

# Cottingham Times

and District

Issue 246 - September 2022



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### A word from our chairman

We've had a very relaxed summer at The Manor House, particularly enjoying the unusually hot weather.

After a lovely few weeks of warmth, residents and staff are thrilled to be heading towards Autumn as there are lots of exciting things planned.

Residents have had wonderful times on the grounds, appreciating the times spent with loved ones and soaking up all the Vitamin D.

We've had a lot of fantastic occasions happen this month, with visits from Bob the quiz master and celebrating a birthday!

If you'd like to find out more about The Manor House, please contact our manager Leanne, who would be very happy to help:

leannehatch@parklanehealthcare.co.uk  
Chris Mitchell, Chairman, Park Lane Healthcare

## Quiz and birthdays at the Manor House



### Bob the quiz master's visit

Our old friend Bob the quiz master has been visiting again, and is a favourite amongst the residents. Everyone has been having a good time putting their knowledge to the test, and breaking out of their usual routine for a stimulating evening.

Quizzes are good for older residents and those with dementia as it helps them exercise their brain. After all, it's a muscle and needs a workout!

Whenever we can, we encourage our residents to get involved and take part in activities as it helps to improve their memory. It also helps the newer residents feel more involved and more of a sense of community within the home.

### Rave Reviews

A relative of one of our respite residents said: "The care she received was fantastic - the staff catered for her every need, including liquidising her food, and making sure her medication was all correct. She went in very frail and came out 100% better, I can't thank them enough."



### Birthday celebrations

Resident Joyce celebrated her 93rd birthday with her friends at The Manor House. A classic of strawberries and cream was shared whilst commemorating her special day. She had a fantastic time celebrating with the residents and staff and was thrilled with the turn out - including a special guest appearance from Rafferty the dog and his human Daphne.



We're thrilled that our four-legged friend will be back for fortnightly visits again!



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## THE COTTINGHAM TIMES

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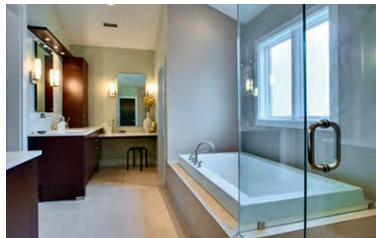
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- **Home improvements:** to enhance or adapt your home making it possible for you to stay there for the longer term
- **Pay off outstanding mortgage/debt:** to relieve the pressure of monthly outgoings.

To find out if equity release can help you, please contact us to arrange an initial, no obligation discussion. **You should think carefully before securing debts against your home.**

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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 2022.*

### Yorkshire Country Womens' Association Skidby Branch

Thursday the 1st. September - The next meeting of Yorkshire Countrywoman will be held at 7.30 in the Skidby village hall. The guest speaker will be Clair Bingham with A Taste. Of Chocolate. Look forward to seeing everyone.

### Hull Alpha Probus

Club for retired or semi-retired professional people meeting on alternate Thursdays - new members welcome. Contact the Secretary on 01482 348270 or 07542 959314.

8th September at 12:30 Lunch & Speaker meeting at The Blue Bell.

22nd September at 10:30 Coffee & conversation meeting upstairs at Kristoff's.

### Cottingham u3a

Thursday 8th September - at 2 pm in the Darby & Joan Hall. The AGM will take place and, therefore, there will be no talk this month. The AGM will be followed by the usual tea/coffee and biscuits. For further information or queries visit [www.u3asites.org.uk/Cottingham](http://www.u3asites.org.uk/Cottingham).

### Cottingham Catholic Women's League

Monday 12th September - at 7 30pm in the Garden room at Holy Cross RC Church, Carrington Avenue. Geraldine Mathieson - The History of Cake Making.

### East Yorkshire Association of the National Trust

Thursday 15th September- AGM, followed by an illustrated talk by Dave Roberts, entitled 'Humber Rescue.' Cottingham Civic Hall, 7.30 p.m. Non-members welcome.

### Little Weighton Gardeners' Club

Friday, 16th September - 2.00pm. VISIT TO Stillingfleet Lodge, Stewart Lane, Stillingfleet YO19 6HP. Meet for Car-share V.Hall C/Park. Entry £6. Refreshments not included. (Let us know if you are going to come along 01482 844461)

### The Macular Society Hull group

Friday 16th September - 10.30am until 12.15 pm Guest speaker at this meeting is Kath Goodman (Hull and Humber works and pensions) Giving advice on Benefits and entitlement. This group is for people who suffer from central vision loss. All welcome. For more information contact Bernard Messingham (chairman) 01482 860381.

### East Yorkshire Woodturners

Tuesday 20th September - 7pm, Skidby Village Hall, (doors open 6.30pm): Woodturning demonstration by Emma Cook who makes a welcome return to our club. Emma is a registered professional artistic woodturner, and has a degree in design. (No need to book - £3.50 on the door for guests). For information about the Club, please contact David Taylor, 01482 876702 or visit the Club's website: [eastyorkshirewoodturners.org.uk](http://eastyorkshirewoodturners.org.uk).

**Front cover: Green Lane, Cottingham.**

**Photo: Paul Lakin.**

### Hull and East Riding New Stitchers

Tuesday 20th September - AGM followed by Christmas Candles, a practical session. In the Darby & Joan Hall, Finkle Street, 7.15 pm to 9.15 pm. Meetings are open to visitors. Membership is £15 per year, meetings £2.50 (visitors £3.00) plus refreshments. Further information from Jean Ellis 01482 845415.

### The Arts Society, Hull and East Riding

Tuesday 20th September – An illustrated lecture by Natalie Murray: “P.D. Ruel: Pioneer Dealer of the Impressionists”. 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.

### Skidby Village Hall

Friday September 23rd - Quiz Night, at 6.30pm, tickets on sale from September 5th - for tickets contact [skidbyvillagehall@gmail.com](mailto:skidbyvillagehall@gmail.com).

### East Riding Flower Club

Monday September 26th - will be a demonstration by Nichola Davies entitled ‘Oh what a colourful day’, at the Cottingham Civic Hall. As usual the meeting starts at 2pm but we welcome friends old and new to join us for coffee/tea, cake and a good chat, from 1pm. We will also be selling tickets for the Christmas demonstration with Jonathan Moseley on 28th November, at each meeting during the autumn’.

### Cottingham Food Bank

Is organised and funded by Cottingham residents and based in the Annexe behind Zion Church, Hallgate, Cottingham. We are open every Wednesday from 10am to 11.30am and we offer a warm welcome to anyone in need of our help. We are available for anyone to use and we do not ask for vouchers or proof of eligibility. Every visitor will be given a bag of food and toiletries to take away and have the opportunity to stay for refreshments. Email: [cottinghamfb@gmail.com](mailto:cottinghamfb@gmail.com) or tel: 845920.

### Skidby Village Hall

Coffee Mornings, every Friday (except last Friday of the month), 10.00 - 2.00pm. Pop in for a chat and a cuppa! Light refreshments will be on sale.

### North Ferriby Short Mat Bowls Club

Village Hall, 50 Church Road, North Ferriby. HU14 3AA. Tuesdays and Fridays, 10am-12noon, and Thursday Evenings from 15th September, 7pm-9pm except second Thursday each month, with qualified coach. All are welcome to any session and can borrow woods and play in stocking feet if need be. For information please contact Mike on 07889 007005.

### The Arterian Singers

Do you enjoy singing with a group of people? The Arterian Singers are looking for more voices. We are a mixed choir and sing a variety of music, classical, traditional and songs from the shows. We rehearse at Cottingham Methodist, Hallgate, Cottingham on a Tuesday at 7.30pm. Ring Maureen Holwell 845363 for more information.

### 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.

*Continued on page six*

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - September 5

### Cottingham Tennis Club (off Hull Road)

A friendly club looking for new members at all levels including absolute beginners. We have excellent facilities including three floodlit, all-weather artificial grass courts. Lots of opportunities for social and competitive tennis and a dedicated coaching team. Contact Matthew Fletcher on 07814 495931 for more information and to arrange to visit the club.

### 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](http://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.

## Hull CHA Rambling Club

We are a friendly walking club established in 1911 whose members enjoy walking on the Yorkshire Wolds, Howardian Hills, North Yorkshire Moors, Yorkshire Coast, occasionally into Lincolnshire and the Yorkshire Dales, and we walk throughout the year.

Travel by coach to the starting point. Fare £12.

We pick up at Bilton, Holderness Road, Hull City Centre, Beverley Road, Greenwood Avenue and The Green, Cottingham.

We have two walks planned for September.

4th September: Ampleforth College to Ampleforth village.

18th September: Stillington/Everingham to Easingwold.

Places **must** be booked in advance.

For further information and to book a place on the coach please contact Joint Rambles' Secretaries, [Sue O'Leary on sue@sueoleary.co.uk](mailto:Sue O'Leary on sue@sueoleary.co.uk) or telephone 07767420646 or Pauline Borger on [paulineborger48@gmail.com](mailto:paulineborger48@gmail.com) or telephone 07929933323.

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

### [hull-cha-rambling](#)

Like us on Facebook: The Hull CHA Rambling Club  
NEW WALKERS WILL ALWAYS BE WELCOME.

## New Crab Chase event coming to Bridlington in September

**S**unday, 18 September will see the first ever Bridlington Crab Chase – a catch and release crab fishing competition, which will take place on Bridlington's Harbour, Crane Wharf, for children under 16.

This new and exciting event has been organised by East Riding of Yorkshire Council's Coastal Services team, with the support of Bridlington Quay Townscape Heritage project.

The competition will highlight the harbour's shell fishing heritage, whilst at the same time adding a fun element and introducing the youngsters to the wonders of sea life, for what is hoped will become an annual event.

Children, who must be accompanied by an adult, will have the opportunity to come along to one of four heats, to try to catch as many crabs as they can in 45 minutes and be in with the chance of becoming a heat trophy winner, and an overall trophy winner, along with a family ticket to the 'Sleeping Beauty' pantomime at Bridlington Spa and a fishing rod with reel, courtesy of Waves Bridlington.

The results and presentation will take place later that day at Bridlington Spa, where all competitors will receive a medal and certificate.

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said: "This event is a great idea, and will allow our young people to appreciate the history and importance of the harbour, and its wealth of nature, as well."

Councillor Jane Evison, portfolio holder for economic growth and tourism, said: "Creating new events in Bridlington is vitally important to ensure we encourage visitors into the town. The Crab Chase event is aimed at children and families, who we hope will come have lots of fun catching crabs and also explore the harbour area, to enjoy the nature it supports, and be reminded of the importance of Bridlington to the shellfish trade."

Each heat will consist of 20 competitors, split into two age groups, under 10 and under 16.

Once a competitor makes a catch, they will take their crab to a marshal who will record it on an entry card and place the crab into a central bucket to be released at the end of each session.

Tickets and more details available online at [BridlingtonCrabChase\(eastridingcoastandcountryside.co.uk\)](http://BridlingtonCrabChase(eastridingcoastandcountryside.co.uk)) and are expected to sell out quickly, following a high response so far.

The cost of the tickets is £6.00 and for this each competitor will be supplied with a crab net (RRP £4.00) to use on the day and to keep for future crab fishing adventures.

All competitors must use the supplied net only, but will be able to source and supply their own bait, whatever they feel will give them the best chance of winning!!

The times of fishing are:  
45 min slots - 09:00 – 9:45  
30 mins change around - 10:15 – 11:00  
30 mins change around - 11:30 – 12:15  
30 mins change around - 12:45 – 13:30  
Presentation: 15:00

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# Cottingham High School and Sixth Form College continues to be judged a "Good" School following their recent Ofsted Inspection

School leaders and staff are delighted that Cottingham High School and Sixth Form College has been judged as "Good" following their 4 yearly Ofsted inspection in June.

The Headteacher, Mr Loz Wilson commented as follows:

"Our Ofsted report sums up what our school is about and is a pleasure to read. I am proud of its contents and hope that parents and students are too. A report this good doesn't happen by chance or luck, it happens because of how we work together to create a school that parents/carers, our students and staff can be proud of. We all know the positive impact a good school in our community has in terms of reputation and the local economy.

I thank every member of staff at Cottingham High School and Sixth Form College for their unwavering commitment to our students and our school over the past two very difficult years.

Without their dedication and hard work, the school wouldn't be in such a strong position.

I thank parents for all their support and in particular I thank our wonderful cohort of students for their excellent attitude to learning despite all the challenges of the recent years.

Finally, we know of course the areas where we can still further improve."

The full Ofsted report can be found on the school website: [www.cottinghamhigh.net](http://www.cottinghamhigh.net).

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# Cottingham Parish Council



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

## Word from the Deputy Clerk/Dates for your Diary

We will be hosting a McMillan Coffee morning in the Parish Office on Friday 30th September 10am – 12pm, you are welcome to come and have a drink and a piece of cake

A reminder that our Planning meetings take place within the Parish Office on the first Tuesday of the month at 7pm and our Full Parish & Finance meetings take place at 7pm on the third Thursday of the month (apart from August & December). Agendas are posted on our website and in the noticeboard outside the Post Office. Public are welcome to attend in person or via Zoom

Our office opening hours have temporarily been reduced to Monday, Wednesday & Thursday 10am – 3pm. Once we have a new Clerk the hours will be reviewed

## Nicola Pape

Nicola Pape, Deputy Clerk to Cottingham Parish Council, [deputyclerk@cottinghamcouncil.org](mailto:deputyclerk@cottinghamcouncil.org)

## Jubilee Shop Frontage Competition

Thanks to the shops which took part and the many members of public who voted. 1st place was Winters 4 Shoes, 2nd was Orange Blossom and 3rd was Strouds of Cottingham. The winning members of the public Jess, Jon & Peter have been notified and are delighted to have received their vouchers to spend in these shops

## Christmas is Coming.....

We are in the midst of organising our Christmas Festival for Sunday 4th December – stalls are quickly being booked up, if you don't want to miss out on a space please email the office for a booking form: [deputyclerk@cottinghamcouncil.org](mailto:deputyclerk@cottinghamcouncil.org)

## Around Cottingham

Recycling our rubbish is an issue which many residents take seriously, however boxes and bags of rubbish are being left next to the bins in the Co-op car park – we would encourage residents to place their rubbish in the bins provided

The Memorial Gardens continue to be enjoyed by the public, please remember to keep your dogs on leads when using the gardens and please pick up after your dog



## East Riding of Yorkshire Community Tree Planting Fund now open for applications

The 2022 East Riding of Yorkshire Community Tree Planting Fund is now open for applications.

East Riding of Yorkshire Council are welcoming applications for funding, for up to £5,000 through this programme for 2022, for the purposes of creating new areas of native woodland, planting new clusters of native trees, or establishing new individual native standard trees.

There are no restrictions on who can apply to the fund for a grant, and it is envisaged that applications will be received from a range of individuals and groups such as private and public landowners, farmers and land managers, community groups, businesses, community organisations, charities, Town & Parish Councils, schools and faith groups.

As well as the East Riding of Yorkshire Community Tree Planting Fund, Humber Forest offers access to up to 100% funded tree planting.

Humber Forest is the community forest for Hull and East Yorkshire, working in partnership with Hull and East Riding councils, local businesses, community groups, schools and organisations such as the Woodland Trust and the Forestry Commission.

There is no application process for Humber Forest. The Humber Forest team works with you to plan the project, complete any checks on your behalf, and, should you want it, works with two charity partners to assist in the delivery of your project, all at no cost to yourselves. It funds hedgerows, woodland and shelter belt planting, and potentially standard tree planting on farms, private land and estates, schools, public and private parks, amenity land, and within private business land. Each site will also receive funding for up to 5 years maintenance of the trees.

There is no upper limit to project size, however the minimum planting size is 0.08 hectares of planting (approximately 200 trees).

For more information on the Humber Forest, please visit [www.humberforest.org](http://www.humberforest.org) or contact [humber.forest@eastriding.gov.uk](mailto:humber.forest@eastriding.gov.uk)

For applications to the East Riding of Yorkshire Community Tree Planting Fund, applications to the fund should be made through the online FlexiGrant system, available at <https://eastridingofyorkshirecouncil.flexigrant.com>

Both funds are subject to their own criteria.

Please note: although both funds are available to support native tree planting projects, they are not available to applicants who are required to undertake tree planting work that is required under other obligations (e.g. to implement a planning condition, to fulfil a felling license restocking requirement, etc.). Also, the funds will not normally support work within domestic gardens.

Being in receipt of advice or funding doesn't mean you're under any obligation to make your land accessible to the public.



# 3 THINGS YOU DIDN'T KNOW ABOUT CONVEYANCING

- 1.** For those first time buyers who have taken advantage of the Government Help to Buy ISA, when you are close to buying your house, let your Solicitor or Conveyancer know and they will apply for the Help to Buy ISA monies from the Government online. This can then be added to the money that you are putting towards your new home. However, the bonus money will only be released on completion, rather than at exchange of contracts stage. During exchange of contracts a 10% deposit is usually given, but it may be possible to agree a smaller deposit with the seller on the basis that the Help to Buy ISA bonus monies will be with them shortly afterwards on completion.
- 2.** Immediately following exchange of contracts it is the Buyer who bears the risk of any loss of damage to the property. As soon as contracts have been exchanged the Buyer must therefore ensure that insurance is put in place as this will no longer be the seller's responsibility, even though completion has not yet taken place.
- 3.** The average price of a house in September 2019 was £232,574. The annual house price growth in the UK has slowed to its lowest pace in the last 6 years and Halifax believes that house buying activity and price growth will remain subdued whilst the economic uncertainty surrounding Brexit and the global outlook continues.

**Lauren Seagrave is a Trainee Solicitor and joined Graham & Rosen in October 2015. Lauren obtained a 2:1 degree in Law from the University of Liverpool and whilst working at Graham & Rosen studied her Legal Practice Course at the University of Law in Leeds. Lauren is currently doing her final seat in our Conveyancing Department.**



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## Sewerby Winter Woodland will return this December

The hugely popular Sewerby Winter Woodland will return to Sewerby Hall and Gardens this Christmas, from 9 – 23 December.

An all new spectacular display of lights, sounds and special effects will bring the grounds to life for a great evening out this festive season.

After its successful launch in 2021, when over 12,000 people visited the grounds for the sell-out event, this year's Sewerby Winter Woodland will include a new theme - a chance to meet the Winter Woodland Elves in their natural habitat!

The Winter Woodland Elves are causing mischief - tinkering with lights and sound to create a stunning party atmosphere in the woods, with the emphasis firmly on fun. It will be an opportunity to come and enjoy the woods on a free-flowing walk, lit up with stunning displays of colour, and to see what the woodland elves get up to outside of the toymakers' workshop – playing, crafting, and dancing with the reindeer.

The house itself will be filled with Christmas decorations, lights and trees, and the cheeky elves will be hiding in the rooms. There will also be a new exhibition in the house, 'Elves – not just for Christmas'.

An all-new food and drink area will be created, with a large marquee in the courtyard area. Food will be supplied from Stables Pizza Company and the Clock Tower Café. The Marquee will house a licenced bar, from Louisiana bars.

There will be six sessions each evening. Arrival times will be 4.30pm-5pm; 5pm-5.30pm; 5.30pm-6pm; 6pm-6.30pm; 6.30pm-7pm; and 7pm-7.30pm. The only exception to this schedule will be on Monday 12 December, when there will be relaxed performances at 4.30pm and 5pm, with no 5.30pm slot that evening, and the usual sessions at 6pm, 6.30pm and 7pm. Relaxed performances will feature reduced volume, no haze or smoke machines, and no fire in the finale.

Priority tickets for annual pass members and members of Bridlington Spa are on sale. Tickets will cost: Adults £15; Child £9; Family (2 adults +2 children) £40; Under 3s free of charge (ticket not required).

Councillor Mike Medini, portfolio holder for cultural and leisure assets, said : "The runaway success of this great event in 2021 means that we are able to bring it back again this year, even better! I am really looking forward to another very popular Christmas event, and would advise our customers to book early!"

Marie Gascoigne, general manager, Sewerby Hall and Gardens, added: "We cannot wait for the 2022 version of this amazing event, and I know it will be every bit as stunning, exciting and enjoyable as last year's! What a great way to get into the Christmas spirit!"

Full details of the event and how to buy tickets can be found at [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk).

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# Some "ARTYFACTS" about Haltemprice Art Group

We are back at Cottingham High School and ready to welcome new members

## SO LET ME TELL YOU WHAT WE DO!

The art group meets during school term time in either the Skidby, or Little Weighton suites at Cottingham High School. The meetings are held on Tuesday evenings between 7.00 and 9.00 pm.

We have an interesting and varied Syllabus from September to May. Meetings vary between sketching, with a life study or still life to choose from, themed subject matter, or demonstration / workshop by a professional artist. Please ask if you would like a copy of our current syllabus.

We hold an Annual Exhibition and Sale every year, in the Civic Hall, Cottingham. This is always in March or April. All members are encouraged to exhibit, there is no selection committee, just show your best work.

From early June to the end of July, we meet at venues around the area, for the experience of painting or sketching outdoors (when the weather allows).

We welcome anyone who would like to join us, for the experience of painting with a friendly group, in whatever medium you prefer. Whether you are a novice or experienced 'Old Master', you will be made very welcome.

Our 2022/23 painting year begins on Tuesday September 13th. We invite everyone to come along and talk to us about the group, ask questions and see what we do. No need to join the first week, see if you like us first.

Annual subscription is just £35, with an extra charge only for demonstrations. For further information about the group, please call one of the following:

David Goldsmith : 01430 873848 / 07519268490  
 Email: [david\\_carol\\_goldsmith@hotmail.com](mailto:david_carol_goldsmith@hotmail.com)  
 Mavis McGowan 01482 502663

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12 September - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

**Wordsearch - Chocolate**

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

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

Find the words in the letters above:

Addictive, Baking, Bars, Bittersweet, Brownies, Cakes, Candy, Chips, Chocolatiers, Cocoa, Confectionery, Cookies, Cream Pie, Cupcake, Dark, Decadent, Delicious, Dessert, Drinks, Filling, Fondue, Food, Fudge, Ice Cream, Icing, Ingredient, Milk, Mousse, Pudding, Semisweet, Sugar, Swiss, Syrup, Treat, Truffles, Unsweetened, White.

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

**Sudoku No. 182**

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

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

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# MARION OWEN TRAVEL



Although we offer our own tours we are a full travel agency. As an operator we only offer a small exclusive programme. This week a client we had not seen for 5 years said they had been travelling with Shearings & Leger a competitor NO, these tour operators are our trading partners and all holidays can be booked at Marion Owen Travel travelling via coach, air or sea. The head of sales at

Leger actually was a judge for the award we won! River cruising is so popular, there are fantastic deals available, you stay in probably the best hotel in town (depending on which river cruise line you book. With our knowledge we will ensure you are on the right one)

- You only need to unpack the once
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- Travel insurance is not as expensive as ocean cruising as you do not need cover for airlift.

Book before the 30th September and we have a host of offers where the 2nd guest cruises for FREE which really brings the cost down on your pocket too.

Don't hesitate to get in touch for bookings or further information, I adore river cruising myself.

A hot spot last month for new bookings has been New Zealand, the best way to see a country is on a guided tour. We have a super 23 day tour of New Zealand taking in North & South Island, all meals & guided sights, even guarantee 23 prices for 2024 booking now.

As part of our service, when we **book you** on a holiday we will keep you informed of what is required for entry to the countries you are due to visit. We ask everyone to remain patient as the travel industry is being re built. We do monitor the situation on your behalf as our client.

Please do not call if you have booked elsewhere as we are busy looking after our own clients 24/7. Final travel documents are not readily available until a week before travel to ensure that these do not have to be reissued to many times due to schedule changes how ever minor.

Good news this week is that FINLAND have dropped the need to be covid vaccinated for entry. Let us hope that this becomes normal worldwide in the near future.

**We book all holidays with all tour operators & cruise lines.** Our wealth of first hand knowledge travelling around the world by land, sea & air allows us to make your travel simple & hassle free leaving you to relax and look forward to enjoying your holiday.

We look forward to creating your special memories when we book your next holiday whether a break in the UK or a far away holiday to any corner of our world.

Best wishes **Marion**



## Our very own exclusive holidays experience the difference

All fully escorted by Marion or Emma.

Our usual pick ups are Beverley, Cottingham, Willerby, Swanland & Elloughton except Thursford.

<b>24 Sep</b>	<b>North of Ireland 8 days</b> - excellent itinerary 8 seats Titanic Museum, Giants Causeway, Mount Stewart, Hillsborough Castle, Slieve League cliffs on the wild Atlantic way & more. Dinner B&B	<b>£ 975</b>
<b>21 Nov</b>	<b>Holly &amp; Mistletoe at the 4 star Tynedale hotel in Llandudno</b> 5 days of fun and amazing food DBB+	<b>£ 485</b>
<b>01 Dec</b>	<b>Thursford Christmas Spectacular</b> limited seats	<b>£ 225</b>
<b>03 Dec</b>	<b>Bristol Christmas Market Weekend, staying in the centre of Bristol &amp; enjoying a fantastic Sunday evening dinner &amp; caberet with the Mike James Orchestra</b> 3 special festive days	<b>£ 325</b>
<b>09 Dec</b>	<b>Travelmarvel river cruise Nuremburg to Amsterdam,</b> home pick flying from Humberside solo's no supp.	<b>£1495</b>
<b>19 Jan</b>	<b>Boundary Mills</b> for the January Sales bargain shopping	<b>£ 20</b>
<b>22 Jan</b>	<b>Northern Lights—5 days</b> flying from Humberside from	<b>£1029</b>
<b>03 Feb</b>	<b>Tribute weekend Abba &amp; Bubl 2 nights DBB</b>	<b>£ 299</b>
<b>12 Feb</b>	<b>Northern Lights Adventure</b> with Marion 5 days full board & all activities - staying in the hotel or cabins	From <b>£1079</b>
<b>10 Apr</b>	<b>Holland &amp; Belgium river cruise 6*</b> Scenic via direct flight from Humberside or overnight via North Sea Ferries. All inclusive of excursions, tips, premium drinks - you can leave your purse at home!	From <b>£1885</b>
<b>23 May</b>	<b>Regent Seven Sea's</b> cruise ex Southampton all inc. luxury 6 star 10 nights from your door starting price	From <b>£6669</b>
<b>14 Jun</b>	<b>Jersey by Sea</b> - staying at the Monterey - 9 days	<b>£1125</b>
<b>14 Jul</b>	<b>Welsh Adventure</b> - 7 nights two centre 3 nights at the Min Y Mor Barmouth + 4 nights at the Tynedale scenery, seaside, train rides, castles & more	<b>£ 975</b>
<b>07 Oct</b>	<b>Northern Belle, Britains most Luxurious Train.</b> Full day outing to Carlisle travelling the iconic Settle to Carlisle route. Brunch outbound, 5 course dinner return journey.	<b>£ 495</b>



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**Crossword - Solution on page 29**

1		2		3		4	5		6		7		8
					9								
10									11				
12					13								
14				15				16					
											17	18	
22		23											
24									25				
26										27			
28										29			

**Across:**

- 1 Clothes fastener (6)
- 4 Receptacles for cigarette ash (8)
- 10 Imitating (9)
- 11 Less dangerous (5)
- 12 Stroll (5)
- 13 Visualizing (9)
- 14 Going on foot (7)
- 16 Death notice (4)
- 19 Nature of being (4)
- 21 News (7)
- 24 Listen in (9)
- 25 A monetary unit of Oman (5)
- 26 A ballroom line dance (5)
- 27 A loose high-necked blouse (9)
- 28 Late afternoon to dusk (8)
- 29 Frankfurter (6)

**Down:**

- 1 Formerly Rhodesia (8)
- 2 A mathematical curve (8)
- 3 Run away to marry (5)
- 5 A very large cactus (7)
- 6 Bore witness (9)
- 7 Illicit relationship (6)
- 8 Gestures of indifference (6)
- 9 Vinyl or aluminum, for example (6)
- 15 Demanding attention (9)
- 17 Qualified by right or law (8)
- 18 Fleeing (8)
- 20 Angered (7)
- 21 Nocturnal ungulates of southeast Asia (6)
- 22 Save from harm (6)
- 23 Boulevard (6)
- 25 Hindu for "Mister" (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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### How will I find room for a water softener, they are huge aren't they?

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

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## Jennifer Hodge receives Platinum Champion's Award from the Royal Volunteer Service

Mrs Jennifer Hodge, of Cottingham, joined the WRVS as a local volunteer in 1977, becoming manager of the (RVS) Cottingham Friday Lunch Club in 1991.

For a small charge the club holds a weekly lunch, with entertainment, for elderly residents living in the area with or without a disability. Under Jennifer's caring and watchful eye the club has gone from strength to strength and has survived the Covid pandemic, and is now seeing an upsurge in membership.

This year the Royal Voluntary Service decided to celebrate the Queen's Platinum Jubilee by acknowledging the outstanding contribution made by many of their volunteers. These unique Champion's awards were presented by Camilla, the Duchess of Cornwall, at The Big Jubilee Lunch. Unfortunately, Jennifer was unable to travel to London for the personal presentation held on the Jubilee weekend, and instead settled for a presentation held at the Darby & Joan.

At the presentation the RVs was represented by Mr Michael Bartley, their Northern Region manager, and the East Riding of Yorkshire Chairman, Cllr John Whittle along with his wife Jane who also attended. Jennifer was presented with a commemorative pin and a commemorative scroll, which was personally signed by the Duchess of Cornwall.

A celebratory cake had been specially baked to mark the occasion and the Hall was bedecked in red, white and blue, with everyone in a party mood. Jennifer was also joined by her family who managed to spring some surprises on her. This was a very well-deserved award in recognition of such dedicated service by such a well-respected Cottingham resident. Jennifer is now an official Platinum Champion.

*Pictured above: Jennifer Hodge with Mr. Michael Batley, Northern Region Manager.*

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ON THE GRAPEVINE

WITH ROY WOODCOCK



The UK Wine Society

The UK-based Wine Society, the world's oldest member-owned community of wine lovers, has recently launched its largest-ever Italy offer, with more than 140 wines and 60-plus grape varieties spanning the length and breath of the country.

I've written about the society on a few occasions but taking advantage of their buying power and tapping into the expertise of their wine-buyers, is something well worth considering (find out more about them at [thewinesociety.com](http://thewinesociety.com))

Master of Wine Sarah Knowles, the society's wine-buyer specialising in Italian wines, told me: "Generalising about such a huge array of wines is difficult, but if anything unites them it's a certain lack of pretension: these are wild, unencumbered joys, whose grapes and unique landscapes shine through."

She continued: "The Italian love of simple yet high-quality seasonal food and large family get-togethers underpins these wines, often served in simple glasses and with little fuss despite their quality."

The sheer scale of the choice when it comes to the wines of Italy can be more than a little confusing but with this promotion, Wine Society members can explore the country's many styles by region: North West, North East, Central, Chianti and South, or by more general categories: Italy Essentials (under £10) Society Labels, Rosato, Sparkling.

Reds prove a popular choice and Sarah said: "Italy's reds, with their tannins and acidity, beautiful cherry fruit and spice, and elegant balance, almost demand food. Pair a Sangiovese, Montepulciano, Nebbiolo or Aglianico with mushrooms, meat, cheese or beans and you'll know what I mean!"

Looking specifically at wines under £10, I've picked a red to recommend but also a white wine and a Prosecco.

The red first, Brindisi Rosso Vigna Flaminio, Vallone 2018 (£8.95), from producer Vallone's Flaminio estate in Puglia, on Italy's heel, is made from carefully-tended Negroamaro (80 per cent) and Malvasia Vera bush vines. A brilliantly balanced juicy red that retains freshness and, despite the warm region in the south of Italy it hails from, has moderate (for this climate) 13 per cent alcohol and pairs well across a full range of Italian dishes, such as meatballs in tomato sauce or even a Margherita Pizza. I opened a bottle to accompany a steak, sausage and burger barbecue and it was delicious.

The white I've chosen will cost you £1 more; the Pecorino Abruzzo, Contesa 2021, which won a bronze medal in this year's Decanter World Wine Awards, sells at £9.95 a bottle. A modern and easy to drink wine of real substance, Contesa Pecorino is a perfect accompaniment to the fantastic seafood of the Abruzzo region and a stellar example from one of the Pecorino grape's leading proponents.

You'll immediately notice the ripe honeyed nose with gentle aromas of white peach and citrus fruits and warm nutty, savoury notes. The palate is full and textured with pronounced minerality and delicate ripe fruit flavours leading to a long, spicy finish. Pairs perfectly with fish and seafood (especially if it's Italian) and with white meat and cheese.

Finally, it has to be a bottle of Prosecco and this one, Prosecco Brut Duecento (£9.50) from North East Italy is a value for money choice in a market where there are some pretty uninspiring examples about. It's fresh and gentle with a pleasing touch of green apples on the nose.

The Wine Society has in excess of 170,000 members and being a member gives you access to more than 1,400 wines from around the world. Lifetime membership costs £40 with £20 off your first order and free delivery for orders of six bottles or more for your first six months.

Closer to home, the UK could unseat top wine-producing regions Champagne and Burgundy in France due to the effects of climate change, according to a new study. The "Climate Resilience in the UK Wine Sector" study found that rising temperatures over the coming years could make Britain a major player in quality wine production.

Looking at climate projections, researchers said temperatures in the UK wine-growing regions may rise by 1.4 degrees Celsius by 2040 - on top of the one degree rise since the 1980s. This will mean the amount of sugar in UK grapes would be more consistent with better wine quality and higher alcohol content, they said.

"Production here in the UK has been able to produce sparkling wines that are of a style that are very similar to those produced in Champagne," said lead researcher Professor Stephen Dorling.

"The climate has been helping more and more to match that French production," he added.

Researchers noted that the best regions to grow Pinot Noir and Chardonnay grapes - two of the staples for Champagne making - will shift northwards away from France. Quality still red wine could even become possible due to environmental projections, they said, calling this "a holy grail".

"In this country, we've not been renowned for the production of still red wines, but the changing climate is providing a prospect for that," wrote Prof Dorling.

BEST BUYS



Yering Station The Elms Chardonnay

**Where:** Waitrose  
**When:** Now, while stocks last  
**Why:** Superb, oaky, Australian Chardonnay; really tropical and creamy. Expect intense stone fruits with a lovely mineral twist.

£8.49 (was £10.49)



Co-op Irresistible Viognier Pays d'Oc

**Where:** Co-op  
**When:** Now  
**Why:** A rich, delicious, honeyed white, perfectly balanced by the zingy acidity which heightens the freshness. A wine which has enough body and texture to be very enjoyable on its own but it is also fantastic with seafood or simple salads

£8.00



Lautarul Pinot Noir

**Where:** the Cellar Door, Melton  
**When:** Now, while stocks last  
**Why:** A classic Pinot every-day drinking wine. But the surprise may be that this is from Romania. "We sometimes have a bet that no one can guess the cost of the wine when tasted blind - with this absolute beauty we were all well out!" said the House of Townend team.

£7.99 (was £8.99)



Animus Douro 2019

**Where:** Aldi  
**When:** Now  
**Why:** Maybe its because we've got a brand new Aldi open right on our doorstep, but I've been tasting and buying more of their wines of late. And this Portuguese red is a bit of a revelation and certainly good value.

£5.49



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

[www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk)



## Conflict behaviours in horses

**W**hen horses are feeling stressed in any situation, they will display a large variety of observable behaviours.

Conflict behaviours (CB's) vary dependant on the situation- ridden and non- ridden for example and will likely all look very different. However, if the horse is trying to avoid or evade, shows frustration or anger, tries to block you or is generally working against you in a situation you feel that your horse should be good in.... then conflict behaviours are to the fore.

Most of the time riders and trainers try to ignore these behaviours, brushing them off as being a normal response or else labelling them in a dismissive way (stubborn, awkward, naughty, grumpy etc). Please don't! Ridden horses may try to open their mouths, twist or tilt their heads in response to the bit pressure coming from the riders hands. Tail swishing while being ridden in response to the riders leg.

If the pressure becomes to much or the horse is increasingly confused then it may start to plant its feet, buck, rear, raise its head or run away.

CB's may occur because the horse is in physical difficulty, pain may be present, its frame is too weak to perform the intended movement being asked of it, confusion in what is being asked of it and so the list goes on.

Non ridden horses may refuse to be caught, rear or bite while being caught or led in. They may try to pull back or launch forwards away from the handler.

When assessing conflict behaviours in horses, look at what is being asked of the horse. Try to work out what the horse is trying to gain or avoid by performing the observable behaviour. Look at exactly what your role is at that moment and how you are asking for compliance.

CB's are sometimes very hard to deal with. They can make you sad or angry because you think you are doing

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well, being reasonable and asking nicely. Horses bring a history of life experiences with them so sometimes it's a remembered fear coming to the fore.

Please don't ignore conflict behaviours and instead of punishing the horse for its behaviour, try to see if you can ask in a different way. Take the pressure off the horse, go slower. Understand that the horse is communicating with you , even though you don't like what it has to say!

Become calmer yourself. Try to give a good immediate outcome to the horse instead of punishing. Stop! Re-evaluate the ask. See if you can ask a different way or in slower stages. There is nothing better than having a soft, calm horse who loves to be with you and who wants to work with you. Make completely sure that there is no pain present. Understand any fear present in your horse. Seek help from a good trainer who does not use physical abuse as a way of forcing behaviour change. Look at the situation through your horses eyes because it certainly is different from what you automatically perceive.

Horses don't want to work against you. They want to feel safe, be free of pain and injury and they want to enjoy their lives with us humans. There must be harmony.

In my role as a horse behaviour expert, I offer behaviour consultations for all of the above. Please feel free to contact me by email, phone or on my social media

[melanie@instinctivehorsetraining.co.uk](mailto:melanie@instinctivehorsetraining.co.uk)

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*"Unlabel Me" courtesy of www.behaviorworks.org .*

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## All Girls Together

As you will have read from my past articles, I have been in the fortunate position to have been 'owned' by many pets over the years. I say owned, as in some cases funnily enough it did feel like that especially with my cats as you never own one, they own you. I have shared my life over the years with not only my biggest passion, dogs but also four cats, a hamster, two rats, up to 20 guinea pigs and eight rabbits, two of which I still own. It was the latter two that prompted this article.

Well, the only thing I can tell you about rabbit husbandry is that I have learnt so much about them over the past two years than any other time. Why? I shall tell you my story.....

In August 2015, a message came across from one of the branches saying they had an 8-week-old bunny to home. How could I resist after having them in the past? How hard would it be to look after so after buying a hutch and run, I took Peter (after the infamous rabbit) home. He settled in well but at the 1st vaccination I was told Peter is now Peta (sexing rabbits at such a young age can be difficult) and also was told, they love company. Mission accomplished, in November 2015, 3-month-old Potter (after Beatrix of course) arrived. Now, it was not a case of putting them in together as they were still not neutered, life is never that simple, but keeping them in separate hutches with runs (more buying) plus a divider so that they could see each other. I also



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switched them over as much as possible until after a few months they were happy being together but that was not until after we got over a few fur flying mishaps. Time passed until a fateful day in July 2020 when Peta sadly passed away after a short illness.

I thought Potter was happy being on his own the majority of the time but watching him said otherwise so that is when 5-year-old Sabrina joined our fold. I had heard she was being rehomed due to losing her mate so what better pairing? Over time, I have learnt that life with bunnies is not only complicated but also there is no easy solution to pairing, just to go SLOW and slow I did. Once again, the manoeuvre of rotating the hutches, water bowls and scattering their food which enriches their brains to forage? You could also put in apple and willow branches which they not only love but helps with their teeth and litter trays (yes, it's not only cats who you can litter train which makes cleaning the hutches far less tedious) took place over many months. We did try to put them together in a neutral space in the garden but found that Sabrina was the dominant one and fur flew once again. Winter arrived and the long cold days lay ahead. If you keep your bunnies in a hutch in the garden, please make sure it is covered with plenty of shelter from the wind (old carpet is a perfect cover) plus check the water bowl is not frozen. I am fortunate to have a large sealed off room in my garage (to house the hutches and runs) which also leads out into the garden. In February that year, under our watchful eyes, they once again had a run together in the garden and low and behold no flying fur! Since then, I didn't look back and had a match made in heaven until..... sadly, Potter passed away in 2021. As fate would have it not soon after Waffle came along and once again a bonding of females took place (see pic). Please do not be put off by my escapades. They are a lovely pet and can be very entertaining.

If you have bunnies, please do not forget their yearly vaccination plus applying a product called Rear Guard, every summer. This deters bluebottles from laying their eggs under the fur which then may hatch into maggots. Take a look on our website for the PETHEALTH CLUB. For a small amount each month, it covers Vaccination plus a 6-month spa day when your Bunny can have the rear-guard applied. Please do not hesitate to call any of our KINGSTON surgeries, where we will be happy to help.

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

This Easter, I went away with my family plus the four family dogs to Wales. Lots of walks and pretty villages to visit then we came across a miniature railway. Good idea I thought, for the grandchildren to experience a ride in one of these. Not leaving the adults and dogs out, we all piled into the tiny carriages much to the amusement of the waiting queue. It wasn't the scene of watching my 6'2" son in law squeezing into the tiny compartment (which he virtually filled with his head was on a tilt) that was causing all the fascination from the platform but the four dogs joining in. I know I always refer to the film 'Marley and Me' but that was Tali and I. There is a scene when Marley decides to run alongside the car on two legs, his frantic owner holding his torso and back legs, through an open window. Well, that was the scene Tali and I created. Trying to keep my energetic Labrador within the tiny carriage and desperately trying not to recreate the Marley scene, is never to be repeated. When we did return to the little station (a little dishevelled I may add), a group of laughing faces had gathered. Word must have got around.

### Until the next time....

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## Solar farm meets traditional farming

Castle Hill won't let the grass grow as 51 sheep are welcomed onto a solar field

There's a lot to think about when you set out to build a multi-million pound solar farm; how best to capture the sun? How much power will it generate? Are all the permissions in place? But one question that may not immediately spring to mind is how to cut the grass.

This was the dilemma facing the team at Hull University Teaching Hospitals NHS Trust and its 11,000 panel 'field of dreams' opposite Castle Hill Hospital in Cottingham.

Now thanks to a local shepherding family, they've come up with the ultimate, sustainable green solution; a flock of 51 hungry sheep.

"The idea came about by chance, after we started looking at ways of cutting the grass between the rows of solar panels," says Alex Best, Head of Capital for the Trust.

"We approached a number of landscapers for ideas on how we

could manage the grass cutting, both mechanically and sustainably, and this felt like the perfect solution; keeping the grass down naturally and reducing our carbon footprint. It ties in perfectly with our ethos of sustainability and supporting our local community, and the costs involved are extremely competitive at just one sixth of what it would cost us to cut the grass mechanically.

"We intended the field to become an area of natural biodiversity, and the natural approach to maintaining the land we're now taking only enhances this."

A total of 51 sheep of varying breeds including Beltex and Blue Texel are now happily munching away in Field A, which lies adjacent to Castle Road and the A164. The flock is helping to control the growth of grasses and other wildflowers sown on the field when construction finished in February this year.

Grant Bailey and his brother Ollie, both from Cottingham, helped to bring the family's sheep up to their new stomping ground. Grant, who runs GMB Mini Tool Hire, also maintains the lower field (Field B) on behalf of the Trust.

Grant says:

"We needed somewhere for our sheep to go and within a couple of days of chatting to Alex, we were talking about how we could make it work.

"We knew of the solar field but hadn't actually thought about it as an option. Now the sheep are here, they seem really happy and it's great to have found a solution to both our needs without having to have looked outside the village."

Grant and Ollie check on the sheep twice a day to make sure they're all okay.

The sheep are secured within the field with plenty of space to roam, while 21 rows of solar panels and the surrounding trees provide plenty of shade to cool down when the weather gets hot.

And there's no risk of supply cables being nibbled either; the panels are mounted high enough to be out of reach of curious faces and cables are protected in hard plastic as they reach the ground to keep both the solar farm and its occupants safe.

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# “The Tooth and Nothing but The Tooth”

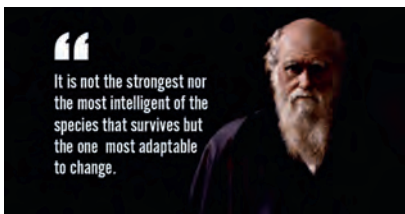
by  
**Chris ‘ Dr. Smile  
Maker’ Branfield**

## Just doing your best

Hello again, I hope you are well. I’m in one of those reflecting mood today. Is that good or bad? We’ll see eh. The world is all over the place at the moment and throwing challenges at most of all the time. Whatever challenges we have we should be thankful that we are not in a war zone or living with wild fires.



This last couple of years has been bizarre. Covid, economy, fuel. Many business and care providers have struggled immensely and many still do. All you can do is your best though. Assess, understand the best you can, research, use your imagination, adapt, repeat. This is a continuous process. You cannot take anything for granted. My hat goes off to those businesses that have really had to think outside the box and



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modify and change. Some have thrived as a result. Fair play. It takes guts to take risks in adversity and hard work to make it work. There are only a few constants in life, and one is change. That always makes me think of Charles Darwin.

## Change for the good

Enough of that then. At Castle Park Dental Care we are always looking for better. Doing courses, better kit, better tech, better understanding and strengthening the team. I have the pleasure to announce that we are strengthening the team.

We have Ozga Maden coming to work with the team. She is a general dentist with a special interest in cosmetic dentistry, restorations of implants and laser dentistry. Ozga is Ilay’s wife. You may not have met Ilay yet. He has been working with the practice for several years as our gum and advanced surgery expert. He has been my colleague, mentor, and friend and taught me everything I know about dental lasers!



Ilay and Ozga have been working as a team for the past 15 years; and in their own practice on Harley Street, London, for the last 7 years. They are a great team, good skillset and very people focussed so

not just about teeth but about people’s wellbeing in general. They are looking forward to living in Yorkshire and looking after you.

I have every confidence moving forward that you will be looked after and have the best care possible. I would trust them to look after my own family, as well as myself.

Chin up everybody. All you can do is your best and that’s enough.

Until next time. Take care and be good.

*Chin*



Chris Branfield has been clinical lead since 2008 at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 29 years and has a special interest in Life Changing, Pain Free Dentistry with Dental Implants, Teeth Straightening and Cosmetic Dentistry. Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’ Humanitarian work go here now [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).

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## 'Brick City' exhibition pulling in the crowds at Beverley Art Gallery

The 'Brick City' Exhibition, created by Warren Elsmore, is proving hugely popular at Beverley Art Gallery.

Families are flocking to the Treasure House on Champney Road to see the celebration of iconic buildings from cities around the world, carefully recreated in LEGO® bricks. Visitors can take their ultimate world tour and discover highlights of cities across five continents, taking in lively celebrations in Rio through to New York, Copenhagen, Romantic Venice, Japan and extravagant Las Vegas.

The exhibition is a chance to enjoy discovering new urban highlights, as well as some more recognisable iconic structures. Visitors can spot surprising common ground between buildings created thousands of years apart, such as the Roman Colosseum and the 2012 London Olympic Park, and take in the awe-inspiring centrepiece, London St Pancras station, measuring two metres

by four metres and built from over 180,000 standard bricks. The model of St Pancras alone took 300 man-hours to create.

Councillor Mike Medini, portfolio holder for culture, leisure, libraries and customer services, said: "Visitors are loving this stunning exhibition, and are amazed by the patience need to create all the models. I encourage everybody who loves LEGO to come along and see it before it closes on Saturday, 10 September. It's the perfect family trip out this summer."

Admission is free, and there is no need to book in advance.

Younger visitors can also enjoy the Minifig-a-gram competition in the Treasure House right through until 10 September. It's a chance to hunt round the Treasure House Museum for LEGO Minifigures hiding in the display cases. Each Minifigure holds a letter. Some of the letters are also nestled in the fascinating and cleverly made LEGO Brick models of historic Beverley landmarks on display. Visitors simply collect all the letters to make the two winning words and could bag themselves a fabulous LEGO City set as a prize!

The Trail will be available during normal Treasure House opening times.

The Sessions will be a chance for participants to build a 'landmark' with their family or social group, using the LEGO Bricks provided. Mini tours of the 'Brick City' exhibition at Beverley Art Gallery will run on the hour, every hour of each session.

The sessions will be free, and there is no need to book. Each family or social group will have a table to use, up to a maximum number of tables. As tables are vacated, new participants can take part, after the table and LEGO Bricks have been sanitised.

For more information about Brick City and associated events and opening times, and opening hours for the Treasure House café, visit the East Riding Museums website, [www.eastridingmuseums.co.uk](http://www.eastridingmuseums.co.uk) and follow on social media:

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December:

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## Motoring - with Roy Woodcock



**You're spoilt for choice when it comes to family-friendly SUVs, but Skoda's facelifted Karoq has much in its favour. Roy Woodcock reports . . .**

**F**acelifted for 2022, the Skoda Karoq is a key player in the medium-sized SUV market, where the Nissan Qashqai remains the first choice for many but, increasingly, it's facing some of the toughest competition from the Kia Sportage, recently reviewed in these pages and which has also undergone a transformation this year.

What people want with a car like this is useful practicality, decent comfort and good levels of standard kit all wrapped up in a competitively-priced package. The Karoq delivers all of this and is based on the same technology as the rest of the Volkswagen Group, so proven reliability is a major plus too.

Given the trends and the increasingly major concerns people have in terms of fuel economy and costs, one potential drawback could be the absence of a full electric or hybrid option. Instead, the updated Karoq is available with five engine options - three petrol and two diesel.

The choice consists of 1.0, 1.5 and 2.0-litre TSI turbocharged petrols and 2.0 TDI diesels - the formerly available 1.6 TDI having been discontinued. The 108bhp 1.0 TSI is a three-cylinder unit that is surprisingly capable of pulling this crossover around, courtesy of the Karoq's relatively lightweight build.

The 148bhp 1.5 TSI is the VW Group's latest four-cylinder petrol motor, so combines good power with decent efficiency helped in part by cylinder deactivation on light throttle loads. The 187bhp 2.0-litre petrol engine is reserved for the expensive if smart-looking Sportline variant.

Despite highlighting the lack of electric/hybrid versions, I have to say running costs are impressively low. The 1.0 TSI can return up to 48.7mpg on the WLTP combined cycle, while emitting as little as 132g/km of CO<sub>2</sub>. The larger 1.5 TSI's official maximum figures are 46.3mpg (45.6mpg with the DSG auto), with CO<sub>2</sub> emissions from 140g/km.

But if you really do want to eke the best mileage out of every gallon, the manual 116PS 2.0-litre diesel is the sensible choice. It returns up to 58.9mpg with CO<sub>2</sub> emissions from 125g/km. A choice of manual and automatic transmissions, plus four-wheel drive on Karoq 4x4 models, makes for a well-rounded selection of versions.

Out on the road, comfort is the major plus point; the

Kodiaq's suspension system soaks up bumpy and broken surfaces and you'll finish long-distance journeys feeling relaxed and untroubled.

In shorter, urban, journeys the car is easy to handle and park despite its fairly large size. And if you plump for a 4x4 version, features include hill descent control and a special off-road driving mode that's more than a match for most situations.

The revised Karoq range now consists of three trim grades, SE Drive, SE L and SportLine with prices ranging from £26,255 for the 1.0 TSI SE Drive model up to £37,725 for the range-topping SportLine 2.0 TSI 190ps DSG 4x4.

Among the updates is a new eight-inch Digital Display that replaces the multi-function trip computer and analogue dials across all trim levels. The new display offers drivers the option of three layouts – tachometer, rev counter and digital with the ambient lighting colour reflected in the display and side sections.

Skoda has also updated its range of option packages with a new Travel Assist Package Plus, which includes adaptive cruise control, front assist with emergency braking, blind spot detection, traffic sign recognition, lane assist and traffic jam assist, as well as usb-c port for rear view mirror, available on the SportLine model for the first time.

A Safety Package, which includes front and rear curtain side airbags and Crew Protect Assist, is also available for the first time.

With the standard seats fitted there is 521 litres of luggage space with the rear seats in place, rising to 1,630 litres with them folded down. However, when fitted with the sliding Varioflex seats, rear-seats-up bootspace is anywhere between 479 litres to 588 litres depending on how far the seats are slid forward (they also tumble upwards), while maximum load space ranges from 1,605-1,810 litres, depending on whether you're prepared to take those rear seats.

You can't have a variable height boot floor in conjunction with Varioflex rear seating, but hooks for shopping and a partition net are available.

Overall, there may be sportier SUVs around, but the Skoda Karoq strikes a pleasing balance between comfort and driving fun and majors on comfort, reliability and flexibility. It's a good family choice.

More information: [www.skoda.co.uk](http://www.skoda.co.uk).



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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Skin Problems:-

Eczema, Herpes, Dermatitis, Psoriasis, Warts, Shingles, Vitiligo, Acne, Hair Loss, Itching, Athlete's Foot, and other Fungal Infections, etc.

### Muscular, Neurological, Skeletal and Vascular:-

Arthritis, Sciatica, Back Pain, Lumbago (lower back pain), Frozen Shoulder, Tennis Elbow, Gonitis, M.E., Stiff Neck, Hemiplegia, Neuralgia, Facial Pain, Stroke, Sprain, Sports Injury, etc.

### Internal:-

High Blood Pressure, Palpitation, Obesity, Ashma, Brochitis,



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

### Men's Problems:-

Ejaculation Praecox, Low Sperm Count, Impotence, Prostatitis, Sex Drive Problems.

### Women's Problems:-

Irregular Periods, Infertility, Habitual Abortion, Anaemia, Menopausal Syndromes, Premenstrual Tension, Discharges, Fibroids, Cysts, Endometriosis, Morning Sickness, etc.

### Ears, Eyes, Nose and Throat:-

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, Ear Infection, Viral Infection, Eye Problems, etc.

### Cancer and Tumour:-

Herbal Therapy can build up your immune system to support any other medical treatment for more serious medical conditions.

### Addictions:-

Tobacco, Drugs, Alcohol, Reduce Weight, etc.

### Mental and Emotional:-

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

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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.

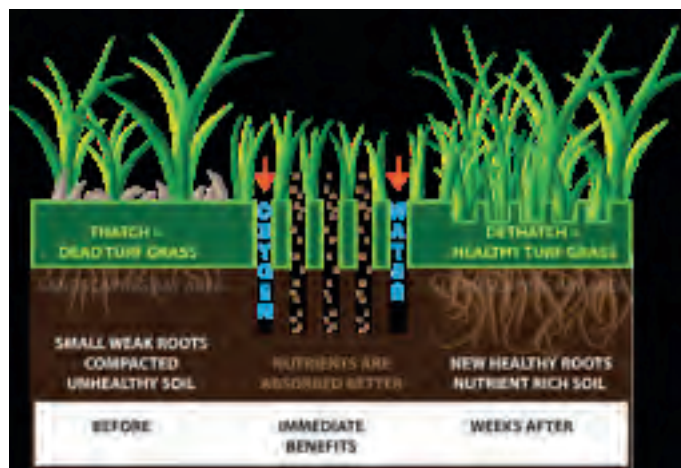
To remove thatch, rake vigorously but carefully with a spring-tined rake. For larger areas powered tools are available as single units or mower attachments.

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 for just £16.99.



### 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.

## 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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### Flattening

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

### Problems

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

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

At Coletta and Tyson we have a great product for autumn lawns – Autumn all in one is specially formulated as a granule to keep your lawn healthy over the winter months and will eradicate moss and 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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Red Thread



Take-all patch

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## Your Stars for September 2022

By Kay Gower

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

You appear affluent to others and since nothing succeeds like success, people will come to you this month. It's important for you to know that you're entering a strong, powerful time. Brace yourself - next month gets even better!

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

You may come up against something (or someone) that causes you much aggravation, and like a fly caught in a web the more you struggle the worse it gets. By the end of the month you may have decided on a plan. Don't put it in stone.

### Gemini (May 22-June 21)

There have been times when you have gone to great lengths to stay out of conflict and this has often been for the best, but there are some things in life that are worth the fight. You won't have to fight for them this month, just make a note of what they are - and keep it safe.

### Cancer (June 22-July 22)

A last minute decision could work in your favour. September and early October are big months for you, moves and plans made now or next month will lead to great things. A winning attitude brings success.

### Leo (July 23-Aug 22)

You may see a better way forward for a loved one but unless this person sees it too, your influence does little good. Sometimes the best way to convince someone is to let him or her do it wrong.

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

Something close to your heart reaches crunch point. If you can, try to leave any big decisions until after the 12th but whatever you decide be fearless. The planets back you up.

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

Your ideas this month are as good as gold, that is if you act on them. There will also be new social and financial opportunities coming down the pipe for you so be prepared especially on or around the 12th. A good month for new beginnings.

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

There's a drop of magic in the air during September, something that happens around the 19th will open new doors. You're heading toward a dream that you once thought was completely unreachable. Exciting times.

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

Congratulations. The planets are aligned in your favour and this is your time. If you've had hard times then this is the month that you bounce back and move forward with confidence. It's time for you to have some fun.

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

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

### Aquarius (Jan 21 - Feb 19)

Use the next two weeks to build upon your emotional strength. Try not to take what others say too seriously or it will throw you off balance. Listen for the validity in their comments by all means but stay focussed on what you know is right for you, and you won't go far wrong.

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

Home will be the priority, this is a good time to give it extra attention. Your desire for comfort and security is highlighted especially around the 23rd when you may be tempted to spend on a purchase that's just too hard to resist.

# Cottingham Local History Society celebrates its 70th year

On July 9th 1952 John Whitehouse and eight others founded the Cottingham Local History Society. It produced a monthly newsletter and arranged meetings with speakers, excursions and exhibitions. Many people will remember that it had a permanent exhibition in a glass cabinet at the top of the stairs outside the library, when the library was upstairs in the former Council Offices on the Market Green.

70 years on, it is still going strong, with monthly meetings from October to April and exhibitions for the public at all Cottingham village events, such as Cottingham Day, and the recent royal jubilee celebrations.

Over the years the Society and its members have produced a number of books and booklets about Cottingham. The first, in 1974, was John Whitehouse's Short History of Cottingham. A major publication in 2005 was 20th Century Cottingham which was written by members of the Society. Neither of these are in print now, but when the Society obtains copies they are available for the



public to buy, as are the many others books that are still in print. The Society produces an annual journal with articles and photographs of Cottingham, also available for people to buy. If you would like a walk, a free Historic Cottingham Walk leaflet can be picked up from the library or the Parish Council office which takes you on a short historical trail round the centre of Cottingham.

In 2018, the Society opened its History Room in the former Council Offices on Market Green. The room is gradually being developed – it has a reference library and a digital archive of over 1000 photographs. The room is open to the public on Tuesday afternoons and people have come to see us with their own photographs, stories and questions about Cottingham. If you wish to visit us, please ring 847202 before you come.

The Society has a popular Facebook group with nearly 900 members, with regular posts, conversation and occasional quizzes on it - <https://www.facebook.com/groups/495169174786172>

To contact us, e-mail [cottinghamhistory@gmx.co.uk](mailto:cottinghamhistory@gmx.co.uk) or to speak to the chair, Peter McClure, ring 845734.

## Crossword solution from page 14

1	Z	I	P	P	E	R		4	A	S	H	T	R	A	Y	8	S		
	I		A		L		9	S		A		E		F		H			
10	M	I	R	R	O	R	I	N	G		11	S	A	F	E	R			
	B		A		P		D		U		T		A		U				
12	A	M	B	L	E		13	I	M	A	G	I	N	I	N	G			
	B		O						I		R		F		R	G			
14	W	A	L	K	I	N	G		15		16	O	B	I	T				
	E		A		N							E		17	E	18	E		
				19	E	S	S	E		20		21	T	I	D	I	N	G	S
22	R		23	A		I		N		A						T		C	
24	E	A	V	E	S	D	R	O	P		25	B	A	I	Z	A			
	S		E		T		A		I		A		T		P				
26	C	O	N	G	A		G	A	R	I		27	B	A	L	D	I		
	U		U		N		E		S			O		E		N			
28	E	V	E	N	T	I	D	E		29	H	O	T	D	O	G			

## Sudoku Answer from page 12

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

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## Bronze success for Cottingham Swimmer at British Swimming Championships

Owen Garsides has won Bronze in the Mens MC 100m Backstroke in the British Swimming Championships with a new personal best time of 1.05:51

The British Swimming Championships were held at Ponds Forge, Sheffield one of the biggest events on the British swimming calendar.

Owen said 'This is my first ever British Champs and what an experience this was for me. Winning a Bronze Medal in the backstroke. I feel absolutely proud to bring this back to Hull.'

## Cottingham Re-Engage Group

Elderly residents of Cottingham have continued to benefit from the support provided by the volunteers of Re-engage (formerly Contact the Elderly). The group has been running for a number of years and prior to the pandemic, it's 8 guests were able to meet every month for a chat and an enjoyable afternoon tea,

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thanks to its volunteer hosts and drivers. Since 2020, the volunteers have continued to provide support by keeping in touch with its members via telephone and with occasional deliveries of tea and gifts for its members.

The group was able to hold a socially distanced tea party at the Darby & Joan Hall in April this year. At that time, it was agreed that there should be a Jubilee Tea Party for the group, which took place at the end of June for the members and volunteers.

It is hoped that the monthly tea parties will be able to resume in September this year however the number of volunteer drivers and hosts has dwindled over the last few years. Additional drivers and hosts are required to join our group to be able to continue to provide this invaluable support for the elderly in our community. This will require a few hours' commitment per month and anyone interested in becoming a driver and / or a host for the group should contact Lucy Ellyard, Group Co-ordinator via email [lucy.ellyard@hotmail.com](mailto:lucy.ellyard@hotmail.com).



## Explore 'Fakes' at Sewerby Hall and Gardens

A new exhibition at Sewerby Hall looks at fakes and forgeries and the tricks of the trade. 'Fakes' presents some of the most famous, notorious and juiciest stories of all time, in the fields of antiques, furniture, coins, archaeology, and art.

Researched and written by curator Janice Smith and museums registrar Dr David Marchant, the exhibition aims at an adult audience with an interest in how some of the most notorious forgeries of all time were perpetrated.

One story featured is a fraud carried out against the Palace of Versailles, involving fake furniture purporting to be from the reign of Louis XV, and the remarkable manner in which the fraud was exposed.

Closer to home, the exhibition looks at the notorious archaeological forgery of the 'Piltown Man', which may even have involved Sir Arthur Conan Doyle!

Janice Smith said: "It has been absolutely fascinating to research these notorious fakes and unearth some very complex stories behind some intriguing mysteries and tales of deception!"

The exhibition has just opened and will run until 6 November.

It is included in admission prices to the house and gardens. For full details of opening hours, all facilities including the house, the zoo, and the Clock Tower Café, and admission prices, visit [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk).



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