

Cottingham Times

and District

Issue 258 - September 2023



Magnolia House



A word from our chairman

With summer coming to an end, it's safe to say that the past few months have been enjoyable for all our residents, and staff, but more importantly we're all looking forward to what's coming next.

With the children returning to school, it's an exciting time for many of our residents who are looking forward to hearing stories from our younger visitors when our intergenerational visits are back up and running.

Our annual fair is also fast approaching and it's safe to say that preparations are well and truly underway. Taking place on the 10th September, there will be a hog roast, a variety of entertainers as well as a bouncy castle for children who wish to join us.

If you want more information about Magnolia House, please contact our registered manager Lindsay Altoft, who will be happy to help:

lindsayaltoft@parklanehealthcare.co.uk

Chris Mitchell, Chairman, Park Lane Healthcare

PAUL'S PLANTS

Despite the disappointing weather we've had of late, our popular resident Paul, has maintained his passion for botany, which continues to grow and thrive.

Growing up surrounded by horticulture, with both his father and grandfather having allotments, he has absorbed a vast array of knowledge about plants, lots of which he shares with staff and uses to grow and nurture a variety of plants. All the plants he grows are unique and have their own requirements that Paul has discovered throughout his years of growing them.

Paul starts by growing the plants in his bedroom, often from cuttings of older projects, before planting them outside once they are ready. In his diverse range of plants, he has a long history with tomatoes, though his favourite plants that he grows are the colourful pelargoniums and geraniums. He is also growing some more unique plants, such as the fascinating genus of sunflowers, Sunburst and Earth Walkers.

Residents and staff alike enjoy walking through the gardens at Magnolia House, and the



experience is enhanced by Paul's hard work and dedication. A popular plant among the residents are the climbing roses which are pruned, fed and nurtured by Paul so that they flower beautifully.



Tries on the Telly

Many of our residents are big rugby league fans and were glued to the TV during the recent Challenge Cup Final. Unfortunately, Hull KR couldn't bring the trophy home, but our residents were thoroughly entertained with an abundance of snacks on offer throughout the game.



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Quality Water is our Business

Hard Water Horrors ?

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

After all the effort and cost of selecting and fitting your new units and appliances its only natural to want to keep them sparkling and pristine and the one guaranteed way in our hard water county is to find the correct water softener for the property and get it installed as soon as possible.

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



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

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

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

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

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

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

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



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In Cottingham and District

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

The Hull Stamp and Postcard Club

Wednesday 6th September - Members Afternoon. Please bring something of interest to show to the other members.

Wednesday 20th September - Scottish Islands - John Sussex RDP.

Meetings start at 1.30 pm in the Arlington Hall at the rear of St. Mary's Church, Hallgate, Cottingham HU16 4DD. The room opens at 1 pm. All visitors, especially prospective members, are welcome. Refreshments are served in the interval.

The Hardy Plant Society - East Yorkshire Group

Thursday 7th September - Serbus Darraett - Brexter, Past, Present and Future. Meet at 7.30 Lund Village Hall, YO25 9TF. Guest welcome.

Yorkshire Countrywomen Skidby Branch.

Thursday 7th, September - In the Skidby Village Hall at 7.30pm. The topic will be A Journey Through Photography by Barbara Holtby. Advance Notice there will be a Quiz night on the 27th October with a Pie and Pea supper, Book your table early as this is always a popular event, contact Ruth 01482 875170.

East Yorkshire Embroidery Society (EYES)

Saturday 9th September, meeting commences 2.30pm in the Darby and Joan Hall, Finkle Street, Cottingham. Our speaker will be Val Hughes, textile artist - Alice in Wonderland, Topsy Turvy. Visitors welcome, admittance from 2.15 -2.30pm, entry £3.00.

Haltemprice Art Group

Tuesday 12th September - Enrolment evening

Tuesday 19th September - Rabbits

Tuesday 26th September - Autumn

In the Skidby Suite at the Cottingham High School between 7.00 pm and 9.00pm.

Cottingham Men's de Luda Society

Wednesday September 13th - Mike Ratcliffe - Passage to India and Beyond.

Wednesday 27th September - John Scotney - Cuthbert Broderick, Architect.

In the Willerby and Kirkella Social Club, 51a Main Street, Willerby HU10 6BY. We meet at 1.30 pm for 2.00 pm. Cost per meeting (paid at the door) is £4.00.

Cottingham u3a

Thursday 14th September - at 2 pm in the Darby & Joan Hall. AGM, which will be followed by the usual tea/coffee and biscuits. For further information or queries visit www.u3asites.org.uk/cottingham.

**Front cover: Cottingham Market.
Photo: Paul Lakin.**

Hull Alpha Probus

Club for retired or semi-retired people meeting on alternate Thursdays - new members welcome.

Contact the Secretary on 01482 348270 or 07542 959314

14th September at 12:30 Lunch meeting with Speaker at The Blue Bell (on West Green) Subject TBA.

28th September at 10:15 Coffee meeting upstairs at Kristoff's

Lt Weighton Gardeners Club

Friday 15th September - In Lt Weighton Village Hall. John Cossham entertains us as Professor Fiddlesticks with the talk "All you need to know about COMPOSTING and more" 7.30pm £2 entry. All welcome.

Macular Society Hull Group

Friday 15th September 10 30 am until 12.15 pm meeting held at Sight support Beverley Road Hull. Guest speaker is Sally George from Family History. Macular Society is for anyone living with central sight loss. For more information contact Sight Support 01482 342297.

East Yorkshire Woodturners:

Tuesday 19th September - 7pm, Skidby Village Hall, (doors open 6.30pm): Demonstration by professional woodturner Chris Parker from Leyland, Lancs, who joins us for the first time. Chris specialises in artistic woodturning, using texturing and colouring techniques. Non-members are welcome (£5.00 entry) - no need to book in advance. For information about the Club, please contact Amanda Barker, 07792 117539, or visit the Club's website: <https://eastyorkshirewoodturners.org.uk>.

Hull and East Riding New Stitchers (HENS)

Tuesday September 19th - AGM. Meetings held on the third Tuesday of the month at The Darby and Joan Hall, Finkle Street Cottingham, HU16 4AZ, 7.15pm-9.15pm. For further information contact Jean Ellis 845415. www.hullandeastridingstitchers.weebly.com.

The Arts Society, Hull and East Riding

Tuesday 19th September - An illustrated lecture by Helen Rufus-Ward - Bringing India to Britain, Queen Victoria's Indian Portrait. At 10.45 a.m. Mercure Grange Park Hotel, Willerby. Non-members welcome. Guests £5.00. For further details please contact Membership Secretary, Maureen Jones, tel. 01482 869886.

The Arts Society Beverley

Wednesday 20th September - Raymond Warburton - Germaine Richier - "Move over Alberto, time to celebrate her sculptures". At the Mercure Hotel, Willerby at 10.30 am. Please be seated by 10.20 am.

East Yorkshire Association of the National Trust

Thursday 21st September East Yorkshire Association of the National Trust meeting. AGM, followed by an illustrated talk by Pauline Waslin, entitled 'A Year in the Life of Burton Agnes Hall'. Cottingham Civic Hall, 7.30p.m. Non-members welcome.

Swanland U3A

Saturday 30th September - at 7.00 p.m. in Willerby Methodist Church. Swanland U3A choir, directed by Gill Barker and accompanied by Dorcas Leather, present "An Evening of Song", with a wide variety of songs, including solos by Pam Waddington Muse (mezzo soprano) accompanied by Peter Sproston. Entrance £5.00. Refreshments available.

Skidby Village Hall

Coffee Mornings - join us for a cuppa and a chat, all welcome! Light refreshments on sale, every Friday, 10am - 2pm. Visit www.skidbyvillagehall.com or @SkidbyVillageHall on Facebook for updates and information.

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"I have always been a loud snorer and have always wondered if there was anything that I could do about it. As well as my partner letting me know that my snoring had kept her awake, I found I was even waking myself up! I had a chat with Ilay Maden about the treatment and what would be involved. After filling out a short questionnaire I decided to go ahead.

In the past I have woken up at times with a sore throat as a result of my heavy snoring as well as waking myself up during the night. My partner too also gets a much better night's sleep - sometimes I woke up and saw she had slept with her head buried into a pillow to muffle the sound.

Although I do have two more sessions booked, I am extremely pleased with the outcome so far and would wholeheartedly recommend this treatment to anyone else who feels that snoring is ruining their own and their partner's sleep.

I could not endorse more the professionalism, care and competency in which Ilay Maden looks after his patients."



**I am extremely impressed by the results...
Mark Jennings**



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What's On - Continued from page five

North Ferriby Short Mat Bowls Club

Village Hall, 50 Church Road, North Ferriby. HU14 3AA. Tuesdays and Fridays, 10am-12noon, and Thursday Evenings 7pm-9pm, except the second Thursday each month. All are welcome to any session especially those who just want to have a go. Newcomers can borrow woods and play in stocking feet if need be. For information please contact Mike on 07889 007005.

Cottingham & Hull Folk Dance Club

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

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 five all-weather artificial grass courts. We offer both social and competitive tennis supported by a dedicated coaching team. Pay to play is also available. Booking via our website. Please view our website or contact Matthew Fletcher on 07814 495931 for more information.

Christ Church Cottingham

Coffee Mornings 9am-1pm Monday to Thursday, full cafe menu and all proceeds for the Ukraine Aid Effort. 31a Endyke Lane HU164QD. www.cccottingham.org.uk for more detail.

Christ Church Cottingham Play Cafe

Family cafe environment with play area and reduced cost cafe menu. Every Thursday 9am-1pm, all welcome. All proceeds to support the Ukraine Aid Effort.

Cottingham Badminton Club

Badminton Tuesday/Thursday evenings, 8.00pm while 9.30pm. Cottingham High School. £3 per session. No booking required, just turn up and play. Fun and friendly. Open to all levels and abilities. Steve Baker 07795680912/870906.

Cottingham Bowling Club

The greens are open for matches and roll ups. New members meet on a Sunday morning for friendly practice. One carpet mat remains indoors for members to use. We are having a coffee morning on the 9th September at 10.00am. For more information visit our web site cottinghambowlingclub.weebly.com or ring L. Davy 846611.

Arterian Singers

Arterian singers rehearse Tuesday evenings at Cottingham Methodist Church, Hallgate, Cottingham on Tuesday evenings at 7.30pm. We welcome new members. For more information ring Hilary Andre 848958.

Cottingham Cricket Club

Run four Saturday sides, a Sunday side, a Ladies team and junior teams from U9 to U15. Our indoor winter net training will be held at Hymers College, 6-9pm on Wednesdays starting in January. This is for all junior (Hardball) and Senior teams. We also have indoor Softball training for girls and boys aged 7-14 at Sirius Academy North. This is held on Saturdays 12.30 -2.30pm starting in January. In the Summer, junior training is on a Friday evening and Senior training during the week. For any further information please contact Rob Rhodes at cottinghamcc@hotmail.co.uk We are Clubmark Accredited and all Coaches are DBS checked"

Continued on page 21

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Bricknell Avenue Methodist Church presents Catherine Terry in Concert

The Bricknell Avenue Church present Catherine Terry in Concert on Saturday 7th October at 2.30 pm.

Catherine Terry is coming to give a concert.

Catherine is well-known locally and has performed and starred in shows in the West End.

Tickets are limited and available from Pauline Winn or any church steward on 01482 849692 or 07972 397634 or paulinewinn@hotmail.co.uk.

Tickets are £8.00 and will include refreshments.

A big "Thank You" from Marie Curie to the residents of Cottingham

Local fundraisers for Marie Curie would like to thank everyone who helped in

any way to make our coffee morning on Friday 28 July such a success. £502.19 was raised, and this will be used in the area to give support to those suffering from any terminal illness.

The lucky ticket number was 15. A special mention goes to Sainsbury's on King street and Baker's Dozen on Hallgate for their generous donations towards the refreshments and cake stall.



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Before
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Cottingham Parish Council



Welcome to our section of the *Cottingham Times* that keeps our residents updated with local news.

Cottingham Day/Christmas Festival

We are now in the midst of organising our Christmas Festival for Sunday 3 December 2023 10.30am – 4.30pm but we would still like to gather some feedback about Cottingham Day to help make the Christmas Festival even better!! We would be very grateful if you could take a few minutes to complete this survey and let us know what you think. You can access it by clicking <https://forms.office.com/e/tv4G3ZsRTR>

We have already been inundated with requests from traders looking to take part in our Christmas Festival – if you are interested in trading please contact the Parish Office as soon as possible by emailing: deputyclerk@cottinghamcouncil.org

Defibrillators

Following our article in August, the office was contacted by residents concerned that the defibrillator located at the King George V Pavilion was only available when the Pavilion was open. I am delighted to inform that the KGV Trust contacted the East Riding Rangers Football Club, who have now donated and erected a defibrillator in a yellow box for community use, this has been situated on the East Riding Rangers changing room cabin to the right of the main building next to the front door entrance. The football club also have a portable Defib on matchdays which goes out onto the field, and one kept inside the building to serve the hall. We have also been advised there is an additional defibrillator in the village which is located on the Cottingham Police Station building at The Lawns.

McMillan Coffee Morning

We will be hosting a McMillan Coffee morning in the Parish Office on Friday 29th September 10am – 12pm, you are welcome to come and have a drink and a piece of cake.

Queen Elizabeth Memorial Garden

We are pleased to announce that we have successfully been granted permission from the Royal Names Team at the Cabinet Office to change the name of the Beck Bank Amenity Land to the “Queen Elizabeth Memorial Garden”. A number of our Cllrs have formed a working group to liaise with East Riding Council to improve this area for all to enjoy.

Nicola Pape

Nicola Pape, Clerk to Cottingham Parish Council
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CAN WE SEE OUR GRANDCHILDREN PLEASE?

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



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

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

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

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

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

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

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

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

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Haltemprice Art Group begin new series of meetings in September

The Haltemprice Art Group will be starting their 2023/2024 series of meetings, in Cottingham High School on Tuesday September 12th

The first meeting will be informal, with current members renewing their membership and showing work completed since our exhibition in April.

It is also an opportunity for anyone interested in joining us, to come along and see what a friendly Art Group can do for them. We like to think we would enhance their love of painting, by being with others who share their passion for art.

One of the highlights of our syllabus this year, will be the visit of Eleanor Tomlinson to do a workshop for us. Eleanor was responsible for the lovely watercolour sketch of The Queen and Paddington Bear last year, at the time of the Queen's Jubilee.

We meet in the Skidby suite on the ground floor, on Tuesday evenings during term time, from 7pm to 9pm. Our syllabus will start on September 19th with a subject matter of 'Rabbits' (for Chinese Year of the Rabbit), followed by 'Autumn' the next week. Use any style or medium you like, it's your choice!

We all look forward to our Annual Exhibition, held in Cottingham Civic Hall every April. We encourage all members to exhibit their best work, there is no selection committee, all entries accepted. We had over 400 visitors last year!

Our yearly subscription is an absolute bargain at just £35, covering all meetings except workshop and demonstration evenings. A charge of £3.50 for these.

Anyone interested can contact me via our 'Haltemprice Art Group' facebook page, or by email to: david_carol_goldsmith@hotmail.com.



East Riding Adult Learning and Employability



Adult Learning Open Day - Thursday, 21 September 2023
 You can learn more about our courses and qualifications or the chance to try something new.

Cottingham Adult Learning Centre, Hallgate HU16 4DD





Haltemprice Lion's 50th Charter Dinner

Another big landmark reached by Haltemprice Lions. They celebrated their 50 years of service to the Local/National/international community, alongside helping the Humanity across the world through the Lions Club International.

The 50th Charter night was celebrated in the company of District Governor Lion Kevin Hunter and his wife Lion Cynthia Hunter. Many local dignitaries consisting of surviving founder members. The great work of those were recalled.

The Club President Dr Neel Kamal expressed gratitude to those who selflessly contributed by giving their years of support, for service across the world. They worked with families in difficulties, disabilities; contributed to federal services by voluntary donations -be it funding for scanners, specialised beds

and chairs to needy people.

The chief Guest District Governor Kevin Hunter representing the headquarters praised the committed members for their work.

The club also launched a new chapter by introducing a young ambassador Arjun Kasaraneni. Arjun (10) making his first donation £20 to the club out of his pocket money.

Local businesses PHOTOSHOP, EYESITE, PERFECT TEN, Cottingham Parks and Golf Cub expressed their appreciation for the Lions by making donations. THE PERFECT TEN donation of gift voucher was auctioned to earn a higher price.

The proceeds to go to Charity Hull & East Riding Breast Friends (Charity 1114143). They are helping Breast cancer sufferers in various ways such as Patient Gift Packs, Wig Bank, Bra Service, Buddleia Complementary Therapies, Second Friends Group, Person Centred Counselling etc.

Haltemprice Lions now enters next phase with new energy.

Pictured above left: District Governor Lion Kevin Hunter and his wife Lion Cynthia Hunter and Club President Dr. Neel Kamal.

Pictured below: Young ambassador Arjun Kasaraneni. Arjun (10).



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Find the words in the letters above:

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

Sudoku No. 194

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

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

MARIONOWENTRAVEL



Can you believe it is September? It is quite scary that Christmas is just around the corner. Have you ever river cruised? If not, or it is one of your passions? Why not join Susan on our escorted 3 Rivers cruise where you will

explore the towns & waterways of Germany's Saar, Moselle & Rhine. This non flying holiday via P&O North Sea Ferries is priced for first timers wanting to dip their toes into river cruising or those just wanting a nice break. The ship is moored overnight, stationary just like a hotel and also solo friendly.

I am escorting our November departure along the Seine visiting Paris & Normandy. This very inclusive cruise has a wine theme and is aboard AMA DANTE, a luxury 6 star ship. Flying from Humberside at a reduced price of £1699 for the best balcony stateroom available. Solo travellers most welcome for a supplement of just £400.

2024 our River Douro offer is better than half price. Space is very limited for this one don't delay on booking even though it is for next year!

We should all travel & explore more in 2024... Why not join me exploring Norway? A new adventure for Carl & I via North Sea Ferries, easy travelling through stunning scenery of mountains, fjords, lakes & glaciers along with local culture, the Telemark canal & the odd museum. A deposit of £200 per person confirms your place.

Not wanting to travel too far? Jersey is a lovely island, we have many clients pop over for either a week or 2 weeks on the direct summer flight from Humberside. Our September date is always really popular as it incorporates the airshow. Prices shown below are half board, you can of course just opt for B&B please ask for details.

We can offer fabulous tailor made itineraries. Seen a trip you fancy? Call us and we will turn your idea into your perfect holiday. Our first hand travel knowledge is vast and the world map in the office is covered with visit pins which amazes our clients. Myself & Emma are Canadian Specialists and as a team along with most states of the USA, we have visited Australia, New Zealand, Asia including India, Vietnam & Cambodia, the list goes on...

When you call into our office take a look at our map!

Our Website, shows live availability 24/7 should you need to book accommodation, flights or a holiday. Book using the "Book Button" on the front page, Or browse for ideas then pick up the phone & we will get you booked.



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04 Nov	River Seine Cruise Paris & Normandy Wine cruise fly from Humberside - 7 nights. Solos welcome +£400	£1699
27 Nov	Warners Heythrop Park 5 days + Blenheim @ Xmas	£ 495
08 Dec	APT TRAVELMARVEL River cruise, Rhine & Moselle	£POA
2024 Special departures are being added regularly		
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15 Apr	Cornwall's wonderful gardens. 5 nights dinner B&B Inc. Llanhydrock, Eden, Lost Gardens & much more	£ 995
04 Jun	Round Britain D Day 80th Anniversary cruise 13 nights full board, Optional travel to the port	From £1149
06 Jun	Norway—a great adventure on our coach 12 days	£1999
06 Jul	Douro River Cruise All inc. fly from Humberside 7nts	£2235
17 Jul	Isle of Man 6 nights dinner B&B + comprehensive sightseeing of the island. 4* Mannin Hotel Douglas.	£1195
27 Jul	Jersey with Emma 7 nts flying from Humberside or (2 centre with Guernsey please ask for details.)	£ 899
28 Jul	ABBA Voyage - 2 days inc. seated ticket & overnight	£ 225
14 Nov	Thursford Christmas Spectacular 2 days	£ 255
25 Nov	Holly & Mistletoe at the Tynedale Llandudno - 5 days	£ 535
30 Nov	Thursford Christmas Spectacular 2 days	£ 255
Jan 25	NORTHERN LIGHTS 5 days full board & activities	POA
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Crossword - Solution on page 29

1	2	3	4	5	6	7	8
9				10			
11				12			
13			14		15		
18	17	18	19		20	21	
22				23			24
25				26			
27			28				

- Across:**
- 1 In a way, a book lover (9)
 - 6 Ragout (5)
 - 9 Dairy farmers are doing this (7)
 - 10 A series of chirps (7)
 - 11 One who does not believe in God (7)
 - 12 Killing oneself (7)
 - 13 An abnormal condition of the lungs (9)
 - 15 Dried leaves of the hemp plant (5)
 - 16 Heart rate (5)
 - 19 Beau (9)
 - 22 Without ceasing (7)
 - 23 Photographic equipment (7)
 - 25 Hunting guide (7)
 - 26 A parasitic disease spread by mosquitos (7)
 - 27 Finger or number (5)
 - 28 Study of the Earth's surface (9)

- Down:**
- 1 Vampire (5)
 - 2 Hotel employee (7)
 - 3 Aptitude (7)
 - 4 Metal bar (5)
 - 5 Required (9)
 - 6 Slipping (7)
 - 7 Lying in wait (7)
 - 8 Influenced (9)
 - 13 Said (9)
 - 14 Stamping (9)
 - 17 Housing (7)
 - 18 Graceful (7)
 - 20 One who roams on foot (7)
 - 21 A pendant earring (7)
 - 23 Carving in relief (5)
 - 24 Frightening (5)

*Crossword courtesy of www.crosswordpalace.com
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Melanie Watson of Skidby Livery Stables with the latest of her monthly articles

www.instinctivehorsetraining.co.uk



Nero, the hand-reared Friesian gelding in training- part 2

The subject of last month's editorial was introducing this young horse and why training him is such a difficult endeavour. Being hand reared as a foal has left him in a difficult emotional place where humans are concerned. Giving him the confidence to be with us but away from us at the same time, was my main objective at first.

Leading was dangerous at first because we did not exist in his mind so running us over, barging into us, through stable doors and gateways too. He could not be separated and felt so conflicted all the time.

I have gone about training him new concepts slowly and surely, making sure all the steps were solid. Training him to lead 5ft away and training him to walk around the outside track of the menage at an ever-increasing distance from us was as important as training the three basic movement cues- walk on, whoa and step back. Each part and each success is praised and rewarding scratches given.

From the whoa and his newfound ability to step back, I taught him how to turn right away from us. All this basic start to normal training is usually fairly simple and straight forwards. For Nero, it was very difficult indeed because he had never learned any form of distance from humans in his four years of life.

Hand reared horses are notoriously quick to rage when they feel conflicted, and we have seen some instances of this from him when he felt confused. Therefore, I have been extremely careful in how I approached his training. He needed to find confidence out on his own and away from us despite being attached on a line or rope.

As he progressed, he started to wear simple tack introduced carefully and slowly. Scratches and food rewards were given to create a feeling of wellbeing. Progress quickened by my slow approach. The slower you

18 September - www.cottinghamtimes.co.uk



go, the faster you get there as they say! Nero is enjoying the training and his confidence grows each day.

By the time I introduced long reins, where the human is behind the horse, Nero was well able to follow my voice cues for the movements and the directions he knew- out there all on his own with no support from me at his head or shoulder. That was a huge step in progress for him.

We had been traffic training and leading him out through the village over all this time too. The big wide world is a scary place for young horses. Giving him confidence with the close proximity of cars, lorries, buses, tractors and motor bikes alongside the pavement users, is a really big deal and one he has coped with really very well.

Training moves on and the time for wearing a human on top arrived! Backing him was never going to be easy so we broke it down into lots of small sessions, all highly rewarded. He suddenly attacked us on his right-hand side - instant rage and quite out of the blue too. And by golly he meant it too. So carefully we kept doing little bits until he no longer felt so conflicted.

Clicker training has been a very valuable tool with Nero. However, the biggest hurdle for him to overcome in the first place was learning the concept that the food comes to him, not the other way around. Hand feeding a hand reared horse is usually a massive NO! Teaching him the all-important problem-solving skills and him learning to control his hard-wired impulses, was never going to be easy.

I did it carefully, using protected contact like you would with a Gorilla or a Tiger. He eventually learned how to learn and it's now such a blessing within his training and learning history, that we can reinforce the behaviours we would like him to repeat with food.

Onwards and upwards!



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Cottingham's Travel Agent



Josh Cotton, (founder)

Well, after a very busy first quarter here at Cotton Travel I would like to start with thanking you all, for your lovely support, we've had a great summer and September has crept up on us! **Where has the**

summer gone? I suppose that is a very good question, I did manage to top up that all important vitamin D on a glorious Greek Island cruise, cold beer and super warm sunshine, it felt amazing to be recharging the batteries. I love cruising, I find it so relaxing, I also enjoy exploring the different ports. That being said, did you know we have a **dedicated cruise centre?** The focus now for many are the late deals to jet away and get some sun, for others it's booking and looking forward to a well earned winter sun holiday, either way we have it all on offer, it's always nice to have something to look forward to and with the cost of living increase, I don't blame the early bookers who are benefiting from early booking discounts and also spreading the cost over a longer period. There are many of great deals to be snapped up, pop in and see us! We'd love to have a cuppa with you! On that note, I will tempt you with some of our **smashing specials!**

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What's that noise?

Well, here I find myself sitting in the garden on a hot August Sunday afternoon. So why do my thoughts stretch to the cold month of November?

As most of you know, my ideas come to me during an event or happening in my life and this is no exception - well in fact there's two. Firstly there is Max. He's one of our family dogs, a crazy working cocker spaniel. Well poor Max, being the teRawY he is, had to have a cruciate repair on his hind leg a few months ago. Due to him being on restricted rest, walks and not left for long, he has become increasingly clingy and never far from your side. Secondly is Dexter. He is another family dog who was adopted by one of my daughters at the age of two years. Of course, not knowing much about his background other than he was never left and not socialised to strange noise, he too is a wreck during any unusual events. Even an overhead helicopter sent him into a frenzy of shaking. So of course, what is looming in the not too distant future? November 5th! Now, to you it may seem a little to early to start preparing our furry friends but in the eyes of the veterinary world, there is no time like the



present. More so for all the puppies who have entered the world this year. What they experience now, affects them for the rest of their lives. What can we do? Here are a few hints and tips.

Our first response is to cuddle our pets, just like we do our children when they are afraid. This works ideally for the child who understands or the baby feeling the closeness but what about a terrified animal? They do not understand as we would, so soothing them with a "There, there do not be afraid" can be translated to "Help, I need you to guard me!". By ignoring your pet and carrying on with your usual evening routine, will help instigate a calm aura around the house. If they sense you are not afraid, then they are calm.

Make sure your pet has somewhere to hide if they wish and also give access to this safe place at all times. If your pet is happy, you could play with them, ignoring all the noises but do not insist if your pet is not interested.

Never punish or over fuss with your pet when it is scared. This will only make matters worse. Closing the curtains, turning the TV/radio on will help mark and muffle the sights and sounds of the fireworks. Ideally all pets should be microchipped (or in the case of dogs, it is now the law) just in case they take fright.

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

Finally, in the case of walking our canine friends on this day, please be aware of the dangers of using an extending lead. It is difficult to control a bolting dog on the end of four metres of line after a sudden BANG! The pavements are very close to roads, so both dog and car do not stand a chance.

If you need any help or advice at all, please do not hesitate to call any of KINGSTON VETS surgeries, where the many qualified nurses will be happy to help and guide you.

AND FINALLY... DOMINO

I am delighted to say that our new little rabbit has bonded really well with Waffle. I cannot believe how quick it was this time. Maybe it's because they are of similar age or nature but it's a match made in heaven. Seeing them so happy, running around in the garden enjoying each other's company is a pleasure to watch. Rest assured, I'll be prepared for November.

Until the next time ...

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Peter Railton - 1932 - 2023

Cottingham Times regrets to announce the death of local author and historian Peter Railton.

Peter wrote many articles for the Cottingham Times over the years, including *The History of Hallgate School*.

He also wrote many Local History books about Cottingham including *Cottingham Shops*, and *The Victorian Village Schools of East Yorkshire*.

He will be sadly missed by both his family and those who knew him.

What's On - Continued from page six

The Cottingham Community Garden Group

Meet every Tuesday and Thursday from 1pm to 3pm on the Worklink site on Eppleworth Road Cottingham HU16 5YF. All welcome

Beverley and East Riding Croquet Club

It's not too late to enjoy the summer weather playing croquet in the idyllic surroundings of Rowley Manor Hotel. Contact Angela 07903 804 044.

HULL OPTIMISTS Swimming Therapy Group

Come and join a friendly group of Adults and Children at Frederick Holmes School, Inglemire Lane Hull, in a warm Hydrotherapy Pool. The club is for persons with disabilities or have a fear of water, and are taught in a friendly and positive way how to overcome that fear and be safe in water and also help with their mobility. We meet in term time every Monday evenings. There are two sessions, the first between 6pm and 7pm for Children and their Carers, and the second for Adults between 7pm and 8pm. All are welcome. For further information and application details please contact:- Chris Hart on 07763 756345.

Did you know?

Patients at King Street Medical Centre are given the chance to take part in high quality research projects with some of the top UK universities and research teams. The National Institute for Health and Care Research (NIHR) the research arm of the NHS helps to deliver research which is looking into issues such as depression, diabetes, loneliness and Parkinson's Disease.

Since 2021 patients have been offered the opportunity to take part in studies which might help them and others as new findings are uncovered. Patients are regularly invited to consider studies. All participation is voluntary.

The Practice is supported by the Trust research team who work with doctors, nurses, therapists and admin staff. Research activity brings funding into the Practice and opportunities for Patient and Public Involvement and Engagement. Anyone wanting to know more should contact the research team at hnf-tr.researchteam@nhs.net or ask in the Practice for more details.

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Olive and Belle - Graze Boards and Events Catering the ideal choice for private or corporate events

After spending 16 years in Recruitment, Cottingham based Katie decided to go into business with her true passion - food. Olive and Belle - Graze Boards and Events Catering offer catering services for both Private and Corporate Events across Hull and the East Riding. Their boxes and platters are perfect for business lunches and family gatherings and their tables are ideal for weddings, christenings and corporate parties.

Katie explained that the last few months have been a whirlwind, business is going well and Olive and Belle are proud to have recently achieved their 5 star food hygiene rating.

Focusing around the graze concept, their food is both beautifully presented and deliciously tasting. The menus typically include charcuterie, hand-picked cheeses, home-made sausage rolls served alongside crackers, artisan breads and a vibrant array of fruits, salad, olives and other mouth-watering accompaniments. Olive and Belle's aim is to bring people together to create the ultimate social dining experience.

Offering a tailored service, every order is as unique as their client and Olive and Belle can cater to your specific requirements, recently adding plant-based options to their repertoire.

For your next gathering, whether it be a catch up with family and friends, a business lunch or a celebration, why not give Olive and Belle a call and they will bring your visions to life and bring the WOW factor to your table.

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KATIE CUTSFORTH
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Olive and Belle olive_and_belle

www.cottinghamtimes.co.uk - September 21

ON THE GRAPEVINE



WITH ROY WOODCOCK

Terrible summer, but wine crops increase

So, okay, it's been a terrible summer, but there are always upsides if you look hard enough. And so far as us wine lovers are concerned it's being reported that English growers are expecting their "highest yields to date" after a dry June was followed by plentiful rain in July, creating near perfect conditions.

July saw more than 140mm of rain fall on English soils (the sixth highest total for July since records began in 1836), though thankfully the preceding drier month meant that grapes had developed enough to withstand Storm Antoni when it blew in.

"The dry, warm June resulted in an early and strong fruit set, with plenty of good sizeable bunches," Ned Awty, interim CEO for Wine GB has said. He also confirmed that the English wine industry has the infrastructure required to cope with the greater anticipated volumes — some producers are expecting almost double the volume of grapes compared with last year.

"Since the bumper crop of 2018, and in anticipation of higher volumes from ongoing new plantings, producers have invested in their wineries so there should be plenty of tank space for harvest," he said.

One producer expecting bumper crops is Sandbridge Barton Wines, based in Devon. "We usually harvest 60 tonnes of grapes from our 25-acre site but this year the number will possibly be up to 100 tonnes," said head winemaker Duncan Schwab, who also revealed that his grapes are turning in colour almost two weeks earlier than usual.

"The red Pinots are getting pigmentation in their skins and that is happening two weeks earlier than we have seen before."

Meanwhile, Andy Hares, vineyard manager of New Hall Vineyards in Essex, said that 2023 "has the potential to be one of the best years for the last 10 to 15 for us, both in terms of the grape quality and yield."

However, despite the positive outlook growers can't rest on their laurels as disease pressure remains with the wet and humid weather, making good air flow through the canopy vital to prevent mildew setting in.

"The wet July has swelled bunches but also brought disease pressure so vineyards have been working hard to mitigate this," Ned Awty has said.

"How the harvest ultimately shapes up depends on the weather from here, grapes are now going through veraison (the onset of ripening) so we are entering the critical phase and hoping now for lots of sun and little rain."

In East Yorkshire, our vineyards continue to go from strength to strength. At Laurel Vines at Aike, between Beverley and Driffield, continued expansion has seen - as from April of this year - a total of 15,000 vines producing 12 different varieties, including the three Champagne Varieties, Chardonnay, Pinot Noir and Pinot Meunier. The current wine-making capacity is 30,800 litres in temperature-controlled stainless steel tanks and another 3,600 litres of red wines aged in French oak barrels.

Laurel Vines' Vineyard Picnics continue into September, although a quick look at the website (www.laurel-vines.co.uk) revealed most are already fully booked. There were some places still available on September 7 - but be quick! It includes a tour of the vineyard plus sandwiches, scones and a bottle of wine.

Events also take place regularly at Little Wold Vineyard at South Cave (check out www.littlewoldvineyard.co.uk), including a blind tasting of their wines, accompanied by a fish and chip supper, scheduled for October 27 and November 24. Established in 2012, Little Wold Vineyard has over 12000 vines of five different white grape varieties and 2000 red. Winter vineyard tours also continue there in November and early December.

Westow Vineyard is based as a relatively small operation covering some eight acres in the Wolds village of Kilham and was established just over ten years ago by James and Sally Mason. They currently grow two grape varieties - Pinot Noir and Seyval but plan to incorporate other varieties going forward.

They currently produce a couple of sparklers: Erishskroy Westow English sparkling blush (Erishskroy is Yorkshire spelt backwards, of course) which is made from a combination of the Pinot Noir and Seyval, described as "a fresh flavour that reminds you of summer fruits, served chilled, the perfect way to start and finish your evening whether it be in company or just winding the day down on your own".

Erishskroy Westow's English sparkling white is made predominately from the Seyval grape. Tasting notes say "hints of lemon zest, gooseberry with the warmth of brioche" and suggest serving it alone as an aperitif or with a light salad with grilled chicken and fish. Check out www.westowvineyard.co.uk

Now, away from wine for a moment, this caught my eye: Leeds-based brewery Northern Monk has teamed up with Hull-based Aunt Bessie's to create a range of roast dinner and retro pudding beers. I kid you not!

There will be four different beers available via Morrisons stores, including: A Roast Dinner Brown Ale, a Jam Roly Poly & Custard Pale Ale, a Sticky Toffee Pudding & Custard Porter and an Apple Crumble & Custard Pale Ale.

The Roast Dinner Brown Ale has been brewed with actual Aunt Bessie's Roast Potatoes and Yorkshire Puddings in the brew while the Jam Roly Poly & Custard Pale Ale is reportedly brewed with plum, apricot and strawberry the same products that go into the original Aunt Bessie's pudding recipe.

BEST BUYS



Champagne De Saint-Gaul Premier Cru Rose

Where: Marks & Spencer
When: Now
Why: Champagne De Saint-Gaul is the product of an historic winemaking initiative, founded in 1966 as a 15-strong network of growing co-operatives that specialise in Premier Cru and Grand Cru vineyards. The Premier Cru and Premier Cru Rose have now joined the M&S Collection (the Premier Cru is £28) and the rose that I've sample is a fabulous fizz with a fresh and vivacious palate.

£30.00



Don David Blend of Terroirs Malbec

Where: Co-op
When: In store during September
Why: A gold medal winner in the 2020 International Wine Challenge, this Fairtrade Argentinian red is a blend of two Malbecs from different high altitudes. One brings the fruit concentration while the other adds structure, texture and backbone.

£9.00 (was £10.00)



Co-op Irresistible Cabernet Sauvignon

Where: Co-op
When: Now
Why: Exclusively produced for the Co-op by renowned Chilean producer, Viña Indomita, this fruity medium-bodied wine has flavours of succulent ripe cherry and blackcurrant. Great on its own, but even better with red meat dishes

£8.50



Farm Hand Organic Chardonnay

Where: Waitrose
When: Now, until September 26
Why: A well-balanced and generous Australian Chardonnay with great purity of fruit, a dry finish and fresh acidity. Pairs wonderfully with roast pork.

£7.99 (was £9.99)



Cohen Gray Buffey wins the Speedskating Championship in Oberstorf Germany

On the 4th and 5th August 2023 Cohen Gray Buffey took the Oberstorf shorttrack speedskating championship beating some of Europe's best u13 skaters including 1st seed Belgian favourite Jesse Jan Ryan.

He accumulated 42 points in reaching two finals and set personal best times in 777m and 500m. His sister Savi Gray Buffey finished 13th in the u15 girls setting a personal best time in the 500m. Both are training with the GB shorttrack speedskating squad at the end of September and competing in Germany and Holland this year in the Europa Challenge cup.

Andy Wilson

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Motoring - with Roy Woodcock



Citroën has introduced a car with an added X factor, but what is it? Roy Woodcock finds out by taking a detailed look at the new Citroën e-C4 X ...

What does “X” signify when it comes to naming a new car these days? I only ask because I do get a little confused . . . is it a “go faster” thing? A special edition? And I’ve just spent a week getting to know the brand new e-C4 X from Citroën.

In the French car-maker’s case I deduce X denotes a mash-up of certain mainstream styles that we’ve all got used to over the years; and I don’t mean that in any sort of derogatory sense. Let me explain . . .

Once upon a time, it was dead easy - we all drove saloons; four doors and a boot. Then some clever designer guys decided to turn the boot opening into a door (actually a wider-opening boot lid with the rear windows attached) and the hatchback was born.

Then, somewhere along the line it was discovered that we all liked to get in touch with our more adventurous side, get off the beaten track so to speak. And see a little better, too. So, the SUV was born - a car with a higher riding position and capable (in some cases allegedly capable) of being driven off-road and over rough terrain, although in reality that often meant dealing a little more comfortably with the ever-growing number of potholes on our roads!

Anyway, enough of the humour; what we have here is a designer’s take on the best of all possible worlds. Take features of a hatchback, crossover/SUV and saloon and blend them into one. Hey Presto, it’s the C4-X, a bigger version of Citroën’s C4. But importantly there’s another initial been added, the “e” which, of course means the car is all-electric and, in fact, that’s the only version you can buy.

All of which seems to suggest this will be low-sales-volume niche product. But does it work? My view, if you begin from the starting point that this is a biggish saloon, raised up to give you a higher ride and with some of the more rugged design cues that you would get from an SUV, then yes it does, although I still feel the inevitable smaller boot opening may well be a turn-off for those used to the loading flexibility of a hatchback.

There is an “e” version of the standard C4 hatch and at the front end everything looks exactly the same. But looking at this X version in profile, there’s a markedly different roof line and an extra 240mm in length. This accommodates a large 510-litre boot (much bigger than the 380-litres you get in the e-C4 hatch). And a small duck tail-like spoiler with distinctive LED lights designed to look like arrows pointed towards the centre of the

boot lid.

A 10-inch central infotainment screen comes with all e-C4 Xs, as does wireless ‘phone charging and ‘Apple CarPlay’ and ‘Android Auto’ smartphone-mirroring connectivity. Front passengers benefit from access to Citroën’s Smart Pad Support, a retractable tablet holder built directly into the dashboard, which enables the front passenger to make the most of time spent on the move. Below this is a Dashboard Tray, a large sliding drawer with a cushioned action.

With prices starting from £31,995 on the road, the car its available in three trim levels; ‘Sense’, ‘Shine’ and ‘e-Series’ Sense models feature 18-inch bi-tone diamond-cut alloy wheels, body-coloured bumpers and LED headlights. A 5.5-inch digital instrument cluster is complemented by the 10-inch touchscreen.

Safety is enhanced thanks to Active Safety Brake with video assist, Lane Keeping Assist, and Forward Collision Warning, alongside Citroën Connect Box Emergency & Assistance. There are rear parking sensors and Advanced Comfort Suspension for a smooth ride.

Shine models boast dark-tinted rear windows with chrome trim, navigation that includes a three-year subscription to real-time traffic and speed camera alerts. Ambient lighting enhances the interior atmosphere.

Ease-of-use is assured with a reversing camera and Automatic Intelligent Beam Headlights that automatically switch between dipped and main beam. Safety is enhanced via Active Safety Brake with video and radar assist, Speed Limit Information and Extended Traffic Sign Recognition.

Finally, e-Series models come with new styling cues to ensure they stand out on the road. The bi-tone Perla Nera Black roof is standard on all versions, as are the distinctive 18-inch Onyx Black ‘Aeroblade’ wheels.

Inside, wireless smartphone charging adds to the convenience on-board. The front seats are also heated.

Out on the road, I found the car smooth to drive with decent handling and acceleration. It’s available with two all-electric powertrains. Customers can choose either the 50kWh battery and 100kW (136hp) electric motor combination, which is capable of up to 223 miles between charges, or a new 54kWh and 115kW (156hp) powertrain on the top-of-the range version with up to 260 miles of range.

Three driving modes are available – Eco, Normal or Sport – activated by a mode selector on the centre console. Eco mode offers the highest levels of efficiency, Sport mode offers the highest levels of performance, while Normal mode balances the two.

As we progress in this brave new world of all-electric motoring, it seems manufacturers are covering all the bases when it comes to catering for our motoring needs. This new e-C4 X marks an entry into giving us an even wider choice.



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Double 85th birthday celebrations for Cottingham Opticians and loyal customer

A Cottingham opticians team enjoyed a double celebration for their 85th anniversary with a loyal customer who also turned 85 this year.

Judith Laws, 85, was welcomed into Scrivens Opticians & Hearing Care on Hallgate where she received a gift in recognition of her milestone birthday, loyal custom and voluntary work in the Cottingham community.

Scrivens Opticians & Hearing Care is a family run business which was established in 1938 and staff at the Cottingham branch brought out the bunting, balloons and cakes to mark the special anniversary occasion.

Cottingham Branch Manager, Rachel Ali, said: “We were delighted to mark two extraordinary occasions with Judith this week and thank her for sharing the joy of turning 85 with us! Customers are at the heart of everything we do, and this important ethos has remained in place since the family business was established.

“We look forward to welcoming new and existing customers into the branch to celebrate our milestone anniversary and experience what 85 years of eye and hearing care knowledge looks like!”

Judith has lived in Cottingham for more than 20 years, said: “It was lovely celebrating my birthday along with the Scrivens team. It was a wonderful occasion!

“They’re all lovely and make me feel very welcome – that’s why I’ve been a customer for so long. I felt very honoured to mark the beginning of their 85th anniversary festivities with them.”

Scrivens Opticians & Hearing Care is a family run business which was established in 1938. It has 169 stores in England and Wales, with 1,000 employees. For more information, visit www.scrivens.com.

Pictured: L-R Cottingham Scrivens Branch Manager, Rachel Ali and Judith Laws.

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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 in the 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 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.

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. One or more of the tasks below might be required.

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

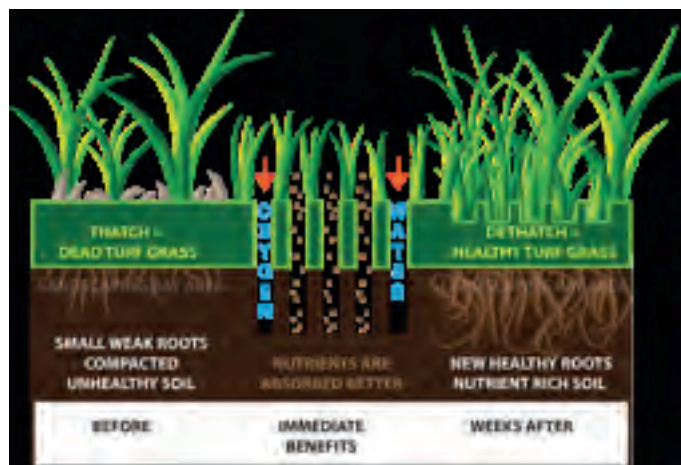
every two to three years should be adequate. Concentrate on areas that receive the most wear and those that are compacted.

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. At Coletta and Tyson we have a great heavy duty aerator.

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.

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

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Fairy Ring

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 prevents dis-colouring. It can revitalise any problem areas by adding essential nutrients. It is also high in potash and ferrous sulphate.

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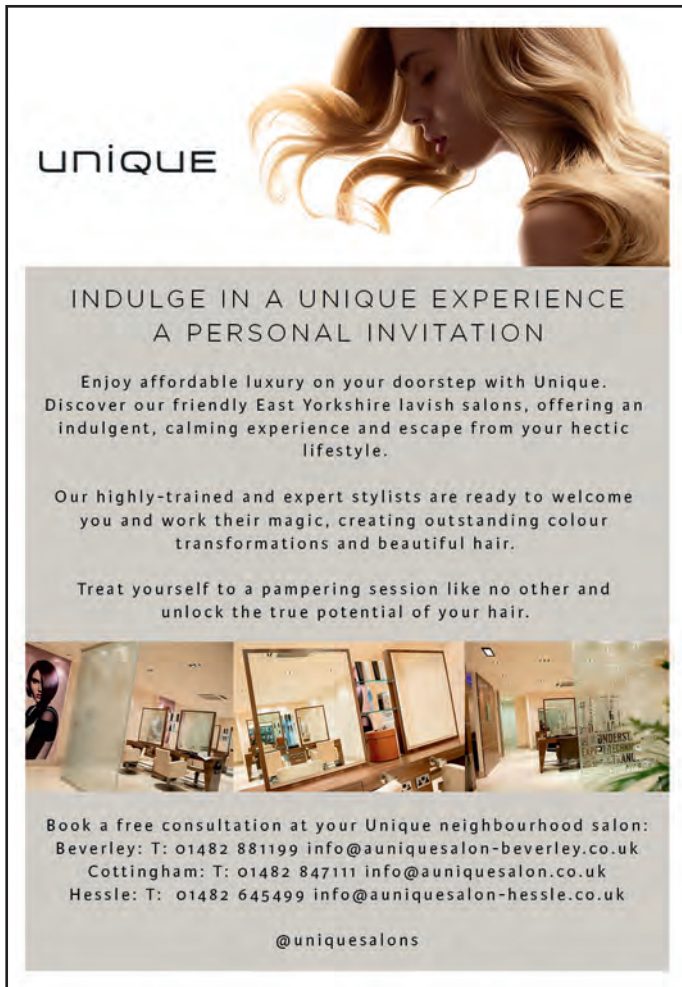
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Your Stars for September 2023

By Kay Gower

Aries (Mar. 21- April 20)

The coincidences that mark the next five weeks aren't coincidence at all — the planets conspire for your success. You'll be pursued by those who want to be in your inner circle. Past good deeds catch up to you and bring new luck. A lovely month.

Taurus (Apr. 21- May 21)

This planets this month encourage you to explore new educational or travel experiences. Keep an open mind and be willing to adapt to changes. Balance your desire for stability with the need for adventure.

Gemini (May 22-June 21)

Finances receive important planetary protection so do your best to feather your nest while it lasts. This is a great month for throwing yourself into and enjoying the lighter side of life.

Cancer (June 22-July 22)

Relationships might require patience and understanding this month. Seek out creative outlets to express yourself and help manage stress.

Leo (July 23-Aug 22)

The winning frame of mind you start the month with will attract just the people who can help you the most. You are getting better at knowing what makes you feel good and sticking to it. The Autumn months brings an advance in your skills, and money soon follows.

Virgo (Aug 22 – Sept. 23)

Autumn will be a time for self-reflection and setting new intentions for the year ahead. Focus on your personal growth and relationships and you can begin to look forward to the last few months of the year. Positive change is on the way.

Libra (Sept. 24 -Oct. 23)

You will be making steady progress through the next five weeks so this is not the time to doubt your choices. Once a seed has been planted, let it grow, don't keep digging it up to look at it wondering whether you should have planted it or not.

Scorpio (Oct. 24 - Nov. 22)

Something which has been hidden, may come to light, (especially around the 11th). Skeletons in the cupboard could be revealed. On another note, be careful you don't accidentally throw away something of sentimental value.

Sagittarius (Nov. 23 -Dec. 21)

Gather up your best ideas as you're about to get an energy boost that will help you put all your big dreams into practice. Situations you tolerated last month you will no longer put up with in September. Now is time for a definite step, so don't let the shadows of the past hold you back.

Capricorn (Dec 22.- Jan. 20)

An event comes down the pipe that you can't afford to miss, but arguments that so often accompany change seem to be rife. Use around the 12th as a time to clear the air before these opportunities disappear.

Aquarius (Jan 21 - Feb 19)

You will be thinking creatively this month and because of this, you will see how there are wonderful experiences to be had for very little or no money. They'll take planning though. This is a good month for making plans.

Pisces (Feb. 20-Mar. 20)

You really want to please those close to you, but you would be much better off just pleasing yourself. When you follow your own dreams you end up making others happy, too. Well, eventually.



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Crossword solution from page 14

L	I	B	R	A	R	I	A	N	S	A	L	M	I
A	E	B	N	E	L	U	M						
M	I	L	K	I	N	G	C	H	I	R	R	U	P
I	L	L	O	E	D	K	R						
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Sudoku Answer from page 12

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

The Phoenix Walkers

Phoenix Walkers Welcome all new and old walkers .
Come and join us for a great day out.

We walk every fortnight on a Sunday from February to December.

The coach picks you up and drops you off at the same place.
Walks 5-7 miles & 7-10 miles ,good footwear and waterproof's needed .

Next walk

September 10th Haworth

For prices and more info Call Sid &Sue 01482701325.

Email :- phoenixwalkingclub@outlook.com.

Spring chalet lets in Bridlington and Hornsea go on sale on 6 September

East Riding of Yorkshire Council's Coastal Services Team are delighted to announce the Spring Lets launch for chalets in Bridlington and Hornsea for 2024.

The chalets will go on sale online on Wednesday, 6 September, 2023, at 8.30am.

The Spring lets will run from 23 March, 2024 until Friday, 17 May, 2024.

They will be priced as follows :

North Marine Drive, Cabana and Princess Mary Promenade Chalets: **£450**

Seabird Chalets and Southcliffe Chalets & Pods: **£550**

Belvedere Chalets: **£320**

Hornsea Chalets: **£320**

For the first time, Spring hire chalets can be reserved for £100 deposit, with the remainder to be paid 60 days before arrival.

To make a reservation, customers must use this link, from 08.30 on 6 September:

<https://eastridingcoastandcountryside.campmanager.com/26483/Check-Availability/>

Councillor Nick Coultish, portfolio holder for culture, leisure and tourism, said: "These chalets will of course be hugely popular once again, and I advise people to book online as quickly as possible from 6 September, as last year they sold out almost immediately. What a great way to spend Spring in Bridlington or Hornsea!"

Those unable to book online can call the Coastal Services office on 01262 678255, but should be aware that chalets booked by this method will be subject to availability and will only be booked in real time. It will not be possible to accept answerphone messages or respond to emails.

There will also be no in-person bookings on 6 September.



SUNDAY *Services*

COME AND JOIN US AT 10:30AM

COTTINGHAM CIVIC HALL
1 MARKET PLACE, COTTINGHAM, HU16 5QG

REVIVECHURCH.CO.UK



An Introduction to Michelle Mackie

Renowned for her remarkable ability to fuse diverse themes and emotions into her artworks, Michelle Mackie's latest collection tells a story full of emotion, fearlessness and new beginnings.

Michelle Mackie also known as Dolly is a self-taught photographer, digital artist and visual story teller. It is with these tools that Michelle has been able to explore her own psyche, recreating forgotten joys and life's loves, whilst vanquishing past tragedies and trauma.



"I'm forever daydreaming, and I get to create some of what goes on in my busy little head for all to see"

What started off as a hobby and an escape of sorts for this busy working mum soon became much more. In 2014 Michelle was asked to exhibit her work in a local gallery, It was this that forged her on to build her skills and passion, which lead to finding her own unique style.

By combining the power of nightmares and the magic of fairytales Michelle presents her inner-self; her memories, fears and dreams in an art form that can provoke powerful emotions and connect with people in ways she never imagined.

Before considering reaching for her camera, every project is meticulously pre-conceptualized, and only when the piece is thoroughly planned does the work begin.

A location is sourced, and a model chosen, props are chosen to give extra symbolism within the work, wardrobe is picked and angles from which shots need taken are already written down in one of her many



note pads. Once Michelle has all she needs its time to get creative digitally, stitching photo's together using layers and layer mask's, before getting to work on her textures and colour pallet that give that extra surreal tones.

Michelle uses her creative streak to find beauty in dark place's.

At the Artmarket Gallery, we have just launched Michelle Mackie's latest collection. Full of mystery, emotion and fearlessness, Mackie encapsulates her story in ethereal tones. The collection is available now and features limited editions and originals, starting from £385.

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The brand new ethereal collection from digital artist and photographer, Michelle Mackie, is finally here

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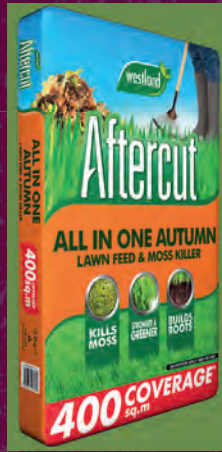
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