

Cottingham Times

and District

Issue 264 - March 2024



A large photograph of a two-story brick house with a tiled roof, surrounded by greenery. A green metal fence is in the foreground. The text 'Magnolia House' is written in a white, cursive font inside a light brown oval shape in the upper left corner.

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www.cottinghamtimes.co.uk - March 3



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 its 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.

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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?

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. 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.

For more friendly, unbiased advice and information, just call **Dave Parry** at:



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In Cottingham and District

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

British Sugarcraft Guild, Hull and Holderness Branch

Saturday 2nd March - at 2.00 p.m. in Skidby Village Hall. All welcome. Visitors £5.50".

Beverley Gardening Club

Tuesday 5th March - Teesdale Gardens Trail - Rita Braithwaite. In the St. Mary's Parish Hall, Beverley at 7.45 pm and entry from 7.15 pm.

Haltemprice Art Group

Tuesday 5th March - Paint for Charity

Tuesday 12th March - Charcoal Workshop - Geoff Hewitt

Tuesday 19th March- 10 Minute poses

Tuesday 26th March to Tuesday 2nd April- Easter Break

In the Skidby Suite at the Cottingham High School, Harland Way, between 7.00 pm and 9.00pm.

Cottingham Local History Society

Wednesday 6th March - Ships Sail right into the Heart of Hull - Colin Cooper. In the Civic Hall. Doors open 7.15 pm, meeting starts 7.45 pm. Members £2.00; Non-Members £4.00. Contact Chairman Peter McClure 845734.

Cottingham Men's DeLuda Society

Wednesday 6th March - Paul Schofield - Garden Village. Meetings held at the Willerby and Kirkella Social Club, 51A Main Street Willerby HU10 6BY. Meetings 1.30 pm for 2.00 pm. Cost per meeting paid at the door £4.00.

Wednesday 20th March - Paul Leaver - History of Allotments in Hull and East Riding.

Wednesday 3rd April - Alan Beadle - Cats

The Hull Stamp and Postcard Club

Wednesday 6th March Rodney Knight will be showing China.

Wednesday 20th March Mike Lewis will be showing King Edward VIII and Illustrated / Advertising Envelopes. Both meetings are in the Arlington Hall, Hallgate, Cottingham HU16 4DD at 1.30 pm. Doors open at 1.00 pm. All visitors and prospective members are welcome. For more information contact Robert McMillan robertfmcmillan@gmail.com.

Yorkshire Countrywomen Skidby branch

Thursday 7th March - at 7.30pm in Skidby Village Hall. We are delighted to welcome Jo Kent who will give an interesting talk on Health and Well-being of women. Jo is passionate about her subject, will keep us all entertained and informed. All members and guests welcome, please contact Celia for any further information 01482 841370.

Cottingham Catholic Womens League

Monday 11th March - Margaret Wilkinson - My Farming Life. In the Garden Room at 2.00 pm in the Holy Cross Church.

Front cover: Thwaite Street Level Crossing.

Photo: Paul Lakin.

Hull and East Riding Astronomical Society

Monday 11th March - There will be a meeting of the Hull and East Riding Astronomical Society at the Civic Hall, Market Green, Cottingham HU16 5QG at 7.30 pm. Our Guest Speaker will be: David Armeson (York Astronomical Society). Title of Lecture; "Our Moon From Orbit". All are welcome. Visitors fee £4.00, annual subscription £25.00. Website address: www.heras.org.uk

Cottingham u3a

Thursday 14th March - at 2 pm in the Darby & Joan Hall. Terry Richards will be giving a talk, followed by the usual tea/coffee and biscuits. For further information on becoming a u3a member, or queries, visit www.u3asites.org.uk/cottingham

North Ferriby Gardeners' Club

Monday 18th March - 7.30 -9 pm Parish Hall, Church St, North Ferriby, HU14 3DA. Short AGM followed by Victorian Gardens by Louise Wickham from The Yorkshire Gardens Trust. Teas and coffees. Raffle. Yearly membership £20/guest £4. Queries? Contact Trevor Barningham 07779 620651.

Beverley Anglo-French Society

Tuesday 19th March - Bordeaux hier et aujourd'hui, a talk by Maryse Wright at The C Club. Wylies Rd, Beverley. 7.30pm. Non members £3. Are you interested in French language and culture? For the full 2023-24 programme of Beverley Anglo-French Society please visit: www.beverleyanglofrenchsociety.org.uk.

East Yorkshire Woodturners

Tuesday 19th March - 7pm, Skidby Village Hall. (Doors open 6.30pm). Demonstration by professional demonstrator, Andrew Hall. Andrew is from Durham. The club meets on the third Tuesday evening each month. Non-members are welcome (£6.00 entry) - no need to book in advance. For information about the Club, please contact Amanda Barker, 07792 117539, to view the 2024 programme of events, please visit the club's website: <https://eastyorkshirewoodturners.org.uk>.

Hull and East Riding New Stitchers (HENS)

Tuesday 19th March - Folded Fabric Brooches with Rachel - Practical. Meetings held on the third Tuesday of the month at The Darby and Joan Hall, Finkle Street Cottingham, HU16 4AZ, 7.15pm-9.15pm. For further information contact Jean Ellis 845415. www.hullandeastridingstitchers.weebly.com.

The Arts Society, Hull and East Riding

Tuesday 19th March - An illustrated lecture by Charlie Forman: "London Bridged - 3,500 years of Crossing the Thames". At 10.45a.m. Mercure Grange Park Hotel, Willerby. Non-members welcome. Guests £5.00. For further details please contact Membership Secretary, Maureen Jones, tel. 01482 869886.

East Yorkshire Association of the National Trust

Thursday 21st March - An illustrated talk by Catherine Fordham, entitled 'Susanna Wesley - "Mother of Methodism"'. Cottingham Civic Hall, 7.30 p.m. Non-members are welcome.

Friends of Thwaite Gardens

Sunday 24th March - Spring meeting at Thwaite Gardens (57 Thwaite Street, Cottingham). 1pm (refreshments) for 1.30 pm start. Talk by Dr Peter Williams (retired plant lecturer from York University). 'A year in a woodland garden'. Plant types covered include trees, shrubs, woodland plants, herbaceous perennials and bulbs. Time before and after the meeting to look round the gardens and glasshouses. Members FREE. Non- Members £2 (includes refreshments).

East Riding Flower Club

Monday 25th March - at 2.00 pm at the Civic Hall, Cottingham. Our demonstrator is Sue Hall Visitors welcome.

Continued on page six

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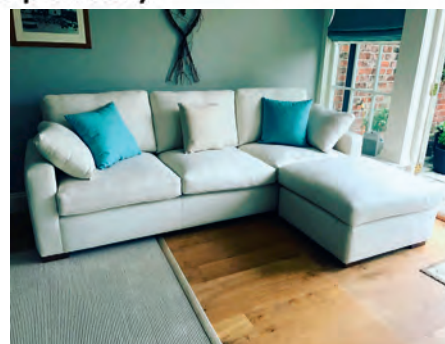
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Gentle dentistry in Cottingham

“ Due to an extremely upsetting childhood experience, I now suffer from a phobia of dentists. Such is my fear, that as soon as I enter the room and see the dentist chair, I start crying.

The consequence of my phobia is I have only visited random dentists when necessary, and therefore had to experience invasive treatment such as root canal or extraction.

As I have aged, I have realised how important it is to find a dentist and keep my teeth!

I contacted Castle Park Dental Care online. (after much research to find the right practice with a female dentist). I then ignored their calls. They gently coaxed me into visiting the practice for a cup of coffee and a chat. Special thanks to Gail x

I decided I should at least have a first appointment, which I did with Ozge. She was amazing, listening to all of my fears through tears and also helped me with monitoring my breathing. (I hold my breath through fear) and helping me with breathing exercises to relax.

Today I have been back to visit Ozge, after deciding to have the two required fillings in one session. I opted for the laser treatment, so no injections or aggressive drilling. I was astonished it was pain free! Throughout the treatment Ozge explained exactly what she was doing, showed me the instruments she was using and continued to monitor my breathing, stopping when I needed a minute.

For some this will be a long post, (so you will not have reached the end of it, I am sure). But, for those with a phobia of dentists it will be a short post, as you are looking for the answer, where I can find a dentist who will understand and support me.

I hope my post can help you create your own positive experiences with Castle Park Dental Care. ”

I am now on the road to recovery in terms of my dental health, and equally creating new and positive experiences with a fantastic dentist. Thank you so much Ozge and Katie (Dental Nurse) x.

I cannot highly enough recommend this practice; they really do care.

We are welcoming new patients

NEW PATIENT EXAM

A new patient exam will involve a full comprehensive check-up. This includes inside and outside the mouth, gum health check and mouth cancer screening.

You will also have time to discuss with the dentist any concerns you have about your smile and what we can do to help. A bespoke treatment plan will then be decided together, and we will make the next appointments. This will be the start of his patient journey with us.



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Kirk Ella and Willerby Short Mat Bowling Club

Welcome new members at St Andrews Memorial Hall, Beverley Rd, Kirk Ella, HU10 7QA. Mondays and Thursdays, 2 – 4 pm (Sept – April). Summer, only Mondays. Come around 1.40pm. For new bowlers, 1st session is free. Club bowls available to borrow. Bring flat soled shoes. Contacts: Ian or Brenda 01482 650157; email bgih@hotmail.co.uk; visit website: <https://sites.google.com/view/kewshortmatbowls/home>.

Kingston upon Hull Swimming Club (KUHSC)

Kingston Upon Hull Swimming Club is a friendly swimming Club, welcoming new swimmers of all abilities and ages (5yrs-80yrs). Swimming sessions run every weekday in various swimming pools around Hull. For further details or to arrange a trial session please contact kuhsc Trustees@outlook.com or visit our website www.kuhsc.co.uk to learn more!

Arterian Singers

Rehearsals are on Tuesday evenings at 7:30 in Cottingham Methodist Church, Hallgate. New members are welcome to join our friendly choir. We sing a varied range of music from pop to classical and perfect sight reading is not required. For further details please contact Hilary Andre on 848958 or 07979 652976.

Cottingham Bowling Club

Carpet bowls are ongoing at the club. Sessions times can be found on our web site cottinghambowlingclub.weebly.com or ring L. Davy 846611.

Cottingham Food Bank

Cottingham Food Bank is open every Wednesday from 10am to 11.30pm. For £1 you will be able to select 8 items from our shop style display and in addition refreshments are available in the Church hall next door. You can find us behind Zion Church, Hallgate Cottingham (access via left hand passage). All welcome.

The Cottingham Community Garden Group

The Cottingham Community Garden Group [CCGG] meet every Tuesday and Thursday from 1pm to 3pm on the Worklink site on Eppleworth Road Cottingham HU16 5YF [Far right corner past last polytunnel] - All welcome . Find us a Facebook or visit us to find out more.

Skidby Village Hall

Coffee Mornings - join us for a cuppa and a chat, all welcome! Light refreshments on sale, every Friday, 10am - 2pm. Visit www.skidbyvillagehall.com or @SkidbyVillageHall on Facebook for updates and information.

Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby 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 one welcome. For further information please contact Jan Gray on 01482 840637.

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 five all-weather artificial grass courts. We offer both social and competitive tennis supported by a dedicated coaching team. Pay to play is also available. Booking via our website. Please view our website or contact Matthew Fletcher on 07814 495931 for more information.

Christ Church Cottingham

Coffee Mornings 9am-1pm Monday to Wednesday, full cafe menu and all proceeds for the Ukraine Aid Effort. 31a Endyke Lane, HU164QD. www.cccottingham.org.uk for more detail.

Continued on page eight

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Together in Grief



Group walks for those who are bereaved



Together in Grief (TIG) walks are easy-paced, group walking sessions to help people cope with the loss of loved ones. They offer some gentle exercise and the chance to talk with others who share your experience.

When: every Wednesday at 9.30am

Where: Art Gallery, Brynmor Jones Library, University of Hull

Cost: FREE

The walks are safe, supportive and suitable for all – men and women, and all abilities.

No need to book – just turn up. Come along whenever you feel a walk and talk might help – every week or just occasionally.

For more information, scan the QR code or email heather@fitmums.org.uk.





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Council drawing up strategy to improve playing pitches

Local sports clubs are being urged to help draw up a new strategy to improve sports pitches across the East Riding.

East Riding of Yorkshire Council is developing a new Playing Pitch Strategy for the next five years, covering playing areas for cricket, football, rugby league, rugby union, hockey, tennis, athletics, bowls and crown green bowls.

The strategy aims to

Protect, improve and grow playing pitch provision, ensuring efficient maintenance and management to meet need now and in the future

Support funding bids, open space assessments for planning applications, and development of the local plan.

Help to widen participation in sport by ensuring all communities are supported to use playing pitches.

Encourage and support community use of playing pitches.

Support residents to enjoy their maximum potential for health and wellbeing.

Encourage environmentally sustainable maintenance and development of playing pitches and facilities.

The council is posting out surveys to local sports clubs, schools, town and parish councils and any other organisations that provide playing pitches in the county.

Their feedback will be key to identifying gaps in local sporting provision, and areas where improvements should be a priority.

Anyone who completes the survey will be entered into a prize draw for one of five one-month East Riding Leisure passes and a £100 sports shop voucher for their club or facility. The prize draw is not open to schools.

Councillor Nick Coultish, cabinet member for culture, leisure and tourism, said: "We're asking clubs and organisations across the region to help us draw up our new Playing Pitch Strategy.

"In some cases, being included in the Playing Pitch Strategy may be necessary for organisations to access funding, so it is really important that they complete the survey at return it to us as soon as possible."

The council is developing the strategy on behalf of Sport England and national governing bodies such as the FA, as part of a national planning framework.

The Playing Pitch Strategy team have also been carrying out non-technical assessments of pitches in accordance with the timings specified by each sport's National Governing Bodies.

For more information, email pps@eastriding.gov.uk.



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Before



After

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www.cottinghamtimes.co.uk - March 7

Cottingham Parish Council



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

Owning a Water Course

Residents who have a watercourse on their land or live adjacent to a watercourse have various responsibilities to help reduce flood risk to their own and surrounding land, properties and businesses. For further information click on the link: [Owning a watercourse - GOV.UK \(www.gov.uk\)](http://www.gov.uk) or alternatively you can contact the Flood and Coastal Risk Management Team on 01482 395656

Councillors

We would like to welcome our new Cllr, Tracey Booth, who will be representing Croxby Ward. A list of our Councillors and the Committees/Working parties they represent can be found on all the village noticeboards.

Town Centre Officer

We are pleased to announce that we have received part funding from East Riding Council to employ a part-time Town Centre Officer for 12 months, the successful applicant will support the Parish Council in developing and implementing a Town Centre Action Plan with the aim of promoting and developing a vibrant town centre offer to residents, businesses and visitors

Precept

Following careful consideration the Parish Council has agreed to increase the precept for 2024-25 to £32.48 per year for a Band D equivalent property. This is an increase of approximately 27.22% or £6.95 more per annum (equivalent of just under 60p per month). Whilst this represents a significant percentage increase compared with previous years, it is a relatively small cash increase per property due to the low initial base. Overall, the increased budget reflects the ambitions of the Council which it has set out in its newly developed Strategic Plan.

Nicola Pape

Nicola Pape, Clerk to Cottingham Parish Council
deputyclerk@cottinghamparishcouncil.gov.uk
Tel: 01482 847623.

What's On - Continued from page six

Christ 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.

BabyCafe Christ Church Cottingham

Babies and their adults welcome, plenty of space and age appropriate toys, Wednesday 9am-1pm full cafe menu and all proceeds to charity.

Cottingham Badminton Club

Badminton Tuesday/Thursday evenings, 8.00pm while 9.30pm. Cottingham High School. £3 per session. No booking required, just turn up and play. Fun and friendly. Open to all levels and abilities. Steve Baker 07795 680912 or 870906.

Cottingham Cricket Club

We run three Saturday sides, a Sunday side, a Sunday Ladies team and junior teams from U9 to U15. We also have indoor Softball training for girls and boys aged 7-14 at Sirius Academy North. This is held on Saturdays 10.30 - 12 noon starting in January. In the Summer, junior training is on a Friday evening with coaching sessions for all formats during the week. For any further information please contact Rob Rhodes at cottinghamcc@hotmail.co.uk We are Clubmark Accredited and all Coaches are DBS checked"

HULL OPTIMISTS Swimming Therapy Group

Come and join a friendly group of Adults and Children at Frederick Holmes School, Inglemire Lane Hull, in a warm Hydrotherapy Pool. The club is for persons with disabilities or have a fear of water, and are taught in a friendly and positive way how to overcome that fear and be safe in water and also help with their mobility. We meet in term time every Monday evenings. There are two sessions, the first between 6pm and 7pm for Children and their Carers, and the second for Adults between 7pm and 8pm. All are welcome. For further information and application details please contact:- Chris Hart on 07763 756345.

The Maureen Hunter Singers

Saturday 27th and Sunday 28th April - 'Ruby Voices in Spring'. Celebrating the Choir's 40th Anniversary. Bricknell Avenue Methodist Church. At 3.00 pm. Seats £9.00 including interval refreshments. Bookable from Mrs. Sue Helliwell on 01482 641229. Or from any member of the Choir. Or book direct on-line at www.ticketsource.co.uk/maureen-hunter-singers. Parking nearby at Kelvin Hall Sports Pavillion in Bishop Alcock Road HU5 4RR.

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

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Trust is hard-earned and easily lost. The choices we make matter!

This article is a brief review of the likely consequences of our actions concerning the **operant quadrant**. (Our choices in shaping future behaviour)

Negative reinforcement R-, Negative punishment P-, Positive punishment P+ and Positive reinforcement R+

Have you ever sat back and contemplated that you just handled a situation in the wrong way? The realisation that you just messed up big time or regret the words you chose to use or the actions you just took? What will be the lasting consequence of that moment in time and how will it affect the future relationship and behaviour with that person, child or colleague?

What on earth did you just do?

Did you choose harsh and hurtful words that hurt the receiver emotionally? Were you lying about something? (**Self-protection or Resource guarding**). Could it be that you took something away from another person which you knew would feel punishing? (**P-**) or some physical action where you lashed out, struck, hit, poked or worse? Every single one of us knows that **physical abuse hurts in 2 ways**—through the actual pain inflicted as well as the emotional pain and fallout felt afterwards. (**P+**)

Choices!

Thinking back on your actions, assess how your choices made you feel at the time. Were you dominating because you could? I guess it must have felt good at the time! Did your choice stem from frustration or fear on your part? Were you protecting something or someone else? Were you withholding something from someone on purpose, knowing that it would have a desired, punishing effect? Were you reacting against something they did to you or that you had perceived that they had done to you? Were you trying to make that person do something against their will? (**R-**)

Now let's think about how many choices you actually had!

Was the situation in your control or was it the fear of losing control which instigated your choices in reaction? What exactly made you want to gain power over that other person?

Turn all this around into the place of the receiver. Has this happened to you? How did it make you feel? Does the memory still haunt you even after years have passed by? Given a similar environment or stimuli, will it make you behave in a certain way or feel sad, fearful or emotional? (**classical conditioning**)

10 March - www.cottinghamtimes.co.uk

All these scenarios are happening in our human world all of the time.

How do we decide to treat each other? How do we react to situations we find ourselves in? What reactions spring to mind when you feel unfairly treated or have had something taken off you with no choice? What are those powerful feelings which happen when someone is bullying or dominating you? Do you feel angry (rage) or would you shut down and try to let it simply wash over the top of you? What makes you feel the need to protect something or someone? Social bonding and care for others will trigger the need to show defensive actions and words.

Trust is hard-earned and easily lost.

The choices we make will always have a ripple effect like dropping a stone in still water. They will touch into and effect future relationships, interactions and behaviour.

In my world of horse (and animal) training, I see all of the above scenarios running all of the time with how we treat our pets – especially the domineering way horses are endemically treated and trained. I see how historical experiences and associations drive unwanted behaviour (reactions) in horses all the time. I see how badly humans handle a horse who is reactive, scared, angry or frustrated. The hard-held belief that we need to master or dominate horses, is the main criteria endemic worldwide. Why do we humans feel the need to behave this way- **BECAUSE WE CAN!**

I'm saddened by how very common it is for the human to assume that a horse is being "awkward", "stupid", "doing it on purpose" or "naughty", when none of those labels are true in behaviour terms. They are very unfair. Absolutely none of that terminology applies to animals. It is not in their psyche to think in those anthropomorphic ways. They react to environments immediately associated with their consequences to them based on primal survival drive, self-protection or historical associations (memories).

The more violent we humans are with horses, the more harm we cause and the worse the predictable future behaviour will become. Somehow, we still have the right to carry and use whips on horses. The racing industry is all about legal abuse by its allowed use of "riding out with whips" to the finish post. Heaven forbid you ever see humans being whipped to make them work harder or see a dog being beaten as you drive by. Those scenarios are illegal.

Humans are such a dominant species—just look at our histories of war-making and killing. The rape of our planet for money, to which we are now really paying the price, despite decades of unheeded warnings. Every single day 100 species are being wiped off the face of the earth forever. What gives us the right?

Animals do not make war. They do not behave as we do yet they suffer the outcomes of our dominance in every single way and all of the time. This is because they have no power. Our processes in farming animals for their meat, especially live transport abroad and the whole mass slaughter industry are endemic in cruelty and all based on making maximum profit. **The animals have no choice in their fate yet it is theirs to suffer.**

This article is about giving you all some food for thought. Can we change our behaviour enough to make the lives of our helpless animals better? All animals everywhere are powerless because it is we who hold all the power.

The Kept Animal Bill

Could we possibly grant animals sentience in law? Here in the UK, there is a huge public push towards that goal but our politicians refuse to listen because it will cost the country too much money. Granting all animals in our care the recognition of sentience is the one most amazing and massive outcome which would, could or should, make a huge difference to the quality of life of all our animals- the whole pet industry, the entire farmed animal process and the entire equine industry. It would strengthen welfare laws enormously and increase our Law Courts and magistrates' power for sentencing offenders.

Could we ever give power to our most vulnerable species to enable all animals to have the same rights of a safe, pleasurable and pain-free life as we human overlords?

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Cottingham Darby and Joan Hall - Can you help?

The Darby and Joan Hall in Finkle Street in Cottingham is a community hall which can be hired for classes, meetings, gatherings and parties.

It has two halls (one large, one small), both of which have large screens with sound attached, and both halls have access to a large kitchen.

The premises are a registered charity, owned and managed by a Trust. The Trustees are a group of local volunteers who work together to manage the bookings, the finances and the maintenance and improvements of the building and land. Trustee meetings are held once every two months (6 times a year).

If you are interested in booking either of the halls, please contact the Booking Secretary, Les, on 07745 451707.

The future existence of the Darby and Joan Hall is important to us and we are always seeking new Trustees to join the management committee to ensure this facility continues to offer a valuable service to the local community. If you feel that you could make a contribution, we would be very pleased to speak to you. Please contact either the Chairman, Brian Hossack on 07715 492940 or the Secretary, Pat Collard on 07846 317662.

The Phoenix Walkers

Phoenix Walkers are a friendly walking club, always looking for new members to walk the Dales & Wolds of Yorkshire & Lincolnshire. We walk every two weeks from Feb to Dec. We walk on a Sunday, the coach leaves Hull & Cottingham for a full day out.

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We walk is 7-10 miles (packed lunch required)

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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. 200

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

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

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MARIONOWENTRAVEL

March... how our gardens are starting to bloom giving us a real feeling that summer is on its way. We have many clients who enjoy lovely gardens whilst away and we can once again appreciate wonderful colours during the coming months. For example...

14th April we visit Cornwall on a delightful itinerary of Gardens & National Trust properties. The Camellias will be bursting with colour too, creating a wonderful picturesque landscape for budding photographers.

Why not join our Tulip time River Cruise around **Holland & Belgium**? April marks the peak of the tulip season and our special all inclusive offer takes in historic towns as well as Arnham for WW2. With balcony suites at only £2175 this journey is very tempting. Call for details.

Alternatively a popular Dutch Dash is available allowing you to enjoy a day experiencing Keukenhof.

Malvern's RHS spring festival tour - May. This show is renowned and has been on Marion's bucket list for a long time. This weekend is perfect for gardeners, plus flower & foodie lovers. It will not disappoint.

Chelsea flower show is at the end of May, we have one twin room on available - call for details.

We have had a number of phone calls asking about departure times for our own tours especially Ireland & the Isle of Man. We do not use an interchange for our own tours, we want you to have a relaxing holiday and would never expect you to depart in the middle of the night.

Travel bookings are fun at the moment taking us to all corners of the world. Many new bookings are departing soon and a good variety of bookings into 2026. Early bookings give you time to enjoy looking forward to the adventure ahead and gives you the time to budget for an extra special bucket list destination making monthly payments should you wish.

Norway, our June coach tour is ideal for non flyers, those not wishing to cruise or should cruise insurance be expensive for you! This super tour explores Norway's breathtaking landscapes from the comfort of our coach.

Jersey from Humberside 2024 - looking to visit this year but want to know more? Book your spot for a presentation on Friday 15th March (morning or afternoon available)

We are a small experienced team, passionate about travel and here to guide you every step of the way. We simplify your booking process, offer assistance with visas, (new European entry requirements coming soon) printed documentation and boarding passes plus we are available 24/7 during your holiday. We work with all tour operators & cruise lines including Jet2, Titan, Riviera & Tui etc.

Whether you prefer to visit us in person or make your bookings over the phone, we are here to assist you.

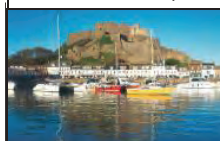
Best wishes *Marion, Susan & Emma*

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14 Apr	Cornwall's wonderful gardens. 5 nights dinner B&B Inc. Llanhydrock, Eden, Lost Gardens & much more	£ 995
10 May	RHS Malvern FS & "Well" Dressing 3 days	£ 349
04 Jun	Round Britain D Day 80th Anniversary cruise 13 nights full board, Optional travel to the port	From £ 979
06 Jun	Norway—a great adventure on our coach 12 days	£1999
06 Jul	Douro River Cruise All inc. fly from Humberside 7nts	£2235
17 Jul	Isle of Man 6 nights dinner B&B + comprehensive sightseeing of the island. 4* Mannin Hotel Douglas.	£1195
27 Jul	Jersey with Emma 7 nts flying from Humberside or 11 nts a 2 centre with Guernsey dinner B&B	£ 899 £1604
28 Jul	ABBA Voyage - 2 days inc. seated ticket & overnight	£ 225
07 Sep	Ireland's South West Corner, 8 nights dinner B&B following the Wild Atlantic Way it is a super itinerary	£1415
19 Oct	Scotland's Enchanted Forrest 5 day dinner B&B	£ 489
04 Nov	Warner's Cricket St Thomas, 5 days dinner B&B	£ 475
09 Nov	Northern Belle luxury train to Edinburgh for the day	£ 440
14 Nov	Thursford Christmas Spectacular 2 days	£ 269
25 Nov	Holly & Mistletoe at the Tynedale Llandudno - 5 days	£ 535
30 Nov	Thursford Christmas Spectacular 2 days	£ 269
14 Dec	Experience a night on a cruise ship. 1 night Dinner, entertainment & breakfast. A great Christmas party idea	£ 199
19 Jan	NORTHERN LIGHTS 5 days full board & activities	£1209
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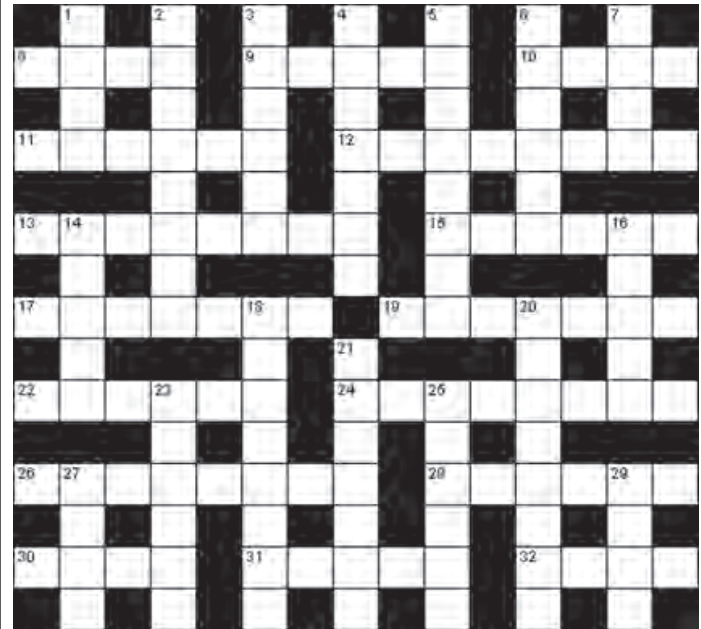
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Crossword - Solution on page 29



Across:

- 8 Travel in a wind-driven boat (4)
- 9 Tied (5)
- 10 Flesh from animals (4)
- 11 Signal with a flag (6)
- 12 Plentiful (8)
- 13 Tame (8)
- 15 The circle of color around a nipple (6)
- 17 Like a phantom (7)
- 19 Engraving (7)
- 22 An obvious truth (6)
- 24 Planning (8)
- 26 A large arboreal boa (8)
- 28 An affront (6)
- 30 Weight-loss program (4)
- 31 Submarine (5)
- 32 A language of Pakistan and India (4)

Down:

- 1 City in Italy (4)
- 2 Without fault or blemish (8)
- 3 Plague (6)
- 4 Rub (7)
- 5 A military assistant (8)
- 6 A tiny amount (6)
- 7 Sound an alarm (4)
- 14 Different (5)
- 16 Cloth made from flax (5)
- 18 Radiant (8)
- 20 Characteristic of country life (8)
- 21 Swordfish (7)
- 23 Motivate or prod (6)
- 25 Machines for lifting heavy objects (6)
- 27 French for "Black" (4)
- 29 Ore deposit (4)

*Crossword courtesy of www.crosswordpalace.com
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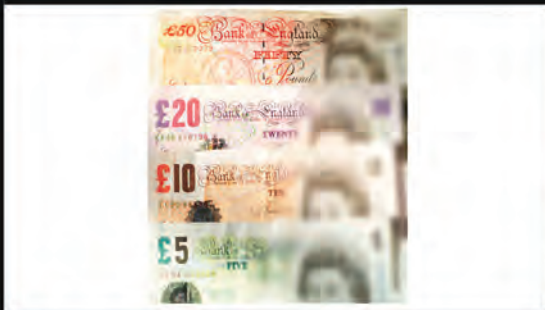
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Wanted

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Wanted

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Cottingham's Travel Agent



Josh Cotton, (founder)

Welcome to March, the month where many animals come out of hibernation and many of us sunseekers do too, the early dark nights now seem a thing of the past, right? Life starts to feel better, to increase morale further let's turn to those all-important

holiday countdowns, have you started yours? If not, come and join the club, there's still space and plenty of bargains to be had, if you would like to go away before the summer rush **May still has some good choices**, while September is proving to be very popular and availability decreasing. Either way, my team and I are on hand to find you the best getaway we can! **Being independent is great** as we can compare all the operators and make sure our clients get not just the best value for money but also the best flight times and room types too. I am all planned out for the year, in April I look forward to spending time in Dubai and the Maldives on one our specialty tailor made trips. In June I head back to the seas, this time exploring the Adriatic and Dalmatian coastline and later in the year I plan trips to Cyprus and the Far East. Is it possible to run a travel agent without being so passionate about travelling? I think not! Let's call it market research ha-ha. Last month I asked why you would ever book online with a faceless computer when we often find better deals and are **on hand 24/7 with our dedicated emergency line**, in the moments when things go wrong, on hand personal service is priceless, right? If you want to feel looked after, come down and give us a try. To those of you who are **supporting our local business** and passing word of mouth about your positive experiences, well, thank you just doesn't seem enough. I am truly grateful for the local support – it feels like family. Isn't it incredible. **Cottingham is such a fabulous community**. In exciting news, **Humberside is doubling up on the Palma service** next year and introducing a 2nd weekly direct flight to the Island of Majorca, which now enables us to book 10/11-night durations! **Jersey bookings are on the rise** from Humberside too and the no-fly cruises are equally as in demand, sailing from Liverpool, Newcastle, Tilbury, or Southampton – we can help you with coach transport too, just ask us in-store for more information. I will now leave you with some tempting '*when they're gone, they're gone*' offers, contact us to book them before they sell out!

HOLIDAYS FROM HUMBERSIDE

Cala Bona, Majorca, 10 nights, 10th May 25, popular apartments, self catering, £685pp
Golden Sands, Bulgaria, 7 nights, 28th Jun 24, 4 star, bed and breakfast, £559pp
St Helier, Jersey, 7 nights, 15th Jun 24, bed and breakfast, £945pp
Nessebar, Bulgaria, old town, 11 nights, 2nd Sep 24, all inclusive plus, £1095pp
Lapland Experienc- one off date, 3 nights, 1st Dec 24, full board, £1199pp

TOURING HOLIDAYS

Milan, Verona & Lake Garda, from Leeds, 7 days, 3rd Jul 24, incl meals / tours, £1245pp
Elvis Presley & Dolly Parton USA trip, from Heathrow, 9 days, 18th Apr 24, £2079pp
Safari in South Africa, from Manchester, 9 days, 4th June 24, full board, £2245pp
Authentic India, from Heathrow, 15 days, 7th Sep 24, full board, from £2625pp
Japan Unveiled Tour, from Heathrow, 16 days, (Nov 2024 – Nov 2026) from £4689pp

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Cottingham's Travel Agent

SUMMER 2024

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Corfu, Greece, 28th August 24, 7 nights, bed & breakfast, from Manchester, £569pp
Dubrovnik, Croatia, 2nd May 24, 7 nights, *half board*, from Leeds Bradford, £609pp
Zante, Greece, 15th May 24, 7 nights, *all inclusive*, from East Midlands, £649pp
Torremollinos, Spain, 18th May 24, 10 nights, bed & breakfast, from Manchester, £699pp
Syracuse, Sicily, 8th May 24, 7 nights, *half board plus*, from Leeds Bradford, £739pp
Puerto De La Cruz, Tenerife, 2nd June 24, 14 nights, self catering, from Manchester, £949pp
The Algarve, 11th August 24, 7 nights, self catering, from Manchester, **£2,299 for family of 4**
Sarigerme, Turkey, 1st July 24, 7 nights, *all inclusive*, from East Mids, **£3,499 for family of 4**

CRUISE OFFERS

Norwegian Fjords, from Southampton, 15th May 24, 8 nights, inside cabin, £999pp
Highlights of the Med, fly from Humberside, 01st Oct 24, 7 nights, AI, inside cabin, £1249pp
Adriatic Affair, fly from Manchester, 9th May 24, 7 nights, adults only, inside cabin, £1249pp
Best of Scandinavia, from Southampton, 27th Aug 24, 11 nights, oceanview cabin, £1389pp
Greek Isles & Turkey, fly from Manchester, 20th Jul 24, 10 nights, inside cabin, £1519pp
Caribbean Islands, fly from Manchester, 6th Dec 24, 14 nights, inside cabin, £1599pp
Iceland/Scotland/Ireland, fly from Humberside, 15th May 24, 15 nights, oceanview, £1819pp

RIVER CRUISE

East Danube Explorer, Fly from M'chester, 14th Oct 24, 7 nights, full board+, £1189pp
North Rhine & Netherlands, Fly from M'chester, 26th Jul 24, 7 nights, full board+, £1459pp
The Icons of Europe, Fly from M'chester, 28th Apr 24, 15 nights, full board+, £2239pp

LONG HAUL DESTINATIONS

Palm Jumeriah, Dubai, 4th Sep 24, 6 nights, bed and breakfast, from Birmingham, £949pp
Riviera Maya, Mexico, 25th Nov 24, 7 nights, 24hr all inclusive, from Manchester, £1195pp
Ubud, Bali, 27th Nov 24, 11 nights, bed & breakfast, from Manchester, £1339pp
Sri Lanka, 29th Jan 25, 14 nights, all inclusive, from London Heathrow, £2425pp
North Atoll, Maldives, 10 nights, 13th Oct 24, all inclusive, from London Gatwick, £2739pp

SOLO HOLIDAYS

Sunny Beach, Bulgaria, 7 nights, 6th Sep 24, bed and breakfast, from Humberside, £639!
Chania, Crete, Greece, 7 nights, 24th Jun 24, bed and breakfast, from Leeds Bradford, £649!
Gumbet, Turkey, 14 nights, 14th Oct 24, self catering, from East Midlands, £649!
Canary Isles Cruise, 7 nights, 18th Apr 24, all inclusive cruise, from East Midlands, £1489!
Croatia & Lake Bled Tour, 8 days, 2nd Jun 24, half board, from Manchester, £1495!

COACH HOLIDAYS *All trips in this section are departing from Cottingham*

Bristol Balloon Fiesta, 2 days, 10th Aug 24, half board, £139pp
Grand National & Liverpool, 2 days, 13th Apr 24, bed & breakfast, £189pp
Mamma Mia, 2 days, 22nd Jun 24, bed and breakfast, £239pp
Thursford Xmas Spectacular, 2 days, 22nd Nov 24, half board, £269pp
Weekend in Amsterdam, 4 days, 5th Jul 24, bed & breakfast, £429pp
Costa Brava, Spain, 9 days, 11th May 24, half board, £699pp

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Scales of judgement

Usually at this time of year I write about the dangers of chocolate if it gets into the wrong paws (or should I say mouth). I have mentioned how very serious it can be especially the dark variety, if consumed.

For the readers who have been reading my articles over the years, you may remember my previous labrador Teal and the antics she got up to, mainly the consuming things she shouldn't have.

Yes, strangely enough I wasn't put off having another labrador after she sadly passed away although Tali has tested me many a time. Back to Teal, she actually made news in the Hull Daily Mail after she ate quite a large amount of chocolate.

Luckily it was the milk variety but had eaten enough to still be admitted to Kingston Veterinary hospital on park Street where she had to go through the procedure of emptying her stomach. As you can imagine I have learnt my lesson on leaving food (especially chocolate and at this time of year too), within inquisitive noses. So why does



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chocolate lead to this article? After the many indulgences we consumed after Christmas plus luxurious Easter eggs, I, like many I'm sure, have put on a few pounds.

This doesn't stop with us but also leads to our pets who have maybe participated in the odd luxury or two. Excess weight can lead to many things, the main one being joint problems but that is a future article.

I came across a poem I wrote for another magazine a few years ago, about our family cat, Jaffa who yes, had a weighty problem (9.2kgs) due to being greedy. So rather than write about weight and chocolate, I thought you'd enjoy the poem....

Running through fields of corn
My legs long and astride,
Body lean, a mean machine
With friends running by my side.

Faster and faster I rage on
Not a puff or pant to be found,
But then as reality breaks into my dream
I slowly come around.
My lean body is no more
But ripples of fat are shown,
Legs that struggle to support my weight
Slowly I get up and groan.

Over to the dish I stroll.
But what is this I see?
Not my usual food is there
But grains the size of a pea!

"Oh no please not again " I shriek
The after Christmas nightmare,
Food and luxuries last month all gone
A diet is coming....beware.

There before me a dish of food
As tempting as a plate of worms,
Months of starvation ahead
The thought does make me squirm.
So this is the start of my diet
At 9.2kgs admit I must,
To shed a few pounds over weeks
In the hands of my owner I trust.

No more treats in store for me
Just low fat bics and exercise,
So watch this space by next month
The pounds go before your eyes.

Yes, Jaffa did lose an almighty 4.5kgs (over a couple of years) with the expert advice of the Kingston nurses.

If you have any questions at all, either a chocolate thieving pet but please seek immediate medical attention or a weight problem, do not hesitate to call any of Kingston Vets six surgeries where they will be happy to help.

AND FINALLY.....TALI

I'm very pleased I have nothing to report.... yet. We are talking about Tali after all.

Until the next time.....

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Departs: Heathrow
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Accommodation: 4* Sabah Hotel – Sandakan, Bilit Rainforest Lodge – Sukau, 4* Horizon Hotel – Kota Kinabalu

Highlights: Sandakan - Meet the Orangutans, Pui Jih Temple Suka – Monkey Sanctuary, motorboat cruise, jungle on foot Kota Kinabalu – Kinabalu National Park, Mari Mari Cultura Village.

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Duration: 15 days
Date: May – November 2024
January – November 2025
Departs: Heathrow
Board Basis: 18 Meals
Accommodation: 3* Hotels

Highlights: Lima-Tour of Lima, Arequipa – Pampa Canaguas & Salinas wetlands. Colca Canyon, Puno – Lake Titicaca, Cusco – La Raya Pass & Temple of the God Wiracocha, Sacred Valley – Inca Fortress of Ollantaytambo & Pisac Market. Machu Picchu, Cusco – Temple of the Sun & Inca Fortress of Sacsayhuaman

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ON THE GRAPEVINE



WITH ROY WOODCOCK

What drives you to buy a particular wine?

Image, personal preference, perceived quality, price . . . what is it that drives you to buy a particular bottle of wine? And do you stick with what you know or take a gamble on trying something new? I ask because of some interesting facts and figures that came out of a tasting for the wine trade held recently.

It was organised by the New Zealand wine industry and, already, I know a few of those ingrained “truths” about particular wines will have come to the fore. After all, we all “know” New Zealand wines, like home-produced English wine, comes with a price premium.

At this particular tasting it was revealed (and I have to say no one was really surprised) that New Zealand producers are able to charge more for their wines in the UK market than producers from any other still wine-making region.

And UK consumers are more than willing to meet these higher prices.

While the average sales price per litre of still wine is £8.88 in the UK market, wines from New Zealand are priced at an average of £11.10 per litre, representing a £2.22 premium. And according to Philip Gegan, president of trade body New Zealand Winegrowers: “In the last 12 months we’ve maintained our price premium, which is so, so important to us.”

He added that he was pleased the New Zealand wine industry had protected its “cache and reputation with the trade and with consumers.”

What’s not in doubt is that higher prices are no barrier to sales, when it comes to UK consumers.

Between 2022 and 2023, the volume of New Zealand wine exports to the UK jumped by 5.6 per cent compared to the volume growth of the rest of the still wine category in that market which saw a 2.9% lift – meaning that New Zealand enjoyed just short of double the volume growth of other countries within the UK market.

Currently, the UK represents 25 per cent of New Zealand wine exports, and generates half a billion pounds worth in retail sales.

Some of this growth can be attributed to the free trade agreement signed in May 2023 between the UK and New Zealand, which Wines of New Zealand said had “removed technical barriers to trade”.

The rate of sale for New Zealand Sauvignon Blanc in particular was “almost three times greater” in the last 12 months than the rate of sale for Sauvignon Blancs from other nations such as Chile and South Africa, combatting concerns over these countries in particular grabbing a bigger slice of the pie following New Zealand’s significant wine shortage in 2021.

* One country still with a lot to do when it comes to wine exports is Greece. In the ancient world, Greece was once one of the foremost producers of wine. However, in contrast to the country’s important wine heritage, modern Greek wines are only recently reaching the rest of the world.

The revitalisation of the industry is supported by modern wine-making techniques and a generation of motivated, quality-focused producers.

The portfolio of 21st-Century Greek wine includes everything from fresh, citrus-scented whites and sparkling rosé to lusciously sweet reds.

All of which is setting the scene for a wine-tasting in Beverley this month, organised by Roberts & Speight.

The date for your diary is Thursday March 21 and the venue Beverley Cricket Club, when Effie Kaillinikidou, a wine maker and export manager for Lyrarkis winery in Greece, will be the guest.

Effie has participated in tasting panels for food and beverage magazines and written several articles for wine at Food and Beverages Magazines in Greece and has worked as tutor to restaurant staff conducting wine seminars and to consumers at Wine Clubs in Athens, while she was the Chief Oenologist in wineries at Cephalonia, Peloponnese, and Santorini in the beginning of her career.

She has been engaged in the promotion of Greek wines in Export Markets since 2000 and is currently the Exports Manager at Lyrarakis Winery.

In total, five whites, three reds and a rose will be tasted at the event, with a few tasty tapas to compliment things. Tickets cost £25 with more information at www.robertsandspeight.co.uk. Alternatively, call 01482 870717 to book.

* With Mother’s Day this month (March 10) what better way to rosé up to the occasion than with Aldi’s award-winning pink bubbly? Starting the celebrations off strong after winning a bronze at the International Wine & Spirit Competition, Aldi’s Specially Selected Fleurs D’Eau Sparkling Brut Rosé (£7.99) is nothing short of mum-u-mental.

Offering attractive aromas of red and white fruits as well as sweet candy notes, this ferociously fruity fizz is well rounded and fresh.

What’s more, those looking to go the extra mile can treat mums to a delicious cocktail in under five minutes; acting as the ultimate ingredient for a refreshing Rosemary Frozé, this recipe serves two people for under £10 - sip sip hooray!

Ingredients: 350ml Specially Selected Fleurs D’Eau Rosé; 50g strawberries; 50ml vodka; 10 ice cubes; 2 sprigs Rosemary to serve

Method: In a blender combine all ingredients, reserving a couple of strawberries for the garnish. Add the sprigs of rosemary and serve immediately.

BEST BUYS



Nanny Goat Pinot Noir Central Otago

Where: Waitrose
When: Now, until March 19
Why: A complex and seductive nose, showing ever changing layers of plums, bramble, sweet baking spice, dark chocolate, coffee, liquorice and an ethereal floral lift. The palate is rich with dark berry fruits, dried herbs and spice. Will pair well with duck, venison and other gamey red meats. A gold medal winner at the 2022 Decanter World Wine Awards.

£16.99 (was £19.99)



The Ned Sauvignon Blanc

Where: Sainsbury’s
When: Now, until March 12
Why: This New Zealand wine has been regularly featured in this column for years and if you’ve tasted it you will know why. It’s the most refreshing thing you could pour into your glass. Full of gooseberry and grapefruit flavours, it’s grassy, tropical and seriously aromatic.

£9 (was £10.50)



Devil's Creek Merlot 2020

Where: Majestic
When: Now
Why: From Hawke’s Bay, which possesses a cool coastal climate, which is why Bordeaux varieties like Merlot do so well. Plummy. Red-fruit. Smooth. As delicious as it is great value

£9.99 (£7.99 if part of a mixed six bottles)



Denbies Flint Valley

Where: Waitrose
When: Now, until March 19
Why: From Surrey’s North Downs. Flint Valley is a lightly-oaked dry wine with a lively nose of lime zest and ripe pear and a fresh and a vibrant citrus palate with refreshing minerality and well-balanced acidity.

£8.79 (was £10.99)



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Chris Lee's journey in the carpet fitting industry began over four decades ago when he started his career at P&D Carpets, a local firm, back in 1984. Since then, he has become a familiar face in the community, known for his dedication to providing top-notch service and quality products to his customers. Today, Chris operates his own business, offering a unique and convenient mobile showroom service that brings the best in carpeting right to his customers' doorsteps.

After a period of owning his own shop on Chanterlands Avenue in Hull, Chris realized that his passion truly lay in meeting his customers where they were most comfortable – in their homes. It became evident that what his customers valued most was the personalized attention and expert advice he provided during these in-home consultations. Thus, Chris's mobile showroom service was born.

When a customer contacts Chris, he promptly arranges a convenient time to visit their home with his extensive range of carpet samples. This allows customers to see how different options will look in their space and make an informed decision based on their preferences and needs. During the consultation, Chris provides valuable

advice on choosing the right carpet for their specific requirements, taking into account factors such as durability, style, and budget.

One of the advantages of Chris's mobile showroom service is the ability to provide instant quotes on-site. By accurately measuring the area and discussing the customer's preferences, Chris can provide a transparent and competitive price without any hidden fees or surprises.

Once the customer is satisfied with their selection and quote, Chris handles the ordering process, ensuring a swift turnaround time for delivery. In most cases, carpets are ready for installation the very next day, allowing customers to enjoy their new flooring without delay.

Chris understands that every home is different, and he goes above and beyond to accommodate his customers' needs. Whether it's moving furniture to prepare for installation or arranging disposal of the existing carpet, Chris takes care of every detail to ensure a smooth and hassle-free experience for his customers.

Motoring - with Roy Woodcock



Vauxhall continues to top the sales charts for smaller family cars and is also pushing ahead with its electric offering. Roy Woodcock gets to grips with the new Vauxhall Astra GSe sub-brand

Vauxhall says it will be an electric-only brand by 2028, seven years ahead of the UK Government deadline, and will this year deliver a promise of offering a fully electric version of every model in its range.

One of the building blocks was the introduction of an extended line-up for its popular Astra model last year - both all-new electric Astra and Astra Sports Tourer as well as a new GSe range - the latter a new plug-in hybrid performance sub-brand.

I was able to put the GSe hatch through its paces at a special event for northern motoring journalists based at Wetherby Racecourse (we were on local roads, not the track!) and came away mightily impressed.

GSe stands for Grand Sport Electric and integrates electric performance credentials with sharp handling and styling. The car features unique styling upgrades, inside and out, and comes with upgraded electrified drive trains and improved handling, thanks to suspension and steering upgrades.

Both Astra GSe and the Astra Sports Tourer GSe feature styling upgrades to help them stand out on the road. A 10mm lower profile thanks to revised suspension and damping and 18-inch "Commodore" wheels give the vehicles a distinct stance, while a black roof and black Griffin logos are also featured.

Inside, Alcantara-trimmed performance front seats and a GSe-specific leather steering wheel are included as part of the upgrades.

Both Astra GSe and Astra Sports Tourer GSe come with upgraded performance from the Plug-in Hybrid powertrain seen on the conventional model range. Both models are powered by a 180PS 1.6-litre four cylinder petrol engine, connected to an 81.2kW (110PS) electric motor for a total power output of 225PS and maximum torque of 360Nm.

24 March - www.cottinghamtimes.co.uk

Featuring a 12.4kWh battery, Vauxhall claims cars achieve up to 40 miles of electric range, while Astra Sports Tourers achieve 39 miles between charges; in practice a full charge disappears quicker than that (no shock there, then!). But with emissions as low as 25g/km CO₂ and 26g/km CO₂, the Astra GSe and Astra Sports Tourer GSe models are eligible for a Benefit-in-Kind rate of just 8 per cent and 12 per cent, respectively, which could tempt some user-choosers to take the plunge.

The car felt decidedly sporty out on the road, 0 - 62mph in around seven seconds, and the steering has been recalibrated to deliver a response that is nine per cent faster while the electronic stability control has been set to engage slightly later. The car's handling feels assured and compared to the given performance times it did feel a tad faster.

The Astra GSe only comes in one specification, with the only options being a faster on-board charger, which can reduce charging times to under two hours, compared to the standard fitment. It will cost you an additional £500 on top of the £43,250 on the road price.

Standard equipment includes 18-inch alloy wheels, a head-up display, heated front seats and steering wheel, keyless entry and start, dual-zone climate control, a gesture-controlled electric tailgate on Sports Tourers, adaptive auto lights and wipers, adaptive cruise control with lane position assist, sat nav, front and rear parking sensors, a surround view camera, blind spot monitoring and rear cross traffic alert.

All of which makes the initially steep-looking price significantly more palatable.

Decent levels of space make this a more than suitable family car although for taller passengers the rear seating space might make you feel a little compromised in terms of leg-room. And, as is typical; for a plug-in hybrid, overall boot space is down compared to the petrol and diesel versions of the Astra.

It's still decent, though - 352 litres of boot space with the rear seats up and 1,368 litres with them folded, compared to 422 litres and 1,389 litres respectively. But if that's perceived as a deal-breaker, the attractive looking Sports Tourer could well be the option to go for.

The Astra has long been one of our best-selling cars, and for good reason. These new models will only see that situation continue for a good few years yet.

* More information: www.vauxhall.co.uk.



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The Haltemprice Art Group Exhibition in the Cottingham Civic Hall, April 25th to April 27th

Members of the Art Group, are looking forward to presenting their recent work at our Annual Exhibition. The Art Group has gone from strength to strength in the last year. We have been able to welcome a large number of new members over the last 12 months, so we are expecting this Exhibition to be bigger and better, than for many years. With our talented members busy producing their best work, we expect to have in excess of 170 framed paintings on display. Watercolour, acrylic, pastel and mixed media will all be well represented. From stunning landscapes to lovely flower and wildlife studies, we should have something for everyone to enjoy.

As always, we will have a selection of unframed paintings, ready for the frame of your choice. Also, anyone who likes to send special, handcrafted greetings cards to their friends and loved ones, will find a selection for sale at very affordable prices.

For the last few years, the group has produced painted items to be sold for a local charity. This year, we will be painting small wooden keepsake boxes in various shapes and designs. The costs of the boxes will be covered by the individual artists themselves, so all of the sales will be donated to charity.

The Exhibition will be opened by the Chairman of East Riding of Yorkshire Council, on Wednesday April 24th at 7.30 pm (Open from 7.00 pm to 8.30pm)

Daily opening times: Thursday April 25th, 10am to 5pm

Friday April 26th, 10am to 5pm

Saturday April 27th, 10am to 4pm

Look to Join 'Kingston upon Hull Swimming Club' this New Year!

Founded in 1997, Kingston upon Hull Swimming Club is a friendly and competitive swimming Club, welcoming new swimmers of all abilities and ages. Swimming sessions run every weekday in various swimming pools around Hull including Ennerdale, Albert Avenue and Woodford. The Club offers membership across a range of squads – starting at Academy level (5 years +) through Development, Performance, Elite and Masters (no limit to the age). We provide a structure that will enable swimmers to progress from Stage 7 to National Champions. Whatever your age or ability in the pool, if you would like to access a long-established Hull based

Swimming Club then Kingston is the Club for you!

Our aim is to create well rounded young athletes through a stimulating, challenging and competitive environment. **Championed by dedicated coaches and volunteers** our swimmers are supported to reach their individual potential. We have swimmers training for **County, Regional and National competitions**; we strive for greatness and podium/medal success; ensuring each individual swimmer is supported to achieve their goals.

Kingston upon Hull Swimming Club is committed to:

- Providing swimmers with the highest quality coaching
- Creating and maintaining an enjoyable and productive swimming environment
- Ensuring that swimmers have a positive and enjoyable experience
- Teaching and developing life skills through our swimming programmes
- Providing swimmers with the opportunities to grow and reach their highest possible level of achievement

For further details or to arrange a trial session please contact kuhstrustees@outlook.com or visit our website www.kuhsc.co.uk to learn more!

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CARING FOR YOUR LOVED ONES



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



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°C . They can stay in the ground all year and survive.

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

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

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



Wind

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

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

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

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

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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 2024

By Kay Gower

Aries (Mar. 21- April 20)

March brings opportunities for you to take charge of your life. Your energy levels will be high and you will be ready to tackle challenges. Keep a look out for new beginnings and exciting ventures.

Taurus (Apr. 21- May 21)

Developments happen quickly, and for a change you're having fun being busy. You're boosted toward a dream that you once thought was completely unreachable. Financial gains are possible mid month, though in a low-key way.

Gemini (May 22-June 21)

Venus moves into your solar fourth house, (from the 12th), a position that brings a tendency towards nostalgia. It may be likely that previous periods of your life could prove useful as a yardstick for judging the future. A good time for home improvements, too.

Cancer (June 22-July 22)

Strike the words 'maybe' and 'perhaps' from your vocabulary, you're either doing it or not doing it. Success for you this month will rely on everything being that simple.

Leo (July 23-Aug 22)

The full moon on the 25th may leave you feeling tense, as much as you would like to retreat from the world, this isn't an option for you. Life is waiting, take a deep breath and get on with it. If you're wondering how someone will act within some kind of agreement you've made, all will be revealed by the end of March.

Virgo (Aug 22 - Sept. 23)

Focus your attention on work related issues this month. The good news is that your mind is in good form, and you'll come up with some original ideas that could improve your working life. A health regime taken up this month will lead to a new and healthier you - sooner than you think.

Libra (Sept. 24 -Oct. 23)

Too much of a good thing ...can be wonderful. Change is in the air for you Libra, and you could come into contact with someone looking for love. Creative pursuits are well starred especially all forms of communication.

Scorpio (Oct. 24 - Nov. 22)

Your words are far more potent than you realise, Scorpio. With one sentence, you can wound or heal. Be mindful when you're dealing with the more sensitive souls especially around the full moon on the 25th.

Sagittarius (Nov. 23 -Dec. 21)

The picture of who you want to be is shaping up in your mind, and the more specific you are, the better your choices get. There's a drop of magic in the air and something that happens around the 19th will open new doors for you.

Capricorn (Dec 22.- Jan. 20)

Expect news, calls or letters related to financial gain. There is a good chance that you will make some money this month, the prospects for the coming months look even better.

Aquarius (Jan 21 - Feb 19)

You'll be beginning to reconsider your career options, seeing beyond doors that were once closed to you. Don't make any major moves or decisions just yet, or at least until the end of the month.

Pisces (Feb. 20-Mar. 20)

You will be looking and feeling your best. The position of Venus in your solar chart (1st house, from the 12th until the 4th April), is extremely important and gives you greater powers of attraction in all things. Lady Luck will be on your side most of the month.(15th/16th especially).life. Stress kills brain cells so breath deep and chill out this month.

Dog-friendly tables now at all East Riding Leisure cafes

After a successful trial of dog-friendly cafe areas at East Riding Leisure Bridlington and the Hornsea Hub, the initiative has been extended to East Riding Leisure Beverley, Withernsea and Haltemprice.

Customers at all five centres can now enjoy a coffee and treat their faithful friend to items from the new dog friendly menu. There will also be a free puppuccino for any purchase from the dog menu for the first month.

Owners and their dogs simply need to look for designated dog-friendly tables, identified by a table-top sign.

Councillor Nick Coultish, the council's Cabinet member for culture, leisure and tourism, said: "We have received very positive feedback about the trial of these dog-friendly cafes in Bridlington and Hornsea, and I am very pleased that we are now able to introduce these new dog-friendly tables at all our centres with cafes."

The dog-friendly areas apply to selected tables in the cafe areas only, and not to the rest of the centre.

Crossword solution from page 14

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

Sudoku Answer from page 12

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



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Alison Johnson, the Shoreline Symphony Collection, at the Artmarket Gallery

Abstract landscape artist, Alison Johnson, introduces new original pieces and hand embellished limited edition works at the Artmarket Gallery.

Offering a contemporary, abstract and bold approach to seascapes and landscapes, Johnson creates a sense of movement through colour, light and balance. By exploring the ephemerality of



Believe In Me

the world, the Alison Johnson artwork collection features enticing atmospheres with a range of impactful colours and styles.

Alison has appeared at a magnitude of solo shows across the UK, showcasing her work to collectors and enthusiasts. Impressively, Alison Johnson has received international recognition for her calming, tranquil sea and landscapes and has completed commissioned work for many high profile clients such as the Prince of Arabia and London's Waldorf Hotel. Her incredible art has been featured in top publications like GQ.

Her latest collection, the Shoreline Symphony Collection, features three new original pieces and three new hand embellished limited editions. Warm, powerful and evocative, these works make a mesmerising focal point in any home. The full collection can be viewed



The Essence

online or in the Cottingham gallery Alison Johnson's beautiful, hand produced canvas editions are embellished and enhanced with oil paints and varnishes to create a unique edition with no two the same. Whether you're looking for something neutral and moody in tone, or a bright and bold splash of colour, you'll find the perfect piece in this collection.

If you have any queries with regards to Alison Johnson's artwork at the Artmarket Gallery, you can contact our Art Consultants via email, call the gallery or shop the full collection by Alison Johnson online today!

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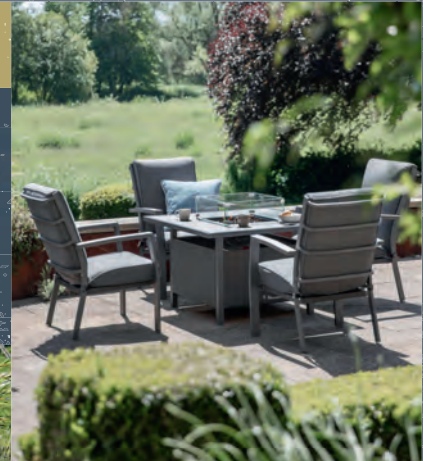
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