoming environment for yourself and those you love. It's also a good time to think about your emotional well-being and try to heal any past wounds.

### Leo (July.2 - Aug.1)

Communication skills are heightened making it a great time to network and connect with others. You may also find yourself drawn to learning new things and expanding your knowledge.

### Virgo (Aug.2 - Sept.1)

It's not a good idea to take on any commitment that you're not certain you can carry through to its conclusion. As March advances, you will find the more carefree side of your nature will tend to predominate.

### Libra (Sept.2 - Oct.1)

Your relationships will be in the spotlight especially around the 11th March. Take the time to strengthen your bond with those you love and resolve any conflicts that may have arisen.

### Scorpio (Oct.2 - Nov.1)

Reflect on your past experiences and identify any patterns that may be holding you back. Go over your victories and failures. Put new rules in place that will help you repeat what worked. The third week of March, the planets shine on you. Make the most of it.

### Sagittarius (Nov.2 - Dec.1)

This month, you'll be drawn to new experiences and adventures. Take advantage of this time to broaden your horizons and try something new. Just be sure to pace yourself and not bite off more than you can chew.

### Capricorn (Dec.2 - Jan.1)

This month, you'll be focused on your career and long-term goals. Make sure you're taking a practical approach to your work and not getting too bogged down in perfectionism.

### Aquarius (Jan.2 - Feb.1)

Communication is highlighted. Any type of get together can work out extremely well for you now. The full moon on the 7th would be a good time to focus on your social life and connection with others.

### Pisces (Feb.2 - Mar.1)

This month, the Sun is in the sign of Pisces, bringing with it a deep sense of compassion and empathy, you'll be feeling more in touch with your emotions and intuition. Take the time to focus on your spiritual well-being.

# Local Cottingham man Lee Shipman successfully gained a 3rd Dan Black Belt in Karate

Lee Shipman a member of the Wilberfoss Wadbury Karate Club successfully gained his 3rd Dan Black Belt recently over the winter period in Manchester at the BKA (British Karate Association) - members of the English Karate Federation. The Wilberfoss Wadbury Karate Club is run by Mike Lewis 6th Dan - Lewis said "He has worked extremely hard to achieve this 3rd Dan Black Belt Grade".

The club introduces judo and jiu-jitsu within their Karate Wadbury training together with full on self-defence techniques as part of their programme.

The club meets every Saturday morning at 10.30am within the Community Centre at Wilberfoss.

If anyone is interested (15+) in joining the Wilberfoss Wadbury Karate Club please contact Mike Lewis on 01904 6337



Pictured above from left to right are Mike Lewis 6th Dan Club Master Sensei, Lee Shipman, and Brian Seabright BKA Chairman, shaking hands with Lee Shipman.

## Crossword solution from page 14

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

## Sudoku Answer from page 12

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

# Wildlife Photographer of the Year back at Sewerby Hall in May

The hugely popular Wildlife Photographer of the Year exhibition, on loan from the Natural History Museum, will be back at Sewerby Hall and Gardens in May with a brand new selection of photographs.

Earlier this year, the stunning collection of images from all over the world attracted thousands of extra visitors to the venue near Bridlington, and it is hoped that the exhibition will be equally popular during its stay from Saturday, May until Sunday, 16 July.

Councillor Mike Medini, portfolio holder for culture, leisure, libraries and customer services, said: "We were extremely pleased with the success of this year's exhibition, which drew people of all ages to Sewerby Hall and Gardens, some of whom travelled long way for their visits.

"We know from the feedback we received that, overwhelmingly, people loved the exhibition and that many people also discovered Sewerby Hall for the first time. I am absolutely delighted that we have already been able to book the exhibition next year, when visitors will be able to see another brand new, thought-provoking and inspiring collection of photographs from around the world."

Keep up with the progress of the exhibition, and all the regular attractions and facilities at Sewerby Hall and Gardens, including the Winter Wood and event, at [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk).

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## Satire, humour, and witt: an introduction to David Shrigley

Inspired by a simplicity of sorts, David Shrigley's art is recognisable for his flat compositions accompanied by satirical comments on mundane, everyday situations.

Perhaps his darkly amusing artwork provides a much needed antidote to daily life, or perhaps it just makes us laugh. Whatever the case, David Shrigley's work needs little explanation.



197 Hallgate  
Cottingham, HU16 4BB

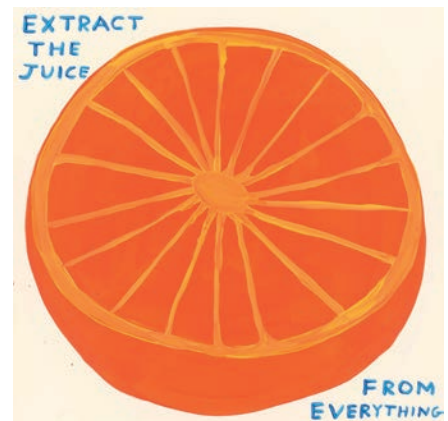
Oftentimes featuring a cartoon elephant, penguins, basketballs or people, Shrigley finds himself influenced by the animated spirit of contemporary visual culture.

David Shrigley's cartoon-like characters are accompanied by his humorous and witty narratives, leaving the onlooker lost in the satirical world of David Shrigley.

Born in Cheshire in 1968, Shrigley started studying art at Leicester Polytechnic in 1987 before heading to Glasgow School of Art for his degree in environment art in 1988, a time when he believed "there wasn't a precedent for people selling work that wasn't figurative painting."

Shrigley believes he is an outsider to the art world for his flat compositions taking on the inconsequential, the bizarre, and the disquieting elements of daily life. The artist has exhibited across the world, with his work featuring in high profile collections across the globe including the Museum of Modern Art, New York and Tate, London. In 2020, David Shrigley was awarded an OBE for his service to visual arts.

The artist's career progressed, with a major milestone in 2003 when David Shrigley animated a music video for Blur before starting a weekly between cartoon



for The Guardian newspaper 2005 and 2009. In 2013 Shrigley was shortlisted for the monumental Turner Prize following his major mid-career retrospective at the Hayward Gallery, London entitled 'Brain Activity'. Today, David Shrigley's art is recognisable for his satirical drawings, which explore the mundane through a childlike wonder and incisive sense of humour.

David Shrigley is an artist celebrated for his hilariously nihilistic creations. He's experimented with a massive array of media and styles over the years, but is best known for his colourful sketches and drawings – interspersed with witty and wicked written commentary.

At the Artmarket Gallery, we have a collection of David Shrigley's prints available. Contact our experts today to enquire for further information.

*Art*market

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# DAVID SHIRLGEY

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