

Cottingham Times

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Issue 225 - October 2020



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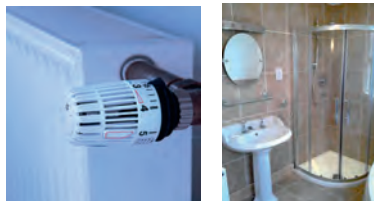
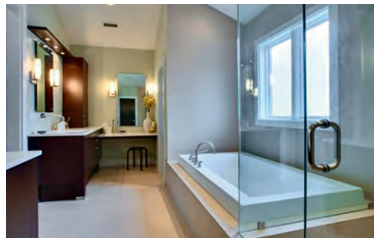
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Skidby Windmill reopens at weekends

Skidby windmill (built in 1821), the home of the Museum of East Riding Rural Life, has reopened its doors again at weekends after being closed at weekends in recent times.

The mill's opening hours will remain the same as before: Saturday, Sunday, Monday and Tuesday 10.00am-5.00pm, closed for lunch 12.30pm-1.00pm, last admissions at 4.15pm. These times may be subject to change.

Due to the covid-19 pandemic, in line with government advice & regulations, various measures have had to be put in place to protect visitors and staff.

The number of visitors at any one time will be restricted, and visits will be limited to 30 minutes in order to comply with social distancing, and customers will have to follow a prescribed route around the building. This will be dynamically managed by mill staff.

Unfortunately, due to the nature of the site, this means that access to the mill tower has had to be closed for the time being and all children's play materials have been removed. During the initial phase, for customer and staff safety, the public toilets will not be available.

However, there is a new display about milling and food production in the base of the tower. There is also a brand new set of children's play equipment on the acreage outside the mill, recently installed by Sutcliffe Play Limited, which will be available for visitors to enjoy. The acreage also makes a great space for an outside picnic as well, but visitors are asked to ensure they keep the space tidy for other users by using the new Heritage bins located around the site.

The mill is currently undergoing a programme of works, including repairs to the roof, windows and tower. This is being carried out by Hobson and Porter of Hull. It is hoped that the sails will be returned to the mill in early 2021.

During this building work, all parts of the site remain open, including the independently run Sails café, which has recently been refurbished. Visitors are asked to be aware of construction work in progress as they move around the site.

Visitors are encouraged to view the museum service's website at www.eastridingmuseums.co.uk for further information before planning their visit, or they can call the mill on 01482 848405.

Front cover: Harvesting time at Skidby.
Photo: Paul Lakin.

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, The Green, Cottingham and Beverley.

We have a walk planned for October with restricted seating and complying with Covid19 restrictions. Face coverings must be worn on the coach.

11th Oct 2020 8.30am Thixendale to Millington.

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 0792993323.

Check out our website <http://hull-cha-rambling.wix.com/hull-cha-rambling>

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MAPS available for £1

As a village we have put together a Halloween Haunted House Hunt to keep you all busy. Enjoy walking around our community and seeing all the different houses dressed to impress. We will also be raising funds for Cottingham Lights and there will be donation boxes situated around some of the spooky houses.

Please find us on Facebook under **Halloween Haunted House Hunt** and message us to enter your house into the competition and also to be placed on the map.

Voting Points will be:

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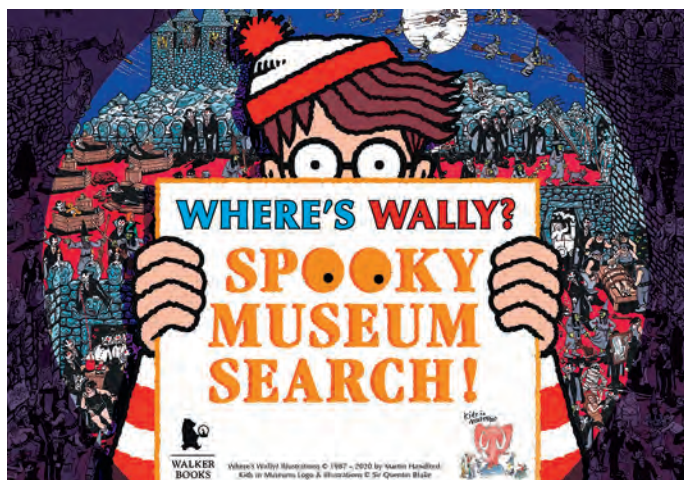
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Where's Wally? Spooky Museum Search – find Wally at the Treasure House in Beverley

This Halloween, Wally, the world's favourite children's book character – wearing a red-and-white striped shirt and black-rimmed specs – will be travelling the country, appearing in museums, including the Treasure House in Beverley. Families will be able to join the search for Wally in the Treasure House as part of the Where's Wally? Spooky Museum Search, organised by Walker Books and Kids in Museums, to celebrate the release of the new book, Where's Wally? Spooky Spotlight Search.

Over 75 museums around the UK have signed up to run the promotion, which is perfectly timed for Halloween. The activity will run in participating museums from 9 October – 1 November, 2020, and will be tailored within each museum to comply with their social distancing measures. Additional online activities will be available for those families choosing not to visit museums in person.

Families will be able to visit their local participating museum to hunt for Wally amongst their collections, as well as spell out a spooky phrase with letters hidden alongside mini Wally standees, and receive a special "I found Wally!" bookmark on completion of the search, as well as the chance to enter the Where's Wally? and Kids in Museums grand prize draw competition to win an ArtFund Family Membership and a bundle of Where's Wally? goodies.

Walker will provide participating museums with an array of supporting print and digital materials including mini standees, activity sheets, posters, bookmarks, pin badges for staff and social media assets.

Alison Bowyer, Executive Director of Kids in Museums, said:

"We're thrilled to be working with Walker Books again this year. The last few months have been a challenging time for the heritage sector so we are pleased to support even more museums to hold a fun and safe activity this October. We hope to encourage families back into heritage sites and help them enjoy all the rich experiences on offer."

For more information on the Where's Wally? Spooky Museum Search at the Treasure House, visit <https://www.eastridingmuseums.co.uk/>

For fun online activities, visit <https://wally.walker.co.uk/>

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Fastest timings for Cohen Buffey

Cohen Gray Buffey Age 9 has recently took part in the Oberstdorf Ice speed skating Open competition in Germany after having five month off the ice.

500 meter Men Junior E: best times (Season 2020-2021)

(for the [competitions](#) in the database)

1.	Cohen GRAY BUFFEY	SHF		GBR	56.456	07/08/20
2.	Alexander ZABRODSKY	SLI		GER	56.468	07/08/20
3.	Moritz KÜHNRIICH	SLI		GER	56.597	07/08/20
4.	Mark GOLDIN	AEV		ITA	56.637	07/08/20
5.	Liam Mai Tuan PIETROBONO	SES		ITA	58.557	07/08/20
6.	Joris TOORNVLIET	IHCL		NED	58.602	07/08/20
7.	Mathieu VAN DER HORST	HVHW		NED	59.505	07/08/20
8.	Adam GUBAC	PRE		SVK	1:00.729	29/08/20
9.	Nikolaj KOVALCIK	PRE		SVK	1:04.891	29/08/20
10.	Filip SKOF	CEL		SLO	1:05.889	16/08/20
11.	Juraj HARKABUS	PRK		SVK	1:08.444	29/08/20
12.	Mihai-Alexandru TOILA	GSD		AUT	1:08.650	16/08/20
13.	Maxwell CATHRO	DISC		NZL	1:15.596	12/07/20
14.	Bastian FABER	TRL		NED	1:16.170	07/08/20
15.	Michal GILANI	PRK		SVK	1:16.330	29/08/20
16.	Martin-Gabriel SHADMAN	GSD		AUT	1:21.370	16/08/20
17.	Samuel MCNEILL	CAISC		NZL	1:29.083	12/07/20

He took part in the under 10 categorie achieving The overall position of the silver medal and the fastest 500m and 333m Timings against German, Dutch, and Italian skaters. Cohen won the 500 m and 333 m finals setting his best times of 56.456 In the 500m and 37.185 In the 333m.

This has put Cohen in the top 5 category E skaters in the world. Cohen skated in the 502 m super final coming in third which gave him an overall placing of second place.

Cohen returned to the ice in the UK on 13th of September due to the coronavirus restrictions.

He said "I can't wait to get back on the ice and start training

again so I can try and qualify for the star class series like my sister did last year.

I just hope this virus goes away so we can keep training".

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Coach days away return after coronavirus break

East Yorkshire Coaches will be restarting its popular days away by coach, with a selection of trips running throughout October.

The company's programme of day trips and holidays, which usually includes more than 200 trips a year from the Hull area, was suspended in March because of coronavirus lockdown restrictions.

As a message of thanks to customers, trips will include a 'buy one seat, get one half price' offer for those travelling in their household or bubble.

Ben Gilligan, Area Director of East Yorkshire, said: "We are pleased to see the return of day trips, allowing our customers to come back and enjoy fantastic days out.

"After a quiet summer, our drivers are really looking forward to welcoming people on board again, with these trips giving a glimmer of hope for the future of coach travel."

Trips planned for October include Whitby, Meadowhall, Lincoln and Skegness. There are also days out to some of the most popular markets across the north of England. Destinations have been chosen carefully to ensure social distancing is possible.

A full range of measures have been put in place to keep customers safe when travelling on the coach, including enhanced coach cleaning, seating plans which ensure social distancing and face coverings being required for the full journey.

Passengers are also reminded not to travel if unwell and to adhere to government advice on keeping distance from those not in the same household or bubble.

Should any local lockdown regulations at destinations, or in Hull and the East Riding, result in the cancellation of trips, passengers will be given a full refund.

Ben Gilligan continued: "We have been open and honest with customers throughout the summer, giving notice of cancellations as early as possible and promptly issuing refunds for cancelled trips.

"These October trips are the first step to building up to our usual programme, with plans being developed for our 2021 holidays programme."

Days away pick up passengers across the Hull area, including Hull, Cottingham, Beverley and Elloughton. Passengers can find a list of all the trips and coronavirus safety information on the East Yorkshire Coaches website at www.eastyorkshirecoaches.co.uk.

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This gives you more control over what happens to you if you have an illness or other long term medical condition which means that you cannot make your own decisions.

Alex Green, Head of Private Client Law at Graham & Rosen Solicitors looks at the benefits of having an LPA and how to make one.

An LPA is a way of legally putting your affairs in order in case you are no longer able to make decisions in the future. There are two types of LPA: **Property & Financial Affairs** and **Health & Welfare**

You can choose to make one type or both.

HOW TO MAKE A LASTING POWER OF ATTORNEY

First you need to decide who your Attorney or Attorneys are going to be. They could be a husband, wife, partner, a relative, a friend or a professional such as a Solicitor. Whoever you choose, you need to be able to trust them to make decisions in your best interests. If you're appointing more than one person as an Attorney, you must decide if they will be making decisions separately or together. You can appoint replacement Attorneys who would replace your original Attorneys if they cannot act in the future.

You need to ask your chosen Attorneys if they would be willing to do the job as they need to sign application forms.

If you are making a Health & Welfare LPA, this will give your Attorney the power

to make decisions about things like your medical care, moving into a care home and life sustaining treatment. This can only be used when you are no longer able to make your own decisions.

A Property and Financial Affairs LPA could be used to manage your bank account or investments, pay bills, collect your pension or sell your home. It could be used as soon as it is registered, if you agree. Alternatively, you can decide that it should only take effect if you lose mental capacity.

Whichever type of LPA you chose, it will only be legally effective when you have registered it with the Office of the Public Guardian. This involves paying a fee and the process takes about 10 weeks.

WHAT'S THE ALTERNATIVE?

If you lose mental capacity and there is no LPA in place, someone such as a relative may have to apply to the Court of Protection to be appointed as your Deputy. This process is expensive and time-consuming. Applications can take 6 months or more to process. Meanwhile your personal and financial affairs would be in limbo.

WHAT SHALL I DO?

Anyone who has property, savings or other assets should consider making and registering an LPA. You will then have peace of mind that your chosen Attorneys will be able to help you when you need it most.

For more information or help making an LPA contact Alex Green at Graham & Rosen.

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Property News from Martin English of Homelink

Property Inventory Images

Taking lots of images for a landlords property inventory seems like a no-brainer. Off course all a landlord needs to do is take lots of pretty pictures or videos to prove how immaculate their rental property was before handover to prove that what the tenant did to their shiny buy-to-let was not 'fair wear and tear' right!? Unfortunately, this isn't trueimages in a landlords property inventory are only part of the story, landlords who let property should be aware that they need to prepare a thorough residential inventory before they handover their property. Not to do so given deposit scheme regulations would seem almost reckless.

The advent of quality cameras on phones means that many landlords have responded to the tedious task of preparing a residential inventory by taking a lots of photos of the condition of their property and pretty much nothing else. The Association of Independent Inventory Clerks (AIIC) recently warned landlords and their letting agents of the shortcuts of trying to replace a carefully worded inventory solely with photographic or video evidence of the condition of their buy-to-let property.

The Association advises that photographs and videos can provide helpful additions to a fully drafted inventory in the event of a dispute between landlord and tenant. However, all too often the images are no more than a thumbnail size. Any adjudicator should a dispute a rise is left floundering when trying to recognize any alleged damage to the buy-to-let property.

The issue here is the quality of the images. Therefore,

if you are going to take pictures make sure you have the setting on the highest quality first. Other issues relating to the usefulness of photographic evidence is its ability to pick up certain types of damage, such as carpet burns, serious damage to worktops and interior décor etc., but not for showing really fine detail such as small chips and scratches in sinks and baths, knife marks on worktops, and scratches to halogen hobs.

A well photographed inventory will always include a comprehensive written document. You should think of it as a written inventory with supporting evidence. The written document is necessary not least so that the tenant has some way of recording their thoughts, so a good document will have a space for tenants comments and signatures.

The inventory and pictures should always be dated, especially if compiling the inventory yourself. Make sure your camera is set to the correct date so that it writes the date on the meta-data attached to the file.

Take two. You should get into the habit of taking two photographs for everything you want to capture; one wide shot, and one close up. Close up images out of context are easy to dispute. When shooting close ups, always put something in the frame to show scale, like a coin, pen or ruler.

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

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Following the Government's guidelines on social gatherings and non essential travel we have decided to cancel all walks until later in the year but this is dependant on the virus situation regarding social distancing on group activities and coach travel.

We will give further dates and details when walks can begin again.

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Wordsearch - Autumn

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

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

Find the words in the letters above:

Acorn, Apple, Bird Migration, Blowing Leaves, Blustery Day, Canning, Chestnuts, Chilly, Cold, Crops, Equinox, Fall, Farming, Feast, Frost, Halloween, Harvest, Haystack, Hickory Nuts, Longer Nights, November, October, Orange Leaves, Pie, Pumpkin, Rake, Red Leaves, Scarecrow, School, Season, September, Shorter Days, Squash, Sweet Potatoes, Thanksgiving, Turkey, Windy, Yellow Leaves.

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

Sudoku No. 161

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

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

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MARIONOWENTRAVEL

We are open for business as usual and welcome you to visit our office, Monday to Friday between 10am and 2pm and telesales continue outside of these hours.

September was an exciting month as we saw our first travellers depart. In Jersey our guests had a wonderful time. The Mayfair Hotel always receive rave reports for their service & food. It is an island that really has something to offer everyone. Flights are operating from East Midlands now 3 times a week. Next summer we will welcome back the weekly flight from Humberside.

Our ladies in Lake Garda also had a great time everyone was very carefully and they even had to have their temperatures taken on and off the lake boats.

I also visited South West Wales for a weekend checking out hotels for tours. If you fancy a break in this area I can happily book you a nice hotel. The weather was superb and although we had a busy time we arrived home feeling so much better for the change of scenery.

As I write we are due to depart for our Scottish Borders tour with everything in place for being socially distant.

Our face book page shows updates on where you can and cannot travel. Visit & like our page then you will receive automatic updates plus we advertise some very nice holiday ideas. For example, Truffle hunting in Italy, Formula 1 racing, Warner's hotels just for adults.

Many tour operators are now becoming flexible with new booking conditions. It is nice to have a holiday to look forward to. If you are pondering on making a booking don't hesitate to telephone we will be happy to talk you through your ideas and guide you as to what is possible.

Warner's just for adults are very popular at the moment. They are a super option for a break you can always go knowing the quality is good. I have stayed in all of their historic hotels myself. You cannot check in before 3pm & have to leave by 10am to allow the cleansing of the rooms. Dining times also have to be pre booked - we can do this for you as part of the service.

Fred Olsen now have their 2 new ships on sail, so much space, faster ships and new itineraries - many short cruises around the Scottish & Irish coasts. Sailing from Newcastle or Liverpool is easy especially with our home to port service - ask for details. They are planning to start sailing in spring. **NEW Spring offer Free Tips & Drinks!**

We book all holidays with all tour & cruise operators. 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 free to relax and look forward to enjoying your holiday. We continue to monitor the protocol required for travelling to & from countries to ensure you know what to expect. All you need to do is pick up the telephone and we can get your next holiday booked. It is always good to talk and 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 a corner of our world. Lets get back to exploring our world and enjoy wonderful adventures.

PS You will note our telephone number has now reverted back to our office. We look forward to your calls. **Marion**

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20 Nov	Warner's Alveston Hall 3 nights Dinner B&B	£ 299
26 Nov	Harewood House & Afternoon Tea - day outing	£ 53
11 Dec	Gin, Wine & RHS Wisley Glow. 3 days including 2 special event dinners. 1 gin evening & 1 wine.	£ 299
21 Dec	Polar Express - premium package themed train day outing - you will feel just like you are in the film	£ 79
19 Jan	Boundary Mills for the January Sales day outing	£ 20
24 Jan	Burn's Night in Scotland 5 days very inclusive	£ 349
20 Mar	Devon & Cornwall National Trust - 6 days half board. A few places due to now a larger coach.	£ 665
27 Apr	Bakewell + Peak Rail afternoon tea day outing	£ 55
16 May	Well Dressing in Derbyshire day outing to Etwell	£ 30
23 May	Llandudno - 5 days at the lovely Tynedale Hotel right on the Prom - amazing food, half board 4 seats	£ 495
10 June	Rhine cruise to Switzerland via P&O from Hull. Sailing from Amsterdam to Basel—10 nights from	£1795
23 Jun	Tenby & South Wales 7 days super itinerary DBB	£ 720
02 July	Wonders of Iceland 9 night cruise from Liverpool aboard Fred Olsen's Borealis from your door from	£1649
04 Aug	East Lancs Railway day outing, sumptuous lunch	£ 75
05 Aug	The Edinburgh Tattoo -70th anniversary & Kynren 4 days, great seats for these shows.	£ 499
18 Sep	Georgia & Armenia - fully escorted tour 12 days. Solo's welcome we have 3 rooms for just £250 extra	£1899
01 Nov	Isle of Wight, Victorian Christmas. A very special tour including the church & Osborne house DBB 6 days	£ 649
03 Dec	Thursford Christmas Spectacular 2 day best seats. Dinner B&B at the Links. Limited seats	£ 195

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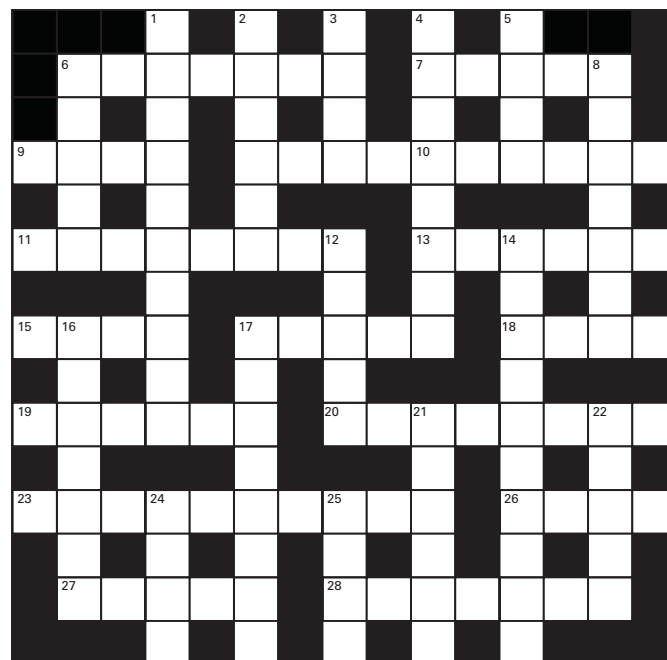
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Crossword - Solution on page 29



Across:

6. Surpassing the norm (7)
7. Frequently (5)
9. Small biting fly (4)
10. Standardizes (10)
11. Smart aleck (8)
13. Expensive (6)
15. Japanese persimmon (4)
17. Diving birds (5)
18. Backside (4)
19. Bakes in an oven (6)
20. Moisture in the air (8)
23. Stammering (10)
26. Parcels of land (4)
27. Male duck (5)
28. A native member of a state (7)

Down:

1. The philosophy of beauty and taste (10)
2. The Six Million Dollar Man (6)
3. Make indistinct (4)
4. Relationships (8)
5. Pocketbook (4)
6. The mountain of the Ten Commandments (5)
8. Pins (7)
12. Father of Methuselah (5)
14. Offend or outrage (10)
16. Took into one's family (7)
17. Decreased (8)
21. Powerful (6)
22. A moon of Saturn (5)
24. Blue-green (4)
25. Skin irritation (4)

Crossword courtesy of www.crosswordpalace.com
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Cottingham Little Theatre

A Word From Our Chairman, Val Thompson

This time last year we were inviting you along to our September Open Day, where we launched our amazing Centenary Programme: 10 productions to celebrate 10 decades of Cottingham Little Theatre.

It just shows that however much you plan something – and we've been planning our Centenary Programme for four years – something completely unexpected comes along, and everything has to change.

Our first Centenary production, "When we are Married" in November 2019, sold out quickly, and got wonderful feedback. (*"What a great start to the year – we're so looking forward to the rest of the season!"* - if only we'd known!)

Then "A Little Christmas Carol" in December, which attracted double the expected audience, and included mulled wine and mince pies which were appreciated by all.

In January 2020 you chose "Honour" for our first ever "Play in a Day". Cast and crew were given the script the night before, and Brian, the director, had less than 24 hours to get the play "performance ready". Those of us watching were blown away - the cast were superb.

Hot on the heels of "Play in a Day" came the "Centenary Double Bill Murder Mystery", which sold out well in advance as usual. Great fun was had by all, whether on or off stage, but undoubtedly the best 'mystery' was the appearance of the author, Chris Martin, on the first night - a wonderful surprise for us as he had written one of the Mysteries especially for our Centenary.

Next I was lucky enough to attend the rehearsals for "Heroes" (One Night Only) and "Quartet" (our main production in May) and they were going so well - I was really excited about both shows and looking forward enormously to sharing them with you.

And then Covid-19 made its presence felt, and we had to postpone them, along with "Entertaining Angels" in June. We reviewed the position over the summer and concluded that we must also cancel "Confusions" in October and "Don't Dress for Dinner" in November.

Our final scheduled Centenary production is "Outside Edge" in May 2021. We really hope that we will be back for that, and also that we are able to perform some of the "missing" Centenary productions next year but, like so much else, that will depend on whether we can be sure that it's safe to do so.

The latest information will be on our website, cottinghamlittletheatre.co.uk, and of course in the Cottingham Times.

Lastly, as CLT's Chairman, I want to say how touched we have been by the many messages of support we have received. I freely admit that it has been disheartening to watch our Centenary Programme, four years in the making, being washed away as the tide of COVID-19 raced up the beach. We have tried to stay positive, but that has sometimes been a struggle, so thank you so much for all the lovely things you have said. We miss you too! Stay safe, and let's just keep looking for the light at the end of the tunnel.

Val Thompson



Quality Water is our Business

Hard Water Horrors ?

Fitting a new kitchen or bathroom is often an occasion that gets people thinking about protecting their planned investment from the ravages of hard water; limescale, soap scum, streaks and spotting . . . the list goes on.

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

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

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

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



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

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

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

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The 2020 Walking East Yorkshire Festival goes virtual

The hugely popular Walking East Yorkshire Festival is going virtual this year.

The annual festival, developed by Visit Hull and East Yorkshire, kicked off on Monday, 21 September with the launch of the brand new festival website.

Full of ideas, top tips and things to do, the website will launch a brand new activity every day to encourage people to try something different whilst getting active and enjoying the great outdoors.

Councillor Shaun Horton, portfolio holder for coastal

regeneration and tourism, including culture and leisure at East Riding of Yorkshire Council, said: "The main aim of the festival is to promote the wonderful landscapes of the Wolds and also the wide range of activities across East Yorkshire.

"This year we are using the festival to encourage families to get active and enjoy the great outdoors by trying a series of new activities that can be enjoyed at their leisure, and within their own social bubbles."

Activities taking place during the seven-day festival will include live Zoom tours with award-winning tour guide Paul Schofield, taking you on a tour of Beverley and exploring the history of some of the town's famous hostelrys.

Or there is the chance to pick up a brand new 'Walks in and around Beverley' booklet from the council's Tourist Information Centre, trying some of the new town walks.

There are also exclusive virtual experiences for the family to enjoy, including HorseTrekking through the Yorkshire Wolds, and cycling the TransPennine trail from Hornsea to Burton Constable.

For the little explorers there is the brand new Fox Trail at Sewerby Hall – can the 20 little foxes hidden in the Walled Garden be found? And a brand new 'Month of Fun' booklet, showcasing 31 action-packed activities to keep the little ones entertained, from den building at Danes Dyke to foot golf at Yorkshire Lavender... and so much more.

To keep up-to-date with news about the website and the festival, please follow the Visit Hull and East Yorkshire Facebook page where more information will be provided.



NICKY LONG JOINS FORCES WITH UNIQUE

Former Cottingham salon owner Nicky Long has joined forces with award winning salon group Unique as she embarks on the next chapter in her distinguished hairdressing career.

Nicky brings with her a wealth of knowledge and experience to Unique Cottingham and alongside welcoming clients old and new, the talented stylist is set to fulfil a long-term ambition as she helps train the next generation of hairdressers at Unique.

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The Sanctuary of Yarn Bombing: Saturday 24th and 31st October

In medieval times the pilgrims and sanctuary men left their marks on the walls of Beverley Minster as part of their worship to Saint John. Crosses, swords, boats and music are there for the observant to discover.

Today we call it graffiti and these marks are now being celebrated thanks to a National Lottery Heritage Fund grant towards a £700,000 project to restore the Minster's Lesser South Transept roof and tell the story of its fascinating medieval role in Sanctuary.

Help us celebrate this role with modern urban graffiti – yarn bombing! We will be yarn bombing Beverley Minster Churchyard on Saturday 24th October for a display to run to Saturday 31st October.

We invite you to knit, crochet, French knit and to make pompoms.

You can wrap tree trunks, dangle pompoms or envelop benches. Be bold, be brave, be creative.

Take some time out and find some sanctuary in this fun activity.

Start preparing now and get your designs ready for the big yarn bombing event

Saturday 24th October 10am to 4pm

Let the yarn bombing begin. Come and bomb the church yard! Put your creations on the railings, trees and benches. Booking Essential

Saturday 26th November from 10am to 4pm

Time to take it down. Booking Essential

You can knit, yarn or pompom for general placement or if you are ambitious, or an organisation wants to get involved, you can book a tree or a section of railings.

"The Minster graffiti is fascinating and not many people know about it" said Ali Bodley, the Learning and Engagement Officer for the Minster's Sanctuary project. "We are delighted to be able share it through this yarn bombing event. We would love as many people as possible to get involved. Whether you are an expert knitter or just starting out with crochet and pompoms, join our yarn bombing campaign."

To find out how to get involved go, ideas and creative inspiration go to: <https://beverleyminster.org.uk/visit-us-2/yarn-bombing/>.



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Red letter day for Grenache wines

It's a simple truth that every day of the year will be designated as a special day for some cause or other; in fact there's more than likely to be 3,650 special days than just 365, the weird and downright wacky amongst them!

October, for instance, sees National Noodle Day and National Eat Fruit at Work Day, both of which, I'm sure, are extremely worthy causes. One I almost missed in September was International Grenache Day on the 15th, so set out to pick a couple of examples of this lesser-known, but widely-planted, red grape variety to recommend. Plus a couple of others where Grenache is used as part of a blend.

Grenache has proven to be a diverse workhorse of a varietal, adding depth, body and fruit to blends as well as offering juicy fruits and chunky texture on its own.

It can be found in simple table wines as well as cult status superstars. It is known by many names, including Garnacha, Cannonau, Alicante and Garnatxa, all depending on where in the world you are.

Grenache is a red wine grape known mostly for its supporting role in French Chateauf-neuf-du-Pape wines. But under the right circumstances, it can shine on its own. The hardy, sun-loving, grape is generally spicy, with accents on soft red and black berry flavours and, thanks to mild tannins, has a softer "mouth feel" on the palate.

In France, the variety's stronghold is firmly in the south. The southern end of the Rhône Valley is where the Mediterranean heat and character of the garrigue - the herb-covered scrubland - really starts to make itself felt. Syrah, the grape of the northern Rhône, takes a back seat to Grenache, which is usually found blended with Mourvèdre and Cinsault.

In the southern Rhône Grenache dominates in Côtes-du-Rhône, Côtes-du-Rhône Villages and the crus, with Chateauf-neuf-du-Pape one of the best known of those at the top of the quality scale. These dark, earthy wines are full-bodied and often densely-structured.

Whilst wines labelled Côtes-du-Rhône are the "generic" wines of the appellation structure, this by no means signifies they are lacking in quality. Frequently, some extraordinary wines are produced and sold as Côtes-du-Rhône. With aromas of ripe red and black fruit, sweet, rounded tannins and surprising concentration and intensity, they offer excellent value for money.

There are nearly 20 villages producing wines that are considered a step up from Côtes-du-Rhône. The appellation Côtes-du-Rhône Villages is therefore the focal point of some wonderful Grenache-based blends. The best are permitted to display the name of a village and are an excellent source of reliable reds that show a little more structure, finesse and depth of flavour.

The seven crus, where production is focused on red wines, are Lirac, Vinsobres, Rasteau, Gigondas and Vacqueyras.

Lirac is home to soft reds that are like an early-maturing Côtes-du-Rhône Villages in style. Vinsobres' focus is on reds from Syrah, blended with Grenache. Its sub-Alpine climate gives a lighter, fresher style of wine.

Rasteau produces deeply coloured, full-bodied reds, tannic when young and needing a little time in bottle. Head to Gigondas to encounter big heavyweight reds, the essence of the south and finally, to Vacqueyras, producer of less weighty, fruitier, cherry-like wines with a touch of elegance.

Arguably the finest wines of the southern Rhône are made in Chateauf-neuf-du-Pape. Generally Grenache-based, with Syrah and Mourvèdre added (though winemakers are permitted to blend in wines from up to 13 different varieties), these wines are full-bodied, rich and dark. While often made to drink at an earlier stage than those of the northern Rhône, few wines combine immense strength with perfect elegance quite so convincingly.

In Spain, along with Tempranillo, Mazuelo and Graciano, Grenache (known here as Garnacha) is a major player in Rioja blends. The heat of this famous region suits its sweet, fruit-forward style and the variety adds body, weight and structure to the slightly more austere Tempranillo to create the classic character of Rioja.

The natural flavours of Garnacha also work well with those induced by barrel age, a key feature of Rioja winemaking. New American oak is frequently the wood of choice, imparting a soft, vanilla flavour with gentle spice notes that integrate well into the fruit and concentration of the Garnacha blend.

The degree to which these oak flavours are present in the wine depends on its time in contact with oak; in ascending order the wines move from crianza to reserva and gran reserva, increasing with oak integration and flavour.

Neighbouring Rioja to the north-east is the slightly lesser-known region of Navarra. Again Garnacha is the dominant variety in the blend, supported by Tempranillo. Navarra's more northerly latitude and cooler sites give a slightly lighter style of wine than those produced in Rioja, and for the most part made for drinking earlier. The wines retain their vibrant, fleshy fruit flavours, with a sappy character, and with light pepper and spice notes.

Navarra and Rioja also produce rosé wines from Garnacha. These dry wines can be full-bodied, packed with fresh red fruits with surprising alcoholic strength. Raspberry and red cherry flavours dominate these darkly coloured, concentrated wines.

But many would say that Spain produces some of the finest wines made from the Garnacha grape in Priorat in Catalonia. Here Garnacha is the dominant grape in the blend often supported by Cariñena (Carignan), Cabernet, Merlot and Syrah. The wines are sophisticated, highly sought-after, intense and brooding. The secret is the old gnarled vines planted in poor schist soils, which a new breed of winemaker is expert in taming.

Away from France and Spain, you'll find Grenache playing an important role in wines from California, Australia and South Africa. My message, don't be put off by the name, try a bottle soon and you'll very likely be surprised.



BEST BUYS



Clos St Michel Chateauf-neuf-du-Pape

Where: Waitrose

When: Now, until October 13

Why: If you want to push the boat out a bit, try a bottle of this and you won't be disappointed. This is a rich, full and spicy wine from a classic blend of 40 per cent Grenache, 30 per cent Syrah and 30 per cent Mourvèdre. Clos Saint Michel produce some of the most consistent and best-value wines in this famous appellation.

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Guigal Côtes du Rhône

Where: Waitrose

When: Now, until October 13

Why: A spicy red from one of France's top wineries, with big bold flavours of dark fruits and an attractive peppery note. The blend of predominantly Syrah grapes with a proportion of Grenache and Mourvèdre lends the wine complexity. This is a wine that would be great partnered with red meats.

£9.59 (was £12.79)



Summer Road Old Vine Grenache

Where: Waitrose

When: Now, until October 13

Why: From Australia, this elegant, aromatic Grenache is sourced from old vines and benefits from gentle handling in the winery to provide a moreish red with intensity and lightness in equal measure.

£7.49 (was £8.49)



Co-op's Old Vine Garnacha

Where: Co-op

When: Now

Why: Sourced from a co-operative in Campo de Borja, northwest of the city of Zaragoza and in the shadow of Moncayo mountain, this Garnacha (Grenache) is harvested from 40 year-old vines, producing a stunning smooth red, full of juicy, ripe dark-fruit flavours. The ideal partner to barbecued meats, bangers & mash, macaroni cheese or lentil bake.

£5.35



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

www.instinctivehorsetraining.co.uk

Best Practice for introducing a new horse to another horse or into a bonded herd

Without a doubt, introducing a new horse to another or into an already cohesive group of horses, is possibly the most dangerous risk for injury for all horses concerned. Field injuries can occur at any time of cause but introducing a new horse changes the herd dynamics so is a flash point for posturing, kicking out and herding or guarding behaviours. We all have to accept the risks if we want horses to have a happy life in the company of others.

Mitigation is the key to success. Preparing horses to meet each other in the safest way and in an environment you can control is really important. A new horse needs time to settle into a new environment in its own way anyway and giving them a calm horse to help them settle is a wonderful help.

On my yard I have two rescue ponies I tend to use as buddies for new horses. Toby is very calm and very measured with a new horse. He will happily meet them over a door and will allow any horse to share his haynet. Magic is a great groomer and has a high play drive. He openly interacts immediately with a new horse and goes in for the groom invite behaviours as default. Dependant on the character of a new horse, we tend to use one or the other of these 2 as buddies in the first place.

The more emotionally fragile, the very old, the very young, the needy, the suppressed, the stressed and the frightened horses all get to settle in with Toby first and foremost. Magic is a wonderful partner for those who are more gregarious, playful and open minded rather than in fear or overly stressed.

All new horses get time loose on my yard to explore and to meet their potential field mates over stable doors. You can soon see who is the most compatible. After spending time like this, we will turn the pair out into a home paddock so that they can bond a bit and give the new horse a chance to learn to feel safe. Their initial routine will



have them both come in together and go out together.

If the new horse needs to learn to live full time in one of my established groups, then they will be in the **same field but split with an electric fence**. They get to meet over the fence and hopefully nuzzling and grooming will occur. Invariably one of the group will do some posturing and resource guarding behaviours will be on show. However, after a couple of days, all should be calm and I will feel easier to allow that new horse in with the group at this point. If this new horse is already paired up with Magic or Toby then they will tend to stick together away from the others for a while. I rarely mix my training horses with a group. They will stay as a pair for their training stay. A new livery horse will be slowly introduced to its potential herd over the fence line for a couple of days. We make a point of bringing it into the yard everyday alongside of the herd members and then they both go back out together, still left on opposite sides of the fence.

When I field watch, you can see them all start to group together, next to each other for rest periods- that is then great information for me that cohesion has started well. It's a perfect time for me to remove that partition.

Sadly I read many posts on social media where a "suck it and see" attitude of the yard owner has new horses thrown into a field with a group of bonded horses and left to get on with it. If at all possible, this must not happen. A good yard, with good management would not allow all the horses to be put under such huge risk of injury. There are, of course, many yards where single turn out, next to another, is the only regime they use. This is safe to each individual for sure but it does not allow horses to be able to bond and display natural, hard driven, herd behaviours. It makes me sad that horses are not allowed to be horses. It can lead to emotional suppression, depression and internalising.

There will, of course, always be an exception to the rule. Aggressive horses, mares with foals at foot, stallions, colts, rigs etc may well have to live on their own if careful introductions cannot be made or the environments are not suitable for pairing up safely. However, most horses live happier, more contented lives if allowed to be what they are- a horse!- a horse in a herd!- a horse with bonded relationships and cohesive group living.

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A dog is for life, not just Covid

Once again, I have the pleasure of Louise, our RVN, to write this month's article which is very topical at the moment.....

In 1985 one of the leading dogs' charity, The Dogs Trust produced a slogan called "A dog is for life and not for Christmas". This slogan was created as the charity and other animal charities saw an increase in dogs beginning to be handed into rescue centres after the festive period. In the present day, the charity has now changed its slogan to "A dog is for life and not just for COVID". The slogan was changed because the charity believes that many dogs will be handed into the rescue centre because of impulse purchasing during the COVID pandemic.

So how has Covid affected dogs and puppies? Because of lockdown it has been the perfect situation for back yard breeders to sell puppies due to the local restrictions. When purchasing a puppy, it would be advisable that new owners to see the parents and where the puppies were living, before the purchase. This enabled the owner the chance to not only look at the parents behaviour around people but also to see if they have any physical health problems.

Behaviour problems are also commonly seen in some puppies that may have been purchased during lockdown, due to not



enough socialisation. The socialisation period for a puppy is 8-12 weeks of age and within this period the puppy must be introduced to people and environmental stimuli. If not socialised correctly within this period, it can result in the puppy becoming frightened of the outside world and also of people.

A new puppy owner? If so, here are a few tips to help you and your puppy through the lock down situation.

CORRECT SOCIALISATION- Making socialisation fun for your puppy and not making it a negative experience. Always using treats when introducing your puppy to a new stimulus and if the puppy feels threatened then allow it the opportunity to get out of the situation. Rewarding it when it goes back to the stimuli.

BUILDING A BOND WITH YOUR DOG- It is important at an early age to build a bond with your puppy, this will help with training. It can be achieved by playing with them on a daily basis.

PROVIDE YOUR PUPPY WITH A ROUTINE - Many puppies were purchased at the beginning of lock down and the majority of their owners were at home all the time. This may have resulted in the puppies not being able to cope with being left alone. So, it is a good idea to get your puppy into a routine so they can cope with being left. When acclimatising the puppy to being on its own, it needs to be left for a few minutes, return and reward. This has to be a gradual increase over several weeks until the puppy feels secure enough to be left for a long period of time without any behaviour problem developing.

Please check our website for hints and tips through HAPPY HOUNDS FOR LIFE who are working in partnership with KINGSTON, bringing you the perfect puppy concept.

Please persevere with your new furry friend. You have gained an amazing new member to the family who will, overtime, bring lots of love and rewards as long as the effort is put into their upbringing. I would have been lost without my two dogs during lock down, as they have given me a reason to get up, go out in a morning and have provided many laughs when I have needed cheering up.

AND FINALLY... TALI...

Phew....my wonderful weekend in Robin Hoods Bay, went without incident. Apart from the gales through Saturday night into early Sunday morning which Tali and my daughters dog, Dexter, slept through, there is nothing to tell....UNTIL...2 evenings ago. I had placed my mobile phone on the cushion next to me whilst watching TV. On hearing a beep, I looked at the screen to find it shattered, leading from a hole in the corner. Strange, Tali was asleep next to me but I must have dozed whilst watching a programme. Very puzzled, I sent the phone to be repaired. On its return, I placed it back in its cover and low and behold...teeth marks!!!

Until the next time.....

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

Traditional Chinese Medicine (TCM) has existed for over 4,000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

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

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

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

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

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

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

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Internal:-

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Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Colds, Flu, etc.

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www.cottinghamtimes.co.uk - October 21



“The Tooth and Nothing but The Tooth”

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

Dental Bondage

Hello again, I hope that you are safe and well. As I write we’ve been open again for 13 weeks and all is good. We are still not back to 100% and probably won’t be for a while yet, but we are doing dentistry and making a difference. I’m proud of my team for their incredible efforts and professionalism in what has been a demanding time. Everybody feels safe and secure with the stringent protocols in place. Getting used to it all now and second nature. Still getting used to what feels like a shower curtain though.

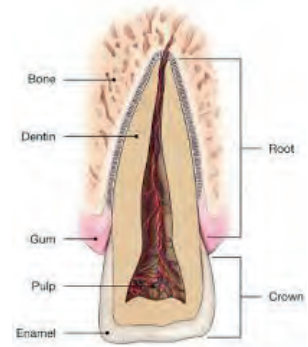
Dental Bonding

Did I say bondage, I meant bonding! Made you look. Well I think we need a bit of daft at the moment. So, what is dental bonding? Well we can now bond materials to teeth rather than making holes that have a retentive element which often means taking extra tooth away to get a filling to stay in once set. Also, we don’t need to grind teeth for crowns as much. All of this means that the teeth remain stronger as less is removed and also there is less chance of damage to the pulp (nerve of the tooth) that can lead to an abscess and problems from this. Most of the time we are bonding tooth coloured materials like composite, ceramic or even more modern hybrid materials that have a bit of both in them.

Great for the young

Bonding is good for any age as it is minimally invasive. We can now

create aesthetic dentistry with just additive techniques without tooth grinding. It is particularly good for young people whom have had a dental trauma. The pulp in young teeth is large. It shrinks back into adulthood. There is more chance of damage to the pulp with a fracture or decay in a young tooth. In the “good old days” if a young person fractured a tooth due to trauma, they had the rest of the tooth ground down for a crown. This weakened the tooth and had a relatively high chance of abscess leading to a poor long-term prognosis. Also, the gum of a young tooth is not mature, and it can shrink back a bit and settle into the 20’s. So, composite resin bonding is perfect because we can just add to it without further



damage and if the gum moves, we can add to it again without having to drill off a crown or ceramic veneer. Each time this happens there may be more tooth damage. Once into the 20’s then you can consider a ceramic veneer as the gums will be more stable and the ceramic is a smoother, more colour stable and can make the tooth a bit stronger. The

main thing though is thinking about the longevity of the tooth rather than the restoration and thinking about how we can keep a tooth for life.

Young teenager after an accident. Composite bonding keeping teeth healthy with no further damage.



This is quite a conservative crown preparation
Another crown preparation showing how little tooth can be left

You can see how a crown can damage the pulp in a young tooth. I love the concept of bonding. I’ve done it on family members, I’d have it done myself if the need arises. Right things for the right reasons and order and sequence is key to success.

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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Time for a Hedge Healthcheck

The trees and hedges in our gardens are an invaluable resource for wildlife and make Cottingham a pleasant place to live. Thanks to lockdown, more people are taking pride in their own gardens and admiring the work of others as they explore the footpaths and snickets at a more leisurely pace through daily walks.

One of the negative side-effects of the pandemic is a longer wait for NHS treatment of other ailments, and that means more residents having deteriorating eyesight or being less able to manage outdoor jobs.

As we reach that time of year when garden growth slows down and hedges get their final cut before winter, now is a good time to inspect our boundaries. If you rarely walk past your own house, you may not have noticed the gradual creep of growth narrowing the pavement, or prickly bits at ankle or face level. Can people walk past on a rainy winter evening without brushing against wet leaves, or ducking under a dripping tree?

Can they pass someone walking the other direction without stepping into the road or a slippery grass verge? Would someone with poor eyesight get a nasty surprise?!

We have seen a magnificent surge in good neighbourliness throughout the Covid crisis. Now is a good time to think beyond the personal needs of our neighbours, to give your own boundaries a thorough inspection and to offer a hedge healthcheck to householders in need of assistance.

Geraldine Mathieson

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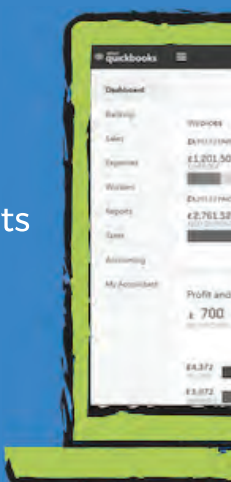
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Councillor Shaun Horton, portfolio holder for coastal regeneration and tourism, including culture and leisure, said: "Although East Riding Libraries have reopened, we can no longer offer hard copies of newspapers for people to browse.

"This new digital subscription service will be a great help to library members during these continuing unusual times, and I have no doubt it will prove very popular."

To access the service, visit: <https://www.eastridinglibraries.co.uk/libraries-online/enewspaper-instructions/>.



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Motoring - with Roy Woodcock



Silence is golden in the new SEAT Mii - now relaunched as an electric-only vehicle. Does it make sense?

Roy Woodcock puts one to the test . . .

Here's a car that really is a sign of the times; the SEAT Mii. Yes, I know, it's been around for a few years alongside its alternatively-badged siblings - the Volkswagen Up and Skoda Citigo - but it has now morphed into a purely electric vehicle.

That shows just how far we've come; what were once seen as little more than the latest gimmick is now mounting a serious challenge at becoming mainstream. Zero emissions cars could just be the thing right now and the SEAT Mii has a lot going for it.

To be clear, 2020 saw SEAT take the brave step of relaunched this car as an electric-only vehicle; you can no longer buy one with an engine under the bonnet.

It's the first fully-electric car from the Spanish manufacturer but there will be more to come. It's also one of the most affordable all-electric vehicles on the market, although you won't be surprised to learn that the term "affordable" is relative - the Mii will cost you £19,800 even with the Government's £3,000 plug-in car grant.

That's an awful lot of money for an urban runabout, which is what this car is. A good one, I have to say, but there's no getting away from the fact that it's expensive.

Those prepared to take in the broader picture may well see a convincing case for a car such as this. The range is good - SEAT claim around 161 miles when fully charged, but it will vary depending on how hard it's driven - the build quality is excellent, it's remarkably spacious and remarkably nippy.

First things first: Using a 40kw fast charger, and there are more and more of those about, a full battery will take little more than an hour to achieve. More realistically, you will plug in at home, either with a wall box fitted or using a cable from a domestic three-point plug, and charge-up overnight.

It means it will always be ready to go with no visits required to the petrol station and the satisfaction of saving plenty of cash on fuel as well as being kind to the planet.

The charging part, I have to stress, is remarkably easy; in my case I was plugging into a wall socket in my hallway, with the cable through the letterbox, but if this was my car permanently I would very quickly move to having a wall box installed.

With an 82bhp electric motor, acceleration is nippy - 0-31mph in 3.9 seconds is a much more important benchmark than 0-62mph in 12.3 - while the car's near-silent electric motor further enhances the "little luxury" experience.

Forgetting all the technicalities around electric propulsion, it's very easy to treat the Mii as a "normal" car, although it does take a while to get used to just how quiet it is.

It's a great car for small spaces, so it's good around town. But it does longer, motorway-type journeys, too, and four adults will be able to fit in and not feel cramped. It's got four doors and a decent sized boot, with an additional storage area compared to the old petrol version of the car that's handy for storing away the charging cable.

The Mii is the first model to include SEAT CONNECT, giving remote access and management of the vehicle. Customers can review driving data, parking position, vehicle status including doors and lights, and have the ability to control air-conditioning remotely, all from their electric smartphone app.

It comes without any trim options and standard equipment is impressive and another factor to take into consideration when debating the price. It includes metallic paint (usually an extra these days), sports seats, dark tinted windows, Lane Assist, Traffic Sign Recognition, rear parking sensors and fast charging capabilities.

There's air-con, cruise control, rain-sensing wipers, heated front seats, heated and electrically-controlled door mirrors and heated front and rear windows, LED running lights, sat-nav and smartphone cradle.

I was really impressed with this car and think it makes perfect sense as a second vehicle for everyday use. Driving is as simple as putting it into forward or reverse gear and gently squeezing the accelerator. The automatic gear changes come into play without you ever really noticing things - I guess the only thing to remember is to go easy with that right foot.

Push on too quickly and you will notice the range calculator dipping a tad too quickly. Conversely, lift off and you'll notice that you can quickly "recover" some range.

There's also the facility to pull the gear selector back a notch to make maximum use of brake regeneration to "capture" a few extra miles. It also saves you having to brake too often!

It's testament to how good the car is that the only strange thing I noticed was you still need a key to start it up when I fully expected it to be a push-button!

* For more information visit www.seat.co.uk.





October is here, which means Autumn is officially here too. The weather is cooler and the nights are starting to draw in. There is still plenty to do in the garden, some gardeners actually prefer the cooler conditions as they are more comfortable to work in. Remember that Autumn is the ideal season to plant all kinds of things in the garden from vegetables, seeding lawns, shrubs and perennials to evergreen, fruit, and deciduous trees. You can carry on mowing your lawn



through October depending on how much rain we have but it is advisable to raise your mower blade to a higher setting.

Autumn Lawn Care

Sowing a new lawn is best done during Spring (March - May) or in Autumn (September - Mid October)

We recommend using Gro-Sure Smart Lawn Seed (25sqm £10.99 or 40sqm £14.99)

For a new lawn:

Prepare the soil by clearing any debris and clear any perennial weeds and treat with weedkiller.

One a dry day dig soil to a depth of 20-25cm, break down any lumps and then tread it down to firm it over then rake over aiming for a flat even surface.

The day before sowing water the area thoroughly and leave to soak overnight.

For an existing Lawn:

Remove any weeds by hand or treat using a selective weedkilling treatment.

Mow the lawn closely before raking or scarifying to remove any moss and weed remains. If the ground appears



hard or compacted aerate using a garden fork.

Finally, spread Westland Lawn & Turf Dressing to fill any shallow holes and to level-out the surface.

Sowing:

Apply the seed at a rate of 40g per sqm (30g/sq.m for lawn repairs). As a guide one large handful is approximately 40g. Sprinkling the seed in 2 passes at right angles to each other will help spread the seed more uniformly. Lightly rake to gently incorporate the seed into the surface.

After sowing:

Rolling: The ground should be rolled or lightly firmed by walking over it and pressing the seed into the soil.

Watering: Water the lawn thoroughly using a fine-rosed watering can or a lawn sprinkler which produces a fine spray taking care not to wash the seeds away

Mowing: Grass can be cut for the first time when it is 5-8cm (2-3inches) high. A light trim will be sufficient initially. Gradually lower the cutting height to about 2.5cm (1 inch), which is ideal. Do not remove more than 1/3rd of the growth at any one time.

Feeding: After 10-12 weeks we recommend feeding your new lawn with Aftercut 3 Day Green Lawn Feed. Simply apply after mowing for quicker more visible greener results in 3 days.

10 Jobs for this month

1. Plant Spring blooming bulbs
2. Plant Herbaceous Perennials
3. Plant Autumn bedding
4. Introduce fat balls for the birds as well as fresh water
5. Plant new trees and shrubs as ground conditions are ideal
6. Dress Borders with bonemeal
7. Sow Seeds for new lawns
8. Bring your houseplants back inside
9. Add soil conditioner or multi-purpose compost to your soil and turn it to prepare it for Spring
10. Regularly rake up fallen leaves from your lawn

What is Organic Gardening?

Gardening organically means growing plants without manufactured fertilisers and other synthetic chemicals for feeding, pest and disease control, soil conditioning or weeding. Although often regarded as an alternative to gardening with chemicals, many organic techniques are simply good practices and compatible with other forms of gardening.

Excluding manufactured chemicals when growing ornamental plants, lawns, fruit and vegetables brings some challenges.

On the plus side, organic gardening is beneficial to the environment, provides a more attractive home to wildlife and, by cultivating fruit and vegetables organically, you'll know your tasty produce is chemical free. So bearing all this in mind, you may choose to go wholly organic or to combine organic techniques with a reduction in chemicals, using them only as necessary to maintain soil fertility and deal with the most damaging pests, diseases and weeds.

Organic Weed control

Chemical weed killers are a very attractive and effective solution to eliminate weeds. There are not always better alternatives in the organic range that are as effective but they are a lot kinder to the environment and beneficial to wildlife and their habitats. You have to decide where you can use organic methods and where you can't and try and achieve the best balance you can.

Wherever possible, try to avoid weed killers by hand weeding or hoeing and try to tackle weed problems before they produce and disperse their seeds and heavy infestations develop. In addition, prevention is much better than cure, so carefully prepare sites prior to planting and incorporate weed barriers to reduce the chance of weed infestation.

PREPARATION: When preparing a planting site, ensure all perennial weeds such as couch grass, nettles and brambles are removed by digging out with a fork. Remove annual weeds by hand or in dry weather use a hoe to cut off weeds from their roots.

BARRIERS: Different options are available to gardeners to help smother or prevent weed growth. Mulching with a 5–8cm layer of organic material such as garden compost, well-rotted farmyard manure, spent mushroom compost or cocoa shell helps smother annual weeds. Alternatively, plastic sheets, old carpet, carpet underlay or other fabricated material can be used to suppress annual and perennial weeds. In ornamental garden situations, ground-cover plants provide a more attractive weed-suppressing alternative. A barrier of heavy gauge black polythene can be sunk to prevent perennial weeds from growing into an area from an adjoining garden.

ALTERNATIVE METHODS: Paint-on gels are ideal for treating perennial weeds such as bindweed as the weed killer is absorbed through the leaves and down to the roots, without the worry of spray drift on to other plants. They are also the best way to treat odd nettles or brambles cropping up in a hedge or densely planted border, as you can apply them specifically to a certain area.

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Your Stars for October 2020

By Kay Gower

Aries (Mar. 21- April 20)

Sometimes you use your head, other times you lead with your heart, this month will be best navigated by doing a little bit of both. An adventure begins at the beginning of October, and a new relationship becomes a little closer by the end of the month.

Taurus (Apr. 21- May 21)

You watch the way someone does something and think, "I could do it better." Perhaps it's the truth. Perhaps you could. But you'll never know until you actually attempt to do it. This is very much advised.

Gemini (May 22-June 21)

You've been told to keep quiet but why? Don't be too quick to smooth over ruffled feathers, besides you could end up benefiting from the stir it creates.

Cancer (June 22-July 22)

Just because someone has a good idea doesn't mean it's a good idea for you, too. Be wary of signing up for new responsibilities. Weigh up your options especially around the end of the month.

Leo (July 23-Aug 22)

An idea you invested time and money in has yet to pay off. There's no shame in cutting your losses. It beats throwing good money after bad.

Virgo (Aug 22 – Sept. 23)

You've been involved in a struggle for so long that you're not sure now if you're ready for it to be over. Let it go, it's served its purpose.

Libra (Sept. 24 -Oct. 23)

What looked like a good idea on paper backfires in your face, but hold tight! Given the unusual energy of the planets at the moment things could wind up working out for the best.

Scorpio (Oct. 24 - Nov. 22)

Some look at the past with a quiet joy. Others won't look back in fear of regret. You have a tendency to judge yourself with too severe an eye, show some compassion with the 'you' who has been in difficult situations. A soft heart has few regrets.

Sagittarius (Nov. 23 -Dec. 21)

There's no way you can get where you want to go and keep what you already have. You need to cut back and simplify. Be practical, use this month to mull over your choices, and you do have choices.

Capricorn (Dec 22.- Jan. 20)

There will be niggles mid month and you will be nominated the most worthy problem solver. October will be busy especially the last few days of the month and your easy manner and calm disposition will get you noticed by others.

Aquarius (Jan 21 - Feb 19)

Your day-to-day circumstances may not have changed, but Jupiter's forward direction (lucky Jupiter enters your first house just before Christmas), breathes new life into an old dream and that's all that counts to make this a great month.

Pisces (Feb. 20-Mar. 20)

You have a certain natural grace when it comes to making changes, so the plan for October will be to concentrate on where you are going and who you are becoming and then let go of the rest.

Crossword solution from page 14



Sudoku Answer from page 12

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

Hull and East Riding Astronomic Society to hold meetings via Zoom

Due to the ongoing Covid-19 situation we have decided to hold the meetings via Zoom.

We still welcome anyone who has an interest in "Wot's up there and The Stars" to join us, this can be done by visiting our website and requesting a link for the meeting.

Meetings now take place on the second Wednesday of the month, starting at 7:30pm, commencing October 14th. This months meeting is entitled "How The Universe Will End", by Professor Brad Gibson (University of Hull).

Plan for the future you want - not what you end up with



"We all have it in our power to get what we want out of life. It just requires planning. Living for today is good whilst it lasts, but what are you going to do after that? Sitting down with a financial adviser can help you to set financial goals and make or adapt plans to get the future that you want - so, why not give me a call and start the process off?"

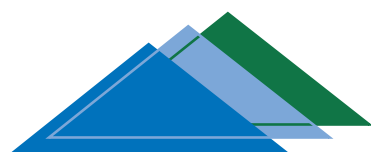
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Rozanne Bell, a true original

A new found contentment with her life has led to a change of direction in her paintings for artist Rozanne Bell.

Her many fans, including Artmarket customers, have long appreciated the Zimbabwean-born artist for her use of an exceptionally vivid colour palette across a wide range of themes including animals, landscapes, seascapes, and even spacescapes. More recently, she's been hard at work producing dramatic stripe paintings so intense they seem ready to vibrate their way off the canvas. And now, alongside her more familiar themes, we can expect to see more and more brilliant and hugely decorative depictions of lavish arrangements of flowers. We hear more from the incredible Rozanne Bell...

"I have never been happier in my career," says Rozanne, who, having left Zimbabwe in 2002, fleeing the country with her five young children to escape the toxic political situation created by President Robert Mugabe, these days resides in the rather more sedate surroundings of Dorset.

"Like many woman in their 50s, I'm feeling that a huge weight has been lifted as our responsibilities and lifestyles change! It means we can focus more freely on our careers – still passionately, but without the exhausting intensity.

"The only good thing to come with the menopause is the enormous shift one has with priorities. I no longer have either the time or the inclination to waste valuable hours clucking about trivial things. After all, at the end of the day our health and our loved ones are all that's important. I can now take the time to truly appreciate the things that matter and that money can't buy.

"My mental approach has changed over the years from a 'manic need to achieve' mindset to one of 'I love doing what I'm doing to the best of my ability'. It's an attitude that brings me enormous freedom and breathing space."

And those stunning flower portraits, which would brighten any room and cheer anyone's day?

"I'm loving getting back in touch with the African flowers of my youth, which is

where I started painting aged 15," she says. "And the bolder and brighter the better!

"My love of texture is at the forefront and I'm also flirting with sculpture, pottery and fabrics."

And like all of Rozanne's work, each painting is a unique original: "I don't touch prints," she says. "And I can't recreate my own work – my colour palette changes every day, and that's how I like it!"

Given her already eclectic range of subject matter, where might Rozanne seek inspiration next?

"A bit like my hot flushes, it's very hard to predict my next steps," she laughs. "I'm just enjoying all the aspects of my art that I never had the time to appreciate before. I guess getting older does have its advantages!"

We have a selection of incredible Originals from Rozanne Bell available to purchase on our website, any questions please do get in touch with our gallery team on: 01482 876 003

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