

Cottingham Times

and District

Issue 242 - May 2022



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Benefits of the great outdoors



A word from our chairman

We're all ready for the summer at The Manor House, which is always a lovely time of year for staff and residents alike.

The long days and (touch wood) more pleasant weather allows us to enjoy our gorgeous grounds and the beauty of Little Weighton.

Our residents are excited for our upcoming celebrations for Her Majesty The Queen's Platinum Jubilee in June, which we will be marking with plenty of fun and frivolity.

We are also delighted to have been able to welcome back some of our friends from the local primary school, who have visited us to perform some of the songs they've been learning. It's always a joy to hear them in fine voice.

If you'd like to find out more about The Manor House, please contact our manager Leanne, who would be happy to help:
leanehatch@parklanehealthcare.co.uk

Chris Mitchell – Chairman, Park Lane Healthcare



At The Manor House, we're lucky to have a fabulous outdoor space to enjoy when the weather is in our favour.

Spending time outside has many benefits for older people, including giving them a boost of vitamin D, helping them to feel more energised, and improving their mental health overall.

Even our residents with reduced mobility can enjoy the smell of freshly cut grass and watching the birds hopping about in the trees.

Whenever possible, we like to encourage our residents to fill their lungs with fresh air and enjoy what nature has to offer. Of course, the British summer often requires an extra cardigan, but it's always worth getting out and having some fun.

Rave Reviews

The Manor House is pleased to have a score of 9.6 on carehome.co.uk.

The score is based on reviews submitted by residents, their friends and family. Reviewers are asked to score the home on several categories such as our facilities, care and support, staff performance, safety and security, and value for money.

A recent five-star review said:

"My mother has been a resident of The Manor House since the summer of 2021 and has settled in well. The staff have taken the time to get to know her and build a rapport with her. It's reassuring to see the interaction between her and the staff, who know just what to say when Mum needs a bit of additional support. She thoroughly enjoys the various activities and the company of the other residents and staff. The Manor House continue stringent Covid procedures, which is welcomed to ensure the well-being of everyone. I wouldn't hesitate to recommend The Manor House." – Y M, daughter of a resident



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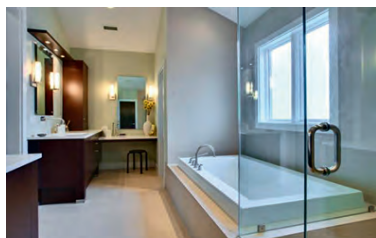
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How will I find room for a water softener, they are huge aren't they?

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

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

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



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In Cottingham and District

The deadline for entries in the June "What's On" section, is no later than the 18th May 2022.

Haltemprice Art Group

Meetings held during school term in the Skidby suite at Cottingham High School, on Tuesday evenings between 7.00pm and 9.00pm. May 3rd - Where Should I Go?; May 10 - Annual General Meeting.

Hull Alpha Probus

Club for retired or semi-retired professional people meeting on alternate Thursdays - new members welcome. Contact the Secretary on 01482 348270 or 07542 959314. May meetings: 5th May at 10:30 Coffee & conversation upstairs at Kristoff's; 19th May at 12:30 Lunch & Speaker meeting at The Blue Bell.

Yorkshire Countrywomen Association, Skidby Branch.

Thursday 5th May - at 7.30pm at the Skidby Village Hall. Our guest speaker will be Sam Trail who will be giving a talk on The Body Shop. All welcome, please come and support us.

British Sugarcraft Guild, Hull and Holderness Branch

Saturday 7th May, 2.00 p.m. at Cottingham Parks Health and Golf Club. A demonstration will be given on Garden Themed Cupcake Toppers. Visitors welcome - £5.50.

Cottingham u3a

Thursday 12th May - at 2 pm in the Darby & Joan Hall. There will be a talk on 'Salt Therapy' by Claire Atkinson, which will be followed by the usual tea/coffee and biscuits. As numbers are limited, members must register to attend the meeting by contacting Lesley Tempest (Secretary) - telephone 847359. For further information or queries visit www.u3asites.org.uk/cottingham.

Hull Ladies Choir

Thursday 12th May - at 7.30pm. Guildhall Charity Concert, at The Guildhall, Hull. Receiving Charity is Motor Neurone Disease. Humber Harmony Chorus/Three crown Sound. Tickets £6:- At "Barkers" of Hallgate, Cottingham & "Gough and Davy," Paragon St. Hull or Mobile:- 07361 717025. Email:- info@hullladieschoir.org.uk; or www.hullladieschoir.org.

East Yorkshire Woodturners.

Tuesday 17th May - 7pm, Skidby Village Hall. (Doors open 6.30pm): Demonstration by Chris Fisher - Professional Woodturner. Chris is known as the 'Blind Woodturner'. He lost his sight in 2008. After rehabilitation to be able to do everyday activities he took up woodturning. In July 2019, he became the first UK blind woodturner to be accepted onto the Register of Professional Turners, and has featured on BBC TV. Visitors welcome (no need to book - £3.50 on the door for guests). For information, Tel: David Taylor: 01482 876702.

Hull and East Riding New Stitchers

Tuesday 17th May - Stitch Sampler - Practical. In the Darby & Joan Hall, Finkle Street, 7.15 pm to 9.15 pm. Meetings are open to visitors. Membership is £15 per year, meetings £2.50 (visitors £3.00) plus refreshments. Further information from Jean Ellis 01482 845415.

Front cover: Creyke Beck, Dunswell Road.

Photo: Paul Lakin.

The Arts Society, Hull and East Riding

Tuesday 17th May – An illustrated lecture by Shauna Isaac: “The Art of the Steal: Nazi Looting in WWII”. At 10.45a.m. Mercure Grange Park Hotel, Willerby. Non-members welcome. Guests £5.00. For further details please contact Membership Secretary, Maureen Jones, tel. 01482 869886.

Hull Stamp and Postcard Club

Wednesday 18th May at 1.30 p.m. - in the Arlington Hall. (Behind St. Mary's Church, Hallgate). “Modern British Postal History” by John Sussex, RDP., FRPSL. Envelopes normally found in a recycling bin – but they are very interesting! Come along and find out more. [Website: www.hullphilatelicsociety.org](http://www.hullphilatelicsociety.org). All are welcome

Hull Macular Society support Group

Friday 20th May 10.30 - 12pm at Sight Support Beverley Road Hull. The Beverley Ukela Band are coming to entertain the group All welcome. For more information contact Bernard Messingham 01482 860381.

Little Weighton Gardeners' Club

Friday 20th May - at 5.45 pm. “Walking with un-noticed and unusual trees”, with John Killingbeck. Meet for car share at Village Hall car park. A walk around the streets of Beverley with an expert eye on trees. £4.00 per person. Let us know if you are going to come along. Tel. 07714 089289.

Friends of Thwaite Gardens

Sunday 22nd May 11am - 4pm. Open Day (Thwaite Street, Cottingham). Come and enjoy time in the beautiful gardens, be entertained by the All for One Choir, buy new plants for your garden and have tea, coffee and cakes. Entrance £5. Free for members and those aged 16 and under.

St Michael's Church, Skidby

Friday 27th May - Coffee Morning 10.30am to 12 noon. Come and join us for tea/coffee and home made cakes. All proceeds towards the upkeep of St Michael's Church.

Skidby Village Hall

May 28th & 29th, Art Exhibition, 10-5pm. Visit www.skidbyvillagehall.com or email skidbyvillagehall@gmail.com for more information.

Cottingham Tennis Club (off Hull Road)

A friendly club looking for new members at all levels including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. Lots of opportunities for social and competitive tennis and a dedicated coaching team. Contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

The Arterian Singers

Rehearse on a Tuesday evening at Cottingham Methodist Church, Hallgate, Cottingham at 7.30pm. If you would like to come and sing with us you would be very welcome. Contact Maureen Holwell 845363.

Musical Memories

Come and join us to sing favourite songs from the past. Everyone is welcome. If you can play an instrument bring it along (piano available). We meet every 1st and 3rd Thursday of the month, from 13.45pm until 15.15pm in the Methodist Church Hall, Hallgate, Cottingham. We ask for £2 to cover costs of refreshments.

Cottingham & Hull Folk Dance Club

Tuesday 7pm-9-30pm at the Darby and Joan Hall Finkle St., Cottingham. No experience necessary come on your own or bring a friend for light exercise in a friendly environment everyone one welcome. For further information please contact Jan Gray on 01482840637 or Keith Alexander on 01482 509751.

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'Birds, Books and Belfries': a new exhibition at the Treasure House in Beverley

In the 1800s there was an explosion of interest in natural history. Clergymen were particularly enthusiastic in embracing the subject, leading to the name parson-naturalist. The new exhibition, which is now open at the Treasure House in Beverley, 'Birds, Books and Belfries,' explores the remarkable life and work of parson-naturalist Reverend Francis Orpen



Morris (1810 - 1893) who studied nature, wrote books and campaigned for wildlife, all combined with his role as vicar of Nafferton and later Nunburnholme.

The exhibition centres on the beautiful natural history books held in East Riding Archives which were written by Morris and printed by master-printer Benjamin Fawcett of Driffield.

The pair first met when Morris moved to East Yorkshire in 1844 and formed a working partnership which lasted 40 years.

Many of the books were collected by philanthropist John Edward Champney (the Treasure House is located on the street named after him) and were some of the first books in Beverley Library when it opened back in 1906.

The books are complemented by loans from a private collector, including monthly book sections - Morris' books were often first produced as small sections, due to the high cost to both print and to buy. Many of these book sections were later taken apart for their hand-coloured illustrations and those on display are rare survivors.

The text panels explore Morris' famously fiery personality, including writing letters to the newspapers when he was a young curate in Doncaster suggesting the racecourse be turned into a zoo and squaring up to birdcatchers he found settling up traps near Nurnburnholme.

The exhibition also looks at the Association for the Protection of Sea Birds, of which Morris was a member. The Association was set up by another natural history enthusiast, the Reverend Henry Barnes-Lawrence of Bridlington Priory, and was a response to the terrible shooting of birds at Bempton and Flamborough in the 1860s. The Association's campaigns for bird protection led to the first bird protection legislation, the Sea Birds Preservation Act which was passed in 1869. Morris campaigned to get the Act strengthened to include nests and eggs and his letter to Randolph Churchill asking for support is on display.

A stunning film in the exhibition space, called 'Seabird City,' features the bird colonies at RSPB Bempton Cliffs, showing the habitats which Morris was passionate about protecting.

The exhibition will run until 24 September. Admission to the Treasure House and the exhibition is free and no booking is needed. The Treasure House is located in Champney Road in Beverley.

For more information, including opening hours, visit <https://www.eastridingmuseums.co.uk/>.

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New website helps residents stay independent in their homes for longer

A modern and vibrant website has been designed to help keep residents independent in their homes longer and to improve the customer experience when seeking information about adult social care.

Adult social care is changing the way the council offers support and advice and a new operating model is being delivered through Your Life, Your Way, a programme designed to drive the best outcomes for residents and ensure the right support is delivered at the right time. It will also enable the council to manage demand within the system whilst effectively managing resources across adult social care for the people who need them.

Finding the right advice and information is also important for individuals who care for a relative or friend and it is recognised that East Riding carers also need timely and bespoke information in order to support them in their caring role.

Councillor Kerri Harold, portfolio holder for adult and carer services at East Riding of Yorkshire Council, said: "We have developed the new website to provide early information, advice about community support and services and how to get help from the council.

"It promotes choice and control and helping people to maximise their strengths and live their life well.

"The website will also provide information and self-help tools that residents regularly ask our front-line and customer service teams for, therefore reducing the number of contacts we receive regarding requests for information and signposting.

"Providing this through our newly-designed website aims for a better customer experience and to ensure our assessment teams

are focussing on those individuals who have eligible care and support needs.

"So we are simply improving our pathways to help residents to access information about adult social care and to determine what support they may need – whether it's preventative or longer-term support.

"We would really like to receive your feedback so we can continuously improve this new and exciting resource."

It is hoped residents will find the website user-friendly, easy to navigate and that it promotes better understanding of the options available to the and reinforces the council's prevention and early intervention offer, strengthening the council's duties under the Care Act 2014 to provide information and advice to local residents.

The website is in what's called

the 'Beta' phase at the moment; this means it is live and can be tested to gather feedback from residents to improve it further.

Adult social care's new website includes more online tools that residents can use, such as a financial calculator and a community directory of support services.

For more information or to view the new website and give feedback, visit <https://www.yourlifeyourway.uk/> or email yourlifeyourway@eastriding.gov.uk

To view the Your Life, Your Way video visit <https://www.youtube.com/watch?v=BX8FekZj2FO>



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Cottingham Parish Council



Welcome to our section of the *Cottingham Times* that keeps our residents updated with some of the projects that Cottingham Parish Council is involved with.

Word from the Clerk/Dates for your Diary

Thank you to the Cottingham Lights team who got our Union flag bunting put up in plenty of time for the Jubilee. It will be staying until the Christmas Lights go up to add a little cheer to the village after what has been a difficult couple of years for us all.

The Thursday Market traders are well underway with their plans for the **Jubilee Market/Party on Thursday 2nd June, 9am-3pm on the Market Green**. This has been supported with a £500 grant from the Parish Council and will feature music, games, food, face painting, a balloon artist, and more.

Cottingham Day returns on **Sunday 3rd July** taking place on the Market Green, the Civic Hall, King Street, Hallgate, Grandads Park, and the Memorial Gardens. Further details of attractions will be advertised closer to the event. We still have a limited number of Market Stalls and indoor Craft Stalls available to hire.

The **Humberside Police and Crime Commissioner** will be holding a public meeting on **the 26th May at 7:30pm in the Civic Hall** to answer Cottingham residents questions on crime and anti-social behaviour in the area.

Matthew Kay, Clerk to Cottingham Parish Council, clerk@cottinghamcouncil.org

Grants

The Parish Council can provide grants to local organisations and, especially after recent tough times, we would encourage groups to contact us. Certain criteria must be met but within the last twelve months we have given grants to the Cottingham Lights, Cottingham Village Trust, Cottingham Tennis Club, Cottingham Tigers, the Cottingham Folk Festival, Cottingham Springboard Festival, and the PTA of Hallgate School. Please contact the Parish Council Office for more information.

Around Cottingham

The two big stories around Cottingham are, of course, the housing of 200 asylum seekers in Thwaite Hall and the announced closure, at the end of September, of the last remaining bank in the village. The Parish Council was not involved/consulted on either of these decisions though we hope to work with the 'Banking Hub Company' to ensure that good banking provision exists in the village post September with the creation of a Banking Hub (basically a combination of banks working from one unit). We have very limited information on the Thwaite situation. The day to day running of the site will be managed by the Mears group and we are seeking more information from them to ensure both the village and the asylum seekers receive sufficient support.

In our last article we, sadly, reported that the new tables in Grandad's Park had to be removed due to vandalism. We have now had to remove the new benches for the same reason though we hope to place these elsewhere in the village. Recently a number of litter bins have been destroyed and we are working with East Riding of Yorkshire Council to repair/replace these as soon as possible.

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CAN WE SEE OUR GRANDCHILDREN PLEASE?

Brenda Dale family solicitor at Graham and Rosen Solicitors explores the rights of grandparents on family breakdown.



In many families, grandparents play an invaluable role as a source of love and support whilst also offering practical help including childcare. As a result there is often a close bond between a grandparent and grandchild built up over many years. A divorce or relationship breakdown between a child's parents can have a devastating effect on this.

A frequent question is "do I have any legal rights to see my grandchild?" Sadly, there is no automatic legal right to contact with grandchildren though it is possible to seek the right to pursue an order to see them.

Despite parental conflict, grandparents should try to work with both parents to sort amicable arrangements to remain involved in their grandchild's life; although difficult when emotions are running high, trying to remain neutral can reap future rewards. Even a "wronged" spouse can often see what their child gains from a strong relationship with both sets of grandparents especially when the child may be experiencing divided loyalties.

The next best solution is mediation. This involves voluntary participation by parents and grandparents in sessions with a trained mediator to try to achieve a mutually beneficial outcome. Any arrangements made are not legally binding but can still work well. Mediation provides a safe and controlled environment to air grievances and seek practical solutions. Mediation is also a pre requisite of court proceedings.

If other options fail then seeing a solicitor may be sensible. An initial letter proposing ongoing contact with the child, worded in a non-confrontational way, may be enough to get a reluctant parent to reconsider their stance. Failing that, an application to court can be made which is a two stage process. Firstly, to seek "permission" through court to make an application for a Child Arrangements Order (which includes contact). It is important to remember that the court's paramount consideration is always the welfare of the child, decided by looking at the case as a whole; any pre-existing involvement in the child's

life, the child's wishes (if old enough to express them) and any risk of physical or emotional harm. A grandparent who has been meaningfully involved in a child's life before separation will overcome the first hurdle and be able to proceed with their application to connect with their grandchild.

The court process can be confrontational and daunting and comes with no guarantees of success. Information is gathered and it is not unusual for there to be several hearings. A Child Arrangements Order could range from indirect contact, or supervised contact to extensive direct time with the child.

Always bear in mind that it is the right of the child to have the contact not the right of the grandparent so best not to approach court with "I am entitled to..."

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Woody Woodpecker and a Government U-Turn

Local Beekeeper Neil Gower continues his quarterly review of the beekeeping world.

Pesky Birds

In my last article I was delighted by the fact that the colonies I'd prepared for winter had both come through successfully, the queens were intact, and it was all systems go. I was feeling quite pleased with myself over the fact that for minimal effort last year I had scraped through the winter relatively unscathed. The worst part was that I had committed it to print..... will I never learn!

Last year was difficult enough with me spending most of the bee season on crutches and not being able to give the bees the attention they needed. By some miracle, I'd maintained the colonies that I wanted, and all seemed well.

After writing the February article my wife and I were both struck down with Covid-19. This was not the most pleasant of illnesses and it was three or four weeks before we were back on our feet, and another week until I felt I could carry out a basic hive inspection.

When I returned to my out Apiary something else had struck. My beehives were full of holes and my frames of beeswax were in disarray. The newly laid eggs which had developed into grubs had been eaten and my queens were dead. This problem is quite widespread amongst beekeepers in the UK but it's one I had never suffered from before, so hadn't guarded against it. The culprit was none other than the Green Woodpecker.

The Green Woodpecker is the largest of the Woodpecker species in this country and is a beautiful looking bird. The species reside in holes in trees and according to the RSPB they eat Ants, Ants, and more Ants. That is until they find a vulnerable beehive or two with easy pickings, and once they have breached the hives, they tend to leave very little behind.

There are many advantages to having out Apiaries, but one of the main drawbacks is that you don't see your hives or your bees every day. You don't see what is going on as you do when you keep bees in your garden. Due to Covid and the weather it had been five weeks in

between visits, and in that time the Woodpeckers had managed some serious damage.

The summer of 2022 was always going to be one of my quieter beekeeping years, and I had prepared for that. However, my forthcoming season is now in a precarious situation. I have some bees, but no queens. I have no new eggs, no way of breeding new queens, and the existing bees will come to the end of their life-cycle over the next few weeks. As soon as I discovered the problem, I made arrangements to acquire some new local queens and they are due to arrive just before this article will hit your doorsteps. My intention is to introduce the new queens into the existing small colonies and try to build them up quickly. I'll also be able to breed new queens to give myself some flexibility, and as we are now into the swarming season I may acquire some new bees through that route.

I'll have to tell you how things have gone in the August edition.

Thiamethoxam is back.

Conservationists, Beekeepers and organic food lovers jumped for joy when a European wide ban on Neonicotinoids came into force a couple of years ago.

These pesticides are aimed specifically at insects and attack their nervous systems causing paralysis and death. They were used to coat the seeds of crops being planted, to protect the plant against insect attack, but their water solubility meant that the neonicotinoid seeps into the soil and remains effective for almost 3 years.

Last year the UK Government granted a special dispensation to sugar beet growers to allow them to use the pesticide once again. Because of the wet spring, they weren't used and will now be used on this year's crop. The impact on all pollinators will be devastating and is likely to cause problems for years to come. A number of groups including the British Beekeepers Association are lobbying hard to get the ban reinstated, but I suspect the damage has already been done.

In the UK it is accepted that pollinators account for over £2Billion of revenue for the food industry, so to destroy them seems irresponsible.

Fake Honey.

I know some of the regular readers of this article have fallen victim to the fake Manuka honey scam that has been prevalent for a number of years, with almost twice as much 'so called' Manuka being on the shelves than was actually produced.

Now a new honey problem has hit these shores with a story from late 2020 alleging that some supermarket brands of honey have been 'bulked out with cheap sugar syrups from rice and corn'.

The Government have acknowledged the problem and the Food Standards Agency are looking into ways of authenticating the product.

The only way around the problem at the moment is to buy from a trusted source.

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Cottingham Open Gardens – 5th and 12th June

We are delighted that this year's Cottingham Open Gardens shall be returning for its seventh year, having been slightly different for the past couple of years due to Covid.

The event raises £12,000 annually for Dove House so it will be fantastic to see the community of Cottingham supporting this much-loved event once again. Residents shall be opening their gardens to visitors, allowing them to enjoy these wonderful spaces, most of which are normally hidden from view. Each garden offers something different, with a variety of attractions and fundraising activities throughout the village and it's a fantastic opportunity for residents to show what the 'largest village in England' has to offer.

We are currently looking for locals who would be interested in opening their gardens to the public on 5th and 12th June to take part in this year's event and raise vital funds for Dove House

Hospice, all whilst treating the people of Cottingham and the surrounding area to the delights of some of the most beautiful gardens of the area.

If you would be interested in taking part and opening your garden in support of the hospice or would like some further information regarding the event, please contact the Dove House Hospice Fundraising Team at fundraising@dovehouse.org.uk or on 01482 785743, we would love for you to be involved!



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Wordsearch - Gardening

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

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

Find the words in the letters above:

Annuals, Beans, Beets, Biennial, Broccoli, Carrots, Compost, Cultivate, Daisies, Digging, Fertilizer, Flowers, Fuchsia, Garden, Geraniums, Gloves, Gnome, Greenhouse, Grow, Hoes, Horticulture, Hose, Hydrangea, Lilacs, Lilies, Marigolds, Organic, Peas, Perennial, Petunias, Pinwheel, Pitch Fork, Planting, Rain, Rake, Relaxing, Roses, Rows, Seeds, Shovel, Soil, Spade, Sunshine, Tomatoes, Trowel, Tulips, Vegetables, Water, Weeds, Wheelbarrow.

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

Sudoku No. 178

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

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

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We have had an exciting time over the past month and very proud to be crowned Yorkshire's Top Travel agency. This year the judges were looking for agents giving great service rather than technology and statistics. We certainly fitted the bill looking after our clients around the clock to ensure everything goes to plan. Emma collected our award.

Floriade has opened, this 10 yearly expo was certainly different again. Located on a reclaimed island in the IJsselmeer the theme is sustainable urban living. Teamed with the wonderful museum at Zuiderzee (like Beamish) we had a great contrast of new & old. We have just a few seats available for you to join me on our September departure.

Keukenhof & the Dutch bulb fields were a blaze of colour and smells. There were so many cross varieties of tulips some with peonies looked very thick, almost resembling a rose. I loved these little frilly ones. Register your interest now for 2023 tour. As part of our service, when we **book you** on a holiday we will keep you informed of what is required for entry to countries you are due to visit. We monitor the situation on your behalf as our client. Please do not call if you have booked elsewhere as we are extremely busy looking after our own clients.



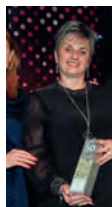
River cruising is a great way to tour, and you only have to unpack the once. Ships vary in standard. As many of you are aware we know our ships inside out at Marion Owen Travel. If you are looking to get away we have some superb savings including 2-4-1 on superb 5* river ships with everything included in your price.

Your bucket list? Where ever you are wanting to visit on your list we look forward to helping you achieve your wish. Antarctica may be on yours? This vast wilderness is a fabulous experience and we have a departure in October 2023 offering you a great adventure. Flights, transfers, full board on a modern well equipped eco friendly vessel, expedition landings along with lectures. Price from £7265, do ask more I have been myself.

Book early, don't miss out on Summer 2023 early booking discounts. Fred Olsen have spending money on all departures & P&O cruises are now on sale for 2024!

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|--------|--|-------|
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| 16 Jun | Shetland Explorer 9 days - just 1 room available | £1295 |
| 07 Aug | Edinburgh Tattoo 4 days great seats - hotel B&B in the centre of Edinburgh. Includes the Falkirk Wheel | £ 425 |
| 18 Aug | Boundary Mills just for the day bargain shopping | £ 20 |
| 21 Aug | Knowsley Safari Park - just for the day | £ 39 |
| 11 Sep | Floriade 5 nights via overnight Ferries, DBB | £ 789 |
| 21 Nov | Holly & Mistletoe at the 4 star Tynedale hotel in Llandudno 5 days of fun and amazing food DBB+ | £ 485 |
| 01 Dec | Thursford Christmas Spectacular limited seats | £ 225 |
| 03 Dec | Bristol Christmas Market & Mike James Orchestra | £ 325 |
| 19 Jan | Boundary Mills for the January Sales bargain shopping | £ 20 |
| 22 Jan | Northern Lights—5 days hotel full we have cabins? | £1249 |
| 03 Feb | Tribute weekend Abba & Buble 2 nights DBB | £ 299 |
| 12 Feb | Northern Lights Adventure with Marion 5 days full board & all activities - staying in the main hotel | £1079 |
| 23 May | Regent Seven Sea's cruise ex Southampton all inc. luxury 6 star 10 nights from your door starting price | £6669 |



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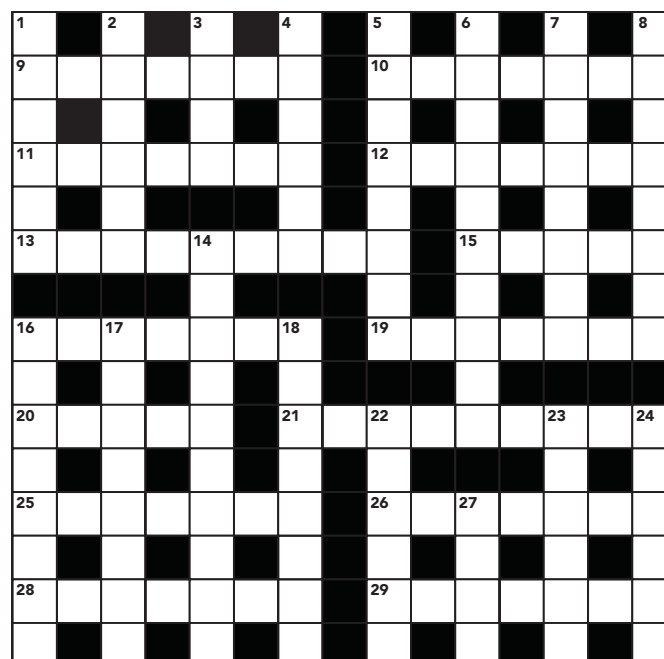
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Crossword - Solution on page 29



Across:

- Be fully aware (7)
- Everlasting (7)
- Hotel employee (7)
- Finger joint (7)
- An indeterminate place (9)
- Bell, buzzer or siren (5)
- Throw out of mental balance (7)
- Regular payment (7)
- What you sound like (5)
- South African gazelle (9)
- In the same town or district (7)
- Hunting guide (7)
- Examines (7)
- Official permit (7)

Down:

- Clans (6)
- Cereal for infants (6)
- Desire (4)
- Persons (6)
- Absence of light (8)
- Empowerment (10)
- Pearls or a pendant (8)
- Honored (8)
- Urge to travel (10)
- Evolves (8)
- Parts of a freight train (8)
- A writer of literary works (8)
- Sell again (6)
- Muscular (6)
- Cutting utensils (6)
- Skin irritation (4)

Crossword courtesy of www.crosswordpalace.com
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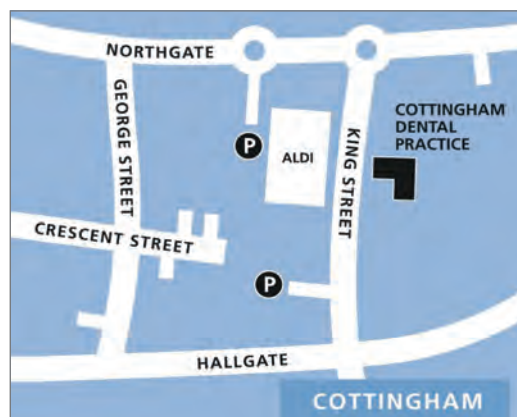
* £17.63 Prevention Plan for Adults (£18.51 from 1 July 2022),
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In the Kitchen



Pork, chicken & apricot pie

By Martha Collison

- Preparation time: 30 minutes + overnight chilling
- Cooking time: 1 hour 30 minutes
- Total time: 2 hours + overnight chilling. Serves: 10

Ingredients

454g pack Pork Sausagemeat
 6 rashers back bacon, chopped
 1 tsp ground mace
 100g lard
 10g salt
 250g strong plain flour
 200g plain flour
 350g pack Chicken Mini Breast Fillets
 200g ready-to-eat dried apricots
 1 medium Blacktail Free Range Egg, beaten
 3 leaves gelatine
 1 chicken stock cube

Method

1. Preheat the oven to 180°C, gas mark 4 and line a 900g loaf tin with a long strip of baking parchment so the pie is easier to remove later.

2. In a large bowl, combine the sausagemeat, bacon and ground mace, then season well with salt and pepper.

3. Place the lard and salt into a small pan with 250ml water and heat on medium until the water is boiling and the fat has melted. Meanwhile, weigh the flours into a

large bowl. Pour the boiling mixture into the flour and stir until a dough comes together. Turn out onto a floured surface and knead for a few minutes until the dough is smooth. You will need to move quickly here, because as the dough cools it becomes more difficult to work with.

4. Take two-thirds of the dough and roll it out on a floured surface to a large rectangle. If you place the tin in the centre, there should be enough pastry to come all the way up the tin's sides. Use your fingers to mould the pastry into the tin, pressing it right into the corners. If any gaps form, or the pastry looks too thin, take a small ball of excess dough to patch it up. Allow the pastry at the top to overhang at this point.

5. Press half of the sausagemeat mixture into the bottom of the pastry case. Arrange the mini chicken fillets in an even layer over the top, pressing them down firmly to make sure there are no air gaps. Top with the dried apricots in an even layer, followed by the remaining sausagemeat mixture. The loaf tin should be filled to the top.

6. Roll out the remaining pastry into a rectangle roughly the same size as the tin, and lay it on the top. Use your fingers to crimp the lid onto the pie, making sure you get a really good seal. Use a sharp knife to trim any excess pastry from the edges and use the handle of a wooden spoon to make a hole right in the middle of the lid to allow steam to escape.

7. Brush the top of the pie with beaten egg and bake in the centre of the oven for 1½ hours, or until the pie is golden brown and crisp. If the pastry starts to colour too much, cover it with tin foil and continue to bake so the inside is properly cooked.

8. Allow the pie to cool in the tin for around 10 minutes, then carefully lift it out using the strip of baking parchment to help. Move the pie onto a wire rack to cool completely.

9. To make the jelly, soak the gelatine leaves in cold water for 5 minutes. Dissolve the stock cube in 200ml boiling water in a small jug, and then stir in the softened gelatine leaves. When they have fully dissolved, slowly and carefully pour the jelly into the hole in the top of the pie. When it is full to the top, refrigerate the pie for a couple of hours (preferably overnight) until completely chilled and set.

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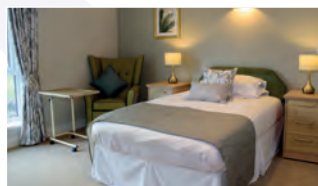
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ON THE GRAPEVINE

WITH ROY WOODCOCK

Lighter-bodied reds are the perfect summer wine

Summer promises warm days and the hope of long dinners spent outside with friends. It also marks the change from drinking the big, full-bodied reds of winter to seeking out refreshing, zesty and light styles of red wine.

Lighter-bodied reds are the perfect summer wine: They can be equally as complex and interesting as their fuller-bodied counterparts; they pair wonderfully with barbecues, fish dishes, vegetables and fresher, summer recipes; and there is a huge range of styles to suit most palates (and pockets).

The body of a wine refers to its "mouth feel", with light-bodied wines being less viscous than full-bodied wines - viscosity describes the thickness or texture of a liquid, with water being less viscous than syrup, for example.

Tannins is the other term that comes up a lot. Tannins are naturally-occurring compounds called polyphenols. These are found in grape skins and give wines a noticeable dryness.

Light red wines generally have a lower alcohol content of less than 12.5 per cent. They also have less tannins than medium or full-bodied wines. Pinot Noir, Grenache, and Barbera are a few examples; not forgetting juicy, well-priced Beaujolais.

The most famous region for Pinot Noir, Burgundy, produces stunning, lighter-bodied red wines. Pinot Noir grapes are notoriously difficult to handle: they're susceptible to frost and disease, and need a long, warm summer to avoid unripe, green flavours in the wine. Some of the best examples are picked by hand, pressed in whole bunches, and can be left to age in bottle for decades.

The key region for red Burgundy is the Côte de Nuits, which includes some of the most celebrated Grands Crus appellations such as Chambertin, Clos de Tart, Clos de Vougeot, Grands Échezeaux and brilliant Premier Crus.

Beaujolais is made from the Gamay grape, which makes well-structured, perfumed wines, full of ripe black fruit. These wines are often drunk young (once upon a time we always made a fuss about the annual release of Beaujolais Nouveau, but then found it to be underwhelming) but the thing to remember is that Beaujolais can also age for five to 10 years and that certainly makes for a better drinking experience.

One wine expert, Karen MacNeil, has described Beaujolais as "the only white wine that happens to be red" Similarly, Beaujolais is often treated like a white wine and served slightly chilled to a lower temperature, the lighter the style. In Beaujolais itself, it's traditional to soak the bottles in buckets of ice water and bring them out to the centre of villages for picnics and games of boules.

Compared to lighter-bodied reds, medium-bodied ones tend to have an alcohol content of between 12.5 and 13.5 per cent and more tannins than a light-bodied red wine but less than a full-bodied red wine. Examples include Merlot, Shiraz, Tempranillo, and Nebbiolo.

Full reds (our winter favourites) are any red wine with more than 13.5 per cent alcohol. Full-bodied wines have more complex flavours and have a richer mouth feel. Examples include Cabernet Sauvignon, Zinfandel, and Syrah.

* Talking of summer, the England men's cricket team has been a bit flat in 2022, but with Chapel Down now the official sparkling wine sponsor of the team, it is hoped that it will give some fizz to the bowling and batting.

Historically Champagne has been the sparkling sponsor but Chapel Down is the first English wine to sponsor cricket. Chapel Down's sparkling wine will be offered to winning teams on the podium at all men's International, women's International and domestic finals.

The partnership is the latest in a growing number of sporting and artistic associations that the sparkling wine producer has embarked. It is already the official sparkling wine of the Oxford & Cambridge Boat Race and Ascot Racecourse

* One sign that life has continued to return to normality is the relaunching of wine events at the House of Townend's Cellar Door outlet on Melton Business Park. Put on hold for the past two years because of the pandemic, they return this month with a vengeance - three wine-tasting dinners, on May 4, 19 and 25 and a Champagne dinner in September.

There are also two tasting events, including one on Filey Bay whisky in June, and others in July, September and October. More details from www.houseoftownend.com/events-tastings

* Pubs and bars across the UK are getting involved in a charity campaign, as part of celebrations to mark the Queen's Platinum Jubilee this month. The industry-wide collaboration, led by The Good Beer Co, Adnams and Big Drop, is in support of "The Big Jubilee Lunch" and "Thank You Day" during the Jubilee Weekend.

Opening hours have been extended for the 2-5 June and publicans and general managers are being encouraged to host a special Big Jubilee Lunch, or a "Thank You Day" party and serve limited-edition "Thank You" beers.

A range of limited-edition ales has been brewed by a host of leading brewers and beer brands - all to a recipe devised by Adnams production director Fergus Fitzgerald with 100 per cent of profits from "Thank Brew" sales to be donated to three good causes: The Together coalition; the organisers of "Thank You Day" Eden Project communities and the organisers of The Big Lunch Reset Communities and Refugees: Supporting Ukrainian refugees arriving in the UK to live with families in communities across Britain.



BEST BUYS

**Andre Colonge Beaujolais Villages 2020**

Where: Roberts & Speight, Beverley

When: Now, while stocks last
Why: This is a medium-bodied wine but it's the Gamay grape in all its fruity glory. Bursting with crunchy red fruit and sweet spice, backed up by a touch of pear drop and strawberry backed up by lovely silky tannins.

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**Lautarul Pinot Noir**

Where: The Cellar Door, Melton

When: Now

Why: A classic everyday drinking Pinot Noir from Romania, with atypical soft red fruits, mature nose and all enveloping, sensual lush structure. 12.5% alcohol by volume

£9.99

**Graffigna Genuine Collection Reserve Malbec**

Where: Sainsbury's

When: Now

Why: A delicious, full-bodied, red which I had to mention - I enjoyed this at Easter and it was on offer then at £7 so do keep a look out, Pairs wonderfully with lamb but would be a good barbecue wine for the summer.

£9.00

**Kooliburra Clare Valley Riesling**

Where: Aldi

When: Now

Why: Take a chance on this and you won't be disappointed. An exceptionally dry Riesling produced in one of Australia's oldest wine regions, where the climate extracts the complex flavours of the grape. Green apple, lime and grapefruit flavours give way to subtle tangerine notes and a refreshing minerality. Enjoy with seafood, salads or mild Thai dishes.

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

www.instinctivehorsetraining.co.uk



Bitless bridles for horses. The new revolution or age old?

More and more horse owners are considering using bitless bridles over the normal use of metal bits inside their horse's mouth. On the face of it, it should be a kinder, more ethical approach to riding horses. However, that is not always the case. Some shanked bitless bridles are horrendously harsh and can cause more pain than bitted. However, the majority are wonderful and with the correct training, they help produce relaxed and harmonious riding with the treat of pain removed.

Human / horse relationships goes way back into history.

Throughout history, horses have been ridden bitless by many plains tribes over many centuries. The indigenous American Indians spring to mind here, skills still evident today. However, the use of metal bits in horses mouths are recorded way back in time. Archaeologists have found evidence of horse bits made from bone, rawhide, wood and sinews dating way back over 3000 years BC. The Greeks were famous horsemen with huge armies of chariots and mounted soldiers with horrendous contraptions in the horse's mouths. The Romans followed suit. China and Egypt has much evidence of the same., all around 2000 years BC.

Within this long relationship humans have had with horses, its basis has always been for our benefit, frequently at the expense of the actual horse - Agriculture, Warfare, Transport, improving hunting expectations, increasing trade routes for goods alongside sport for the landed gentry! Many 3rd world countries still rely on horses and donkeys for agriculture and transport, their livelihood depends on their animals. Cattle ranching worldwide still use horses for controlling, moving and cutting cattle. Tourism has created a huge market place for worldwide city carriage rides, beach front galloping, safaris and riding holidays. Sadly may instances of their use is to haul overweight tourists up mountains to visit beauty spots etc.

The rise of the leisure horse industry. In the modern world big changes developed with the onset of expendable income for the masses! No longer only accessible for the royal, rich or famous, ordinary populous found that they could afford to own a horse of their own. As a result, in the more prosperous countries, horses tend to be more for leisure riders and pleasure while the sport side has turned into multi-billion dollar industries in their own right (Dressage, Show Jumping, Racing, Hunting, Rodeo and long distance endurance to name but a few.) The leisure horse industry itself is worth billions of dollars worldwide, as the number of privately owned horses and ponies has hugely increased.

Welfare awareness. Thankfully the welfare side of the humans use of animals has become an enormous subject across the globe. The horse industry is no different. Racing and horse sports especially is now under huge scrutiny, as the televised competitions shows abuse happening as common place occurrences. Not only are certain training practices highly criticised now, some are now banned as a result. **ROLKUR** is the horrific use of hyperflexion in dressage as show jumping. The pain factor is enormous, forcing horses into an impossible head/neck frame.....total dominance on our part and subjugation from the horse as it tries to find relief from the horrific pain being inflicted through the metal

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work in its mouth. I would guess its use is still their back at home and behind the scenes. The **BIG LICK** is being banned in Tennessee Walking Horse showing, where horrific pain and actual physical damage is wantonly done to their legs and feet to produce this crippling and un natural gait.

So, the eyes of the world are on all televised horse sports now. Misuse of whips, spurs and bits are to the fore. There are moves to ban the use of the whip in horse racing, which would only ever be a good thing. Dressage, eventing and show jumping riders have been eliminated for blood being evident of their horses ribs from miss use of spurs. And so it goes on- thankfully abuse in horse sports is being monitored across the world and in all disciplines. **We need to remember one crucial fact here and that is that all the horses have no choice, no power and are not there by their own choice. They are the animal equivalent to slavery.**

Going down the bitless route- explore the possibilities

There is most definitely a hierarchy of bitless bridles when viewed through the lens of **LIMA principles**. (Least Invasive, Minimally Aversive) Some bitless bridles are to be avoided at all costs.

The manufacturing industry has invested a huge amount in designing many kind, soft and very effective designs of bitless bridles, with soft padded materials which will not cause pain and will do no harm. Side pulls and headcollars, rope halters with break points, padded around the nose and poll. These are the simplest of designs with no tightening structures or pressure points. With correct preparation training, these designs are the softest, kindest bridles any horse could ever wish for.

Next comes the category of bitless bridles which will exert more pressure to influence control. They require careful, mindful preparation training so that minimal pressure is ever needed for soft riding and flexible neck turning.

1. The standard western rope halters, unpadded and with no break points- using nasal and side face knots to apply pressure to sensitive areas to increase control in direction and speed. They will not break so caution must be used – never tie up in a rope halter unless there is a reliable break point.

2. The cross under the face design and the cross under the jaw types of bridles are made from leather or biothane. Usually branded by the maker, these exert pressure from under the face to the poll or nose end to increase control effectiveness.

3. The ringed hackamores use increasing pressure on the nose end to effect control. They soften immediately the riders hands give and should be fitted carefully so that they remain really comfortable throughout the ride, with no rubbing anywhere. The nose band must be large enough so that there is comfortable room each side of the horse's face. **NO SHANK!**

4. Padded Bosals (a western riding design) can be very effective if you have trained your horse to one rein riding or neck reining. Again, specific, considerate training is required for a bosal to be used as a bit less riding alternative. There should be padding over the nose section and underneath the jaw.

I am not willing to go any further with bitless alternatives as all the rest are horrifically cruel contraptions which should be archived into history.

I hope you find this article helpful while you explore bitless riding. Bare in mind that all horses require specific training in order to be ridden bitless. Find a good, compassionate trainer to help you both learn the new skill sets required.

There is an International organisation called the World Bitless Association (<https://www.worldbitlessassociation.org>) whose main role is welfare, education and help for horse owners and support for bitless competitions worldwide. They have a list of endorsed and affiliated trainers from all over the world who are there to help train and support anyone wishing to start riding bitless.

Enjoy the journey!

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Chips are not just for eating

Looking out of the window, I am asking myself, has summer arrived? Today I am not so sure but my two cats, Bisley and Saffie who have sadly since passed away, used to think otherwise. As long as it's not raining, they loved to bask outside catching the odd ray of sunshine. Thankfully they did stay close by and never strayed far but it is the 'FAR' I did worry about. How many of us know really how far our cats explore?

We do hear of the person down the road feeding him/her, just like my cat Bisley used to do, or a sighting in a nearby field but they can go further. A friend of mine moved home from one side of Hull to the other and her cat had great delight on taking a long journey every so often to the 'old' house. This became so frequent that my friends old neighbour looked out for her cat, who then immediately rang her on his sighting to go and collect him. What if her cat didn't get as far as the 'old' house and was collected along the journey by a well-intentioned member of the public who thought he was a 'stray'?

Each day I am sadly reminded of this as owners report their beloved pets missing in the hope, they have been handed in. If they have, then there is one simple first step we take....scan

for a microchip. Remember my article last month of our search to find Oscar? The main reassurance Jenny and Adam had was the knowing he was microchipped so if he was handed in somewhere, they would be soon reunited.

I know it sounds simple but more often than not, this is all it will take. So how do we go about having this done? On making an appointment here

at KINGSTON, a chip (about the size of a small grain of rice) is placed into the back of the pet's neck. This chip holds a number which is unique to that pet and is subsequently registered on the Data Base, via the website, where it is held for reference. If your pet then strays and is taken to any veterinary surgery or rescue centre in this country, it will be scanned for the chip number which will then appear on the scanning device and after a quick search on the National data base...pet and owner are reunited. Simple! It can take away most of the trauma caused by looking for our missing pet and being reunited sooner. In the event of moving house, the chip address should also be altered by contacting the data base. So many owners forget to do this and therefore, sadly, this is another occasion which finds the pet within a rescue centre.

Microchips are not just on offer to cats and dogs but rabbits (as mine are) and most surprisingly, tortoises.

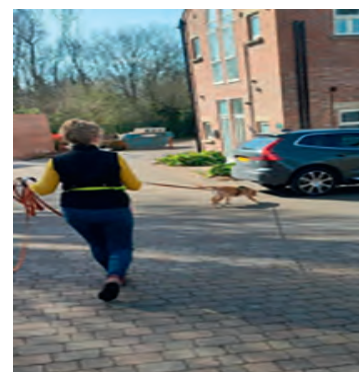
With effect from 6th April 2016... IT WAS ANNOUNCED THAT ALL DOGS MUST BE IDENTICHIPPED and registered by the keeper, to an approved data base by the time they reach eight weeks of age. NO ONE IS EXEMPT! Please note, the 'keeper' of a dog which is NOT microchipped AND registered on the data base, a notice may be served requiring them to have their dog chipped within 21 days. If the 'keeper' does not comply with this, then a hefty fine may be served. Did you know that this also now applies that all dogs must wear a collar and tag? So, there we have it. For a small one-off fee, OR, if you join our PETHEALTH CLUB it is FREE, you have the peace of mind knowing that you and your pet have a greater chance of being reunited...ONE CHIP...that's all it takes...ONE CHIP to help take all the stress away.

AND FINALLY...TALI...

After Oscars escapade, Jenny and Adam bought trackers not only for Oscar but also for Max. They attach to the collar and are linked via an App to a mobile phone. Why does Tali come into this? Well....it was after another long session of Man trailing at Hesselwood Hall (see pic) when I got a call from Adam saying that he had tracked me there on his mobile after noticing there was only Oscars showing on his walk. I frantically emptied my car, searched the house and garden to no avail. After an hour with it still showing it was at my address, I came to the conclusion the only place I thought it could be was...yes, you guessed it...inside Tali! Thoughts of it becoming lodged and not passing through, where going through my mind and a trip to VETS NOW at Park Street was on the cards. Not giving up, I had one more search in my car and I found it! (After having a rough and tumble with Tali, it must have become dislodged). It was such a relief knowing Tali didn't have to go through the pain of an operation but also, I didn't need to make a claim. Thank goodness for INSURANCE. Now there's another article.

Until the next time ...

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Life Drawing Course coming to the Treasure House in Beverley

Back by popular demand, there will be a chance to join artist Esther Cawley for a six week life drawing course at the Treasure House in Beverley.

With reference to composition, pose and materials seen in the permanent collection and the Treasure House programme of exhibitions, Esther will take participants through a variety of figure drawing approaches, working with a life model.

All levels of experience are welcome, with the choice to work with or without support from Esther. All materials will be provided, although participants can bring their own if they prefer.

The course will run on Mondays from 9 May to 13 June from 1.30pm – 3.30pm at the Treasure House Education Room on the first floor. The Treasure House is located in Champney Road, Beverley. The course will cost £75 per person.

Continued on page 23

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www.cottinghamtimes.co.uk - May 21



“The Tooth and Nothing but The Tooth”

by
**Chris ‘ Dr. Smile
Maker’ Branfield**

And breathe

Hello again, I hope you are well. Today the sun is shining and I’m feeling grateful. It counterbalances the news. I feel it’s important to reflect and realise how we have it good compared to so many other poor people around the world. It’s easy to get bogged down and stressed. I’ve seen it so much at work with patients over the years and it has gotten worse. Stress causing “toothache” and other illness symptoms

Stress and dental-facial pain

The time your teeth are together with any force applied should only add up to about 15-30 minutes a day. If you keep clenching, grinding or both you can overload the muscles, jaw joint and teeth leading to painful symptoms. This is often called Temporomandibular dysfunction or TMJ dysfunction. I’ve also seen quite a few broken teeth and lost crowns due to grinding.



Stress, worry, illness and healing

The mind and the body are connected. Stress and worry can cause

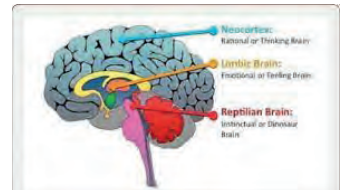
all kinds of physical symptoms and impede healing. If a person is having a surgical procedure and all that they can think about is “what happens if it fails” and they are stressed and worried, then there is more chance of failure and poor healing.

It’s easier said than done, but trying to relax and get rid of the stress and worry can really help. Mindfulness and little wins of positivity. Again, this is difficult when you watch the news. Sometimes hypnotherapy can help as can talking to a counsellor or therapist if there are old deep-seated emotional traumas to overcome. There are also many resources online now. I have researched some and have sent links to patients and with some success. I’ve even sent books before. youtube is great for this. Even head space on Netflix can help. Deep breathing, meditation and things like Yoga and Tai Chi are great for wellbeing, a bit like a moving meditation.

Complicated

Us humans are complicated things. Emotional trauma and stress can have an effect on motor function and muscle activity. Sometimes it is a build-up, layer by layer. Then bang your mouth lets you know something is wrong and needs to change, as can the rest of your body. I have had a look at polyvagal theory on youtube. This seems to make a lot of sense to me and can explain why some people are more ill than others when they are constantly reliving the past in their heads. The body does not know the difference between the initial actual event and the event re-thought of. So, it reacts in the same physiological way.

This can be stress or the fight or flight response. The fight or flight is to save your life. Think of an antelope on the plain grazing.



Fight or flight helps it escape and

survive with an adrenaline surge. Once safe it calms down and grazes again and it’s finished. We humans have larger, developed neocortex and can think more profoundly but can overthink and can keep reliving things.

We are not designed for fight and flight all day and it will take its toll. Trying to resolve previous trauma is a great way to heal the mind and then the body. Being positive and telling yourself you are well and will heal well can help if done repeatedly. It helps to break down old, unhelpful neuronal pathways and makes new more helpful ones. When you can think healthy you can be healthier.

Take some time to relax and reset

It’s important to take time to let the mind and body relax and heal. If there has been some emotional trauma, try and find a way to resolve it to make the rest easier and more effective. You are only here once, or maybe not if you are a Buddhist. Enjoy the sunshine when it’s out. Until next time.

Take care and be good.

Chris



Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 27 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’ Humanitarian work go here now www.castleparkdental.co.uk.

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Continued from page 21

For more information please contact the Treasure House on (01482) 392782

Booking: To book online, visit https://www.eastridingmuseums.co.uk/whats-on/?entry=life_drawing_course_090522

To book by phone, call 01482 392699 Mon-Fri

Limited number of tickets available from Beverley Art Gallery reception, first floor, Treasure House.

Hull CHA Rambling Club

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

Travel by coach to the starting point. Fare £12.

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

We have three walks planned for May.

1st May 2022 St Gregory's Minster to Helmsley.

15th May 2022 Basin Howe to Scalby.

29th May 2022 Elsecar (South Yorks.) circulars.

Places must be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on sue@sueoleary.co.uk or telephone 07767 420646 or Pauline Borger on pauline.borger223@btinternet.com or telephone 07929 933323.

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www.cottinghamtimes.co.uk - May 23

Motoring - with Roy Woodcock



Roy Woodcock gets switched-on to the new all-electric Berlingo range from Citroën . . .

Citroën has taken the bold step of making its van-based MPV range all-electric; ushering in 2022 it announced the only Berlingo passenger models available to order would be the ones that came with the “e” prefix.

Brave or foolhardy, you might ask, for a vehicle that’s never going to be anything more than a niche choice? However, in an age when the price of petrol or diesel can increase twice in a single day, you can begin to see the thinking for such a heavy vehicle, when weight is one of the factors impacting on cost-per-mile calculations.

It’s also expanded the line-up, now offering both the standard five-seater and bigger XL versions that seat seven in three rows.

There are two trim levels on offer - Feel and Flair XTR; I was driving the e-Berlingo Feel XL, priced at £30,495 on the road after factoring in the £1,500 electric car grant.

There are certainly plenty of plus points for anyone looking for a family-sized people carrier and the option of a seven-seat cabin is a rare one to find in a fully-electric vehicle at present (not forgetting something like a Tesla Model X can easily cost an eye-watering six-figure sum).

It’s very large inside with great access (the rear doors slide) and decent head, leg and knee room no matter where you sit. This IS a car you can feel comfortable in. And there’s loads of luggage space, too - even the regular five-seater has nearly 775 litres below the parcel shelf (1050 litres for the XL). That’s massive – more than, say, a VW Touran and, indeed, pricier large SUVs such as the Peugeot 5008 can offer.

In this XL model, with the rearmost two seats completely removed, and you get 4000 litres of cargo room with the other rear seats down. To put that in context, there’ll be no need to hire a van when taking your kids to uni!

The BUT (and there’s always a but, isn’t there?) comes down to the practicalities of everyday use. Mention electric cars and the question I’m always asked is about how far you can go in them and whether I worry about getting stranded.

It’s a fair point, particularly in the East Riding, in my opinion, where we are still lagging behind in terms of the number of public charging points. But it is a fact that the travel distance attainable in electric vehicles is increasing all the time and clever on-board computer read-outs in some will factor in optional “top up” points en route.

The quoted range of my seven-seat e-Berlingo was “up to 182 miles”; my experience (albeit based on only spending a week with the car) was the reality was a lot less - no more than 120 miles and, depending on how it was driven, that could drop even further.

The e-Berlingo offers three driving modes - ECO, Normal

and Power, but it’s hard work spending too long in “eco” mode as the car’s power output drops dramatically and you could soon notice it’s a tad cold as well, because the climate system is restricted to conserve power.

Citroën recommends that you do most of your driving in the “normal” setting, while the top “power” setting isn’t really intended for sporty driving but for situations when you’re carrying heavy loads.

The top speed is a modest 84mph - I found I spent far more time that I normally would driving at 50mph on the open road to conserve the battery. Perhaps that’s an argument for increased road safety.

The powertrain also has a “B” setting which increases the level of regenerative braking and “harvests” some power back into the battery. But it does feel as if you’re driving with the brake on!

Both Feel and Flair trims feature two sliding side doors and Airbump exterior styling, an 8-inch touchscreen, Bluetooth, DAB radio, plus Android Auto and Apple CarPlay. All models come with a range of safety and driver assistance systems as part of Citroën’s Safety Pack. This includes Active Lane Keeping Assist, Active Safety Brake, Cruise Control and Speed Limiter, Speed Limit Recognition and Recommendation, and Driver Attention Alert.

The Feel trim comes fitted with rear parking sensors, while Flair models also enjoy a 10-inch fully digital driver’s instrument display, remote temperature pre-conditioning, an Electrochrome rear view mirror, Citroën Connect Nav, reversing camera, Intelligent Beam Headlights, opening tailgate window and dual zone climate control.

The e-Berlingo supports up to 100kW rapid (DC) charging, with an 80 per cent re-charge taking less than 30 minutes, while a full charge from a 7.4 kW single-phase wallbox takes 7.5 hours thanks to the 7.4kW on-board charger. Customers with access to three-phase power can specify an optional 11kW on-board charger that will charge the e-Berlingo in 4 hours 45 minutes, when using a wallbox that also supports this faster home-charging solution.

As usual with a compact zero emissions EV model, there’s a Benefit-in-Kind first year tax rate of just 1%. And exemption from London congestion and ultra-low emissions charges.

The e-Berlingo does tick a lot of boxes. My favourite trick was to take advantage of the free charging points at Flemingate in Beverley (if you’re lucky and one of the three chargers is available) and pay just £1 for the parking. But only you can decide if it’s the one for you.

More information: www.citroen.co.uk.



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Tips and tricks for scarecrow making on Sunday 22nd May

Tips and tricks for scarecrow making will be on offer on Sunday May 22 for an ideas and inspiration day ahead of Skidby's popular annual festival.

The free event will be an opportunity for residents to get ideas for their 2022 scarecrow from the photo gallery of more than 30 suggestions.

There will also be experienced scarecrow makers on hand to demonstrate the best ways to make a head, torso, legs and arms, and attach it all together. The event will run from 11am to 3pm on Sunday May 22 at Skidby Village Hall.

Festival organiser Stephen Parnaby said: "Coming up

with an idea for your scarecrow is often half the battle so we thought this was a great way of helping people decide what to do for the 2022 festival.

"This is the first Skidby Scarecrow Festival since 2019 so we are determined to be back with a bang, with a greater number and variety of scarecrows than ever before.

"We are appealing for the people of Skidby to come along and join in because the more scarecrows we have the better the festival will be."

Anyone attending the ideas and inspiration day will be able to buy raffle tickets for the scarecrow festival itself and register their scarecrow and address. There will also be free tea, coffee and biscuits, and face painting for children.

Skidby Scarecrow Festival 2022 will take place on the weekend of July 2 and 3. The event is kindly supported by main sponsors Eon Visual Media, Jordans Cars and Sewell On The Go.

Phoenix Walkers 2022

Our adult walking group are waiting to see new and old members

Our walks for the next months are as follows

May 8th Bilsdale/ Chopgate (N.Y.M)

May 22nd Ravenscar/ Robin Hoods Bay

June 5th Hathersage

June 19th Hole of Horcum

Coach pickups: Hull Truck 8-30 am; Greenwood 8-45; Cottingham 9am

For further info contact Sid & Sue 01482 701325



IDEAS AND INSPIRATION DAY

Skidby Village Hall, Sunday 22nd May

11am - 3pm

Get inspired at our scarecrows gallery

Watch our scarecrow workshops

Find out how to get free straw

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- ★ Free tea, coffee and biscuits
- ★ Face painting
- ★ Raffle tickets on sale
- ★ Register your scarecrow

Find out more www.skidbyscarecrows.org.uk

Join the community: www.facebook.com/groups/skidbyscarecrows/



This year has gone by quickly. It's already May so let's make the most of the summer and get the garden ready. The bright sunshine of April is promising a good start to the summer months with plenty of sun ahead so it's time to get your garden ready. However, with a new season begins a new series of garden rubbish and mess.

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



Be an Environmentally Friendly Gardener

Here at Coletta & Tyson we have introduced a revolutionary new summer bedding pack. We developed this new bedding to make planting bedding cleaner and more environmentally friendly by getting rid of the polystyrene containers. The packs of our bedding plants are now 100% recyclable. Made from



26 May - www.cottinghamtimes.co.uk

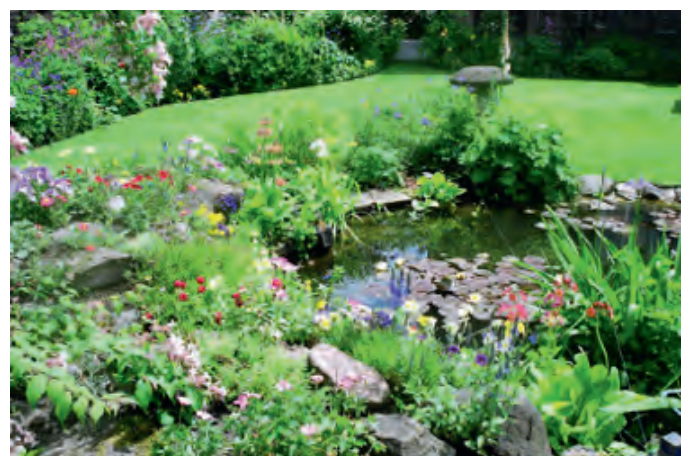
recycled bottles, the containers can be put straight into your recycling bin when you're done. And there will be no white bits from the polystyrene littering your garden.

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.

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Make a Wildlife Habitat

Making a wildlife habitat can be easy. Buy a birdhouse or a bee hotel for your 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 low cost way to help your local wildlife.

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.

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Your Stars for May 2022

By Kay Gower

Aries (Mar. 21- April 20)

Make a choice. Now make another. A few quick decisions bring you sweet rewards - and much faster than you had hoped. The next five weeks your world lights up with optimism, and why not! Enjoy the magic, and dream about the changes you are about to make this summer.

Taurus (Apr. 21- May 21)

Mixing with positive people will make you happy. Mixing with negative people will give you something too, mostly experience. Try to mix it up a bit with both this month.

Gemini (May 22-June 21)

You don't need words to be able to work your magic, you make others feel better with just a glance, a smile, or a pat on the back. You are a source of encouragement this month for those lucky enough to be in your circle of friends.

Cancer (June 22-July 22)

Occasionally there can be a world of knowledge inside small talk, all it takes is a little careful listening and knowing the right questions to ask. Chit chat with a stranger may well open up a possible treasure trove.

Leo (July 23-Aug 22)

Get ready for it. Opportunity is circling you like baggage on a conveyor belt. You must now let go of the past and be free to grab all the opportunities as they arrive.

Virgo (Aug 22 – Sept. 23)

A special someone from the past is thinking fondly of you, and through some mysterious way this has a way of lifting your spirits. You are cared for more than you know.

Libra (Sept. 24 -Oct. 23)

Let a beautiful full moon light up your life during the second week of May. You may be leaving part of your past behind but this is because new and wonderful things await you.

Scorpio (Oct. 24 - Nov. 22)

Here is what you need to know: You don't owe anyone anything. It's your life and you are entitled to have fun. Do not fall into the trap of feeling guilty.

Sagittarius (Nov. 23 -Dec. 21)

May will repair your personal life. Broken relationships heal and new relationships strengthen. The next four weeks bring laughter and fun, if you're single don't be surprised if love comes knocking on your door.

Capricorn (Dec 22.- Jan. 20)

Use this month to relax, but not completely. The first 15 days of the month one eye needs to stay wide open otherwise you'll miss a very good opportunity.

Aquarius (Jan 21 - Feb 19)

Surprising twists and turns will cause you to act quickly or miss out, if you hesitate and dither about then someone else will walk up and take away the prize. A winning attitude brings success.

Pisces (Feb. 20-Mar. 20)

The stars are winking at you because you're a winner! Good things begin to happen even when you least expect them to. Pick up on this natural good fortune and run with it.

Jo Malone, CBE to headline The Business Day 2022

The organisers of The Business Day have announced that this year's event will be in-person, taking place on Friday 10th June at Bridlington Spa. The headline speaker will be **Jo Malone CBE**, Founder & Creative Director of Jo Loves.

The Business Day is an annual networking event tailored to a day of discovery insight, with nearly 700 business leaders coming together for the event that will be again be hosted by **Gyles Brandreth**.

Jo Malone has been described as an 'English scent maverick' and the woman responsible for creating some of the world's most loved fragrances. Recognised for her industry expertise, Jo regularly shares her brand building experience with audiences around the world, highlighting her entrepreneurial journey and how she intends to change the way the world wears fragrance for a second time with her new brand Jo Loves.

Other names confirmed for the event include economist **Noreena Hertz** who was named by The Observer as "one of the

world's leading thinkers" and by Vogue as "one of the world's most inspiring women," Noreena is also a bestselling author, board member and keynote speaker.

Joining the list of guest speakers will also be **Sir John Jones** one of the most entertaining, inspiring and sought-after speakers on the global educational stage and completing the guest speakers is impressionist **Darren Farley** now firmly established as the number one football impressionist in the UK.

The Business Day is organised by Stephen Parnaby OBE, Event Director in conjunction with Bridlington Spa. The event has the support of over 25 businesses who have sponsored the event.

Stephen Parnaby, Event Director said, "We are delighted to be returning for an in-person event this year with an incredible line up of speakers and breakout sessions throughout the day, bringing business leaders together for an inspirational day of discovery and insight. We are very grateful for the support of local businesses in helping to make this a fantastic event which is the culmination to Humber Business Week."

Crossword solution from page 14

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| 9 | R | E | A | L | I | S | E | | 10 | A | G | E | L | E | S | S | | | | | | |
| | I | | B | | S | | O | | | R | | P | | C | | T | | | | | | |
| 11 | B | E | L | L | H | O | P | | 12 | K | N | U | C | K | L | E | | | | | | |
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| 13 | S | O | M | E | | 14 | W | H | E | R | E | | 15 | A | L | A | R | M | | | | |
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| 16 | D | E | R | A | N | G | E | | 17 | S | T | I | P | E | N | D | | | | | | |
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Sudoku Answer from page 12

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

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Veteran voluntary social worker David Whincup remembered

The second anniversary of the death of their much loved leader David Whincup was remembered by the Haltemprice Lions Club, and his inspiring devoted work for the betterment of community and individuals were remembered by the Lions Club members and friends on Saturday the 9th April 2022.

The event was also attended by family members having travelled long distances to join the club members.

The Haltemprice Lion's members donated a Memorial bench for public use on the grounds of Cottingham Square facing onto King Street. The Lions are grateful to the East Riding Council for their appreciation and offering the site for the Memorial bench.

The Lions are committed to working for the community welfare, which is needed even more when the public is likely to face financial difficulty, employment problems and humanitarian causes arising out of the geopolitical problems the world is facing.

New members and supporting friends are very much welcome to join the Lions, and bring new ideas and enthusiasm.

Please consider joining the Haltemprice Lions should you have the spark in you to help needy people.

Contact g180one@gmail.com; sam112@yahoo.co.uk.

Cottingham Springboard 2022

The local music festival returns from Thursday June 2nd till Saturday June 4th.

Springboard Festival showcases well over 200 unsigned bands & musicians of a variety of styles, mostly performing their own original music. Audiences have that unique chance to go around the different participating venues and go discover some new music for themselves. All for Free!

The confirmed venues include St Mary's Church, Duke of Cumberland, King William IV, Rath's Lounge, Cassiel Bar, Hallgate Tavern, Woksoevers Acoustic Patio and The Tiger.

The festival is supported by a grant from Cottingham Parish Council.

Find out more from <http://cottinghamspringboard.com/>.

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