

Cottingham Times

and District

Issue 214 - September 2019



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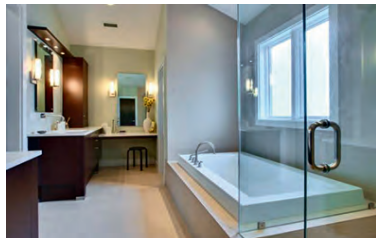
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In Cottingham and District

The deadline for entries in the October 2019 "What's On" section, is no later than the 18th September 2019.

Cottingham Methodist Church Photography Group

Tuesday 3rd September - Outside visit - 6.30pm

Tuesday 17th September 2019 - 7.30pm

Tuesday 1st October 2019 - 7.30pm

Interested in photography, you are invited to join our friendly group. New members welcome. All levels. Contact for further details:- John on 842169 or john@jcmhome.karoo.co.uk.

The Back Care Group

Tuesday 3rd September - 88 Saner Street, Hull, 2.00 pm to 3.00 pm start. Scams and how to avoid them. Speaker: Amanda Smith from NatWest.

Cottingham Men's de Luda Society

Wednesday 4th September - John Miller - Hull To Hornsea Railway, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Little Weighton Yorkshire Country Women

Wednesday 4th September - Brenda Stapleton - Travels in Quilting. Non members very welcome. In the Village hall at 7.30 pm.

The East Yorkshire Thoroughbred Car Club

Wednesday 4th September - Are holding further evening HISTORIC & CLASSIC VEHICLE GATHERINGS at Cottingham Parks Golf Club, Woodhill Way, HU16 5SW, at 4.00 pm, managed once again for us by EYTCC member Keith Purkiss. All of these events are open to all Historic & Classic cars over 20 years old.

Cottingham Ladies Circle

Thursday 5th September - Social Afternoon with Tea and Cakes, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 5th September - Peter Walker 'Carnivorous Plants', at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

Hull Alpha Probus

Club for retired or semi-retired professional people meets in The Back Room (on Hallgate) on alternate Thursdays. New members welcome. Contact the Secretary on 01482 348270 or 07542 959314.

5th September - Autumn Buffet at King William IV (King Billy): Speaker - Malcolm Forbes - 'All our yesterdays'

19th September 10:15 am - coffee and conversation

3rd October 12 noon - lunch : Speaker - John Day - 'Classified'.

**Front cover: A View from Keldgate, Harland Way.
Photo: Paul Lakin.**

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The Skidby Branch of the Yorkshire Countrywomen's Association

Thursday 5th September - Antiques with a Difference - Derek Clark. In Skidby village hall at 7.30 pm.

Wold Lace Makers

Saturday 7th September - Annual Lace Day, Speaker: Sandi Wood 'Splitting Hares and Vegetable Stew', 10.00 am to 4.00 pm, in The Marist Hall, Church and Parish House, 119 Cottingham Road, HU5 2DH. £3.50 on the day.

Humberside Bonsai Society

Sunday 8th September - Make your own Bonsai Pot with Paul Denson. Meetings are held between 10.00 am to 1.00 pm, in the Darby & Joan Hall, Finkle Street, HU16 4AZ, on the second Sunday of each month.

Catholic Women's League

Monday 9th September - Phil Jackson - My National Service Days in Germany and Cyprus. Meetings held at the Holy Cross Church, Carrington Avenue, in the Garden Room, 7.30 pm.

Hull and East Riding Astronomical Society

Monday 9th September - "We Chose To Go To The Moon - Personal recollections of the first moon landing" A talk commemorating the 50th Anniversary of the first landing on the Moon, by Peter Rea (Cleethorpes AS). We meet every second Monday in the month at the Civic Hall, Cottingham, starting at 7:30pm until about 9:00pm. We are a friendly group and you are assured of a warm welcome if you come along to the meetings. You do not need to be an "expert" just someone who "looks up at the night sky and wonders . . .".

YPI Camera Club

Monday 9th September - Discussion of the organisation of our public show and selection of the Avf. Bring some of your recent AV's for consideration. The club encourages the production & appreciation of audio-visual sequences (AVs). We meet on the second Monday of the month in the Darby & Joan Small Hall, Finkle St at 7:30pm. AV is the presentation of a series of images or video clips with an accompanying soundtrack. AVs are easily produced using software to combine still images, video, text and sound and can be played on any PC, TV, DVD or sent to YouTube. Turn a collection of digital photos into something you will be proud to show. For more details & examples of our work see <http://www.ypicc.uk/index.html>. New members always welcome - just turn up.

Haltemprice Art Group

September 10th - Opening Evening. Subscriptions due, view our Summer sketching. Entertainment arranged.

September 17th - Skies

September 24th - Sketching evening. (F Stoner S.L./ J Solly M)

October 1st - Line & Wash workshop with Eleanor Tomlinson A model and/or still life will be available on sketching nights or you may bring your own subject at any time. Demonstrations, Talks, Workshops, Appraisals, etc.: Members £2.50, Visitors £3.00 All other meetings are covered by the annual subscription. Cottingham High School And Sixth Form College, Harland Way, Cottingham HU16 5PX. From 7.00 pm to 9.00 pm.

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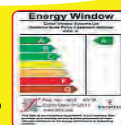
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www.cottinghamtimes.co.uk - September 5

What's On - Continued from page five

The Arterian Singers

Autumn Term starts on the Tuesday 10th September. The Choir is looking for new members. We require voices in all sections, especially tenors and basses. Our rehearsals take place at Cottingham Methodist Church, Hallgate at 7.30pm. We have three concerts during the year, Spring, Autumn and Christmas. Our pieces range from folk songs, songs from the shows and religious pieces. Julian Savory is our musical director. There is no audition, some knowledge of music is helpful but not necessary. You can ring Maureen on 01482 845363 or Janet on 01482 849415 or more information.

Cottingham Green Women's Institute Evenings

Thursday 12th September - Sue Southcoates - History of Astrology. Competition: Something related to your star sign. Held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

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Little Weighton, St Peter's Church Rowley

Friday 13th – Sunday 15th September 10am – 4pm. St Peter's church will feature as part of the 25th National Heritage weekend, and also have a display of the history of the Parish and Little Weighton Village, with its links to Rowley Massachusetts, USA, and the Hull to Barnsley Railway and other village developments. The weekend will end with a 'Songs of Praise' service at 5pm on the Sunday.

Little Weighton Village Hall

Saturday 14th September - 7.30pm. Little Weighton Village Hall. Market Weighton Waites Choir. The renowned local Market Weighton Waites Choir of up to 50 members will be bringing a new programme of choral songs ranging from the popular, classics and the unusual. Entrance includes a glass of fizz on arrival, tea & biscuits at the interval and a raffle. Ticket price £7. Please buy ticket in advance from the Little Weighton Post office.

East Yorkshire Woodturners

Tuesday 17th September 6.45pm: Mick Hanbury – Registered Professional Turner. Mick is from Leicester, where he offers a range of courses in his well-equipped workshop. Meetings are held every third Tuesday each month at Skidby Village Hall at 6.45pm. Visitors are always welcome, whether woodturners, novices, or just interested. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, Secretary, 01482 876702, cotters@cotters.karoo.co.uk or visit the Club's website: eastyorkshirewoodturners.org.uk.

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

Tuesday 17th September - AGM and Practical, *Temporary change of venue: St Faith's Church Hall, Dunswell Lane, Dunswell, HU6 0AG, if in doubt ring 01482 845415.* Meetings start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

The Arts Society, Hull and East Riding

Tuesday 17th September – Christopher Chanter "Re-Building of YPRES after the First World War. At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members welcome. Guest tickets £5.00. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 657574.

Cottingham Evening Townswomen's Guild

Wednesday 18th September - Social Evening, at 7.30 pm in the Darby & Joan (Small Hall), Finkle Street. New members and visitors are always welcome.

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Cottingham Men's de Luda Society

Wednesday 18th September - Jim Stansfield - A frubrious Diatribe, in St. Mary's Church Hall, on alternate Wednesdays starting at 2.00 pm.

Cottingham Ladies Circle

Thursday 19th September - Sheila Dixon - Life Aboard the Titanic, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Association of the National Trust

Thursday 19th September - East Yorkshire Association of the National Trust. AGM, followed by an illustrated talk by Jean Quantrill, entitled 'The Tale of the Tulip'. Meetings take place in the Cottingham Civic Hall, at 7.30 p.m. Non-members are welcome.

Inland Waterways Association

Friday 20th September - Shipyards and Barges of the Humber. Part I, Paull, New Holland and Hull - presented by George Robinson. Further information from Roger Bromley. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate. All welcome.

The Hull Macular society

Friday 20th September - A talk from EYMS on public travel, will be held at Sight Support Beverley road Hull 10.30am until 12.15pm. This group welcomes anyone living with Macular to come along for help and advice. Members £2 For more information contact Bernard Messingham chairman on 01482 860381.

Continued on page eight

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www.cottinghamtimes.co.uk - September 7



“Taking the soft option

Quite often the questions we get asked from customers are not about if they should have a Water Softener, they often have already been convinced they should have one by friends or relatives; but practical ones such as; “we would love to have a softener, but they are great big ugly things that have to go in a utility room aren’t they?” or “aren’t they very complicated and fiddly to use?” or “don’t you have to lift huge bags of salt?”.

We take great delight in explaining to customers that whatever pre conceptions they may have had about Water Softeners of old, that modern, efficient, compact and well designed Water Softeners are now available that can often fit conveniently in any kitchen, they can be fitted, neat and tidy, in a few hours by our skilled fitters with no fuss. Approximately the size of a computer tower unit the softeners are stylishly designed to fit in in the minimum possible space and on our free no obligation site survey we will discuss the various options and possibilities depending on the specific plumbing and kitchen layout in the customer’s home.

Are they complicated to use? Well, they used to be, with dials and meters and plugs and sockets and programmes to input, but, although this type of softener is still available, worry not! there are modern, simple, eco friendly units that are kinetically powered by the water, these units are pre-programmed and the only attention they need is topping up with salt every now and then.

Softeners of old tended to be of the type that required to be filled from large 25 kilo bags of Salt Tablets or Granules and this could be difficult for some customers, I am pleased to say that whilst as stated above this type of softener is still available, modern compact Water Softeners take compact, handy sized salt blocks that are easily stored and convenient to use.

The comfort benefits of soft water for bathing, hair washing, and soft, fluffy laundry are well known to Softener owners and it is often this as much as the cost savings, protection of appliances and pipe work and even the easier cleaning that they enthuse about to family and friends.

Water softeners work 24 hours a day to protect your home from limescale and provide beautifully soft water as well as saving you money, with more efficient and longer lasting appliances, and make the chore of cleaning the shower screen a breeze!

Please give me a call if you have any questions; we offer a free no obligation site survey- testing water hardness, customer requirements and checking the plumbing to recommend the best solution.



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What’s On - Continued from page seven

Little Weighton Gardening Club

Friday 20th September - Right Plant - Right Place - An illustrated talk with Eileen Shone. Plants for sale. In the Little Weighton Village, at 7.30 pm.

Cottingham Community Quiz

Wednesday 25th September - Quiz Master Gordon Addison, in the King Billy Pub, Hallgate. £6.00 entry on the door including supper. 7.45 pm for 8.00 pm start. Prize raffle on the night.

Cottingham Wednesday Social Club

Wednesday 25th September - Quiz and AGM, in the small hall at the Darby & Joan Hall, at 2.00 p.m. Guests and New Members Welcome.

Cottingham Methodist Church hall

Friday 27th September 2019 - Free Film Night - 6.40pm for 7pm. Refreshments on sale.

Cottingham Men’s de Luda Society

Wednesday 2nd October - Tony Dickinson - The Reverend Cragg Haynes, in St. Mary’s Church Hall, on alternate Wednesdays starting at 2.00 pm.

Little Weighton Yorkshire Country Women

Wednesday 2nd October - Marion Gamble - Writing for Young Children and Getting Published. Non members very welcome. In the Village hall at 7.30 pm.

Cottingham Ladies Circle

Thursday 3rd October - Peter Smales with keyboard “Don’t Shoot the Pianist” and homemade cards, to be held in the Darby & Joan Small Hall, Finkle Street, at 2.30 pm.

East Yorkshire Group of the Hardy Plant Society

Thursday 3rd October - Timothy Walker ‘Two for the Price of One’, how to get maximum impact and value from our plants, at 7.30 pm in Lund Village Hall, Latus Way, Lund YO25 9TF.

Beverley Male Voice Choir concert

Friday 4th October 2019 - at the Civic Hall, Cottingham at 7.30 pm. Doors open at 7.00pm and tickets are just £8. Available from Barkers of Hallgate, Beverley Tourist Information Centre, Jackie Sewell (01482 845981) and Lynne Clarke (01482 848329).

ParkinsonsUK - Hull and East Yorkshire Group Meeting

We meet every third Sunday, from 2.00 pm to 4.00 pm in the Cottingham Civic Hall, Market Green, HU16 5QG. Contact Steph Hoults 07542 096756 or parkinsonsukhullbranch@gmail.com. Helpline 0808 800 0303.

The Beverley Flower Club

Meets on the first Monday of each month, except August and January, when we have a Demonstration of Flower arrangements by an Area or National demonstrator, and twice during the year, usually before Christmas and Easter we have a Workshop when members can try out their own skills. We meet now at Bishop Burton College at 7.30pm and are always pleased to welcome new members. Find us on Facebook or ring 01430 828466 or 01482 865439 for further details.

Continued on page 23

FREE WILL ADVICE CLINIC

Saturday 21 Sept 2019, 9 am - 12 noon

at

2-4 George Street, Cottingham, HU16 5QU

Nobody likes to think about Wills, Powers of Attorney or care home fees

But without the correct planning you can be left in a very difficult situation; more importantly your relatives or friends can be left in a very difficult situation.

By planning for these events now you can ensure that your wishes are met and that those charged with meeting those wishes have the easiest job possible.

At our clinic you will have the opportunity to discuss:

Care Home Fees

- Are you responsible for paying all your own care home fees?
- Are your assets protected to reduce this liability?
- Will your assets be used to pay for care home fees?

Lasting Power of Attorney

- Have you got a Lasting Power of Attorney?
- Are your relatives able to assist you should you lose capacity?
- Can they gain easy access to your funds if necessary?

Wills

- Who will deal with my estate?
- Who gets what?
- Total assets worth more than £325,000? You may be liable to Inheritance Tax!

If you have been wondering about the answers to these questions, we would welcome you to our FREE Will advice clinic on Saturday 21 September 2019 at 2-4 George Street, Cottingham at 9am. A Solicitor will be available for advice and to answer any questions you may have on a one-to-one basis.

You will also receive a free Graham & Rosen bag and pen, and 10% off your Will or Lasting Power of Attorney if you book an appointment on the day.

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Windows updates, SSD technology and more . . .

Windows updates are always a source of worry for many computer users, and the latest of these, numbered 1903, is no exception. This has been failing on many PCs worldwide, and Microsoft has said (as usual) that they are working on a resolution. Unfortunately, no time-frame has been mentioned, so for the time being, as mentioned here last month, try not to install this update if given the choice.

Solid State Drives (SSD) – you may have seen mention of this hard drive technology when looking at new computer specifications. Becoming more and more popular because of their speed, many manufacturers are using SSD drives in their computer builds. Performance is much-improved certainly, but the only downside, although this won't affect most average home users, is the amount of storage space. For instance, a standard mechanical hard drive is 1TB (1000 gigabytes), a huge amount of storage for most users. Whereas an SSD is normally either 240 or the newer 500 gigabytes in size, because the technology is more expensive. If you are considering a new computer and upgrading to an SSD drive, the way to tell how much storage you will need is to look at your own computer, click on File Explorer (or My Computer) and right click on the C Drive and click Properties. This will show a graphic of how much space you have used of the total available.

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Ccleaner is the probably the most widely used clean-up program for the computer, according to the website having apparently been downloaded 2.5 billion times! The latest version at the time of writing is 5.60 This free program is very good at what it does and is like a spring clean for your computer. The paid-for version that I use, to be honest, doesn't do a lot more than the free one. It can be downloaded from: <https://www.ccleaner.com/ccleaner> When installing, do look out for very small tick boxes on the first screen offering

to include items like Avast anti virus or the Ccleaner browser, and I would untick those boxes. Once up and running, it does need a bit of configuring if you don't want to clear out all of your cookies etc., you will find all the tick boxes for that under the menu of Custom Clean.

Driver updater-type programs – Many computer users get drawn in by adverts online for utilities that offer to enhance your computer's performance by updating all its drivers, cleaning the registry etc. My advice is to stay away from these, as they can often cause more problems than they purport to fix! You will often also be bombarded with adverts and possibly even malware, which will make your computer a whole lot worse and possibly endanger its security!

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Amazon has been trading now for 25 years – making its founder, Jeff Bezos, one of the world's richest men. But did you know, according to *Wikipedia*, the company was originally going to be called *Cadabra*, and then *Relentless*. The name we all know now as a household name came about after Bezos flicked through a dictionary and liked the look of *Amazon* as it sounded 'exotic and different', and of course because of its *prime* position (excuse the pun) in the alphabet! **The number of students choosing to take computing at A-level has risen** for the second year in a row, and the three science subjects – biology, chemistry and physics – have also grown in popularity. The number of students taking science and technology *A-levels* has risen year-on-year, according to an article in *Computer Weekly*. Good news for the future of the IT Industry hopefully.

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Eset 'is the new King of antivirus' according to *Which?* Magazine that has awarded Eset Internet Security its best buy award. A fitting award for an excellent product that I am pleased to have been promoting and selling for over 11 years now. **For prices, upgrades and licences and renewals – just give us a call.**



I posted this last month to try if you have never used a QR code before, and said to point your phone's camera at this one to go straight to the RDM website. This works fine if you have an iPhone, but if you use an Android mobile you may need a QR reader app, or you can use

Google Lens. Try it out!

Scam telephone calls - I would again like to remind everyone, to NEVER let an unknown caller take over your computer remotely, even if they say they are from *Microsoft* or *Windows*. These companies, or any other reputable firm, will NEVER make unsolicited calls to home users. The other thing to watch out for is that these scammers have started cloning UK numbers, so in other words instead of your telephone caller display showing 'International' or 'out of area', they may now show a London, Leeds or Sheffield number for instance. If you give them access to your computer, they will cause all sorts of mayhem, and then ask for a credit card number, so they can extract your hard-earned cash.

Remember to look on my website for copies of the current and two previous articles where they can be read, downloaded or printed.

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Help Needed - 1st Cottingham Girls Guide Brigade

Would you like to benefit your local community? Would you like to be part of a great team? Would you like to work with children?

If your answer is yes to the above questions then get in touch. Due to our numbers increasing 1st. Cottingham Girls Brigade is looking for helpers. We are a Christian-based youth group for Girls aged between 4 and 18 and boys from 4.00 pm until 7.00 pm too. Training will be given and we will require a DBS check. There will be some preparation required before the evening, but it's worth it when you see the children have fun and grow.

New members also welcome

We have lots of fun on an evening, playing games, working towards badge-work, doing crafts, fundraising, fellowship and taking part in national competitions. Our badge work program teaches life lessons such as charity, anti-bullying and citizenship. We are passionate about teaching children the skills and values they can take with them in to the world.

We meet up with other companies in the area and have craft and fun days on a termly basis. This will give the children a chance to form good life-long friendships with other children across the city.

Come and join us at Zion URC on a Tuesday evening, (6:30pm – 8pm) your first week is free and is £2 a week thereafter. There are no fees for staff. We start back on the 10th September after the summer holidays.

For more information please email: brookie81@hotmail.co.uk, or call 07930 878 959.

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Wordsearch - Sewing

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

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

Find the words in the letters above:

Awl, Bobbin, Buttons, Cloth, Darning, Dressmaker, Elastic, Embroidery, Eyes, Fabric, Grommets, Hem, Hooks, Lace, Magnifying Glass, Mending, Needles, Patch, Pattern, Pencil, Pincushion, Pins, Quilting, Ribbon, Rips, Rotary Cutter, Scissors, Seam Ripper, Seamstress, Shears, Snaps, Spool, Stitch, Tailor, Tape Measure, Tears, Thimble, Thread, Tracing Paper, Tracing Wheel, Zipper.

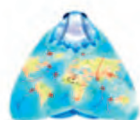
Wordsearch courtesy of <http://www.puzzles.ca/wordsearch.html>

Sudoku No. 151

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

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

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MARION OWEN TRAVEL



Despite the August weather we have managed to avoid the rain during our tours. Enabling our guests to enjoy wonderful Gardens, historic houses and palaces plus this week excellent wine tasting during our tour of Luxembourg.

We often have requests to visit beer festivals but wine not so frequently. Wine festivals are a time for a village to get together to celebrate the years latest harvest, similar to our harvest festival. As with Well Dressing in the UK the church is decorated and the wine blessed at the start of the day. Each year a new Wine Queen is crowned and there is music, dancing food and of course plenty of wine.

I plan many of our tours around special events, keep an eye on our website for new holidays being released.

P&O North Sea Ferries:- Don't forget as an ABTA tour operator we offer mini cruises & breaks to Europe as foot passengers, with rail tickets or taking your own car.

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We are now booking departures into Spring 2021.

Our wealth of first hand knowledge travelling around the world by land, sea & air, makes your travel simple and hassle free, leaving you to enjoy your holiday. All you need to do is telephone or visit our office in person. It is always good to talk, we look forward to creating your special memories when we book your next holiday. *Marion*

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14 Dec	Dordrecht Christmas Market 2 nts North Sea Ferries	£ 185
18 Dec	Boundary Mills & Lunch a superb 3 course meal & coffee	£ 40
27 Dec	Warner's Nidd Hall TWIXMAS 4 days half board	£ 323
2020	Many tours for next year are now sold out - you can waitlist	
15 Jan	Boundary Mills January Sale 2020 Day outing	£ 20
03 May	Devon & Cornwall's National Trust members £595 6 days	£ 665
29 Aug	2020 2 day overnight cruise & the North York Moors from	£ 99
01 Oct	WW1 remembering our family & friends - unique 6 days	£ 595
17 Nov	Thursford Christmas Spectacular best seats 1 night DB&B	£ 189
03 Dec	Thursford Christmas Spectacular best seats 1 night DB&B	£ 189
05 Dec	Thursford Christmas Spectacular best seats 1 night DB&B	£ 189

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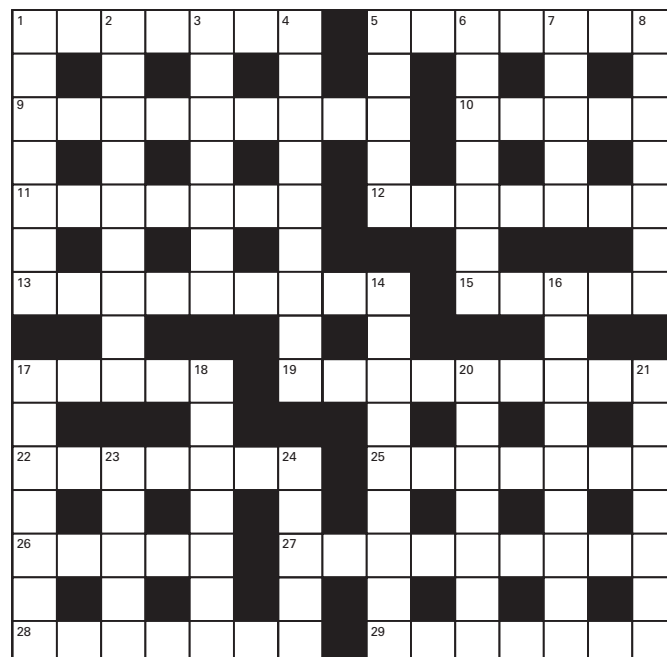
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Crossword - Solution on page 46



Across:

- Searchers (7)
- Hinders (7)
- Children (9)
- Jewish teacher (5)
- Allocated (7)
- A military unit (7)
- Surgical procedure (9)
- What we write on (5)
- Restrained (5)
- Pregnancy (9)
- Asserts (7)
- Reversion (7)
- Pertaining to modern day Persia (5)
- The moving of a group (9)
- A southern state (7)
- Spartan (7)

Down:

- Female singing range (7)
- A skin softener (9)
- A daughter of Agamemnon (Greek mythology) (7)
- Long and thin (9)
- Savor (5)
- Show religious devotion (7)
- Revolutionary (5)
- One who twists fibers into threads (7)
- Longing for something past (9)
- Simple or naive in style (9)
- An officer of the court (7)
- A loose African men's tunic (7)
- Manifestations of a Hindu deity (7)
- Candidate (7)
- Bearskin (5)
- A group of south Pacific islands (5)

Crossword courtesy of www.crosswordpalace.com

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East Riding's YORSwitch Collective Energy Switching Scheme - YORSwitch open for registrations

East Riding residents who are looking to save money on their energy bills are invited to sign up for the latest round of YORSwitch.

Since the scheme started in 2013, YORSwitch has switched more than 28,000 households and delivered more than £6 million savings for East Riding residents. In the latest auction alone, more than 5,300 East Riding households registered to get a better deal with YORSwitch.

The council partnered with iChoosr, the UK's leading expert in collective energy switching, and together were able to deliver bespoke and highly competitive tariffs.

Now is the ideal time for residents, especially those on standard tariffs, to switch. Residents should see if they could secure a good rate for the year ahead as wholesale energy prices are likely to continue increasing.

East Riding of Yorkshire Councillor Chris Matthews, portfolio holder for strategic management, said: "Householders should not be lulled into a false sense of security that they will get the best deal for their energy by staying with their existing provider.

"It remains a fact that households which have not switched

tariff recently could make significant savings by reviewing their energy contracts and council-operated collective switching schemes, such as YORSwitch, provide a safe and easy route for householders to engage with the energy market."

This current round of YORSwitch will be available until midnight on Tuesday, 26 November 2019.

Registering is easy and straightforward, just visit www.eastriding.gov.uk/yorswitch, alternatively call (01482) 393939, or visit your local customer service centre. Please remember to bring a latest energy bill with you.

If you do not have access to the internet, please register before Friday 15 November 2019 to enable the council to get your personal offer sent out to you. Make sure you have your current energy bill to hand.

How YORSwitch works:

Register for free to express your interest online at www.eastriding.gov.uk/yorswitch or by telephone (01482) 393939.

An auction takes place on Tuesday, 8 October 2019 between energy suppliers. The winning supplier is the one making the lowest offer. YORSwitch is not affiliated to any supplier.

Support sessions will take place in November 2019, if you need any additional support.

Personal offers will be sent out from Monday 21 October 2019, based on the information provided.

Registration is free and you are under no obligation to switch.

If you are happy with offer, you have until midnight on Tuesday, 26 November 2019 to return your personal offer or let the council know, so we can switch you.

East Riding of Yorkshire Council takes care of the entire switch for you, making the whole thing as smooth and hassle-free as possible.

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In the Kitchen



Poached chicken, pak choi & noodles

- Low Fat
- Cooking time: 15 minutes

Ingredients

- 300g pack 2 chicken breast fillets, cut into thick strips
- 400ml Cooks' Ingredients Chicken Stock
- 235g pack green pak choi, sliced
- 1 red pepper, deseeded and sliced
- 2 x 150g packs Amoy Straight To Wok Ribbon Rice Noodles
- 1-2 tbsp light soy sauce

Method

1. Place the chicken and stock in a large saucepan and bring to the boil, cover and cook for 5 minutes. Stir in the white parts of the pak choi and the pepper, cover and cook for 3 minutes.
2. Add the noodles, soy sauce and green parts of the pak choi and cook for 2 minutes until the chicken is cooked throughout, the juices run clear and there is no pink meat.

Quick ratatouille

This is a simpler version of the classic French dish. Just add crusty bread or serve alongside chicken or fish.

- Preparation time: 10 minutes, plus cooling
- Cooking time: 35 minutes
- Total time: 45 minutes, plus cooling. Serves: 4

Ingredients

- 2 red peppers
- 2 tbsp olive oil
- 2 garlic cloves, sliced
- 4 courgettes, cut into small chunks



- 400g baby plum tomatoes
- ½ x 25g pack basil, torn
- ½ x 25g pack flat leaf parsley, chopped

Method

1. Preheat the oven to 230°C, gas mark 8. Put the peppers on a baking tray and roast for 30-35 minutes, turning halfway, until well-blackened. Transfer to a bowl and cover tightly with a plate. Once the peppers are cool enough to handle (5-10 minutes), peel off the skin and discard, along with the seeds and stem. Tear the flesh into bite-sized pieces.
2. Meanwhile, heat the olive oil in a large frying pan. Add the garlic and courgettes, then fry for 8-10 minutes over a medium heat until turning golden. Add the whole baby plum tomatoes and cook over a low heat for 15 minutes. Stir in the roasted peppers and herbs, season and serve.

Olive & sundried tomato scones

- Preparation time: 15 minutes
- Cooking time: 10-12 minutes
- Total time: 25-27 minutes. Makes: 10

Ingredients

- 350g self-raising flour, plus extra for rolling
- 1 tsp baking powder
- 75g essential Waitrose Olive Spread
- 6 Cooks' Ingredients Sundried Tomatoes, roughly chopped
- 20g black pitted olives, roughly chopped
- 2 tsp chopped fresh rosemary (or 1 tsp dried)
- 150g Total 0% Fat Yogurt
- 6 tbsp semi-skimmed milk
- 2 tsp essential Waitrose Grated Parmigiano Reggiano

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Method

1. Preheat the oven to 220°C, gas mark 7. Place the flour, baking powder and olive spread in a food processor and whizz until blended.
2. Add the sundried tomatoes, olives and rosemary, and pulse again until well mixed.
3. Tip the mixture into a bowl, make a well in the centre and add the yogurt and 4 tbsp of the milk. Using a table knife, bring the mixture together to make a fairly soft dough.
4. On a floured surface, shape the dough into a ball then press out to a thickness of about 2cm. Using a 6cm cutter, stamp out rounds, re-using the trimmings to make 10 scones.
5. Place on a non-stick baking sheet, brush the tops with the remaining milk and scatter with the cheese. Bake for 10-12 minutes until risen and golden. Cool on a wire rack before serving.

Sweet potato and lentil cottage pie

- Preparation time: 40 minutes
- Cooking time: 20-25 minutes
- Total time: 1 hour 5 minutes. Serves: 4

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped



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- 2 carrots, diced
- 400g pack Aberdeen Angus 5% fat beef mince
- 2 rosemary sprigs
- 4 tomatoes, chopped
- 250g pouch LoveLife puy lentils
- 300ml Cooks' Ingredients beef stock, hot
- 1 tbsp Cooks' Ingredients umami paste
- 800g essential sweet potatoes, cubed
- 4 tbsp chives, snipped
- 150g frozen peas

Method

1. Heat the oil in a large pan and cook the onion, carrots and beef for 5 minutes. Add the rosemary, tomatoes, lentils, stock and paste. Bring to the boil, cover and simmer for 20 minutes.
2. Meanwhile, cook the sweet potatoes in a pan of water for 15 minutes until tender. Drain well. Using a stick blender, whizz until smooth, then stir in the chives.
3. Preheat the oven to 200°C, gas mark 6. Stir the peas into the filling, then transfer to a heatproof dish. Spoon over the mash. Bake for 20-25 minutes until the top is crusty and golden.

Spiced rhubarb cake with cinnamon cream

The warmly spiced sponge balances the sharpness of the rhubarb brilliantly. Whipped cinnamon cream makes an ideal accompaniment.

- Preparation time: 20 minutes, plus cooling
- Cooking time: 1 hour 15 minutes
- Total time: 1 hour 35 minutes, plus cooling. Serves: 10

Ingredients

- 150g salted butter, melted and cooled, plus extra for greasing
- 400g rhubarb, trimmed and cut into 0.5cm slices
- 225g caster sugar, plus an extra 2 heaped tbsp
- 3 tsp ground cinnamon
- 3 large eggs
- 2 tsp vanilla bean paste
- 2 tsp ground ginger
- 225g self-raising flour
- 75g flaked almonds

CINNAMON CREAM

- 300ml double cream
- 3-4 tbsp icing sugar, to taste
- 1 heaped tsp ground cinnamon
- 1 tsp vanilla bean paste

Method

1. Preheat the oven to 160°C, gas mark 3. Grease a 23cm springform cake tin and line the base with baking parchment. Mix the rhubarb with the extra 2 heaped tbs pcaster sugar and 1 tsp cinnamon; set aside.
2. In a large bowl, beat the remaining 225g sugar and 2 tsp ground cinnamon with the melted butter, eggs, vanilla and ginger. Mix in the flour, followed by the rhubarb, until everything is combined.
3. Pour the cake mixture into the tin and smooth the surface, making sure the batter is evenly distributed before scattering over the flaked almonds. Bake for about 1 hour 15 minutes, until a skewer inserted into the centre comes out clean; cover with foil after 1 hour if it starts to brown too much. Leave to cool in the tin.
4. When you are ready to serve, whisk the cream with the icing sugar, cinnamon and vanilla to soft, light, pillowy peaks. Serve each slice of cake with a generous dollop of the cinnamon cream on the side.

www.cottinghamtimes.co.uk - September 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

The Wine region of Languedoc

It's often a surprise to many people when I say one of my favourite French regions for wine is the Languedoc. Why? Well for so many years, the sheer scale of vineyard planting was geared up for mass production which led to a reputation for producing very ordinary, nay poor quality, wines.

The Languedoc region is located in the south of France along the Mediterranean Sea. Its borders spread from the south of Toulouse to the city of Montpellier's suburbs and in total there are 550,000 acres of vineyards, making it not just the largest wine-growing region of France but the largest wine-growing region of the world.

The region is known for its long periods of sunshine, with a lot of wind, and these features enable vines to grow under a relatively low threat from diseases compared with more northerly and wetter regions. In 2016 it produced 1.2 billion litres of wine.

Behind the ubiquitous Vin de Pays labelling that covered the majority of Languedoc wines lay a mixed bag of results. In the 20th century, very little wine in the region was classified as appellation contrôlée until the 1980s, when a new focus on quality began to emerge.

Perhaps more than anything it was an influx of Australian winemakers in the 1990s that played a significant role in the rising of standards. BRL Hardy (or Hardy's as it was known) was leading the Australian charge at the beginning of that country's inexorable success in export markets, which coincided with demand for French wines around the world slowing down.

Hardy's bought Domaine de la Baume and in a strange way the presence of a top Australian group was viewed as a seal of approval for local winemakers, just as the presence of Moët and Chandon in Australia had been seen by that country's sparkling winemakers.

The next few years saw the rise in reputation for Vins de Pays wines, particularly Vins de Pays D'Oc, including those of Domaine de la Baume, which became a commercial success on the UK market against the tide for most other inexpensive French wines.

During this time, there was an internationalisation of grape varieties and wine styles in the south of France and by the time Hardy's retreated and sold Domaine de la Baume in 2003, Languedoc wines were being viewed in an altogether different light.

Today, the face of Languedoc-Roussillon wine has drastically changed. More commercially viable grape varieties have been planted, and names such as St Chinian, Faugères, Corbières, Pic St Loup and Terrasses du Larzac are increasingly known among sommeliers and wine lovers – and the wines are often tipped as good value bets on restaurant lists.

Tourism has also surged. Long sandy beaches and striking scenery complement the region's mix of old and new in its cities, such as regional capital Montpellier and also Nîmes, Narbonne, Carcassonne and Perpignan.

In terms of grape varieties, Carignan is the workhorse of the Languedoc so far as its red wines go. In the past it never enjoyed a good press because, left to its own devices, it is capable of plethoric yields, and high-yielding Carignan is of no interest. However, pruned back and planted on hillside sites it can be much more interesting. At its best, it produces a wine that is deeply coloured, quite tannic, sappy with brambly fruit.

And I love it.

Grenache produces round-tasting wines, often with low tannin and high alcohol and is rarely to be found on its own except in the fortified reds of Roussillon. Cinsault belongs in the heat of North Africa. In the South of France, it is widely grown and can add fragrance and lightness of touch to big brawny reds, but more often it is made into rosé.

Like Carignan, the native whites are more obviously associated with high production but with careful handling can produce wines of real interest. There is Maccabeu and Grenache Blanc, grown mostly in Corbières and Roussillon.

Clairette is grown mostly in the east, closer to the Rhône, while Terret is grown extensively around Marseillan, home of French Vermouth.

Maybe the best of all is the Piquepoul which east of Beziers produces good quaffing dry Picpoul de Pinet. Muscat used to be grown exclusively for Vin Doux Naturel, such as Saint Jean de Minervois and Rivesaltes, but also produces full-flavoured dry wines of some interest.

The biggest change in the South of France was the introduction of other grape varieties to help boost quality. For the reds, Syrah was the most obvious import and is now widely planted and is usually part of a blend with Grenache and/or Carignan.

Syrah is at its best where there is a little humidity such as in the east around Pic Saint Loup. Mourvèdre is much more complicated to grow but has a real future in areas close to the sea such as in parts of Fitou and Corbières.

For the whites, Roussanne and Marsanne have also journeyed south from the Rhône to add finesse and flavour to Mediterranean blends. Increasingly, the Corsican Vermentino, also known as Rolle, can be found in blends where it often has a positive influence.

Bordeaux has for long been an important connection for the Languedoc with the Canal du Midi there to prove the link. Not surprisingly, Languedoc producers were quick to introduce Bordeaux varieties in their vineyards. Merlot is the most widely planted and in some years has been very profitably exported in bulk to California or back to Bordeaux.

The later ripening Cabernets are probably better suited to the climate of the south and have great potential.

The wines of the Languedoc are a complex but compelling topic and I'm really only scratching the surface here. But hopefully it will persuade you to look out for some of the grape varieties and locations I've mentioned. It will be well worth the try.



BEST BUYS



Château L'Esparrou Languedoc

Where: Co-op

When: Now, until September 3

Why: Château L'Esparrou has long enjoyed a high reputation. This is a blend of Carignan, Grenache and Syrah with intense aromas of ripe black and red berries like raspberries or blueberries, with notes of crystallised fruits and vanilla. Warm and smooth on the palate, with fine and elegant tannins and a good length. Serve with lamb, grilled chops, sirloin steaks, game or cheese.

£9 (was £10)



Montgrat Carignan Vieilles Vignes

Where: Waitrose

When: Now, until September 10

Why: This fruit-driven, medium-bodied red has bright, brambly notes and a touch of spice. A juicy, low-tannin, gluggable bottle makes for a perfect all-weather red.

£7.19 (was £8.99)



Laurent Miquel Vendanges Nocturnes Cinsault/Syrah Rosé

Where: Waitrose

When: Now, until September 10

Why: From a family vineyard high in the Languedoc hills. Harvesting the grapes in the cool air of night retains a superb crisp freshness to the Cinsault and Syrah grapes used in this delicious rosé. Full-flavoured and generous in style.

£6.69 (was £8.99)



Tour d'Autan Corbières

Where: Co-op

When: Now, until September 3

Why: An excellent wine for the price, a blend of Cinsault, Syrah and Grenache, that's fruity and long-lasting on the palate. Smooth as you like and went very well with a spag bol.

£6.25 (was £7.25)



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Meet, Greet & Eat - 7th September

FREE Legal Advice Clinic with Caroline and team on the first Saturday of the month from 10am to 12 noon. Teas, coffees and freshly baked scones provided and for Alzheimer's Awareness Month we will be helping raise money by taking donations on the day. We look forward to seeing you.





It's a 'Mitey' big problem!

Maggie was asking me last week if I had any ideas for this month's *Cottingham Times* article.

"How about something seasonal, like *Trombicula Autumnalis*?" I said.

"How about if you write the technical bit?" she replied.

Perhaps I should have tried to be less clever, and instead of trying to impress her with the Latin jargon, just called them by their more familiar name of harvest mites, also known as chiggers, berry bugs or red bugs, depending on where in the country you hail from.

These hungry little critters are not so much red but orange though and only just visible with the naked eye, but you do have to look very closely. By late summer, depending on the weather, they have multiplied and reached their maximum population in vegetation and fields and it is from there that they creep onto exposed skin and into the waistbands of clothing to give walkers and hikers an itchy bite. Fortunately that's the limit of the damage they do to us in this part of the world and a trip to the pharmacist along with resisting the urge to scratch, may be all that is needed to sort the problem out.

But our pets are not immune to these itchy little pests either and unlike us, they don't have the sense to not scratch an itch. Harvest mites are really not very fussy about which species they pick on. In my experience skin lesions on cats and dogs start just as the green

of summer starts to take on the first hint of autumnal tones and the country lanes become a highway for slow moving combine harvesters. This is when we start to see a steady trickle of cats with crusty lesions on their paws and ears as well as dogs with itchy, red paws, arriving at Kingston Vets. Cats especially can become very sore from scratching and licking. It's the dagger like claws and rough tongues that do it!



So what can we do as a veterinary practice? Occasionally, we can find these annoying little mites by taking samples from the surface of your pets skin and look for them under the microscope but often the poor cat or dog has already licked or scratched them away by the time they come to us for help and all that is left are the sore spots on the skin.

The mites are fairly easy to kill with insecticidal medications but, because of how quickly they can jump back on when our pets are out and about, we sometimes need to prescribe extra treatments to keep them under control. Some pets also need medication to control the itch and secondary infections where they have damaged their own skin.

The upshot of all that is, that if your pets seems to be more itchy than expected despite using your usual routine flea control, then make an appointment with your vet or here at KINGSTON VETERINARY GROUP where we can check if these little bugs may be causing the problem and then help your moggy or doggy get back to living and snoozing in comfort.

Thank you once again Barbara. We, as owners, do tend to just think of fleas and ticks because they are the ones most advertised about but it's startling to be made aware that it is not only these that can cause skin problems. So be vigilant and please do not hesitate to give us a call either here at our Cottingham surgery or anyone of our other FIVE KINGSTON surgeries.

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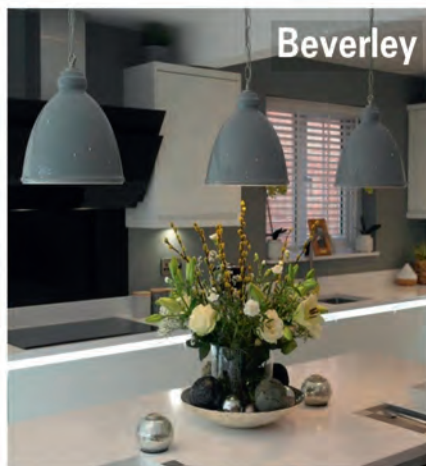


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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile
Maker' Branfield

The Power of Bubbles

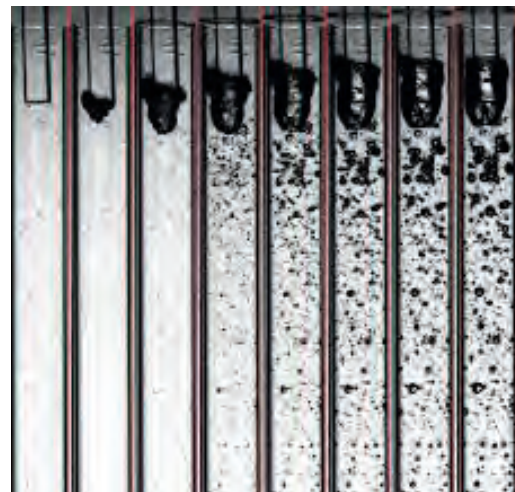
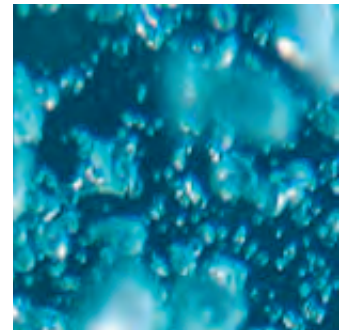
Hello again, I hope you are well and enjoying your summer. My wife and I have just had another great time at a music festival in Sledmere just up from Driffield. Fantastic music, great atmosphere and great to meet up with friends. All ages almost all genres of music, new and old. A real tonic. I think it was the 11th time for us. Everybody needs to let their hair down once in a while, although mine is disappearing at good rate of knots now.



Forever blowing bubbles

Bubbles can be a very useful tool if they are the right kind. We use an Er:YAG laser to create bubbles. The bubbles grow then collapse or implode in a short amount of time to create shock waves. This is called Photon Initiated Photo-acoustic Streaming. This has now advanced with the development of a double bubble technique whereby a second bubble is created as the first bubble

is in its final stage of collapse to create a double shock-wave to create shear stresses. This is a very effective and efficient way to get a solution to clean a surface of a canal or socket. We use the method in root canal therapy and sometimes to disinfect a deep cavity. It is very useful as well in cleaning out and disinfecting infected tooth sockets. Think of the little bubbles as scrubbing and cleaning away debris and bacterial biofilm build up.



Bubbles forming at the end of an Er:YAG laser tip create shock waves

Branfield and Son

In October I'll be off again to the Rif Mountains in Morocco on another humanitarian mission with Dental Mavericks to get kids with no access to a dentist out of dental pain. My son Edward has been three times with me before. This time he will be working alongside me as a clinician in his own right treating the children himself. So, I'm a proud dad. This trip will be one of our largest so there will be plenty of last minute meetings to finalise the planning.



Edward and I with a young man who we had seen the year before with several abscesses and a swollen face. We sponsored a football tournament and he was on the winning team!! Without the emergency treatment we did maybe he wouldn't have

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 26 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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What's On - Continued from page 15

Eastern Lights WI Choir

Ladies do you love to sing? If you are over 18 we would love you to join us. No audition, no need to read music & you don't even have to be a member of the WI. We meet on the 2nd & 4th Wednesday of the month from 7.15 until 9.15 in Leven recreational hall. Just come along or email easternlightschoir@gmail.com.

Hull Folk Dance Club

Tuesdays 7pm for 7:30 to 9:30pm. Darby & Joan Hall, Finkle St., Cottingham. Enjoy free tea/coffee and biscuits and get to know the members. Your first visit is free. Come on your own or bring a friend for light exercise in a friendly environment. No experience is necessary and everyone is welcome. Beginning again 2nd September. All dances are walked through before being set to music. Beginners tuition is also offered. More information from Keith Alexander on 01482 509751; Jan Gray on 01482 840637 and www.folkdance.me.

Musical Memories

Do you enjoy a good sing-a-long? If so come and join us on the 1st Thursday of the month, 1.45 pm until 3.15 pm. We have coffee/tea and cakes halfway through. No Charge FREE. And we meet in the Methodist Church, Hallgate.

Wolfreton Park Bowling Club

From early April through to September we are an active bowling club. New members are very welcome, including complete beginners. We have 'roll-up' social/fun bowling sessions: Mon at 6.30-8.30pm and Tues/Fri at 2pm-4pm. Arrive early (15 to 20 mins) so that we can show you around. Come along and

see if you like it – your first three sessions are free, we will provide the bowls and bowling shoes for you to use. We also have club competitions and social events (summer and winter) in which all are very welcome to join. Additionally, most days in the Summer, we have: ladies, men and mixed league matches. We bowl at Bramble Close (off Chestnut Avenue), Willerby HU10 6PD. For more information, about membership and other details, call Sue Hall, Club Secretary – 01482 652384 or email: s.hall@doodad.karoo.co.uk.

Cottingham Tennis Club (off Hull Road)

Are you interested in getting fit and making new friends? We are a friendly club looking for new members at all levels of playing ability including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. We have lots of opportunities for both social and competitive tennis and we have a dedicated coaching team. Please contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

Do you wish you could swim?

If you have failed to learn to swim by traditional methods, try something different. Hull Optimists teach people to swim by concentrating on balance and breathing skills. You may have a disability or a profound fear of water, we can still help you, providing that you are accompanied by your own carer or helper in the water. Sessions are in the warm water at Frederick Holmes Special School, Inglemire Lane during school term times and we now have places available on Mondays at 6 pm for, both children and adults. We also need someone to help in the water, no experience necessary as training is available. For further information 'phone Chris 01482 849124.

Continued on page 35

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Day 2: Kilimanjaro – Arusha

Day 3: Arusha – Tarangire

Day 4: Tarangire – Karatu

Day 5: Karatu – Serengeti National Park

Day 6: Serengeti National Park

Day 7: Serengeti National Park – Karatu

Day 8: Karatu – Kilimanjaro

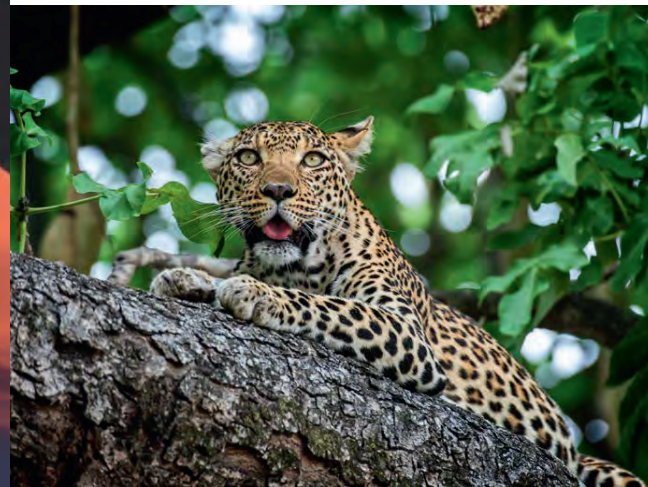
Day 9: Fly home

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Day 2: Petoria – Sandton

Day 3 - 5: Kruger National Park

Day 6: Kruger to Port Elizabeth

Day 7: Tsitsikamma National Park – Knysna

Day 8: Knysna

Day 9: Outdshoorn – Cape Town

Day 10 - 13: Cape Town

Day 14: Arrive in the UK

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Departs Heathrow

Includes: 11 nights accommodation
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Tour highlights are: Red Dunes of Soussuslevi, Burnt Mountain, Petrified Forest, Game Viewing and Dinner under the Sky

Day 1: Depart UK

Day 2: Windhoek

Day 3: Reboboth – Sossusvlei
Day 4: Sossusvlei Dunes
Day 5 - 6: Swakopmund
Day 7: Swakopmund – Twyfelfontein
Day 8 : Twyfelfontein
Day 9: Etosha Region
Day 10 - 11: Ethosia National Park
Day 12: Midgard Estate
Day 13: Windhoek
Day 14: Arrive in the UK

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GRAND SAFARI KENYA

10 Days | 22 May 2020

Titan VIP Door to Door Travel Service

Includes: 8 nights accommodation
23 meals included | Plus 12 excursions

Tour highlights are: Home of Lord Baden Powell, Treetops Lodge, Thomson Falls, Masai Mara Game Reserve

Day 1: Nairobi
Day 2: Aberdare National Park
Day 3: Lake Nakuru National Park
Day 4: Lake Nakuru National Park
Day 5: Lake Naivasha National Park
Day 6 - 8: Masia Mara Game Reserve
Day 9: Nairobi
Day 10: Arrive UK

From **£2,899pp**

Other dates available

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September is generally a cooler month than August although if we are lucky the Summer will extend into Autumn months and of course the days are noticeably shorter. There's still plenty to do garden at this time of the year, if you have a fruit or vegetable patch, you'll be busy reaping the rewards of harvest. It's also time to get out and start planting spring-flowering bulbs for next year. Make the most of the remaining warmth while you can. Plus September is the perfect time to plant shrubs and trees and treat your lawn. If you want lovely grass in the Spring now is the time to give your lawn some TLC. There is also

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the offering of lovely Autumn colour in your garden from Autumn bedding the smiley faces of violas and pansies are always a welcome addition. Why not refresh your hanging baskets with some ivy, grasses and cyclamen for beautiful autumnal shades. Many people's lawns aren't looking their best at the minute after the long hot summer we have had. To give it the best chance of revival follow our top tips below.

Autumn lawncare

There are many treatments you can do to your grass in Autumn that will ensure it is at its best the following Spring.

Scarifying

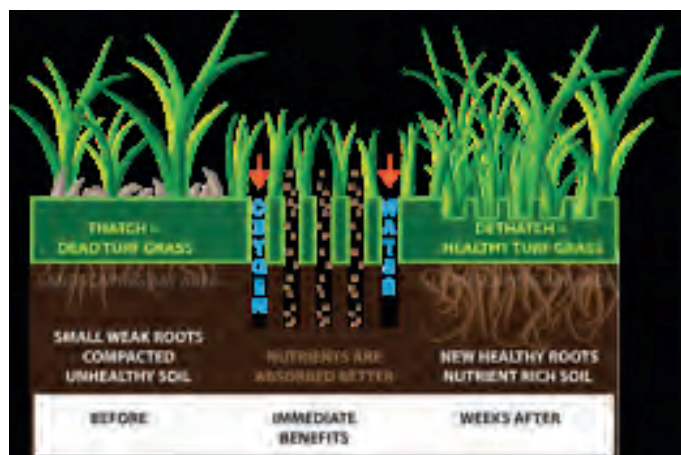
Regular raking (or scarifying as it known) keeps levels of thatch (old grass stems, dead moss and other debris) at an acceptable level. Layers of thatch greater than 1cm (3/8in) deep can impede water and fertiliser penetration.

To remove thatch, rake vigorously but carefully with a spring-tined rake. For larger areas powered tools are available as single units or mower attachments.

Note: Turf is damaged if scarified too deeply.

Aerating (spiking)

Aerating (or spiking) lawns allows better movement of air and water in the root zone. A well-aerated lawn will manage better in periods of drought or waterlogging. For an average lawn, aeration every two to three years should



10 Jobs for this month

1. Divide herbaceous perennials
2. Pick autumn raspberries
3. Collect and sow seed from perennials and hardy annuals
4. Dig up remaining potatoes before slug damage spoils them
5. Net ponds before leaf fall gets underway
6. Refresh Summer hanging baskets & containers with Autumn bedding
7. Start to reduce the frequency of houseplant watering
8. Clean out cold frames and greenhouses so that they are ready for use in the autumn – Smoke fumigators are ideal for this
9. Cover leafy vegetable crops with bird-proof netting
10. Plant spring flowering bulbs

be adequate. Concentrate on areas that receive the most wear and those that are compacted.

Small areas can be spiked with a garden fork, spacing holes 10-15cm (4-6in) apart and deep. On clay or waterlogged soils use a hollow-tine aerator every three to four years. This extracts plugs of soil from the lawn. After hollow-tining, sweep up the plugs and then rake a top-dressing (see below) into the holes to improve air and moisture penetration.

Top-dressing

Top-dressing is the application of loam, sand and well-rotted organic matter to a lawn in order to correct surface irregularities and improve the texture of difficult soils. This encourages greater rooting and thickening of turf.

The top-dressing mix is three parts sandy loam, six parts sharp sand and one part compost or leaf mould.

Flattening

To correct bumps and troughs, use an edging iron or spade to slice through the turf and roll it back. Fork over the underlying ground and add or remove soil as needed. Replace the turf, pressing the edges together, and water thoroughly.

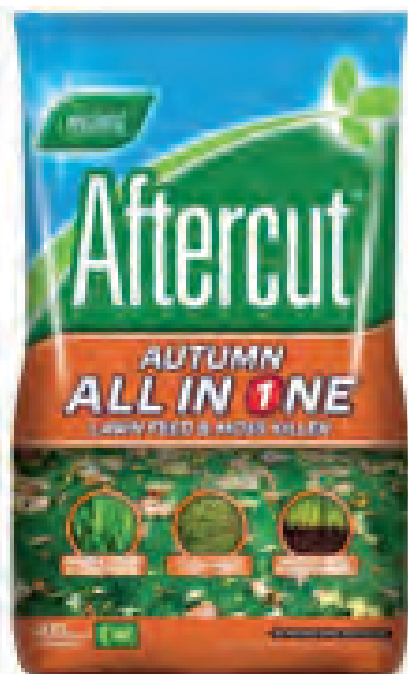
Problems

Lawns can suffer from a variety of fungal problems including red thread, fairy rings and take-all patch. Damage created by lawn pests such as leatherjackets and chafer grubs, as well as their predators, can be really devastating. Worm casts are also a nuisance in wet weather.

Autumn is a good time to repair damage caused by fungal diseases or pests.

At Coletta and Tyson we have a great product for autumn lawns – Autumn all in one is specially formulated as a granule to keep your lawn healthy over the winter months and will eradicate moss and prevent discolouring. It can revitalise any problem areas by adding essential nutrients. It is also high in potash and ferrous sulphate.

Plus it is only £12 and covers 150 sqm or a £19.90 bag covers 400 sqm.



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Your Stars for September 2019

By Kay Gower

Aries (Mar. 21- April 20)

A good month to put energy and time into your work. You will impress those in authority and could be in line for promotion. Be careful of ruffling the feathers of your colleagues though.

Taurus (Apr. 21- May 21)

Much of the enjoyment you experience this month is likely to be associated with domestic rather than professional matters. Positive influences come from the direction of friendships.

Gemini (May 22-June 21)

You need frequent periods which allow you to recharge your batteries. A break from a busy routine would do you the world of good this month. Drop the reins for a short time and let someone else do the driving.

Cancer (June 22-July 22)

A careful listener will learn everything there is to know through casual conversation about nothing in particular. You're such a person, if you want to be. Much will depend on how badly you want to know something this month.

Leo (July 23-Aug 22)

New opportunities will be created in some unexpected places. You could have some minor financial worries over the next 6 weeks but through your creativity you should find a way to solve them.

Virgo (Aug 22 - Sept. 23)

You've been known to give care when people need it, so they gravitate to you for this time and again. You may think it's fine, as long as they also come to you when they're strong and ready to give back. Take care of 'you' this month.

Libra (Sept. 24 -Oct. 23)

If life is like an exam (and it certainly feels that way in September), then it's not the kind of test where everyone gets the same questions. Rather, your test is different from that of the person next to you. That's why it does no good to copy.

Scorpio (Oct. 24 - Nov. 22)

Trends suggest something exciting may be about to come along. There are gains to be made at work and if you are between positions perhaps a new job is in the pipeline.

Sagittarius (Nov. 23 -Dec. 21)

A wish will be fulfilled before the end of September. Let go of some self-imposed rules and you will be unstoppable. You can look forward to some happy times and personal success.

Capricorn (Dec 22.- Jan. 20)

Frustrations this month are likely to come about as a result of the activities of others. You will have to take this in your stride as there is little you can do about them. A mix of loyalty and sensitivity will prevent you from firing back.

Aquarius (Jan 21 - Feb 19)

A favourable period for important discussions. The last week of September will mark a time when you will get what you want, though only with some determination and belief.

Pisces (Feb. 20-Mar. 20)

A little Piscean patience might be called for this month. Younger people especially could turn out to be quite frustrating in their objectives and desires. It would be best not to get too involved in situations you can't alter.

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.

Sunday rambles are once a fortnight. Travel by coach to the starting point. Fare £12.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road and Beverley.

Pick up in the City Centre is 8.30am during the Spring and Summer months.

All walks are with leaders.

The 'A' walk - a fast paced 10 to 12.5 miles.

The 'B' walk - a steady paced 7 to 9 miles.

And usually 'C' walk - around 5 miles and a gentler pace.

Sunday September 1st: Sinnington to Kirbymoorside.

Sunday September 15th: Coneysthorpe/Welburn to Malton.

Sunday September 29th: Kexby Bridge/Elvington Lane to York Town Centre.

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 07767420646, or Pauline Borger on Pauline.borger223@btinternet.com or telephone 07929933323.

Sudoku Answer from page 12

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

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

Like us on Facebook: [The Hull CHA Rambling Club](#)

You will be very welcome.

Phoenix Walkers

If you like walking in the countryside/a social day out.

Then why not 'Put your boots on' and join Phoenix Walkers for a brilliant day out. We are a very friendly walking group with walks on alternate Sundays in picturesque areas of Yorkshire, Lincolnshire and Derbyshire.

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.

You may come three times before deciding to join us (£10 fee)

Two levels of Walks

A Group 8-10 miles

B Group 5-7 miles

Shorter walks, a stroll of about 3 miles or so may also be available depending on the location please enquire.

Walks are with leaders and are risk assessed.

Sunday 8 September Froggatt Edge(White Edge) Derbyshire

Sunday 22 September Pickering North Yorkshire

For further information and to book your seat on the coach please ring Sid&Sue 01482 701325. email phoenixwalkingclub@outlook.com.

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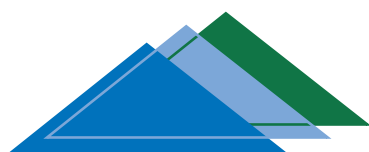
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The Yorkshire Three Peaks Challenge

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

The three peaks of the Yorkshire Three Peaks are arranged in a triangle, with the River Ribble and two minor B roads between them. The total walking distance is 39.2km (24.5 miles).

The Yorkshire Three Peaks includes, Pen-y-Ghent, Whernside and Ingleborough. The route can be started from Horton-in-Ribblesdale, Ribblesdale or Chapel le Dale, and is a circular route finishing at the same point.

This is excellent walk for raising sponsorship for worthy causes. See link below to visit the three peaks challenge website.

Ordnance Survey Explorer OL2 (at the Three Peaks Shop) is the map required for the complete route.

Yorkshire Three Peaks Challenge Start Points

There are three possible start points for the Yorkshire Three Peaks, and you can walk either clockwise or anti-clockwise. The postcodes for these start points are:

Chapel le Dale — LA6 3AR (limited free parking, usually quiet)

Horton-in-Ribblesdale — BD24 0HE (lots of parking, £4 for the day, very busy at weekends)

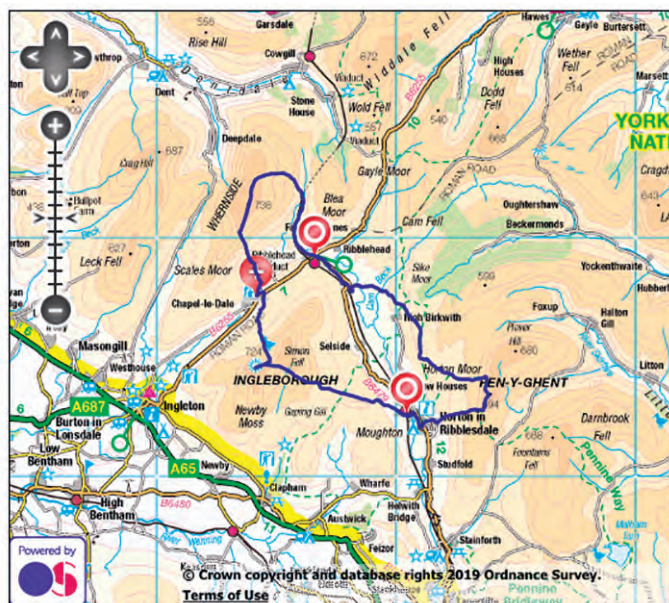
Ribblesdale — LA6 3AS (some free parking)

Travel to Yorkshire

Walkers can travel to Yorkshire by car or train. Parking is available at each start point, some free, and some costing up to £5 per day.

For those travelling by train, there are local stations in Horton-in-Ribblesdale, Ribblesdale and Clapham.

<https://www.threepkchallenge.uk/yorkshire-three-peaks-challenge/route>



Kit List for Yorkshire Three Peaks Challenge

The kit list below is applicable to our Private and Open Yorkshire Three Peaks Challenge events.

Please note the mandatory items - unsuitable footwear is our most common kit issue.

Mandatory

- Walking boots (not trainers)
- Head torch
- Waterproof jacket and trousers
- Hiking socks (wearing a single pair recommended, rather than using a liner sock)
- Backpack (approx. 20-30 litre size)
- Water container (bottle or Camelbak-style, 1-2 litres)
- Food & hill snacks (pasta, cereal bars, dried fruit, nuts)
- Gloves
- Hat (covering ears)

Recommended clothing

- Walking trousers (lightweight hiking trousers, not jeans or tracksuit trousers)
- Sports top (not cotton)
- Warm outer layer
- Changes of clothes

Recommended, optional

- Sunglasses & suncream
- Walking poles
- Light shoes / sandals
- Thermal underwear
- Backpack raincover



Pen-y-Ghent



Whernside and Horton-in-Ribblesdale viaduct



Ingleborough



Property News from Martin English of Homelink

Evicted! – The End of Section 21

Over the last few years, the lettings industry has gone through some major changes. We've had the stamp duty increases for investors, changes to landlord tax breaks and the tenant fees ban, as the government looks to shake up the sector from top to bottom.

The latest in these proposed changes is the abolishment of Section 21 – the legislation that gives landlords the right to evict tenants without any reason when the tenancy agreement comes to an end.

This month, we're unpacking the news, looking at what is happening, whether landlords should be worried, and what they can do to prepare for the changes.

The proposed changes were announced in April 2019, in response to the ever growing rental market in the UK. Described as 'an end to unfair evictions' and 'the biggest change for a generation' – the idea is to protect tenants by abolishing the legislation entirely, stopping landlords from evicting on short notice.

Currently, under Section 21, landlords can give tenants 8 weeks' notice to vacate at the end of a tenancy period. Under the newly proposed rules, landlords will need to provide a clear, legally justified reason for bringing a tenancy to an end – even at the end of the tenancy period. At the time of writing, this proposal is in consultation, and there is no time-frame as to when it might come in.

The news has ruffled some feathers across the sector, with lettings industry bodies and landlord associations voicing their concerns about the proposal. At Homelink, we have a different view – and don't think it should cause undue worry to landlords.

The government has already promised that any changes to Section 21 will be accompanied by changes to Section 8 – the process that ensures property owners can evict tenants in the event they wish to sell or move into the property. Although details are thin on the ground at this stage, the outline proposal calls for a speeding up of the Section 8 court process, so landlords should be able to evict tenants more quickly when it is legally justified.

The bottom line is that landlords will still be able to remove tenants who don't look after a property, or who don't pay their rent. They may even be able to do this more quickly.

It's also important to put the scale of the eviction 'problem' into perspective. Looking back over the last decade, we can count on one hand the number of evictions we have had to serve to tenants on behalf of our landlord clients. As long as landlords do their due diligence when it comes to tenant referencing, it shouldn't be a concern. Get the right tenants in, and there really isn't any need for Section 21.

What this proposal does highlight is the importance of having the support of a quality property management company, with robust tenant referencing processes in place. This minimises the risk that landlords end up with problem tenants or non-payment.

In essence, our message to landlords is simple – don't worry about it! As long as you're doing things in the right way, the impact of the changes will be negligible.

If you have any comments or suggestions about this column, or 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 get in touch with the *Cottingham Times* directly.

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Hull £535pcm



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- Gas central heating
- Bathroom with shower
- Cloakroom/w.c
- Attractively presented
- VIEWING IS ESSENTIAL

Hessle £525pcm



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- Gas central heating
- Double glazing
- Unfurnished
- Large Rear garden
- Well proportioned
- VIEW SOON

Hull £500pcm



2 Bedroom House

- Popular area off Willerby Road
- Gas central heating
- Two double bedrooms
- Gardens and parking
- Double glazing
- VIEWING ADVISED

Cottingham £445pcm



Fantastic 2 Bedroom Apartment

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- BOOK TO VIEW SOON

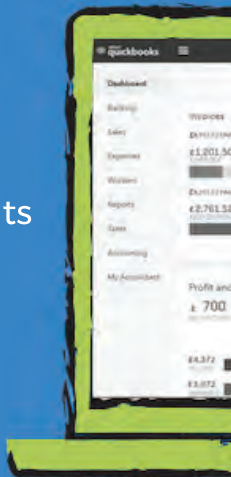
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Lions take on a knockout dinner with Frank Bruno!!

The President of Haltemprice Lions, John Hall, has requested our major fund raising events will continue the support of the charity M.I.N.D., and especially young persons in the area who suffer from the effects of mental disorders.

To that end a major fund raising dinner has been organised for Thursday, 31st October, at the Mercure Grange Park Hotel, when the guest speaker and entertainment will be provided by the former heavyweight international boxer, Frank Bruno supported by the comedian/entertainer, Jed Stone. Dress code for the evening is smart casual and tickets cost £35.00 each or £325.00 for a table of ten and can be obtained from David Whincup on email: dwhincup@dwhincup.karoo.co.uk.

A two course dinner is included together with an auction of sporting items.

The members and friends of the Lions recently accepted the invitation of the Napoleon Casino in Hull to arrange a fund raising dinner. The evening was very successful with excellent food in a very pleasant atmosphere and raised £1250.00 for the Lions' charity funds.

As a follow up to the dinner, Emma Dallimore the acting C.E.O. of the MIND Charity spoke to the members and friends of Haltemprice Lions as to the counseling and support of younger people in the Hull and East Riding area who suffer from varying mental illnesses. Subsequently two Lions members, Husaina and Gulu Rangwala of Cottingham, donated a dolls house used by their family, to be used in the consultation facilities within the charity.

Above: John Hall, President of Haltemprice Lions with Lily Hunter and Penny from Napoleons.

Below: Husaina Rangwala, Haltemprice Lions, presenting Emma Dallimore, acting CEO, MIND with the dolls house.





CAN YOU HELP? - FiND are announcing a major Fundraising Campaign for 2019

We are a small local charity offering Day Services to people with learning disabilities, physical disabilities and autism across Hull & East Riding.

We have recently been able to purchase a new building in Cottingham, and are looking to raise £10,000 for new furniture and equipment to enhance our student's experience.

If you are interested in supporting us through donations of money or equipment then please contact us on 01482 870785 or info@findcharity.org.uk Or If you would like more information on the services we provide then go to our website www.findcharity.org.uk.

Become a Young Creative! Art sessions for children and young people at the Treasure House

The Treasure House in Beverley runs art sessions for children and young people every Thursday after school during term time called 'Young Creatives'.

Working with artist Esther Cawley, the sessions give children the unique opportunity to make their own pieces of art and find out more about the artworks at Beverley Art Gallery. By taking part in the sessions, young people are able to meet and work with other people of their age and develop a range of artistic and creative skills. Participants do not need artistic skills to join in, but should just remember to bring along their imagination!

The sessions run as a course each half term, on Thursdays from 4.15pm to 5.30pm. Participants can come to one course or, as most young people do, they can come continuously during term time. Each half term, the sessions cover different themes, techniques and materials that have been inspired by Treasure House exhibitions.

Young Creatives is for children and young people aged 9 to 13. Participants just need to enjoy being creative, curious about trying things, visiting a gallery and meeting new people. Sessions are booked in advance in blocks for each half term. The cost works out at £6 per session.

Sarah Hammond, Treasure House Education Officer, says: 'The Young Creatives sessions have become quite a feature in our learning programme. The young people have enjoyed creating some amazing artworks after exploring the gallery. They have tried out some clever techniques with a variety of materials, such as wire and wicker sculptures inspired by Emma Stothard's fantastic wild animals currently on display throughout the Treasure House. It's great to see young people's imaginations at work.'

The next available courses to book are 5 September to 24 October, and 7 November to 19 December.

For more information, or to book a child's place, visit www.eastridingmuseums.co.uk/whats-on or call the booking and enquiry line on (01482) 392699 (Mon-Fri 9am-4pm).

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Cottingham Little Theatre



Cottingham Little Theatre will be 100 years old in 2020 and as part of our celebrations we have put together a truly excellent programme of productions over the next 18 months. I am really excited by what we've got coming up, but I'm not telling you any more here - you need to come along to the CLT Open Day at the Darby and Joan Hall on Saturday 21 September where all will be revealed!

CLT OPEN DAY & CENTENARY PROGRAMME LAUNCH

Following the success of our Open Day in 2017, we've decided to repeat the experience. Join us in the Darby & Joan Hall, where Members and CLT Friends will be on hand to talk about what they do, and answer any questions you have about CLT throughout the afternoon. You can try on a costume, discover how the sound and lighting works, see how we build our sets and find out what really goes on behind the red curtains!

Shortly after midday we will have the official launch of our 2020 Season Programme, so you can find out which 10 productions (*yes, that's right, I did say 10*) we will be bringing you as part of our Centenary Celebrations! Please come along if you can, and join us for a free hot drink and cake, and discover more about your local Cottingham theatre group and how we will be celebrating 100 years of drama.

The CLT Open Day and Centenary Programme Launch will be at the Darby and Joan Hall, Finkle Street, Cottingham on Saturday 21 September from 12-4pm. Free admission and refreshments.

SAVE THE DATE: NOVEMBER 2019 PRODUCTION

All right, I can't resist giving you a sneak preview: our next production will be J B Priestley's hilarious classic comedy "When We Are Married". Set in 1909, it tells the story of three highly respectable couples who were married in the same chapel on the same day 25 years ago. They are in the middle of celebrating their silver wedding(s) when the new organist tells them that the parson who conducted the triple wedding ceremony was not authorised to do so! As you can imagine, utter pandemonium ensues, and we are delighted to have been given special permission to open our Centenary Season with this brilliant play.

Performances are on Thursday 28, Friday 28 & Saturday 30 November at 7.30pm in the Darby & Joan Hall, Finkle Street, Cottingham.

Tickets cost £8 (£7 for concessions) and are on sale from Monday 21 October from our usual outlets: Barkers of Cottingham, Beverley Tourist Information and the CLT Ticket Line 07955 138061.



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

www.instinctivehorsetraining.co.uk

Presenting Behaviour to events, charities, business networking and horse communities

- a correlation between the Human animal and the animals which surround us.

It's been quite a fun few weeks one way or another. Over and above my usual work, I have presented the subject of behaviour and learning to several very different human audiences.

There are so very many correlations to be made via the emotions and the associated behaviours to be seen in all animals and the environment drives them all!

The environment is the precursor to all behaviour because there is absolutely no behaviour for no reason. In science it is called the antecedent arrangement- what goes before to set the scene(both good and bad) Understanding the influence of environment then leads us to being able to let our learner succeed instead of fail! Those behaviours may be driven by innate, hard driven or primal reactions to do with survival.

Some may be driven by the immediate outcome feeling bad or punishing causing frustration, feelings of unfairness, fear, rage or perhaps grief.

Some may be driven through memory (classical conditioning) both good and bad.

Not all behaviour is bad of course. If the immediate outcome is great and feels nice for the learner then seeking,



investigation, play, care, obvious pleasure, nurture, lust, excitement or happy anticipation can be seen in observable behaviour.

This brief scenario setting, which is only touching on the surface, is describing drivers which affect all living creatures from humans to chimpanzees, elephants and horses right down to rats and birds. The myriad of different species matters not- their brains all work the same when it comes down to it. They all produce the same hormones which directly elicit predictable behaviour. Emotions are behaviour drivers and emotions are triggered in the brain according to the stimuli in the immediate environment.

I have had fun entertaining audiences with cross species videos and explaining what we do, when we do it, where we do it and why. Understanding the function of behaviour is everything and can give us human animals real clarity when dealing with staff, customers, our peers, our family members, be-it child or grown up.

Watching people's reactions to the information or seeing how they react to situations highlighted on the videos, brings everyone together as one. Most of the footage made the audiences smile, some automatically elicits a reaction of "Awwwww!" (sympathy, empathy) at times and some made them feel a little bit sad – however, everyone can draw correlations between ourselves in similar situations as the animals on the film.

For business networking, business building, team building and generally building a harmonious work place, my presentations have gone down really well with fantastic feedback.

For horse owners, pet owners alongside horse and companion animal trainers, my presentations have given real clarity as to the choices we make when handling, training and management protocols, in order to keep our pets feeling safe, calm and content. This automatically leads us to having a very trainable animal or human in front of you.

If you are looking for a guest speaker for an event and this huge subject is of interest, then please do feel free to email me at melanie@instinctivehorsetraining.co.uk. I would love to come and share my world of behaviour! 🍷

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Card making classes at Cottingham Methodist Church hall. Every Monday (except Bank Holidays) - 1.30pm to 3.30pm. Classes restart Monday 2nd September 2019. New members welcome. All levels. Contact Ann on 07932833578.

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev37@gmail.com

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at the Zion URC Church, every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice.

Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011. We are also looking for volunteers and expenses can be paid.

Butterflies

Is one for those with memory loss and their carers. The group meets on the 3rd Friday of the month in the afternoon from 12 noon to 2.30 pm. The venue is in the Methodist Church, Hallgate. A light lunch (optional) precedes a variety of activities, eg. Crafts, entertainment, games. A small charge is made to cover costs.

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 29 teams (19 Boy's teams at under 7 to under 17 level, 1 Youth's under 21's team, 5 Girls teams at under 8's to under 14's level, 1 Men's team, 1 Ladies team, 1 Veterans team and an Ability Counts team), as well as an academy for 4 to 6 year olds, a Wildcats Girl's Footballing Centre and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website "www.cottinghamrangers.co.uk".

Continued on page 41



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Cottingham buses set for refresh from September, with brand new buses on the way

From Sunday 1 September 2019 local bus company East Yorkshire will be making changes to buses in and around Cottingham, making services simpler and covering a wider area of the village.

From autumn there will also be 11 brand new, ultra-low emission buses running between Cottingham and Hull City Centre. The new buses, built in Scarborough, will feature extra comfortable seating, free WiFi, USB charging and next stop announcements.

The buses are part of a £6m investment in new buses across Hull, the East Riding and North Yorkshire, with each meeting the highest Euro 6 environmental standards to help keep our air

clean and free from pollution.

The September changes will provide a regular bus service along St Margaret's Avenue, an extra bus to Hull via Priory Road every hour, as well as changes following the closure of The Lawns as student accommodation. The new services are broken down as follows:

Services 103/105: As a result of the closure of The Lawns, there'll be a new route for Service 103 which will now serve Inglemire Lane and Hall Road. This service will no longer go into Cottingham. Service 105 will continue to travel from Hull Interchange to Cottingham via the University and will now continue to Castle Hill Hospital via St Margaret's Avenue, instead of going into The Lawns site. It will remain at the same frequency of up to every 20 minutes, with some timetable changes.

Service 63: All buses will now use the same route to reduce confusion when travelling from Hull Interchange, with all travelling to Castle Hill Hospital via Priory Road, Cottingham Green and Green Lane, giving more journeys in Cottingham than before and buses up to every 20 minutes. Service 63 will only travel as far as Castle Hill Hospital, with new Service 180 replacing the section to Beverley (see below).

Service 180: This will replace the section of the Service 63 journey between Cottingham & Beverley via Skidby, Little Weighton & Walkington, but with a reduced frequency due to low passenger numbers. Service 80 is unaffected and will still run between Hessle, Cottingham and Beverley.

Service 115/154: Service 115 will be renumbered to Service 104 to make it more obvious that it runs as a circular service with Service 154, and will continue to travel to Hull via Endyke Lane and The Avenues up to every 20 minutes. There will also be extra early morning journeys into Hull, with the first 104 leaving Castle Hill Hospital at 5.33am and 154 leaving at 5.41am.

Service 106: The late night 106 towards Hull will now start at the University and not Cottingham. The late night 106 buses from Hull City Centre to Cottingham are unchanged.

Following these changes there will be up to 12 buses an hour from Cottingham to Hull City Centre with Services 63, 104, 105 and 154, as well as buses to Hessle and Beverley. Services to York continue on Sundays with Service X47.

All timetables can be found on the East Yorkshire website at www.eastyorkshirebuses.co.uk or by picking up a new Cottingham buses guide from Cottingham Library.

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Cottingham Open Gardens Raises Over £11,000

Cottingham Open Gardens took part again this year on 16th and 23rd June with over 25 gardens taking part across the two weekends raising a fantastic £11,056.47 for Dove House Hospice.

Phoebe Broad from Dove House Hospice said 'We are thrilled with the success of this years Cottingham Open Gardens! It was fantastic to see so many people enjoying the gardens on offer, having a go at bowling, eating cakes and drinking lots of cups of tea!'

Dove House Hospice is totally reliant on donations from the public to ensure it can continue to provide care for people in Hull and East Yorkshire living with terminal illnesses.

'This money will go such a long way to making sure we are there for everyone who needs us. Thank you to the community of Cottingham for continuing to support Dove House Hospice in this way!'

For more information on Cottingham Open Gardens 2020 or to find out more about how you can open your garden, contact Dove House Hospice on 01482 785743 or visit www.dovehouse.org.uk.

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Wildlife Photographer of the Year exhibition inspires Acacia, 10, to do sponsored walk to help Save the Rhino

A trip to the Wildlife Photographer of the Year exhibition in Beverley in 2018 has inspired one young visitor to complete a fundraising walk from Beverley to York, to raise money to save rhinos.

Acacia Van Dyk, aged 10 and from Cottingham, visited the exhibition at the Treasure House last year, which showed winning photographs from 2017, and was moved by the stunning and shocking picture she saw of a rhino with its horns removed. She explains: "My favourite animal is the rhino. One day, I went to an exhibition to see the Wildlife Photographer of the Year in Beverley. The pictures they took led me to a trap of tears and this is when I decided to do something special for the rhinos."

Acacia decided to help the animals by doing a sponsored walk with her father along the Minster Way from Beverley Minster to York Minster. She recently completed 52 miles over three days, including one of the hottest days of the year. The walk has raised over £1000 for Save the Rhino.

Acacia's mum Rachel added: "She has braved blisters, chafes and sunburn with determination and focus. Her friend Florence also completed the challenge and her younger brother Egan did 40 miles. A real team effort; I could not be a more proud mum."



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Dirty Grease Tribute Event – Fri 18th
Wedding Open Day – Sun 27th

Nov: **Who Wants to Die a Millionaire - Murder Mystery** – Fri 8th
Tina Turner Tribute Event – Fri 22nd

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Next phase of major improvement works on A164 set to start around Riplingham Road and Great Gutter Lane

Work on a major scheme to transform a congested section of the A164 between Beverley and the Humber Bridge is reaching its next stage.

The construction of two new roundabouts to relieve congestion and improve road safety at the junction of the A164, Great Gutter Lane and Riplingham Road began in March.

The existing staggered crossroad junction where Great Gutter Lane West and Riplingham Road East meet the A164 causes long queues and congestion for drivers, particularly at peak times. To address these issues, the council is progressing a scheme to replace the two priority junctions with two new roundabouts.

The scheme is being funded following a successful £3m bid to the Department for Transport's National Productivity Investment Fund, with the remaining funding for the £4.26m scheme provided by the council.

The work is scheduled to be completed by Christmas of this year

and will include :

Construction of a new four-arm roundabout on the A164 at its junction with Riplingham Road East

Construction of a new three-arm roundabout on the junction of Great Gutter Lane West, Swanland Dale, and Riplingham Road

Construction of a new link road between the two roundabouts

The closure of Great Gutter Lane West between Swanland Dale and the A164 junction

New drainage, fencing, lighting and landscaping.

Work already completed includes the extensive diversion of water mains. Work by KCOM to divert their cable network in the area is continuing.

To allow the next stage of construction, it will be necessary to close Swanland Dale, Great Gutter Lane and Riplingham Road (West) on the following dates/times:-

from Friday, 13 September at 20:00 to Monday, 16 September at 06:00

from Friday, 20 September at 20:00 to Monday, 23 September at 06:00.

Traffic will be diverted via Eppeleworth and Skidby to rejoin the A164. Warning signs advising about the diversion will be put up two weeks before the closures.

The contractors are North Midland Construction Ltd.

Councillor Chris Matthews, portfolio holder for strategic management, said : "I am very pleased that we are on track to deliver this major improvement scheme on this very congested road. Detailed traffic modelling has been carried out to predict future traffic levels, and we are confident that these two new roundabouts and new section of road will greatly reduce the queues at this location, and allow the traffic to flow freely."

An East Riding of Yorkshire Council spokesperson said : "We apologise in advance for the inconvenience caused by these temporary closures and construction works. We would like to thank motorists and local residents in advance for their patience during these vital works, which will ensure significant improvements at this location when they are completed."

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Countdown is on to the start of the Yorkshire 2019 Para-Cycling International race in Beverley

Some of the world's top para-cyclists, including Beverley-born double world and Paralympic champion Adam Duggleby, will be in the town next month for the start of the Yorkshire 2019 Para-Cycling International.

Adam, who is the tandem pilot for partially-sighted Steve Bate, will join around 60 cyclists in Beverley's Saturday Market on Saturday, 21 September for the start of the Yorkshire 2019 Para-Cycling International.

Adam and Steve won gold medals in the 2016 Paralympics in Rio in the individual pursuit and the time trial and also picked up a bronze medal in the road race.

In 2018, the pair became double world champions, winning their first world title in the individual pursuit at the 2018 UCI Para-Cycling Track Championships in Rio before claiming the time trial title in the 2018 UCI Para-Cycling Road World Championships in Italy.

This will be the first time the Yorkshire 2019 para-cycling international race will take place alongside the UCI Road World Championships, where each race finishes in Harrogate.

Athletes from every Paralympic road racing classification will be taking part in the race, which also has start points in Tadcaster and Wetherby, with some riders looking to use the race to gain qualifying time for the Paralympics in Tokyo next year.

In Beverley, athletes will be riding either tandems, which involves a visually-impaired rider with a sighted pilot on the front, or bicycles which have been adapted for riders with physical impairments.

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The riders will leave Saturday Market around 12 noon and race through Bishop Burton, Market Weighton, Holme on Spalding Moor, Foggathorpe and Bubwith before heading into North Yorkshire and finishing in Harrogate.

Alongside the race, a programme of free, fun and family-friendly events will be taking place in Saturday Market between 10am and 4pm.

People will be able to register to take part in a family-friendly parade cycle ride which will set off from Saturday Market will see them ride part of the actual route before stopping on the Westwood to cheer on the cyclists as they race by. Registration for the parade cycle ride will open in September with more details released nearer the time.

Saturday Market will play host to a stunt cycle team and children and adults will have a chance to try out some weird and crazy bikes as well as having a go on a pump track – where the bikes don't require any pedalling!

Viking FM Breakfast presenters Alex and Ellie will also be attending and there will be a number of live bands performing throughout the afternoon.

Councillor Richard Burton, leader of East Riding of Yorkshire Council said: "These para-cyclists are truly inspirational and I hope people will come out to show these athletes their support – not just at the start in Beverley but also in the towns and villages along the race route.

"We want to make this a celebration of cycling and with the fun and free events planned for Saturday Market there should be something for people of all ages to join in with."

More information about the Yorkshire 2019 para-cycling international and the routes, as well as details of the 2019 UCI Road World Championships go to www.yorkshire2019.co.uk by following @Yorkshire2019 on Twitter or liking www.facebook.com/Yorkshire2019

Pictured: Beverley-born Adam Duggleby and Councillor Richard Burton, leader of East Riding of Yorkshire Council at the

Market Cross where the Yorkshire 2019 Para-Cycling International will start.



After the summer break, Swanland Village Association are pleased to announce that there will be at least three live shows for your entertainment at Swanland Village Hall during autumn 2019, starting with the local duo *The Hut People* on Saturday 26th October and followed by French singer *Flossie Malavialle* and *The Ragged Trousered Philanthropist*.

For full details please see <https://www.swanlandvillagehall.info/forthcoming-events.htm> for up to date details.

Caring Dentistry

Mr Porter has now retired from clinical dentistry. He says: "It has been both a privilege and a pleasure to have spent the majority of my career caring for a very special set of individuals."

He continues to own the business and would like to say to all patients old and new, that they can be assured there will be no changes to the principles of caring dentistry which have always been at the heart of the practice.



Stuart Graham
BDS, MMedSci (Dental Implantology)

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Christos Ziaras
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"Stan & Ollie" first feature of the new season

Swanland Village Association is pleased to announce that, after the annual summer break, Swanland Screen will be back at 7.30pm on the third Saturday of each month, starting with 21st September when we are delighted to be showing "Stan & Ollie" starring Steve Coogan and John C. Reilly, telling the true story of Hollywood's greatest comedy double act, Laurel and Hardy in this heart-warming story of what would become the pair's triumphant farewell tour.

With their golden era long behind them, the pair embark on a variety hall tour of Britain and Ireland. Despite the pressures of a hectic schedule, and with the support of their wives Lucille (Shirley Henderson) and Ida (Nina Arianda) - a formidable double act in their own right - the pair's love of performing, as well as for each other, endures as they secure their place in the hearts of their adoring public.

Adults £4; schoolchildren £2. Refreshments for sale at the interval.



Have a Go - Festival of Learning in the East Riding

September is 'Have a Go' month for adult learning courses in the East Riding.

It is all part of the Festival of Learning, led by the Learning and Work Institute, which invites organisations and communities to take part in adult learning activities to showcase the wide range of opportunities and resources available to adults hoping to continue or resume their education. The festival recognises the inspiring achievements of adult learners nationwide.

East Riding of Yorkshire Council's employment education and skills team has been working closely with the Festival of Learning to spread the word and right now, try courses are available to view and book online. Course range from arts, crafts and creative courses, to health, wellbeing and courses that can lead to a qualification.

While it is easy to stick to familiar interests and subjects, the council is asking East Riding residents to challenge themselves and try something out of their comfort zone and something completely new.

Try courses on offer this September include block printing, soft furnishings, conversational Spanish, costume making for events and parties, counselling, creative writing, crochet, dressmaking, felt flowers, knitting, mental health awareness, mindfulness, online shopping, patchwork and quilting, photography, pottery, self esteem and confidence building, supporting teaching, tablets, smartphones and using a computer.


Also on offer during September are brand new taste and test courses. These courses are not yet available as main programmes of learning, so it's an opportunity for future learners to come along, say what they think and help to shape the future of adult learning courses.

Sara Arnold, employment education and skills group manager, said: "You can learn a lot in two hours, which is why The Festival of Learning is a great way to introduce new subjects and interests. If you find that you could benefit from a full course, then our tutors will tell you more about the main programme of learning during the session. On a try course residents can come into a centre, enjoy a free two hours course of their choice and get an idea of what goes on in a classroom, what adult learning is like and meet our fantastic tutors. There's no pressure to commit and we hope that local residents find something that they really enjoy."

Have a go month takes place in September before the start of the autumn term and when residents can sign up to a main programme of learning. Booking is essential, so to find out more and to sign up to a try course please visit www.eastriding.gov.uk/learn-or-call/visit the nearest adult learning centre.

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St. Mary's Church, Cottingham

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

Zion United Reformed Church, Hallgate

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

Play Badminton

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

Fitmums & Friends Run, Walk

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

The Alzheimers Society

Hold a variety of Activity Groups and Memory Cafes for people with dementia, their families and carers. For more information please contact the Hull and East Riding Alzheimer's Society on Tel 01482 211255.

Thursday Fun

Takes place in the Methodist Church, Hallgate every 3rd Thursday of the month from 2.00 pm until 4.00 pm. Come and join us and play dominoes, cards, scrabble and do a jigsaw or bring your own craft/game. Enjoy a good chat and tea and biscuits. This is FREE, but we have an (optional) small raffle.

Cottingham Cricket Club

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

The Orchard Stroke Group

The Orchard Stroke Group is a small group run by, and for Stroke survivors and their carers. We meet on the 3rd Thursday of the month at Cecil Gardens, Hawthorn Avenue, from 10.00 am to 12 noon, for a friendly chat over a cup of tea or coffee with biscuits, and if any members need any help with any Stroke-related issues, we can point them in the right direction for information. If anyone would like more information, they can contact me on 01482 565767 or 07908 145585. My name is Rob and I am the chairman of this group and look forward to having some new members,

Continued on page 45

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Local group raising funds for Marie Curie

The Hull & East Riding Organ Group (HEROG) is sponsoring a musical concert in St Mary's Church, Cottingham on 12 October at 2.30pm to support this national charity.

HEROG exists to promote an interest in the pipe organ – whether in its performance and construction, or as a listener.

HEROG President, Dr. John Pemberton, said, “We wanted to sponsor this concert to showcase the many talents that our members have and to raise funds for this amazing charity. We have a special relationship with St Mary's and this was the obvious choice for a venue. We are grateful that the vicar, Canon Paul Smith and the organist, Julian Savory, have been so supportive and allowed us to use their facilities. We have a very varied programme of music, not only for the organ, but harp, piano and voice with styles ranging from western classical keyboard and vocal to Indian classical vocal with smooth jazz in between. Something for everyone!”

A spokesperson for Marie Curie said, “We are so grateful to HEROG for organising this wonderful event in support of Marie Curie. We rely extensively on donations from, and fundraising by, the public to enable us to continue our work in providing vital care and support to people living with a terminal illness, and their families, so on behalf of us all here at Marie Curie a heartfelt thank you to all those involved with the event for their fantastic support.”

Tickets, which are £10 and include refreshments after the concert, are obtainable from St Mary's on 01482 843808, at www.eventbrite.co.uk or at the door.

Pictured above: The organ of St Mary's with, inset left to right, HEROG Chairman Dr. Colin Wright and President Dr. John Pemberton.



Swift Group celebrates dealer network success with awards ceremony

Individuals and dealerships had their efforts recognised at Swift Group's annual awards evening this month, with achievements across areas such as Business Development, Learning and Development and Customer Service Excellence celebrated.

Marking the end of the third year of Swift's Approved Dealer Programme, the awards event recognises the incredible accomplishments that have been delivered by dealers during the year.

Nick Page, Swift Commercial Director, said "Swift's

Approved Dealer Programme continues to strengthen our partnership with the dealer network, continually enhancing the customer experience.

"We are proud of our Dealer Network and believe it is the best in the industry. We are keen not to rest on our laurels, and with this in mind we are continually looking at new ways to advance skill-sets, with bespoke training packages supporting dealership development through the Swift Academy, while monitoring progress throughout the year.

"We have been delighted by the positive impact of the Approved Dealer Programme and it was a pleasure to recognise accomplishments with the awards evening."

The event was opened by Managing Director James Turner, who welcomed guests from the dealer network along with key partners, suppliers and finance houses. The awards were split into several categories across customer service, business development, and learning and development, culminating with the prestigious Dealer of the Year Awards, the winners of which were:

Motorhome Dealer of the Year Swift turnover up to £1.5m: AEG Motorhomes

Touring Caravan Dealer of the Year Swift turnover up to £1.5m: Davan Caravans Ltd

Motorhome Dealer of the Year Swift turnover between £1.5m and £3.5m: West Country Motorhomes

Touring Caravan Dealer of the Year Swift turnover between £1.5m and £4m: Tamar Towing & Caravans

Motorhome Dealer of the Year Swift turnover above £3.5m: Lowdhams Nottingham

Touring Caravan Dealer of the Year Swift turnover above £4m: Salop Leisure.

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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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For further information and appointments, telephone 01482 888152, or call in at The Herbgarden, 10b Well Lane, Beverley, HU17 9BL.



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Seventh Heaven for Cottingham Food and Drink Festival!

Cottingham Food and Drink Festival returns to the East Yorkshire location on Sunday 15th September 2019 (10am to 4.30pm).

The event, taking place for the 7th year running, will feature stalls in Market Green, King Street and Hallgate for this one-day foodie extravaganza which has just announced brand new features of the event.

Tasty street food, cookery demonstrations, a children's fun fair and of course scores of food stalls will dot the picturesque village for this special event. New for this year will be a focus on sustainable, healthy living including eco-friendly foods and other items.

Andrew Riley of the Market Managers said: "It is a privilege to run such a high profile event for the second time and we hope that it will be even better than last year's hugely successful festival. Over the years, it has developed into a top-flight food festival and we will do our best to build on its success."

This year's cookery demonstrations will include an assortment of top local chefs, including Gareth Bartrum from Michelin-starred Winterringham Fields, based in North Lincolnshire.

Gilly Robinson of the renowned Malton Cookery School will be compering on the day and additional events will be announced in due course.

A new attraction for 2019 will be a mobile ambulance exhibit from the famous Thackray Medical Museum in Leeds with activities including a bicycle smoothie-making machine, colouring, and badge/key ring making to keep younger visitors entertained. The event also includes fairground rides and face-painting for children.

Andrew continued: "The festival attracts many thousands of visitors to Cottingham which is a tremendous boost for the village. We have a fantastic selection of stalls and we can guarantee a great day out for all the family."



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What's On - Continued from page 41

Cottingham Bridge Club

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

Calligraphy, Quilling and Folk Art classes

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

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday and Saturday from 10.30 am to 12.00 noon, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Scottish Country Dance Club

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

The Cottingham Whist Club

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

Continued on page 46

Cottingham
Food and Drink Festival
2019
Sunday 15th
September 2019
10am-4.30pm

Loads of great stalls selling food, drink, and other exciting locally produced items

Fun fair and children's entertainment

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www.cottinghamtimes.co.uk - September 45

Humberside Steppers Square Dance Club

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

Hull Zingari

Hull Zingari Cricket Club (est 1896) will be holding indoor net sessions for junior and senior players and new players will be made very welcome. JUNIORS Haltemprice Sports Centre, Springfield Way, Anlaby. 10 Sundays 6pm - 8pm starting February 12. £4 a session. Fully qualified ECB coaches in attendance. Hard ball and softball. Equipment can be provided. Ring Steve on 447568 to book a place. SENIORS Hymers College Sports Hall, Hymers Avenue, Hull. 9 Fridays 6.30pm - 8.30pm starting January 27. 3 sides playing weekend cricket in the York and District Senior Cricket League. If you are new to the area or looking to play in a higher grade of cricket then contact Ron Biggs (Hon. Sec) on 571205 for details of how to join the City's longest established cricket club. www.hullzingari.play-cricket.com and on facebook and twitter

East Yorkshire Climbing and Mountaineering Club

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



Weekly Classes held at:
Darby & Joan Hall, Finkle Street,
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Monday 5.30 pm and 7.30 pm
and all Bank Holidays

For Membership details Ring Theresa on 823032

Crossword solution from page 14

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13	O	P	E	R	A	T	I	O	N	14			15	P	A	P	E	R
			N					N		O					R			
17	B	A	T	E	D				19	G	E	S	T	A	T	I	O	N
	A				A						T		V		M		O	
22	I	N	S	I	S	T	S			25	A	T	A	V	I	S	M	
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26	I	R	A	N	I			27	M	I	G	R	A	T	I	O	N	
	F		K		K		O				I		R		V		E	
28	F	L	O	R	I	D	A			29	A	U	S	T	E	R	E	



Nutritious Meals for Work that are Speedy!

When your day is busy from beginning to end finding ways to eat as healthy as possible can be problematic. This is particularly the case when it comes to eating meals at work.

There are plenty of ways to eat healthy at work without suffering from all out boredom. Let us take a look at how to accomplish this.

Eating healthy at work does not have to be a problem if you keep your meals basic and simple. Make your meals as easy as possible. Salads are an excellent way to get the vitamins, minerals and antioxidants you need during your workday.

Prepare your salad the night before instead of in the morning to reduce the chance that you will feel rushed.

If you do not have time for all of the cutting, chopping and preparing that a salad entails then purchase the salad blends that are already pre-cut. If you like croutons with your salad instead of buying the pre-packaged croutons just pack a piece of whole wheat bread to tote along with your salad. When it is time for lunch break up the bread into small pieces and add it to your salad.

It is important to add a source of protein to the salads you eat. Good choices for toppings include unsalted nuts, chopped eggs, low fat cheese, tuna or chicken. If you like to add fruit to your salads then some of the optimum choices include diced apples, raisins, orange wedges, grapes and strawberries.

A healthy meal is one that is well balanced and includes food from at least three (or ideally four) of the food groups. When you sit down to eat a meal half of your plate should contain vegetables, while one quarter should be protein and the final quarter should be starch.

Drinking water throughout your workday is also a very healthy habit to get into.

It is imperative that you replace the fluids that are lost from your system throughout the day. If you do not do this then dehydration can set in. This can lead to such discomforts as mild headaches, muscle cramping, drowsiness and a general feeling of sluggishness. All of these things can make getting through your workday much more difficult, not to mention downright unpleasant!

To avoid meal boredom if it is an issue for you, add new foods to your regular routine to spice things up a bit. For example, leftovers are excellent choices for lunches at work, because they do not involve a lot of work. In most cases all they require is a quick reheating in the microwave.

Sandwiches are another workday staples that you cannot go wrong with. However, it is a smart idea to replace the sandwich bread with whole grain pita, wraps and bagels and then add your favourite vegetable toppings to it. Always remember that you are eating to be healthy but you are also eating to increase your energy. This is particularly important for meals eaten at work.

It is recommended that you eat away from your desk or work area if possible. This gives you the time to sit and relax. It also takes your thoughts away from the work that is waiting for you back at your desk. This gives you the opportunity to refuel your mind at the same time as you are refuelling your body. Both are equally important after all!



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