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Issue 186 - May 2017



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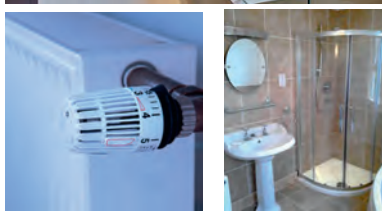
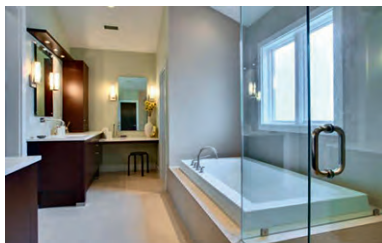
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In Cottingham and District

The Back Care Group

Tuesday 2nd May - Talk by Heidi from the St. John's Ambulance on Basic First Aid. First Tuesday in the month - Everyone welcome. Refreshments available. Raffle. The Back Care Group meet at the Boulevard Village Hall (near St. Wilfreds Catholic Church), from 1.30 pm. Membership is £5 per annum or £7.50p for a couple.

Haltemprice Art Group

Tuesday 2nd May - Drawing Trees

Tuesday 9th May - Annual General Meeting

Meetings take place at the Cottingham High School, Harland Way, in the Art Room on the first floor, 7.00 pm. to 9.00 pm.

Cottingham Men's de Luda Society

Wednesday 3rd May - Liz Shepherd - Carnegie Heritage Centre, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 4th May - at 7.30 pm in St Mary's Parish Hall, North Bar Within, Beverley. Jill Tompkinson - Lavender and Pink. Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 01482 494276.

East Riding County Choir

Saturday 6th May - In celebration of their 60th Anniversary, the East Riding County Choir will be performing Verdi's Requiem in Beverley Minster at 7.30 pm. Directed by Colin Wright, accompanied by the East Riding Symphonia, the choir will be joined by the Beverley Chamber Choir in what promises to be a fabulous choral event. Tickets from 1st April: Beverley Tourist Information Centre, 34 Butcher Row, Beverley, HU17 0AB. T: (01482) 391672. Or online www.eastridingcountychoir.org. Prices £17.50 and £10 (accompanied children 16 and under free)

Swanland Show Plant Sale

Saturday 6th May - Plant sale at 24 West End, Swanland. From 9.00 am to 12 noon. We will have a range of bedding plants, shrubs, pot plants, cakes, vegetable seedlings and assorted perennials all at bargain prices. This plant sale will go towards funding the village show on Sat 9th September. please see our web site swanlandshow.org for further details.

Friends of Little Weighton School

Saturday 6th May - Car Boot Sale from 9.00 am (set up from 8.00 am), at the Little Weighton Primary School, White Gap Road, Little Weighton HU20 3XE. Breakfast sandwiches and refreshments on sale. £5.00 for pre-paid cars or £6.00 on the day. If you would like to pre-book or get further details, please call 07884 412950 or email. lwrfos@yahoo.co.uk.

Cottingham Catholic Women's League

Monday 8th May - Open Meeting in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

Front cover: A view to Skidby Mill over Oil Seed Rape Fields.

Photo: Paul Lakin.

Cottingham Women's Institute

Tuesday 9th May - WI Resolutions followed by Bumper Bring and Buy Sales Table, at 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Ladies Circle

Wednesday 10th May - Outing to Burnby Hall.

Cottingham Live Acoustic Music Club

Cottingham live is one of the most progressive live music clubs in the area with all acoustic music being welcome.

Meeting each Wednesday at 8.00 pm at the Back Room in Cottingham. – see the website for details

The majority of nights are reserved for local performers to strut their stuff. At least once a month some of the best guest artists are invited to perform

10th May Jez Lowe and the Bad Pennies

31st May The Hut People

Details on www.cottingham-live.co.uk

Beverley Film Society

Thursday 11th May 2017 – Victoria (2015) Cert 15 Drama/Thriller/Crime (Germany) Director: Sebastian Schipper. A young Spanish woman, recently moved to Berlin, finds her flirtation with a local guy turn potentially deadly as their night out reveals a dangerous secret. Filmed in real time in one take. International Film Festival winner. Meetings are held at the Parkway Cinema Beverley. All films start at 7.30 pm on the 2nd THURSDAY of the month (doors open 7.00 pm). Membership fee: £15 for whole season of 10 films. PLUS: Tickets £3.00 per film (Members) £6.50 (Guests). For more information www.beverleyfilmsociety.org.uk

Cottingham Green Women's Institute Evenings

Thursday 11th May - Janet Smart for fundraiser for Thuso Lesotho. Competition: Holiday Souvenir. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

U3A

Thursday 11th May - AGM - David Horner - Wish Granting, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

East Yorkshire Embroidery Club

Saturday 13th May - Katie Chaplin - Japan Crafts, in the Darby & Joan Hall, Finkle Street, at 2.30 pm. Members £1.50; Visitors £2.50. Includes coffee and biscuits.

North Ferriby Gardeners' Club

Saturday 13th May - (Annual) Plant Sale, in the Village Hall, starting at 10.00 am to 12 noon.

Wold Lace Makers

Saturday 13th May - Lace Meeting and Workshop on Kumihimo (Japanese Braid) at 10.00 am to 4.00 pm, in the Marist Hall, Church and Parish House, 119 Cottingham Road, Hull HU5 2DH. Members £1.50; Non-Members £4.00; Everyone welcome. Disable Access.

Old Brewhouse Folk Club

Sunday 14th May - Club meets at the King William Pub, Hallgate, every second Sunday of the month between 7.00 pm. and 10.00 pm. We support acoustic music ranging from R&B and C&W to Folk. Come along and try this friendly group.

Continued on page six

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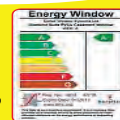
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www.cottinghamtimes.co.uk - May 5

Continued from page five

East Yorkshire Woodturners.

Tuesday May 16th - 6.45 pm: Demonstration by professional woodturner, Tony Wilson, from Wakefield. Meetings are every third Tuesday each month at Skidby Village Hall. Visitors are welcome, whether woodturners, or just interested. £3.50 on the door. For further information please contact David Taylor, Secretary, 876702. cotters@cotters.karoo.co.uk

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

Tuesday 16th May - Workshop: - Unfinished Items, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

Cottingham Evening Townswomen's Guild

Wednesday 17th May - Janet Smart - Fundraiser for Thuso Lesotho, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street.

Cottingham Men's de Luda Society

Wednesday 17th May - Alan Deighton - Memories of Count Adolph de Weisdinsky, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Beverley & East Riding Croquet Club

Wednesday 17 May - 2.00 pm - 4.00 pm. Join us on the lawns at Rowley Manor, near Little Weighton, HU20 3XR for a FREE introduction to association croquet. Equipment provided, no previous experience necessary. Flat shoes are the only requirement. To book your place contact the club secretary on 0777 277 8232. www.beverleycroquet.org.uk

The Hull group of the Macular Society

Friday 19th May - Are meeting at HERIB Beverley Road Hull 10.30 am until 12.15 pm with guest speakers Gill Jordan and Linda Thelwell from Total Estate Planning giving information on investments will planning making arrangements for the future. Anyone living with central sight loss is very welcome to join the group we offer help and advice about the local Macular society. For more information contact Clive Skinner on 01482 656714.

Inland Waterways Association

Friday 19th May - The Coast and Waterways of Western Australia presented by Andrew Brett. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

Arterian Singers

Saturday 20th May - "If you would like to attend a jaunty uplifting concert, and support a local choir at the same time, then look no further! We are having our Spring concert at 7.30 pm. in the Cottingham Methodist Church; the music is a mixture of folk songs, sea shanties and songs from the shows. Admission is £5, to include refreshments (Accompanied children under 16 free)"

Skidby Branch of the Yorkshire Countrywomen's Association

Saturday 20th May - The Skidby branch of The Yorkshire Countrywomen's Association are joining with KickStart a charity supporting teenagers and young adults with cancer to hold a fund raising Coffee Time from 10.00am to 1.00pm in the Skidby Village Hall. Refreshments will be served and there will be a cake stall, book stall and tombola. Come and enjoy coffee (or tea) and cake and support a good cause.

<http://www.kickstartcancersupport.com/>



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Friends of Thwaite Gardens

Sunday 21st May - The Friends of Thwaite Gardens Open Day is taking place at Thwaite Gardens, Thwaite Street, Cottingham on Sunday 21st May, 11am to 4pm. Explore the extensive gardens, join a tree trail, enjoy tea and cakes, plant stall and tombola. Admission is free for members on production of membership card. £3 for non-members (under 16's, free accompanied by an adult).

East Riding Flower Club

Monday 22nd May - A floral demonstration entitled "This is Me" by Vanessa Wellock of Ilkley, at the Willerby Manor Hotel in the Pavilion Suite, at 2.00 pm. There will also be a plant stall. Visitors £5.00 at the door. Enquiries to Judith Robinson 01482 876279.

Cottingham Ladies Circle

Wednesday 24th May - Mrs. J. Harrison - The Work of the Red Cross, to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Wednesday Social Club

Wednesday 24th May - Quiz, in the small hall at the Darby & Joan Hall, at 2.00 p.m.

St Michael's church, Skidby

Friday 26th May - 10.30 am to 12 noon, coffee morning in the church. Come and join us for our monthly coffee morning and enjoy coffee, home made cakes and friendly chat. All proceeds towards the upkeep of the church.

National Vegetable Society, East Yorkshire District Association

Monday 29th May - David Allison, FNVS - Fuschias for Everyone. We meet at The Beverley Conservative Club, Wylies Road, Beverley, commencing at 7.30pm. A light supper is served. Raffle. Fees at £2 per meeting. A pay car park is available with fees redeemed when purchasing from the bar.

St. Mary's Church Tower Tours

Monday 29th May - Tower Tour, St Mary's Church, Cottingham. at 11.00 am. To book, contact Ian on 01482 848041.

East Yorkshire Group of the Hardy Plant Society

Thursday 1st June - at 7.30 pm in St Mary's Parish Hall, North Bar Within, Beverley. Bob Brown 'So Many Plants, So Little Space. Plants for sale. Entry: £4 which includes tea/coffee and biscuits. Further information from Lois Scott 01482 494276.

Skidby Village Hall

Saturday 3rd and Sunday 4th June - 44th Annual Art Exhibition Weekend 10.00 am to 5.00 pm, in the Village Hall, Main Street.

Beverley & East Riding Croquet Club

Sunday 4th June - Invites you to celebrate National Croquet Day on Sunday 4 June, between 2.00 pm and 4.00 pm. This free event is open to all who may be interested in trying an afternoon of croquet. Come to the Norwood recreation ground in Beverley (HU17 9HT) to learn the basics of this intriguing game. Wear flat shoes, all other equipment provided. Details at www.beverleycroquet.org.uk or contact the club secretary on 0777 277 8232.

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Property News from Martin English of Homelink

All White on the Night

With the recent announcement of a general election taking place, I thought we would take a look at a new 'Housing White Paper' released by the government that might give some important insights to the direction of future legislation and how this might impact on Landlords.

The paper acknowledges that the lack of homes built creates upward pressure on house prices (good for landlords), and upward pressure on rental values (again good for landlords). However, landlords are not responsible for house building, house prices or rent levels, all these are outside their direct control. The idea that building more homes will reduce the price of housing and therefore reduce rent levels is actually mentioned in the White Paper.

Whilst this will not excite landlords, in truth it will not excite the 64% of households who own their own home either. One can only presume that in reality it is more likely to be a lowering of the rate of growth than house prices actually falling. This is confirmed when you look at the target for the number of houses to be built and compare this to the people looking for a home. Without significant public sector house building, more than is currently being talked about, in many areas of the country councils will continue to rely on private landlords in order to fulfil their homelessness functions.

Another thread in the White Paper, brought through from the budget Autumn statement, is the ban on fees charged by letting agents to tenants. Whilst in the 1980s it was the norm to charge up to 15 percent 'commission' of the rent for management, increasing competition on the high street has meant that there has been increasing pressure to keep headline commission rates low and seek to make enough money to pay the bills elsewhere. This brought about the practice of charging tenants for some of the costs involved in lettings. The White Paper confirms the Government's intention to consult and then ban agent fees as soon as Parliamentary time allows. The consultation is taking place now and the

legislation is likely to come into force probably in April 2018. In order to continue providing services, this will require agents to raise revenue from other sources and/or cut costs, which in turn is very likely to see a rise in rents to compensate Landlords and agents.

The White Paper is also suggesting that new large scale build-to-let developments should use a three year tenancy. This is an interesting proposal as many tenants may prefer this security. It may also mean that some landlords and agents renting privately may also want some of those tenants seeking longer term stable rentals. To effect such a change in the private rented sector would require many mortgage lenders having to change their terms and conditions.

The Housing and Planning Act 2016 is still awaiting commencement orders bringing into force the sections that will affect private renting. Notable here is the ability to ban landlords and letting agents who are found persistently guilty of not following the law when operating in the private rented sector. In the same vein, the Housing and Planning Act creates the ability for local authorities to have a list of rogue landlords. Banning orders to remove rogue landlords will be introduced.

Another part of the White Paper raises the possibility of introducing mandatory electrical safety check on rented properties for all landlords. These checks are already required on houses in multiple occupation (HMOs) every five years. Mandatory licensing of HMOs currently applies for houses that have five or more people and three or more 'qualifying' storeys. The White Paper also includes a proposal to alter the rule about the number of storeys. This would mean that any house in multiple occupation that has five or more people would need to be licensed by the local authority for the area in which the property is located.

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

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Earth and Apps and Windows Live Mail News

Windows Live Mail (WLM) is the program that most people use if they are on the Karoo (Kcom) email system. There was a bit of commotion last year when Microsoft discontinued support for their own Hotmail service via WLM, forcing users onto their web service Outlook.com, or the Mail App, which is a tile on the Windows 10 start menu. However, what has been less well publicised is that Microsoft discontinued support for WLM in January this year. That means that although the program may be working fine at the moment, if it goes wrong its going to be difficult to fix, and we can no longer install it for new users, or anyone who has Windows re-installed. There are other mail programs around such as Thunderbird (by the makers of Mozilla Firefox), and Incredimail for those who like smiley faces and animations in their email, and there is another one I have been testing at the moment that hopefully will be viable. For more professional email use the best alternative is *Outlook*, part of the *Microsoft Office suite*, but it does cost about £100 more than the home version. But for those who subscribe to *Office 365* it is included.

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If you're a bit of a plane-spotter or just have a general interest in aviation, there's a new app called *Airspace Explorer*. This lets you explore UK airspace in 3D and see hundreds of planes flying in almost real-time (although some planes are hidden from view for security reasons). It is based on software used by air traffic controllers at the company NATS, and is also designed to re-assure the public on how safely our airspace is managed. At the moment the app is only available for the Apple iPad, but other platforms are being considered. In the meantime, another app that's been around for a few years is *Flightradar24* which provides flight tracking worldwide, gives updated timings, aircraft type etc. You can search by departure/arrival points, airline, country or even nearby flights. Its particularly useful if you have to collect someone from the airport, or if you're travelling yourself!

Google has refreshed its *Earth* app and website, adding detailed 3D imagery and new "tours" that give people a guided look at exotic locations. The search giant said it had spent two

years developing the new version of the app, which features video content from the BBC and other partners. Some of these include the voice of David Attenborough.

Google Maps and Earth are great for independent travellers. A good tip if you book a hotel is to find it on one of these apps then zoom in to get a 'Street View' and have a look around the area. I have done this a few times and find that when we arrive at the destination and start walking I can recognise the area and get straight to the hotel.

Talking of maps, Ordnance Survey has also released a 3D imagery service to give walkers and cyclists a foretaste of an area they may be planning to visit, showing the landscape in great detail and any hazards that may be missed on a paper map. An annual subscription will cost £19.99 but OS is offering a free 7 day trial here: www.getoutside.co.uk/3d.

Printers and printing have become more troublesome for quite some time now. The main issues are with Wi-Fi printers and failure to communicate, some computers not being compatible with these newer type of printers, and by contrast some older printers not being compatible with Windows 10! If you have a static PC or a laptop that's always used in the same place, I always recommend cabling direct to the printer with a USB cable. That way you have a direct connection, with less chance of anything going wrong. But what happens when your print queue builds up and nothing comes out? The trick is to clear queue and start again. Go into your printer properties via Control Panel, Devices and Printers and cancel all documents (this only clears them from the queue, it doesn't delete any documents as long as you have already saved them). This Microsoft page gives an explanation: <http://bit.ly/2oUi9n6>

Security – how can we live without it now. Don't risk going online without adequate security on your computer. We offer a range of products from anti virus up to internet security and even data encryption. Pricing is very competitive and cover is from one to three years.

Remote support - what is it? This is another valuable and cost-effective method of support we have been offering to existing customers for a few years now. The first thing to say, is that it is very secure, only works when you request it and **does not** give us or anyone else random access to your computer. It does rely of course on a working internet connection. Call us for details.

Make RDM your first call for home computer support – call us on: 875666

Windows Vista – official retirement. Its nearly a month now since Windows Vista reached its 'end of life' date. Because Microsoft will no longer offer support or any more security updates it won't be safe to use online anymore. So, if you haven't done so already, its time to invest in a new computer - call us for advice.

You have probably gathered that we take security very seriously, so if need advice on changing or buying anti virus, or if you think you may have been the victim of a scam, just call us for advice. **For advice on a new home computer, security and Office versions please give us a call.**

Everyone likes a bit of free advice, so on my website you will find a free guide with some answers to often asked questions like: 'Why does my computer start and then stop at a black screen? Why does my Windows10 start button not work and I can't get emails?' And not least 'Why isn't my internet working?' (download it while you can!) So just go to www.rdmcomputers.co.uk/news and you will see a link to the this and the previous two articles, plus the free guide.

Richard Mills
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Cottingham
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Wordsearch - Spring

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

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

Find the words in the letters above:

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

Wordsearch courtesy of www.puzzles.ca

Sudoku No. 124

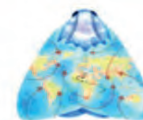
This is an easy challenge this month - Answer on page 29

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

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MARION OWEN TRAVEL



May, the year is flying by... On the cruising front don't miss out on the early booking offers as many cruise lines will alter their offers towards the end of the month ~ call for details.

Do you enjoy the American Mega Ships but feel on board drinks & tips can get a bit pricey? Well we now have exception sailings with these extras all included allowing you to budget more easily for your holiday spends. Ask myself and Lynne for more details.

Over the past month Lynne and I have been out and about experiencing new river ships, we like to have that first hand knowledge of what a ship is like and I have to say we both enjoyed ships of the Amadeus & Saga river cruise fleet.

Our APT Lower Danube river cruise is now on a waitlist but we have a 2 week option tying two itineraries together or a differing itinerary on 14th April 2018 still sailing through the famous Iron Gates from £1545, a 6 star ship all inclusive from your door too!

APT are a super company to travel with and as you read this Lynne will be enjoying her land based holiday with APT in New Zealand. Apart from cruising they offer super land tours down under, Asia plus Canada & the USA.

2018 our own tours are now launching one by one. The Isles of Scilly sold out in days for 2017. We are now half sold for 2018 so don't delay. For details of 2018 tours now on sale take a look at our website. www.marionowentravel.co.uk

WW1, 100 years of the Somme a very special tour to include the Last Post and a visit to the "Hull Pals" memorial in Oppy. When visiting Thiepval this is usually one of the places we are all looking for names as this is the site where many of the East Riding Regiment were lost. This is a most interesting and memorable tour not to be missed.

Many departures for this year are down to a handful of seats. View more on line at www.marionowentravel.co.uk.

Do remember we are a full travel agency, we book financially protected holidays. You never have to worry about the security of your holiday. Sadly last month we saw the River Cruise Line & Diamond Holidays collapse. When you book with us we take care of your claim for the return of your monies along with booking you an alternative without having to lay out the money again. Why book direct with an operator when it costs no more to book with us and have our assistance in the event of unforeseen circumstances, before or when you are travelling with our 24 hour service.

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	1 night dinner B&B, limited single rooms £239	
09 Jul	Cabaret & Canals ~ Joe Longthorne in Blackpool 2 days	£ 149
	1 night including dinner, breakfast & afternoon tea on the canal	
07 Aug	Warner's Bodellwyddan, 4 nights half board includes	£ 385
	excursions to Llandudno, Portmeirion & Port Sunlight (singles + £10)	
17 Aug	Barge Canal Cruise 9 days Bresancon to Dijon superb	£2250
	luxury all inclusive new barge, full board, drinks & excursions. Via P&O North Sea ferries from Hull, sea view & meals.. (5 cabins)	
05 Sep	Historic Cities of Eastern Germany celebrating the footsteps of Martin Luther 9 days, fully guided HB plus	£1239
17 Sep	Harrogate Autumn Flower Show - Day Outing	£ 45
24 Sep	Historic & Scenic Southern Wales 6 days Half Board a	£ 499
05 Oct	Sites of WW1 - Ypres Salient & the Somme - 6 days	£ 485
	HB+ . A moving tour of many sites also includes the Last Post. Dave has a real passion for War sites and this is a final opportunity to join him— you will not be disappointed.	
15 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB	£ 110
18 Nov	Chatsworth House & Christmas Market - Day outing	£ 49
26 Nov	Thursford Christmas Spectacular 1 night half board	£ 179
10 Dec	Edinburgh Markets, Botanical Gardens & Whiskey	£ 169
	2 nights with an extensive breakfast in the heart of the old town	
2018	Our programme for 2018 is now being released....	
09 Feb	Glasgow & the Tattoo 3 days dinner B&B (3 seats left)	£ 199
11 Apr	Springtime in Norfolk 4 nights at the Links Country Park	£ 449
06 Sep	Isles of Scilly plus this 8 day tour includes lovely hotels	£1125

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May 17*

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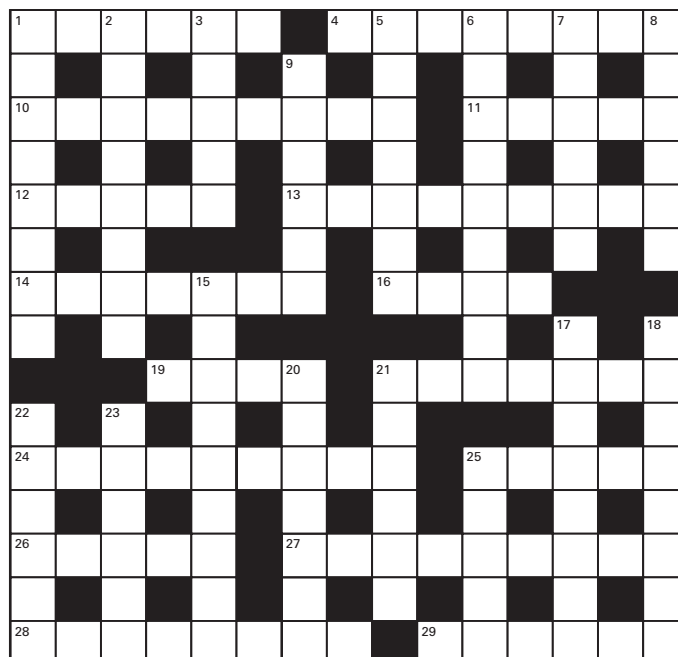
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Crossword - Solution on page 46



Across:

1. Measured amount of drugs (6)
4. Just north of Texas (8)
10. Capitulate (9)
11. The sum (5)
12. Gemstones (5)
13. Great in range or scope (9)
14. Tomes (7)
16. Cashews, for example (4)
19. Occupational Safety and Health Administration (4)
21. Mournful (7)
24. Complainant (9)
25. Native of New Zealand (5)
26. Horned animal (5)
27. Honors (9)
28. Ran off (8)
29. Sunglasses (slang) (6)

Down:

1. Disintegrate (8)
2. Functional (8)
3. Suppose or surmise (5)
5. Type of protein that forms hooves (7)
6. Before birth (9)
7. Exceeded (6)
8. Partners (6)
9. Bovine mammary glands (6)
15. Mislead (9)
17. Had the financial means necessary (8)
18. Marks of omission (of words) (8)
20. Stir up (7)
21. Disfigure (6)
22. Refrained from harming (6)
23. Madman (6)
25. A protective covering of vegetable matter (5)

Crossword courtesy of www.crosswordpalace.com
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| <input checked="" type="checkbox"/> Pruned and Shaped | <input checked="" type="checkbox"/> Tree & Hedge Planting |
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In the Kitchen



Piri piri chicken and cannellini bean salad

A great make-ahead lunchbox option. Flattening the chicken breasts makes it easier to cook them evenly.

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

Ingredients

- 2 chicken breast fillets
- 1 tbsp Waitrose Cooks' Ingredients piri piri rub
- 3 tsp olive oil
- 1 yellow pepper, deseeded and cut into 0.5cm strips
- 400g can cannellini beans, drained and rinsed
- 10 baby plum tomatoes, quartered
- 1 lime, juiced
- large handful baby spinach leaves
- 2 tbsp coriander leaves, finely chopped
- 1 small avocado, sliced

Method

1. Put the chicken in a resealable food bag with the piri piri rub and 1 tsp oil. Mix everything together, making sure the chicken is coated, then lay flat and use a rolling pin to bash the chicken into escalopes of an even thickness; set aside for 10 minutes.
2. Heat 1 tsp oil in a large frying pan and fry the pepper for 5 minutes. Add the beans, season and warm through, then mix with the tomatoes and transfer to a bowl. Add another ½ tsp oil to the pan and cook the chicken for 3-4 minutes on each side, until cooked through; set aside.
3. Mix the lime juice with the remaining ½ tsp oil and a pinch of salt; toss with the pepper and bean mix, spinach and most of the coriander. Divide between plates and top with the avocado. Slice the chicken and scatter over the salad, sprinkle with the remaining coriander and several lime wedges, if liked.

16 May - www.cottinghamtimes.co.uk

Haddock & prawn pie with cheesy potato topping

- Preparation time: 10 minutes
- Cooking time: 45-50 minutes
- Total time: 55-60 minutes. Serves: 4

Ingredients

- 800g Maris Piper potatoes, peeled and cut into even-sized chunks
- 30g butter, plus an extra small knob
- 30g plain flour
- 400ml whole milk, plus an extra 4 tbsp
- 400g skinless haddock or cod, cut into large chunks
- 180g pack Waitrose Raw Jumbo King Prawns
- 150g frozen petits pois
- 150g Waitrose 1 Kaltbach Creamy, from the cheese counter, coarsely grated
- 1 tsp Dijon mustard
- 25g pack Cooks' Ingredients Chives, snipped

Method

1. Preheat the oven to 200°C, gas mark 6. Place the potatoes in a large pan, cover with cold water, bring to the boil and simmer for 12-15 minutes until the potatoes are tender.
2. Meanwhile, melt the butter in a saucepan. Add the flour and cook for 2 minutes. Gradually beat in the milk, then bring to the boil and simmer gently for 2 minutes until thickened.
3. Remove from the heat and stir in the haddock, prawns, petits pois, three quarters of the cheese, the mustard and the chives. Spoon into a heatproof dish.
4. Drain the potatoes well, then mash until smooth. Beat in the extra butter and milk, then spoon over the filling. Scatter over the reserved cheese, season and bake for 30 minutes until the fish and prawns are cooked through and the pie is bubbling and golden.



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Chilli beef & broccoli stir fry

- Low Fat
- Total time: 10 minutes. Serves: 2

Ingredients

- ½ tbsp oil
- 250g pack essential Waitrose Steak Stir Fry
- 200g pack Waitrose Rainbow Stir Fry
- 80g pack Tenderstem broccoli
- ½ – 1 tsp chilli powder
- 250ml passata
- 300g can kidney beans, drained and rinsed
- 250g pouch Waitrose Microwaveable Whole Grain Rice

Method

1. Heat the oil in a large frying pan and fry the steak for 2 minutes, add the vegetables and stir fry for 3-4 minutes.
2. Add the chilli powder and then the passata and kidney beans and cook for 2-3 minutes, covered until the broccoli is just tender.
3. Meanwhile, heat the rice according to the pack instructions and serve with the stir fry.

Apple & blueberry cobbler

- Vegetarian
- Preparation time: 15 minutes
- Cooking time: 40 minutes
- Total time: 55 minutes. Serves: 6 - 8

Ingredients

- 6 Bramley apples, peeled, cored and cut into similar-sized chunks
- 2 tbsp caster sugar
- 1 tsp vanilla extract
- 200g unsalted butter
- 200g caster sugar
- 3 medium Waitrose British Blacktail Free Range Eggs
- 100g McDougall's Plain Flour
- 100g ground almonds
- 160g pack essential Waitrose Blueberries
- 50g flaked almonds
- Ambrosia Devon Custard, to serve

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Method

1. Preheat the oven to 180°C, gas mark 4. Place the apples, sugar and vanilla extract in a large pan. Mix with 2 tbsp water and heat until the apples are very soft.
2. Using a hand-held mixer, cream the butter and caster sugar until pale and fluffy. Add the eggs one at a time, beating well after each addition. Beat in the flour and ground almonds.
3. Put the apples into a 1.5-litre ovenproof baking dish, scatter over the blueberries, then spoon the almond batter on top of the fruit (it will spread and even out during cooking). Bake for 40 minutes, or until risen and golden brown. Scatter over the flaked almonds for the last 10 minutes of cooking. Serve with warmed custard.

Blueberry and banana eggy bread

Blueberries and bananas are perfect partners in this delicious eggy bread – it's best eaten while still warm, so serve straight from the pan.

- Preparation time: 15
- Cooking time: 15
- Total time: 30 minutes. Serves: 4

Ingredients

- 2 bananas, each halved and sliced lengthways
- 8 slices essential Waitrose Sliced Brioche Loaf
- 150g essential Waitrose Blueberries
- 4 tbsp clear honey
- 4 large Waitrose British Blacktail Free Range Eggs, beaten
- 150ml milk
- Pinch of ground cinnamon
- 15g butter
- 25g icing sugar

Method

1. Arrange the slices of banana on 4 of the brioche slices and scatter the blueberries on top. Drizzle with the honey, then place the remaining slices of brioche on top, pressing down well.
2. Place the eggs in a shallow dish with the milk and cinnamon and lightly whisk together – the dish should be big enough to hold all the brioche sandwiches, so something like a roasting tin would be perfect. Place the brioche sandwiches in the egg mixture and leave for 5 minutes to soak. Turn over and repeat for the other side. Keep turning until each sandwich is soaked well and all the egg mixture has been absorbed by the brioche.
3. Heat the butter in a large frying pan and gently cook the brioche sandwiches for 3-4 minutes each side until golden brown. You will probably have to do this two at a time.
4. Transfer the fruity eggy bread to serving plates and serve while still warm, dusted with icing sugar.

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www.cottinghamtimes.co.uk - May 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

It's all a matter of taste . . .

As in all matters of taste, the topic of wine and food comes with its share of controversy and debate. And where it's especially heated is on the subject of matching wine and cheese.

There are certain wines and foods that delight the taste buds when mixed. Wine seeks relationships with the finer ingredients in life, yet many have a tough time making a sound partnership with cheese. Red is the perceived correct choice but in fact, some cheeses can make a good red wine dull and lifeless.

If you love to end a special meal with a cheese platter, balance the flavours of your wines and cheeses carefully. The stronger the cheese, the more intense its partner should be. But remember that balance isn't about matching like with like . . . in fact, it can be as different as chalk and cheese.

And as with all advice about wine, also remember the golden rule - there is no golden rule! It's what you like that's right. As Oz Clarke says: "Give me a rule and I'll break it. When I see the proliferation of publications laying down rules as to what wine to drink with what food, I get very uneasy and have to quell a burning desire to slosh back a Grand Cru Burgundy with my chilli con carne."

Among the cheeses commonly associated with red wine are blues such as Roquefort and creamy cheeses such as Camembert. However, the creaminess of the cheese can be drowned out by the flavour of the reds' tannins.

Soft, creamy cheeses such as Brie and Camembert coat the palate with a layer of soluble fat, masking tastes. Even if you are drinking an excellent red, you will lose some of its flavour. Instead, a lighter white such as Sauvignon Blanc or Pinot Gris can be a magic combination and, if you're feeling really decadent, match soft, creamy cheeses with extra-dry Champagne and the effervescence will clean the fats from the palate.

If you must be awkward and insist on red with your cheese platter, choose a concentrated, rich red such as Amarone della Valpolicella. This Italian dry red is made from air-dried grapes and can stand up to the most pungent cheeses including Parmigiano-Reggiano and Pecorino. A cheaper alternative is Ripasso di Valpolicella made in the same region.

A perfect partner at any restaurant or at a dinner party is Port and creamy blue cheese. A non-vintage Port is a perfect partner for creamy Stilton, while vintage Port pairs beautifully with feisty cheeses such as gorgonzola.

Epcurious.com wine expert Anthony Dias Blue says: "Port has an element known as rancio - a desirable, rich, oxidised quality, which meshes reliably with the luxurious flavours of such mould-laced cheeses."

But one of my particular favourite wine and cheese matches is to go for something really sweet. When serving a sumptuous cheese platter at a dinner party, try removing the reds and opt for a fruity, vibrant white to complement your range of cheese. Sweet, spicy and fruity German wines such as Gewürztraminers and Rieslings are good all-rounders.

For blue-veined cheeses, choose a sweet pudding wine, particularly Sauternes, which will also work well if you are also serving desserts at the table.

* Lidl is focussing on lighter wines from the Mediterranean for its summer Wine Cellar, with around 35 wines rolling into store towards the end of this month.

The store's consultant, Master of Wine Richard Bampfield, said some were hard to find wines, like an "unquestionable unusual" red Fronton, from Arborescence in the South West of France (£5.99), or the two "interesting" Chardonnay Viogners, one from the Val de Salis in Languedoc-Rousillon, the other a Chardonnay Viogner Reserva Privada from Viajero in Chile (£4.99), as well as a sparkling Ribeiro Santo from Dão in Portugal (£8.99).

However Bampfield said his star wine from the Mediterranean Collection was a Palmela from Portugal (£4.99), a "perfumed, light wine" which was both "grapey and a bit spicy".

The team is also looking to roll out more Austrian and Hungarian wines in the next Wine Cellar in the summer and are set to boost its core range by around 20 wines in the next year, including 15 mid-tier New World wines towards the end of this year.



BEST BUYS


**Hommage du Rhone
Châteauneuf-du-Pape Blanc**

Where: Waitrose
When: Now, until May 16
Why: This is slightly unusual - everyone knows the red version but the white is a relative rarity. It's full-bodied and rounded with a spicy, leafy freshness on the nose and floral, peach and soft but fresh citrus flavours on the palate.

£13.99 (was £17.99)


**Peter Lehmann
Barossa Shiraz**

Where: Waitrose
When: Now, until May 16
Why: Peter Lehmann is known as the "Baron of Barossa" and this is a full bodied and rich example, a classic Aussie Shiraz. A great partner for beef and richly flavoured, peppery meat dishes.

£7.49 (was £9.99)


**Champteloup Rosé
d'Anjou**

Where: Waitrose
When: Now, until May 16
Why: So, a white, red and now a rose - well with the weather brightening it is almost time for some al fresco dining (and drinking!) This is a great example for summery quaffing.

£5.99 (was £7.99)


**Arniston Bay The Coast
Fairtrade Rose**

Where: Co-op
When: Now, until May 2
Why: And here's another - couldn't resist a mention at this price, even though time is running out. Be quick and snap up a bottle or two if you can still find it.

£4.79 (was £6.79)

Cat Homing Show in the Darby & Joan Hall, Finkle Street on Saturday 6th May

The Hull and District Cats Protection will be holding a Cat Home Show on Saturday 6th May, in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Come and meet the cats looking for loving, permanent homes.

Stalls will include Cakes and jams, gifts, cat accessories and a tombola and a Pamper Hamper raffle. Refreshments will be available.

For more information, please call 01482 790284. Neutering vouchers are available for those on benefits or low income, by calling 01482 657650.

We will also be at the Cottingham Market on Thursday 25th May.

Swanland Village Association says 'Thank You' to all readers

Swanland Village Association would like to thank all readers who have consistently supported the Swanland Screen and Live Shows that they have promoted at Swanland Village Hall for the last nine months.

The regular volunteers, who turn out to make these evenings such a wonderful events, are taking a well-earned rest during which they will choose the titles and performers for your entertainment in the autumn.

We would also like to thank the members of the audience who have, unasked, moved to the kitchen to help with the washing up on many occasions. This is very much appreciated.

If you would like to join these volunteers and help to plan, prepare, put up posters etcetera and turn up on the night, your help would be very much appreciated. Contact Yvonne on 01482 634863 or email vd@swanlandvillagehall.info.

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As I left work yesterday evening, I attended my local blood donor session and it was whilst giving my 'whole arm full', my thoughts wandered to how similar human bodies are to animal. Yes, it is fairly obvious that we both have a heart, lungs, liver and kidneys but how many of us realise that our pets also have the same medical opportunities as we do?

We at KINGSTON pride ourselves of these ever modernising techniques so I thought I would guide you through some of our latest technology.....

CT SCANNER-

We are proud to announce the arrival of a CT scanner that is now up and running once a month at our Anlaby surgery. This is great news because we can now offer advanced diagnostic imaging on-site.

KEYHOLE SURGERY -

If you are thinking of having your pet spayed, you may consider having it done by keyhole surgery- it's minimally invasive and considerably less painful, leading to a much quicker recovery time of just 24 hours for dogs, compared with an average of 10 days for a traditional spay. Keyhole surgery, known as Laparoscopy, involves smaller incisions and reduced risk of complications. That is why keyhole procedures are routinely performed in human surgery. It involves making 2 or 3 small incisions and inserting a camera and surgical instruments into your pet's abdomen to perform the procedure. By reducing the size of the wound



and not placing hands or large bulky instruments into the abdomen we significantly reduce the trauma and pain associated with abdominal surgery. There are also many other conditions that can be investigated and treated using minimally invasive surgery ie: retained testicle castration, aid to diagnosis of liver, pancreas and bladder conditions, tumour investigation and removal and intestinal foreign body removal.

To find out more about keyhole surgery spaying please feel free to contact our Park Street hospital on 223688.

RADIOGRAPHY -

Radiography is an invaluable tool which we use to evaluate a wide variety of problems from broken bones to bladder stones via heart disease and intestinal obstruction. We have invested in excellent facilities to take high quality radio-graphs quickly and with minimal distress to the patient. We are fortunate to have a veterinary surgeon with a certificate in Veterinary Radiology, one of the only few in the UK.

ULTRASOUND -

Ultrasound helps fill in the gaps where x-rays are not so useful. It is excellent for looking at other organs in the body such as liver and heart as well as the first stages of life with pregnancy diagnosis. We have invested in colour Doppler ultrasound. This is a sophisticated technique that allows us to assess leaking heart valves and heart failure in particular. Two of our veterinary surgeons have had extensive additional training in ultrasonography.

IN-HOUSE LABORATORY -

We have a good range of in-house tests which we can run on blood samples. This lets us get results quickly and reliably without needing to send samples to external labs at all the branches.

HOSPITALISATION -

We have wards at all our branches but patients requiring overnight hospitalisation are always transferred to the Park St Hospital where we have night shift nurses so that your pet is cared for 24/7. Your pet will never be left unattended. Our night staff are passionate about their work and will provide continual intensive attention if necessary. We have separate air conditioned dog, cat, small furies and isolation wards and a reptile vivarium. It is this fine detail which sets us apart. If your pet needs hand feeding at 3 am, it will get it. If your pet becomes uncomfortable at 4.00 am it will be noticed and attended to. We have invested in an oxygen therapy cage and infusion pumps to safely administer small drug volumes over time to our smaller patients.

ADDITIONAL DIAGNOSTICS -

Bronchoscope for looking at windpipes, inside of nasal chambers and inside bladder.

Gastroscope for looking at the inside of the stomach and the small intestine.

ECG for detecting and diagnosing heart irregularities.

AND FINALLY.....

At the beginning of this article I mentioned blood donors and yes..... believe it or not, we actually have a register of canine blood donors. There are requirements that they must measure up to just like human donors but they are simple. Your pet must be aged between 1 and 8 years, weigh more than 25 kg, be generally healthy and not have travelled outside the UK. What can be less simple yet so rewarding? If you have a pet who you would like to register then please do not hesitate to call our Park St surgery.

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'Looking Beyond' A photography competition and travelling exhibition

Emma's Dad was diagnosed with dementia at the age of 66 and this opened her eyes to a condition that is stigmatised and misunderstood by many. Inspired by her father and the impact that a striking image can have on a passer-by, Emma had the idea for a travelling photo exhibition to raise awareness and hope for people affected by dementia.

To help break down the myths that surround dementia and to raise awareness, Emma, a trustee of a new local registered charity Dementia Friendly East Riding (DFER) has teamed up with local photographer Nigel Walker, members of the Viewfinder Photographic Society based in Skidby and Wendy Mitchell, a person who describes herself as 'living positively with dementia' to launch the 'Looking Beyond' photography competition. Wendy, who is one of the competition judges, says that "As memories disappear and words are difficult to find, images take on a new importance and have a special place in my life."

The 'Looking Beyond' team are inviting members of the public to submit captivating images that can be displayed with a positive message of hope and support for people affected by dementia. The best pictures and captions chosen by a panel of judges will form part of a travelling exhibition where winners will have their images displayed at venues throughout the East Riding and Hull. There is no restriction in genre and for example images, competition rules and more, please visit the 'Looking Beyond' Facebook page or email lookingbeyond@viewfinderphoto.org.



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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker' Branfield

Kick the Habit

Hello again. I hope that you are well. Now then, last month a new report came out that I found disturbing. We are going backwards in child dental health. This particularly grates at me as in some remote parts of Morocco it is improving due to the 'Teeth For Life Programme' that Dental Mavericks has introduced, working with local communities.

So What's The Habit?

The habit is **SUGAR**, too much to often. Even with good cleaning and Fluoride the balance is tipped in favour of dental decay when there is too much sugar. The other thing is that sugar is known to be worse than fat for obesity and heart disease as well as type 2 Diabetes.

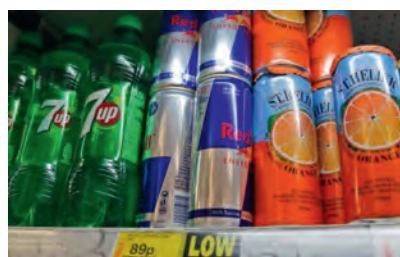
What's The Report Then?

NHS figures obtained by the Royal College of Surgeons (RCS) show there were 9,206 tooth extractions performed on children aged four and under in 2015-16, an increase of 24 per cent since 2006-07. The research by the Faculty of Dental Surgery (FDS), part of the RCS, is the first time long-term data for this age group had been published.

"When you see the numbers tallied up like this it becomes abundantly clear that the sweet habits of our children is having

a devastating effect on the state of their teeth," said Professor Nigel Hunt, Dean of the FDS.

Of the 84,086 tooth extractions on four-year-olds and under between 2006-07 and 2015-16, 47 were performed on babies under the age of one. The data is set



against a 16% rise in the population of children aged four and under over the same period.

The Government has pledged to tackle childhood sugar consumption by means of the Soft Drinks Levy, scheduled to come into

force in 2018, whereby manufacturers will be taxed for the amount of sugar they use in their products. However, Professor Hunt questioned whether the measure went far enough to successfully limit children's exposure.

"Children can eat their daily amount of sugar at mealtimes with no problem, but constantly snacking between meals and bathing their teeth in fizzy drinks gives them no chance," he said. "Removal of teeth, especially in hospital under general anaesthetic, it not to be taken lightly."

Now This Bit Is Interesting

Professor Hunt added that people whose first contact with dentistry was when having a tooth removed were less likely to visit the dentist throughout their life.

Now this makes things like a spiral getting worse. We see quite a bit of this in Cottingham, usually associated with the old school dentist and a bad experience. This creates a programme that is running in the brain. Our job is to provide an update disc. It's not easy sometimes but so rewarding when we see the change in dental health and confidence just coming to see us. It's truly "Life Changing". That's where we get our "Buzz".

You Can't Win Sometimes

As well as allowing their children to consume food and drink which are obviously sugary, many parents feed their children fruit juices without realising that these also have a high sugar content.

Showing My Age

Did you notice that the sweets above are old fashioned ones from the 70's and 80's.

Going to Morocco again with Dental Mavericks in 2 weeks. I'll let you know how we got on this time.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 24 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's humanitarian work go here now www.castleparkdental.co.uk

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It had been a total of 36 years since my last visit to a dentist and I viewed the thought of it with fear. I cannot praise the practice enough for the kind and gentle treatment I have received and help in overcoming my fear. They are a very professional team and I shall recommend them to everyone.

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Cottingham Civic Hall and Council Offices campaign – an update

The Cottingham Village Trust is now on the last lap of its campaign to keep the Civic Hall and Council Offices for community use by the people of Cottingham.

The business plan is being prepared with professional support, funded by Cottingham Parish Council. The plan will be presented to East Riding Council on June 5th or 6th. We are hoping that as many of you as possible will come to County Hall, Beverley, to present the plan. We will publicise the date and time of the presentation when we have arranged it.

During the campaign we have had fantastic support from the residents of Cottingham. Many have shared their ideas for the future development of the buildings, have volunteered to help run the buildings, have offered donations. Many have put up stickers on their cars or windows, as have many shops, showing their support.

Over 2000 people have now signed a petition! The petition is in Barkers, Pullans and Smiths Delicatessen in Hallgate, and will be there till the end of May, so it can still be signed if you have not already done so. It will be presented to East Riding Council with the business plan in June.

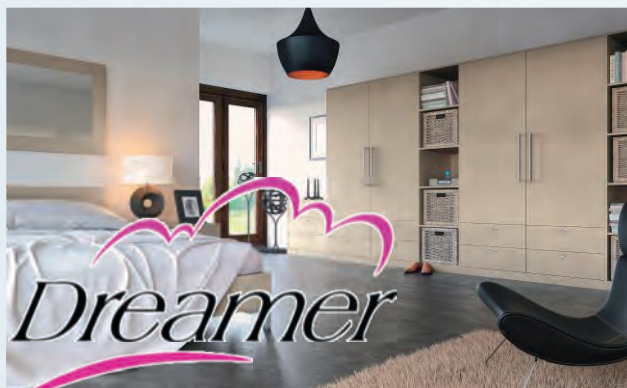
Looking forward to 2018, the East Riding is now taking provisional bookings for the Civic Hall for 2018. If we are successful, we will honour all bookings that have been made.

The East Riding Council will make their decision, as to whether they will transfer the buildings to the Trust, after they have considered our business plan. We will let you know what the decision is as soon as we know it.

Katrin McClure, Cottingham Village Trust

coach16@mcclure.karoo.co.uk

Dream it... Make it... Live it!

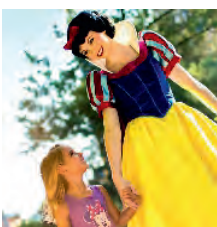
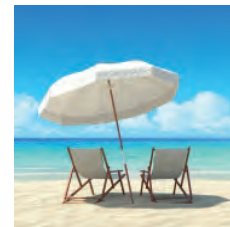
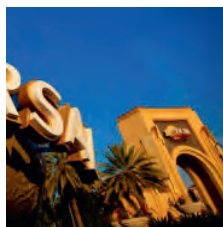
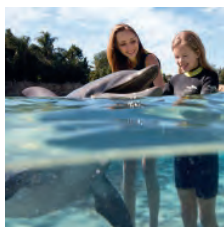


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DAY 7 : Key West.

DAY 8 : Key West - Everglades - Fort Myers.

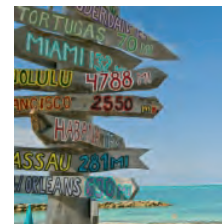
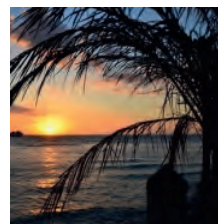
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DAY 10 : Clearwater Beach.

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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.

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.



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.

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.

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 – Herbs

Create your own culinary herb garden that looks almost too good to eat!

Try planting a selection of tasty herbs valued as much for their ornamental appeal as their flavour. From sage to thyme, rosemary to clipped bay and flowering chives, combine herbs valued for their ornamental beauty to produce long-lasting displays as well as regular pickings for the kitchen.

There are no hard and fast rules about creating herb gardens, but successful designs often define the space using brick pavers, dividing-up the area with small paths to provide easy access for picking. Go for an informal mix or choose a formal pattern or cartwheel design. As a centrepiece plant a large, shrubby herb such as rosemary or sage, a formally clipped bay tree, or a potted herb arrangement.

Four hardy herbs for pots or borders

Rosemary (*Rosmarinus officinalis*)

Mint varieties

Chives – both regular onion flavoured and Garlic Chives.

Thyme (*Thymus* varieties)

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Your Stars for May 2017

By Kay Gower

Aries (Mar. 21- April 20)

This month marks the beginning of a busy period when you will have less time than usual to relax. Almost everything you put your mind to works out the way you wish, which is why this is a good time for fresh starts.

Taurus (Apr. 21- May 21)

You'd love it if everyone wanted the same as you this month – peace and quiet. But some people thrive on drama and noise. You wouldn't want to deprive them of their life's driving force, now would you? Leave them to it.

Gemini (May 22-June 21)

It may feel as if everyone wants to be generous to you this month and you would be wise to accept the kind offers that turn up. Treat yourself to days of rest and relaxation and be willing to allow others to take some of the strain and to repay you for past kindnesses.

Cancer (June 22-July 22)

Whatever has worked best for you in the past will continue to work best for you: Do things when you are ready to do them. Don't jump just because someone else is telling you to. Go at your own pace, there's no rush.

Leo (July 23-Aug 22)

Your dreams have a knack of turning out exactly as you planned, even if you have to take a tortuous route in order to get them! Rather than causing you irritation, one situation in particular this month will turn out to be funny.

Virgo (Aug 22 – Sept. 23)

If you recently make a poor decision then consider yourself amongst the most successful, as everyone who is has done it. At least you're making decisions, instead of letting them be made for you!

Libra (Sept. 24 -Oct. 23)

Anyone can resist authority, and most of us do at some point. But resisting authority with grace, style and effectiveness – now that's class. Only you could pull off such a stunt brilliantly.

Scorpio (Oct. 24 - Nov. 22)

Make the most of this month by forgetting your responsibilities for a while and having some fun. Don't expect to achieve much during the first two weeks of May, just take it easy and enjoy the ride..

Sagittarius (Nov. 23 -Dec. 21)

A problem shared should be a problem halved, not doubled. Much will depend on with whom you share the problem. If you confide in someone prone to drama, you'll get what you signed up for.

Capricorn (Dec 22.- Jan. 20)

If a situation is making you feel bad, don't think about it. Instead, think about what makes you feel good, and let that positive energy permeate your life.

Aquarius (Jan 21 - Feb 19)

Don't concern yourself with the secret thoughts of others. You'll never really know and besides, some thoughts are like tumbleweeds they drift on by with the breeze ... another moment, and they're gone.

Pisces (Feb. 20-Mar. 20)

You'll celebrate happy news over the next four weeks and be on the receiving end of some lovely attention all through the summer season. Just about anything you really want can be yours - with little effort.



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Continued from page seven

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. *The club has recently acquired a new indoor bowling mat and the replaced mat, which is in reasonable condition, is available free of charge to anyone willing to collect it from the club. The mat is 6ft x 40ft (six foot x 40 foot).* Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev2@revtrev2.karoo.co.uk

Hull Folk Dance Club

Tuesdays 7:30 to 9:30 pm; Darby & Joan Hall, Finkle St. Cottingham. Enjoy a free tea/coffee and biscuits and get to know

the members. Come alone or bring a friend for light exercise in a friendly environment. All dances are walked through before being set to music. No experience is necessary, beginners are welcome. Your first visit is free. A garden party is being held at 82 Finkle Street on Saturday the 10th June from 2.00 pm to approx 5.00 pm, entry £1 which includes a drink and cake. There will also be stalls, and dancing which visitors can watch or join in. All are welcome. More information from Keith Alexander 01482 509751 or Jan Gray 01482 840367. www.folkdance.me

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Continued on page 32

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for more information and photographs.

Sudoku Answer from page 12

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

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Tophill Low Nature Reserve

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

County/Area - East Yorkshire

Author - Yorkshire Water

Length - 3.0 miles / 4.9 km

Ascent - 50 feet / 15 metres

Grade - easy

Start - OS grid reference TA073486

Lat 53.922431 // Long -0.367574

Postcode YO25 9RH (approx. location only)

Tophill Low Nature Reserve is a haven for thousands of birds, butterflies, dragonflies, amphibians and even the occasional grass snake. There are 12 hides at the reserve all with unique vantage points over ponds, marshes and



Photo: Copyright: Chris Bell

reservoirs. The two reservoirs have been declared as Sites of Special Scientific Interest and are nationally important for birds. Please note there is a entry fee at Tophill Low.

Location

In the parish of Watton, east of Hutton Cranswick.

OS Map Explorer 295 Driffield, Hornsea

Access

From the A164 Beverley to Driffield Road. Leave the A164 at Watton, sign posted Tophill Low Pumping Station and follow the brown tourist signs along unclassified road for 6.5km/4 miles. Turn right at the main gates and follow the road round to the car park. Open Wednesday to Sunday 9am – 6pm during the summer months, and 9am – 4pm during the winter. The reserve is normally closed Mondays and Tuesdays, but is open on Bank Holiday Mondays. There is a small permit charge for access to this site.



Photos: Above: Copyright: Ian Traynor.

Below: Copyright: Roy Brimble



Gala Concert by Hull Ladies Choir and Hull Male Voice Choir on Thursday 11th May

Hull Ladies Choir and Hull Male Voice Choir are presenting a Gala Concert in celebration of Hull City of Culture. The event will take place in the magnificent Banqueting Hall in the Guildhall surrounded by the evidence of Hull's culture, tradition and history. These two established choirs have represented the City of Hull nationally for a joint total of 186 years.

The content of the programme will include songs and poetry about the Routes and Roots of the City, local historical events, achievements, occupations, geographical position and people from and associated with Hull.

A new medley of songs incorporating popular local pieces and people from Hull has been commissioned and will be sung jointly by the Choirs during the event

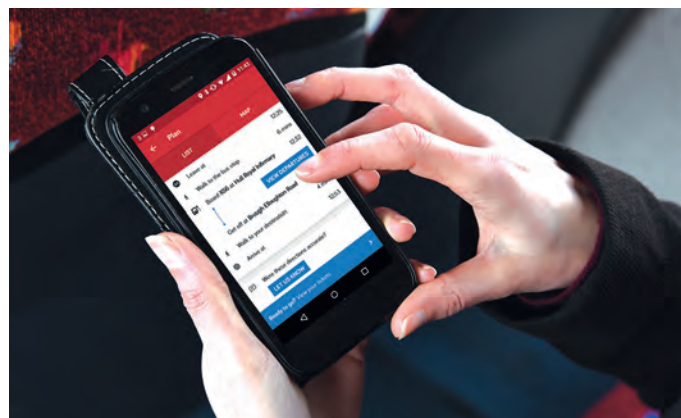
The concert will take place on Thursday 11th May 2017 at 7.30pm. Tickets are £8 and are available from Gough and Davy-Paragon Street, Hull. Or: Email:- info@hullladieschoir.org.uk Mobile:- 07779 732322.

tickets, including some tickets that are exclusive to the app, and some tickets which are cheaper on the app than on the bus.

The company's Commercial Manager Bob Rackley said: "We've been trialling the app with a small pilot group for some time, and everyone who's tried it has said how easy and simple it is to use. We believe this new app will transform the way people will travel around the region, as well as helping many people save money on travel costs. Buying your bus ticket through your mobile is so convenient, as you can use your credit or debit card, and some tickets are cheaper on the app too."

Hull resident Pete, a regular bus user, has been trialling the app for several weeks, and has found that it really helps him when travelling. "The app is a great idea, and works perfectly," he says. "Finding your way around the menu is simple, and it's so easy to use that even my five year old nephew was able to use it to plan a journey. I love the bus tracker, as it means I spend a lot less time waiting at the bus stop, and it's definitely going to make my life a lot easier."

The EYMS Buses app is available now for free from the App Store and Google Play.



Tap your phone to catch a bus

Local bus company East Yorkshire Motor Services (EYMS) has launched a brand new app to revolutionise travel for East Yorkshire commuters.

The free EYMS Buses app allows travellers to buy tickets, plan journeys and track buses direct from their smartphone.

As well as providing all the information needed to catch a bus, the EYMS Buses app also gives passengers a greater choice of

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Continued from page 29

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information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011.

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

First Friday in the 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 Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

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

Play Badminton

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

Fitmums & Friends Run, Walk

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

Cottingham Bridge Club

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



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

Calligraphy, Quilling and Folk Art classes

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

The Cottingham Whist Club

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

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on

Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 heyhappinesgroup.weebly.com

Cottingham Food Bank

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

Scottish Country Dance Club

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

Loudhailer Acoustic

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors are 7.00 p.m. music at 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

Continued on page 35

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June:- Bruno Mars & Olly Murs
Chris Jay's pop tribute Friday 9th

July: Who Wants to Die a Millionaire? –
Murder Mystery Friday 21st

Aug: Ladies Day at Beverley Racecourse –Wed 16th

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

www.instinctivehorsetraining.co.uk

Just for fun! Meet Tony pony!

Here are few pictures of my little rescue pony who has had a huge transformation in his life. From fearful and quaking to performing all sorts of tricks and problem solving games and loves performing to an audience! He has been all over the UK charming audiences with his little repertoire!



He lines up for mounting



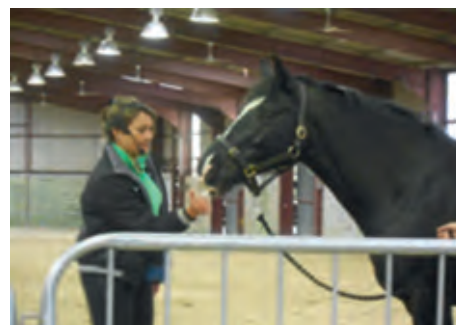
He Dances!



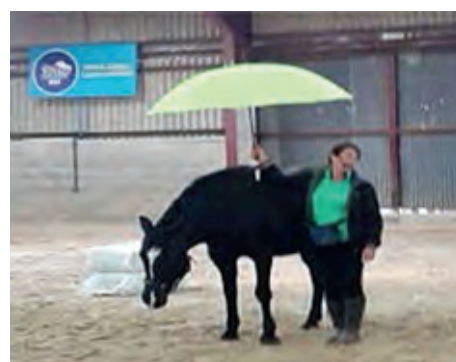
Down a Hulahoop



He plays basketball!



He self-medicates a worming tube



He stands under my umbrella



He plays football!



and he gives wonderful kisses if you ask nicely!

Continued from page 33

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philme79@gmail.com for further information.

Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome.

JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place.

SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30 pm - 8.30 pm starting January 27. Three sides playing weekend cricket in the York and District Senior Cricket League. Excellent playing and social facilities. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon Sec) on 571205 for details of how to join the City's longest established cricket club. www.hullzingari.play-cricket.com and on facebook and twitter

The Back Care Group

First Tuesday in the month - Everyone welcome. Refreshments available. Raffle. The Back Care Group meet at the Boulevard Village Hall (near St. Wilfreds Catholic Church), from 1.30pm. Membership is £5 per annum or £7.50p for a couple.

East Yorkshire Climbing and Mountaineering Club

To all climbers, mountaineers and hillwalkers in the Hull

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

The deadline for entries in the June 2017 "What's On" section, is the 19th May.

Hallgate Primary School Summer Fayre on Saturday 1st July, 12 Noon to 3.00 pm

Despite the sad news that there will be no Cottingham Day this year, Hallgate Summer Fayre will still be running as usual on the school field - Saturday 1st July 12 - 3pm.

As usual, Hallgate plays host to live music acts from Springboard, traditional fair ground rides, bouncy castles, donkey rides, dance displays, food and drinks are available, as well as much more.

If there is anyone interested in hiring a stall or hosting a display on this great day - please get in touch on 01482 846136 or hallgateprimaryfriends@gmail.com.

We hope you will be able to join us for an enjoyable day, combined within supporting your local school. We look forward to welcoming everyone.



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Local Beekeeper Neil Gower continues his quarterly look into the world of beekeeping

Has spring finally sprung?

I never like to tempt fate, but after two awful Spring seasons things aren't looking too bad at the moment in my beekeeping world. My bees have overwintered well and are starting to increase in numbers, and the weather has shown distinct signs of being springlike. The ERYC have started their grass cutting programme and gardeners and allotmenters alike are hard at work all around Cottingham.

It is at this time of the year that my beekeeping colleagues and I start to prepare for the swarming season and with that in mind a recent story on the BBC sport website caught my eye. Those cricket fans amongst you will be aware that a recent One Day International between South Africa and Sri Lanka in Johannesburg was interrupted when a swarm of bees descended onto the pitch.

They decided to cluster on the wicket-keepers helmet which fortunately was not on his head at the time, but laid on the ground. Play was halted and the players and Umpires had to leave the field. The ground staff were clueless, and even tried to spray the swarm with a fire extinguisher which only served to make them angry. Eventually a local beekeeper who had been watching the game on TV got into his car, drove to the ground and properly collected the swarm so that play could resume. A number of newspapers commented that despite his efforts the beekeeper was not named "man of the match".

It is often stated that bees are at their most docile when they swarm as they have gorged themselves on honey to prepare for what may lie ahead. As a seasoned swarm collector I can assure you that I have evidence to the contrary, so if you see a swarm of bees this season

please do not approach them or spray them with water or a fire extinguisher but go to the Beverley Beekeepers Association website and follow the process.

My piece on Manuka honey in the last article appears to have resonated with a number of people and I would like to thank those of you who have commented to me on my travels around the village. You may be interested to know that there have been some further developments and in the latest edition of the British Beekeepers Association newsletter it seems that The Sunday Times recently commissioned the Government scientific agency FERA Science Ltd to carry out some tests.

They were keen to see if the honey in the jar matched the claims on their labels. Fera tested nine different samples of Manuka being sold in the UK and found that three of the samples did not contain the compounds that make up the unique signature for authentic Manuka honey. A number of stores including Fortnum and Mason have now withdrawn the affected products from sale.

I mentioned at the top of the article that my bees had overwintered well. We had an Indian Summer which extended well into the autumn and was followed by a mild winter. I had applied fondant to my hives in early December to supplement the honey stocks as the bees remain active during mild winters and tend to eat more.

I had checked on the consumption regularly throughout the winter months and in mid February I added some pollen substitute to the hives. This is usually the time that the queen starts to lay eggs, and pollen is needed to feed the grubs. The pollen substitute also contains supplements which promotes general well being and good health in the bees. As the land emerged from its winter sleep and the spring flowers and blossoms started to open I could see that plenty of natural pollen was also being brought into the hives in the pollen sacs situated on the worker bees legs.

I was able to carry out my first full hive inspections a good two weeks ahead of my expectation and for the first time in a number of years I was quite pleased with what was laid out before me. My hives had plenty of bees who appeared to be in good health, there was plenty of sealed brood and newly laid eggs showing that I had active queens, and the Spring nectar and pollen were both in good supply and being put to good use. The hives also had drone brood present and as you may remember from previous articles, the drones are the male bees required to mate with new queens. This would suggest that the colonies are preparing themselves for new queens and subsequent swarming.

At the beginning of April I added 'supers' or honey boxes above the brood box on each hive. This gives the bees more space and also allows them to store excess honey in an area which the queen doesn't have access to as it is separated by a queen excluder. This is the area from which I will harvest honey, but more about that at a later date.

I look forward to updating you further in the August edition.

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Cottingham Open Gardens 2017

Sundays June 18th and 25th 10am till 4 pm

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New gardens, new flowers, new plants new attractions are the order of the day for this year's Open Gardens.

Provided that the weather is kind to us we should have no problem equalling, if not surpassing, last year's magnificent amount raised of nearly

£14,000 whilst treating the good people of Cottingham and district to the delights of some of the most beautiful gardens of the area.

All the gardeners are working hard to get their gardens ready for the public as well as arranging a great variety of activities, entertainment and refreshments in order to raise as much as possible for this very worthy cause. Each host has brought their own personality and twist to the event with gardens coming in a wide range of varieties and styles.

There will be choirs and Morris dancers appearing in some of the gardens.

We even have an international flower judge who will give us the benefit of his years of experience growing and developing Pinks and Carnations.



Last but not least is the fact that you will be able to participate again in the grand Lottery with loads of magnificent prizes; the top one being the P&O Mini Cruise to Amsterdam or Zeebrugge.

"Passports" which allow the holder to visit



all of the gardens are priced at £4 with accompanied children free.

Passports will be available at the Duke of Cumberland, the Bluebell and Barkers in the village during the fortnight preceding the event and at all the gardens on the day.

Come and have a lovely relaxing and entertaining day. Enquiries telephone 01482 875129.

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'Times of Old: Retold' - a new oral history project in the East Riding

East Riding Archives, at the Treasure House in Beverley, are taking steps to ensure that memories of bygone times in the region are recorded for posterity in a new oral history project - 'Times of Old: Re-Told'.

Archives staff are appealing for volunteers to come forward and give interviews about their past experiences of living in East Yorkshire, under one or any of the following themes:

'Village Life'; 'Second World War'; 'Industry & Agriculture'; 'Shopping'; 'Sport & Leisure'; and 'Transport'.

Archives assistant Dr Alex Ombler will be conducting the interviews and has extensive experience of documenting oral histories. He said: "During the 1970s, oral history in Britain was a facet of folklore studies. However, it has since grown to become a vital part of community histories. Today, oral history continues to be an important means by which we can 'make history' that can be recorded, archived and studied.

"We plan to invite members of the public to the Treasure House, either individually or in groups, to share the memories and experiences that they feel are important to their lives in the East Riding."

The recordings will be preserved in the Digital Archive at the Treasure House in Beverley so that this and future generations can benefit from them. Archivist Sam Bartle added: "We already have a valuable audio archive resource, but this project will allow us to build a more extensive collection of material and provide a more detailed and comprehensive record of our social history.

"They say 'there's a book in all of us' and, during the course of our lives, we all have a story or two to tell – some of us more than others. All too often though, these stories go untold, and unrecorded, with many people modestly assuming that no-one would ever want to hear what they had to say.

But they couldn't be further from the truth - what most people don't realise is that, over time, their life stories become a part of the history of the times in which they lived, and they give us an invaluable window on the past and our social history.

It's crucial that these stories are not lost and forgotten."

To volunteer for the 'Times of Old: Re-Told' oral history project or to get more details, call (01482) 392790, email archives.service@eastriding.gov.uk, or visit the East Riding Archives at the Treasure House, on Champney Road, Beverley.

Top Welsh Male Voice Choir to return to Beverley

Last here in 2013, one of Wales' finest and oldest male voice choirs, Côr y Penrhyn, is returning to Beverley in May to perform a repertoire that reflects the traditional values of male voice singing but which will include new and equally challenging music that stands alongside the old favourites.

The concert, to be held at Toll Gavel United Church at 7.30pm on Saturday, 20 May, is being organised by the Welsh Society of Hull & East Yorkshire and it is anticipated that a large audience will come to hear the delights of male voice choir singing of the highest quality that 40 members of the choir will bring to the East Riding of Yorkshire.

Côr y Penrhyn, whose history can be traced back to the 19th century, is based in Bethesda, a slate quarrying village in North West Wales but nowadays its members are drawn from a large area of North Wales. The choir, directed by the highly talented Owain Arwel Davies since 2004, has performed all over the world, including many trips to festivals in the United States and to Canada, Finland and Hungary as well as across the United Kingdom and Ireland.

38 May - www.cottinghamtimes.co.uk

Roger Uglow, Chair of the Welsh Society of Hull and East Yorkshire says "It is four years since Côr y Penrhyn first came to Beverley and I am delighted to be able to welcome them back this year – as our contribution to Hull 2017 UK City of Culture. I do hope that anyone who appreciates good quality choral singing will make the effort to come along to Toll Gavel United Church on 20 May to hear them perform. I am sure that the appeal of the concert goes far wider than just to those with Welsh roots.

As on the last occasion, we have nominated local charity Age UK East Riding to benefit from the proceeds of the concert and we hope to raise as much money as possible to help the charity to deliver its highly valued support for older East Riding residents."

Tickets for the concert are priced at £10 each and may be obtained in person from the Beverley Tourist Information Centre at 34 Butcher Row, or by phone on 01482 391672.

Enjoy Roots and Routes in the East Riding with a FREE Open Access Walks booklet

East Riding of Yorkshire Council's countryside access team is getting involved in Hull UK City of Culture 2017 by giving away free copies of its Open Access Walks booklet (normally costing £2 each), covering 19 Open Access walks in the area. Walks are graded from gentle through moderate to strenuous, so they cater for all levels of fitness.

For a limited period only, the books will be available free of charge at Tourist Information Centres in the East Riding and in Hull, and at East Riding Leisure Centres, between April and June, to coincide with the Roots and Routes Theme of the second season of Hull 2017.

Patrick Wharam, countryside access manager, said: "We want people to take up the challenge to do some walking in the countryside as another contribution to Hull 2017.

"Some of our best countryside in the East Riding is hidden away in the Yorkshire Wolds. I hope that people will make use of the excellent variety of cafes and pubs in the Wolds, stay overnight perhaps, or maybe add a few days' walking to a short break in the area.

"Many of the best walks are just a short car journey away, and many can be accessed by public transport."

'Open Access' means that people can walk through some of the green dry Wolds valleys that were out of bounds to the public before 2005, when the right of Open Access began in the East Riding.

Councillor Richard Burton, portfolio holder for civic wellbeing and culture, added: "Walking on Open Access land gives people a chance to enjoy huge stretches of outdoors land in the stunning East Riding without the need to stick to paths, which is great for our health and wellbeing, and the rural economy.

"Being mindful of the bird nesting season from 1 March to 31 July – you can walk, run, climb, picnic and watch wildlife in some superb parts of the East Riding!"

Open Access land is shown on Ordnance Survey Explorer Maps published since May 2005, which are available from bookshops. The Natural England website also has details of Open Access land at www.countrysideaccess.gov.uk.

In the East Riding, the walks described in the booklet include a walk from Hotham village; Beverley Commons; North Newbald; walks around Huggate, Warter, Millington and Fridaythorpe in the heart of the Wolds; Sancton; and Allerthorpe Common.

Walkers are reminded that they are responsible for taking proper care of themselves and any children and dogs that accompany them. Dogs are allowed on Open Access land, but must be kept on leads between March and July.

Other walks in the East Riding can be found on the Walking the Riding website at www.walkingtheriding.co.uk.

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Good News! Hull Train's Express will now be stopping at Cottingham from May 22nd

As from 22nd May we will have a Same Day Return service to London. Hull Trains Express will now be stopping at Cottingham.

After two years of hard work persuading Hull Trains to include Cottingham as one of the stops in the timetable – success!! As from May 22nd this service will connect Cottingham directly through to London without having to change trains. Your two Cottingham North Councillors, Geraldine & Ros, conducted a survey late spring 2015 and forwarded the results through to the Hull Trains HQ and remained in touch with Hull Trains to ensure the issue wasn't side-tracked. Members of the Hull & East Riding Rail Users Association worked alongside Geraldine and Ros and following extensive H & S checks and station inspections this additional stop was finally signed off for approval on Monday 3RD April. The Rail Users Association will now be campaigning for a more joined up approach between Northern Rail and Hull Trains so connecting service do actually connect.

Monday to Friday:

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Sundays:

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(Timings are subject to change so always check before you travel).

*Please use this new service because if numbers are too low then it may be withdrawn. **"USE IT OR LOSE IT"***

Geraldine & Ros.

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Planning permission granted for two major flood alleviation schemes – for Cottingham and Orchard Park and Anlaby and East Ella

Two major flood alleviation schemes for the East Riding, each costing £22 million, have been given planning permission.

East Riding of Yorkshire Council's Planning Committee today (Thursday 9 March) unanimously approved the two schemes – designed to reduce the risk of flooding in the Cottingham and Orchard Park areas and the Anlaby and East Ella areas - subject to planning conditions.

Together they are designed to reduce the flood risk to more than 7,000 properties.

As lead local flood authority, East Riding of Yorkshire Council and Hull City Council are working in partnership to deliver flood alleviation solutions in the area, aimed at reducing the threat of repeat flooding incidents.

The Cottingham and Orchard Park Flood Alleviation Scheme (COPFAS) includes the creation of nine water storage lagoons along Westfield Road, Eppleworth Road, Cottingham and Orchard Park Road, Hull.

Most of the lagoons will remain as agricultural land and grazing paddocks, which the Orchard Park lagoon will remain as playing fields. They will be dry for the majority of the time, only being filled during extreme events of wet weather.

Work on the COPFAS scheme is provisionally scheduled to take place between 2017 and 2020, subject to all approvals being in place and successful land purchase agreements.

The Anlaby and East Ella Flood Alleviation Scheme (AEEFAS) involves the creation of a water storage lagoon, alterations to a second lagoon which would be linked together by a large storm water culvert and watercourse.

A surface water collection area would be sited on the existing Easenby Drain site at Kerry Pit, west of Kirk Ella, and the large lagoon built in the grounds of the former Sydney Smith School off First Lane.

As a further part of the scheme there are plans to create a sports facility and sports pitches on the site off Tranby Lane, however this will be subject to a further planning application.

Work on the AEEFAS site is provisionally scheduled to take place between 2017 and 2020, subject to all approvals being in place and successful land purchase agreements.

Both projects are aimed at preventing further devastating floods like those that struck the East Riding in 2007, affecting hundreds of homes and businesses.

The schemes were developed in close consultation with the Environment Agency, Yorkshire Water and local flood action groups.

Ground surveys and computer modelling of rainfall of the whole catchment area of Hull and Haltemprice have already been carried out to help shape the scheme before the plans were submitted.

Councillor Stephen Parnaby OBE, leader of the council, said: "I'm pleased these important alleviation schemes are going ahead because they are vital to help protect both these areas from the threat of further flooding.

"The 2007 floods had such a devastating affect on so many people and both East Riding and Hull councils have worked together on these and many other schemes to help prevent that ever happening again."

Councillor Alan Clark, Hull City Council's portfolio holder for neighbourhoods and communities, said: "Although flooding hasn't happened for some time now in the wider part of the city it is vitally important that we still need to protect against it and avoid a repeat of 2007.

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“Working with the East Riding of Yorkshire Council we can do a lot to mitigate against flooding and the two schemes will do just that.

“I’m very pleased and excited that the schemes will now happen and look forward to working with the East Riding again on the next project to help protect the city.”

Funding for the scheme has already been secured from both the Flood Defence Grant in Aid (FDGiA) administered by the Environment Agency, and the Humber Local Enterprise Partnership (LEP), with a grant from the Local Growth Fund.

Street food comes to Beverley’s Wednesday Market

Beverley’s Wednesday Market will be adding some international flavours from this month.

Street Food @ Beverley Wednesday Market, a new initiative bringing new stallholders to the town selling tasty street food from across the world as well as locally sourced products is now up and running.

East Riding of Yorkshire Council, which runs the market, is aiming to attract new and exciting food businesses from the local area and from across Yorkshire and Lincolnshire to set up their stalls, serving freshly made food cooked on site to residents and visitors throughout the day.

Traders already booked to come initially include those selling pizzas, hog roast and American barbecue, an artisan bakery and locally sourced burgers and sausages, as well as fruit and vegetables.

The council hopes to increase the number of stalls, mixing both traditional and street food, and build on the success of the outdoor cafe culture that already exists in the Wednesday Market area.

Councillor Jane Evison, portfolio holder for economic investment and tourism, said: “We really want to develop the mid-week market and bring the street food experience to Beverley.

“Street food stalls will be something different for the town and we really hope residents and visitors will look around all the stalls, have a bite to eat, and then carry on their shopping in the town, or just visit in their lunch hour.

“We are working with local shops and restaurants because we want to make Wednesday Market a bigger attraction to benefit everyone.”

Both Wednesday and Saturday markets in Beverley date back to the 13th century, and traders are still governed and guided by a royal charter.

The council took over the running of the Wednesday market in December 2015.

Anyone interested in applying for a stall on the market can visit the council’s website www.eastriding.gov.uk and search for ‘markets’.

Markets survey

Residents are being encouraged to have their say about Beverley’s Wednesday Market and Pocklington’s Tuesday Market in a survey.

East Riding of Yorkshire Council would like to hear people’s views on both markets and is asking people to take part in the short survey.

The survey can be found at: www.eastriding.gov.uk/corp-survey/snapform/P01715/marketsurvey.htm or search for ‘Find a consultation’ on the www.eastriding.gov.uk website.

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Free compost giveaways for East Riding residents

Around 5,000 bags of compost are to be given away free to East Riding residents next month.

East Riding of Yorkshire Council's annual compost giveaways will be held over two weeks at 10 locations across the area, starting in Market Weighton on Tuesday 9 May.

Residents are invited to go along to their local event to collect two free 15kg bags of compost per car, which will be placed in their vehicles by council staff.

All the compost being given away originated from residents' brown bins.

All the food and garden waste placed in the bins – including grass cuttings, hedge trimmings, small branches, leaves, flowers and weeds, all cooked and uncooked food, peelings, plate scrapings, bones, meat and egg shells – gets recycled into quality compost for the garden.

Councillor Symon Fraser, the council's portfolio holder for asset management, housing and environment, said: "The council has been running the compost giveaways for a number of years as a gesture of thanks to residents for their fantastic efforts in recycling their rubbish.

"The East Riding is now the second best authority in the whole of England for its recycling rate and that's down to the support of residents.

"And it's great that the recycled garden and food waste is going to good use and returning to people's gardens as compost."

The giveaways start at 4pm at each site, except the Beverley event which starts at 10am.

The giveaways end when all the bags have been handed out on a first come first served basis.

Residents are asked not to queue at the venues beforehand or they may be turned away for safety reasons.

The dates for the compost giveaways are as follows:

Wednesday 10 May 4pm – Elloughton, Brantingham Park, HU15 1HX

Thursday 11 May 4pm – Preston, South Holderness School, HU12 8UZ

Saturday 13 May 10am – Beverley, Beverley council depot, Annie Reed Road, off Grovehill Road and Beck View Road, HU17 0LF.

Monday 15 May 4pm – Bridlington, Hilderthorpe Coach and Car Park, YO15 3HA

Tuesday 16 May 4pm – Hornsea, Broadway Car Park, HU18 1PZ

Wednesday 17 May 4pm – Withernsea, Market Car Park, HU19 2QA

Thursday 18 May 4pm – Pocklington, Henry Thirsk Amenity Centre car park (Pocklington Town AFC), The Balk, YO42 2NZ

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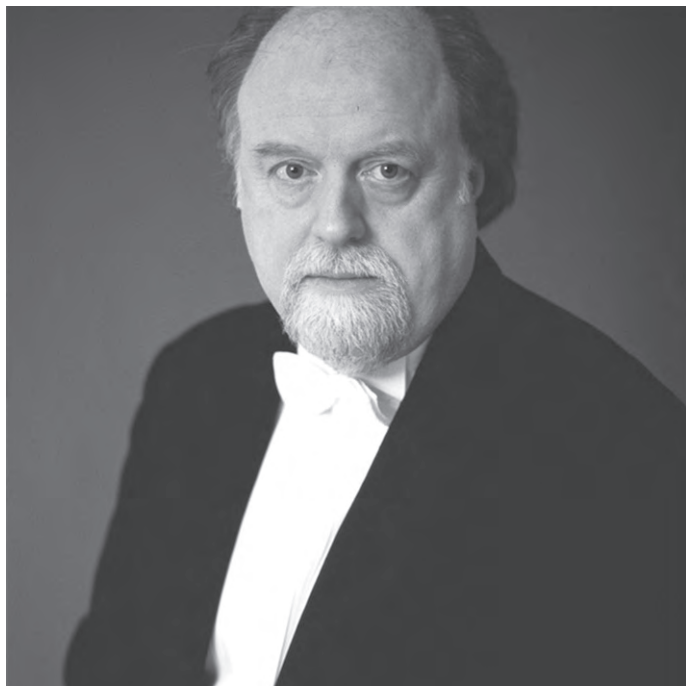
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Piano star Peter Donohoe takes on Hull Philharmonic concert-goers' challenge

The audience has spoken and the Hull Philharmonic is ready to play.

The programme for the orchestra's second concert during Hull City of Culture 2017 will be based on votes cast by concert-goers.

Even before the results were known, renowned pianist Peter Donohoe had agreed to take on whatever challenge came up.

He will be soloist in Tchaikovsky's much-loved Piano Concerto No.1 and in the lesser-known Konzertstucke by Weber at the City Hall on May 13 (7.30pm).

As well as great European classics, the orchestra will take on a celebration of Hull streets by local composer Anthony Hedges and music from Argentina's cowboy country.

Musical director Andrew Penny said audience members were invited to vote for the music that meant most to them.

"It is not strictly a first past the post system as we have to take out the recently performed, the impractical and the unavailable before deciding on a short-list for a balanced and practical programme," he said.

"The vote usually brings a surprise or two. While Grieg's Peer Gynt Suite was a shoe-in for this concert, we're also enjoying rehearsing Estancia by the Argentina composer Alberto Ginastera, which is a great nomination.

"Although Venezuela's Simon Bolivar orchestra has brought it to the wider world, this exciting music is unlikely to have been heard before in our region.

"But there is no surprise about requests for the Tchaikovsky No.1. It's one of the great piano concertos."

Peter Donohoe's debut with the Hull Philharmonic was 35 years ago in Mr Penny's first concert with the orchestra soon after taking joint first place in the International Tchaikovsky Competition in Moscow. He has made nearly a dozen visits since as player and conductor.

The orchestra also has a long relationship with Anthony

Hedges, who moved to the Hull area in the 1960s.

They will play his Kingston Sketches written in 1969, which depicts city streets Ferensway, Silver Street and Whitefriargate.

"Anthony's piece was widely nominated and is very appropriate in this special year for the city," Mr Penny added. "We and are very fond of playing his music."

The Hull Philharmonic began the year with a sold-out world premiere of 6000 Pipes! by Sir Karl Jenkins in February.

Programme:

Anthony Hedges: Kingston Sketches

Weber: Konzertstucke in F minor for Piano and Orchestra

Grieg: Peer Gynt Suite No.1

Ginastera: Dances from Estancia

Tchaikovsky: Piano Concerto No.1

In a Meet the Artist event, free to concert ticket-holders, Peter Donohoe will be in conversation with Andrew Penny from 6.30pm

Advance bookings: £8 to £27 (discounts available) from Hull City Hall box office, 01482 300300 or online at hullphilharmonic.org

Manchester-born Peter Donohoe has built a worldwide career since his success in the International Tchaikovsky Competition in Moscow in 1982. He is acclaimed as one of the foremost pianists of our time, for his musicianship, stylistic versatility and commanding technique. He has also explored many other avenues in music making.

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The Audience Chooses
Conductor: Andrew Penny
Piano: Peter Donohoe

*Meet the Artist:
Peter Donohoe talks to
Andrew Penny at 6.30pm.
Free to ticket holders*

PETER DONOHOE

ANDREW PENNY

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

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

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

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

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

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

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

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

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Internal:

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

Men's Problems:

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

Women's Problems:

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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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Hull CHA Rambling Club

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

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £10

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

Pick up at City Centre is now 0830 am for the spring and summer months continuing Beverley Road and onto Beverley.

Walks with leaders.

A walk 10 to 12.5 miles. B walk from 7 to 9 miles

Sunday 14th May 2017. (Bluebell walk)

A. Gillamoor to Helmsley. (Gillamoor- FaddellRigg- Sykes House-Birk Nab Farm-Riccal Dale-Helmsley)

B. Fadmoor – Helmsley (Fadmoor-The Brow-Skiplam-Hasty bank Farm- Riccal dale-Helmsley)

Sunday 28th May

Car Ramble time and venue to be announced. See Web site for details.

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

Check out the website www.hullcharambling.wix.com/hull-cha-rambling

You will be very welcome.

Phoenix Walkers

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

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

Three levels of walks.

A) Walk 8-10 miles

B) Walk 5-7 miles

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

Sunday 14 May Warncliffe Side, South Yorkshire

Sunday 28 May Sinnington, Rosedale, North Yorkshire

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

Wykehykers Walking Club

We are a friendly long established local club whose members enjoy outings every alternate Sunday. Over the year we will be visiting Yorkshire's moors, dales, wolds and coast and areas of Derbyshire and Lincolnshire. Optional guided walk each time of either a 3 or 4 mile stroll or 8/9 mile walk with occasional option to simply stay and enjoy the place being visited at your own leisure.

The first outing this season commenced on Sunday 26 February and they will continue fortnightly thereafter. We pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound starting at 8.30am and usually home around 6pm. Coach fare is £10.

For further details call Alan on (01482) 850997 or Keith on (01482) 782917. A warm welcome awaits.

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Springboard Music Festival takes place throughout the village between May 26th, 27th and 28th

Cottingham Springboard Music Festival takes place on May 26th, 27th, 28th May at various venues throughout the village. With over 200 acts appearing featuring Acoustic, Electric and Eclectic sets.

The festival takes place at the following venues Cottingham Civic Hall, King William IV, Hallgate Tavern, Duke of Cumberland, Cross Keys, Woksoever, Anzali and CC Coffee. For further details visit www.springboardfestival.org.



Weekly Classes held at:
 Darby & Joan Hall, Finkle Street,
 Cottingham
 Monday 5.30 pm and 7.30 pm
 and all Bank Holidays
 Also at: Sutton Park, Hull
 Tuesday at 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

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The Top Six Ways to Boost Your energy Levels

There are many ways to boost your energy levels but here are six ways to get you started.

Sometimes the stress of day-to-day life can serve to wear a person's energy levels down. When this happens it can make you vulnerable to any number of health problems. You do not have to settle for a lack of energy and vitality. There are many ways to boost your energy levels. Before you become drained of energy, educate yourself about the top six ways to boost your energy levels. Once you have then get to work and make it happen for yourself!

Number One - Start the day off right

Breakfast stands for "break the fast". After not eating for many hours you need to eat foods that will give your body the fuel it needs. Think protein, fruits and whole grains to get your metabolism going and to provide you with the energy that your body and mind requires to get you through the day.

Number Two - Exercise on a regular basis

Exercise will not make you more tired than you already are. In fact, regular exercise helps to increase energy levels by stimulating the cardiovascular system and providing more oxygen to the blood. The more oxygen that reaches your brain, the more energetic you will be.

Number Three- Practice deep breathing

Most people breathe from their chests but this type of breathing reduces air flow. Relearn how to breathe from your diaphragm so you maximize the work of your lungs. Breathing the way nature intended will nourish your cells and make you feel relaxed and calm. When you breathe deeply, your stomach should expand like a balloon.

Number Four - Get enough sleep

Make sure you get enough zzz's every night. Most people need seven to eight hours a night. Don't shortchange yourself on sleep or you will decrease the work of your immune system and sickness is more likely to set in. You will also be less productive and focused at work and in your everyday activities.

Number Five - Eat healthy

Eat nutritious meals and healthy snacks. Load up on leafy green vegetables as they are full of B vitamins, magnesium and chlorophyll. These foods are a tremendous energy booster! Cut way back on sugar consumption. Stop eating anything made with white flour and instead eat only whole grain products.

Number Six- Drink plenty of water

Your energy will be zapped if you allow yourself to become dehydrated. Water is the healthiest beverage you could drink. Consume enough water and keep yourself well hydrated.

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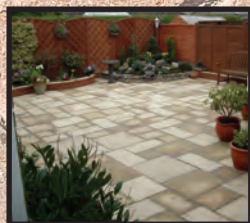
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