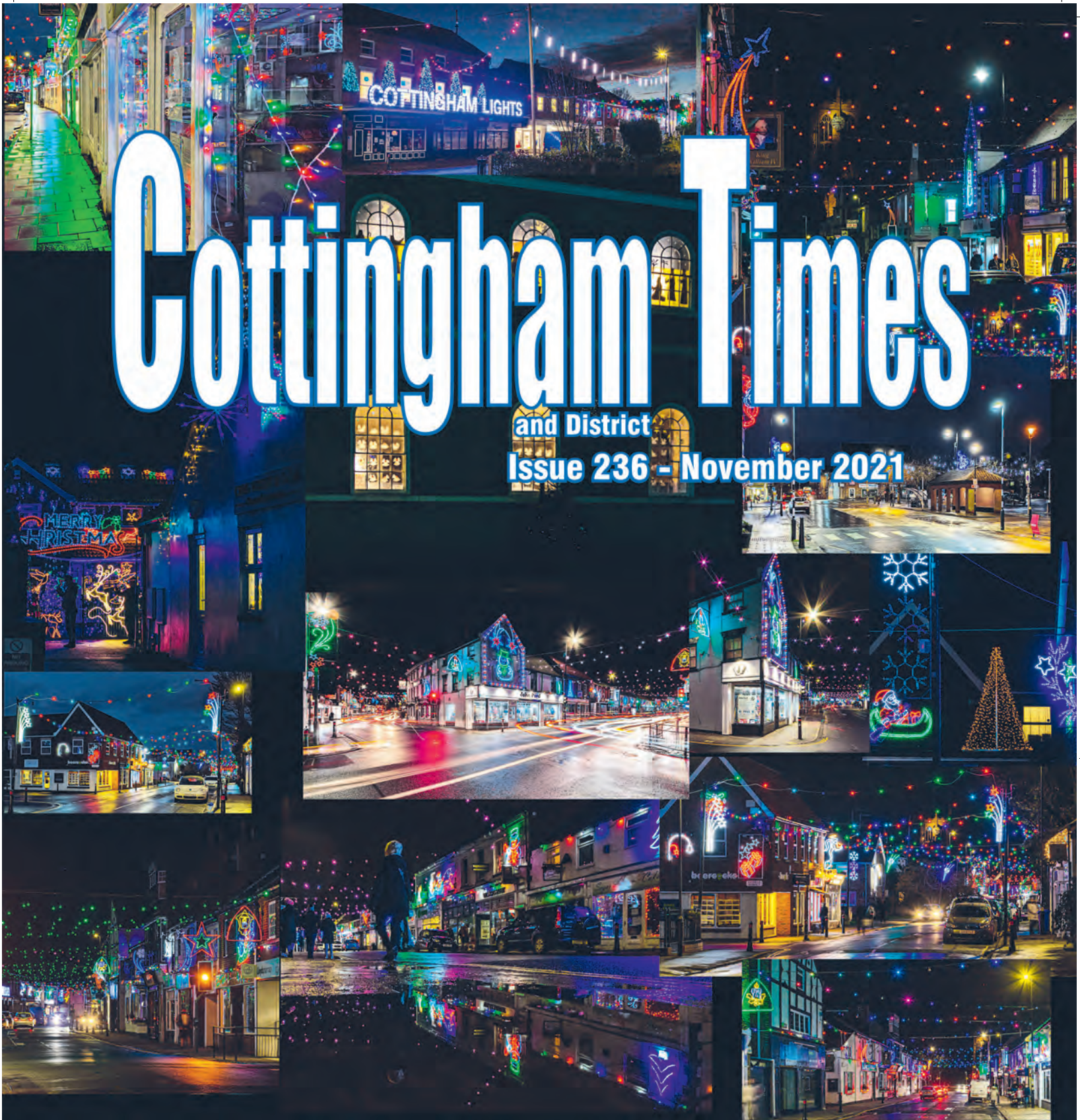


# Cottingham Times

and District  
Issue 236 - November 2021



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## The Manor House



### A word from our chairman

The nights are starting to draw in, the leaves are changing, and the residents of the Manor House are feeling warm at heart.

Even though Summer has left us, we have plenty planned for the upcoming months in the run up to (dare we say it?) Christmas.

We're hoping to enjoy a brilliant Bonfire Night with some fantastic fireworks and fabulous food.

There will be a visit from the Royal British Legion for a Remembrance service, something which is very important to many of our residents and staff.

We'd love for our friends at Little Weighton Primary to be able to send us some Christmas artwork, and that we can share some festive cheer with them.

I would, as always, like to thank the staff for their hard work and dedication as we move towards the end of the year.

*Chris Mitchell, Chairman,  
Park Lane Healthcare*

## News from The Manor House, Little Weighton

### ACTIVITIES FOR ALL

We're always delighted to offer a range of creative and engaging activities for our residents to stimulate their senses, having recently created a beautiful sunflower picture for our conservatory during a relaxing afternoon of arts and crafts.

Our residents love to use music and photos for memory exercises, and those living with dementia find it particularly beneficial.

Keeping fit in body as well as mind is important to us, and we make sure we have regular exercise sessions. Even from a comfy chair, we can motivate our residents to move and groove.



### CARING FOR EVERYONE

It's a sad fact of life that too many of us who live to a ripe old age, eventually progress to living with dementia. While many of those at Manor House will thankfully be free of this debilitating illness, some sadly

will not. We're proud to have the facilities here to look after everyone, whatever their level of need.

We're proud to work closely with Queen's Award-winning charity, Dementia Forward, who are on hand to provide support to those living with dementia and their families, at every step of the journey.

Dementia Forward's main focus is on those individuals, their families and their carers; ensuring that they have the best possible support from the very onset of diagnosis of the disease and beyond.



Residential Care ~ Respite Care ~ Day Care ~ Dementia Care

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*Park Lane*  
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### Enquiries: Advertising

Tel: 01482 840035 :: Mobile 07563 885388

### Editorial and Contributions

Tel: 01482 840035

Accounts: Tel: 01482 840035

Website: [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

E-mail: [media@cottinghamtimes.co.uk](mailto:media@cottinghamtimes.co.uk)

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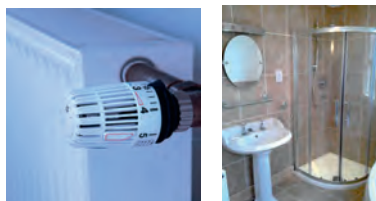
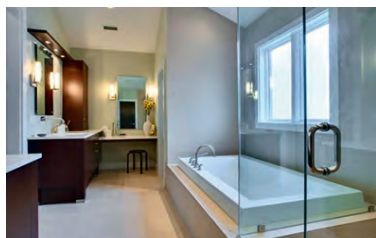
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## In Cottingham and District

*The deadline for entries in the December 2021 "What's On" section, is no later than the 18th November 2021.*

### Cottingham Local History Society

Wednesday 3rd November - Hull's Golden Age of Public Transport 1874-1949 - Colin Cooper, in Cottingham Civic Hall, starting at 7.45 p.m. Meeting fee: members £2; non-members £3. Contact: Chairman Peter McClure 845734.

Wednesday 1st December - The Games We Used to Play. An imaginative skip down Memory Lane, Dr. Alec Gill, MBE.

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### Yorkshire Country Women Skidby Branch

Thursday 4th November - Meeting will be held in the Skidby village hall at 7.30pm. All welcome, please come and support us.

### Bulgarian Aid

Saturday 6th November - Christmas Craft Fair in the Civic Hall, Cottingham. Stalls to support our Charity work will supply mouth-watering cakes, jams and preserves as well as hand crafted toys and other items. Refreshments will be available all day. The Fair will be open from 10 am to 3 pm and entrance will be 20p.

### Cottingham u3a

Thursday 11th November - at 2 pm in the Darby & Joan Hall. Terry Richards will give a talk on 'Comedy Nostalgia', 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 or email [lesleytempest@gmail.com](mailto:lesleytempest@gmail.com).

### Hull Alpha Probus

Club for retired or semi-retired professional people meeting on alternate Thursdays - new members welcome. Contact the Secretary 01482 348270 or 07542 959314. Coffee meetings are upstairs at Kristoff's at 10:30. Lunch meetings The Blue Bell (West Green) at 12:30.

11th November Coffee meeting

25th November Lunch & Speaker: 'My Hotel Horrors, Howlers and Humour'

**Note:** Christmas Lunch 9th December - save the date!

### North Ferriby Gardeners' Club

Monday 15th November - 7.30 - 9.30pm Parish Hall, Church St, North Ferriby, HU14 3DA. Eddie Harland, Littlethorpe Manor, will talk about the restoration of the pond, planting and pond management. Please wear face masks and observe social distancing. A membership of £5 or guest fee of £2. Queries? Contact Trevor Barningham 07779 620651.

### East Yorkshire Woodturners:

Tuesday November 16th - 7pm, Skidby Village Hall. (Doors open 6.30pm): Demonstration by professional woodturner, Philip Greenwood from Hutton-le-Hole. Visitors welcome! (No need to book - £3.50 on the door for guests). For information, please contact David Taylor, 01482 876702, or see the Club's website: [eastyorkshirewoodturners.org.uk](http://eastyorkshirewoodturners.org.uk).

### Hull and East Riding New Stitchers

Tuesday 16th November - A practical session - Christmas with Louise. This will take place at 7.15pm in the Darby and Joan, the small hall, Finkle Street, Cottingham, HU16 4AZ. Meeting is open to visitors. Membership is £15 per year, meetings £2.50 (visitors £3.00) plus refreshments. There is a small car park on the premises but a large free car park nearby. Further information from Jean Ellis 01482 845415.

### East Yorkshire Association of the National Trust

Thursday 18th November - an illustrated talk by Andrew Penny, MBE (Director of Music, Hull Philharmonic Orchestra) on 'The History of Hull Philharmonic Orchestra.' To be held in Cottingham Civic Hall at 7.30 p.m. Non-members welcome.

**Front cover: Cottingham Lights Collage.**  
**Photo: Paul Lakin.**



### The Hull Macular Society Group

Friday 19th November - 10.30 am meeting held at Sight Support Beverley Road Hull. Guest speaker Nikki Kirk Hull Rehabilitation officer for Hull city council sensory team . All COVID requirements are in place. If you wish to attend please ring Bernard Messingham (chairman) by 12th November - to book a seat. 01482 860381

### The East Riding Flower Club

Monday, 22nd November - Cottingham Civic Hall at 2pm. This will be a special meeting with Ian Lloyd the well known National demonstrator will present his interpretation of 'A Cheshire Christmas'. We look forward to meeting friends old and new at this event. Tickets for non members will be available at the door at £10.

### Hull & East Riding Broderers

Saturday 27th November - At Our Lady of Lourdes Church Hall, Swanland Road, Hessle, HU13 0LY 1.30.p.m. to 4.30pm. Visitors £3.50 per meeting. Membership £45.00. Tea and cake will be available. Further information email [herbyembroidery@gmail.com](mailto:herbyembroidery@gmail.com) or contact our Secretary Steph Palmer: 07725 320513. Facebook Hull & East Riding Broderers. The Hall is COVID safe.

### Cottingham Local History Society

Wednesday 1st December - The Games we used to Play, An Imaginative skip down Memory Lane, by Dr. Alex Gill, MBE., in Cottingham Civic Hall, starting at 7.45 p.m. Meeting fee: members £2; non-members £3. Contact: Chairman Peter McClure 845734.

### Cottingham Darby & Joan Lunch Club

The Cottingham Darby & Joan Lunch Club meets every Friday in the Darby & Joan Hall, Finkle Street, for a two course meal freshly cooked on the premises. For information and a view to joining please ring Jennifer Hodge on 849077.

### The Arterian Singers

Have started their rehearsals again. We meet at Cottingham Methodist Church, Hallgate, Cottingham on a Tuesday evening at 7.30 pm. We welcome new members in all voices. If you are interested in joining us you can ring Maureen Holwell telephone 845363.

### Beverley Men in Sheds

Meets every weekday morning between 9:00 to 13:00 at Oldroyd's Corner, Woodmansey Garden Centre, Hull Road, Woodmansey, HU17 0RS. We provide a safe place for lonely and isolated men and women to come together to make new friends and indulge in their hobbies. e-mail [meninshedsbeverley@gmail.com](mailto:meninshedsbeverley@gmail.com), or telephone 07795-820443.

### 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. Support the advertisers who appear within the Cottingham Times

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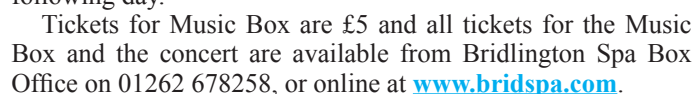
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*Wreaths will be laid after the two minutes' silence.*

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## New Season at Sewerby Hall and Gardens

Sewerby Hall and Gardens has now entered its winter period, which means free entry to the grounds from 1 November until 25 March, 2022.

The Clock Tower Café and the zoo are open daily, offering opportunities to see the new baby llama; Pickle the handreared new baby penguin; and Rosie, the world's oldest Humboldt penguin.

The house itself is open at weekends, including the exhibition, 'A Brief History of Underwear', looking at how women's bodies in particular have been manipulated into shape over the years by means of underwear, through the corset, bustle, girdle, brassiere and crinoline.

Visitors can download QR codes in the house, zoo, and gardens to hear talks by the education officer and the curator, and to see films, and hear talks by the zookeepers. They can also download two free mobile apps: Love Exploring and What Was Here to follow games and trails during their visit.

Electric vehicle owners can now charge their vehicle whilst visiting Sewerby Hall and Gardens. Visitors can download the Hubsta app from the App Store or Google Play for free. They have the option of using either their mobile phone app or a fob to operate the EV charger. Using the EV charger is free for registered users.

For full details of the facilities available, events, and opening times, visit [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk).

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## Housebuilder supports local Teenage Cancer Trust hospital unit with £1,000 donation

Local housebuilder, Barratt Developments Yorkshire East, has donated £1,000 as part of its Community Fund initiative to the Teenage and Young Adult Cancer Unit, a dedicated care facility at Castle Hill Hospital in Cottingham.

The chosen cause, Teenage Cancer Trust, is a world-class cancer service for young people in the UK, providing life-changing care and support so young people don't have to face cancer alone, and has developed a specialist Teenage and Young Adult Cancer Unit based within the Queen's Centre at Castle Hill Hospital, close to the housebuilder's Poppy Fields development.

The donation follows the nomination of the charity by Jamie Stephenson, Assistant Site Manager at Poppy Fields, and Site Labourer, Richard Bowser. Jamie's partner has been supported by the unit, as well as a further personal connection to the charity through Richard Bowser, a site labourer whose sister was supported by the charity before sadly passing away.

With the help of the donation from Barratt Developments Yorkshire East's Community Fund - an initiative which aims to support the communities in which the housebuilder operates with a different chosen charity each month - further support will be offered to the Young Adults Cancer team to make a difference to the patients cared for by running engaging activities in a safe and supportive community, helping to build relationships with other young people that have had a similar experience.

Jamie Stephenson, Assistant Site Manager at Barratt Developments Yorkshire East commented: "The Teenage and Young Adult Cancer Unit at Castle Hill Hospital does a truly fantastic job in offering its support to those in need in the local communities and it was an honour to be able to nominate them for our Community Fund donation, it's very much deserved. We hope that our donation will help to raise awareness of the vital work that the charity does and help them to continue supporting young people and their families going through such difficult times."

Charlene Kent at Teenage Cancer Trust and Castle Hill Hospital, said: "We are incredibly grateful to Barratt Developments Yorkshire East for this donation. The funds will help us to run events for our patients in a safe and supportive environment, as well as continuing to offer the best possible care."

For more information about Teenage Cancer Trust, visit: [www.teenagecancertrust.org](http://www.teenagecancertrust.org).

For more information about Barratt Developments, visit: [www.barrattdvelopments.co.uk](http://www.barrattdvelopments.co.uk).

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## **Special Damages**

“Special damages” are financial losses and expenses incurred due to the accident. For example, loss of earnings, the cost of medication, extra travel, physiotherapy treatment, aids and adaptations, damaged clothing/equipment and the cost of an insurance excess. Claims can also be made if services were provided as a result of the accident such as personal care, nursing, help with gardening or other domestic chores. Even if the services were provided for free, the financial value can be assessed and included in the claim.

## **Future Losses**

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## Mrs. Rene James of Beverley knits 150 poppies for Hallgarth Residential Home

Mrs. Rene James of Beverley (aged 89) has recently knitted 150 poppies for the Hallgarth Residential Home after hearing that they wished to display them from their building again.

Hallgarth Residential Home were delighted when these were delivered.



# JESUS

## HOPE IN FEARFUL TIMES.

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**JUST TURN UP!** We only allow our venues to reach 60% capacity, to give lots of space in these unusual times. Masks are currently optional, but we always follow any current COVID guidelines.

**WHEN: SUNDAYS 10.45AM-11.45AM**

**WHERE:** Cottingham Civic Hall, 1 Market Place, Cottingham, HU16 5QG

**CHILDREN:** We have children's activities for 3-11 year olds during the service in a separate hall.

**EMAIL:** [lucy@revivechurch.co.uk](mailto:lucy@revivechurch.co.uk) or call 01482 420620 if you have any questions.

For further information about Revive Church, our free confidential debt advice, our toddler groups, food clubs, youth clubs and other locations in east Yorkshire visit: [WWW.REVIVECHURCH.CO.UK](http://WWW.REVIVECHURCH.CO.UK)





## More stunning woodcarvings on display at Sewerby Hall and Gardens

Woodcarver Allen Stichler has been back to Sewerby Hall and Gardens to complete 11 more exciting transformations of fallen trees.

On his latest visits, Allen, an artist based in North Lincolnshire who specialises in unique hand-carved wood sculptures, has created a fairy tower, gnomes, a pixie baby, elves, fairies, a dragon and a unicorn.

Allen had earlier completed logs on a wildlife theme, including puffins, dolphins, gannets, fish, crabs, and seals. He had already transformed the wood from the monkey puzzle tree which fell in the severe weather of March, 2018 into 13 new wood panels, which are also on display in the gardens at the venue.

General manager Marie Gascoigne said: "The previous works done by Allen here have proved very popular, and I know that his latest creations will also be sought out by our visitors! Thank you to Allen for all his amazing work for us!"

Allen Stichler added: "Once

again it was a pleasure to return to Sewerby Hall and meet old friends and new whilst carving in the Bluebell Woods; it was wonderful to work in such beautiful surroundings again and I hope the new carvings add to the magic of this place!"

Entry to the grounds of Sewerby Hall and Gardens is free and visitors can also sample the Clock Tower Café and the zoo (admission charges apply), and the house is open at weekends (admission charges apply).

For full details of all the facilities, opening hours, and admission prices, visit [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk).



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**Cottingham Memorial Club**



Notice is hereby given that  
The 98<sup>th</sup> Annual General Meeting of the Trust  
will be held at The Cottingham Memorial Club  
Finkle Street, Cottingham  
At 7.30pm Prompt on Wednesday 24<sup>th</sup> November 2021  
Only Members are eligible to attend

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## Wordsearch - Fairy Tales

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

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

Find the words in the letters above:

Alladdin, Beantstalk, Bears, Beast, Beauty, Big Bad Wolf, Chicken Little, Cinderella, Elves, Emperor, Fairy Godmother, Frog Prince, Genie, Giant, Golden Goose, Goldilocks, Grandmother, Gretel, Hansel, Hunter, Jack, King Midas, Lamp, Little Mermaid, Little Red Riding Hood, Mirror, Pea, Pinocchio, Princess, Rapunzel, Rumpelstiltskin, Seven Dwarfs, Shoemaker, Sinbad, Snow Queen, Snow White, Stepmother, Stepsisters, Swan, Three Little Pigs, Thumbelina, Ugly Duckling, Undine, Wishes.

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

## Sudoku No. 172

This is an easy challenge this month - Answer on page 33

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

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# MARIONOWENTRAVEL

**November** Our office has really sprung back to life. Although still open to visitors shorter hours it is great to see so many clients coming through the door in person. We must also thank you for making your new bookings.

**Emma & I had a great break in Jersey** last month and visited every hotel in St Helier & more. Each hotel has its own character and we are well equipped to ensure you are in the right hotel. We welcome you to join our Jersey days in our office on Tuesday 9th & Friday 12th November please register for details. If you would prefer to join a zoom meeting or simply chat over the phone simply get in touch. Deposits to confirm a booking for 2022 are just £100 per person.

Having just returned from a Touring & Adventure conference we have many new adventures to offer with our tour operator partners. Pre arranged tours include exceptional guides to show you all the must see places on your holiday along with lesser known gems. Travelling is possible in small groups, with solo's or even families we have something to offer everyone. When you add up all of the elements included in your holiday the cost is also fantastic value for money.

**CANADA, are the Canadian Rockies** via the iconic Rocky Mountaineer is this on your bucket list? We have a super tour available for next year with amazing inclusive sightseeing and the very best of hotels. By the time you read this our special departure will be confirmed. Do get in touch for further information.

**Newmarket Holidays** you may recognise the name from newspaper adverts. They are still operating but do not advertise in the newspapers. Their super value escorted tours can all be booked at Marion Owen Travel ~ we also have their up to date brochures available.

**Northern Lights**, due to the popularity of this tour for 2022 we have a new departure in January 2023. Flying from Humberside 4 nights from £1009. Call for details or take a look on our website.

**Regent Seven Seas Cruises**, to me are the very best ships on the water, luxury all inclusive, yet relaxed, amidst spacious surroundings. Why not come along to our exclusive Cinematic Experience on Thursday 11th November at the Reel cinema to find out how you can be pampered and enjoy the very best of everything life has to offer? Entry is by invitation only please call.

Once again I have run out of space! Do remember....

**We book all holidays with all tour & cruise operators.** If you see any holiday advertised you fancy pick up the phone we will be happy to book and look after it for you. Our wealth of first hand knowledge travelling around the world by land, sea & air allows us to make your travel simple & hassle free leaving you to relax and look forward to enjoying your holiday.

We welcome you to visit our office Monday to Friday 9am to 2pm but we are available over the telephone at all other times. We look forward to creating your special memories when we book your next holiday whether a break in the UK or a far away holiday to any corner of our world. It is great to get back to exploring and enjoying wonderful adventures. Best wishes *Marion*

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<b>25 Nov</b>	<b>Harewood house &amp; Christmas Market</b>	<b>£ 49</b>
	<b>Or add an afternoon tea in the Billiard Room!</b>	<b>£ 75</b>
<b>26 Nov</b>	<b>Festive weekend with Gin &amp; Wine dinners - 3 days</b>	<b>£ 299</b>
	Staying in historic Leatherhead on the River Mole. Includes a visit to RHS Wisley & Glow + more.	
<b>2022</b>	<b>Tours are growing and more in the pipeline...</b>	
<b>14 Jan</b>	<b>Boundary Mills January sales just for the day</b>	<b>£ 20</b>
<b>16 Jan</b>	<b>Northern Lights flying from Humberside 4 nts from</b>	<b>£ 989</b>
<b>27 Jan</b>	<b>Scotland &amp; a Burns celebration - 5 days Dinner</b>	<b>£ 369</b>
	B&B plus. A scenic relaxing & sociable break	
<b>10 Feb</b>	<b>The Pudding club experience - all 7 puddings</b>	<b>£ 189</b>
	2 days inc. Coventry & the National Memorial	
<b>20 Mar</b>	<b>Ilfracombe, a great itinerary inc. RHS Rosemore</b>	<b>£ 529</b>
	4 Star Carlton Hotel - 6 days dinner B&B	
<b>03 Apr</b>	<b>London, Tea at the Tower, ride up the Shard 2 days</b>	<b>£ 199</b>
<b>02 May</b>	<b>Somerset Explorer—5 days dinner B&amp;B</b>	<b>£ 499</b>
<b>17 May</b>	<b>APT Croatian Coastal cruise &amp; Zagreb 9 days from</b>	<b>£2345</b>
	your door with flights from Humberside. Excursions, most meals & gratuities are included	
<b>08 Jul</b>	<b>APT Russian River cruise 11 days from</b>	<b>£2995</b>
<b>07 Aug</b>	<b>Edinburgh Tattoo 4 days great seats - hotel B&amp;B in</b>	<b>£ 425</b>
	the centre of Edinburgh	
<b>11 Sep</b>	<b>Floriade 5 nights via P&amp;O North Sea Ferries, DBB</b>	<b>£ 789</b>
<b>21 Nov</b>	<b>Holly &amp; Mistletoe at the 4 star Tynedale hotel in</b>	<b>£ 465</b>
	Llandudno 5 days of fun and amazing food DBB+	
<b>2022</b>	<b>Thursford Christmas Spectacular on sale 2 days</b>	<b>£ 199</b>

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Prices shown subject to availability at the time of booking. Based on 2 sharing unless otherwise stated. Single travellers welcome please ask for prices.

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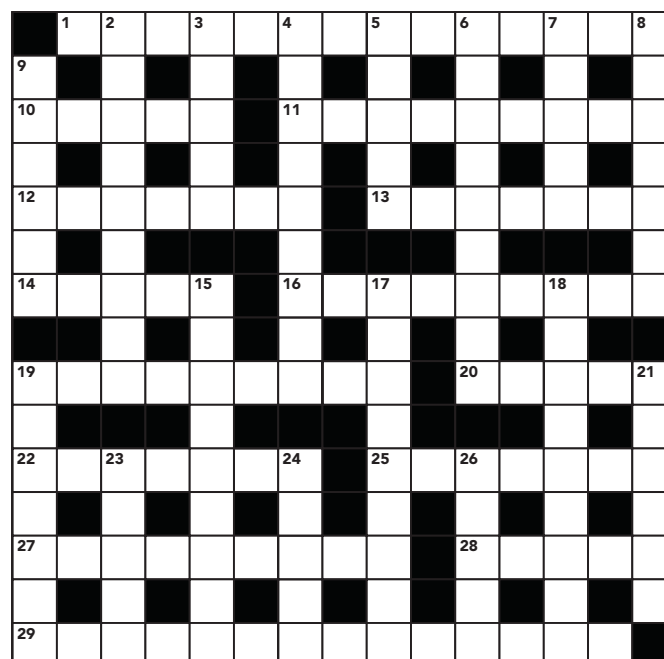
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## Crossword – Solution on page 33



### Across:

1. Lists of writings (14)
10. Experienced pain (5)
11. Blooming (9)
12. Lurches (7)
13. Sequin (7)
14. Ease (5)
16. Accord (9)
19. A nearby galaxy (9)
20. Informs (5)
22. Condoms (slang) (7)
25. Not lawful (7)
27. Come into being (9)
28. Seizure (5)
29. Sins (14)

### Down:

2. Passed on from family (9)
3. Shelf (5)
4. Make unclear (9)
5. Chambers (5)
6. Encountered generally (9)
7. The topping on a cake (5)
8. Portion (7)
9. Delete (6)
15. Children (9)
17. Preparedness (9)
18. Illuminate (9)
19. Where planes land (7)
21. Cause a liquid to spatter (6)
23. A monetary unit of Oman (5)
24. Step (5)
26. Sixty-three in Roman numerals (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## Cork recycling and wine by-products in skin care

Here's an interesting development as the world becomes ever-more conscious of environmental concerns. For retailer Majestic, who have an outlet in Beverley, has recently announced that it plans to collect corks at its 190 stores, to be used as trial mulch for Cornwall's Eden project.

Majestic hopes the initiative will be embraced both by customers and other retailers. Individual collection points are being set up at all 190 stores and the collected corks will be then delivered to the Eden Project in Cornwall where they will be used, on a trial basis, as mulching for Mediterranean plants.

The project's goal is to recycle over one million corks per year, offsetting the equivalent to 309 tonnes of CO2 emissions.

A 2018 study by PricewaterhouseCoopers stated that corks were the most environmentally friendly form of wine closure, more than 20 times more environmentally friendly than screw caps, while Europe's natural cork oak forests are a haven for biodiversity and sustainable agriculture, capturing CO2.

However, unlike other countries, the UK does not have a nationwide cork recycling scheme, making Majestic's scheme the first of its kind.

Majestic CEO, John Colley, said cork represented "a perfectly circular, environmentally friendly industry" from cork oak to bottle but that the final link in the circle – what happens after the wine has been drunk – was missing.

He commented: "By working with the Cork Association, we're squaring the circle by giving our customers and stores the opportunity to continue a natural cork's journey at The Eden Project.

"I'm sure not only will this give our customers another reason to enjoy a great bottle of wine, but also another reason to visit us in-store – with their pockets brimming with corks."

Carlos de Jesus, APCOR campaign director, said it was an exciting and unique project. "Cork is about so much more than simply a closure. It's a fabulous, natural product which has a story and history all of its own. The fact that we can add another chapter to that story, with hundreds of thousands of corks collected from right across the UK to be used at such an iconic site, is really thrilling."

\* TV celebrity chef James Martin, known for shows such as Saturday Kitchen, is launching his own range of wines into the UK.

The wines, which Martin has been heavily involved in sourcing, selecting and blending, includes a red Corbières and white Vin de Pays d'Oc sourced from the Languedoc area in the south of France and is produced as part of the Signature Chefs range in the village of Névian near Narbonne in the heart of the Corbières region.

The Signature Chefs wine range, produced by Wines & Brands, is an initiative that partners 11 chefs with their own selected styles of wines to help amplify the link between wine and culinary excellence.

Martin said: "We hand-picked a wine producer with the help of local partners, and after much work, we narrowed it down to just two outstanding wines which truly reflect the quality on offer in the Corbières region. I've always loved the food and drinks produced in that part of France and these wines are no exception."

Each bottle of wine will be sold with a neck hanger containing a recipe created specifically by Martin to match the style of the wine. The recipe can also be accessed via QR code linked to a video of Martin cooking the two dishes.

The wines will become available in the UK this month exclusively via the family-owned importer Buckingham Schenk.

\* And here's another good reason to drink wine! Pelegrims, a new British skincare brand, has incorporated by-products from local winemaking in Kent to create a beauty range rich in antioxidants. The range, a limited edition 2020 Vintage collection, utilises waste grape seeds, skins and stems to create extracts containing polyphenols – an ingredient high in antioxidant properties.

Pelegrims is backed by former tech executive and sommelier trained Frenchman Jerome Moisan, who said: "The French Paradox is the intriguing fact that French people suffer less from cardio-vascular diseases despite having rich diets. Many believe that the answer lies in polyphenols – helpful antioxidant molecules contained in grapes and which the French benefit from through wine consumption. There is another application with resveratrol (a specific polyphenol) in particular being beneficial in skincare products, although the concentration levels partly depend on the grape and ripening levels."

Included in the range are a Facial Oil (£49/30ml) and Facial Balm (£45/50ml) formulated with English Pinot Noir grape extract. The Hand Cleanser (£19.300ml) and Hand Pomade (£20/60ml) contain English Ortega grape extract, which helps to repair, protect and hydrate dry, over-worked hands.



## BEST BUYS

**Isabel Sauvignon Blanc, 2020**

**Where:** Roberts & Speight, Beverley

**When:** Now, while stocks last

**Why:** I'm recommending three Sauvignon Blancs this month and this one, from Marlborough, New Zealand, is worth pushing the boat out a bit. I've previously found difficulty in obtaining Isabel but it's definitely worth searching for. It's the underlying flintiness that I love - this is a great accompaniment to freshly-caught fish or mussels.

**£16.99****Viña Leyda Single Vineyard Garuma Sauvignon Blanc**

**Where:** Tesco

**When:** Now

**Why:** This premium Chilean white wine is elegant and complex. Viña Leyda is internationally recognised as a boutique winery, renowned for producing the finest Pinot Noir and Sauvignon Blanc in Chile. Superb on its own but will also compliment lamb or chicken.

**£12****Morrisons The Best Toscana**

**Where:** Morrisons

**When:** Now

**Why:** This was on offer at £8.50 (until November 2), so apologies if you've missed out, but it's still worth investing at a tenner. It was awarded a top score at the Decanter IGT Tuscan Red Tasting, attracting an impressive 92 points from experts. The Morrisons wine was placed ahead of 45 other pricier bottles, including Brancaia Il Blu Toscana 2018 which retails for £80

**£10****Freeman's Bay Sauvignon Blanc**

**Where:** Aldi

**When:** Now

**Why:** In a sheltered corner of New Zealand's famed Marlborough region, responsible for producing some of the very best Sauvignon Blanc, grapes grown by the sea give this exquisite example its complex aromas and soft texture. White stone fruits and blackcurrant leaf flavours meets notes of lime and nectarine, with a long, persistent finish.

**£6.99**




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# Christmas Menu

Only £20.95

This year, we are offering our popular Christmas Fayre menu throughout December with the assurance of our **Covid-Flexible Promise**. Deposits of £5 per person are required for all bookings and are 'covid-flexible' to give you peace of mind- this means that if we do experience another lockdown, your deposit is safe and can be used next year for a meal in the restaurant or transferred to home with a Pasco's at Home takeaway if preferred, so that you can still celebrate.

*Now open  
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Starters

**Minestra Classica**  
Minestrone fine-diced vegetables & ziti pasta cooked in flavourful stock, accompanied with fresh ciabatta

**Mozzarella Caprese**  
Sliced mozzarella balls & sliced tomato with green olives, topped with a light dressing of olive oil, basil & white wine vinegar, with a hint of chilli

**Involtoni Di Salmone**  
Sliced smoked salmon wrapped around a mix of cream cheese & prawns, flavoured with lemon juice & served on a bed of crisp lettuce

**Gamberi Pepperone**  
Chopped chilli, garlic & small tiger prawns pan-fried with a little chopped tomato & served with a light crisp salad

**Funghi Gratinati**  
Baked mushrooms cooked in garlic, white wine & fresh cream with parmesan cheese

Mains

**Pollo Al Carciofi**  
Strips of chicken breast cooked with a little Parma Ham, onion, sliced mushrooms, artichoke & finished with fresh cream

**Salmone Pepperoncino**  
Baked salmon topped with a sweet chilli glaze. Garnished with salad & served with potatoes of the day

**Manzo Al Vino Rosso**  
Pieces of beef cooked with onions, mushrooms, diced peppers and bacon in a light sauce of red wine & beer stock. Seasoned & flavoured with a little garlic

**Anatra Arancione di Mango**  
Breast of duck cooked to your liking & served with an orange & mango sauce

**Medaglioni de Maiale**  
Tender pieces of pork fillet cooked in a delightful cream, apple & Calvados sauce

**Risotto Porcini (v)**  
Arborio rice cooked with woodland mushrooms and roast peppers with a touch of fresh cream

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glass of  
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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

As you will see from the poster opposite, our Christmas Festival is going ahead on **Sunday 5<sup>th</sup> December 2021**. We want to make sure that the event is Covid secure but, as a small organisation, there is only so much that we can do, and we are relying on members of the public to help us. If you are feeling unwell do not attend the event, please do a lateral flow test before you leave home, avoid any bottlenecks, and wear a mask if you feel able to do so. I hope to see you all on what should be an enjoyable day.

Matthew Kay, Clerk to Cottingham Parish Council,  
[clerk@cottinghamcouncil.org](mailto:clerk@cottinghamcouncil.org)

## Youth Engagement

Funded with a grant from East Riding Council, the Parish Council have employed two Youth Workers to engage with young people in the village. We hope to carry this on in the long term and so, to raise further funding, a clothes and shoe recycling bank has been installed in the Car Park at Cottingham High School with all money going towards the project.

## Bad Smells?

If you notice any bad smells around the village from industrial processes, please report these to the Environment Agency on 0800 80 70 60. The Parish Council is acting but reports do need to be made by members of the public for maximum impact.

## 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, and the Cottingham Folk Festival.

## We'll Meet Again

Cottingham Parish Council meetings are open to members of the public to watch proceedings. They are not, however, public meetings and public participation is limited to a 10-minute session during our Full Parish Council meetings or when invited

to speak on specific agenda items or planning applications.

Usually, our Full Parish Council meetings are the third Thursday of the month, except August and December, and our Planning meetings are the first Tuesday of the month, including August and December. Other meetings happen as and when required. However, due to Covid, our meetings are currently changeable so please contact the office, visit our website ([www.cottinghamparishcouncil.org](http://www.cottinghamparishcouncil.org)), or examine the Noticeboard outside of the Post Office for details of meetings.

The contact details of all our Councillors can be found on our website and are contained in all our Noticeboards.

## Money, Money, Money

Within the next few months Cottingham Parish Council will be putting together its budget for the 2022/2023 financial year and we would welcome any suggestions from members of the public for projects that we could carry out.

However, please remember that any suggestions would have to be within our power/remit to act upon and that, given most of our income comes from residents, any large increases in spending would need to be accompanied by an increase in the amount we charge in our section of the Council Tax. Currently we make one of the lowest charges in the country at about a third of the national average.



## Grandads Park

You may have noticed new benches have appeared in Grandads Park. These have been gifted by East Riding of Yorkshire Council as part of a Covid recovery grant. They have already been well used including by the ladies of the local knitting circle.

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 WELCOME TO THE VILLAGE OF  
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COUNTY OF EAST RIDING OF YORKSHIRE  
COTTINGHAM PARISH COUNCIL

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Events & Conferences in East Yorkshire

# Cottingham Christmas Festival

Sunday 5th December 2021

**VILLAGE CENTRE  
COTTINGHAM**

10:30am  
- 4:30pm

 Craft/Christmas Stalls	 Synthetic Ice Rink
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 01482 847623  [www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk)





## Sounds Scary

Once again, I shall begin my article with my girl Tali. Due to an error, the picture of the offending stick was omitted so I really wanted to show you what we retrieved from Tali's throat. As you can see, it would have caused some pretty serious damage, so please reconsider any of your pets chasing/chewing these articles.

Now, that dreaded time of the year all pet owners' dread... November 5th. Whether you own a dog, cat or rabbit, they all can be affected by the noise and lights. It is so worrying for pets as they do not understand what is going on and the 'fright and flight' sets in. It shall be especially difficult not only for my daughter Natalie who's dog Dexter has the most distressing phobia but also my other daughter Jenni with her puppy, Max who shall have his first experience. Here are a few tips:

Communication is the key word. When a new baby arrives within the family, the soothing voice of their parents, whispering against their cheek, eventually brings harmony to the household. As the weeks turn into months and progresses into the first year, the baby responds more to words of comfort rather than 'ssssshhhhhh'. This is where the similarity starts and finishes with our pets.

With November on the horizon, you will be quite rightly thinking why have I gone off at such a tangent but the link will hopefully become clear. Also why talk about it when it is upon us as you read this article. Well, it just doesn't stop at Guy Fawkes night but carries on to New



Year.....so there is no time like the present to begin training and making your home a safe place to be.

Asking any responsible pet owner, I can imagine the response to 5th November would be filled with dread. The thought of pacifying our pets whilst the bangs, hissing, bright lights are going on outside, just doesn't bare thinking about. There is the odd pet who is not afraid, like our late dogs Teal and Charlie, but the majority are terrified...so what do we do? Our first response is to cuddle our pets, just like we do our children when they are afraid of sleeping alone. Cuddling and reassuring them that everything will be alright. This works ideally for the child who understands or the baby feeling the closeness but what about a terrified animal? They do not understand as we would, so soothing them with "There there do not be afraid" can be translated to "Help, I need you to guard me!". By ignoring your pet and carrying on with your usual evening routine, will help instigate a calm aura around the house. If they sense you are not frightened, then they are calm.

Make sure your pet always has somewhere to hide if they wish (if no safe haven has been previously provided) and make sure there is access to this place at all times. For example, this could be under some furniture or in a cupboard. If your pet would like, you could play with them, ignoring all the noises but do not insist if your pet is not interested.

Never punish or over fuss with your pet when it is scared. This will only make matters worse. Closing the curtains, putting on the television, or playing the radio will help mask and muffle the sights and sounds of the fireworks.

Ideally all pets should be micro-chipped but especially so around this season just in case they are frightened and escape.

Please also do not forget our very small friends, i.e.. rabbits, guinea pigs etc. Invariably they are usually kept outside, so move them inside a shed/garage if possible and cover the hutch to blot out any bright lights.

Finally in the case of our canine friends, they will most likely need a walk before dusk. If this is so, please be aware of the most probable dangers in using an extending lead. It is so difficult to control a bolting dog on the end of 4 metres of line after a sudden loud 'BANG'! The pavements are very close to the roads, so both dog and car do not stand a chance. Please try to use a normal lead whenever possible and keep the extending one for the park.

### AND FINALLY....TALI....

I am so excited. Next Sunday morning I have booked Tali and I on an introduction to 'Man Trailing'. No, it's not a new online dating site and I must say it does sound like that but an enriching way of using your dogs senses by following a scent trail to find a person who is hiding in undergrowth. Being a descendant from a line of search and rescue plus drug/smoke detection dogs in various occupations, this sounds ideal for Tali. It shall certainly be an experience.

*Until the next time....stay safe.*

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

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

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

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

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

flashing lights to look out for, it's all perfectly simple, perfectly soft.

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

Yes indeed it has, I'm pleased to say, compressed 4kg Salt blocks are now available for certain units, which makes storing and replenishing salt much easier and salt can be delivered direct to your door or picked up from our Hull store as required.



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



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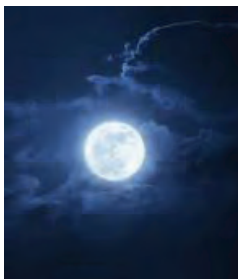


## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile  
Maker' Branfield

### Something in the Air

Hello again, I hope that you are safe and well. As I write the nights are drawing in very quickly. It's pitch dark at 6-30 and the clocks haven't gone back yet. The cycle of constant change eh. I've got to put my daylight lamp on in a morning as well now to help me get out of bed and on with the day. It does help.



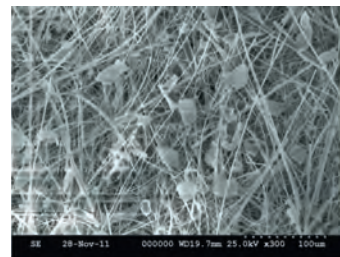
#### Something and nothing

I've put the title as "something in the air" but it may have been a better title as "Nothing in the air." Hang on, he's going or gone mad, you may be thinking. Stick with me and it will make more sense. It's really about clean air which is about reducing or having no particles, harmful gases, aerosols or germs. Last year when all the lock

down thing hit hard and we had to close I did a load of research on air filtration. I have a NASA paper on it. We invested in air purifiers that filter the air and we measured the air quality with particle meters that also measure for some bad gases. I am really happy to say that it has been great success and my team and patients have felt safe and been safe because of it.

#### Some great news

Some research at Addenbrooke's hospital in Cambridge has been done on the COVID ICU and wards to test the air with and without air filtration using HEPA filtration units. The results showed no virus detected in the air with the filtration units switched on. Not only that but there was a reduction in other organisms that cause hospital acquired infections like e.coli and staphylococcus aureus. These bacteria were not even thought to spread by aerosols in the air! **WOW.** Korean hospitals were using filtration systems with added UV light that kills viruses and bacteria and they seemed to have much fewer COVID outbreaks in hospitals. That's one of the reasons I started to research it quite early on.



#### Now for some geeky stuff

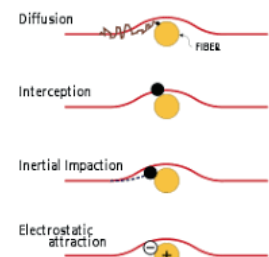
HEPA stands for **H**igh **E**fficiency **P**articulate **A**ir.

The filter doesn't just work like a sieve where things that are smaller than the holes get through. It's way more complicated so I won't go too deep. The filter is made up

of a criss-crossed fibre network. The picture shows bacteria caught in one.

It works in four ways (see right). As it works and traps stuff it becomes a better filter. As it does not work like a sieve it can trap things much smaller than its pore sizes, including very small viruses. So, relatively inexpensive true HEPA filtration systems can really improve health by preventing disease. NASA had an equation for it all.

#### Filtration Mechanisms



Well, that's way above my head

The units we use at work in clinical situations have a 6-stage process so can clean the air very quickly and effectively. This is a bit easier to understand.

$$E_T = 1 - (1 - E_I)(1 - E_D)(1 - E_R)(1 - E_{DR})(1 - E_G) \quad (1)$$



Filtration systems have been shown to be good for asthma as well. It's all food for thought and every little helps.

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 28 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](http://www.castleparkdental.co.uk).



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## Motoring - with Roy Woodcock



### Solving the mystery behind the changes at Spanish car-maker SEAT, which has seen Cupra become a stand-alone brand, Roy Woodcock takes a look at the new super-quick Cupra Leon . . .

**Y**ou've probably seen it as the sponsor of one of those ITV mystery dramas, but there's no mystery behind the Cupra Leon; the first Leon to carry the exclusive Leon badge.

There was a time when Cupra was simply the sportier, more aggressive trim level on SEAT models but these days it's a brand in its own right and it's making quite an impact.

The new Cupra Leon for 2022, available to order since July 1, is testament to that with bold styling, a wealth of technology and performance stats that will make any driving purist sit up and listen. It would be fair to say the car is a hot hatch with attitude.

It's available in hatchback or estate body styles in trim levels called VZ1, VZ2 and VZ3. Customers can choose from a range of punchy petrol engines and there is also a new e-HYBRID model that introduces lots of tax savings to the mix and can complete 34 miles in electric-only mode. And with high levels of standard equipment including full LED front and rear lamps, bucket seats, sports suspension, keyless entry and ambient lighting to name just a few, it's a vehicle that offers great value in the highly competitive segment.

The 2.0 litre TSI petrol engines is available in 245PS, 300PS and 310PS (exclusively available for the estate) power outputs to deliver real on-the-road performance - the plug-in hybrid variant is rated at 245PS

Tested here was the 2.0-litre TSI hatchback in range-topping VZ3 trim delivering 300PS of power and 400Nm of torque, priced at £36,760.

It could complete the 0-62mph sprint in 5.7 seconds, maxed out at 155mph and, according to official WLTP figures, could deliver a combined 35.8-37.2mpg with carbon emissions of 172g/km.

Viewed from any approach, the Cupra Leon is a real attention grabber with lots of copper-coloured detailing that is synonymous with Cupra styling.

The brand logo sits proudly in the centre of the main grille and there are larger air intakes giving the car a more aggressive look, along with quad tail pipes, a rear spoiler, black brake calipers and 19-inch aerodynamic machined black and silver alloy wheels.

When you open the doors, there are puddle lamps that display the Cupra logo onto the ground and the interior of the car is very sports-themed with black leather sport-style seats, a flat-bottomed steering wheel and some neat copper-coloured

contrast stitching.

There is plenty of high-end technology to explore too with a 10-inch touchscreen with navigation, Bluetooth audio streaming, full smartphone connectivity via Apple CarPlay or Android Auto and a DAB radio.

On the downside, the minimalist, clutter-free approach means there are very few physical buttons, so you tend to have to navigate the touchscreen for the simplest of tasks which can be a distraction while driving.

But that gripe aside, the Cupra Leon is quite the complete package. And when it comes to performance, it certainly ticks all the right boxes.

The acceleration is blisteringly quick and the seven-speed direct shift automatic transmission is perfectly timed with steering wheel mounted paddles for added driver engagement.

The car sits lower on its axles than its SEAT stablemate and that results in a lower centre of gravity, and that in turn means assured handling through tight bends.

It cruises on motorways, is agile in busier town settings, but is at its best when unleashed on the quieter country lanes.

The driver can switch through drive modes called Comfort, Sport, Cupra and Individual that alter the car's reactions quite considerably and, in addition, you can shift the gearstick back to engage a Sport mode for even more fun.

Comfort levels are good up front and there is room for a couple of adults in the back provided the front seats are not pushed back too far. And back seat passengers get two Type C USB ports as well as two up front, so people can stay connected to their devices on the move.

The deep boot can swallow 380 litres of luggage – a limit that is increased further with the 60:40 split-folding rear seats dropped flat and there is a ski hatch to make carrying longer items possible without lowering the rear seats. There are also a number of handy storage options scattered throughout the car, including front and rear cup holders, a glovebox, central cubby, door bins and seat back pockets.

Recently, the Cupra Leon was awarded the maximum five stars when tested for its Euro NCAP safety rating, scoring exceptionally well in the Adult Occupancy, Child Occupants, Vulnerable Road User and Safety Assist categories.

On-board safety systems on our car included autonomous emergency braking, traffic sign recognition, high beam assist, traffic jam assist and pre-crash assist. There is front assist (with vehicle, pedestrian and cyclist detection), emergency steering assist and junction assist, lane assist, emergency e-Call and seven airbags.

All in all, the Cupra Leon is further proof that the split from SEAT is not simply a case of rebadging existing models. These cars will be featuring their very own identity and further ventures into electrification are on the way too.

\* More information at [www.cupraofficial.co.uk](http://www.cupraofficial.co.uk)





## ADVERTISEMENT FEATURE

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**Melanie Watson of Skidby Livery Stables**  
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## The 1st National Equestrian Business Awards

**D**uring the early summer months, this National awards competition flooded Facebook, Instagram and all the other social media platforms alongside hard copy Horse magazines. **It's the first of its kind in the UK where every aspect of the horse world is identified and recognition given to all those people and businesses who are essential to keeping all horses fit and well. Without them horse owners would be lost!**

There are 14 categories designed to reach out to every single type of small business, sole trader or enterprise up to medium sized businesses like veterinary centres or retailers. The list is as follows :- **Veterinary practice of the year. Competition Event Venue of the year. Horse Transporter**

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of the year. **Farrier of the year. Saddle fitter of the year. Therapist** (big subject here- from physiotherapists, massage practitioners, McTimoney chiropractors, Thermographers, Osteopaths etc.) **Dentist practitioner of the year. Instructor of the year. Riding school of the year. Livery yard of the year. Equine services of the year** (another big subject list- from rug repairers, photographers to stud services) **Groom of the year. Retailer of the year** and finally the category I have become a finalist in is **Behavioural Trainer of the year (for professionals who have helped to train and support horses and their owners to overcome specific behavioural and emotional barriers).**

Every business or practitioner must hold relevant/current qualifications and insurances and be part of their respective governing bodies. For me that is the **IAABC** (International Association of Animal Behaviour Consultants) **PPG-BI** (Pet Professional Guild British Isles) and **ABMA** (Animal Behaviour Management Alliance)

I cannot believe that I received so many votes from people far and wide to become 1 of 5 finalists in my section from across the UK. I am both humbled and very grateful. I had a "Finalists interview" with a board of judges some weeks ago which was fun. This coming Friday ( 22<sup>nd</sup> October) is the National Awards ceremony being held in Nottingham - where every finalist from every category, from all over the UK (Scotland, Wales and Ireland included) will come together for a glittering formal evening and be put out of their misery!



It would be wonderful to actually win but to be fair, becoming a finalist from the 100s of entries in my subject is pretty awesome in its own right so I am more than content. I will let you know in the next edition as to how it all went.

I'm giving a heads up here to our local horse professional community here in East Yorkshire, North Yorkshire and North Lincolnshire. I'm proud to say that there are 4 more section finalists in our midst- **Amanda Beal** from Long Lane in Beverley, who has become a finalist in the **Horse Transporter of the year**. She is everyone's 4<sup>th</sup> emergency service when it comes to transporting horses to **Rainbow Veterinary Hospital** in Malton. Rainbow themselves are finalists in the **Veterinary Practice of the Year** and are such a progressive, advanced practice with the most amazing ambulatory team ever. I cannot thank them enough for the work they do on my yard. And finally there is the brilliant **Sharon Cooper BAEDT** from Grimsby who is a finalist in the equine **Dentist of the Year** category. Sharon is an essential member of my complimentary team for my yard. She is so skilled and so patient with my horses, especially brilliant at winning round the trust of some of my most traumatised training horses. **Saff Bloom** based in Hull and East Riding, is a finalist in the **Therapist of the Year** category. I remember her coming to me for two weeks work experience when she was a student at Bishop Burton quite a few years ago now! Very well done Saff!

It makes me very proud that our little neck of the woods in the UK has been recognised as a place of excellence with all these service providers getting recognition. Like myself, Sharon, Saff and Amanda are all sole traders, yet we have all won through over 6000 national votes to all become finalists. There are 1000s of horse vets across the UK so Rainbow have done extremely well too! – Looks like Yorkshire is a winner when it comes to being the best in helping horses and horse owners. 😊

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What will winter bring this year? The weather has been remarkably unpredictable over the last few months making it impossible to make any garden plans. What we do know is that November is sure to have a few sunny days where we can get out into the garden and tidy everything up ready for the spring. Plus when the days are dark and dreary we can cheer our gardens up with bursts of colour. There's something especially valuable about shrubs which flower in winter. Seeing these delightful and resilient flowers putting on a show through short, dark days and taking frost, rain and snow in their stride lifts our spirits and encourages us to get outside. Many can also be cut for indoor winter posies, and many are fragrant.



### Houseplants

At this time of year it's nice to add colour to your garden and your home with flowers and foliage. There's nothing better for brightening up an indoor environment than a well-grown houseplant and they are available in a vast range of forms from tiny gems suitable for the smallest windowsill to rampant growers for the largest hallway. They offer lush foliage, beautiful blooms and interesting forms. Some thrive in damp bathrooms, others need a sunny spot, so make sure you choose a houseplant that will tolerate the conditions in which it is to grow. Ask our staff for advice on the best choice. Once you've made your purchase, take care when transporting houseplants to protect them from cold, drafts, wind or excessive heat. Failure to do so can lead to plant deterioration or even death, and the effects may not fully show themselves until some time after you've bought it.

Once your new houseplant is safely home, you need to

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care for it correctly to ensure that it remains in pristine condition – and this largely depends on how well it is watered. Too little or too much watering can cause problems.

**Overwatering:** Giving too much water can be as dangerous as under watering. The roots not only require moisture but also air, so overwatering leads to the forcible removal of air from the potting compost so the houseplant's roots are killed by suffocation.

**Best Practice:** Watering little and often is the best advice, taking into account the growing environment and the seasons. Watering from below is the best approach as some plants can suffer from rotting or sun scorch if water is directed onto their stems, root systems or foliage.

### Drainage:

The best method is to stand the pot (which must have drainage holes in the bottom) on a suitable sized saucer into which a small amount of gravel has been placed.

Fill the saucer to about 1/3 of its depth with water and leave the plant standing for 30 minutes.

If all the water has been taken up you can repeat the operation until uptake stops, then any surplus water should be tipped away but of course retaining the gravel.

## 10 Jobs for this month

1. There is still time to plant Spring blooming bulbs for the early part of November
2. Transplant trees and shrubs
3. Prune evergreens to shape
4. Cover strawberries two inches deep with straw or hay
5. Increase feed and provide plenty of fresh water for the birds
6. If you haven't already feed your lawn with a fall or winter feed
7. Rake leaves from the lawn and compost them
8. Drain your hoses and put away over winter
9. Finish weeding and tidying up beds
10. Clean up and cover you garden furniture to protect over the Winter

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### Pests & Diseases

**Healthy Habit:** Plants that are well-fed and watered are less likely to suffer from pests and diseases, so prevention is always better than cure. However, keep a look-out for common houseplant pests. Pick off any visible pests from the stems, leaves or soil, clean leaves with water and use a chemical spray available from our garden centre, or try an organic or biological control.

Throughout the year Coletta and Tyson Garden Centre has everything you need for your garden and home including indoor and outdoor furniture. Plus they have just extended their gifts department which now includes clothing accessories, chocolates, teas and nibbles. It's a great place to shop for that perfect gift. Of course we can't forget their fantastic pets department where



they have aquatics, reptiles & small animals which are great to come and visit and with their great pets specialists on hand if you think you've found your perfect pet they can help you sort out everything you need to house your pet in the most comfortable way.

Not forgetting the Old Glasshouse, which offers everything from a cuppa to a delicious meal or light bite. All the cafes ingredients are locally sourced and head chef Lee is bringing in new recipes all the time. They have also added a Deli with lots of local produce and plenty of delicious Christmas food treats.

This Christmas they have created a festive Christmas forest feast scene, which is filled with fantastic products, then sectioned into wonderful themes from the

traditional red, green, & gold's to a sophisticated grey and black, C'est Chic. They have one of the largest ranges of artificial trees in the area, in stock and ready to take away. What are you waiting for pop down today!

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For more information on all of Coletta and Tyson's Christmas events please check their website [www.colettagardencentre.co.uk](http://www.colettagardencentre.co.uk) plus follow them on twitter and facebook for updates, offers and events.

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## Your Stars for November 2021

By Kay Gower

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

Some people work best under pressure, and you are in that category. A career break is on the cards and will bring with it a chance to change your finances for the better. Many things will improve for you this month, November will be a time to enjoy.

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

This month you'll have the courage to blast away whatever has held you back in the past. Do it like the Bull that is the symbol for your sign. Put your head down and charge.

### Gemini (May 22-June 21)

The ladder to the top can take a long time to climb, especially if you stop to dust and polish every rung! Sometimes good enough really is good enough. Stop killing yourself and enjoy all of your successes.

### Cancer (June 22-July 22)

You're in the mood to move on, and this mood is inspired not only by the full moon on the 19th but also by a sneaking suspicion that you've opened all the doors that can be opened. New challenges are waiting elsewhere.

### Leo (July 23-Aug 22)

To hit the mark always aim high. In a similar way, a project that you're working on will have a better chance of success if you start off asking for more than you think you'll need.

### Virgo (Aug 22 - Sept. 23)

Just because someone sounds intelligent doesn't make that person right. Intelligent people can be extremely articulate about foolish things, your gut instinct (you really should listen to it!) will tell you when this is the case.

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

Even when you're angry with someone you can still find it within yourself to be kind. This is part of your nature and it usually leads you to forget all about why you were angry in the first place. However, some slights are best remembered - just to avoid a repeat.

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

Love will be your wealth and your joy. Your mind is especially sharp at the beginning of the month, you have a Sherlock Holmes-like capacity for solving puzzles, and perhaps life is about to give you some fun ones to solve before year end.

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

Original people such as yourself sometimes have difficulty seeing that as a useful quality. Wake up to your uniqueness especially around the 15th when you have something very special to offer.

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

Optimism will begin to come naturally to you in November, you will so easily see how things are working, and perhaps would work even better if you make just a few small adjustments to your days.

### Aquarius (Jan 21 - Feb 19)

Opportunity knocks in November, but you have to decide what it is you're looking for first to be able to recognise it. Take a deep breath and focus on what you feel would make your life better. Make your move on or after the full moon on the 19th.

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

Helping someone through troubled times is easier for you to deal with as you've experienced the same issues. Whereas others will charge in with advice, you know better. A warm heart and a listening ear will be all that's needed.

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## Cyclotron delivery lifts Daisy Appeal into UK top tier for medical scanning and research

A charity which is working to develop “dose-on-demand” radiotracers with improved detection and personalised treatment for patients with cancer, heart disease and dementia has taken a big step towards its goal with the delivery to Castle Hill Hospital of a consignment of UK-leading PET-CT scanning and research equipment.

The cyclotron components arrived at Castle Hill Hospital, Cottingham, and were transferred in a series of crane lifts over the roof of the admin building to the loading bay at the new Molecular Imaging Research Centre (MIRC).

The pieces will be assembled in the new building over the next two weeks and the cyclotron will become operational early in 2022 as the latest piece in a jigsaw which Prof Stafford has been working on since he launched the Daisy Appeal in 2000.

The Daisy Appeal Medical Research Centre opened at Castle Hill Hospital in 2008 and was followed, in 2014, by the opening of the Jack Brignall PET-CT Scanning Centre, housing the first in a new type of Siemens scanner in the country.

The Daisy Appeal has raised more than £20m to fund cutting-edge research and state-of-the-art equipment and facilities. Hull-based construction company Hobson & Porter built the Jack Brignall Centre and the new MIRC, which is due to be formally handed over to the charity later this year.

To find out more about the Daisy Appeal please visit <https://daisyappeal.org/>.



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## Hull and East Riding Glaucoma Group - An update

Overall this has been, and still is, a very challenging and difficult time with many different emotions and concerns involved. The climate of uncertainty is still very much with us, and after much discussion and deliberation of the facts and advice available, the continuing and unpredictable Coronavirus situation has led to the decision not to hold any meetings of the group for what is left of 2021, in order to continue to protect the health and wellbeing of our members.

We intend rather, to aim for a fresh start in the new year, when the situation overall will hopefully be more positive and it will be possible to go ahead with a programme of meetings and speakers for 2022. We've missed seeing members and other interested people, but hope the newsletters have helped to keep people in touch with what's been happening. We look forward to when we can meet up again. In the meantime take care and keep safe.

### Crossword solution from page 14

1	B	I	B	L	I	O	G	R	A	P	H	I	E	S
9	C	N	E	B	O	R	C	E						
10	A	C	H	E	D	F	L	O	W	E	R	I	N	G
	N	E	G	U	M	V	N	M						
12	C	A	R	E	E	N	S	S	P	A	N	G	L	E
	E	I			C			L						N
14	L	E	T	U	P	A	G	R	E	E	M	E	N	T
		E	R	T	E	N	N							
19	A	N	D	R	O	M	E	D	A	T	E	L	L	S
	I			G			D			I				P
22	R	U	B	B	E	R	S	I	L	L	E	G	A	L
	P	A	N	T	N	X	H	A						
27	O	R	I	G	I	N	A	T	E	I	C	T	U	S
	R	Z	E	I	S	I	E	H						
29	T	R	A	N	S	G	R	E	S	S	I	O	N	S

### Sudoku Answer from page 12

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

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## 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 two walks planned for November. We advise face coverings be worn on the coach.

**7th November 8.30am Fridaythorpe circular.**

**24th October 8.30am Huggate circular.**

Places **must** be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, Sue O'Leary on [sue@sueoleary.co.uk](mailto:sue@sueoleary.co.uk) or telephone 07767420646 or Pauline Borger on [pauline.borger223@btinternet.com](mailto:pauline.borger223@btinternet.com) or telephone 07929933323.

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

## Phoenix Walkers are back

And welcome new and old members to enjoy a day out in country or coast.

A choice of 2 walks 5-7 miles or 7-10 miles on Sundays.

**Sunday 14 November - Castle Howard**

**(Please Note Pick-UP Times 30 Minutes Earlier For This Walk Than Those Stated Below)**

**Sunday 28 November - South Cave-Market Weighton**

**Come and Join Us**

The coach picks up outside Hull Truck Theatre on Ferensway Hull at 8-30am; Beverley Road around 8-45am and Cottingham Green around 9am coach fare £10.

Walks are with leaders and are risk assessed.

You may come three times before deciding to join us years membership fee £10.

For further information and to book your seat on the coach please ring Sid&Sue 01482 701325. email [phoenixwalking-club@outlook.com](mailto:phoenixwalking-club@outlook.com).







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## Visit East Yorkshire announce the Made in East Yorkshire Christmas Market

Visit East Yorkshire are delighted to announce that a brand-new Christmas market is coming to Beverley! Taking place from Monday 13 to Friday 17 December, 'The Made in East Yorkshire Christmas Market' will celebrate the very best produce that East Yorkshire's local businesses have to offer.

The market will take place in Saturday Market area, opening at 10am and finishing at 8pm each evening with an array of festive entertainment and activities planned throughout the whole week as well as late night shopping within the town.

The Made in East Yorkshire Christmas Market will follow the iconic Beverley Festival of Christmas which will be returning to celebrate its 25th year on Sunday 12 December and these additional markets combined with the weekly Saturday Market will mark a whole week of celebration festivities for the traditional market town of Beverley.

The extended market is a fantastic opportunity to promote and support local businesses and also an extended opportunity to welcome people into Beverley should they not be able to make the Festival of Christmas. The town's evening economy is also set to see a benefit on what promises to be an exciting end to the year.

East Yorkshire Events continue to monitor the government guidelines regarding COVID-19 and will ensure the market can be brought to the town in a responsible and COVID-secure manner.

Councillor Jane Evison, portfolio holder for economic development and tourism at East Riding of Yorkshire Council,

said: "It is terrific to hear the 'Made in East Yorkshire Christmas Market' in Beverley has now been confirmed and I'm sure it will be a fantastic addition to a truly joyful time of the year. Of course we are all looking forward to the Festival of Christmas returning after a year away, but this additional market week will give even more residents and visitors to East Yorkshire the opportunity to experience what our local businesses have to offer as we all get into the festive spirit."

Any business interested in applying for a stall at the festival and/or market should visit [www.beverleyfestivalofchristmas.co.uk](http://www.beverleyfestivalofchristmas.co.uk) for further information.

## Hull Savoyards present 'A Musical Christmas Carol' - Humbug!

Hull Savoyards and the Kingston Brass Quintet are to present 'A Musical Christmas Carol' - Humbug! at Cottingham Civic Hall - Wednesday 15th December 2021 commencing 7.30pm. Written by Fraser Charlton (well known in Newcastle for his short shows written for the University and Gosforth Musical Society).

'Humbug!' is an adaption of Charles Dickens' public readings of 'A Christmas Carol' with the addition of various Gilbert & Sullivan songs and traditional Christmas Carols. The show includes a mixture of costumed and staged scenes with a concert style Victorian carol singers chorus.

The show contains minimal libretto guided along by a Narrator (Charles Dickens) reading sections of Dickens' text used in his celebrated public readings.

Tickets are £10.00 and £5.00 for under 16s and students. They are available from Barkers on Hallgate or online at [www.ticketsource.co.uk/HullSavoyards](http://www.ticketsource.co.uk/HullSavoyards) and on the door (subject to availability).

Please note some COVID restrictions may be in place depending on the situation at the time of the performance.

## 'Chocolate - from bitter bean to sweet treat': a new exhibition in the Treasure House in Beverley

Visit the Treasure House in Beverley and enjoy a delicious new exhibition, Chocolate.

Visitors will discover how the humble cacao bean went from a bitter drink consumed by the Aztecs and Mayans to the bars of chocolate and confectionery loved by many people today. There will be lots of interesting artefacts on display, including ancient beverage containers from Ecuador and Costa Rica, and vintage food packaging of favourite treats such as Roses, Yorkie and Snickers.

Throughout the exhibition there will be a 25% discount on hot chocolate in the Treasure House café, a range of new chocolate-themed book titles for children in Beverley Library, and a Chocolate Quiz to test your chocolate knowledge.

Admission is free and no booking is needed. The Treasure House is located in Champney Road in Beverley.

The exhibition runs until Saturday, 4 December. For more information, including opening hours, visit <https://www.eastridingmuseums.co.uk/>.

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