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Covid-free care homes pull out all the stops for residents during pandemic

wo care homes in the East Riding have remained free from coronavirus throughout the global pandemic and have, as always, gone the extra mile to ensure residents do not feel isolated by the lockdown.

Having closed their doors to visitors two weeks ahead of the government's nationwide lockdown, staff at The Manor House in Little Weighton and Magnolia House in Cottingham, prevented the virus from infecting any of the homes' residents and indeed all staff are regularly tested and remain Covid-free to the current day.



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4 September - www.cottinghamtimes.co.uk

Chris Mitchell, chairman of Park Lane Healthcare which operates the East Riding-based homes, said: "At The Manor House and Magnolia House, we took the very sad but necessary decision to close our doors to the public a full two weeks before the prime minister announced the lockdown for the rest of the country. Whilst criticised in some quarters that we were too hasty for doing so at the time, I think the decision has been vindicated as up to now we haven't had a single case in any of the homes – and God willing we will stay that way.

"The safety of our residents is our top priority, and I'd like to pay tribute to the staff of the homes who are working round the clock – not just keeping residents safe, but ensuring that they continue to be engaged, stimulated and kept in touch with the outside world."

At Magnolia House, staff have hosted a vast array of activities for residents, from tea-tasting afternoons, to movie clubs and quizzes, while residents at The Manor House have enjoyed tennis afternoons, craft sessions and more.

Leanne Hatch, manager at The Manor House, said: "For us, it's business as usual! Although there is a global pandemic, inside these four walls you would never know! We have our residents to care for and their wellbeing and happiness means everything to us.

"We've been overwhelmed by the support we've received from the local community and we'd all like to say a big thank you.

"But above all, we want to let people know that their families are in safe hands and we're doing everything we can for them, until we can welcome them back into our homes."



Front cover: A collage of the Cottingham Virtual Open Gardens Festival. Photo: Paul Lakin.





East Riding Rangers U7 Team seek new players

Introducing the newly formed East Riding Rangers U7's team whom fought back from a 7-0 defeat in their debut match to win their second match 6-2 against Cottingham Rangers, held on King George V playing fields Cottingham.

The team train at 6pm Thursdays on King George V playing fields. For further enquiries regarding the team please contact Alicia on 07533 263839.

Pictured: Back left to right, Issac Moore, Noah Harvey, Louis Danville, Zachary Turner.

Front left to right, Sonny Hollis, Elliott McCubbin, Theo Naylor.





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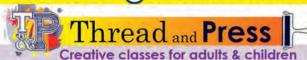
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Swanland Heritage Centre

ince March we have, regretfully not been able to open our doors but we are now pleased to announce that the Heritage Centre is re-opening on an appointment basis.

All precautions will be adhered to. One or two people from the same household will be welcome to visit the centre with a member of the Committee at a date and time to be arranged. Social distancing will, of course, be observed. Face masks will be worn, hand sanitizer and gloves will be available. Visits from the public will be kept at least 72 hours apart.

If you would like to arrange a visit please contact one of the

Chairman: Martin Parry - Tel 632576 Secretary: Janet Barnes - Tel 633286 Treasurer: Colin Jackson - Tel 631844

If you cannot get to the Centre (based in The Institute, next to Christ Church, by the pond) we have an extensive online Gallery of photographs. See swanlandheritage.info/index.html. love to hear more information about these plus enjoy receiving (copies of) new items to add to our collection.

Cottingham Pavilion (formerly also known as KGV -**Cottingham Sports Centre**

lthough we are currently still closed due to the pandemic, we want to tell you that we continue to support the community by the NHS using our facilities for training purposes and the charity, SMILE using the centre as a hub for vulnerable local residents, who require food parcels and prescriptions.

Thank you for your continued support. We look forward to opening our doors to you all, in the not too distant future.

Take care everyone.

KGV Cottingham Community Trust



6 September- www.cottinghamtimes.co.uk





Re-opening of Swanland Village Hall

Te are delighted to announce that Swanland Village Hall re-opened on 17th August for activities and events that can comply with government guidelines. As well as our normal terms and conditions for hire, the Trustees have drawn up special conditions to ensure the health and safety of their hirers. These special conditions can be viewed on the website together with our Risk Assessment.

If you are interested in hiring the hall please contact our booking secretary Terry Phillips on 07525798449 or by email to booking@ swanlandvillagehall.info to discuss possibilities.

We look forward to welcoming back our long term users and new hirers and are committed to making the hall safe for all who use it.

Five Things to Discover at East Riding Museums

ast Riding Museums are inviting visitors to take part in the '5 Things to Discover' challenge. There are five activities for families with young children to enjoy at each museum: Sewerby Hall and Gardens, Treasure House, Beverley Guildhall, Skidby Windmill and Goole Museum.

The 'Five Things to Discover' challenge has been available at all the East Riding Museums sites since 2017 and has now been reworked with new challenges to fit post-lockdown restrictions – with some returning favourites as well.

Visitors to Sewerby Hall and Gardens can enjoy walking like a penguin, squawking like a parrot, standing like a statue, finding the old toys, and spotting shapes, colours and patterns.

Activities at Treasure House in Beverley include counting the eggs on display, pretending to go rock pooling, finding Fred Elwell, mooing like a cow and choosing their favourite painting.

At Beverley Guildhall families can spot the beavers, see different shapes, count the steps, find a silver aeroplane, and look for old books.

Skidby Windmill's activities include finding the mice, oinking like Maisie the pig, counting the horse bits, visiting the wheelwright, and spying three cups.

The challenges at Goole Museum are: count the boats, spot the mangle, find two rolling pins, choose your favourite toy, and pretend you're a diver

Councillor Shaun Horton, holder portfolio for coastal regeneration and tourism, including culture and leisure, said: "These challenges aimed at Under 5s have always been popular, and I am very pleased that we have been able to rework them for the changed circumstances we find ourselves in."

For more information on the museum venues, opening hours and facilities, and for Covid-19 customer guidance, visit www. eastridingmuseums.co.uk and www. sewerbyhall.co.uk







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

Word from the Clerk

As the slow return to normality continues, fingers crossed for no second wave, I hope to be welcoming you back to our office this month. We intend to reopen to the public on Tuesday 1st September and be open three days per week (Tuesday-Thursday) 11am-3pm. This is, of course, subject to change. Social distancing measures will be in place and we would ask, if possible, that you wear face coverings.

You can still contact us via email and telephone (01482 847623)

/Auto

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

Zooming Along

For the last few months, the Parish Council have not been holding any physical meetings due to the ongoing Covid-19 situation. For the time being this will continue to be the case however we may be moving to holding meetings via Zoom video conferencing. These meetings would be open to the public and details of any meetings, and how to join, will be advertised on the noticeboard near to the co-operative supermarket.

Cycling on Pavements

We have, unfortunately, at the Parish Council received news of several near miss accidents between pedestrians and cyclists on pavements around Cottingham. We would urge cyclists not to use the pavements and ask pedestrians to remain vigilant

Dogs & Hogs

Many green spaces in Cottingham are used by dog walkers and we welcome this. However, in some of the area's dogs are to be kept on leads. We would ask all dog walkers to read the signage anywhere they walk their dogs and if required please kept dogs on leads. The area between Canada Drive and Burton Road, for example, is an area where dogs should be on leads, but people may not be aware of the requirement.

As we mentioned a few months ago there is a thriving hedgehog population in Cottingham and we once again ask residents, especially drivers, to do what they can to help maintain this.

8 September - www.cottinghamtimes.co.uk



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BIG CHANGES TO TRUSTS RULES

New rules are due to come into force in the coming months that will affect many trusts.

Since 2017 all trusts that pay tax have had to register details of the trust on HM Revenue & Custom's Trust Registration Service (TRS). The rules are due to be extended to cover some trusts that don't currently pay tax. Regulations are due to be laid before Parliament in September.

The new rules will affect a much larger number of trusts than are covered by the current rules. One common type of trust that will be affected will be one which owns whole or part of the family home. Such trusts are often set up to avoid paying care home fees or to save Inheritance Tax and they could be set up either under a person's Will or in a lifetime trust.

Penalties will apply if trusts are not registered on the TRS. The draft regulations refer to a deadline of 10 March 2022 for trusts created before 9 February 2022. The regulations exempt trustees of Will Trusts from registering their trusts for up to two years from the person's death to allow time to dismantle the trust if necessary.

The information that trustees need to register on the TRS includes the name, month and year of birth, country of residence, nationality and nature of the beneficial interest for each of the beneficiaries. This includes beneficiaries who are named in the trust document and also in a separate letter of wishes.

Graham & Rosen has experience of registering trusts on the TRS and we can assist trustees who do not currently have a solicitor or who have administered an estate containing a trust themselves.

Philip Evans is a solicitor with Graham & Rosen and the head of the Trusts Department. He is a full member of the Society of Trust & Estate Practitioners. Please contact Philip for further information.





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Changes to opening times at **Skidby Mill**

ast Riding of Yorkshire Council has announced that Skidby Mill will unfortunately be closed to visitors at weekends with /immediate effect

The Mill will remain open for visitors as normal on Mondays and Tuesdays (10.00am- 4.15pm - last admissions -Closed for lunch between 12.30pm -1.00pm).

Due to the COVID-19 pandemic, in line with government advice

& regulations, various measures have had to be put in place to protect visitors and staff

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

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

However, there is a new display about milling and food production

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

The mill is currently undergoing a programme of works, including repairs to the roof, windows and tower, which are scheduled to take about 12 weeks. This is being carried out by Hobson and Porter of Hull. It is hoped that the sails will be returned to the mill in early 2021.

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





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Wordsearch - Moods and Emotions

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

- 1																
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Find the words in the letters above:

Afraid, Agitated, Anguish, Blue, Bored, Cheery, Dark, Down, Dread, Edgy, Elation, Furious, Genial, Gloomy, Grouchy, Helpless, Hopeful, Humiliated, Hurt, Irked, Jaded, Jovial, Lonely, Love, Mellow, Merry, Misery, Offended, Ornery, Panic, Peaceful, Pleased, Remorse, Somber, Sunny, Sympathy, Uneasy, Upbeat, Weary.

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

Sudoku No. 160

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

	1	9	6		2			
	5	7			1		6	
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MARIONOWENTRAVEL

Firstly we hope you are well and keeping safe.

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

September is an exciting month as we see our first travellers depart. Jersey will see a good number of guests arrive and I am sure they will enjoy this special little island. It really has something to offer everyone. Flights are operating from Manchester this month whilst East Midlands will have a service 3 times a week commencing 29th September. Next summer we will welcome back the weekly flight from Humberside.

Our first tour will also depart to the Scottish Borders with everything in place for being socially distant. It will be a very welcome break & change of scenery.

Italy & Switzerland are also due to see our clients.

As I write Portugal has just received the green light from the FCO & I understand some areas of Spain may follow. But on the other hand the FCO has now advised against travel to Turkey, Croatia & Austria.

This may well have all changed when you read this.

Our face book page shows updates on where you can and cannot travel. Visit & like our page then you will receive automatic updates plus we advertise some very nice holiday ideas. For example, this week in Italy I have advertised, Ballet in Verona, Andre Botocelli in concert in his home town & the wonderful Venice Carnival.

Many tour operators are now becoming flexible with new booking conditions. It is nice to have a holiday to look forward to. If you are pondering on making a booking don't hesitate to call 07850 694101, I will be happy to talk you through your ideas and guide you as to what is possible.

Changes to bookings are still happening. Although MSC are operating their first cruise this week around Italy and Fred Olsen have cancelled cruises for this year!

Our Special River Cruise the Rhine to Switzerland next year has been rescheduled from April to June, the ship will still be it's inaugural sailing along with guest Aled Jones. Available via P&O North Sea Ferries for 10 nights or by air from Humberside. Please ask for details.

Georgia & Armenia we have a great itinerary departing on September 18th 2021 - a small group tour we have 11 places inc. 3 rooms for solo's at a reduced supplement. Why not join me we will have a great adventure.

With our wealth of first hand knowledge travelling around the world by land, sea & air we have the answers to make your travel simple & hassle free which leaves you to relax and look forward to and enjoy your holiday. We continue to monitor the protocol required for travelling to ensure you know what to expect. All you need to do is pick up the telephone and we can get your next holiday booked. It is always good to talk and we look forward to creating your special memories when we book your next holiday whether a break in the UK or a far away holiday to a corner of our world. Lets get back to exploring our world and enjoy wonderful adventures.

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We are looking forward to re uniting soon.

•	To are looking forward to re driking coort		
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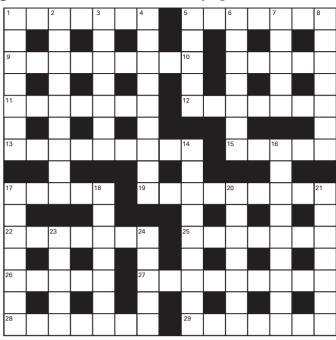


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Crossword - Solution on page 29



Across:

- 1. Shuffle (7)
- 5. A chronicle of past events (7)
- 9. Lamp at the front of a car (9)
- 10. A literary genre (5)
- 11. Souvenir (7)
- 12. Idyllically calm and peaceful (7)
- 13. Diffused (9)
- 15. Ate (5)
- 17. Out of fashion (5)
- 19. Allotted (9)
- 22. Lollypops (7)
- 25. Perform surgery (7)
- 26. Muse of lyric poetry (5)
- 27. English and French, for example (9)
- 28. Gratify (7)
- 29. A 19th century men's overcoat (7)

Down:

- 1. Planned (7)
- 2. They needlessly cry "Wolf" (9)
- 3. Equilibrium (7)
- 4. Wholly absorbed in thought (9)
- 5. Door on a ship (5)
- 6. Burdened (7)
- 7. Female organ (5)
- 8. Desired strongly (7)
- 14. Reductions in price (9)
- 16. Homesick (9)
- 17. Land reclaimed from the sea (7)
- 18. They decide what goes in a magazine (7)
- 20. The death penalty (7)
- 21. Chest of drawers (7)
- 23. Jumped (5)
- 24. Spread out (5)

Crossword courtesy of www.crosswordpalace.com Support the advertisers who appear within the Cottingham Times

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So, what are you waiting for? Come down to Martha's Bar, serving homemade delicious food and a great selection of hot and cold beverages.









King William IV
152 Hallgate, Cottingham. Tel. 01482 847340

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www.cottinghamtimes.co.uk -September 15





or a selected number of Cottingham residents, the time leading up to the month of June 2020 was a much more relaxed affair than in previous years.

There was no extra pruning and preening, a lot less lawn mower action, no shrub trimming and less weed pulling. Even the annual event of walking around the garden at midnight, with a torch, to remove chomping slugs did not take place in my garden! Indeed, there will have been fewer scones baked, less jam jars filled with all sorts of homemade delights, no cakes, flapjacks or shortbreads made. Less art work prepared, no garden signs painted and an abundance of seedlings sat in greenhouses, no longer needed. Missing was the sound of choirs singing in gardens, and the smell of barbecued food did not fill the air. This was all down to Cottingham Open Gardens being cancelled.

It may have been a year off for all of the gardeners involved, but what, I thought to myself, about our beneficiary Dove House. Cottingham gardeners usually raise and donate between £10,000 and £13,000 every year. All of this income has been lost, on top of the other events that have had to be cancelled in and around Hull due to the awful Covid-19 virus.

So I had a think, and came up with an idea to hopefully help raise a little bit of that lost income. I thought that what is good enough for Chelsea Flower Show is good enough for Cottingham, and the idea of Cottingham Virtual Open Gardens 2020 was born. I sent out e-mails to all of the gardeners that had already signed up to the 2020 event and I contacted our local, very talented photographer Paul Lakin. My idea was for Paul to photograph the gardens, a Just Giving page would be created for the photographs to appear on, and then the residents agreeing to take part would make a donation to Dove House.

So now my idea is a reality, the Dove House Just Giving page has now been shared on Facebook and it is on the Dove House website for everyone to see. Now anybody who would like to make a donation can easily do so. If you usually attend the event, or if this is your first time, you can sit down, relax with a cuppa and a scone and scroll through the pictures at your leisure. There is also a brilliant video to watch, accompanied by music to listen to and enjoy. If you want, you can make a donation, perhaps the price of the programme you would usually pay, or that coffee and cake you normally buy, every penny counts and is truly appreciated. So if you would like to see some more of the beautiful photographs, and watch the video, the hyperlink needed is below.

Hopefully, next year, Cottingham Open Gardens will be back in full glory, and perhaps this may inspire other gardeners to join in too.

Pictured opposite are few of the gardens to be viewed online. Enjoy, take care and above all stay safe.

Jo Baker

www.justgiving.com/campaign/cottopengardens2020

16 September - www.cottinghamtimes.co.uk





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

raditional 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.

Problems and Diseases commonly treated by TCM Skin Problems:-

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

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Addictions:-

Tobacco, Drugs, Alcohol, Reduce Weight, etc.

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Anxiety, Depression, Stress, Panic Attack, Insomnia, Dementia, etc.

Herbgarden is situated at 10b Well Lane, Beverley, HU17 9BL. Just 20 yards round the corner from The Beverley Flower Company.

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



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FOOD & DRINK

FOOD & DRINK

ONTHE GRAPEVINE

WITH ROY WOODCOCK

Has Prosecco's bubble burst?

ask in the wake of continuing reports that sales have certainly passed their peak and even falling in some cases and the announcement that Italy's Prosecco producers have agreed to make less fizz this year to mitigate the risk of oversupply in the wake of coronavirus lockdowns - something that has also been agreed by French Champagne growers and producers.

It may have been National Prosecco Day last month (August 13, in fact) but even this clever marketing initiative has failed to halt the slide. My simple take on the situation is that we've all become a bit blasé about opening a bottle of fizz - with bottles of Prosecco (and Cava, come to that) readily available for well under a tenner from any supermarket.

Don't get me wrong, I enjoy a glass or three the same as you (we opened two bottles of Prosecco in one day recently during one of the scorchio days), but it's just not that special any more.

Champagne still holds it's cache, probably because we cannot afford to drink the really good stuff too often because of price, but searching around for something different I came across a bottle of Italian wine that was new to me.

I'm talking about Purato Grillo Spumante Brut, made in the Vittoria area of south east Sicily - a very summery fizz, indeed, and more about it shortly.

Spumante is an Italian word which translates into English as Sparkling Wine - even Prosecco, which is a classification of origin and quality rather than a grape variety, can put Spumante on their labels and, yes, we all remember Asti Spumante from years ago.

Spumante sparkling wine, since it is a category of wine, can be produced in any area of Italy and with any grape variety. Prosecco on the other hand can only be produced in certain areas using designated grape varieties and always using a method of secondary fermentation (to capture the carbon dioxide inside the bottle, thus creating the bubbles) involving steel vats as opposed to inside the bottle (as in the Champagne method).

But back to the Purato. Straw coloured, with golden flecks, Grillo Spumante has very fine bubbles and a gentle, floral bouquet. The palate is soft and very well balanced. And as well as being an excellent aperitif, it also proved perfect with the plate of seafood we'd cooked up that day.

Grillo is a Sicilian white grape variety, most famous for its role in the island's fortified Marsala wines but now used most commonly in a variety of still white wines. Everything about the Purato range of wines is sustainable - it's certified organic and vegan friendly and has eco-friendly packaging that's 100 per cent recyclable.

Grillo Spumante - mine cost £11.99 from Ocado - is still relatively unusual, giving us drinkers something genuinely different to talk about. Perfectly dry and elegant, it's versatile, refined, and suits all kinds of occasions.

The grapes are picked in the cooler early hours of the day, to keep them as fresh as possible and are transported as quickly as possible to the winery for de-stemming and very gentle pressing in a pneumatic press. The solid particles are then allowed to separate naturally from the juice, at which point the primary fermentation takes place.

Selected yeasts are added to the juice in temperature controlled stainless steel tanks, not exceeding 18C for around 8-10 days, after which the wine is racked into smaller, closed stainless steel tanks. The secondary fermentation is initiated by a very specific yeast in the closed stainless steel tanks.

The temperature is then kept at 14C in order for a very slow, gentle fermentation to take place, which ensures that the freshness and purity of fruit of the Grillo grapes are preserved.

* The Great British Beer Festival, the UK's largest trade and consumer show dedicated to the brewing industry, will become an online-only event for the first time this month.

Held by the Campaign for Real Ale, the event will be held between September 11-13 and feature a weekend of live beer tastings running from 2 pm - 9:30 pm on Friday, Saturday and Sunday.

Virtual beer tastings will be led by experts such as Roger Protz, Cheryl Cade and Adrian Tierney-Jones

In normal times, this is the biggest event in the UK beer calendar, with around 1,000 beers produced across the country and further afield on-pour for five days. It attracts upwards of 50,000 trade and consumer visitors to Kensington Olympia annually, and has been running since 1977.

But this year, the focus will be less on pulling pints and more on appreciation from afar.

A number of independent brewers and cider makers, including the very trendy Little Pomona in Hertfordshire, will be delivering masterclasses throughout the weekend going through things like European beer styles, the wonderful world of maltings, and how to grow your own orchard.

Festival organiser Catherine Tonry said: "The Great British Beer Festival is truly the heart and soul of what CAMRA is all about – bringing people together and making friends over a great pint. While we are sadly not all out on the festival floor this week, I am delighted to welcome back new friends and old to our very first virtual festival.

"It has been an incredibly difficult year for many people due to COVID-19, but we are looking forward to celebrating the very best beers that Britain has to offer in true GBBF style – albeit from the comfort of our own homes! We hope visitors will enjoy the wide range of beers, tastings, talks and tours available and mark their calendar for a weekend of fun, friendship, and of course, great beer."

* More details from https://virtual.gbbf.org.uk

BEST BUYS

VS SOCIETABLES

Vergelegen Sauvignon Blanc Fairtrade, 2019

Where: Co-op When: Now

Why: South African wineries have been having a tough time because of Covid, but here's the first Fairtrade wine from one of that country's most prestigious wineries. The wine shows a pale straw colour with a ripe upfront nose and delicious guava, lychee and tropical notes on the palate. The fresh acidity leads to a long and clean

£10.00



Mud House Central Otago Pinot Noir

Where: Waitrose

When: Now, until September 22
Why: Central Otago is the central part
of New Zealand's south island and has
become known for superb Pinot Noir.
Intense and powerful, it's full of bright
red cherry and darker bramble fruit,
layered with gentle notes of mocha
and spice. Finely balanced tannin and
acidity provide great grip and length.
Enjoy with duck or lamb.

£8.99 (was £10.99)



Clare Valley Riesling

Where: Aldi When: Now Why: Lovely summery wine. An exceptional dry Riesling showing a characteristic steeliness to the green apple, lime and grapefruit notes. Delicious with seafood. mild Chinese and

£6.99



Marques de la Cruz Garnacha Rosé

Thai dishes, or salads.

Where: Waitrose
When: Now, until September 22
Why: A beautiful rosé that's
dry, yet full of fruit. Made by
a Master of Wine nicknamed
"the flying Scotsman", Norrel
Robertson, who is a guru when
it comes to Garnacha-based
wines. Great with olive-based
fonds

£5.99 (was £7.99)

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Melanie Watson of Skidby Livery Stables with the latest of her monthly articles www.instinctivehorsetraining.co.uk

What is enrichment when caring for horses?

his article is to help you understand the use of enrichment in the care of horses. It's easy to own horses and have all their welfare needs met by providing good grass, forage, shade, water, good fencing, fly rugs, using fly spray, picking out feet, a daily feed with a balancer. All these things are great. It is what we need to provide as the basics to looking after a horse or owning a horse.

However, horses can get so bored because they don't have massive acreages to wander around in to be able to explore and have Woodland and open water and Hills and things that are naturally found in the environment which are natural enrichments. Mostly horses are in small paddocks, very often on their own, often next to other horses but not actually in with another horse. That is not such a good life for a horse that is naturally a herd animal and who would really choose the company of two or three other horses over a life of solitude. I realise that some horses must live on their own because of their behaviour. They may be fear aggressive with other horses and fight - causing injury risk. However, as a rule, most horses live much more enriched lives because of the company of other horses. They then get the chance to make bonded partnerships, play, generally interact, mutually groom each other, lie down together, mooch around field alongside its mate, ET cetera.

Whatever way we look after our horses, we need to think about the things that we can do to help them have a more interesting life - where we can encourage exploration and play and problem solving and seeking. There are so many ways to enrich a horse's life.

At the time of writing this article, it's August. The grass is dying off and their paddocks are starting to look quite bare. It's a great time to offer up enriching foods to give variety. Things that they absolutely love are cow parsley, cut dried nettles, sticky bud, big dandelion's - things that you find in the hedgerows which have now gone from their paddocks, but you can probably find at the side of the road. By cutting and wilting off nettles and throwing them into your field or putting them into their stable they get a good source of iron and a bit of joy because most horses just love dried nettles.

In extremely hot weather it is important to make sure that your horses do have good shade to be able to get out of the heat. If they cannot get out of the heat in their paddock, they maybe need to come inside a stable during the heat of the day- providing the stable is not an oven. You

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might need to run a fan or make sure that there is good air flowing ventilation. This is a need, it is not an enrichment, but nonetheless it enriches the horse's life by being able to get out of the heat and rest. By providing treat balls with some nuts inside to nudge about for trickle feeding. A hay net with verge weeds or carrots mixed in with the hay makes for more interesting foraging. A dangling rope with a turnip, carrots, apples, a banana, or an orange will keep a horse occupied for ages to help with boredom.

Thinking about enrichment ideas for your horse is the same as thinking about enriching our own lives. What is it that we can have on a hot day that would be nice, special and something that we really like, probably an ice cream? If you have room in your freezer then freeze some Apple juice in a tub with some pieces of Apple in it and give your horse that tub of frozen Apple juice on a hot day. **Now that is an enrichment!**

Throwing toys into a field for young horses or any horse who has a playful character. A big football or a Pilates type ball so that they can kick it, throw it about, move it, jump on it! Sawing down the branch of a tree (making sure it's not a poisonous tree of course_ and laying that branch in their paddock, will give your horse endless time for nibbling off the leaves and the buds and chewing on the bark and even sometimes dragging the branch around. Young horses will certainly drag it about.

If you feel it is a safe idea for your horse, then a ball pool with nuts scattered about underneath the balls again encourages playful foraging as they move the balls about to find their nuts.

Some horses love water and actively paw it with their front legs, some like to roll in it or put their nose ends under it. Although it might now last long a large, strong dogs swimming pool can provide so much joy for them as well as for us watching them play!

Enrichment is simply about giving your horse the opportunity to explore new things, problem solve things, play with things or the joy of eating new things. I have only scratched on the surface here. Use your imagination or Google ideas from the internet. You will have a happier, more confident and inquisitive horse as a result.



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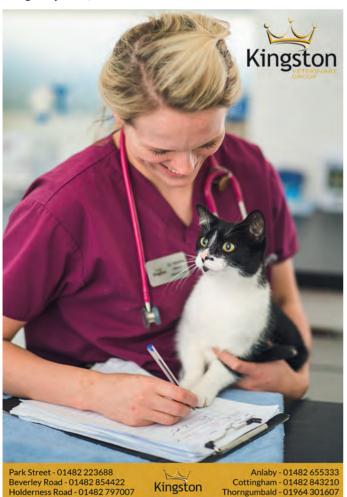
The Voice

he first rays of sun break through the curtains signalling a new day has begun and in these strange times, it is lovely to see the sunshine. With great gusto I leap out of bed....well, maybe a bit of exaggeration going on there and it is more like sit on the edge, stretching my legs so that my knees are prepared for the long day ahead. How many of us have aches and pains that were not there a few years ago? Sadly, this comes with age and I am sure there is not one person, over time, who does not experience an odd twinge or two.

So what do we do about it? There are many groups and associations giving sound advice, on exercise and supplements to take which don't stop the process but help ease and slow it down. That is all very useful to us but what about if we cannot voice our pain, voice that we are a bit forgetful or voice that our appetite is not as it used to be?

Our family pet (like baby's) rely on us when they are young, to guide and nurture them into adult hood and it is human nature to think that this difficult stage is over...BUT...one of our most treasured possessions is so relying on us be their voice, that sometimes, it may go unnoticed and be thought it is "just old age".

First thing to remember, ageing is not a disease but a gradual decline in the delicate inter-relationships between the body systems, which predisposes them to acquired change. Symptoms of age-related change can be subtle and may go unnoticed so no matter how insignificant a change may seem, it is better to seek advice rather than wait and see if



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the condition worsens. Recognition of even the slightest change in a pets habits ie: activity level, appetite or behaviour may be the sign of an underlying condition and simply not attributed to "old age".

Elderly pets can become quite fussy about what they eat and this can be mistaken for anorexia. How often are we faced with a large meal and just cannot finish it all. Like us, smell and taste sensations are reduced with age, so it is important to see how your pet responds to the food. Try feeding highly aromatic diets or warming food to body temperature prior to serving, to enhance palatability also reducing the size of the meal and making them more often. I found this with my eldest cat Saffie (who sadly passed away 2 weeks ago at the ripe old age of 20 years). She became a very fussy eater and I quite often had to change the brand/ product of her meals, even taking to cooking fresh fish on a daily basis. Obesity is also commonly observed in the ageing pet due to a reduction in metabolism, so it is important to feed your pet fewer calories than it had when younger and it is crucial to pay attention to your pets teeth and gums - particularly if it is refusing or having difficulty eating. There is also an increased incidence of constipation which may be alleviated, in part, by increasing the fluid content of their food.

Surprisingly, ageing pets can become less interested in grooming and, while this can prove a large problem in cats (as in Saffies case), ageing dogs may require help to keep clean and well groomed. A gentle touch is required here as I discovered, not only with Saffie but with my late 15 yr old dog, Tammy, who had arthritis. She disliked her legs being groomed which was most difficult with her being a Cross Bearded Collie so the easiest way round the problem was to have her clipped short. Over exercising arthritic pets may possibly accelerate the condition so moderate exercise is encouraged to keep the joints flexible and maintain muscle tone.

Ageing dogs often suffer a decline in cognitive brain function and may be less mentally alert. This may be mistaken for "old age" stubbornness but it is important to realise this impairment can be disorientating for the older dog and effect their behaviour so therefore patience, time and social interaction along with veterinary advice, is required as your pet ages.

We at KINGSTON did offer, PRE COVID, many nurse clinics but one especially for the elderly pet. Here, one of our many qualified nurses would offer advice on weight, exercise etc plus if any other medical query arises an appointment can be made with a vet. PLEASE NOTE: I am afraid, due to COVID19, these appointments are not available at the moment but please do not hesitate to call the surgery where we will be happy to help with any queries you may have. Our pets belong within the family from puppy/kitten hood, to puberty, and finally pensioner age. We are their sole companion but more importantly their voice so please remember the earlier you seek veterinary advice, the more likely it is we will be able to help your treasured companion enjoy their pensioner years.

AND FINALLY ... TALI...

What can I say? Has she chewed anymore guy ropes? No. Has she destroyed anymore plants? No. Has she eaten anything she should not have? No. Thankfully, I think I am getting there at last but knowing Tali, she has time to prove me wrong. Until the next time.





A new Rector for St. Mary's

fter many months of waiting, Rev'd Dr Nicola Bown became the new Rector of Cottingham at a service at St Mary's on Sunday 23rd August.

It was the first service held in the church since lockdown, and could only be open to limited numbers because of social distancing. Rev'd Nicola said, 'I'm overjoyed to start my ministry at St Mary's, and look forward to getting to know Cottingham and its people.

'Rev'd Nicola and the congregation at St Mary's are now planning how services and future activities will take place, and how to welcome everyone warmly and safely in church or online.



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"The Tooth and Nothing but The Tooth" by Chris ' Dr. Smile

Maker' Branfield

A whole 10 years of Dental Mavericks

ello again, I hope that you are safe and well. We are back at work and we are really pleased with the feedback that we are getting about our safety protocols and procedures and patient journey. People are feeling reassured and safe. That's so nice to hear as there has been so much time and effort gone into it all.

I cannot believe that I went to Morocco on my first dental Mavericks trip (before we even had a name) a whole 10 years ago this September. I've been on 15 different trips and 20 projects (one to Greece in refugee camps). It's been a life changing experience. I've met some great people along the way. It's been a privilege to get to know some lovely people, who had no one else to help, out of daily pain.

Naïve Beginnings

In 2010 a team of 7 including 4 dentists who had never met before went to the Village of El Jabah, at the foot of the Rif Mountains in North East Morocco, with the intention of improving oral health of the children there. Well, what a shock!! The kids' teeth were terrible and many of them were in pain. That first year we had to follow the lead of a small contingent from a Moroccan dental school. It was heart breaking,



especially in the morning. By the afternoon we got to work ourselves

and there was more fun and it felt like a lot more love in the room. It was just a classroom with small wooden chairs (backache city).

Looking a bit younger in 2010

Some Winning Teams

I've worked with fantastic teams of people finding purpose and doing the right things for the right reasons. I've had the opportunity to speak to local people about it, spoken to



University dental students and had dental mavericks as their nominated charity. We have a local Knit and natter group involved in knitting clothes and blankets. I've raised money riding a push bike coast to coast and even climbed a mountain. Quite an adventure. My son, Edward has been on several trips, first as a trainee dental nurse and last time as a clinician in his own right treating patients (very proud dad). My practice manger, Gillian, has been on several trips as well.







Not This Year

As with most things Dental mavericks trips have all been cancelled this year now because of COVID. Oh dear, it's such a shame. There are many kids that need our help.

So Much More Than Pulling Teeth

Dental mavericks are so much more than just pulling teeth. We now have sponsorship for tooth paste and toothbrushes and do great work promoting dental health in both Morocco and Lebanon. Lebanon is in a real state. The country is bankrupt and after the explosion dental mavericks clinics were decimated. Dental mavericks are not just a registered charity but an NGO in Lebanon and as I write trying to secure premises to use as a dental trauma clinic. Fingers crossed that people can be helped.

We are trying to raise funds to help these desperate people. If you can help please go to www.dentalmavericks.org. *Until next time. Take care and be good.*



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

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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.

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

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

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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Quality Water is our Business

Hard Water Horrors

Fitting a new kitchen of 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

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.

Immediately after it is installed, a professionally specified and installed unit will protect plumbing, showers and appliances and keep eveything at peak efficiency and performance year after year.

Amazingly the softener doesn't stop there, it will also undo the previous years of scale build up in existing plumbing and appliances and over a period of 12 months or so it will gently dissolve away the limescale



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

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

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

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

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



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

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

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

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



GREENS WATER

647 Anlaby Road, HULL HU3 6SX please phone to check opening hours

www.cottinghamtimes.co.uk - September 23

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Electric-powered vehicles join the council's fleet

ast Riding of Yorkshire Council has taken delivery of its first electric-powered vehicles.

The four zero-emission Renault Kangoo vans have just been rolled out and are helping staff take much greener journeys as they go about their daily duties.

The electric vans have replaced four similar diesel-powered vans and will be put through their paces to see if more council vehicles can follow in their tyre tracks and be replaced by electric versions in the pear future

New electric charging points have been installed at the council's Beverley Depot, with other depots soon following suit.

Councillor Gary McMaster, the council's portfolio holder for enhancing communities, said: "These electric vans are very much a concerted effort by the council to become more environmentally friendly, reduce our carbon footprint and bring our fleet right up to date.

"They have proved extremely popular with our council staff so far, so I've no doubt they will put these vehicles to the test and prove that more electric vehicles are the way forward for this council."

One of the new vans will be used by staff in the council's street lighting team mainly for their regular night-time inspections of street lights – with a big benefit being the ultra-quiet vehicles won't disturb residents late at night.

Another will be used to deliver important supplies to council buildings and schools across the East Riding, the third by the council's Print and Design division, and the fourth by its vehicle maintenance unit.

East Riding of Yorkshire Council has more than 600 vehicles in its fleet, everything from bin lorries and roadsweepers to school minibuses





Motoring - with Roy Woodcock



The Puma has been reborn as Ford's compact crossover, but how does it fare? Roy Woodcock takes one for a test drive to discover more . . .

hen manufacturers revive a car name from the past it comes with certain risks. Witness the new Ford Puma . . .

Those with long memories will recall the small sports coupe, sold between 1997 and 2002, that some clever advertising types imbued with a sense of cool by creating a TV commercial featuring Steve McQueen and scenes from the classic movie "Bullitt"; somehow morphing McQueen himself into the Puma, instead of the original Ford Mustang, for the iconic chase scene around the streets of San Francisco.

Which is where the good bit ended.

A reality check, should you have been seduced by all this smoke and mirrors stuff, was a car that left much to be desired. It was impractical in everyday use (the back seats were even small for children and better used for extra storage) and although sportier than an average small car of the time (it would get to 60 in just under eight seconds) there was none of the "phwoar" that really gets the adrenaline flowing.

So, here we are in 2020 and the reborn Ford Puma. At first glance you might mistake it for a Nissan Juke but what it really is, is the Ford car we've all been waiting for. It's a small SUV or, to put it another way, a compact crossover; based on the Ford Fiesta but sitting higher, as is the trend these days. It's also slightly wider and almost six inches longer, making it so much more practical.

So practical in fact, there will be many who will now choose this car over the bigger and more expensive Focus. It certainly trumps the awkward EcoSport, until now the only small SUV in the Ford range, hence my comment about this being the car we've been waiting for.

Space in the back is big enough for people of all ages, shapes and sizes but where this really scores is in the boot.

At first glance it seems pretty typical, but lift the boot floor and you discover what Ford calls a MegaBox - a deep, versatile, storage space that is capable of comfortably accommodating two golf bags in an upright position or, depending on your persuasion, tall house or garden plants.

If you've ever struggled with the latter on the trip back from the garden centre, carefully closing the boot lid, only to

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find said plants squashed or broken stemmed when you get home, you'll perhaps understand why I got so excited about this

The other good thing is that with the compartment's waterproof lining it's also a good place to house muddy boots - there's even a drain plug in the bottom, which means you can hose it out afterwards.

Like the Fiesta, this is a fun car to drive. It's road manners, the way it corners etc., are impeccable, all-round visibility is good and it has a tight turning circle, which makes it brilliant for urban driving.

From launch the car was offered with a 1-litre EcoBoost petrol engine with the choice of two power outputs, either 125 or 155 horsepower, but since June customers have also been able to specify Ford's 120 PS 1.5-litre EcoBlue diesel engine.

I was driving the smaller of the two petrol powerplants but both come with mild hybrid technology, helping fuel economy (official figures are 55mpg and I was easily managing mid 40s). It felt snappy on the road, born out by the fact that the acceleration figure of 0 to 62mph in 8.9 seconds is only a second slower than that so-called sports coupe from an earlier age.

A drive mode set-up gives settings for eco, sport, slippery and trail driving as well as a normal configuration and with sport selected the Puma is just that – sharp on the throttle and the steering.

Starting at £20,845 on the road, trim levels start with ST-Line and progress through ST-Line X and Titanium, with, more recently, a top-of-the-range Vignale model. Standard kit includes 17-inch alloy wheels, cruise control, wireless phone charging and an eight-inch touchscreen with Apple CarPlay and Android Auto. ST-Line adds a sporting makeover and digital instrument panel, while ST-Line X (driven here) brings part-leather trim, tinted glass and a B&O sound system. An extra £3,700 adds a Plus Pack with things like 19ins alloys and lots of driver assistance, from active braking to park assist, and reversing camera and powered tailgate.

I was really impressed with the Ford Puma - it may have come late to this most popular of car classes but it is up there with the very best.

* Model, as driven, £21,795 on the road. More information: www.ford.co.uk



www.cottinghamtimes.co.uk - September 25







eptember 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

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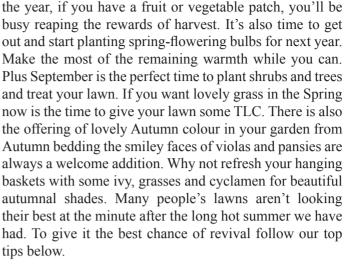
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Autumn lawncare

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 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 hollowtining, sweep up the plugs and then rake a top-dressing (see below) into the holes to improve air and moisture penetration.

Top-dressing

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Top-dressing is the application of loam, sand and wellrotted 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.

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Your Stars for September 2020

By Kay Gower

Aries (Mar. 21- April 20)

You know from experience how quickly things can change and September's aspects indicate you will be taken by surprise. Don't make promises you may not be able to keep especially around the 12th/13th.

Taurus (Apr. 21- May 21)

You'll need self-confidence this month as something you hear or see will make you wonder if you are the only one who doesn't know what's going on. Don't jump to conclusions but pay attention to what happens in the last week of the month.

Gemini (May 22-June 21)

The new moon on the 17th will help you make the most of the opportunities that are available. Pay attention, as many benefits will come out of the blue.

Cancer (June 22-July 22)

This is not the best month to take financial risks. Somewhere along the line you may have your figures wrong. Keep your money in your pocket for now.

Leo (July 23-Aug 22)

A good life is not a life without problems, besides without some challenges you'd be bored and purposeless. This month brings a puzzle that will help you develop in a way that will interest and excite you.

Virgo (Aug 22 – Sept. 23)

This month you can no longer drift with the tide wondering where the waters will take you, the onus is on you to make yourself happy. Make a wish and go to town.

Libra (Sept. 24 -Oct. 23)

It's natural to look around and see what other people are doing. This month is different. You know that people around you know less and they will be more inclined toward hasty action. Guidance won't come from around you. It will come from inside you or above you, perhaps both.

Scorpio (Oct. 24 - Nov. 22)

One way to get through fear is to decide there's something more important at stake. Allow that thought to pull you through this month. All will come together.

Sagittarius (Nov. 23 -Dec. 21)

If you have to say something negative make sure you dress it up a little. Not everyone can cope with being told the unadulterated truth – some people prefer a pinch of fiction sprinkled on fact.

Capricorn (Dec 22.- Jan. 20)

The planetary positions for September support an optimistic approach in which you can look on the bright side and make the most of new and positive ideas.

Aquarius (Jan 21 - Feb 19)

During the first two weeks of September you will be able to get off to a running start. If you still don't know quite what you hope to achieve then use the last two weeks to study your options. Planning will be your secret to success in the months to come.

Pisces (Feb. 20-Mar. 20)

You are not a details person at the best of times and current planetary aspects suggest you won't be interested in the nitty-gritty of a situation. If at all possible postpone a decision until October.



Crossword solution from page 14



Soduku Answer from page 12

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

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Local Beekeeper Neil Gower continues his review of the season so far

The Swarm that Wanted Me!

rom time to time I suffer with a bad back. I've had to live with the problem for more years than I would have liked, and when it strikes it renders me completely helpless and utterly useless.

I go into a cold sweat and the muscles in my lower back start to spasm and there's no comfortable position for me to be able to get any relief.

Such was the case recently when I received a telephone call asking for help with a swarm of honeybees. As is typical in these circumstances it was a weekend and I'd been unable to contact the Chiropractor, and wouldn't be able to call until the following morning.

A swarm of bees had attached themselves to a tree, making the locals a little uncomfortable.

It was early evening and as I explained my dilemma over the phone I hypothesised that the swarm may stay in that location overnight but would probably move on the next day.

Pain relief came the following afternoon when I heard the familiar crunch on the treatment table as the bones and disks in my lower back where returned to their rightful



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positions. After such a trauma I usually need a couple of days of taking things easy before my back returns to near normal, and as normal service resumed the telephone rang again. The swarm of bees had moved about a hundred yards and had taken up residence in another tree and could I come along and remove them? Now able to walk and drive I gathered my kit together and set off for the new location. Unfortunately, after much searching of the area concerned with no sign of any bees I concluded that the swarm had now moved off and found a new home.

At the time I thought this was an end to the situation, but I was wrong.

Regular readers of this column will know that after some vandalism a few years ago I had to spread my bee colonies over a number of different sites. I use each Apiary site for slightly different purposes, and at one of my sites I have what is known as a 'bait hive' which is specifically set up to attract any local swarms looking for a new home. This is situated at a neighbours and a few days after I'd been out to search for the swarm he rang to say that the hive in question was now active with bees. The hive is only a short distance from the last known location of the swarm and it looks as though they found their way into my stewardship anyway. A beekeeper normally has to work hard to catch and rehive a swarm. It looks like this one took pity on my poor aching back.

In the February addition I wrote about my foray into the world of Beekeeping DIY, and the fact that I had part designed a hybrid hive which was a little smaller than the standard sized hive. One of the drivers for this creativity was the fact that being bent over a beehive for any length of time can cause a strain on the back and I wanted to minimise this risk to mine.

I had already started the construction and I completed my first hive in good time, which has proved a great success for me this season. Whilst it uses the same sized frames as a standard "modified National Hive" the overall weight is reduced and having less frames to check means that my back is under much less pressure. I built it with my garden apiary in mind as I didn't want a large bee colony located there. I've got my bees tucked away in one corner of the garden next to our greenhouse which also acts as a screen, and ensures they're not buzzing around at head height. The ground just in front of the hive has lain fallow and unused for a couple of years, so I decided that the best use for it would be a wildlife pond.

I started the project as lockdown commenced and before the bees had become too active. The total area is only a few square metres so it didn't take much to dig out a deep enough hole to provide a suitable habitat for pond life and wildlife alike. Underlay and pond liner were acquired off the internet as were oxygenating plants and marginals. I built a sloping 'beach' into the pond to allow small animals and birds to drink and an area especially for the bees. As lockdown eased I've been able to add to the pond from local suppliers and over the summer months it has developed and matured much quicker than I expected. As well as providing for the bees, animals and birds we now have a resident frog who loves to lay spreadeagled at the bottom and we have recently seen dragonfly's on the pond.

I hadn't realised how small an area you need to provide a water feature that will meet the needs of local wildlife. Small planters and containers filled with a few plants and water can provide a wonderful habitat and it can be great fun.





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