

# Cottingham Times

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Issue 162 - May 2015



## STEPHEN RICHARDSON

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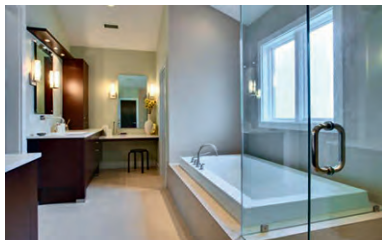
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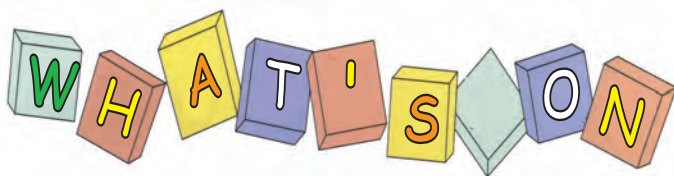
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## In Cottingham and District

### St. Mary's Church, Cottingham

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

### AgeUK East Riding

The first Friday every month, from 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

### Cottingham Bridge Club

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

Front cover: King George V Playing Fields  
Photo by: Paul Lakin

### Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Dean Banyard, Club Secretary, telephone 01482 840924, or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk).

### Zion United Reformed Church, Hallgate

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

### Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

### Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. For further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

### Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. [www.fitmums.org.uk](http://www.fitmums.org.uk)

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### The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

### Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2015 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

### Calligraphy, Quilling and Folk Art classes

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

### The Cottingham Whist Club

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

### Cottingham Methodist Church Hall

Card making Class meets every Monday afternoon (excluding Bank Holidays) 1.30 pm to 3.30 pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

### The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: [www.greengingergarland.com](http://www.greengingergarland.com) or team leader Jenny Pittock on 01482 657778.

### Writing Circle

A friendly and supportive group of aspiring writers. This is not a teaching class, but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journalling. No Charge. We meet Mondays 10.00 am, at CC Coffee, King Street, Cottingham. Contact: Lynne 07866 850400.

### Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Wednesday each month at 6pm to 8.00 pm. No Charge. Contact: Lynne 07866850400 or Pam 07966091513 [heyhappinesgroup.weebly.com](http://heyhappinesgroup.weebly.com)

### English Country Dancing

The fun way to keep fit and make new friends. Every Tuesday at Darby & Joan Hall, Finkle St., Cottingham from 8pm till 10pm. Beginners welcome, no previous experience necessary. Additional sessions for beginners only will be held some afternoons by arrangement. Either come along on any Tuesday or for further information please ring Fred on 01964 550297. *Support the advertisers who appear within the Cottingham Times*

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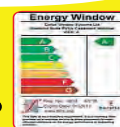
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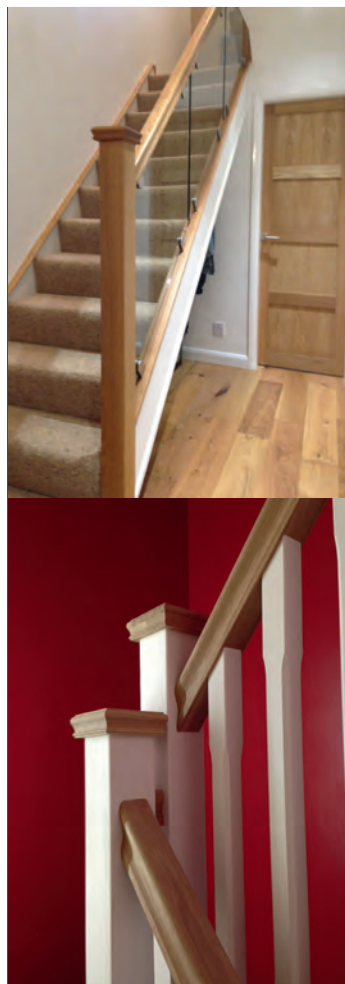


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## Cottingham Singers

**Singers Wanted!** The Cottingham Singers meet every Wednesday at Bricknell Methodist Church, Bricknell Avenue, from 7.30 pm to 9.30 pm. They are looking for, Altos, Tenors, and Basses to join. The Singers covers a variety of music including Folk Songs, Spirituals, Choral Works, Songs from the Musicals and they perform a concert at Christmas and in the Summer, as well as concerts for different charities if asked.

## Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 11.00 am to 1.00 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

## Cottingham Tennis Club

Our new season begins in April with annual fees kept at £140 for adults, with rates for other age-groups equally competitive e.g. £55 for Under-18s and £15 for Under-8s. New members welcome. Access from Hull Road, by drive next to Overland Road. Come along and try our all-weather courts, or ring 847080 for info.

## Beverley Film Society

Friday 8 May 2015 – The Lunchbox (2013)  
Cert PG, Drama/Romance (India) Director: Ritesh Batra  
A mistake in Mumbai's famously efficient lunchbox delivery system connects a young housewife to an older man, as they build a fantasy world together through notes in the lunchbox. This anonymous communication soon evolves into an unexpected friendship as each discover a new sense of self and finds an anchor to hold on to in the big city. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Membership costs only £30 for the whole season, that's £3 per film for a 10 film season, Sept to June. There is also a bar so it is a perfect meeting place for a drink and a film with friends. Members can join online at [www.beverleyfilmsociety.org.uk](http://www.beverleyfilmsociety.org.uk), on a film night or by contacting the Membership Secretary T: 01482 870751.

## East Yorkshire Embroidery Society

Saturday 9th May - Deborah O'Hare - Tales from my Scrapbook, to be held at 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. [www.eyes-embroidery.co.uk](http://www.eyes-embroidery.co.uk).

## Cottingham Catholic Women's League

Monday 11th May - Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

## Cottingham Women's Institute

Tuesday 12th May - W.I. Resolutions, Bumper Bring and Buy Sales Table. Competition: A garden bloom, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

## Haltemprice Art Group

Tuesday 12th - AGM  
Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional charge is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

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### Cottingham Methodist Photography Group

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Tuesday 26th May at 6.30 pm Outside visit (7.30 pm if wet)

Want to learn more using your digital camera? Why not give our friendly group a try? New members welcome. Why come along and give us a try? Contact for further details - John Tel No: 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk)

### Cottingham Men's de Luda Society

Wednesday 13th May - Waterloo - John Tilson, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Cottingham Memorial Club

Wednesday 13th May - Classical Car Display, at 6.00 pm.

### North Ferriby Gardening Club

Thursday 14th May - are holding a demonstration at North Ferriby Village Hall by **Jonathan Moseley** on Thursday, 14th May, 2015 at 7.00 pm for 7.30 pm. This is an Open Meeting and all are welcome Tickets are £10 and can be obtained from Margaret Hobson Tel: 01482 634114 preferably after 4 pm. Jonathan is a well known Flower Arranger and is Florist to Chatsworth House and is appearing as a Judge on the BBC 2 programme "Allotment Challenge".

### Cottingham Green Women's Institute Evenings

Thursday 14th May - John Coulthurs - The Red Cross. Competition: A favourite egg cup. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

### U3A

Thursday 14th May - AGM and slide show of U3A Groups' activities over 2014, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

### St. Mary's Mother's Union

Thursday 14th May - Cottingham at Home, May 1915, a gathering similar to one that would have taken place in 1915, including a sing-along of popular songs, in the Arlington Hall, at 2.15 pm. Refreshments and raffle will follow. All are welcome. Contact Sheila on 01482 840834 for more details.

### The Inland Waterways Association

Friday 15th May - Plans for the Pocklington Canal - presented by Rachel Walker (Pocklington Canal Development Officer), at 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

### The Arterian Singers

Saturday 16th May - (Musical Director: Julian Savory) are holding a concert featuring "Captain Noah and his Floating Zoo" by Michael Flanders and Joseph Horowitz and "Benedicite" by Andrew Carter. The concert includes other items celebrating the natural world. We are performing at Trinity Methodist Church, Cottingham Road, on Saturday 16th May 2015 at 7:30 pm. Admission £5 including refreshments.

### East Riding Flower Club

Monday 18th May - Emerald Anniversary - "How Green Is My Valley", floral demonstration by Ian Lloyd (National Demonstrator), in the Civic Hall at 2.00 pm. No admission before 12.00 noon. Entry £8.00 each (including refreshments). Refreshments served 12.30 pm to 1.30 pm. Visitors and new members always welcome. Contact 876279 Judith Robinson.

*Continued on page eight*

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

Continued from page seven

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

Tuesday 19th May - Naomi Smith - Stitch. Meetings are held at the St. Johns Church, Newland Avenue, off Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

### Hull and East Riding Antiques and Fine Arts Society

Tuesday 19th May - Caroline Rayman: "Great Families and Their Gardens". At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members are welcome to come and experience one or two talks as guests (admission £5.00), before deciding whether to join us. Our Society meets on the third Tuesday morning of every month (except August and December) for illustrated talks by experts on a wide range of antiques, design and fine arts topics. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 57574.

### Cottingham Evening Townswomen's Guild

Wednesday 20th May - Clive and Kath Richardson - What is it?, at 7.30 pm in the Darby & Joan, Finkle Street.

### Beverley Decorative and Fine Arts Society

Tuesday 20th May - *Sarah Stopford The Art of Joan Miro: The Ladder of Escape - Guide and lecturer at Tate Britain and Tate Modern. Studied art history as part of her first degree at Harvard.* We meet at the Willerby Manor Hotel (just beyond the Waitrose roundabout), on the third Wednesday morning of each month at 10.30 am. Coffee available from 10.00 am.

### Diabetes UK

Thursday 21st May - Mr. Dave Miller, (Pharmacist). Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information..

### Cottingham Methodist Church

Friday 22th May - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ices and chocolate on sale.

### St. Mary's Church Tower Tours

Monday 25th May - At 7.00 pm. Places can be reserved by calling Ian Booth 01482 848041. email: [bells@ianbooth.karoo.co.uk](mailto:bells@ianbooth.karoo.co.uk)

### Cottingham Ladies Circle

Wednesday 27th May - Mr. Stichler - is to give a talk entitled "Woodcarver - took over from Lady!!", to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### Wednesday Social Club

Wednesday 27th May - Speaker: Alfred Wilson - Yorkshire's Toastmaster, in the Darby & Joan Hall, at 2.00 pm.

### Swanland Bumper Garage Sale

Sunday 31st May - At various venues in the village. Maps £1.00, on sale by the pond and 31 Mill Road, Swanland. Accompanied children FREE. Fees and map sales for Swanland in Bloom. Further details contact Mal on 01482 632282.

*The deadline for entries in the June "What's On" section, is the 18th May.*

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## Can we see our grandchildren please?

Brenda Dale family solicitor at Graham and Rosen Solicitors [www.graham-rosen.co.uk](http://www.graham-rosen.co.uk) explores the rights of grandparents on family breakdown



Grandparents in many families play an invaluable role as a source of love, support and practical help. As a result there may well be a close bond between a grandparent and grandchild often built up over many years. A relationship breakdown between a child's parents can have a devastating effect on this.

I am frequently asked "do I have any legal rights to see my grandchild?". There is no automatic legal right to contact with grandchildren though it is possible to apply to court to seek the right to pursue an order to see them.

I would always advise that despite parental conflict grandparents should try to work with both parents to sort amicable arrangements to remain involved in their grandchild's life. This can be difficult when emotions are running high and there may be a temptation to "take sides" but, trying to remain neutral can reap future rewards.

The next best solution is mediation. This involves assessment by a trained mediator on suitability then voluntary participation by parents and grandparents in sessions with the mediator to try to achieve an outcome which works for everyone involved. Mediation provides a safe and controlled environment in which to air frustrations and to seek practical solutions. An

introductory mediation appointment is also a pre requisite of court proceedings.

If other options fail then involvement of a solicitor may be sensible. An initial non confrontational letter may be enough to get a reluctant parent to reconsider their stance. Court proceedings, if required, is a two stage process. First, "permission" is sought to make an application for a Child Arrangements Order (which includes contact). For this, and the main application the court's paramount consideration is always the welfare of the child. Relevant factors include pre existing involvement in the child's life, the child's wishes, and any risk of harm including emotional. Generally speaking, a grandparent who has been meaningfully involved in a child's life before separation of the parents will overcome the first hurdle and be able to proceed with their application to see or communicate with their grandchild.

The court process is by it's nature confrontational and daunting, and is not a "quick fix". A Child Arrangements Order, if made, could range from indirect contact such as sending cards through to supervised contact or extensive direct time with the child. Always bear in mind the focus is on what is best for the child not the right of the grandparent.



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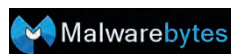
# Focus on your 'data' and 'back-up'

**A**s a home user, the terms 'data' and 'back up' may not mean a lot to you. Customers often say to me that they 'don't keep much stuff on the computer'. But hold on, what about those treasured photos, family history, financial or health records. Favourite music or videos, saved emails, all the contacts in your address book? Now that adds up to a fair amount of data, it may not be big in size, but it's huge in importance! After all these years in business I know how important this data is to people. Combine that with the fact that computers like cars need a regular service and hey presto, this month I have put together a special offer of back up and computer service for new and existing customers alike. This is your call to action, it's probably something you've been meaning to get around to, so don't delay call today! Call Richard on 875666.

On that note, last month a paragraph that caught many people's attention was the following: **Slow computers are the bane of many people's lives**, the sort where you turn on and then go off to make a cup of tea. This can be a sign of age (of the computer!), wear and tear of the drive and other components, but sometimes it can be caused by unwanted software having been installed without your knowledge. If you see icons like: 24/7 help, MyPC Backup, PC Optimizer, Regclean Pro, Driver Updater/Detective or your search engine changes to something like Delta or Babylon, then your computer needs a clean-up as it could be infected with spyware or malware. You know who to call....875666

**Windows 8 sign in – local account vs Microsoft account, what are the advantages etc?** When you start up a Windows 8 computer for the first time, you are asked to sign in with your Microsoft account or get one for free. You can actually bypass this by choosing the option that says 'sign in with a local account', so what does that mean exactly? Well, in an ideal world Microsoft would like all Windows users to have an account with them so they know who you are; this can be a Hotmail address, or Live or Outlook.com The advantage to the user is that when they sign in to Windows 8, all the services become immediately available to them including the Mail tile, Skype and the Windows Store. But if you're not worried about all those being on all the time, you can just sign in with your name and you don't even need a password.

After reading the above, if you want to change the way you sign in, swipe into the top left corner to bring up the Charms Bar (or hold down the Windows key and press I) and to go to Change PC Settings. Then click on Account to make any changes. **Be very careful here with passwords, because if you make a mistake you won't get back into your computer!!**



A new program version was released recently with a new cleaner look (2.1.4.1018). Daily updates continue as normal but this program update would appear and ask you to agree to install it first - go ahead and do that if you haven't already.



In 1965, a California scientist noted that the number of transistors that could be crammed onto an integrated circuit was doubling about every year. This became known as Moore's Law (updated in 1975). At that time he noted that CPU's (central processor units), had 8 transistors on them, now all these years later the most advanced chips have 1.3bn transistors crammed onto them! For the rest of us this means computers that run much faster, consume less energy and create less heat.

Now we have the speed and the Internet, my prediction in these days of online targeted marketing is that the number of adverts on a web page will double about every two months!



USB 3.0 – Blue denotes the newer standard of USB. Being around 10x times faster than USB2 this is much better for transferring data to compatible hard drives and memory sticks. It won't make any difference to other devices such as printers etc.



*Quote of the day: 'My Gran said she plugs her Kindle into the "Walking Man". A USB port to us, but to my Gran a stick man walking with his shopping bag!'*



Is your wireless router secure? WiFi is a big part of our lives nowadays with so many devices connecting to the internet. Most routers do come with a secure password built-in, but I do sometimes come across routers with no password and older routers with out of date security (called WEP). One tell-tale sign is if you try and connect a new device like an iPad or smartphone and it refuses to connect to your router. If in doubt get in touch.



Remote support is a safe and secure method of connecting and working on computers. It is also more cost-effective for the customer as small issues can be rectified without the need for a call-out. We have been offering this lower cost service to our existing customers for some time.

**Richard Mills**

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## Wordsearch - Reptiles

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

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

Find the words in the letters above:

Adder, Alligator, Anaconda, Anole, Asp, Boa Constrictor, Bushmaster, Chameleon, Cobra, Copperhead, Coral Snake, Crocodile, Flying Dragon, Garter Snake, Gavial, Gecko, Gila Monster, Grass Snake, Iguana, Komodo Dragon, Lizard, Mamba, Monitor, Python, Rattlesnake, Skink, Snake, Tegu, Terrapin, Tortoise, Tuatara, Turtle, Viper, Water Moccasin.

Wordsearch courtesy of www.puzzlechoice.com

## Sudoku No. 100

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

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

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# MARIONOWENTRAVEL

This months issue has caught me out as I have only just returned from my most enriching adventure in Vietnam & Cambodia. Each day of our tour just got better with a new experience. Historic Hanoi with its millions of cycles, the stunning scenery of Halong Bay, the cosmopolitan city of Saigon with its millions of Honda's and a visit to the Chi Chi tunnels. On the Mekong river, we sailed upstream from wide to narrow waters. Floating villages and towns built on stilts to cope with the floods in the wet season enable the residents to manage their lives. Cambodia, the sad side was their still recent history (Khmer Rouge) but on a happier note we met lovely happy people and enjoyed magnificent Temples and Palaces. The diversity of this tour along with our super guides made this an amazing holiday. You can read more about this tour on our blog & Facebook on the following links.

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I highly recommend this tour and we have special savings available for early bookings.

**Burma departing 03 March 2017** is a tour organised with the same operator as above and it is going to be another fantastic tour. Our offer of 2nd passenger fly's free is due to finish at the end of the month you can guarantee your place for a deposit of £400 why not join me on this one?

I look forward to accompanying all of my tours and Ireland in June is no exception. Having visited 2 years ago we have pulled together the very best of our experiences. Our guests will not be disappointed in the history, scenery or Irish culture. Have you ever looked at taking a barge hotel holiday in France? If so you will probably have seen that they are pricey and you have to get yourself to the vessel too. I experienced a barge hotel four years ago and apart from the price although it was advertised as luxury I felt it had a long way to go. Our Barge featured this year is a brand new purpose built ship with excellent modern amenities eg walk in shower with glass doors, Jacuzzi on deck, tastefully furnished throughout and all inclusive of drinks & excursions. Our price of £2350 also includes travel to/from the ship & 2 nights aboard P&O North sea ferries with a sea view, flat beds & meals. We have just 3 cabins left available on this departure.

Remember apart from specialising in tailor made world wide holidays we also book all general package holidays. You do not pay anymore, you know exactly who you are handing your money over to, we are honest, upfront and unbiased offering you all tour operators. Also as part of our service when you book at Marion Owen Travel we offer a full range of ancillaries, attraction tickets, insurance, car parking etc. including help with obtaining visa's plus our 24/7 help line.

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08 Jun	Warner's Thoresby Hall & Spa 5 day midweek break	£ 321
09 Jun	Flowers in Bloom just for the day at Walkers	£ 15
10 Jun	Dirty Rotten Scoundrills best seats matinee in Sunderland	£ 70
13 Jun	BBC Gardeners World & Summer Good Food at the NEC	£ 43
21 Jun	"Best of Ireland" fabulous itinerary 8 nights half board	£ 895
06 Jul	Warner's Alvaston Hall 5 days half board	£ 310
06 Jul	Highgrove & Laskett Gardens 2 full exciting days 7 seats	£ 209
12 Jul	Liquorice Festival just for the day	£ 24
14 Jul	Dutch Dash with a twist - Hollands oldest Town Dordrecht	£ 99
19 Jul	Blackpool Tower Ballroom & Afternoon Tea for the day	£ 49
17 Jul	Warner's Thoresby Hall & Spa 3 night weekend break	£ 279
17 Jul	Thoresby Hall day visit & sumptuous afternoon Tea	£ 39
26 Jul	RHS Tatton & Cheshire Halls & Garden's 3 days HB	£ 279
09 Aug	Edinburgh Tattoo - 2 nights B&B & good seats 4 seats	£ 269
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12 Sep	Harrogate flower show—just for the day	£ 40
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02 Nov	Warner's Alvaston Hall Turkey & Tinsel 5 days	£ 289
05 Nov	Gothic Whitby with Art historian Fiona Irwin 1 nt B&B	£ 149
11 Nov	Elf the musical & London 2 days B&B inc top tickets	£ 179
18 Nov	Thursford Christmas Spectacular 2 nights HB & top seats	£ 249
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21 Dec	Andre Rieu in concert Sheffield subject to availability from	£ 99
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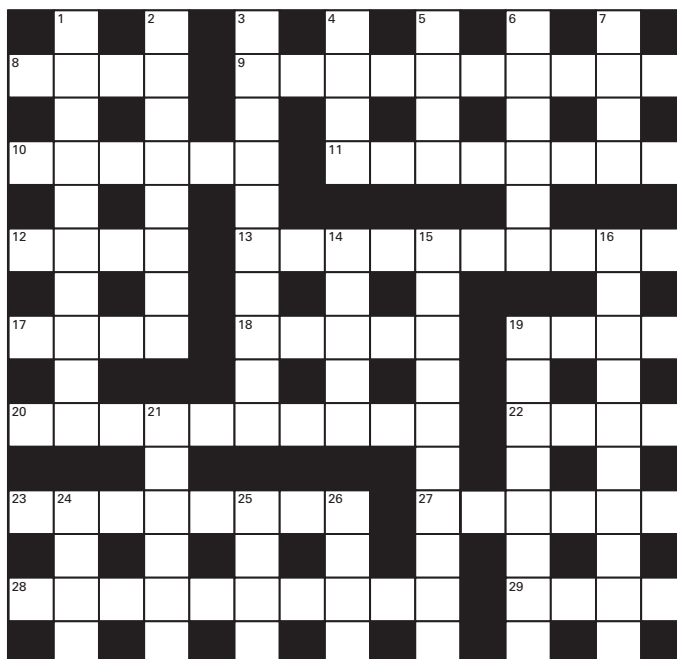
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## Crossword - Solution on page 46



### Across:

8. Roughage (4)
9. Freeing (10)
10. Zodiacal twins (6)
11. Adolescent (8)
12. Millisecond (4)
13. Interpreted (10)
17. Bottom of one's shoe (4)
18. Trust (5)
19. Overindulge (4)
20. Very loudly (10)
22. Parcels of land (4)
23. A star-shaped character (8)
27. Fighters (6)
28. In a funny manner (10)
29. Test (4)

### Down:

1. A city in North Carolina (10)
2. Gird (8)
3. Complainants (10)
4. Assist (4)
5. Tall woody plant (4)
6. Capital of Canada (6)
7. Initial wager (4)
14. Proof of innocence (5)
15. Male students (10)
16. Relating to the equator (10)
19. Collections of stars (8)
21. Earthquake (6)
24. Skid (4)
25. Symbol (4)
26. Smooch (4)

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# In the Kitchen



## It's Barbecue time . . . .

### About Hamburgers

A burger, or hamburger is cooked minced (ground) meat which is served in a bun, usually with garnishes such as mustard, tomato ketchup or relish, mayonnaise, lettuce, tomato and onion. Strictly speaking the meat bit is called a patty and was traditionally beef, however today it can be made of any ingredient and many people refer to just the meat as a burger.

Contrary to the name, a hamburger never did contain any ham. The name derives from Hamburg steak, and was named after the German city of Hamburg where pounded beef was common in the the mid 1800s.

## Beefburger

### Ingredients

- 1 small Onion, finely chopped or grated
- 450g/1lb Minced Beef
- 1 tbsp Tomato Paste
- Salt and Black Pepper
- A little Oil

### Instructions

1. Place all the ingredients in a large mixing bowl and mix until well blended, squidding the mixture together with your hands.
2. Shape the mixture into 8 small burgers, brush with a little oil then place oiled side down on the grill and cook over medium hot coals for 3 - 6 minutes per side depending on how well done you like your meat.

### Serving Suggestions

Serve on their own or in a bun with garnishes such as shredded lettuce, tomato slices, pickled gherkin slices, mustard, ketchup or mayonnaise.

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



## Lemon Chicken with Rosemary

### Ingredients

- 4 Boneless Chicken Breasts, skinned
- 1 Lemon, sliced
- 2 tbsp Olive Oil
- 120ml/4fl.oz. Lemon Juice
- 1 tbsp Dried Rosemary

### Instructions

1. Place the chicken, sliced lemon, olive oil, lemon juice and rosemary in a shallow dish and mix well. Cover and marinate overnight in the fridge.
2. Grill over medium coals for 15-20 minutes, turning 3 or 4 times and basting with any remaining marinade, or until cooked through. Serve hot.

## BBQ'd Peaches with Mascarpone

### Ingredients

- 4 Fresh Ripe but firm Peaches
- 2-3 tbsp Melted Butter
- 4 teasp Caster Sugar
- 4 level tbsp Mascarpone Cheese



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### Instructions

1. Cut each peach in half and remove the stones.
2. Brush the undersides of each peach with melted butter and sprinkle with half of the sugar. 3. Place rounded sides down directly on the bbq grill and cook over medium hot coals for 2 minutes.
4. Brush the cut sides which are uppermost with more butter and sprinkle with the remaining sugar. Turn so the cut sides are down, and continue to cook for a further 3 minutes.
5. To serve - transfer cut sides up to warmed serving plates and place a dollop of mascarpone in the centre of each peach. Serve immediately.

## Kiwi Banana and Strawberry Kebabs

### Ingredients

- 1 tbsp Lemon Juice
- 1 teasp Ground Mixed Spice
- 2 tbsp Melted Butter
- 2 tbsp Maple Syrup
- 2 Kiwi Fruit, peeled and quartered
- 3 Bananas, peeled and cut into thick slices
- 12 Strawberries, hulled but left whole

### Instructions

1. Place the lemon Juice, ground spice, butter and maple syrup in a small bowl and mix well.
2. Thread the fruit alternately onto 4 skewers and brush liberally with the maple syrup mixture.
3. Cook the kebabs over medium hot barbecue coals for 1-2 minutes on each side, basting with any remaining syrup mixture, until golden brown. Serve immediately.

## Chicken Kebabs with Coriander

### Ingredients:

- 1 Red Capsicum, (sweet pepper) cut into 2.5cm/1 inch pieces
- 1 Green Capsicum, cut into 2.5cm/1 inch pieces
- 2 Courgettes, ( zucchini ) cut into 2.5cm/1 inch thick slices
- 4 Large Boneless Chicken breasts, skinned
- 12 Cherry Tomatoes
- 100g/4oz Button Mushrooms
- The Juice of ½ a Lemon



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- 1 tbsp Olive Oil
- 2 tbsp Fresh Coriander, chopped

### Instructions

1. Preheat the grill. Bring a large pan of water to the boil then add the peppers, courgette and mushrooms and blanch for 2 minutes. Drain well.
2. Cut the chicken breasts into 5cm/2inch cubes then thread the chicken and the vegetables alternately on to four skewers.
3. Mix the lemon juice with the oil. Cook the kebabs under the preheated grill for 12-15 minutes or when cooked, turning occasionally and basting with the lemon juice mixture. Sprinkle over the coriander and drizzle with olive oil just before serving.

## Barbecued Salmon with Herbs

### Ingredients

- 60ml/2fl.oz. Olive Oil
- 1 tbsp Dried Parsley
- 1 tbsp Dried Thyme
- 1 tbsp Dried Rosemary
- 1 Garlic Clove, crushed
- The juice of 1 Lemon
- 4 Salmon Steaks

### Instructions

1. Mix together all the ingredients (apart from the salmon) in a bowl and blend well.
2. Place the salmon steaks in a shallow dish then pour the marinade over the top of the fish. Turn the fish several times to thoroughly coat. Cover with clingfilm and refrigerate for 30 minutes.
3. Grill the fish over medium hot coals for 4-5 minutes on each side, basting with any remaining marinade. Serve hot.



www.cottinghamtimes.co.uk - May 17

## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## It's barbecue time . . . .

I don't know about you but I'm already enjoying the opportunity to get out into the garden; the patio's been pressure-washed, the table and chairs are in their rightful place and that can only mean one thing - it's time to be thinking of barbecues.

Although we're told "don't cast a clout til May be out" I'd be surprised if we're not indulging in a little al fresco dining during the month, particularly on those two bank holiday weekends. And although I don't hold much truck with all these specially-designated days, weeks and months (world turtle day anyone? - It's May 23, apparently), I am reliably informed National BBQ Week starts this month, on May 25.

Although many will think of beer or lager as the ideal drink to accompany a barbecue, there are any number of wines (whites and reds) that will pair well with what's coming off the grill. And that's not forgetting the wonderful assortment of side dishes, including tasty salads, rolls and breads, and cheeses.

Served nicely chilled, a Chardonnay will match brilliantly with grilled fish, shellfish and chicken. It's also great with fresh-grilled corn or the cob, covered in butter. Although this white wine is not so popular as it once was - a case of over-familiarity breeding contempt - it is very versatile and my choice would always be for an unoaked variety.

A slightly sweeter Riesling would be a good choice for barbecued chicken, grilled vegetables and even grilled pineapple while a drier Pinot Grigio might be the perfect choice with grilled vegetables and prawns.

Red wines often contain bold spicy flavours, along with fruity notes. This makes them the ideal choice to serve with smoked or barbecue meats. Some red wines to consider are:

\* **Zinfandel:** This vibrant and full-bodied garnet red wine has hints of black cherry and black pepper, making it ideal to serve with barbecue food. Pair it with saucy ribs for a tasty treat.

\* **Merlot:** This red goes great with grilled chicken, pork, and summer salads. It has hints of fruit that work well with spicy dishes as well.

\* **Shiraz:** This spicy red is perfect to serve with red meat. Pair it with grilled steaks, smoked brisket, or any smoked meat.

\* **Cabernet Sauvignon:** This wine has notes that make it perfect to serve with burgers and steak. This deep red can stand up to sharp cheeses and any sauce or condiment.

**Pinot Noir:** This wine can be served with just about anything. It is easy to drink and works well with red meat, as well as fish. It can also be served with grilled salmon, beef burgers, and even chicken.

If you really wanted to push the boat out I enjoyed a really lovely Rioja recently - Cune Reserva, 2010 (£15.35 from Waitrose but also available from Majestic, Bargain Booze and Wine Rack), which was full of ripe brambly fruit with a delicious silkiness and warm spice notes. It would prove a very classy barbecue match.

Also from Waitrose I can recommend a red South African blend called Zalze; made predominantly with Shiraz but also blending in Mourvedre and Viognier for added complexity and perfume. With spicy cherry flavours and subtle notes of oak, this wine (£8.29 a bottle) would be bangin' with bangers!



## BEST BUYS

**Vigneti Pinot Grigio****Where:** Waitrose**When:** Now, until May 12**Why:** The palate is attractively soft and round with a touch of spice, finishing with dryness and refreshing citrus zip. Perfect as an apéritif, it is ideal with seafood salads and light fish dishes.**£6.66 Was £9.99****Dark Horse Chardonnay****Where:** Tesco**When:** Now, until May 12**Why:** Californian wine that showcases rich flavours of baked apple and pear, layered with toasted oak notes of caramel and brown spice with a lingering, smooth finish.**£6.49 Was £8.99****Les Moras Shiraz, 2014****Where:** Co-op**When:** From April 29 until May 19**Why:** A full bodied wine with intense colour and spicy aromas. It's a strong yet elegant wine with sweet tannins and a lingering finish. Enjoy with red meat and strong cheeses.**£4.99 Was £6.99****The Co-operative Australian Lime Tree Merlot****Where:** Co-op**When:** Now until May 19**Why:** Australian red that deluges the palate with generous ripe fruit intermingled with French oak flavours. Good depth and medium red to purple colour with ripe dark berry and plum fruit flavours on the nose and palate with obvious spice and coffee flavours from the oak. Serve with barbecued sausages.**£4.75 Was £5.75**



## Visit Flamborough Lighthouse - as featured on BBC's "Springwatch at Easter"

Anybody who saw the superb setting of Flamborough Lighthouse featured on BBC Two's 'Springwatch at Easter' programme on Good Friday or Easter Sunday now has the chance to visit the lighthouse for themselves.

Staff members from Sewerby Hall and Gardens will offer informative guided tours of this iconic structure. The tours take place every weekend between 12 noon and 4pm throughout the year until Sunday, 27 September and daily throughout the local school holidays. Regular maintenance is carried out every Friday, when the lighthouse is closed to the public.

The lighthouse is located on Flamborough Head and offers breathtaking views over Bridlington Bay and the Heritage Coast. Visitors can climb the 119 steps to the top of the lighthouse to see the magnificent views of the surrounding area, all the while learning about the history of the lighthouse and Trinity House.

Tours cost: adults £3.80, children and over 60s £2.70, and families (two adults and two children) £11.50. The lighthouse can also be booked for parties or individuals and has even been used as a romantic and unique location for marriage proposals!

Some restrictions on access apply. To find out more about opening times and scheduled maintenance, as well as Health and Safety Guidance and further information, call Sewerby Hall and Gardens on (01262) 673769 or visit [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk) or [www.trinityhouse.co.uk](http://www.trinityhouse.co.uk)

## Flower Festival at All Hallows Church, Walkington

Flower Festival is to be held at the All Hallows Church, Walkington, organised by East Riding Flower Club, entitled "The Heart of Worship".

The festival takes place over three days, Saturday 23rd May (10.00 am to 5.00 pm), Sunday 24th May (12 noon to 5.00 pm) and Monday 25th May (10.00 am to 5.00 pm). Entry is by programme £2.50 per person.

There will be a preview evening on Friday 22nd May from 7.00 pm. Enjoy the displays with a glass of wine and canapés. Tickets £8.00 each.

A concert by The Weighton Waytes Choir, will also take place on Saturday 23rd May at the All Hallows Church at 7.30 pm. Tickets £5.00 each including a glass of wine and nibbles.

For more details and tickets, contact Alison Penton on 01482 871753. Proceeds are towards helping to sustain the life of the village church.

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## Tails from behind the desk

**H**ow lucky and fortunate am I because I can honestly say I enjoy my job. It's not only very different, varied and sometimes very demanding but with having a passion for animals and an ability to 'chat' (something all women have, I can hear you agree), then what better job than a Veterinary Receptionist? It's with this ability to 'chat' to clients, we are often asked on numerous occasions, "I can imagine you see some strange things in here". So with this in mind it was what prompted me to write this next article.

It is always lovely to mention our little friend Mac, a gorgeous West Highland Terrier who is adamant not pass our door until he has popped in for his regular treat (which can prove to be difficult when we are closed on a Sunday). On one most recent occasion, it wasn't Mac's owner taking him for a walk. How did we know? From the many words of encouragement coming from outside the surgery, to make him move by our entrance.

Funnily enough, the next incident involved another Westie. He was rushed into the surgery by his owner who noticed he couldn't open his jaws and wondered if he had suffered some

sort of trauma to the mouth. After a thorough examination by our resident vet at the time, Jo Black, it was discovered this little chap waits eagerly for the post each morning to then attack each envelope as it hits the mat. The glue on the envelopes had softened and stuck the teeth together. After gentle easing by Jo and very calm cooperation from our little friend he was soon released much to relief of his owner, and went quite happily on his way.

Imagine to our surprise, only a week later, there in the waiting room stood a little Westie with her mouth glued tightly shut and we were even more surprised to learn this was a totally different dog. Luckily it was Jo on duty and soon realised what to do straight away and our little friend was soon released from her silence.

Now, you would think having a cat's nails clipped would be a simple task and normally it is..... until you meet Sophie. She is one of the most beautiful rescued cats I have ever seen. With white long hair and very affectionate, she likes no more than to sit on your lap and be constantly stroked. That is until she comes into the surgery!!! It is usually a nurse who clips nails but knowing what a struggle it can be, her owner booked in for a vet and yes.....it was Jo. So Sophie came in for her manicure and went quietly into the consultation room. Then it happened! It wasn't only the commotion coming from inside the room that said it all but also the sight of a bloody scratched hand..... Jo had finally met Sophie!!

They met once or twice over the years whilst Jo was working for KINGSTON, and then we are prepared. With the agreement of the owner, we give her a small sedation before we attempt to do any clipping. It is so strange to see the most placid and affectionate of cats, suddenly turn into a monster at the sight of a pair of clippers. Why am I allowed to call her a monster? Because Sophie is my family's cat!!!!

Some of you may remember Jess, a newly qualified vet, who joined us around 4 years ago but has since sadly moved back up to Scotland. When she moved to Hull from Aberdeen she thought adopting a kitten would be company and was immediately attracted to Annie, a black and white kitten who came into our Park Street surgery. Over the weeks they formed a bond then Jess booked her in at the Cottingham surgery to be speyed.

All went well until the vet noticed something strange happening so with Jess's permission, what was supposed to be a routine operation turned into something else. After performing the 'spey', the vet turned her attention to Annie's stomach. Imagine to her amazement, when on investigation, she produced half a ballpoint pen from inside.

This had obviously happened before Jess adopted Annie but more strange, how can a little kitten swallow such a long object. The only things Jess noticed about Annie's behaviour before the surgery, was that she hadn't had a fantastic appetite and also didn't like jumping across furniture as most cats do. This all changed and a new energetic, always hungry Annie emerged with no 'ill effects'. AMAZING!

AND finally, it was whilst working at our Park Street surgery, I came across some of the strangest sights like the gentleman who brought in his pet wrapped inside a duvet cover slung over his shoulder. Imagine my horror, when he proudly produced Syd, a ten foot Boa Constrictor! Or the hilarious occasion of seeing the amazed faces of other clients, whilst sitting in the reception, watching a large holdall jump and shuffle across the floor. This was the only way the owner could transport his extremely large bearded dragon.

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## Cottingham Springboard Live Music Festival - Tenth Anniversary Festival weekend

**Friday 22nd May - Saturday 23rd May -  
Sunday 24th May 2015**

It's been ten years since Springboard first began as a small alldayer in the Old Brewery room of the King William IV, and for the tenth anniversary we have Cottingham Civic Hall for the weekend in addition to our regular venues. As well as hosting two stages, The Civic Hall will also have a bar and a fayre featuring a range of stalls selling festival t-shirts, merchandise, records and CDs and other goodies.

Springboard has always created a fun and friendly festival atmosphere, as popular with families during the day as it is with the energetic music fans on an evening. Pub food/BBQs beer gardens and live music make for a great day out and the Springboard venues are child-friendly during the daytime.

Some great music promoters from across Hull and the East Riding are coming together to put together the festival line-ups and engineer the sound. **Jayney Wright** (Off The Road Productions) at the Civic Hall; **Lewis Mennell** (Sounds Of The Estuary) and **Ian Kennington** (Acoustic Underground/Filey Folk Festival, and the founder of Springboard) at the King Billy; **Frank Johnson** (Solo's Music Café) at the Blue Bell; **Neil Kirton** (Tuesday@Tap@St Johns) and **Dave Tomlinson** (Sailmakers Open Mic) at the Duke; **Dave Elf** (Africa Studios) at the Cross Keys; **Darren Bunting** (Music HQ) at the Hallgate Tavern; **Rob Nicklas** (Springboard Monthly) at the Railway, **Ed Morris** at C.C. Coffee, and **Mark Martindale** (Humberground@Raine Club) at Woksoever.

Among the 200+ acts playing the festival will be Freedom Festival headliners **End Of Level Baddie**. End Of Level Baddie have under their belt live performances for Radio 1 and Leeds-Reading Festival, Radio 1 and 1Xtra airplay, DJ warm-up for Pete Tong, and have also headlined Beach Break, Kendall Calling and Galtres festivals.

Also appearing are **Coaves**, **Velvet Dolls**, festival favourites such as **Streaming Lights**, **Sam Arkut**, **Jay Fraser**, and Cottingham's own **Turn Up The Sun**. At the time of writing this, bands are still being booked so please keep checking the website to discover more great names being added to the line-up. We look forward very much to welcoming you and hope you will enjoy celebrating with us ten years of a great live music festival in Cottingham!

**Participating Venues:** Cottingham Civic Hall, The King William IV, The Blue Bell, The Duke of Cumberland, The Cross Keys, The Hallgate Tavern, The Railway, C.C.Coffee, Woksoever.

**Admission:** *Civic Hall* £3/day or £5 full festival  
**Admission:** *All Other Venues:* FREE entry

**Full Programme:** [www.springboardfestival.org](http://www.springboardfestival.org) (printed programme also available during the festival weekend).

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– Doug Peters

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## “The Tooth and Nothing but The Tooth”

by  
Chris ‘Dr. Smile Maker’  
Branfield

### Oh, How things have changed

**H**ello there. I hope that you are well. As I write it is a beautiful sunny morning. It really does make a difference. Well, my last trip to London for a 2-day course on Cone Beam CT Scans and teeth laser scanning went well. I’m off to Leeds next week on a follow up so watch this space. This could be a real game changer and could simplify dental implant treatment.

**Well, you don’t see this any more**

Isn’t it strange how things change. Knowing what we know now, you wonder how adverts like this could have ever happened. Dentists promoting smoking. A bygone era.



Now, not only dentists but doctors saying how one brand is less irritating and better for your throat!

### It’s all change now

These days we obviously understand the health problems associated with smoking and there are much more stringent rules on advertising. I find these two examples almost unbelievable. Today, there is a major push in the dental profession to heartily encourage people to stop smoking. In fact, it is now considered our professional responsibility.

It can be really difficult though. You don’t want to nag or upset anyone, you just want to help.

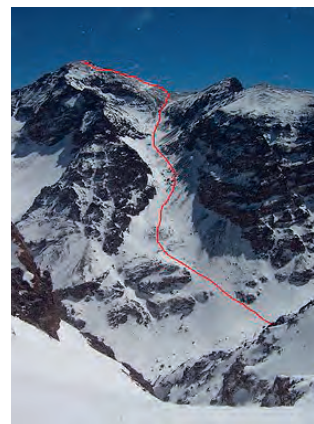


### Hocus Pocus

Many years ago I did three hypnosis courses. No, we didn’t get each other to walk around like chickens or anything daft like that. I did the introductory, the more advanced and the smoking cessation courses. It isn’t Hocus Pocus at all. It can be a really good life skill. I was much better with heights after the second course. What a result! It gave me a good insight and I found the stopping smoking bit really interesting indeed. Going cold turkey and sheer will power can work but tends not to have a great success rate so you often need to throw everything at it. I don’t do formal hypnotherapy myself anymore but I do use a few bits and bobs that I picked up that can help relaxation.

### Only 2 Weeks To Go

I’ve been doing a bit of training to get fit. In just over 2 weeks as I write my son and I will be joining up with Dental Mavericks in the Atlas Mountains in Morocco to get some poor kids out of daily pain. Straight after we will be climbing Mount Toubkal, the highest peak at 4167m. Up and down in 2 days to raise money for the charity. It’s 100% charity as it all goes to essential kit for the projects, we pay our own way. If you can help I’d be really chuffed and very grateful. <http://uk.virginmoneygiving.com/castleparkdentalcare>



*Until next time. Wish us luck. Take care and be good.*

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 22 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’s charity work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk)

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Chris 'Dr Smilemaker' Branfield GDC 68346

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## “Black Fish” followed by a Question & Answer session with dolphin expert Dr. Horace Dobbs

We have changed the venue and changed the format but hope to be able to welcome you as usual to our monthly film. “Black Fish” is an award winning documentary (won 12 with a further 27 nominations.) following the controversial captivity of killer whales, and its dangers for both humans and whales.

It will be shown on the usual third Saturday of the month - 16th May at 7.30 - but the venue will be St Barnabas Church (at the eastern end of Main Street, Swanland). Following the film will be a short break for tea and coffee then a Question and Answer session with renowned world expert on dolphins, Dr Horace Dobbs.

Tickets will be £4 (adults) £2 (accompanied schoolchildren - 13 years or over)

For further details see [www.swanlandvillagehall.info/future-events.htm](http://www.swanlandvillagehall.info/future-events.htm) or call Yvonne on 01482 634863.

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Planning on a visit to Florida in 2016? Walt Disney World Resort is the Worlds most popular tourist attraction, with millions of new and repeat customers each year.

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**T**his year has gone by quickly. It's already May so let's make the most of the summer and get the garden ready. The bright sunshine of April is promising a good start to the summer months with plenty of sun ahead so it's time to get your garden ready. However, with a new season begins a new series of garden rubbish and mess.

Nowadays we are able to put the plant waste into the brown bin but most of the trays and pots go into the green bin and fill landfills. Many gardeners want to go green (in environment around us; whether that be by recycling and using sustainable resources or by making our gardens more suitable as a habitat. It can be easy to forget that our local plant and wildlife need too.



### Be an Environmentally Friendly Gardener

Here at Coletta & Tyson we have introduced a revolutionary new summer bedding pack. We developed this new bedding to make planting bedding cleaner and more environmentally friendly by getting rid of the polystyrene containers. The packs of our bedding plants are now 100% recyclable. Made from recycled bottles, the containers can be put straight into your recycling bin when you're done. And there will be no white bits from the polystyrene littering your garden.

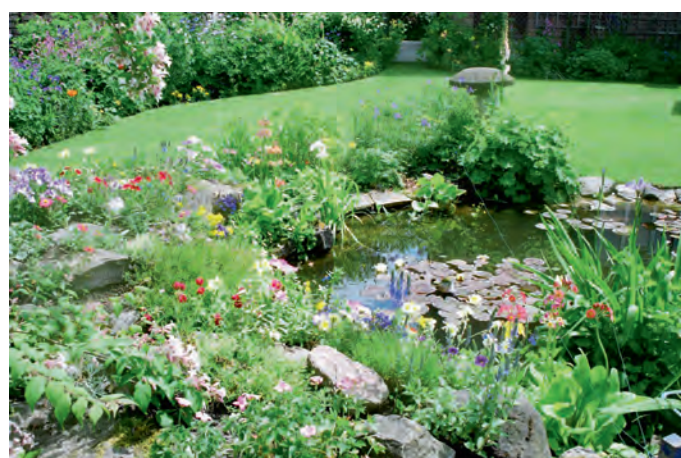
Instead of peat, which is excavated and can devastate the local wildlife and eco system, has been replaced with a 100% sustainable source, coir. Made from coconut husks, the coir is better for the environment and better for the plant as it protects the roots from over saturation making healthier plants. The roots and coir are kept together by biodegradable netting, which protects the roots, and means you won't be coated in mess.

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

### Attract Wildlife with Plants

Adding animal and insect friendly plants to your garden for the summer will bring your garden to life (as well as help out the local wildlife). Pollinators in particular are vital for gardens and countryside yet they are in decline. There are a number of plants you can add to the garden that will provide a haven for pollinators. Things like lavender and forget-me-nots are perfect for bees while geraniums and primroses will bring different varieties of butterfly to the garden.

Plant some native British wildflowers or sow wildflower seeds that can be found in our garden centre. They are great for pollinators and look beautiful in borders. Avoiding the use of insecticides in the garden will encourage birds who can then act as your own personal pest control. Add a bird feeder or a few fat balls to encourage sparrows and robins to come to your garden, they will soon feast on those pesky bugs.



### Make a Wildlife Habitat

Making a wildlife habitat can be easy. Buy a birdhouse or a bee hotel to you garden, out of the way from cats and dogs. They come in a variety of sizes and shapes. You can even add a little birdhouse that looks like a cottage. Alternatively grow low spreading shrubs or let your hedges grow out so birds and hedgehogs can keep hidden and nest.

## 10 Jobs for this month

1. Prune early spring flowering shrubs now that blossoms have finished.
2. Plant up summer bedding and fill hanging baskets.
3. Begin growing your own vegetables. A growbag is a beneficial start for your vegetables.
4. Keep on top of weeds and regularly hoe bare soil.
5. Cut evergreen hedges – but check for nesting birds and animals first.
6. Tie shoots of climbing plants like clematis to supports.
7. Plant container grown roses and shrubs.
8. Start slug-proofing your plants with cloche or try traditional methods of crushed eggshells or coffee grounds.
9. Plant and grow your own herbs ready for summer. Great for the bees and great for the kitchen.
10. Spread shredded bark mulches around shrubs and trees to keep the soil moist for the roots.

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If you have room, building your own pond is an excellent way to help the local wildlife. A water source could invite frogs, toads, newts, and maybe even a heron. Adding pond lilies that bloom in the summer will make it a beauty spot as well as a wildlife home. Even a tree if your garden is big enough will help nesting birds and add a place to hang a wildlife house or feeder.

Adding a few logs to the bottom of the garden can also be beneficial if you don't fancy the idea of a tree or pond in your garden. It is a lost cost way to help your local wildlife.

#### Plant of the Month.

May's Plant of the Month is lavender. Lavender is popular plant because of its evergreen, aromatic foliage and its undemanding nature. It is draught tolerant and a fairly hardy plant to the elements. In the summer, lavender blossoms with beautiful purple flowers sending out wafts of scent as you brush it. These flowers can be dried so you can enjoy the scent of your lavender throughout the year.

Lavender looks wonderful in your garden all year round and will mix well with seasonal bedding plants. It is great for pollinators in the summer, which in turn is good for the garden and the environment.

They are best planted in May as the soil is heating up and is ideally placed in alkaline or chalky soils. In heavier soils like clay lavender doesn't grow so well, however adding gravel and organic matter to the soil will help with drainage and make the plant thrive.



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### Cottingham Open Gardens 2015

Sunday June 14th and 21st - 10.00 am to 4.00 pm

Following last year's success it has been decided to repeat the event this year, and to date we have twenty gardens opening on two Sundays, an arrangement that should allow people to get round all the gardens, and it is also a form of insurance against the bad weather.

**"OPEN GARDEN PASSPORTS"** will be on sale at the Duke of Cumberland 'on the green', Barkers on Hallgate and the Railway Hotel, during the fortnight preceding the event. All of the gardens will be selling "Passports" too.

Last years event raised over £7,000 for Dove House Hospice and providing the weather is good to us again, we should improve on that figure. Please come along and enjoy the variety of gardens in our village



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## Your Stars for May 2015

*By Kay Gower*

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

The sun will be warm on your face. The birds are singing and your favourite song is playing. May is a good month to take a chance, relax and enjoy yourself.

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

You have great staying power. This is nothing unusual for you, but allied to the present planetary trends this month it does spell medium and long term success. A busy and highly rewarding month ahead.

### Gemini (May 22-June 21)

Socially speaking you are in a position to hot things up over the coming weeks. There will be new faces to meet, some under unusual circumstances. This is an excellent month for travel.

### Cancer (June 22-July 22)

Move forward this month and if necessary burn bridges as you go – you really don't need to go back!

This is the month to go forward and find your happiness, good luck is around you.

### Leo (July 23-Aug 22)

May is the month to forge full steam ahead. Make plans, set goals and take action - if you don't then someone else will.

Change is good.

### Virgo (Aug 22 – Sept. 23)

Matters in and around the home scene will be the most fulfilling. You can afford to view this month with interest, not least because there will be some entertaining possibilities in store.

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

This is a good month to become involved with groups and social clubs. You will attract many new friends, and even old friends may get back in touch.

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

It is often those who know the least who will speak the longest and the loudest. Your observations may be brief by comparison. But they go straight to the heart of the matter.

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

Resistance to change may be your biggest obstacle this month.

There will be some good luck around you, and opportunities may be found within your neighbourhood.

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

Sometimes, doing what you don't want to do can be good for you, but not this month.

This month it would just be a waste. Be a rebel and only attend those events which you want to be a part of.

Skip the rest, and enjoy the beginning of summer.

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

When I was a youngster, it seemed like the last 10 minutes of school always passed the slowest. You'll have that same feeling at the beginning of this month, but only because you have something to look forward to nearer the end.

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

There are many people who need comfort and perhaps a kind word. Don't be surprised if they turn to you. Your sweetness and protective instincts make you a safe place for world weary souls.

# East Riding Local Plan Strategy Document and Allocations Document Modifications Consultation

A number of modifications to the emerging East Riding Local Plan, which is currently in the process of being examined by an independent planning inspector, have today been published for public consultation. The Local Plan, which seeks to identify how much new development will take place in the East Riding and where it will be located, was submitted for examination in April 2014. The planning inspector subsequently held a series of public hearing sessions in October and November 2014.

The council is now proposing various modifications to the plan, following discussions at the public hearing sessions. The inspector will reflect on the changes put forward by the council and on the responses to this consultation when considering his report into the soundness of the plan.

The consultation will close at 5pm on Monday, 11 May 2015.

The proposed amendments are set out in the East Riding Local Plan Strategy Document and Allocations Document Schedules of Modifications (March 2015), which is accompanied by a sustainability appraisal note. Comments are also sought on various new documents that have been added to the examination library, as well as the impacts of the 2012-based household projections, which were released by the Department of Communities and Local Government on 28 February 2015.

Representations can only be made in relation to issues of legal compliance, compliance with the duty to cooperate, or an issue of soundness.

## How to View the Documents?

The schedule of modifications and representation form, sustainability appraisal note and documents added to the examination library can be viewed in the following ways:

on the council's website at [www.eastriding.gov.uk/localplanexam](http://www.eastriding.gov.uk/localplanexam)

at the following main libraries and customer service centres: Cottingham, Hessle, Beverley, Willerby.

For the opening times and address details of main libraries and customer service centres, call (01482) 393939 or check the council's website at: library opening times:

[www.eastriding.gov.uk/leisure/libraries/library-finder/](http://www.eastriding.gov.uk/leisure/libraries/library-finder/)

## customer service centre opening times:

[www.eastriding.gov.uk/council/contact-the-council/customer-services/#what-are-the-opening-times](http://www.eastriding.gov.uk/council/contact-the-council/customer-services/#what-are-the-opening-times)

## representation forms can also be requested via:

Email: [forward.planning@eastriding.gov.uk](mailto:forward.planning@eastriding.gov.uk)

Telephone: (01482) 391751.

## How to Make a Representation

All responses will be passed to the inspector for his consideration and must be returned to the local plan programme officer, using the following details:

by email: By completing the representation form and

emailing it to: [malcolm.wells@eastriding.gov.uk](mailto:malcolm.wells@eastriding.gov.uk)

in writing: By completing the representation form and posting it to: Malcolm Wells, Room GG9, County Hall, Cross Street, Beverley, East Riding of Yorkshire HU17 9BA

## Further Information

If you have any questions or queries you can email [forward.planning@eastriding.gov.uk](mailto:forward.planning@eastriding.gov.uk) or call (01482) 391751.

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## Sudoku Answer from page 12

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

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## Hives, Swarms and Stings Beekeeping with Neil Gower - Neil continues his quarterly review of the calendar of a beekeeper

**B**uzzzzzzmmmmmmmm ..... the unmistakable drone of a swarm of bees led by the Queen leaving the hive to find a new home. Everyone ducks at the sound and runs for cover as the pall of bees numbering tens of thousands rise up into the sky like a big black football and set off looking for a new home. Quite an impressive sight unless you're frightened to death by anything that flies and buzzes, or you're a beekeeper trying to stop their precious livestock from "doing a runner".

It's common from now until the end of June and is the bees way of ensuring that the species lives on and prospers. Swarming occurs every spring as the colony in the hive begins to build up and the worker bees decide that selected eggs will be given special treatment by drawing out an extra large honeycomb cell and feeding the hatched incumbent on Royal Jelly. This is known as a Queen Cell and will house the successor to the throne. Sensing an overthrow the existing Queen prepares to leave and gets ready to take around half of the colony with her, sending out scout bees to look for a suitable abode just before the mass migration is due to take place.

Having nurtured all my colonies through the long winter months I am clearly not disposed to sit idly by and watch as half of my nectar gathering, honey making machines fly off into the sunset.



If Beekeepers are alert as we should be we can work with mother nature to make the bees think they have swarmed when actually they haven't. There are a number of methods which would all require some explanation, and take up much of this column. In brief, they generally involve splitting an existing colony into two, which is useful if a beekeeper wishes to double their colonies but reduces that years honey yield as the number of foraging bees are significantly reduced.

One of the simplest methods is to take the existing Queen out of the hive along with two or three frames containing eggs, a couple of frames of food and enough bees and set up a new, much smaller colony. The original colony is left with most of the honey producing worker bees and the unhatched Queens, and any frames that have been removed are replaced with brand new wax foundation which helps to keep the hives clean and disease free.

When the first new Queen emerges she will seek out any other unhatched cells and sting them...there can be only one Queen bee!

I put the new colony into a smaller nucleus hive until there are enough bees to populate a full size hive. The original queen is now in a new fresh home with a few frames of eggs and some food with which she can once again start to build up a new colony. She thinks she has swarmed and I still have all my bees so all parties concerned are happy..

Swarming does still occur due to the number of feral colonies and the fact that beekeepers are human and sometimes miss the signs. If you have a swarm in you garden, PLEASE do not go near it or disturb it in any way and do not spray it with water, you will only anger the bees. Go straight to the Beverley Beekeepers Association website [www.beverleybeekeepers.co.uk](http://www.beverleybeekeepers.co.uk) and follow the instructions.

Bees will generally mind their own business and prefer to get on with foraging and gathering and unlike Wasps who use stings as a weapon of attack, bees will only sting in defence and it is a weapon of last resort. The bee will die afterwards as the barbed stinger remains in the skin of the victim and the bees abdomen is fatally damaged as she tears away. People who get stung react in different ways from those who hardly notice at one end to those who suffer a severe reaction at the other end of the scale. It is always sensible to seek medical advice in such situations.

Having made a number of references to hives and colonies thus far without any great explanation, perhaps now is the time to remedy that. In beekeeping, we tend to keep our bees in hives whereas wild bees will populate tree trunks, cavity walls, chimneys and all manner of unreachable spaces. Hives have traditionally been constructed from wood although nowadays a lot of high quality polystyrene hives are being used in beekeeping. The hive consists of a floor with entrance, a brood box where the queen lays the eggs and pollen and honey for food are stored, a number of supers or honey boxes which contains honey only, a crown board to restrict access and a roof. The bees that populate that hive are known as a colony and are a self contained and self governed unit, with the queen at the head and an almost perfect division of labour. Within the colony there are three different castes of bee with the worker bees carrying out many of the tasks and being the greatest by number.

The worker is female and 12-15mm long with a dark brown body decorated with bands of chestnut, orange or yellow with two sets of wings and three sets of legs. The back legs contain a pollen basket used to bring pollen back to the hive and underneath the abdomen are wax glands that secrete wax for the production of honeycomb. The workers carry out most of the important functions within the colony from feeding and nursing the young, cleaning and guarding the hive to foraging for pollen and nectar. They have a large compound eye which gives them excellent sight.

*Continued on page thirty seven*

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## Information for potential foster carers

**E**ast Riding of Yorkshire Council is hoping to recruit more foster carers, particularly for children aged from five to 15.

A 'Find out about fostering' information event will be held at Tickton Grange Hotel, Tickton, near Beverley on Wednesday 6 May, at 6pm, when anyone who is considering becoming a foster carer is welcome to go along.

In addition, potential foster carers can also find out more by watching a short film, which can be found by visiting the council's webpage at [www.eastriding.gov.uk/fostering](http://www.eastriding.gov.uk/fostering) and clicking on the video link.

At the information event, people interested in becoming a foster carer will have an opportunity to talk to fostering social workers and discuss suitability; meet foster carers and their birth children; talk to looked after young people and hear about their experiences; and find out about free professional training.

Prospective foster carers should ideally be over 25, they can be single, married or co-habiting. People with or without families, heterosexual, lesbian or gay, can be foster carers.

Dave Glenville, the council's fostering team leader, said: "Almost anyone can apply to be a foster carer. We recognise that families come in all shapes and sizes, but, as with any career, some people will be more suited to it than others.

"The information event is designed to give people who are interested in fostering a chance to meet people who are already involved and find out if becoming a foster carer is for them."

Anyone interested in finding out more about becoming a foster carer, or would like to book a place at the event, can contact the fostering team on (01482) 396673.

## Saved bus to North York Moors returns for 2015

**H**ull-based bus company EYMS has announced that it will be running buses from Hull, Cottingham and Beverley to the North York Moors again in 2015.

Last year the National Park Authority withdrew their funding for the popular 'Moorsbus' scheme, leaving Hull and East Yorkshire residents with no public transport to the Moors.

EYMS stepped in to run their own Moors Explorer service, following pleas from passengers, and the service proved so popular that the company had to put bigger buses on the route.

EYMS Commercial Manager Bob Rackley said: "It was a risk for us to run the service commercially last year, as it had always been dependent on funding from the National Park to cover the driver and fuel costs. However, support from passengers and local walking groups was brilliant, and on some days we even had to put a bigger bus on to make sure we had enough seats for everyone who wanted to travel."

"We are hoping that this year is just as successful, to ensure that we can continue to run buses to the Moors for years to come."

Moors Explorer runs every Sunday and Bank Holiday until 27 September 2015. It calls at Hessle, Anlaby, Willerby, Hull Interchange, Cottingham and Beverley before travelling up to Malton, Pickering, Kirkbymoorside, Hutton le Hole, Blakey, Castleton and Danby.

More information can be found by picking up a leaflet from Hull Interchange, Beverley Bus Station, or local Tourist Information Centres, visiting the company's website [www.eyms.co.uk](http://www.eyms.co.uk) or ringing BusLine on 01482 59 29 29.

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## Hallgate Schools - continued

by Peter Railton (Author and Local Historian).  
The year is 1952

Once again, the entries in the boys' log book are rather meagre for that year. Both Mr. and Mrs. Panke were away with 'flu at the same in early February. On the 6th. the news was received of the death of King George VI. A special service was held in the hall the next morning and the school sang "God Save The Queen" for the first time; on the 15th. part of the funeral service broadcast from London was listened to by all the classes.

During the two day half-term holiday that month, the north door of the department was forced open causing "extreme damage". The headmaster's door was forced open and £4.18s.0d in loose silver change was taken from his desk.

The usual quota of boys were accepted for secondary education at either grammar or technical schools - G. R. Carr, W. Locklin, R. Broadwell, R. Godfrey, D. B. Smith, M. Wilkinson, A. G. Knight, D. E. Tiplady, T. Miller, J. E. Smith, E. F. Precious, and M. Wiles. E. H. Kirby was awarded a place at the Hull College of Commerce and B. Newlove at Trinity House.

On the 17th of September Mr. N. Ellis, County Schools Organiser, presented County Swimming Certificates to M. Wiley, D. Longbone, and J. Smith - these Certificates were awarded to Hallgate pupils for the first time.

A brass band was formed in October and was under the instruction of Mr. Walmesley, the Cottingham Band Master - clearly the boys' department were stung into doing something musical, faced with the repeated successes of the girls' department and new groups forming, as we shall see.

There were 335 girls on the roll when the new term began on the 7th of January and Mr. Craig arrived on the 9th to begin teaching the violin and the recorder to music groups every Wednesday afternoon - the standards achieved by many of the girls was quite remarkable.

A treat occurred on the 10th, Miss Buttery had had a long holiday in Canada after her retirement and offered to go into school to talk to the girls and show pictures of Canada. This was made easier by placing the photos under the epidiascope which projected them onto a screen - no videos then!

The usual medical and dental examinations were held in February and, in March, County Inspectors arrived to look over the school and were accompanied by five H.M.I.'s who were to assess each class and the effectiveness, of the teaching given and for three and a half days a very rigorous examination of the department was carried out. This was not unusual and cast no reflection on the school - it was part of the work of the Ministry of Education and continues in the new form of O.F.S.T.E.D.

In April, arrangements were made for swimming lessons - these had started, it may be remembered, in 1947; Juniors 4, 5, and 6 were to go to the baths on a Thursday morning and Seniors 1 and 2 with a few girls from Seniors 3 and 4 were to attend on a Friday morning. Tennis was to be taught to Seniors 3 and 4 on Tuesday afternoons at the tennis courts in the King George playing field in Northgate.

Mrs. Fletcher's work with the gardening club was progressing nicely - grass seed had been sown in the square formed by the pre-fabs and had germinated well - she records that-

"The lawn has grown and we cut it for the first time."

In May, two visitors went to talk to Senior 4 girls, Mr. Benson from the City Engineers Office explained his department's clerical organisation and Mrs. Hart, a bank clerk, talked to them about the trade union movement - two more examples of the energy and determination of Mrs. Fletcher that her girls should be equipped as far as she could with every opportunity available for their complete education experience at the school

The report issued by the H.M.I.'s who had visited the school was very favourable. It was described as a fifty-odd-year-one, but in good decorative order, bright and pleasant, flowers and wall decorations everywhere. Mention was made of the pre-fabs which housed two classes of girls, their possible deficiencies including problems with the toilets, were not criticised because the difficulties would be resolved shortly with the opening of the new secondary school.

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The parent-teacher group was praised for averaging 50 people at its meetings. The staff comprised the head, eleven full time teachers, one half time housewifery mistress, one to teach French four half days per week and a visiting master for instrumental music. They noted that the Headmistress had -

“High ideals, a gracious personality, and wide interests enabling her to lead the school with considerable success.”

Of the 333 girls on roll, 217 were juniors and 116 seniors, the highest numbers being in the 11 and 12 year old classes. The report also commended the teaching of modern folk and country dancing and the fact that the girls all wore the appropriate dress; netball and the other physical activities were praised, and the teaching of music.

The teaching of core subjects was satisfactory especially in arithmetic, now referred to as ‘maths’ with algebra and geometry receiving special attention. Reference was made to the fact that the senior girls were made to feel that they were receiving a secondary education in every way. An average of 150 girls were staying school dinners every day and 29 of them were ‘free’.

Food was served in the infants’ hall and was prepared in the canteen which then occupied the part of the infant school to the left of their entrance door facing Hallgate, and the inspectors joined the pupils and staff at lunch times while they were at the school, and they commended the girl’s behaviour there and throughout the school, the canteen is used again for dinners at the Faith School today. Whether the girls and infants staying dinners dined at the same time is not recorded - or did each group eat at a different set time - perhaps some of the ex-pupils will remember!

At the end of May, a Nursing Vocation Officer came from Sheffield to talk to the girls about opportunities in nursing and several girls from the school went there to train eventually. On the 22nd of June, a Junior Dance Festival was held at Penshurst School in Hessle and children from many local schools including Hallgate demonstrated their skills: it was a fine day and over 1,000 people went to see the outdoor spectacular and this was followed the next week by the Haltemprice Junior Sports held at Willerby Carr Lane School.



*Photo courtesy of Ms. Bell. The girls’ school staff. Front row from left - Welfare Lady, Mrs. Clark, Mrs. Ridley, Miss Buttery, Mrs. Fletcher, Mrs. Evans (deputy head after Miss Buttery), ??? (Secretary). Back row from left: M. Bell, ???, Miss Porter, Miss Selby, Miss Adamson, ???.*

On the 15th of July the school orchestra and choir were invited to Anlaby House to entertain the local dignitaries plus the Lord Mayor and Sheriff of Hull and their ladies - an honour which spoke highly of the abilities of the girls. Open Day was on the 23rd of July and parents were invited along to see the various activities; this was followed by a Swimming Gala at Beverley the next day.

During the summer holidays Mrs. Fletcher and Miss Selby took 16 girls to Stade in Germany, returning the visit to Cottingham of German pupils the previous year. In September the department embarked on a programme of more specialised teaching - certain teachers for specific subjects, as in the boys’ department. On the 22nd of October Mrs. Fletcher and Mrs. Evans attended the funeral of Miss Brimelow who had died earlier that month. The usual Christmas parties and plays were held in December, bringing to an end another successful year at the girls’ department.

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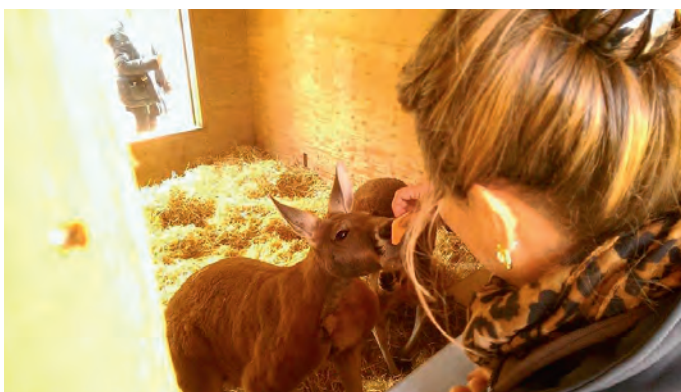
## Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

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

## Behind the scenes at London Zoo

I recently had the pleasure to be able to go behind the scenes at London Zoo. Friends I have made while at the Twycross Zoo Conferences work there and gave my son Will and I an inside peek into their world, with permission of the managers.

We were so lucky to be able to be a small part of a training programme with Kangaroos. They are planning to develop a "meet and greet" in order for the general public get a chance to interact with them in protected contact. We both hand fed Sweet potato slices to two willing kangaroos (once they had learned to move into the stable and stand at the door. )



Next on the agenda was a visit to the underground world behind the scenes where the zoo staff prepare a myriad of feeds for that particular group of species and where the staff gain access to their animal enclosures for maintenance, cleaning and training.

The training these guys do is awesome. All the animals need veterinary attention from time to time so training their charges to be ready and prepared to cooperate is essential.....and is seriously brilliant operant training.

We watched as a female Tapir was called over on a target, just like I do with my horses, and has been trained to lie down next to the bars for a jolly good groom with a yard brush. She voluntarily laid down with expectation of the forth coming bliss! How she loved it, even moving her head back so that the keeper could give underneath her chin a jolly good scratch! Whilst in this zonked out

state of total relaxation her head keeper could train her to accept a forthcoming Ultrasound scan, cold gel and all! Her feet were rasped and dressed too because she had been suffering from corns. All the feet were in easy access in that position she has been taught to lie down in. Blood draws can be taken from the inner thigh too if needed. How perfect is this ethos in training through positive reinforcement only. No Force, absolutely no stress and total enrichment in training. I got to scratch a Tapir tummy too!



While watching the huge task of food preparation I was so pleased to see such a huge emphasis on enrichment ideas in species specific categories. The huge chalk boards listed the specific groups temperament pleasures and then listed their favourite things to do, to eat as a treat, to chew on, to kick about, to wash/play in, to destroy just for fun, to pick up and to play with in general. Every one of these are ideas are purely to enrich the lives of their charges through play, seeking and encouraging natural behaviours: like foraging in or scratching on!

animal enrichment Board(choices)			
<b>Camels</b>	<b>Ants</b>	<b>PIGS</b>	<b>MYMY HIPPOS</b>
BEATING & CHILLING	MOD & PLAYFUL	VERY ACTIVE & BASHFUL	VERY LATE BY NATURE
FRUIT ROPES	LIKE BASHING THINGS	BOILER ROPS	EVERY BEING PARTIAL
SHOOLING	BOXES (REMOVE ALL)	SCATTER FEEDS:	SHOWERS
HAIRING	STAPLES (H. SELL) (H. P)	BOILER ROPS	BOILER BALLS
SHED ROPES	FRESH GRASS	FISH HEADS	BROWSE
FRESH GRASS	PLANT POTS	CORRANTO	FAVOURITES: WILLOW ASH
BROWSE	WELLES	PLANT POTS	HORSE CHESTNUT
FAVOURITES	PAPER SACKS (REMOVE ALL STRING)	OLD PLANTS	
WILLOW	GUMMING	HERBS	BRUSHING TEETH
HORS/CHESTNUT	SAND IN PIT	BONES	LEAF PILLS, AUTUMN
HAUTHERN	LOYS FOR BASHING AND CHEWING	LEAF PILLS	TEA TOTS
ANOTHER BROWSE	SCATTER FEEDS	FRUITS	LOGS IN WATER
TO BE USED FOR CHILLING	SCOWSE	BOILER BALLS	
ICE LOLLIES	ALL SORTS - LIVE	PAPER SACKS	
	WILLOW AND HOLY	ROTEN LOGS	
	UK & FRUIT	PERFUM	
	YAT BROS - AUTUMN	SHOWERS IN THE SUMMER	
	HERBS	CITRUS FRUITS	
	ICE LOLLIES	HERBS	
		ICE LOLLIES	
		CORRANTO	

Zoos put huge emphasis on helping to eliminate boredom and the development of unwanted stereotypic behaviours. Enrichment within the enclosure design itself as well as all the efforts of the staff to provide fun things for their charges to do means that captive species get a better life. Enrichment in training keeps their brains active, keeps stress to a minimum, and makes veterinary procedures safer for all concerned as well as suppressing frustration and aggression in general.

I was really impressed and consider Will and myself extremely lucky to have had this amazing opportunity. My sincere thanks to Louise and ZSL London Zoo.

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## Two Bank Holidays and a lot of work needed.

**W**here did that April weather come from? May is certainly coming in "like a Lamb" let's hope it doesn't go out roaring!

It's certainly taken us by surprise, this is normally the time we start thinking about getting the beer garden ship shape, weeding the flag stones and painting any of the tables which have suffered over the winter months but I've had to apologize for the weeds and the drab tubs of dead geraniums to the many customers who have been outside enjoying the early sunshine. So with two Bank Holidays looming in May we'd better get busy, quick.

However there is a continuous warning from my wife Judy, "you can't start planting yet, we can still have frosts so no hanging baskets or tub planting until the end of May" I always

listen to expertise so I'll be tidying things up but no new planting yet.

I'm afraid to say I've noticed service suffer a little, with the weather bringing a sudden increase in business without the additional personnel in place to cope, I feel there has been times when we've all been running around like headless chickens and my sincere apologies goes to anyone who has had to wait too long for their drink at the bar particularly, or puddings at table. It will improve I promise. (I'm looking for part time experienced front of house staff so give me a ring if you're interested.)

On our bar we have added a bit of the Spanish sunshine to the Half Moon with the introduction of San Miguel premium lager, while our new Salads and scrumptious hot Tasca Sandwiches, introduced to our menu last month have seen an early boost due to the warm weather. Our pastry chef Vicky has added some great summer puddings to the menu including Pina Colada Panna Cotta and Lemon Flan with Raspberries which have been very well received. (a quick plug for Vicky, check out her Facebook "Cakes by Vicky Sketch" for that special cake, her "Frozen Cake" is amazing.)

The second of the May Bank Holidays, depending on the weather, we are hoping to create some special fun events in our paddock, so keep an eye on our notice boards in the Pub for details.

Thanks to all my staff particularly to the new staff for learning to put up with me so quickly and to Steve for his unsociable night hours painting the entrance porch and other internal areas of the Pub. It's the Pool Room next!!!!

*Cheers Mike*

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**Here is Paul's latest walk in his series of monthly rambles.**

**This month his destination is Wawne to Tickton**

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

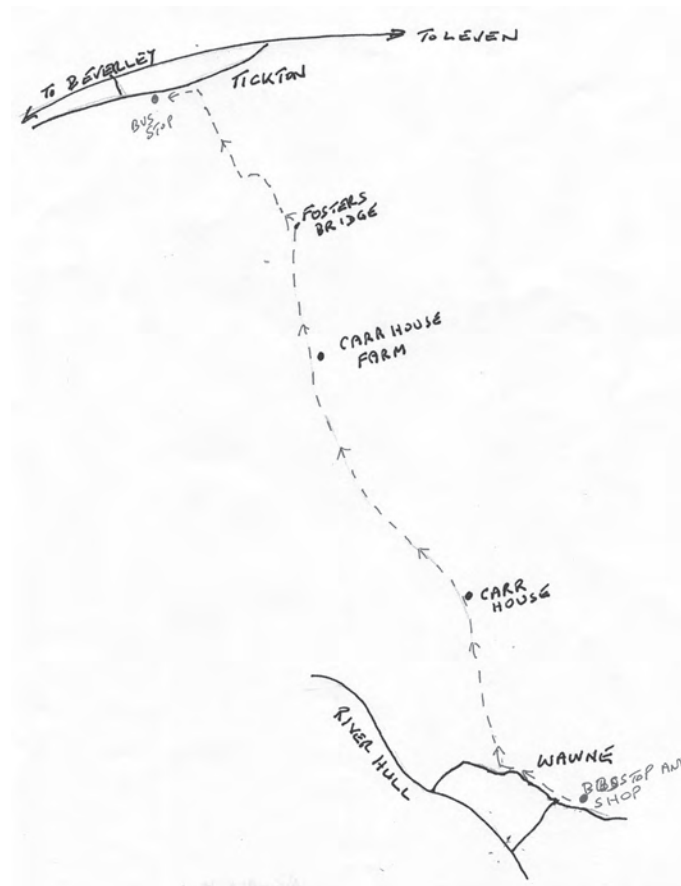
**Map Explorer 293**

**Start walk at GR TA089369 near Wawne Village Hall.**

**Distance 4.1 miles.**

**S**tart the walk at Wawne opposite the shop on main street. Walk to the corner (bus turning point) and take Ferry Road. After about ½ mile take the road to the right signposted Public Footpath. This is a surfaced lane leading to Carr House and is known as Drove Lane.

On reaching Carr House the lane bends to the right and after



we take this right hand bend, we then immediately take the farm track on the left. After two fields this farm track then becomes a rough path which we follow for a further two fields before it finishes. Turn left and then after about 30 metres turn right and walk with a ditch to the right. On reaching the end of the ditch, turn left for a few metres then turn right and cross a bridge spanning a deep dyke and enter a farm lane. This is known as Park Lane. Follow this lane as it passes a long narrow plantation and when it meets Carr Lane, we bear right on a surfaced lane known as North Carr Lane. Follow this to Carr House Farm and then continue ahead in the same direction on a stone farm track. (Good views of Beverley Minster to the left).

On reaching the slight right hand bend, ignore the footpath sign on the left which leads across fields to Corporation Farm but continue ahead on the stone track. Take care not to trip over the chain which spans the path at this point.

On reaching the end of this track and at a point known as Fosters Bridge, turn left and then after about 50 metres turn right and keep the large hedge on the left. At the end of the field turn left and walk with a deep dyke on the right.

On approaching a wooded area, turn right and cross a wooden footbridge and walk down the path enclosed by hedges, this path becomes a surfaced lane known as Carr Lane. Continue on this lane to the junction with Tickton main street and turn left. Pass the Post Office and the Tickton Little Theatre to reach the bus stop.

There is a seat outside the Little Theatre and a bus shelter at the stop.

#### HOW I DID IT.

Depart Hull Interchange at 1010am on Bus No. 30W.

Alighted at Wawne and started the walk at 10.55am.

Completed walk at 12.30pm and boarded Bus No. 246 at 12.50pm back to Hull Interchange.

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*Continued from page thirty*

The Queen is the largest bee in the colony at around 19mm (3/4 inch) and has an elongated body with a pointed abdomen. I have included a picture of a Queen here as very few people will have ever seen one. After hatching she will only leave the hive to mate or to swarm, and she doesn't go out foraging for food as her key function is to lay eggs. She is the only bee with a barbless stinger which she can use without harm to herself



*A newly hatched Queen.*

The only males in the colony are the 'stingless' Drones and they will number a few hundred at the height of the season. Like the Queen, the Drone will never forage, get involved in nest building or defence. His sole aim is to follow a virgin Queen on her 'nuptial' flight and mate with her. Those that are successful are rewarded with death as the airborne act causes castration and they fall to earth and perish. Those who are unsuccessful do not overwinter with the rest of the colony and are forced out of the hive at the end of August by the workers when their services are no longer required.

The month of May is an important one in the Beekeepers calendar as the spring flowers, the tree blossoms and the fields of Oil Seed Rape are all in full bloom, and the bees are working hard to bring in a flow of nectar to the hive which means one thing.....Honey.

I've prepared well in advance and am looking forward to the spring honey harvest as a reward for all the hard work over the winter months.

The honey jars are sterilised and ready to label, ingredients for the honey cake recipe have been sourced, and the handmade wooden soap moulds are all lined in readiness. My wife is ready to make soaps and balms with honey, beeswax and propolis together with her own herbal recipes and wild flowers.

I shall be using honey in my bread recipes and look forward to sharing details with you in the next article.

## Recycling officers to give advice at Beverley Market

Advice and information about recycling and reducing waste will be on offer to shoppers attending Beverley Market on Saturday 9 May.

Two waste and recycling officers from East Riding of Yorkshire Council will be visiting the town centre market with their trailer from 9.30am until around 3.30pm.

They will be on hand to speak to anyone about waste and recycling issues or questions, and will be offering advice and information on a range of subjects, including how to reduce your household food waste.

The officers can also take requests for blue bins and kitchen caddies, and will have recipe cards and information leaflets to give out.

Mike Featherby, the council's head of streetscene services, said: "This is a good chance for residents to come along and talk to us directly about all aspects of recycling and minimising waste."

No appointment is necessary, residents can just go along to the council's trailer throughout the day.

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## Cottingham High School celebrates their 60th anniversary

In April this year the school will have been open for 60 years. We will be celebrating this occasion during the next academic year and later this term we will be producing our 60th anniversary magazine special edition.

We are hunting far and wide for past pupils to get involved in this edition, so if you know someone who attended the school when it first opened we would love to hear from you.

We would love to see old photos and hear about your memories of the school, or if you have an interesting story please get in touch.

Tel 847498 or [office@cottinghamhigh.net](mailto:office@cottinghamhigh.net)

## Carers advisory group seeks new members

Do you care about carers rights? Would you be able to give up some of your free time to discuss issues that affect carers? If so, then the East Riding Carers Advisory Group (CAG) would like to hear from you.

The Carers Advisory Group is looking to boost its membership at a time when the rights, roles and responsibilities of carers are increasingly coming into the spotlight.

The group represents the approximate 3,700 carers who are registered with the East Riding Carers Support Service, as well as the 38,000 hidden, unregistered carers within the area.

CAG was set up following the government's recognition of the valuable work that carers do and the contribution they make to the health and social care economy.

Carers are now recognised by various pieces of national government legislation, including the Care Act 2014 which came into effect from 1 April this year, giving carers new rights and a clear legal status.

Half of the group is made up of carers, while the other half is divided equally between representatives from the voluntary sector and the East Riding of Yorkshire Council, with meetings held at Worklink, in Cottingham from 10am to 12 noon on the last Monday of every month.

The objectives of CAG include considering applications for funding from the Carers Grant; making recommendations to the council on spending allocations; working in partnership with the council to improve services for carers; and representing carers as widely as possible.

Chair of the CAG David Howarth said: "We are ideally looking for new members who are carers themselves or perhaps someone with experience of the caring profession, but above all someone who fully understands and appreciates the roles and responsibilities of carers."

"Membership of the CAG can be demanding but incredibly rewarding. Applicants must be able to find the time to attend meetings and workshops, while taking a proactive role in representing carers in the East Riding."

All prospective members will be expected to attend at least one of the group's monthly meetings before a commitment is made by either party.

For more details about the CAG call the Carers Support Service on 0800 9176844.

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## New Morfitt display opens at the Treasure House

A new mini display focusing on William Morfitt, antiquarian archaeologist, has now opened at Beverley's Treasure House. The display focuses on Morfitt's museum at Atwick, which housed the many prehistoric and later artifacts that he discovered in the Holderness area.

The display has been created by Harriette Copley of Longcroft School as part of her work experience placement.

Dr David Marchant, East Riding of Yorkshire Council's Museums Registrar, said: "Morfitt was an enthusiastic and prolific collector of local antiquities and his museum was much visited and highly regarded at the time."

The display will run until October 2015.

For further information, please contact the Treasure House on (01482) 392780.

## Race to save Ratty as UK water voles face uncertain future

### Launch of first National Water Vole Monitoring Programme

Once a familiar sight along our waterways, water voles have rapidly disappeared from much of the landscape, experiencing the most serious decline of any wild mammal over the last century. The shocking drop in numbers is due to the release and spread of non-native mink across the countryside, and also the loss and degradation of much of our waterways. To ensure that we have a better picture of what is happening to the species nationally and that

we are in a position to act quickly when needed, People's Trust for Endangered Species (PTES) is launching the first ongoing National Water Vole Monitoring Programme across England, Scotland and Wales, working in collaboration with The Wildlife Trusts, Natural Resources Wales, Scottish Natural Heritage, Environment Agency, Natural England and RSPB.

Through the National Water Vole Monitoring Programme, PTES aims to bring together all the valuable work that is being carried out across the country, as well as monitor selected historical sites, to establish any changes in the population and to help guide future conservation efforts.

The Vincent Wildlife Trust conducted two national surveys between 1989-90 and 1996-98 that first demonstrated the dramatic decline of water voles across Britain. The sites that were visited during these two surveys will form the basis of the National Water Vole Monitoring Programme. By regularly resurveying these sites, PTES will be able to identify any changes that have happened since the late 1990s, as well as detect any emerging national trends.

PTES is calling for volunteers to get involved in the National Water Vole Monitoring Programme by conducting an annual field survey on a single site and while no experience is required, those taking part will need to learn how to identify water vole field signs. Participants will be able to choose one or more of the nearly 900 pre-selected sites across England, Wales and Scotland and will be expected to survey their individual site once a year. If you already monitor water voles you can add your site and data to survey. To find out more about taking part please visit [www.ptes.org/watervoles](http://www.ptes.org/watervoles)

As Emily Thomas, who is coordinating the programme, concludes: "In the last couple of decades conservation groups have been working hard to try and save the much loved water vole, however it's difficult to track the overall effectiveness of this work without seeing how the national picture has changed since the 1990s. The National Water Vole Monitoring Programme will show us where water voles are and in what numbers, as well as where they've disappeared, allowing us plan and carry out effective conservation actions that will really make a difference to water voles."

## Law firm offers legal advice clinics to help people understand changes to Inheritance Rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters. In light of major changes to rules surrounding inheritance, even more clinics are planned across the region.

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly as the intestacy rules – the rules concerning the estate of a person who dies without a will – changed on 1st October 2014.

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs." For more information about the legal advice clinics or to book an appointment, contact: Jo Pearman or Jayne Lowde in confidence on 01482 325242 or email [legalclicins@andrewjackson.co.uk](mailto:legalclicins@andrewjackson.co.uk)

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## Cottingham Mowgli Cubs visit Greencore Grocery on Sutton Fields

On the evening of Monday 9 March 2015 Cottingham Mowgli Cubs and their leaders had an 'Eat Happy Visit' at Greencore Grocery on Sutton Fields in Hull, suppliers of cakes and desserts to all major supermarkets in the country. This is run in conjunction with Tesco and Scouting 'Farm to Fork Trail' which encourages children to find out where the ingredients come from for their favourite foods.

In the training room after being shown a map of the world where each ingredient comes from, the Cubs and leaders alike dressed up in the appropriate head wear and the Cubs were given children's size white overalls to put on, we were then shown the factory floor from a glass fronted balcony and watched Madeira and chocolate cakes go on their journey to be decorated and boxed.

We were then taken back to the training room where the Cubs made their own sugary models, then of course the best part of the evening, we all had a slice of cake yum yum! Many thanks to Abi Szpurko and Kev Henning the two members of staff at Greencore for very kindly co-ordinating our visit. Kim Granger (Akela) Cub Scout Leader.



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## The Rotary Club of Humberside presents another seven bursary awards

The Rotary Club of Humberside has presented another seven bursary awards to children from Hull School who have shown outstanding musical talent. The awards, each worth up to £1,400, will allow the children to receive additional tuition in order to achieve their musical aims.

The awards were presented by the president of the Rotary Club, Ian Conyers, at a concert held at the Hull City Hall which featured the best young musicians in the City.

The chairman of the Club's Major Events Committee, Paul Lees, said after the presentation; "The aim of the scheme is not only to enable the youngsters to achieve their musical ambitions but also help them, in doing so, to give them overall confidence to further their whole educational experience".

*The picture shows six of the seven youngsters to receive awards: Chloe Pearce, Hope Swakamisa, Tori Shaw, Neil*

*Alexander Fortes-Kolesnyk, Rhiannon Garrood and Bramham Ram Aram. The seventh who could not be there was Mia Broughton. Each of the awards was sponsored by a Hull Business or charitable trust. One was sponsored by Rotary's own charity – the Rotary Foundation.*

## Gardening expert gives talks on popular Sewerby Gardens

Sewerby Hall and Gardens is pleased to announce a series of seasonal garden talks throughout the year, with the well-known local gardening expert, Paul Robinson.

Paul Robinson is renowned for his light-hearted yet educational and informative garden talks around the county and his videos can be found on YouTube by searching for the 'Laughing Gardener'.

The summer talk takes place on Sunday, 19 July followed by the autumn talk on Sunday, 27 September. The final talk is on Sunday, 7 February 2016 and is themed around winter.

The one hour-long talks take place around the gardens and are followed by tea or coffee together with a homemade jam and cream scone afterwards in the Orangery.

Visitors are then free to explore the rest of the estate, the zoo and the house. Places can be booked via the Welcome Centre either in person or with a credit or debit card over the phone on (01262) 673769.

Each talk costs £12 per person and pre-booking is essential as places are limited to 25.

For more details about this and all of Sewerby Hall and Gardens events and activities, please visit [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk) or call the Welcome Centre on (01262) 673769.

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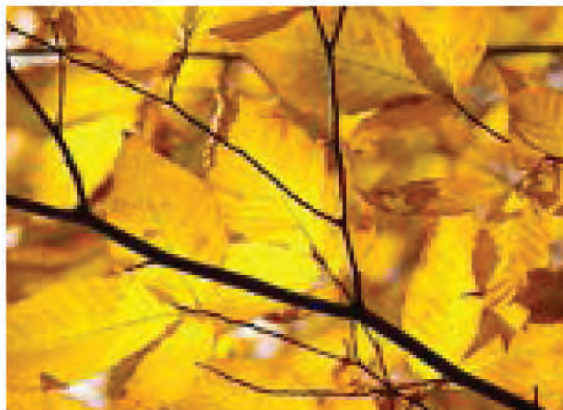
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## Cottingham Methodist Church - Young Photographer Competition 2015

The Young Photographer Competition organised by the Cottingham Methodist Church is for young people aged between six to 18 years old, who are resident in the HU16 postal area or at school in Cottingham.

The title of this years competition is "Nature" and the closing date for entries is 10.00 am on Saturday 20th June.

The competition is split into three age groups (Group A) - 6 to 10 years; (Group B) - 11 to 14 years; and (Group C) 15 to 18 years. Rules and regulations and entry forms are available from The Photo Shop, King Street, Cottingham, who are sponsoring the competition, and local schools and youth organisations.

For further information contact John on 07940 309212 or email [photo@cottingham-methodist.org.uk](mailto:photo@cottingham-methodist.org.uk).

There will be a free exhibition in the Cottingham Methodist Church Hall, Hallgate on Cottingham Day 4th July 2015, between 10.00 am and 4.00 pm.

## Life in the First World War Trenches - Adult Learning Course

East Riding of Yorkshire Council's Adult Learning and Archives Services are linking up to bring local people a free taster course called Life in the First World War Trenches.

The new course is designed for people to get a taste of what their local archives service can offer, as well as getting an informal, yet informative, introduction to life in the trenches during the First World War for those with little or no prior knowledge of the subject.

The five-hour course will look at certain aspects of life in the trenches, as experienced by British troops during the First World War (1914-18). Learners will be able to find out about the trench systems, from origins to construction and layout, as well as explore the trench routine encountered by the soldiers and discover what real life was like in the trenches, from disease and vermin to food and drink.

This is a free taster course to introduce potential learners to a range of adult learning history courses available. By the end of the course, learners will have a greater awareness of specific aspects of life in the trenches for British troops. Learners will also get a free tour of the council's archive facility.

The course is led by tutor David Borrill (BA Hons, MSc M. Phil.), a history graduate with extensive experience of teaching in the life-long learning sector. He has taught courses on First World Army Records at various colleges in the region.

The course will run on Saturday, 9 May, 10am-3pm.

Places are strictly limited and registration is essential. Refreshments are provided, but learners will need to bring their own lunch.

To book your place or to find out more, call (01482) 887670.

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## KGV Playing Fields Friends Group to hold 'Party in the Park' on Saturday 13th June

**K**GV Playing Fields Friends Group are hosting a 'Party in the Park' on Saturday 13th June, between 2.30 pm and 11.00 pm. Many local bands will be entertaining, and a few spaces are still available..

There will be fun for all the family, with craft stalls available for hire, refreshments will also be available.

Volunteers are needed to help out on the day. Admission is: Adults £2.00; Under 16's £1.00; Under 5's Free. Please contact Jan Tweedale on 07746 454456 for further information.

## Exploring the past of East Riding's buildings

**T**he latest exhibition by the volunteer team at Skidby Windmill is now showing a display entitled 'Strange Structures: Follies, Relics and Hidden Buildings in the East Riding', which will run until 7 September.

The exhibition takes a look at some of the less well-known man-made structures in our region and features temples, towers, family tombs, wartime gun batteries, underground bunkers and more.

Dr David Marchant, Museums Registrar at East Riding of Yorkshire Council, said: "Whether down a back street, alongside a main road or tucked away in the woods, there are many relics of the past waiting to be discovered.

"The volunteers have researched a huge variety of fascinating structures for this display, some familiar, and many much less so.

"We have even included map references so you can go and find them for yourselves."

The Mill is open daily from 10am-5pm (last admissions 4.15pm)

and reasonable admission charges apply.

For further information please call the Mill reception on (01482) 848405.

## A chance to volunteer for the Summer reading challenge 2015 in the East Riding

**E**ast Riding of Yorkshire Council is looking for volunteers aged 16-24 to help with this year's Summer Reading Challenge in East Riding Libraries.

The Summer Reading Challenge encourages children aged 4-11 to read six books during their summer holidays. The theme this year will be 'Record Breakers', linked to the 60th anniversary year of Guinness World Records™.

Volunteers can assist by helping library staff to run the Challenge, talking to children about the books they've been reading, helping them to choose new books, helping with summer activities, and helping to create displays in libraries. Flexible hours are available for the volunteers, from as little as two hours a week.

Libby Herbert, libraries, archives and museums services manager, said: "We are looking for enthusiastic volunteers who love reading and really want to work with children. So, if you would like to gain great skills and experience that you can add to your CV or Personal Statement, and have some time this summer, we'd love to hear from you!"

The Summer Reading Challenge is co-ordinated by the Reading Agency, who provide support and assistance to volunteers through their Reading Hack Programme.

Full training will be given, and places are limited. The closing date for applications is Wednesday 10 June, 2015.

To find out more, contact:

Jessica Thewlis on 01482 392765 or [jessica.thewlis@eastriding.gov.uk](mailto:jessica.thewlis@eastriding.gov.uk), or Kimberley Harston on 01482 392756 or [kimberley.harston@eastriding.gov.uk](mailto:kimberley.harston@eastriding.gov.uk)



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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

Irregular Periods, Infertility, Habitual Abortion, Anaemia, Menopausal Syndromes, Premenstrual Tension, Discharges, Fibroids, Cysts, Endometriosis, Morning Sickness, etc.

### Ears, Eyes, Nose and Throat:

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, etc.

### Cancer and Tumour:

Herbal therapy can build up your immune system to support any other medical treatment for more serious medical conditions.

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

Anxiety, Depression, Stress, Panic Attack, Insomnia, Dementia, etc.

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



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## Marie Curie thanks people in North and East Yorkshire for supporting the Great Daffodil Appeal

Since Marie Curie launched its month long Great Daffodil Appeal on 1 March, volunteer collectors have been out in force throughout North and East Yorkshire to encourage people to make a donation and wear the charity's daffodil pin to support people living with a terminal illness.

Fundraising groups and volunteers have raised more money

than ever before during the Great Daffodil Appeal this year and all the funds help Marie Curie Nurses to provide care to people living with a terminal illness in their own homes.

### Highlights of the Great Daffodil Appeal include:

- Entertainers in York hit the streets to launch the Appeal with line dancing from Black Velvet Dance; Morris dancing from The Minster Strays; and singing from York Revelation Rock Gospel Choir and Tim Pheby
- Church of the Latter Day Saints in Hull raised over £1,000 in two hours
- Thomas the Baker launched limited edition daffodil cupcakes
- Gem Dazzle unveiled a new range of daffodil wine glasses
- Collections have raised over £75,000 so far across the area and money is still coming in

Kyla Collins, Community Fundraiser North and East Yorkshire said: "The Great Daffodil Appeal is the charity's biggest annual fundraiser and we would like to say a huge thank you to everyone in North and East Yorkshire for working so tirelessly to make this year's appeal such a big success. Our work simply wouldn't be possible without our wonderful volunteer collectors, who give up their time to raise awareness and encourage people to donate to the appeal. Everyone who generously made a donation this March has made it possible for Marie Curie Nurses to provide care to people living with a terminal illness, as well as vital emotional support for their loved ones."

To get involved in the next Great Daffodil Appeal, or any other collection, please visit [www.mariecurie.org.uk/daffodil](http://www.mariecurie.org.uk/daffodil) to register interest.

To get help from the Marie Curie Nursing Service, talk to your GP, district nurse or discharge nurse. For more information, visit [www.mariecurie.org.uk](http://www.mariecurie.org.uk) or call 0800 716 146.

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## The Windmill Walkers schedule of walks for the month of May

If you would like to try a walk with us or require further information, please check our web-site [www.windmillwalkers.org.uk](http://www.windmillwalkers.org.uk). At this web address, you will find our 2015 Wednesday walk programme showing the start location of each walk. There is also a link to contact our Secretary if you need further information.

For those without internet access, our schedule of May walks is shown below.

Day/Date	Time	Start Location	Distance	Grid Ref.
Wed 13 May	10:00am	Welburn Church Postcode YO60 7EG	5 miles	SE 721 677
Sun 17 May	10:00am	Bilton nr Church	9 miles	TA156327
Wed 20 May	10:00am	Thornton Le Dale Postcode YO18 7RN	6 miles	SE 933 591
Wed 27 May	10:00am	Warter Car Park, nr school Post code YO42 1XR	6 miles	SE 868 502
Wed 03 June	10:00am	North Frodingham Village Hall Car Park Post Code YO25 8LH	6 miles	TA100 530



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*For Membership details Ring Theresa on 823032*

### Crossword solution from page 14



## Manuka Honey

### The importance of the UMF rating system

Please take the time to read and understand the importance of the 'UMF' rating system for Manuka Honey. While Manuka Honey has received increasing press coverage, many journalists do not distinguish between ordinary Manuka Honey and Active Manuka Honey.

The UMF rating is your key indicator as to the strength of the antibacterial effect. A rating of 10 or more is considered to be suitable for therapeutic medical use. Such honey is referred to as 'active'.

The UMF rating is your guarantee that the honey has been tested and verified for its antibacterial activity by the University of Waikato in New Zealand.

### What is it?

Manuka honey is a type of mono-floral honey. Mono-floral Honey is honey, produced by bees that only feed on one type of plant. Manuka Honey is produced by bees that only feed off the New Zealand Manuka plant, also known as the tea tree. Manuka honey is dark in colour and has a rich taste and smell similar to other tea tree products (it tastes delicious, but has a different taste to ordinary honey). Manuka honey will be labelled specifically as Manuka honey or as UMF honey. UMF stands for Unique Manuka Factor.

### External Uses

Manuka honey has naturally antibacterial properties and can be used in wound dressing to prevent infection (Manuka impregnated dressings are available. This form of honey has uses as a wound disinfectant and has been shown to be effective against antibiotic-resistant infections. It has been used to treat cuts, burns, wounds, acne, abscesses, cracked skin, sores and boils, and other external injuries and infections.

### Internal Uses

Manuka honey stimulates the immune system and helps the body deal with infections. It also promotes the rehydration of the body, helping to treat and cure various stomach upsets, sore throats, colds, indigestion, eye infections, etc.

Some of the commercial products that may contain Manuka honey are acne creams, anti-fungal solutions, anti-itch creams, antiseptic sprays, anti-wrinkle serums, antiseptic lotions, hand sanitizing gels, liquid hand soaps and pain relief creams.

**Holland and Barrett, 3 Finkle Street, Cottingham, have a wide range of varying strengths of Manuka Honey. They also sell Manuka Body Products, eg. Body Wash, Shampoo, Conditioner, Deodorant, Hand and Nail Cream, Foot Cream, Body Lotion, Body Butter and Soap at reasonable prices.**

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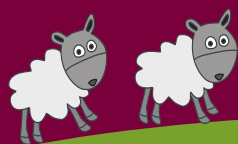
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