

Cottingham Times

Issue 101 - April 2010



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THE COTTINGHAM TIMES

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We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

Mary's Village Pop In - The small hall at the Village Hall, Skidby

Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

Age Concern East Riding of Yorkshire

Every Friday 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and make bookings with our Fix-It-Teams. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Ecclesley, Club Chairman on 01482 840367 or visit our website www.cottinghamrangers.co.uk.

Cottingham Wildlife Watch

Sunday 4th April - 11.00 am to 1.00 pm, Millbeck Nature Area, Meet at the allotment carpark. Litter pick and Easter Egg Hunt and Games.

Cottingham Ladies Circle

Wednesday 7th April Mrs. Ann Abel talk "The Role of Parish Councillor", 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Cottingham Green Women's Institute

Thursday 8th April, Members views on being a WI Member, there will be an auction of new donated goods, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

East Yorkshire National Trust

Thursday 8th April - Michael Chandler "Churches of the North Wolds", at 7.30 pm in the Civic Hall, Cottingham.

U3A

Thursday 8th April, Ken Knox "Hundred Years North of the Dogger", in the Darby & Joan Hall, Finkle Street at 2.00 pm.

Cottingham Methodist Church

Saturday 10th April, A Handicraft Fayre, is to be held on Saturday 10th April, 10.00 am to 4.00 pm. On hand will be the Cottingham Lloyd's Chemist, who will be doing a free diabetic test for our community. Part of the takings will be donated to our local Diabetic Youth Charity. Anyone interested in having a table at the Fayre please contact Keith Gibson 01482 842597 or email gib1@supanet.com.

East Yorkshire Embroidery Society

Saturday 10th April, Carol Naylor from Chichester, West Sussex "Crossing Boundaries", in the Darby & Joan Hall, Finkle Street, Cottingham at 2.15 pm. Members £1.00; Visitors £2.00 (includes cup of tea and biscuits). (Membership £6.00 per year).

Front Cover Picture: Serene view of Thwaite Hall Gardens. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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British Sugarcraft Guild

Saturday 10th April, "Cookies - More Than Just a Biscuit", Susan Booker, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Cottingham Catholic Women's League

Monday 12th April, The History of Floods in the Hull Valley, Mr. Peter Asquith-Cowen, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Haltemprice Art Group

Tuesday 13th April- Annual Exhibition, Tuesday handing in
Wednesday 14th to Saturday 17th - Exhibition Open
Tuesday 20th April - Pen, Biro or Watercolour and Wash
Tuesday 27th April - Short poses plus AP Prop
Tuesday 4th May - Annual General Meeting

Cottingham Women's Institute

Tuesday 13th April - Dorothy Taylor "Women's Land Army", at 10.00 am upstairs at the Civic Hall, Cottingham

Cottingham Men's deLuda Society

Wednesday 14th April - Dr. Haris Livas-Dawes "Adventures of an International Journalist II", in St. Mary's Church Hall, Cottingham, at 2.00 pm

Diabetes UK

Thursday 15th April, Dr. Ben Ng, Specialist Registrar in Diabetes, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

Inland Waterways Association

Friday 16th April, Waterways Development in Lincolnshire by Erin Vos, in Cottingham Methodist Church Hall, 8.00 pm to 10.00 pm. Non members welcome.

Skidby Village Hall and Institute

Saturday 17th April - Coffee Morning 10.00 am to 1.00 pm.

North Ferriby Gardening Club

Monday 19th April, "Choice Plants and Border Gems", Stuart Dixon (Nottingham). Stuart travels widely (around 200 talks a year), sharing his love of the traditional English garden in "Down to Earth" talks to garden societies. Plant Stall. Meetings are held in the village hall starting at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 21st April, "My Father was a Snob", David Leeson, at 7.30 in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 21st April, Mr. Roy Kay talk and slides "A Tour of Australia by Air, Rail and Car", visiting relatives, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Fitmums and Friends

Saturday 24th April - Feel Good Day, in the Cottingham Methodist Church Hall, Hallgate, 10.00 am to 4.00 pm.

Cottingham Civic Society

Monday 26th April - AGM followed by presentation, in the Darby & Joan Hall, Finkle Street, Cottingham, at 7.30 pm.

East Riding Flower Club

Monday 26th April - Mr. Tony Cleaver will be speaking and showing slides on London Gardens Part II (we had Part I last year), in the Civic Hall, Cottingham, commencing 2.00 pm. Price for visitors £3.00 at the door. For further information contact Judith Robinson 01482 876279.

Cottingham Men's deLuda Society

Wednesday 28th April- Ken Elletson "Reminiscences of the New Theatre", in St. Mary's Church Hall, Cottingham, at 2.00 pm

Wednesday Social Club

Wednesday 28th April - Susan Pallister - History of HERIB, in the Darby and Joan Hall, at 2.00 pm.

Cottingham Ladies Circle

Wednesday 5th May, Mr. Paul Schofield talk and slides "Hull Parks and Gardens", 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

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Maintaining your Independence with the North Eastern Care Shop

It's a shock if you twist a knee or fall and hurt your shoulder, especially if you're over seventy. At this time of life, your body refuses to heal as quickly as it did even five years ago and life becomes difficult, especially if you live alone. For the first time, you begin to realise how important your mobility is in maintaining your lifestyle.

A friend of mine recently had a hip operation, and was sent home from hospital four days after her operation, after being tested to be sure she could walk ten steps, and go up and down stairs. This lady lives alone. She developed an infection, so a doctor visited, and the district nurse called after ten days to remove staples. Fortunately, she had plenty of friends willing and keen to help, walking the dog, preparing meals, and generally helping out with daily chores, and she was quickly able to do much more for herself.

More serious problems face those who have long term problems with mobility, and this is where it's vital to make your home as easy to run and suited to your needs as possible.

I've been taking a look at the range of disability equipment available, and things are a lot better now than the days when my Gran had to ask for help just to open a tin.

For some, the simple addition of a tap turner or can opener can make life easier, while for others, grab rails in the bath, or specially designed equipment for the shower can turn nightmare manoeuvres into something simple and enjoyable. Wheelchair users may need ramps and wider doorways. You might find it useful to contact the Age Concern Information Line for a free copy of their guide - Adapting Your Home. Other fact sheets include: Older Home Owners - financial help with repairs and adaptations. Disability and Ageing: Your right to social services' and Disability Equipment and how to get it.

If it becomes increasingly difficult to manage alone at home, you need to get help, and the first stage is to ask your local social services department to come to your home and assess the amount of help you need. Your needs are decided against an eligibility criteria, and if you meet those needs, then social services should provide it. At present, adaptations provided by the local authority costing less than £1000 are free of charge, or if the cost is more than this, you may be means tested in order to apply for a Disabled Facilities Grant.

Another charity - The Disabled Living Foundation, will provide free, impartial advice about every type

of equipment. Bath lifts, stair lifts, wheelchairs and scooters are just a few of the aids for disabled people which will enable you to stay active and independent in your home.

The use of an Emergency Alarm is a wonderful aid to confidence, and there are a number of different schemes. One includes carrying a transmitter, which alerts a call centre who will contact your family or friends. When you have this, you know that help is at hand 24 hours a day. Aid Call is a service provided by Age Concern, and charges are kept as low as possible. You will be given a free demonstration of how to use the system, in your home.

Personal independence is important to each and every one of us, and with the use of modern technology, even the most disabled amongst us can take control of our lives. All it needs is the time to look for the tools which meet our needs, the rigorous attention to adaptation of our home, and the correct advice. A huge range of disability aids are available - there could be the perfect one out there for you.

North Eastern Care are a family run business with over 20 years experience. During this time they have gained a reputation for the highest levels of quality and customer care, and are justly proud of their excellent name.

Peter and wife, Philippa know the importance of first class customer service and operate the business with a caring attitude, helping customers to choose the right product to suit their individual needs.

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Proprietor Peter says "In the showroom you will always receive a friendly welcome and we pride ourselves on ensuring that each product we supply meets the individual needs and abilities of each customer and we do not pressure anyone into buying our products".

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CCTV Group

The new recording equipment has been installed and is already helping the Police with the fight against crime in Cottingham! As already mentioned the CCTV Group, who manage the system, are looking for interested residents who would like to be involved. If you feel that you would be interested in being involved please contact the Parish Council Office (847623) for more information – we are particularly interested in hearing from you if you are involved in the licensing trade or perhaps a retailer.

Cottingham Day 2010

The next meeting of the Cottingham Day Committee will be at 6pm on Wednesday 7 April in the Parish Council office. The Committee are looking for a volunteer who can help them with finding sponsorship (in all its forms) for the annual event. Other Committee members are already heavily involved in the day to day organising and the person we are looking for would not be expected to be involved in any other aspect of the event other than obtaining sponsorship. If you think you can help please contact either Judith/Tina at the Parish Council Office or Willow Boyle at Blondes Coffee Shop.

Tree Planting

We have now planted 13 trees in agreed sites around the village as part of the ongoing project to keep Cottingham green. We hope that members of the public will help us keep an eye on our fledgling trees and if you see any person(s) causing damage please let us know.

Affordable Housing on Eppleworth Road

After the admirable attendance by residents of Eppleworth Road at the Western Area Planning Committee meeting held at County Hall in Beverley on 2 March we are pleased to report that the application to build 15 houses on Eppleworth Road was refused.

Refurbishment of the Memorial Garden Gates

The Parish Council is pleased to report that it has awarded the contract (under best value principles) for the refurbishment of the Memorial Garden Gates and hopefully you will notice a major difference to this beautiful memorial very soon.

Bus Shelters

The Council has finally been able to refurbish the bus shelters on Endike Lane and Hull Road. It had been agreed that replacing the perspex panels would only result in further problems with vandalism and graffiti and the decision was taken to replace the perspex with metal panels to try and prevent further damage.

£137 Grants

The Parish Council was pleased to support the Cottingham Springboard Free Live Music Festival once again to the tune of £300. This event has grown each year and is becoming more and more popular.

Yorkshire in Bloom Judging

Although a definite date has not yet been finalised we do know that the Spring judging will take place early in April. We can all help support our entry in this competition by taking extra care and pride in the appearance of our own properties – a general tidy up of our gardens or even just sweeping the pavement outside our own front gate could make a huge difference.

King George V Playing Fields

The Pavilion rebuild is going well and remains on schedule, all interested parties should contact Cllr Gary Cooper on 07702670022.

Hallgate Primary School

Congratulations to Hallgate Primary School on their fantastic success in the Rock Challenge competition held at Bridlington Spa. Not only were they awarded a place but won no less than four awards for Best Make-up, Stage Crew, Student Leadership and The Cultural Award for their Fair Trade theme. Cottingham should be very proud of such an achievement and in the light of the poor press they have received lately, this must be a huge boost for staff, pupils and parents, and we offer our heartiest congratulations!

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5th April - Easter Monday 10 - 4



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The Olympic Organising Committee (Locog) has launched a website for the public to register their interest in tickets online. It also announced a ballot in spring 2011 to allocate 75% of the 8 million tickets. Locog's online service enables users to receive the latest ticketing news - but there is no guarantee those who register will receive tickets. <http://www.tickets.london2012.com/>

The BBC has been running a Get Connected campaign for the last few weeks across the network, particularly on Radio 2. They have had some interesting guests and subjects that you can still catch up with on the BBC iPlayer. Even Sir Terry Wogan has been offering his top tips for TOGS: (and anyone else) 'Look If I can do it, so can you!' www.bbc.co.uk/radio2

Seriously though, if you're still thinking about getting online, think no more, there are lots of reasons for doing so. Contact our local Internet provider Karoo for details of the latest broadband packages, and then we can arrange to set it all up for you.

Are you getting the best speed from your broadband connection? Here are a few points to check. Ideally you need to use a fixed telephone socket, not an extension lead. Make sure you have a microfilter wherever there is a telephone or any other equipment plugged into other phone sockets, including Sky TV boxes. Get a router, wired or wireless, rather than a modem, to get the latest available speeds over the network. (As mentioned last month Speedtouch modems are not able to take advantage of the increased speeds). Speak to Karoo about which package is best for you, you might even be able to save on your monthly payment.

Eset anti virus has proved very popular with customers since we changed over from AVG nearly 2 years ago. If your current protection is expiring soon (regardless of which one) and you would like to have Eset instead, just let us know. It is very light on computer resources, but does an excellent job of protection. You can even get a free 30 day trial from the website: www.eset.co.uk

Our popular Computer Help Feature is into its fourth month now. The most recent issue to go out was on the subject of Word Processing. The next issue will be on Printing & Scanning. Printing is normally quite straightforward, but is something we often receive calls about, so should be a useful reference. In previous issues we have covered Files & Folders, Internet, and Email. As mentioned last month, we have also decided to leave the introductory price unchanged until May, at just £9 for three issues by email, or £12 for three by post. At just £3 per issue that's about the same a computer magazine, but without all the adverts! They are all written in Plain English and no gobbledegook!

The number of malware infections on computers has increased dramatically. With that in mind we are planning to offer another line of defence, and by the time you read this, we should have an excellent product in place, priced around just £20. Please contact us for details.

There is yet another new scam to look out for at the moment. This takes the form of a telephone call from a company (sometimes even saying they have been appointed by Microsoft) that tells you your computer has been sending out messages about security problems and viruses. They then offer to fix all the

problems remotely for a fee. One person was quoted £180, but being understandably concerned and suspicious, he had his computer independently checked and found there was nothing wrong with it. (Please see the Q&A section below about error reports).

If the foregoing items on scams and infections are deterring you from getting online, look at it another way. If you'd never driven a car, and before doing so you had to be briefed about the costs of ongoing maintenance, insurance, tax, and worse - the statistics of major casualties on our overcrowded roads. Would that stop you in your tracks? Or would you think the convenience and the idea of opening up a whole new world was worth some expense and risk...

On my customer visits, and during my Radio phone-in feature, I am asked a variety of questions. Here is a selection, along with the answers:

Q: Something has appeared on my screen recently about 'Browser Choice' - what is that about?

A: Microsoft is now legally obliged to advise Windows users that they have a choice of Internet Browsers; you don't have to use Internet Explorer. This is coming from the Windows Update site, and contains links to other web browsers such as Chrome & Firefox and Safari. Downloading is easy to do, and is all free. One of the alternative choices called Opera has reported double the number of downloads since the Windows message appeared.

Q: Every now and then, when something goes wrong on my computer, I get a small window on screen asking me report an error to Microsoft, is this safe to do?

A: Yes, this does appear quite often now and it is safe to do. All these reports go into a giant database at Microsoft and contain no personal information. They are then analyzed and when there are many of the same type, a fix will be made available to all through the Windows Update site. Microsoft certainly does not pass this information onto other organizations.

Q: I keep hearing about wireless broadband, do I need that?

A: Wireless broadband is mainly required if you have a laptop/s and want to be able to go online anywhere in the house. The one other instance is if you have a PC but it is in a different room to the telephone socket. But you will need a wireless adaptor for your PC. Call us for advice

Q: What about mobile broadband using one of those dongles?

A: This service as the name indicates is provided by the mobile network operators, and the same as mobile phone signals, can vary in strength. Therefore it won't be as fast or as stable as a service via your home telephone line. However for users of a laptop or netbook that are always on the move, it is ideal.

Q: I get a really low signal on my mobile at home or office, is there anything I can do to boost it?

A: Interestingly, one of the mobile operators, Vodafone, has brought out a device that uses your existing (landline) broadband connection to guarantee a good signal on your 3G mobile phone. [See www.vodafone.co.uk/signal](http://www.vodafone.co.uk/signal)

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BRIGANTIA COMPUTER EXPERTS

NEW: Like to get valuable hints & tips delivered to your inbox every month?

A monthly feature filled with 'how to' explanations in Plain English.

Subjects covered so far include Files & Folders, Internet usage, Email, and the most recent was on Word Processing. The April issue will be on the subject of Printing & Scanning.

Yes you can go out and buy a magazine or a book, but sometimes they are not easy to follow and can be full of adverts.

Everyone who signs up will get a free glossary of computer terminology (techno-speak!) and what it all means; and an explanation of what to look for in a computer, or even understanding your own. We are pleased to announce that we intend to keep the introductory price until May at just £3.00 per issue delivered by email (or add £1.00 per issue by post). Payment can be made by cheque.

To take advantage of this, or for a free sample feature to demonstrate how you could benefit, just email us with the subject line: computer feature; and we will email straight back.

News from the Cottingham Bowling Club

Hopefully the recent weather hasn't affected our greens too badly. Both of the greens had constant attention when the weather allowed it from a band of volunteers known as 'the Monday Morning Gang'. The greenkeeper, Mike, and Eric Gibbons try to restrain their enthusiasm – all that work and all they receive is a cup of tea and a biscuit (as well as everybody's thanks!)

The end of the Indoor season culminates in a joint Prize Presentation/Coffee Morning at the Club. Competitions have been taking place throughout the winter and some of our newest players have been winners. They find it helpful as the indoor bowling introduces them to the techniques of bowling as well as helping them get to know just about everybody at the Club.

The outdoor season should open on the 18th or 19th April, (weather permitting!). All the members are looking forward to playing outside again. The forecast of a "BBQ summer" will for once hopefully be right. There will be an 'induction meeting' for new members at 7.00pm on Wednesday 21st April.

Alan Woodeson, the Club President, wearing his other hat as the Competitions Secretary has once more got the outdoor competitions under way. As in the indoor competitions, most members take part and our newer members are encouraged to join in. Last year at least half a dozen of them were amongst the winners and hopefully this year will see a repeat performance!

The members enjoyed a 'Pie & Pea Supper' in 2009 and are going to repeat the event in August. Existing members, please call in at the club to pick up the latest Newsletter – and - if YOU fancy taking up bowling, why not call me?

I am the Club Secretary, Brian DeVine on phone number 01482 847303.



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Wordsearch - Horsing Around

Can you find the hidden words in the puzzle below, they maybe horizontal, vertical or diagonal, forwards or backwards.

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

Find the words in the letters above:

Appaloosa, Arabian, Bangtail, Bay, Bronco, Canter, Chestnut, Clydesdale, Colt, Crossbred, Draft Horse, Filly, Foal, Gallop, Gelding, Lipizzaner, Mare, Morgan, Mount, Mustang, Palomino, Pinto, Pony, Quarter Horse, Racehorse, Saddlebred, Saddle Horse, Shetland Pony, Shire, Sorrel, Stallion, Steed, Suffolk, Tarpan, Thoroughbred, Trot.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 40 -

This is an easy challenge this month

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

Cottingham Florist Barbara Johnson awarded a Graduateship in Floristry

Barbara Johnson has been Cottingham's Premier Interflora florist for 27 years and has recently been awarded a graduate-ship in floristry from the City and Guilds Institute. This prestigious award is in addition to her long list of qualifications and achievements.

Through a passion for creating, Barbara Johnson entered floristry in 1975 and won numerous awards in local and national competitions including the Harrogate Flower Show. These awards led to formal study at Bishop Burton College of Agriculture. After opening her florist shop on Finkle Street in 1983, she continued to study the craft of floristry and gained her NDSF and a Licentiate-ship of the City and Guilds Institute.

Having taught evening classes at many institutes in Hull and the East Riding, Bishop Burton College of Agriculture and Askham Bryan College near York, Barbara graduated through Hull College and the University of Huddersfield with a Teaching Certificate in Education. Johnson also holds special Interflora qualifications, along with the D32 and D33 assessor's awards.

With her many years of experience and a myriad of qualifications, Barbara creates a breathtaking array of flower creations which enables her to provide customers with the ultimate 'Signature Range' through Interflora, which is only available through florist businesses at the top of the trade. This range offers specially designed modern and traditional creations that require the highest skill to produce.

Barbara also specialises in unique work for weddings, corporate events, sympathy flowers and all other special occasions that demand skilled floristry work for a memorable day.

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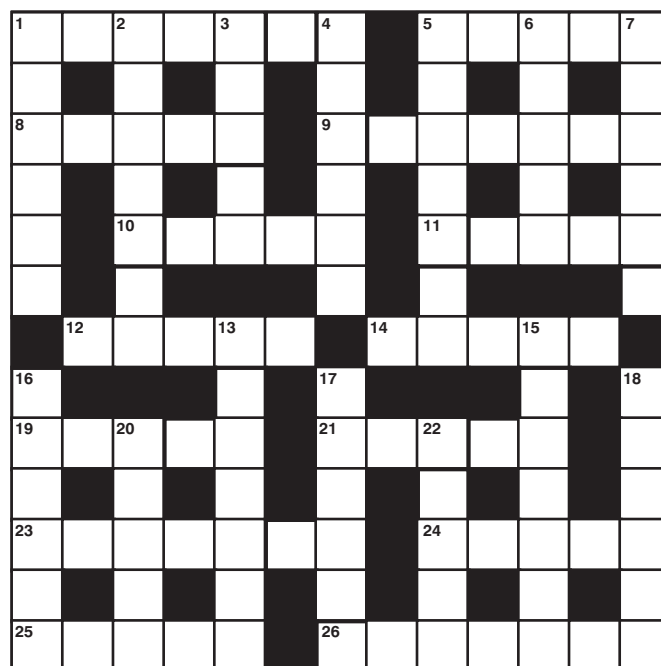
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Crossword - Solution on page 46



Across

1. Major Prize (7)
5. Sentinel (5)
8. Circus performer (5)
9. Skittish (7)
10. Synthetic fabric (5)
11. Relating to the moon (5)
12. Proficient (5)
14. Mild and pleasant (5)
19. A closed litter for one passenger (5)
21. One more time (5)
23. Copy (7)
24. Rabbit Shelter (5)
25. Locations (5)
26. Assimilates (7)

Down

1. Nocturnal canine (6)
2. Enthroned (7)
3. Appointed committee (5)
4. Lessee (6)
5. Large ape (7)
6. Fruit of the oak (5)
7. Wilderness (6)
13. Writing implements (7)
15. Leviathan (7)
16. Takes over without authority (6)
17. Elongated fruit (6)
18. Treasure (6)
20. Terminus (5)
22. Dull pains (5)

Crossword courtesy of www.puzzlechoice.com

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In the Kitchen



Origins of Cornish Pasties

As the name suggests The Cornish Pasty hails from Cornwall, the southernmost county in England, famous for its clotted cream and ice cream and the legend of King Arthur (he of Camelot fame).

Although pasties in general have a long history in British cuisine dating back to the 13th century, it wasn't until the expansion of tin and copper mining in Cornwall in the 18th and 19th centuries that the Cornish Pasty came into existence.

Cornish Pasties were born out of the necessity to feed the miners and other workers, who needed a nutritious meal to sustain them through their long day of gruelling work. Pasties were the perfect food. The thick pastry case made them highly portable as well as acting as an insulator for the hot filling. Furthermore, the crimped edge also acted as a handle which could be thrown away – an important aspect as workers' hands were more than often dirty.

So popular were these pasties that some mines built huge ovens to keep them hot until it was time to eat and indeed, miners' wives often marked their husbands initials at one end of the pastry to avoid anyone eating the wrong pasty. This was also useful should the miner wish to save part of his pasty for later, was possibly a contributing factor in the way pasties were eaten, i.e. from one end to the other, starting at the un-initialled end.

If there was no oven at the pithead, another method of reheating pasties was to put them on the blade of a shovel and place it over an open fire.

Over time the Cornish Pasty spread across the country with the suggestion that Cornish miners introduced the pasty to these places when they left Cornwall in search of work. They even took their pasty tradition to America when the mining industry was in decline and they found themselves emigrating in search of a better life



What is a Traditional Cornish Pasty

Even today, there are many arguments as to exactly how a traditional Cornish pasty is made: from the type of pastry used to the filling to the shape.

Let's take the shape first of all. If the idea was partly to protect

people from the possible intake of harmful substances, then it would be much easier to eat a pasty with a side crimp without fear of the filling falling out.

With regards to the pastry, it has to be remembered that the idea was to transport the pasty from home to the workplace, possibly amongst other equipment, so the pasty shell must have originally been very sturdy so as not to crack or leak. Although today many Cornish Pasties are made with puff pastry, it would be most surprising if working class housewives had the inclination or time to spend on making anything but the most simple shortcrust pastry, probably using lard.

The original Cornish Pasty contained a filling of meat, potatoes, onion and swede but sometimes were made with a savoury filling at one end and a sweet filling at the other, in effect providing a two course meal. This may sound strange, but on hindsight, it was actually not a bad idea for manual workers, as the sugar content in the sweet part would provide an instant energy boost, whilst the carbohydrates in the pastry and potatoes would provide a slower release of energy to keep them going through the afternoon – not that this was given any consideration at the time.

It is now widely accepted that the meat was chopped into small pieces, that the vegetables were thinly sliced and that all the ingredients were raw when sealed in the pastry.

Today's Cornish Pasty

The Good, the Bad and the downright AWFUL

The Cornish Pasty industry in the UK is big business with most supermarkets and grocery stores selling them. Manufacturers have dropped the savoury and sweet pasty tradition, use either shortcrust or puff pastry and often minced beef.

The addition of carrots is frowned upon by many Cornish Pasty gurus, as is the addition of too much seasoning, with some ready made varieties on sale being positively "spicy", and for those who believe the vegetables should be layered in the pasty, the now common practice of chopping everything so finely so as to make the ingredients almost indistinguishable is sacrilege.

In truth, you have to go a long way to purchase a traditional ready made Cornish Pasty, so if you want to get the true taste and experience, it's best to make your own. (See below for a traditional recipe).

Cornish Pasty Superstitions & Legends

Miners used to leave a corner of their pasty (preferably the one with their initials on it) for the 'Knockers' who were mythical 'little people' who dwelled in the mines and who would cause bad things to happen unless they were appeased with morsels of food.

Many Cornish fishermen still refuse to take a pasty on board their boat when embarking on a fishing expedition believing it to be bad luck.

Legend has it that the Devil never crossed the river Tamar into Cornwall on account of the belief that Cornish women were in the habit of putting everything into their pasties, so he was not brave enough to risk that fate

Traditional Cornish Pasties

Ingredients

450g/16oz Shortcrust Pastry
350g/12oz Skirt of Beef Steak cut into small cubes, not minced
2 large Potatoes
1/2 Swede
1 large Onion, peeled and thinly sliced
Plenty of Salt and Pepper
Beaten Egg

Instructions

1. Preheat the oven to 220C, 425F, Gas Mark 7.
2. Peel and slice the potato and Swede into thin, small pieces about 1cm/1/2- inch across.
3. Roll out the pastry to about 6mm/1/4 inch thickness then using a plate as a template, cut out 4 large circles.
4. Place a thin layer of the prepared vegetables on one half of each circle, making sure you leave a 2.5cm/1-inch border along the circle edge, then place a layer of beef on top and season with salt and pepper. Repeat this layer once being careful not to have too much filling which would cause the pastry to burst during the cooking process.
5. Fold the other half of pastry circle over the filling and squeeze the edges firmly together. Starting at the right side using first finger and thumb turn the edges over to form a crimp. Repeat this process all along the edge. Brush the pasty with beaten egg. Repeat with the remaining pasties.
6. Place the pasties on a baking tray and bake for about 20 minutes then reduce temperature to 170C, 325F, Gas Mark 3 and bake for a further 45-50 minutes. Serve cold with salad or hot with vegetables

Quick Mango Cheesecakes

Ingredients

100g/4oz Digestive or Gingernut Biscuits
The Finely grated zest of 1 Orange
200g /7oz Cream Cheese
4 tbsp Caster Sugar
120ml/4fl.oz. Double Cream
2 Fresh Ripe Mangoes, peeled and diced

Instructions

1. Place the biscuits in a polythene bag and lightly crush them with a rolling-pin. Set aside
2. Place the cheese, orange zest and caster sugar in a large bowl and beat until smooth.
3. In another mixing bowl, whisk the cream until it just holds its shape then fold it into the cheese mixture.
4. Place half the diced mangoes in a food processor and process until smooth.
5. Divide half the biscuit mixture between 4 serving glasses, spoon over half the cheese mixture, some diced fruit and a little of the puree. Sprinkle the rest of the crumbs, cheese mixture, fruit and puree into each glass and serve immediately.



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Chicken with Bean Sprouts

Ingredients

1 teasp Dry Sherry
1 teasp Salt
2 teasp Cornflour
1 Egg White
3 Boneless Chicken Breasts, skinned
6 tbsp Vegetable Oil
220g/7oz Fresh Bean Sprouts
1/2 teasp Sugar
Shredded Spring Onion to garnish

Instructions

1. In a large bowl, mix together the sherry, cornflour, egg white and half the salt.
2. Cut the chicken breasts into very thin slices then add to the bowl containing the sherry mixture and mix well.
3. Heat 4 tablespoons of the oil in a large frying pan or wok until very hot, add the chicken and stir fry for 2-3 minutes until cooked through. Transfer to a warmed plate with a slotted spoon.
4. Add the remaining oil to the pan and heat until very hot. Add the bean sprouts further minute. Return the chicken to the pan together with the sugar and stir fry for 2-3 minutes. Serve immediately garnished with the spring onions.

Rhubarb Crumble

Ingredients:

675g/11/2 lb Fresh Rhubarb
Sugar to taste (about 100g/4oz)
Water
For the Crumble
100g/4oz Flour
50g/2oz Butter
75g/3oz Sugar

Instructions

1. Preheat the oven to 190C, 375F, Gas mark 5 and grease an ovenproof dish.
2. Wash and trim the rhubarb and cut into large chunks. Place in a saucepan with 2 tablespoons of water. Sprinkle over the sugar and cook over a low heat for 3-5 minutes only, turning constantly. Transfer to the prepared dish and set aside.
3. In a bowl, rub the butter into the flour with your fingertips until it resembles breadcrumbs then stir in the sugar and mix well.
4. Sprinkle half the crumble mixture over the rhubarb pressing firmly. Add the remaining crumble mixture, spreading evenly and bake in the oven for 25 minutes until crisp and golden brown. Serve hot or cold.

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Folk Dance Teams come to Cottingham

Two of East Yorkshire's leading folk dance teams, the Green Ginger Garland Dancers and the Green Ginger Morris Dancers, are now both based in Cottingham.

The Garland dancers, an all-female group with a wide age range, recently began their regular Thursday 8.00 pm - 10.00 pm practice sessions at the Zion United Reformed Church in Hallgate, while the Morris men now practise at the nearby Methodist Church every Tuesday night from 8.00 pm - 10.00 pm.

The ladies' team dance a range of folk styles, from French garland dances to North-West England stick dances, while the men dance traditional Cotswold Morris. During the summer, both teams perform at various events across East Yorkshire and further afield.

The teams are always on the lookout for new members. For more information and contact details, visit www.greengingergarland.co.uk, or www.green-ginger-morris.co.uk.

'Spring' into your local library at Cottingham

If you are not already a member now is a good time to come and see us and join the library. We've got lots of new stock to tempt you. If you can't find what you want we can obtain it for you free of charge.

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Cottingham Darby & Joan Announcements

The Cottingham Darby & Joan Luncheon Club, Finkle Street, require a kitchen assistant every Friday from 11.30 am to 3.30 pm. Minimum wage paid. For details please ring Mrs. Hodge, Tel. 849077 or the Club on a Friday, Tel. 845819.

The Darby & Joan Luncheon Club also has vacancies for those living in the HU16 postal address area. The Club meets every Friday for lunch and some entertainment in the afternoon. Anyone interested in joining please ring Mrs. Hodge, Tel. 849077 or the Club on a Friday. Tel. 845819 for further details.

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“Wills, plain and simple”

Most people over 55 years old know they should have a Will.

They know that a Will ensures that when they die, the people they have chosen will take care of their estate and benefit from it.

Yet many still have not got around to making a Will, often because they are put off by the costs involved, and understandably so.

A Will is an important legal document. If the price is too low, people wonder whether the adviser has adequate knowledge or expertise; too high, and people wonder whether their Will requires the level of expertise the price implies.

The result for many is that they never get around to sorting out their Will.

That is why Andrew Jackson Solicitors have launched the Wills, *plain and simple* scheme for the over 55's.

Under this scheme, the price of Wills are fixed at £150 plus VAT for a couple. For a single person the price is just £100 plus VAT.

Additionally, if you attend our Wills clinic at Cottingham then we are offering a free initial consultation with no obligation if you decide you do not want to proceed at the end of the appointment.

The *plain and simple* label indicates that this scheme is aimed at clients whose requirements are straightforward.

You will still benefit from being advised directly by a solicitor, but provided your requirements are uncomplicated, the price will be in line with the *plain and simple* scheme.

If your requirements go beyond the limits of the scheme, for instance if you need tax advice, or your Will needs to include trusts or more complicated arrangements, we will tell you so and let you know what the cost will be for the Will before we start work.

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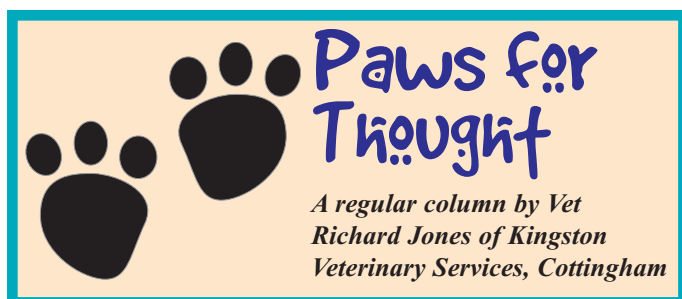
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Doggy Paddle for Fitness and Re-couperation

This month's article is by Gemma Stuckey, one of our veterinary nurses who is now branching into canine and feline hydrotherapy at our Bluewater Hydrotherapy Centre.

Having been a trained Veterinary Nurse for ten years now I was looking for a new challenge when the practice announced that we had acquired the Bluewaters Canine Hydrotherapy Centre down the Boulevard and further staff would be needed to help Julie who runs the ever busier centre.

So what is hydrotherapy?

Hydrotherapy provides a non weight bearing form of exercise for dogs in need of careful rehabilitation after injury, surgery or other orthopaedic conditions. It is also very beneficial to dogs that need to lose weight or increase fitness and is an exercise that your dog will really enjoy.

We have dogs from 16 weeks old to 18 years old that regularly go for swims in the hydrotherapy pool.



Jazz the lurcher on the underwater treadmill at the Bluewater Hydrotherapy Centre.

Did you know?

It is estimated that one minute of hydrotherapy for a dog is equivalent to going for a one mile walk?

The facilities at Bluewaters are excellent, proved by the fact that canine specialist orthopaedic surgeons from as far as Brighthouse send us cases post surgery.

The hydrotherapy pool measures 15' long, 8' wide and 4' deep, the water is heated to a constant 86°F. Entry to the pool is via a non slip ramp and all dogs wear either a buoyancy aid or harness. Both before and after using the pool the dogs are showered.

Underwater Treadmill

We also have an underwater treadmill. This is used for larger dogs and certain orthopaedic conditions where watching the range of movement of the dog is important. The dog walks into the tank, which then slowly fills with water up to the dog's waist. Then the treadmill starts to move so the dog is walking through the water.

The majority of dogs we see have never been in water before so we spend a long time on their first visit. First we let the dog familiarise itself with the centre being allowed to run freely around. Then the dog will be showered and taught how to walk in and out of the pool using the ramp. Unlike many hydrotherapy centres we do not use a pole to hold onto the dog in the pool, we don waders and get in the pool with the dog. Only constant praise and reward is used, there is no forcing of the dogs into the pool. The first swim will usually be no longer than 3 minutes but with increased fitness and stamina a maximum time of 25 minutes can be attained.

I am really looking forward to working at Bluewaters. As we are members of the canine hydrotherapy association I had to go on a 2 week training course at Greyfriars hydrotherapy centre down south. Already I am seeing the benefits of hydrotherapy in the dogs I have seen regularly over the last few weeks and enjoy the one to one contact with dogs and their owners.

How do I arrange an appointment?

If you would like more information about hydrotherapy or to book an appointment please contact Bluewaters on 01482 226944 and speak to myself Gemma or the other members of the team Julie and Briony. All dogs will need a veterinary referral form filling in by your veterinary surgeon.

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Hello again, how are you doing? I hope all is well. Is the winter over? Is it safe to put the thick jackets away yet? I'm not sure. One of the great things about the snow we have had this year is the different appearance of the landscape that surrounds us. I love it in the East Riding and the last time it snowed prior to writing this I took the opportunity to nip up to Beverley Westwood to take a few photos. In no time at all I had some new pictures for work. I'm no David Bailey but I'm really pleased with them. What do you think about my favourite?

Beverley Westwood - footprints in the snow, Obviously I had a little tinker with the colour scheme

From A Whitening Of The Landscape Back To Tooth Whitening

Do you see what I did there? Power whitening is different to the professional tray whitening that I described last time. You do the tray



whitening at home either during the day or while you are asleep. With power whitening it is done by your dentist. There have been several ways to do it. Some involve lights, some lasers, heat, trays or no trays. In the majority of cases it uses the same or similar ingredients as the professional tray whitening but at a higher concentration.

This is why it needs to be professionally done in a very controlled manner. There is always controversy as to which way is best. Certainly a number of expert dentists that I have been to see speak at courses and conferences at least question the need for lights. The power whitening that uses a light with the whitening gel is said to activate a special photo initiator catalyst within the gel to give a speedy result. Some say that the light just warms up the gel to speed up the reaction.

The obvious benefit of this technique is that it takes less time and requires a lot less input from yourself, i.e. you do not have to be bothered to do it. The drawback is the one off session. You may not get the result that you want in that one session. I mentioned last time that not all teeth have the same susceptibility to whitening and may take longer than others. Also, more rapid whitening may not be as stable a result. Therefore a good idea is to have the professional tray whitening to top up at home both in the short term and long term.

How Much Whiter Do You Want?

For those of you who want your teeth a lot whiter than you have now either because your teeth are really quite dark or you are off to a fancy dress party as Simon Cowell then there is an intense whitening technique. This involves professional, home performed, tooth whitening for the first week or so and then a power whitening session by your dentist. The whitening process picks up momentum with the tray at home then WHAM! Of course you have the tray to top up when you want. This is a really good technique and works superbly well. You will be in the dental chair for 30-60 minutes during the power whitening phase.

Are You A Sensitive Soul?

I mentioned last time that tooth whitening can give transient tooth sensitivity. As the power whitening is a more intense process it can give a more intense transient sensitive, if you are that way inclined. However, this can be managed with a desensitiser in the whitening tray. If you have sensitivity before you start whitening it would be worth treating this before you start. Do not forget that dental restorations (fillings, crowns and bridges) will not be whitened. If you want these whiter they will need replacing.

I have some great news from the touchline. My daughter's under 12's football team won their first game. Hooray!!! They were all really chuffed and I don't blame them. It was only a friendly but against a team in the league above. Well done to the girls and coaches. Onwards and upwards. I missed the game this week as I was at a re-union. Typical.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry.www.castlepark-dental.co.uk

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The Age Concern detailed above is a registered charity. Age UK is the new force combining Age Concern and Help the Aged. We will be known by our new name in Spring 2010. The Age UK family includes Age Scotland, Age Cymru and Age NI.

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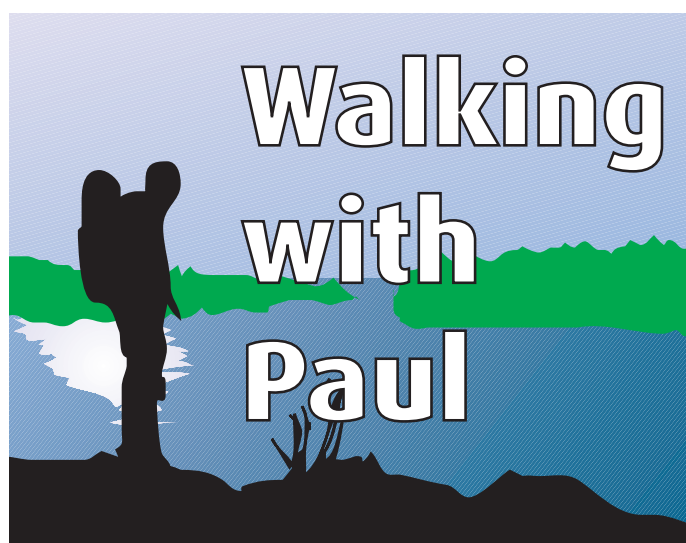
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Here is Paul's latest walk in his series of monthly rambles. This month his destination is Brantingham

Maps:- EXPLORER 293

**Park at GR. 940294 Near the village pond.
Distance 6.1 Miles.**

Leave the car park area and keep right and take the surfaced road up Spout Hill. At the top of the hill the surfaced road gives way to a wide grass track. Continue along this track to meet a minor

road. At this road continue straight ahead to the next bend and then leave the road and continue down a path. This path passes through Bottom Plantation.

At the next junction of paths, turn left and follow the track to Wauldby Manor Farm. Turn left at the farm and pass the Dam (pond) on the right and immediately turn right and walk with the hedge on the right passing a narrow plantation. At the end of the field pass through a kissing gate and immediately turn right and walk with the fence and a concrete road on the left.

On reaching the road, turn left and walk down the road for about 400 metres. Locate a kissing gate on the right, pass through this and walk through the wood to meet a minor road in Elloughton Dale. On reaching the road turn left, cross the road and then turn right and pass through a kissing gate and then climb the steep hill through the wood.

At the top of the hill, turn right and then on reaching a metal gate, turn left and continue climbing through the wood. At the end of the wood, pass through a kissing gate to emerge on Spout Hill. Turn left and retrace your steps back to the village.

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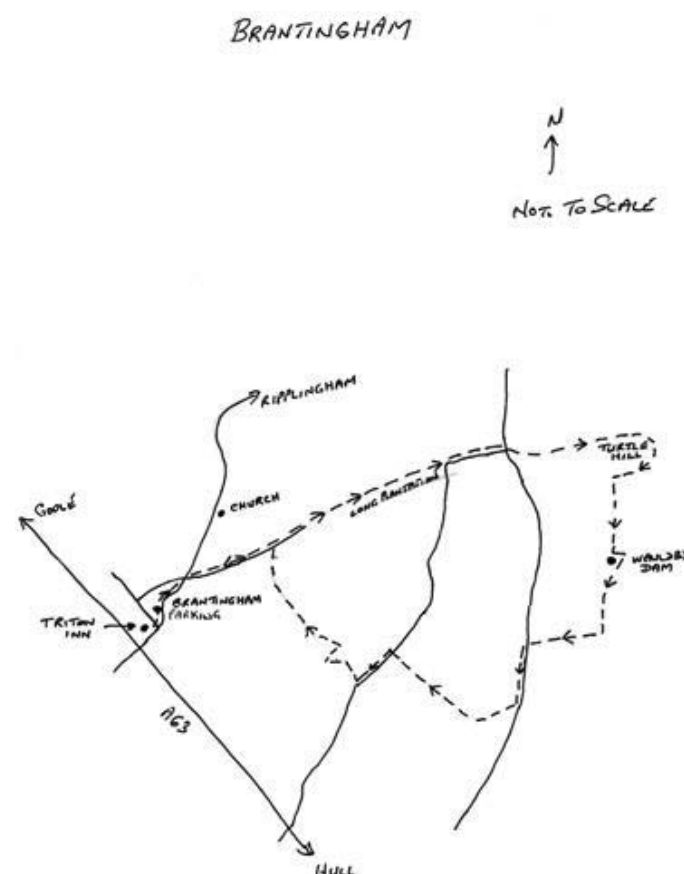
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Cottingham Rangers B Under 8's Mini Soccer team's dedication certainly pays off

We all know how important it is to work effectively as a team and Cottingham Rangers B Under 8's mini-soccer football team are no exception. The team formed last Summer and since then have gelled perfectly, enjoying famous victories against stiff opposition. But their real strength is in their team spirit, character and discipline which together with their flair makes them a wonderful team to watch.

They are well supported too with Mums, Dads, Grandparents and coaches (Joe White and Paul Baker), playing their part behind the scenes and enjoying the entertainment on Sunday mornings, (home games are played at Cottingham High School).

Good team work certainly pays off, they are a credit to themselves and the Club.

Well done Boys and girl!

Pictured above with Paul Baker (coach) from left to right are: Adam Wilson, Joshua Tejo, Harry Maloney, Cameron Barnes, Tyler Ball, Giles Therkelson-Smith, Joe Marsden, Dylan Bordas, Ben Maughan, Matty Charlton and Chloe Cook.

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In the Garden



Vegetable Garden

Chit and plant out second early potatoes in the first half of the month and maincrop potatoes in the second half. Potatoes can be planted in deep drills or in individual planting holes, with 5cm of soil mounded over the top. Alternatively, plant them through slits in black polythene mulch.

Sow beetroot, carrots, Swiss chard, summer cauliflower, kohlrabi, lettuce, leeks, radish, turnip, spring and pickling onions, peas and perpetual spinach in well-prepared soil.

Plant shallots, garlic and onion sets.

Plant Jerusalem artichoke tubers.

Plant asparagus crowns. A deep, friable, well-drained soil with plenty of organic matter incorporated is ideal.

Broad beans grown in pots can now be transplanted into the garden.

In the second half of the month (wait until early May in cold areas) you can sow marrows, courgettes, pumpkins and squash in a heated glasshouse at a germination temperature of 16°C (61°F).

In very mild areas you may be able to sow dwarf French beans and sweet corn outside under cloches or fleece, but in cooler areas it is best to wait until May.



Top 10 jobs

1. Keep weeds under control
2. Protect fruit blossom from late frosts
3. Tie in climbing and rambling roses
4. Sow hardy annuals and herb seeds
5. Start to feed citrus plants
6. Increase the water given to houseplants
7. Feed hungry shrubs and roses
8. Sow new lawns or repair bare patches
9. Prune fig trees
10. Divide bamboos and waterlilies

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Sow a seedbed of brassicas to provide transplants of sprouting broccoli, cauliflowers and cabbages that will be ready for planting out to their final position in June or July, and for harvesting in autumn/winter. It is rather late for sowing Brussels sprouts, but you can still buy young plants from the garden centre.

Sweet peppers, tomatoes, cucumbers, aubergines, celery, salads and globe artichokes can all be sown in a frost-free greenhouse. Artichokes and celery can be transplanted outside later in the spring. Tomatoes germinate best at 22°C (72°F), and can either remain in the greenhouse or go outside from early summer onwards. Peppers, cucumbers and aubergines do best kept under cover throughout their life.

Pot up tomato seedlings when they develop true leaves above the more rounded seed leaves. After growing on in small pots, they can be planted into larger pots or growing-bags.

Plant out onions sown from seed earlier in the spring. Don't use ground used for onions in the last three years.

Pea plants should be supported with sticks, twigs, green support mesh, or wire netting from the garden centre.

Thin out rows of seedlings as soon as they are large enough to be handled.

Fleece and polythene can be used to protect early outdoor sowings. Many vegetables can bolt if sown outside too early without protection (beetroot being an example). A greenhouse or conservatory is useful in all but the very mildest areas with the lightest soils, to start seeds off, hardening off and transplanting the young plants into the vegetable garden later in the spring.

You could prepare your runner bean supports and trenches for sowing (in May) or planting out (in June). This will save you time later.



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Your Stars for April 2010 - By Kay Gower

Aries - (Mar. 21- April 20)

This month your confidence attracts friends and followers. During the next four weeks you are the frequent recipient of spontaneous kindness. A month to look forward to.

Taurus - (Apr. 21- may 21)

Ignore anyone or anything that is not helpful to you. With your "no drama" policy this month, you will conserve your energy so you can turn around devote more time to doing exactly what brings you the most pleasure.

Gemini - (May 22-June 21)

Be open to others and you will be loved for your candid truths. Gemini's have a way with words and people, and you will be on top form with both all month.

Cancer - (June 22-July 22)

Everything works out wonderfully if you simply refuse to worry. When you feel yourself heading in a mentally defeating direction, just stop the thought. Go for a walk. This is the month to conquer the habit of dwelling in fear.

LEO - (July 23-Aug 22)

Everyone has unique strengths, and during the next three weeks, yours will be increasing. If you don't yet know what they are, they will become obvious by the end of the month.

Virgo - (Aug 22 - Sept. 23)

April offers you a new hook on which to hang your star. At the end of the second week, a clever move will depend on your ability to observe what others don't. Do more listening than speaking.

Libra - (Sept. 24 -Oct. 23)

This month sees you coping so gracefully with everything that is thrown your way that you make it all seem rather minor - and so it is. You are now at your best, and the stars help you create much needed relaxation.

Scorpio - (Oct. 24 - Nov. 22)

Family may seem demanding and difficult to understand around the 15th but there is so much going on during this month you will be hard pushed to fit anything in. Try not to make firm plans as there may be changes to be made at the last minute.

Sagittarius - (Nov. 23 -Dec. 21)

You thrive under a certain amount of pressure but try not to get dragged into any overt dramas mid month, your energy is high and this will draw others to you, but standing back will benefit you more effectively.

Capricorn - (Dec 22.- Jan. 20)

Finances are in the spotlight as everything you plan seems to turn out more expensive than expected and your usually conservative attitude towards money seems to have fallen by the wayside.

Check your budget and spend the first week of the month planning ahead.

Aquarius - (Jan. 21.- Feb. 19)

The newness of spring is finally within grasp. The wheels of change won't begin to increase their motion until mid-April, but this is a month for looking ahead, caring, sharing and believing that your time is coming soon.

Pisces - (Feb. 20-Mar. 20)

The past is over and the future is about to begin, and it is important this month to look forward to the potential.

By the middle of April ideas and plans will be taking shape, Jupiter is making his mark in your sign and will be providing some feeling of new beginnings.

Shepherd's Crooks and Walking Sticks course to be held at Longcroft School, Beverley

A course about making walking sticks and shepherd's crooks, run by Brian Bate, community sports coach and outdoor activity instructor, is being offered by East Riding of Yorkshire Council.

These courses have been running since September 2009 and have proved popular.

Brian has been making walking sticks and shepherds crooks in Leicestershire for many years. He has now moved to the East Riding and is offering to teach the craft to people here.

This course has proved extremely popular with some wonderful sticks being made by the course participants.

Those taking part can make their own crook or stick from traditional materials. Handles can be made from antler or a selection of hard woods and the shanks will be made from hazel or blackthorn.

Participants will be taught techniques such as carving the handles, shank straightening jointing methods and how to fit a ferrule. All tools and materials supplied.

Dates currently planned for the courses are 17 April, 19 June, 18 September and 11 December 2010.

All courses will be held at Longcroft school in Beverley from 9.30am until 4.30pm.

Tickets cost £50 per person and early booking is essential.

Details and bookings are available from Brian Bate at Brian.Bate@eastriding.gov.uk or 07899 994 830.

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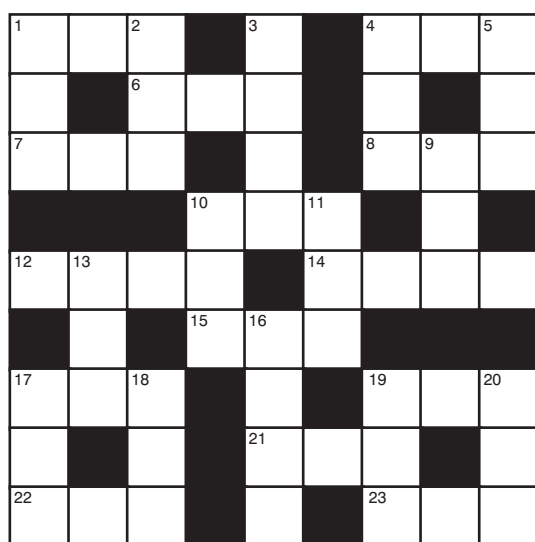
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Number Cruncher



Across

1. 2 down times three
4. 197 doubled
6. 11 down plus 185
7. 19 down plus 104
8. 1 across plus nineteen
10. Months in nine years
12. 14 across plus ninety-four
14. Hours in six weeks
15. Five times 9 down
17. 18 down minus twelve
19. Months in eleven years
21. 4 across doubled
22. Minutes in five hours
23. Three times 10 across

Down

1. Four times 10 down
2. 13 down plus seventeen
3. Five times 12 across
4. 23 across plus thirty-two
5. Minutes in seven hours
9. 19 across plus thirty-eight
10. 22 across minus 172
11. 21 across plus twenty-two
13. Seconds in three minutes
16. 3 down plus sixty-three
17. 15 across minus thirty-seven
18. 17 down plus seven
19. 20 down minus eighty-one
20. 4 down minus ninety-two

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April 2010

Having won the Elite Travel Agent of the year, we are now in the running for another award although I had to answer a few questions and one was rather tricky! At Marion Owen Travel we prefer old fashioned service, face to face or over the telephone ensuring that we are getting the right vibes to ensure your holiday is just right. The internet does not chat to you! Anyway, the question was regarding technology; I still have problems sending a simple text but emailing has become the norm. Our badly designed website is going to have a revamp, hopefully very quickly and you will be able to read my daily jottings of up to date information on my blog page. This will highlight new offers and travel tips around the world.

We are busy at the moment with cruising for summer 2011, now is the time to book for Early Bird savings & you can pick your cabin.

Changing the subject from my passion for cruising; I love photography. Landscapes and wildlife are my favourite shots; the latter is so difficult to capture, you can travel a long way and don't see what you are looking for! Here are a few tips of when to go where

Tigers in India : April is a good month for sightings when the land is at its driest before the monsoon rain arrives. The tigers have to seek water and with less vegetation they are also easier to spot. I have a colleague who has just returned with 16 fantastic photos taken whilst on a train journey. Call for more details

Bears in Canada : May sees the waking up of the bears, they feed until the early autumn when they go back into hibernation for the winter. Whilst you may see sightings of bears there are many other animals you may come close to e.g. moose, caribou & elk. By August you will see the salmon running and throughout the summer you can often see whales too. You are not likely to return without some encounter close to nature. Durations and cost of your holiday can be tailored to suit you. Myself and Lynne are Canadian Specialists and know the territory well.

Bears in Finland : Closer to home, June is a great time to see brown bears in the Finnish wilderness. In addition to the brown bears you may see reindeer, wolves and interesting bird life. The hides occupy a fantastic position in a forest clearing ideal for photography. The long evenings at this time of year are perfect for observing and photographing the wildlife. For example 4 days from £949.

The great migration – Kenya in July sees hundreds of wilder beast and zebra crossing the Serengeti to the Grumeti River in the Masai Mara where they stay until mid September.

Turtles in Costa Rica: July through to mid September: green leatherback & hawksbill turtles plus you may also see bulldog bats, toucans, anurans, 7 species of tortoise, manatees and alligators.

Polar Bears – Churchill Canada: end of October into November, this adventure can be done in as little as a 5 day break.

Orion Expedition Cruising offers small ship adventures to a selection of very special parts of the world. E.g. The Inner Sea of Japan, Far Eastern Russia and my very favourite at the moment is Darwin to Broome along the top of Australia, an area not that well accessible from the land but by sea is something really special; Lynne has fallen in love with the amazing wildlife whilst cruising around Borneo.

Now I feel like I have had a bit of a fantasy break, those I have not experienced and are on my to do list, I will tick them off one by one!

We have just got a special rate from The Japamala Resort, Tioman Island, on the East Coast of Malaysia. This idyllic island hideaway of only 14 chalets and suites can be booked for around £1,800 p/p for 10 nights. Absolutely ideal for honeymooners and anyone wanting to get away from it all in rustic jungle luxury. PS The diving here is phenomenal!

Madeira needs your support, there are lots of offers available to tempt you, free half board and a sea view at the 5 star Pestana Carlton, saving you £465 per person. Hotels available to suit all budgets—please ask.

Portugal 7 nights flying from Humberside this June, this offers you the opportunity to visit the lesser known and less touristy areas of the west coast. I really enjoyed this area when I went many years ago and love the city of Oporto. Call for details.

Nile cruising aboard the Deluxe Royal Viking for 7 nights plus a 7 night free stay in Luxor includes flights from Manchester £899 per person twin share. Various dates April – July, hurry subject to availability at the time of booking.

Remember Marion Owen Travel is a full travel agency, whatever you are looking for, let us have a look at it. We offer you the security of knowing who you are dealing with and are often cheaper than on the internet. We have many special group departures and this year you can join me on my travels along the Main Danube Valley in May, Oberammergau in June or further a field to New York and Bermuda late August. Not only do we do the quirky things in travel, but we sell normal package holidays too.

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Arterian Singers hold Come-and-Sing Messiah in St. Mary's Church, Cottingham on Saturday 8th May

The Arterian Singers are holding a Come-and-Sing Messiah on Saturday 8th May 2010 in St. Mary's Church, Cottingham. Rehearsal: 2 - 4 pm; performance: 7:30 pm. Price for both singers and audience: £5, payable at the door.

Please bring your own copy if possible (15 available to borrow). Profits will be shared between Dove House Hospice and the Sunflower Children's Hospice in South Africa, the latter being regularly supported by St. Mary's Church. Further information: 01482 442758.



Willerby Methodist Church Drama Group donate a cheque for £1,000 to the "When You Wish Upon a Star" appeal

At a recent presentation ceremony, at the Skidby Lakes Golf Club, Willerby Methodist Drama Group presented a cheque for £1,000 to the "When You Wish Upon a Star Appeal".

The money was raised during the drama groups Christmas Pantomime "Jack and the Beanstalk" in January.

Pictured above: Stuart Hickson of the Willerby Methodist Drama Group presents the cheque for £1,000 to Nikki Bradley of the "When You Wish Upon a Star Appeal".

Below: Some of the cast from the Jack and the Beanstalk pantomime performed by Willerby Methodist Church Drama Group.





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Council to launch Blue Bins Exchange

East Riding of Yorkshire Council is launching a scheme to give thousands of residents a larger blue bin to reduce recyclable waste going to landfill.

It is projected that an initial 24,000 households will be offered a 240 litre bin in exchange for the current 140 litre bins. Already 11,700, about nine per cent, of East Riding households have the larger 240 litre blue bin. The scheme will be rolled out across the council's area in a phased programme starting from May.

Councillor Symon Fraser, portfolio holder for environmental issues, waste, recycling, strategic highways, planning and rural issues, said: "We have heard our residents' requests for a bigger blue bin to enable them to recycle even more.

"They are keen recyclers and in the last few years we have increasingly improved the service, adding cans and plastic bottles, putting pressure on the size of the blue bin."

He added: "If half the households in the East Riding had a larger blue bin, which would keep even more recyclable waste out of the green bin, the council could save over £62,000 a year on landfill costs."

Funding for the scheme, which will cost £440,000, is from savings made in this year's waste disposal budget.

Cllr Fraser, said: "The larger blue bins will help us achieve Target 45+, the campaign by residents and the council to recycle at least 45 per cent by the end of this year."

The council is also planning to reschedule the blue bin collection days for a number of households to improve the efficiency of the rounds. An announcement will be made later in the year.



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

Win some and unfortunately Lose Some

In my last article I was telling you all about the three horses which had arrived in Skidby for some form of rehabilitation. There were two horses in from Rugby . . . Star and Abbey. Another horse had come in from Bury near Manchester . . . Kiera. All three horses had different issues but Star was the "Last Chance" candidate..

Success comes in different ways and can be assessed in and on varying scales.

Abbey had to learn and accept an alien world . . . the real one! She was a youngster who had never even seen a road, never mind traffic, dust bins or pedestrians! All of her working life had been schooling in indoor arenas protected by walls. This meant that she had never had to cope with any external or environmental distractions.

We worked her in the school using techniques which create an amazing bond between horse and handler/rider . . . all based on trust and security. This done, we introduced her to being lead and then ridden on the roads. Bare in mind here that the mare had not been successfully ridden for a while because she was so haunted by an all encompassing, stress based, inattention, which made her very precarious ride in all ways anyway!!!

At the end of two weeks, when her owners came to take her home, they were delighted and somewhat staggered at the emergence of such confidence in this horse. They witnessed her out on the roads with a forward thinking mind, enjoying this new found environment and showing no stress at all, just interest. She had let go of her need to cling to her companion Star and was able to move forward instead of thinking in a backward way. As a result I feel happy in the knowledge that she will now be able to be trained as a future competition horse.

Kiera has had to let go of a profound fear of pain in her back. She was in complete protection mode when she arrived, not allowing the

saddle on or girthed up . . . never mind to be able to sit on her!

She has come on very well and is now being ridden both in the school and out on the roads . . . 99% perfect! The 1% is a form of remembered reaction which comes as quick as it goes now. She does a sort of shiver, but no more than that. We never have warning either, the mare goes really sweetly for ages and there never seems to be a trigger. Maybe we have to settle for that being so, though I am actively trying to get rid of that last flaw in her mind set. Her mum Steph is doing extremely well by getting back on her horse. She has gone through an awful ordeal with Kierra and is obviously terribly nervous that somehow the monster that was, will rear its ugly head again. Steph is investing much, both financially and emotionally, in the rehabilitation of their relationship. I am very proud of both of them for the distance and ground they have both covered so far.

Kierra is very comfortable and accepting with the saddle all the times and Steph is becoming increasingly more relaxed on top of her.....their future is looking good.

Star was the worrying one of the three. She had crossed a line in her head which in turn had created an incredibly defensive, aggressive and all together dangerous - tonne of horse. Her owners were in despair at this stage having taken her on with the knowledge that she was difficult, but thinking that they could change her. They had spent two years treating a spinal injury (an old fracture and a large area of trauma) at vast expense which was as successful as it was possible to be. According to these experts, Star was no longer in pain . . . just in fear of it. I was not altogether convinced of this fact but only had two weeks to try to find a way in.

When we started Star could not be lunged in the school. She would simply attack with all the ammunition god had given her . . . Ears laid flat back in warning, teeth openly barred, two front legs to strike with and two hind legs to pulverise you with. All that changed and she settled into some really soft obedient work on the ground and showed contentment.

At my leaving you all last time we had started to try to get back on top of her with absolutely no success what so ever. All that appalling aggression returned tenfold and was back to stay. At the end of the day I had to ask both myself and her owners the overriding question . . . Would it ever be possible to give this mare pleasure as a ridden horse? No. We all tried so hard and were so consistent in our approach but to no avail.

It was decided that she would be put down quietly with me with no preconception on her part. It was the right thing to do...unquestionably, but none the less I am always swamped with great sadness at all the suffering and pain that Star had endured for such a long time, prior to her owners acquiring her and her eventually coming to me. Her predilection to aggression meant that she would always be a danger to herself and to her handlers.

I wish dearly for a magic wand some times.

Life moves on . . . There are new horses here all with some tale of woe in their wake. My staff and I carry on doing what we can to make the difference to these partnerships. It is a good life in the greater scheme of things. Improved by the onset of spring and the promise of sunshine, I hasten to add!!

Pictured below: Kierra in a Western saddle pad.

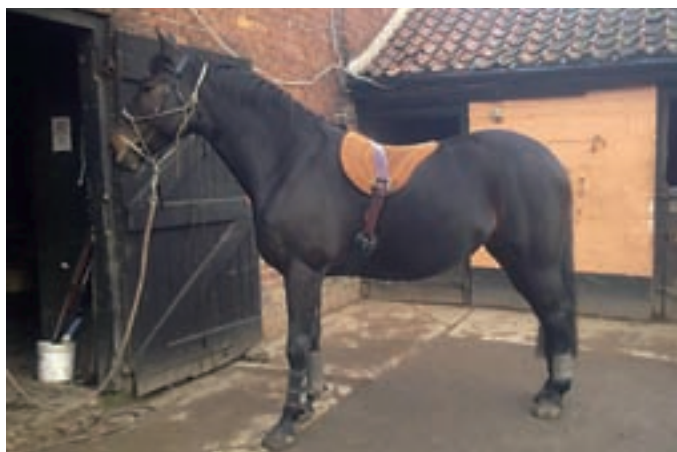


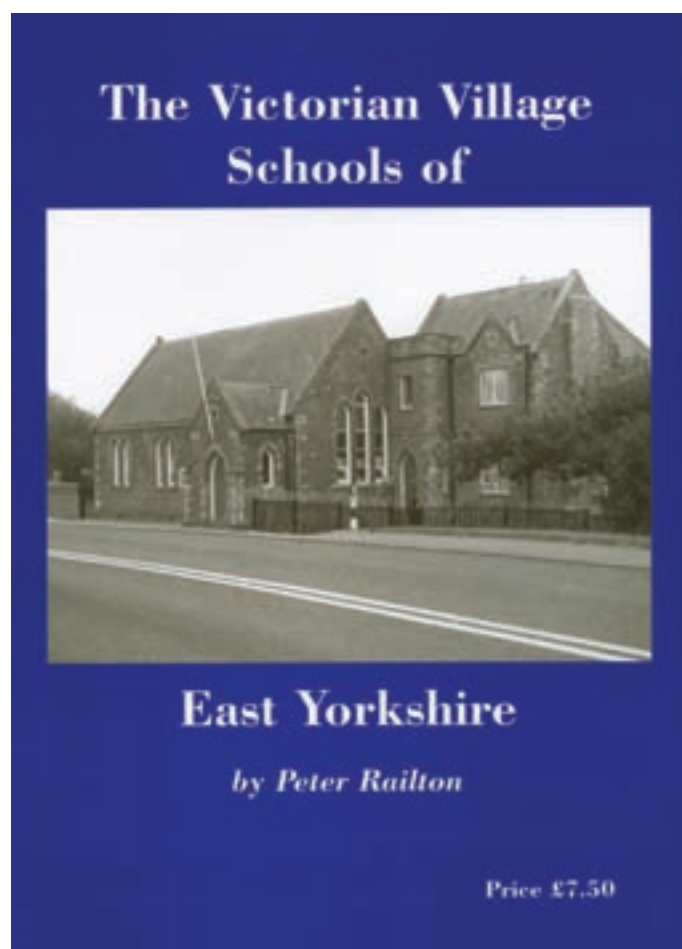
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Local author and historian Peter Railton publishes his latest book "The Victorian Village Schools of East Yorkshire"

Local author and historian Peter Railton has just published his latest book "The Victorian Village Schools of East Yorkshire". The book takes a general background look at some of the individual village schools and their histories during the Victorian era.

The book is in an A to Z format, beginning with Anlaby and ending with Woodmansey.

The book priced at £7.50 is available from Barkers in Cottingham, W. H. Smiths, Browns Hull, The Book Shop in Toll Gavel, Beverley and Sokell in Driffield.

Springboard Festival to take place on May Bank Holiday 28th, 29th and 30th May

This year's event takes place on the weekend of 28th/29th/30th May. Over 170 acts are due to play across 6 venues (Bluebell, Cross Keys, Duke Of Cumberland, Hallgate Tavern, King William IV, Railway). And as usual all venues are FREE entry.

To kick off 2010s proceedings on Thursday 27th May at the King William IV Pub, there will be a special evening concert by British Blues legend Ray Stubbs and his Amazing One Man Blues Band. Support comes from local Cottingham act 'Barstool John & Rich Brook'.

Once again the organisers could always do with a bit of local sponsorship so anybody willing to help should contact Ian via email iankj76@iankj76.karoo.co.uk

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He has won the coveted Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.

There is ample parking on Hallgate and in the nearby side streets.

Gino's is a bright, clean and friendly premises, and there is a small well-lit waiting area. There is an excellent choice of Pizzas, Burgers, Kebabs and Fried Chicken, and the meals are of ample proportion, even for the biggest appetites. There is also a Gino's Kids Club menu.

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The meals are of excellent size and quality and the Mega Meal at £11.99 is superb value for money.

Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

There is a local delivery charge of £1.00 (subject to change). Visit Gino's soon.

You can now download Gino's Menu from the Cottingham Times website www.cottinghamtimes.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.

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ActionAid to hold Craft and Charity Fair at Cottingham Civic Hall on Saturday 24th April

ActionAid's annual Craft and Charity Fair is to be held in the Cottingham Civic Hall on Saturday 24th April between 10.30 am and 4.00 pm.

ActionAid is currently working in over 40 countries across Africa, Asia and the Americas, supporting poor and vulnerable people in their struggle for a better life. The local group raises £1,000 each year for 'The Next Step' project in Bangladesh and also supports a number of Priority Projects in the developing world, helping some of the world's poorest people.

This year we are hoping to direct the funds raised at our Fair World Fair to a project providing quality education for rural children in Haiti. The need is particularly great in Haiti following the devastating earthquake and ActionAid is working to provide long-term assistance for a better future for the people of this vulnerable country. We hope to raise a further £1000 for this project at our Fair World Fair.

There will be raffle, tombola, books, bric-a-brac, many interesting and colourful craft stalls, our cafe with its delicious cakes and, of course, plenty of information about the projects we support and ActionAid's work in general.

Walk over a previous world record holder!

Macmillan Cancer Support are hosting their second sponsored walk over the Humber Bridge this year on Sunday 16 May at 11am, and they are inviting people to join them to help to raise essential funds for people affected by cancer.

The Humber Bridge in Hessle spans the Humber Estuary, and when it was built it held the world record as the longest single span suspension bridge for 17 years. Today over 100,000 vehicles use the bridge each week, and on Sunday 16 May, Macmillan Cancer Support are inviting pedestrians to use the bridge and join them in their sponsored walk over the iconic landmark.

Fundraising Manager, Robyn Mountain Wade is looking forward to the day, 'We're hoping that this year the walk will be bigger, better and brighter. We have starting points on both the north and south bank, and the walk is approximately a 2.5 mile round trip. It's a walk that anyone can take part in and help to make a big difference to the lives of people living with cancer. Whether you decided to go it alone or bring the whole family, walk the dog or take part in fancy dress, we'd love you to join us and take part in the fun!'

Many people are aware of Macmillan nurses, but Macmillan are also a source of support, helping with all the things that people affected by cancer want and need, as Robyn says, 'It's not only patients who live with cancer, so we also help carers, families and communities. We provide practical support, anything from some precious time off for a carer, to a lift to hospital. People need emotional support, so we listen, advise and share information through our cancer support specialists, website and trained professionals. People may also need financial help to cope with the extra costs cancer can bring, so we give benefits advice, and grants for anything from heating bills to travel costs.

Macmillan is funded solely by voluntary giving, so you know that the money you raise really will make a valuable difference to people affected by cancer. The Humber Bridge walk is not only a fun day that everyone can take part in, but a really great way to make a difference."

Participants in the walk will be asked to raise a minimum of £25 each for the charity.

Adults will be asked to pay a £5 registration fee and under 16s will not be charged to take part. To register, please visit www.macmillan.org.uk/walking

If you would like more information please call Robyn on (01482) 300690 or email humberbridge@macmillan.org.uk.

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Exhibition of Fibre Voices to be held at the Beverley Art Gallery until May 15th

Beverley Art Gallery has a fantastic exhibition of contemporary textile art from a group of Welsh female artists called Fibre Art Wales, opening this spring.

The exhibition, called Fibre Voices, displays a huge variety of different techniques, materials and themes and is at the cutting edge of contemporary textile art. It will run from 27 March to 15 May.

Two pieces which give a flavor of the exhibition are Bethan Ash's "keeping the homeless warm" which is a Welsh blanket made from crochet with beer and lager cans cut into circles.

Alison Moger's "time for tea" is an embroidered and screen-printed piece, which is based upon childhood memories of tablecloths at family gatherings.

Fibre Art Wales was founded in 1999 by a group of six professional artists. Their main aims were to raise the profile of Welsh contemporary fibre art and provide exhibition opportunities, both at home and abroad.

Today the group has 12 members. The Fibre Voices exhibition celebrates the groups tenth anniversary and was first shown at the Canol Ucheldre Centre, Anglesey in 2009.

Each member submitted one to four pieces of work, from large scale tapestries and wall hangings, to minuscule embroideries, installations and sculptures.

Some of the works are designed to be thought-provoking and to express personal or social issues. Some pieces are purely abstract.

For children, there will be a colouring table and a "feely fabric table" with fabrics to sort and explore. The fabric samples have all

been kindly donated by W. Boyes and Co, Beverley.

The gallery is open Mondays, Wednesdays and Fridays, between 9.30am - 5pm, Tuesdays and Thursdays, between 9.30am - 5pm and Saturdays between 9am - 4pm.

This year, the gallery will be open on Good Friday and Easter Saturday but is closed on Easter Monday.

For more information about Fibre Art Wales, visit www.fibreart-wales.org.uk or to find out more about Beverley Art Gallery, call (01482) 392780.



Little and Large Coaches for East Yorkshire Coaches - and a wheelchair-accessible coach joins the fleet

East Yorkshire Coaches, part of the Hull-based EYMS Group, has taken delivery of two new coaches, and has added a modern wheelchair accessible coach to increase the range of coaches that the company can offer for private groups.

'Little' is the company's first 33 seat coach, which chairman Peter Shipp says is ideal for smaller groups including, for example, sports clubs and school groups. 'Large' is the largest coach in the fleet - at 13 metres long it has 53 fully adjustable seats in a coach one metre longer than others with the same number of seats, so offering unusually generous legroom. It also features double-glazing, washroom, toilet and drinks dispenser.

This is the company's first tri-axle (six-wheel) coach and is designed to offer extra luxury for larger groups, especially useful on longer journeys in the UK and on the Continent.

Also now in the fleet is a modern coach offering 49 adjustable leather seats and a wheelchair space which is accessed by a driver-operated mechanical lift at the entrance (seats reduce to 47 when a wheelchair passenger is carried).

All three have air-conditioning and three-point seatbelts and are available for private charter. They will also be used when appropriate on some of the company's holiday tours, which include many UK and continental destinations.

Between them the three coaches represent an investment of almost £600,000 and their addition to the 16-strong fleet means that East Yorkshire Coaches now has a range of modern coaches to suit groups of almost any size.

Both the coaches were delivered last month but already East Yorkshire Coaches has reported considerable interest from both existing and prospective customers as they offer something different from the rest of the East Yorkshire coach fleet which seat between 49 and 53 passengers in standard-sized coaches.

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Car Boot sale - without cars, What's this????

Car Boot sales are usually held in the open space selling from vehicles, but the Haltemprice Lions have twisted the description by organising an Indoor Table Top and Car Boot sale - without the vehicles.

This will take place at the Cottingham Civic Hall on Saturday, 10th April from 10.00 a.m. to 2.00 p.m. Stalls and/or pitches are available at £12.00 each and must be reserved in advance by telephoning 01482847367.

The invitation is for anyone to empty their garage or loft with new or used goods to make a little money for themselves. This is just another of the fundraising activities planned by the Haltemprice Lions which has seen the members help and support individuals and organisations in the area over the past year.

When the floods hit Cumbria last year a generous donation was sent from the club for recovery work in that area as was a further donation to the earthquake victims in Haiti. Closer to home a cash donation was made to support the homeless and other needy cases and ensure they had a Christmas Dinner and with a different emphasis they purchased much needed equipment for St. Anne's School at Welton.

It is not always money that is required to support or assist, members answered the call to Cottingham residents who became housebound during the snow to deliver their groceries and ensuring other residents in the local area were transported to Willerby to enjoy a well presented January pantomime. You see, we are there not only for Cottingham but others further afield. If you are interested in the Lions and want further information call the above number - otherwise we hope to see you (as a seller or buyer) on Saturday 10th April!

Pictured below is the President of Haltemprice Lions, Dr. Neel Kamal, presenting phonic equipment for use by the pupils of St. Anne's School, Welton.



The AGM of the ABCD to be held on Tuesday 6th April in the King Billy at 6.00 pm

The next meeting of the ABCD will be held in the Back Bar at the King Billy on Hallgate on Tuesday 6th April at 6pm.

This is the AGM so it is very important that as many members as possible attend.

Chairman Nick Russell says "If members only attend one meeting a year it should be this one. We will be voting for Chairman, Secretary and Treasurer for the next twelve months.

A notice will go out to all members with an agenda but the next twelve months are very important to the associations continued growth in these difficult economic times. So please try to attend and let's have a lively informative meeting which will benefit all."

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Below: Answer to Sudoku problem No. 39 from the March issue.

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

News from Cottingham Little Theatre

Breath of Spring - 6th, 7th and 8th May 2010

Our first production for 2010 is a comedy, 'Breath of Spring' by Peter Coke, last performed by us way back in 1966. How many of our audience members remember that production, we wonder?

Breath of Spring was first performed at the Cambridge Theatre, London in 1958 and was subsequently filmed under the title 'Make Mine Mink'.

'Dame Beatrice Appleby houses a collection of middle-aged 'guests' who become involved in a series of escapades to raise funds for her favourite worthy causes. However, some of their adventures are of questionable legal and moral principles and result in a visit from 'the law'. How will they respond to this 'interference' in their nefarious plans?' Only by coming to one of the performances will you find out!

These will be held at the Darby & Joan Hall, Finkle Street, Cottingham on Thursday 6th May, Friday 7th May and Saturday 8th May commencing at 7.30pm. Doors will open at 7pm.

Tickets priced at £6.00 (Concessions £5.00) are available from Barkers, Newsagents, Hallgate, Cottingham and from our Ticket Secretary, Kaye, on tel. no. 01482 842270. Those of you who came to our last show will remember that tickets sold out on Friday and Saturday evenings, so please book early to avoid being disappointed.

Once again we are delighted to have another new member playing her first role for us and we are pleased to welcome Adele Williams, who was a member of our Youth Group some time ago and has now joined us. We wish Adele, and all the new members who have joined us over the last year or two, success and we hope that they all remain with us at least until our Centenary (or even longer)!

90th Anniversary Production

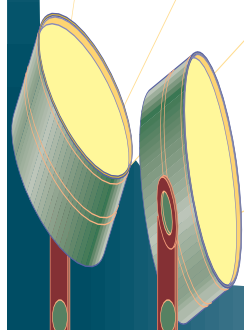
Plans for our 90th Anniversary production in November are proceeding steadily and will be revealed in our Programme for 'Breath of Spring'.

Play Readings

There will be no Play Reading sessions in May, June, July or August, but we will re-commence them in September, so watch out for the next date.

New Members and Friends

If you fancy joining us, either as a Friend or a Member, have a look at our website www.cottinghamlittletheatre.co.uk where you can find out lots more about us. Or e-mail us at clt1920@hotmail.co.uk or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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News Updates from the Cottingham Post Office

Post Office Advisory Column Needs Your HELP!!!

I recently found out that I am Wheat Intolerant (Coeliac), I would like a good recipe for bread please. Preferably one that tastes Nice!!

Stamp Price Increase 5th April 1st and 2nd Class up 2p each. Buy before and make money.

Going away? Come in and see us and reserve your currency, one less stress on your holiday list.

Don't forget that the old E111's and now called EHIC's (European Health Insurance Card) and it is not your Travel Insurance, come and get a quote from us.

The Post Office has just won Travel Insurance Company of the year, again the 4th year in a row.

Come and see us about our Disneyland Paris Offer. That we have got on at the moment, it will save you £200!!

Also talking about going away. The Post Office Credit Card is a good back up to your currency to have, as it is Free to use abroad (worldwide) on purchases of Goods and Services, if you travel regularly why wouldn't you want one!

At going to press regarding the Hessle Post Office, I am managing to split my time equally (only at the moment!) The stress levels are beginning to grow, it will be alright come the 10th May (hopefully). The new Hessle Post Office will be up and running, totally stress free (I live in hope).

Until the next time Happy Easter

Gary (Postmaster)

Haltemprice Art Group's Annual Exhibition takes place in the Cottingham Civic Hall between the 14th and 17th April

The Haltemprice Art Group's Annual Exhibition will take place in the Cottingham Civic Hall, Cottingham. between the 14th and 17th of April.

At 7.30 p.m. on Wednesday 14th April the exhibition will be opened and the prizes presented by Mr Christopher Matthews (Chairman of East Riding of Yorkshire Council). The entries will be adjudicated by Mr. R. Greenley.

The exhibition will be open to the public from 10.00am - 5.00pm Thursday, Friday and from 10.00am until the exhibition closes at 4.00pm on the afternoon of Saturday 17th April.

The exhibition, which has free admission, will include framed and unframed pictures and a selection of hand made cards produced by the members of the group. Some ceramic exhibits may also be on show. **N.B:-** Apart from the opening night, the exhibition will close at 5.00 pm. Thursday and Friday and not 8.00 pm as in previous years.

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The Millhouse Devil's Kitchen Extravaganza!

The Millhouse, Skidby played host to the Devils Kitchen event – supported by some family faces from Hull City and the local business community recently.

The Event was attended by 80 diners who enjoyed a starter of Tian of asparagus and crab with red pepper coulis and truffle oil dressing. This was followed by a main of roulade of chicken filled with wild mushrooms, served with sardalaise potatoes and a sauce of morels and

the beautiful meal was then finished with Belgium chocolate parfait with pistachio ice cream and blueberry anglaise.

Thirsty diners were kept refreshed by Hull City Goalkeeper Boaz Myhill. Speaking to Boaz during the event he said.

"This is not my first time behind a bar, I used to work in a bar called the Eagle in Oswestry. I have really enjoyed tonight"

Over £30,000 was raised in donations for the sumptuous three course meal (there was no set price for the food people were asked to give what they thought the food was worth!) and through the fabulous auction prizes, which included naming a street in the east riding which went for £2,600, a signed Man United shirt from the 1999 treble winning team, a be the mascot for the day at Hull city and the chance to name a race horse!

In a closely fought kitchen battle Team Ciuffetelli were victorious in the cook-off challenge. However, feedback from all the diners was superb, Ian Bland of Paragon Data Services said

"The food tonight has been tremendously tasty!"

Mark Ciuffetelli, owner of the Millhouse said of his win

"The real winner tonight is the charity. Every member of the Millhouse team is proud that their hardwork has raised such a lot of money for an amazing cause. I am also pleased that diners have enjoyed the evening and have sampled the quality food and service that the Millhouse is renowned for!"

Photos courtesy of Andrew Crozier - Insight Photography

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Alice in Wonderland pays a special visit to Hornsea Freeport this Easter

Hornsea Freeport will become a Lewis Carroll themed wonderland for the Easter weekend with six Alice in Wonderland characters taking residence within the shopping centre.

Alice, the Mad Hatter, the White Rabbit, Tweedledum, Tweedledee and The Queen of Hearts will be hiding amongst the retail outlets of Hornsea Freeport in a unique treasure hunt taking place over the Easter weekend.

Visitors will be given a treasure map and tasked with collecting autographs from the characters of the much loved children's classic. After collecting all five autographs they must then find Alice to complete the challenge, who will reward all children who take part with a delicious free Easter chocolate treat.

This specially created event gives visitors a chance to meet with the characters from the charming tale. Visitors will also be able to have their photographs taken with the characters and to see the Mad Hatter sing happy "un-birthday" to passers-by as the Queen of Hearts bellows off with their heads!

The event promises to offer local people and visitors to the area something truly memorable and unique to do this Easter weekend. The Alice in Wonderland characters are professional actors, and are being provided to Hornsea Freeport by local performing arts academy NAPA.

Simon Tudor, Hornsea Freeport Centre Manager said: "We want the treasure hunt to provide a lasting memory for people who visit, and by providing the finest entertainers from the area, we are positive that both the young and the young at heart will enjoy the event!"

With free parking and up to 60% off high street prices on a number of great brands and more stores opening, Hornsea Freeport is a great day out for all the family this weekend."

Hornsea Freeport will also be providing exciting activities for the whole of the Easter holidays, including a bouncy slide, crazy golf,

roundabouts and pedal boats. These are available to visitors free of charge throughout the school holiday period. So even if you have plans to go away for the Easter weekend, there is still lots of fun things to do at Hornsea Freeport during the school break.

The Alice in Wonderland treasure hunt will run from 10:00am until 4:00pm on Saturday 3 April 11:00 am until 4:00pm, Easter Sunday 4 April 10:00am until 4:00pm and Bank Holiday Monday 11:00am until 4:00pm.

Change of system for Household Waste Recycling Permits

East Riding of Yorkshire Council is changing the permit system which allows residents to unload commercial vehicles and trailers on the 10 household waste recycling sites.

From 1 April, six annual permits will be issued per vehicle and no additional permits will be issued during the 12 months.

Residents will have to apply annually to obtain the permits, which apply to trailers over 6x4ft long.

Current permits can be used until 31 July. From that date they will no longer be accepted on the sites.

Leaflets and application forms detailing the new system can be downloaded from www.target45plus.org.uk and are available at the sites and the council's customer service centres.

Completed application forms and requested documentation should be posted to Wastewatchers, East Riding of Yorkshire Council, Willerby Depot, Viking Close, Willerby, HU10 6DZ, or can be scanned and emailed to wastewatchers@eastriding.gov.uk. Allow 10 working days for successful applications to be posted out.

Housing Development on Eppleworth Road - Conclusion

Once again we had a superb turnout of residents from the area concerned about the above development.

Mr Roger Hunt, resident of Eppleworth Road and Councillor Ros Jump gave excellent presentations why the development should not go ahead. Fortunately, there seemed to be other members of the Planning Committee with similar views, highlighting the fact for possible future flooding. Together the development, would contravene the Green Belt and the Cottingham Strategic Plan.

After some discussion the application was put to the vote resulting the refusal of the planning application. We understand subsequently that the applicant will not be re-submitting their application.

Once again sincere thanks to all those who supported us and hopefully we will be able to sleep slightly easier in our beds.

Nick Ford

King Street, Cottingham to be closed on Sunday 11th April for resurfacing work

East Riding of Yorkshire Council has announced that King Street in Cottingham will be closed on Sunday, 11th April between 7:30am and 11:00pm for resurfacing work. The contractor is required to replace the tarmac laid last October because it has failed to meet the specified quality.

The Council apologises to road users, residents and businesses for the disruption. People should be reassured that the remedial work will be carried out at the contractor's expense.

Access to properties will be maintained during the resurfacing and buses will be subject to local diversions via South Street.

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Crossword Solution from page 14

1	J	A	C	K	P	O	T		5	G	U	A	R	D	7
	A		R		A		E			O		C			
8	C	L	O	W	N			9	N	E	R	V	O	U	S
	K		W		E		A			I		R			E
	A		10	N	Y	L	O	N		11	L	U	N	A	R
	L		E					T		L					T
		12	A	D	E	P	T		14	B	A	L	M	Y	
16	U					E		17	B				O		18
19	S	E	D	A	N			21	A	G	A	I	N		I
	U		E		C			N		C		S			C
23	R	E	P	L	I	C	A			24	H	U	T	C	H
	P		O		L			N		E		E			E
25	S	I	T	E	S			26	A	B	S	O	R	B	S



Meditation

With the hectic pace and demands of modern life, many people feel stressed and over-worked. It often feels like there is just not enough time in the day to get everything done. Our stress and tiredness make us unhappy, impatient and frustrated. It can even affect our health. We are often so busy we feel there is no time to stop and meditate! But meditation actually gives you more time by making your mind calmer and more focused.

There are many different types of meditation and it can be as simple or as complex as you want to make it. Lessons are available in the form of classes, instructor or videos on the internet. Meditation is the goal to focus and eventually quiet your mind. As you progress, you will find that you can meditate anywhere and at any time, accessing an inner calm no matter what's going on around you. But first, you have to learn to tame your mind.

Find or create a quiet, relaxing environment. It's especially important, when you're starting out, to avoid any obstacles to attention. Turn off any TV sets, phone(s) or other noisy appliances. If you play music, make sure it's calm, repetitive and gentle, so as not to break your concentration. Meditating outside can be conducive, as long as you don't sit near a busy roadway or another source of loud noise.

Sit or lie in any position in which you're relaxed, but keep your back straight - but be careful that you're not so relaxed that you fall asleep. In warm weather, consider watching the clouds.

Keep your eyes half-open without focusing on anything. If this is too distracting or difficult, close them or find something steady to focus on.

Breathe deeply and slowly from your abdomen rather than your chest. You should feel your stomach rise and fall while your chest stays relatively still. This expels the used air and more completely oxygenates your blood, lowering heart rate and blood pressure. This breathing exercise should be done on a regular basis.

Relax every muscle in your body. Don't rush this, as it takes time to fully relax. Do it bit by bit, starting at your toes, and working up to your head, until the tension melts away.

Focus your attention. You may notice that your mind wants to wander, bouncing from thought to thought, making observations about other things. Gently bring your attention back to a single point until it rests there naturally. The goal is to allow the "chattering" in your mind to gradually fade away. Find an "anchor" to settle your mind. Let your attention rest on the flow of your breath. Listen to it, follow it, but make no judgments on it (such as "It sounds a little raspy...maybe I'm getting a cold?").

To overcome verbal chatter, recite a mantra (repetition of a sacred word). A single word like "aum" uttered at a steady rhythm is best. You can recite it verbally or just with the voice in your mind. Beginners may find it easier to count their breaths. Try counting your breath from 1 to 10, then simply start again.

To circumvent images that keep intruding on your thoughts, visualize a place that calms you. It can be real or imaginary. Imagine you are at the top of a staircase leading to a peaceful place. Count your way down the steps until you are peaceful and relaxed.

Silence your mind. Once you've trained your mind to focus on just one thing at a time, the next step is focus on nothing at all. This requires tremendous discipline but is the pinnacle of meditation. After focusing on a single point as described in the previous step, you can either cast it away, or observe it impartially and let it come and then go.

Stay relaxed for about fifteen minutes and then slowly come back, move slowly as you would when waking in the morning. You will feel refreshed and able to get on with your day with less stress.

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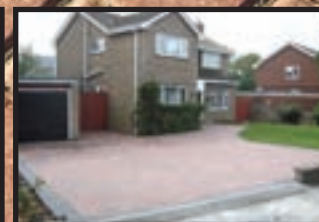
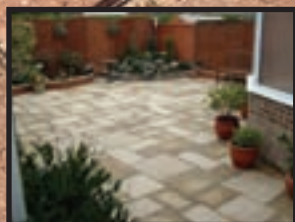
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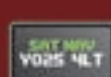


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