

Cottingham Times

Issue 113 - April 2011



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Mrs K. gave up trying to contact her existing provider 4.15am one morning after trying to ring for hours – constantly on hold and trying to get through. She is now a Classical Gas Careplan customer. If she's got a problem she can call in.

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THE COTTINGHAM TIMES

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In Cottingham and District

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St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured.

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.

Zion United Church, Hallgate

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

Hull and Holderness Sugarcraft Guild

Saturday 2nd April - Ruth Wyld - "Stencilling", at 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club. Visitors are welcome. For more information contact Lesley Davy on 846611 or the Golf Club 846030.

Cottingham Ladies Circle

Wednesday 6th April, Talk and Slides on "Sutton Village" by Mr. Paul Schofield, in the Zion United Church, Hallgate, at 7.30 pm.

HERIB

Thursday 7th April, Ladies Lunch 12 noon to 3.00 pm, Tickton Grange, £22.50, with guest speaker, Jane Thornton (Actress and Playright), with tales of acting alongside her husband John Godber in many of their plays often performed at Hull Truck Theatre.

East Yorkshire Embroidery Society

Saturday 9th April, Maggie Smith - Mark Making and Stitch - The Embroideries Drawing Tools, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshment.

Cottingham Catholic Women's League

Monday 11th April, Charles Craddock - Using the Internet for finding your Ancestors, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Front Cover Picture: Tulips on Castle Road, Cottingham.

Photo by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Tel. 846804.

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Cottingham Methodist Church

Tuesday 12th April - Camera Club, 7.30 pm
 Thursday 21st April - Maundy Thursday, Shoe Shines in village.
 Sunday 24th April - Easter Sunday, Family Service at 10.00 am.
 Tuesday 26th April - Camera Club, 7.30 pm
 Wednesday 27th April - Charity Supper, Quiz Night at the Duke of
 Cumberland, 7.30 pm. Tickets on sale at Manna Coffee, The Duke,
 Castle Park News, £6.00 including supper.

Cottingham Women's Institute

Tuesday 12th April - History of Hull's Old Town, Paul Schofield,
 Competition: Handmade Decorated Egg, at 10.00 am upstairs at the
 Civic Hall, Cottingham. *Lift available.*

Cottingham Singers

Wednesday 13th April, Will be giving a Spring Concert at Bricknell
 Avenue Methodist Church. The concert starts at 7.30 pm and consists
 of a wide variety of music, with several solo items. Tickets for the
 event cost £3.50, including refreshments, and can be purchased at the
 door. For further information please call 01482 506643 or
 01482 654535.

Cottingham Evening Townswomen's Guild

Wednesday 13th April, "Games Evening", at 7.30 pm in the Darby &
 Joan, Finkle Street.

Cottingham Men's deLuda Society

Wednesday 13th April, Malcolm Bromwich "Everywhere is a Stage",
 in St. Mary's Church Hall, Cottingham at 2.00 pm.

Haltemprice Art Group Annual Exhibition

The exhibition will be open to the public from 10.00 am to 5.00 pm
 Thursday 14th and Friday 15th April. Then 10.00 am until it closes at
 4.00 pm on the afternoon of Saturday 16th April.

Cottingham Green Women's Institute

Thursday 14th April, Visit by HMRC (Drug Dogs), Competition The
 Strangest Ornament", in The Darby & Joan Small Hall, Finkle Street,
 at 7.30 pm. *(Continued on page Six)*

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Stavross the landlord has a reputation in the area of his
excellent cooking. He previously owned Black Prince,
The Hotham Arms, and The Star Inn, Nafferton,
near Driffield, before acquiring the Half Moon 18 months ago.
The Half Moon has music every Friday evening
supporting local entertainers.

*Christine and Stavross would like to thank local businesses
and customers for supporting the Help the Heroes events
which raised £900.*

TELEPHONE 843403

U3A

Thursday 14th April, Dr. Chris Coulson - Bee Keeping, in the Hall at
the Darby and Joan, Finkle Street, Cottingham at 2.00 pm.

Alpha Probus

Thursday 14th April - Coffee Morning at the Pearson Park Hotel at
10.15 am.

Inland Waterways Association

Friday 15th April - Waterway Wildlife. A presentation by Jonny
Hart-Woods British Waterways Environment Manager, about the good,
and not so good happenings on our waterways. Meetings are held in the
Cottingham Methodist Church Hall, at 8.00 pm to 10.00 pm. Non
members welcome. £2.00 which includes refreshments. Further details
telephone Roger Bromley 01482 845099.

Skidby Methodist Church

Friday 15th April - Free Family Film Afternoon, 4.00 pm. Hot Dogs
and Snacks for sale.

Skidby Village Hall

Saturday 16th April - Easter Fair from 10.00 am to 3.00 pm. A wide
range of handmade goodies and gifts will be on sale. Refreshments,
raffle, tombola, all in aid of Macmillan Cancer Support. Admission
Free. To book tables please ring 849128. Any donations of new items,
unwanted gifts suitable for tombola or raffle prizes will be greatly
appreciated.

Cottingham Wildlife Watch

Sunday 17th April - 10.00 pm to 12 noon. Millbeck Nature Area Easter
Event, Easter Egg Hunt, Egg and Spoon Races and Tug of War.

East Riding Flower Club

Monday 18th April, "One Day" a Floral Demonstration by Lee Berrill
(National Demonstrator). In the Civic Hall, Cottingham at 2.00 pm.
Admission £6.00 each. Payable at the door. Enquiries Judy Robinson
01482 876279.

Cottingham Civic Society

Monday 18th April, AGM followed by a speaker, in the Darby & Joan
Hall, Finkle Street, at 7.30 pm.

North Ferriby Gardening Club

Monday 18th April, Fuchsias on a Budget (Brian Eyre). Meetings are
held in the North Ferriby Village Hall at 7.30 pm. unless otherwise
stated. Visitors are always welcome. Admission £1.50. Annual
Membership £5.00 includes tea/coffee and biscuits. Further
information ring Mal on 01482 632282.

Cottingham Ladies Circle

Wednesday 20th April, Talk by Ms. S. Harr "Living in the Middle East
as a Single Women", in the Zion United Church, Hallgate, at 7.30 pm.

Diabetes UK

Thursday 21st April, Dawn Bowness (Senior Podiatrist), 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.

East Yorkshire Association of the National Trust

Thursday 21st April, Captain Ken Knox - North of the Dogger, A
Hundred Years: The Possible Beginning of Hull's Largest Fishing
Fleet, in the Cottingham Civic Hall, 7.30 pm. Non Members Welcome.

Cottingham Men's deLuda Society

Wednesday 27th April, Alan Turner "Hull to Wigan and Back", in
St. Mary's Church Hall, Cottingham at 2.00 pm.

Alpha Probus

Thursday 28th April - Lunch and talk, in the Pearson Park Hotel,
12.30 pm

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S137 Grants

The Council was pleased to support the following organisation with funding under S137 of the Local Government Act 1972:

Cottingham Civic Society

Tree Planting

The Council is pleased to report that 17 trees have now been planted. Please keep an eye on them and report any vandalism to the Parish Council office.

Doggy Bags

The Parish Council has for the past six months provided biodegradable doggy bags to Cottingham residents through the Parish Council office and KGV Sports Pavilion. Councillors were pleased that this project has proved to be so popular and hope that it has encouraged dog owners to clean up after their pets. Because of the success the Council voted to continue providing the bags, free of charge, for the next twelve months.

Once again the bags will be available from both the Parish Council office and The KGV Sports Pavilion – come early in the month as they do go quickly!

Trees on the railway line

You will not have failed to notice, if you live or walk near the railway line, that Railtrack have cleared out a large number of trees on the trackside. Councillors were disappointed to learn that Railtrack have a statutory right to carry out this work without informing the Council; particularly as the rail track runs through the Conservation Area and residents who live within that area cannot carry out any type of tree work without planning permission from the East Riding of Yorkshire Council. Councillors have written to Railtrack expressing their disappointment and asking that in future Railtrack have the courtesy of informing the Parish Council of planned tree works. Council will also be asking if Railtrack are planning to provide any trees for replanting in the village to replace those that have been lost!

Parish Council Elections – 5 May 2011

Have you ever complained about the decisions made by ‘the powers that be’ or feel that you should have had more say in what is happening in your village! Cottingham Parish Council wants to ensure that the people of Cottingham have a say in their future.

You have an opportunity to make a difference.

On 5 May 2011 elections will be held for Parish Councils across the East Riding of Yorkshire. Nomination papers are available to be downloaded through the East Riding of Yorkshire Council website, or call into the Parish Council office/ERYC Customer Services and collect a copy. If you feel that you could do more for your community perhaps you could be a Parish Councillor! If you would like more information please call into the Parish Council office.

Memorial Gardens & Roll of Honour Plaques

Following the first meeting of the Memorial Gardens working party the Council was pleased to see how much work had already been carried out by ERYC Grounds Maintenance team. Just by clearing out the deadwood and overgrown bushes it has made a noticeable difference to the gardens. Once a detailed map has been produced of the trees in the garden, including what conditions they are in, decisions can be made on removing/thinning/tying up the trees. Any tree work required could not now be done until the August-November window and it was hoped to tie this work in with resurfacing the pavement.

Quotations are being sought for a new Roll of Honour plaque to commemorate those who have given their lives in the service of their country since 1945. The plaque will be similar to the WWII plaques but along with the name of the serviceman will also mark his rank, regiment and the date of his death.

Graffiti and Criminal Damage

If you see anyone defacing property or causing damage please report it to Humberside Police either by telephoning 0845 60 60 222 or by e-mail (with a photograph if possible) to safe.communities@eastriding.gov.uk. You can also use the form at ‘contact us’ on www.humberside.police.uk. Many thanks to the Neighbourhood Action Team who during their recent clean up day cleaned off a lot of the graffiti.

Contact Details

Should you wish to speak to a Parish Councillor, contact details are displayed in the noticeboards around the village. Alternatively, you can ring the Parish Council office on 01482 847623.

Keep up to date with what is happening around the village by visiting www.cottinghamparishcouncil.org.uk.

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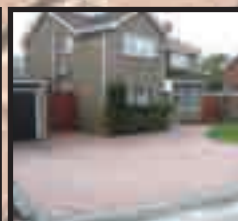
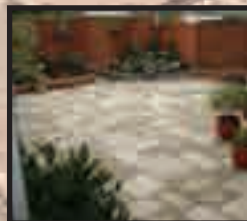
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News from the Cottingham Post Office

Hello All,

Before I give you some more money making ideas. I would like to thank all of Cottingham for making me a 'welcome addition' to the village, as of the 20th March I have been in charge of Cottingham Post Office for 3 years, and in this time I hope I have made a good enough impression on you to rid us of the tag that was 'the people in the Post Office are.....? I will leave that up to your imagination, pre my arrival, I hope!!! It has been hard work, but I thoroughly believe I made the right decision, I am sure there are some that don't but my door is always open to one and all.

6th April - Royal Mail Price Increase.

Buy before and you will make money, here are some of the increases

1st Class was 41p - **Now 46p** (6th April)

2nd Class was 32p - **Now 36p**

1st Class Large: Was 66p - **Now 75p**

2nd Class Large: Was 51p - **Now 58p**

Recorded/Signed for (Basic weight)

Was 74p - **Now 77p**

Special Delivery (by 1pm Up to 100g)

Was £5.05 - **Now £5.45**

Abroad Prices are as follows:

Europe Was 60p (up to 60g) - **Now 68p**

Rest of the World was 97p - **Now £1.10**

With the first and second, ordinary and large, if you buy them before 6th April, you can see for yourself the savings you can make. As the stamps do not have a price on them!!! Hope you found this interesting, if not I apologise!!

Gary

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May is mile4myeloma month

Do a sponsored mile any way you want - walk, run, swim, cycle, three-legged - the sky's the limit. If you can't do a mile - ask friends, family and neighbours to do one for you.

You will be joining forces with other members of the myeloma community across the UK, who together are aiming to reach a fundraising target of £50,000.

If you don't want to organise a Mile4Myeloma of your own then team up with your friends, family and colleagues.

Order your Mile4Myeloma Fundraising Pack and register your mile. Call 0131 557 3332, email fundraising@myeloma.org.uk or visit www.myeloma.org.uk/m4m.

A Huge "Thank You" from Marie Curie Cancer Care

The local fundraisers for Marie Curie Cancer Care would like to thank all the people who generously contributed to the store and street collections in Cottingham recently.

Over the two Saturdays, £986.66 was donated. This money will allow Marie Curie nurses to provide one-to-one nursing care to terminally ill patients in their own homes, in the Hull and East Riding areas.

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Telephone Scams and some money-saving websites

The telephone scam I have mentioned previously has reared its ugly head again.

In short, if you receive a telephone call from any organization, generally it's a call centre in India, or may even say they are working for Microsoft, telling you that your computer has been reporting problems, or may have viruses, tell them you are not interested. Do not let them talk you into going online and downloading anything, this would give them permanent access to your computer. Needless to say, do not enter into any financial transactions for service or cover either. These calls are completely bogus and fraudulent, and the Police are aware of the scam.

Many people have asked about 'Microsoft error reporting', a small window that often pops up on a computer, after a program crash or some other issue. It gives you the option of *Send or Don't send a report*. This is quite safe to do, and is intended to gather information about all such problems so that they can be rectified in the future, normally through Windows Update. The information transmitted is entirely anonymous and does not identify you to *Microsoft*, so there is no way someone could contact you to follow it up as mentioned above.

Mobile phone users may be giving away their personal data. A recent study of a selection of used handsets found that around half of them still contained photos, pin numbers and contact details of the previous owner.

Computer recycling is also big business, and again be very careful what you are sending to recycling. Inside every computer or laptop is a hard drive that contains all the data ever stored by the user/s. If it is going to an approved recycling facility, check they will 'security wipe' the hard drive, or to be quite sure, remove the hard drive and keep it in a safe place.

Top ten uses of a computer: *Internet / email / banking / office work / shopping / tax returns & payments / family history / photography / music / movies.*

Where do you want to go today? This was a slogan printed on early disc covers of *Internet Explorer*, back in the days when you had to install it yourself as an optional extra! How true those words are today, now you can go to anywhere in the world online within a few clicks.

It could be said that the computer is 'a thief of time'. Particularly if your computer is really slow - nothing that a bit of extra memory won't cure! But seriously though, it is so easy to get involved in things and then get sidetracked. But if you start off with a plan or a list of tasks, you can

achieve a lot.

Tips for productive use: If you are planning on printing or scanning, turn it on as soon as you sit down and make sure the paper is loaded correctly. Have a supply of ink at hand - it always runs out at a critical moment. If you are doing photographs, don't start looking at old pictures - you'll be there for hours! Checking your email - get rid of any obvious junk messages first. Set up folders in your inbox to store important emails that you may want to deal with later. Keep important contacts in your email address list to save looking round for them, or mis-typing. On the internet, build up a list of favourite websites and keep them in *Favorites* or *Bookmarks* in your browser.

Karoo is now offering combined broadband and telephone bundles that may benefit some customers. Visit the new website www.k-c.co.uk/home to see prices and terms. Also, if you have been a broadband customer for a long period it would be a good idea to see what tariffs are currently on offer and compare them to what you are paying. This is particularly worthwhile if you still have a Speedtouch modem (a black or silver box with just two lights on it).

Questions and answers section:

Q: What is Facebook?

A: The biggest of the 'social networking' websites. Although predominantly used by young people, there is no age limit or other barriers, it's free to join and who knows you may find a long lost friend! www.facebook.com

Q: I use Windows Live Mail, and when I try to send photos it asks me to sign in to MSN. Why is that?

A: This is a relatively new concept called 'Sky Drive' which makes it easy to send large photo files and have them stored online for someone else to view. However you do need an MSN account, Hotmail or Live etc., it is free and is quite useful. Just go to www.msn.co.uk to sign up.

Q: Where can I find websites that tell me how to save money?

A: Try: www.moneysavingexpert.com or www.moneymagpie.com

Q: What about finding cheaper petrol/diesel?

A: A good site is www.petrolprices.com

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Wordsearch - Out There

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

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

Find the words in the letters above:

Asteroid, Astronaut, Astronomy, Astrophysics, Atmosphere, Black Hole, Capsule, Cosmos, Countdown, Crew, Exploration, Flight, Galaxy, Gravity, Launch, Light Year, Meteor, Mission, Module, Moon, Nebular, Orbit, Planet, Pulsar, Rocket, Satellite, Solar System, Spacecraft, Space Station, Star, Supernova, Take Off, Trajectory, Universe, Velocity, Voyage.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 52 -

This is an easy challenge this month

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

Cottingham High School pupils win public speaking competition at the first attempt

Three pupils from Cottingham High School have won a public speaking competition at the first time of entering.

They were one of 17 teams taking part in the Youth Speaks Competition held at Hull University's Middleton Hall and organised by seven Rotary Clubs in Hull and the East Riding.

The team, Joanna Greenman, Rachael Hancock and Katherine Hodge won the intermediate section of the competition and received a prize of £500 which goes to buy equipment at the School. They also carried off the George Daniel's Trophy given by the Rotary Club of Holderness. Their topic was Teenage Stereotyping.

Second and third places in the intermediate section went to teams from South Holderness Technical College who last year won both the intermediate and senior sections.

The senior section was won by Hull Collegiate who also received a prize of £500 and a trophy presented by the Rotary Club of Holderness. Their team of John Hamer, Charlie Price and Mahum Naeem chose the topic Academic Freedom. In second place was Hymers College and third, Hornsea School.

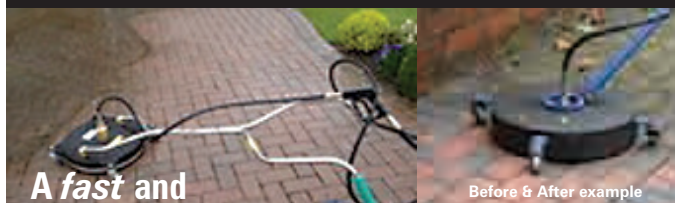
John Hamer also won the trophy for the best speaker in the competition.

The competition organiser David Chandler said "They all gave wonderful presentations. We have run the competition for 15 years and the standard seems to get better and better.

"It is a credit not only to the young people themselves but also to the encouragement they receive from their parents and teachers".

The winning teams will now take part in the Regional finals and if they're successful there will go to the national finals later in the year.

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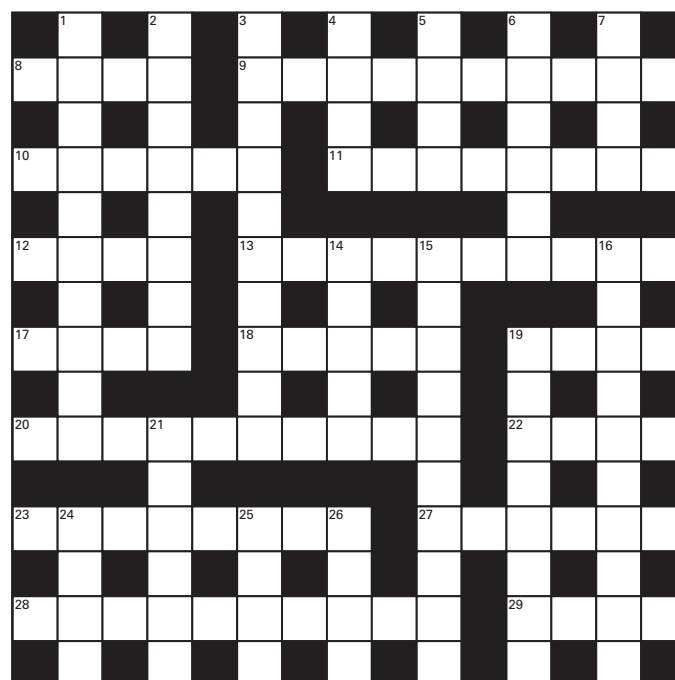


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Crossword - Solution on page 46



Across

8. Wainscot (4)
9. Oddballs (10)
10. Draw (6)
11. Operations (8)
12. Used to tie a shoe (4)
13. Luscious (10)
17. Cain's Brother (4)
18. Combination (abbrev.) (5)
19. Jupiter (4)
20. Specified as a condition (10)
22. Expunge (4)
23. Thorny shrubs (8)
27. Appointing (6)
28. Astronomers tools (10)
29. Where birds live (4)

Down

1. Hare (10)
2. A city in Canada (8)
3. Organised (10)
4. Missile (4)
5. Picnic animals (4)
6. An ointment (6)
7. Glance over (4)
14. Extent (5)
15. Overcast (10)
16. Beauty (10)
19. A court decision (8)
21. Strike with a fist (6)
24. Bobbin (4)
25. Scottish for "Lake" (4)
26. French for "Seven" (4)

Crossword courtesy of www.crosswordpalace.com

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In the Kitchen



Ingredient of the Month

Chocolate

The common cacao tree is classified as *Theobroma cacao* and belongs to the family Sterculiaceae. They are very delicate and need much protection in their first four years of growth. With careful cultivation, the trees of most strains will begin bearing fruit in the fifth year. The fruit containing the seeds are about the size of a small pineapple when harvested.

How chocolate is made

The processing of the cacao seeds (cocoa beans) is not a simple task. Firstly the fruit is fermented which takes 3 to 9 days, during which the heat dries the seeds and turns them brown. The beans are then dried in the sun and cleaned in special machines before they are roasted. This loosens the outer shell which separates the shell from its center or "nib" which is further processed into Chocolate Liquor, by grinding it to a smooth, liquid state. Further processing takes place for the various types of 'eating' chocolate as follows:-

Dark Chocolate is chocolate liquor with additional sweeteners and cocoa butter.

Milk Chocolate is chocolate liquor with additional cocoa butter, milk, sweeteners and flavorings.

White Chocolate has no formal definition. White chocolate contains sugar, cocoa butter, milk solids and flavorings such as vanilla but does not contain non-fat cocoa solids, so is mostly used as a coating.

Couverture is a term describing professional-quality coating chocolate that is extremely glossy. It usually contains a minimum of 32% cocoa butter, which enables it to form a much thinner shell than ordinary confectionary coating.

Ganache is a thick, extremely rich chocolate spread. It is made by pouring hot cream over chopped up chocolate and whipping the mixture until the chocolate melts and the mixture becomes thick and stiff.

Cocoa contains as much as 20% protein, 40% carbohydrate, and 40% fat. It is also mildly stimulating because of the presence of Theobromine, an alkaloid closely related to caffeine.

A Brief History of Chocolate

1502 - Christopher Columbus introduces chocolate to Spain from his fourth voyage to the New World in 1502 but not as the product we know today. It was only consumed as a drink. The word "chocolate" was derived from the Aztec word xocolatl which means bitter water.

1615 - Anne of Austria (wife of Louis XIII) declares chocolate as the drink of the French Court, although this was only after much skepticism, as initially it was considered a "barbarous product and noxious drug".

1640 - chocolate finds its way to England, among other European countries.

1657- the drink becomes a best seller in England and excessive duties are imposed on chocolate. It takes almost 200 years before the duty is dropped.

1828 - Dutch chocolate maker Conrad J. Van Houten created the hydraulic cocoa press. The press enabled chocolate makers to crush the "nibs," or centers, of roasted cacao beans into a paste (Chocolate Liquor). After crushing, some of the cocoa butter was extracted.

1848 - English chocolate maker Joseph Storrs Fry created the first eating chocolate by further refining the cocoa, adding sugar, and mixing the cocoa butter back in.

1875 - Swiss Daniel Peter added condensed milk to chocolate and marketed the first solid milk chocolate bar.

Chocolate in cooking

When using chocolate for culinary purposes, use as high a quality as you can afford - i.e. containing higher proportions of cocoa solids, preferably 40% for milk chocolate and 70% for dark chocolate. This information can usually be found in the ingredients section on the label.

Be very careful when melting chocolate as too high a heat can make it spit. Therefore always melt in a heatproof bowl over very hot water in a small



saucepan. It can also be successfully melted in the microwave using a medium setting.

Chocolate Dream

225g/8oz Mascarpone Cheese
270ml/9fl.oz. Double Cream
4 tbsp Icing Sugar
Zest and juice of 1 Lemon
175g/6oz Plain Chocolate

Instructions

1. Break the chocolate into pieces then place in a bowl over a saucepan of very hot water. Stir to melt.
2. Mix the mascarpone cheese and cream together, then divide the mixture between two bowls.
3. Add the sieved icing sugar, lemon rind and juice to one bowl and mix thoroughly.
4. Stir in the melted chocolate to the other bowl.
5. In four individual tall glasses, place alternate layers of the chocolate cream first, then the lemon cream, finishing with the lemon cream.
6. Decorate with grated chocolate and chill before serving.

Mississippi Mud Pie

Ingredients
For the Filling
400g/14oz Plain Chocolate
225g/8oz Butter
2 tbsp Instant Coffee
30ml/1fl.oz. Boiling Water
300ml/10fl.oz. Double Cream
300g/11oz Brown Sugar
6 Eggs

For the Crumb Base

50g/2oz Butter
150g/-5oz Digestive Biscuits, crushed
25g/1oz Sugar

Instructions

1. Preheat the oven to 190C, 375F, gas Mark 5 and lightly grease a 20cm/8-inch springform tin.
2. Melt the butter in a medium saucepan then add the crushed digestive biscuits, and the sugar, mixing well and adding a little more melted butter if necessary to bind the mixture.
3. Spoon into the prepared tin, spreading it evenly and pressing it firmly down. Set aside.
4. Place the chocolate, butter, instant coffee and water into a large saucepan and heat gently, stirring well, until the butter and chocolate have melted.
5. Remove from the heat and beat in the cream, sugar and eggs. Mix well then pour the mixture on to the biscuit crust.
6. Bake for 1 1/4 hours or until the filling is set. Allow to cool before removing the tin.

Serve cold with whipped cream.

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Easter Sunday falls the Sunday after the Paschal Full Moon (PFM) date and is therefore a moveable date i.e. it is not on the same date each year, unlike Christmas or New Year. The reason for this is.....too complicated to go into here. For ease of reference, and without having to do all the workings, below are the dates for Easter until 2019

Easter is a holy day in the Christian faith which celebrates the resurrection of Christ. However, in many Christian countries such as the UK, it is a public holiday and has therefore come to symbolise a time of rebirth to non-Christians. To others, it is just a welcome spring holiday, often coupled with Good Friday thus making a long weekend.

Future dates for Easter Sunday

8 April 2012
31 March 2013
20 April 2014
5 April 2015
27 March 2016
16 April 2017
1 April 2018
21 April 2019



Foods associated with Easter

There are many foods associated with Easter - some with direct associations and others which simply signify the time of year, some of which were celebratory foods thousands of years ago. Below are just a few.

Eggs signify new life. The giving of chocolate Easter Eggs in the UK has become a widespread tradition although in truth the tradition has its roots much further back in history and was originally a pagan ritual celebrating the advent of spring.

By the 18th century, the first chocolate Easter eggs appeared in France and Germany and soon spread to the rest of Europe and elsewhere. Certainly in the UK, the giving of chocolate eggs isn't restricted to children and many an adult is disappointed if they don't get at least one!

Passion Fruit is another food closely associated with Easter, the reason being that the plant was given its name by Christian missionaries who used the flower to symbolise the "Passion of Christ" i.e. his suffering at the crucifixion, to the indigenous natives in South America.

Simnel cake

Easter is preceded by Lent which is a period of 40 days which signifies Christ's time in the wilderness. It is traditionally a period of fasting which ends at Easter with a feast consisting of the rich foods which couldn't be eaten. The making of Simnel cake was a tradition in the 17th century, when servant girls would take one home to their mothers as a gift. It is decorated with 11 marzipan balls signifying the 12 apostles minus Judas, who betrayed Christ.



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Hot cross buns

Once again, the eating of hot cross buns stemmed from the Saxon pagan practice of eating as buns marked with a cross in honour of the goddess Eostre. It is believed that the bun signified the moon and the cross the moon's quarters. In Christianity, the cross symbolises Christ's death on the cross - the crucifixion.

Savoury Baked Fish - Serves Four

Ingredients:

450g/1lb Fish fillets, e.g. Cod, Whiting, Pollack, Hake, Coley
100g/4oz Streaky Bacon, chopped
2 Onions, sliced
50g/2oz Butter
1 level teasp Mixed herbs
1 tbsp Fresh Parsley, chopped
25g/1oz Flour
300ml/10fl.oz. Milk
75g/3oz Cheddar Cheese
Salt and Pepper
25g/1oz Fresh White Breadcrumbs
4 Tomatoes, thickly sliced

Instructions

1. Preheat the oven to 180C, 350F, Gas mark 4 and lightly grease an ovenproof dish.
2. Wash the fish fillets under cold running water and dry on kitchen paper.
3. Melt half the butter in a frying pan, add the bacon and onions and sauté for
4. Drain the onions and bacon and spread evenly in the bottom of the ovenproof dish. Sprinkle the herbs over the onion mixture and place the fish fillets on top.
5. Melt the remaining butter in a saucepan, add the flour and cook for 1-2 minutes.
6. Remove the pan from the heat and gradually add the milk, a little at a time.
7. Remove from the heat and add the cheese, salt and plenty of pepper. Mix well until the cheese has melted then pour over the fish.
8. Sprinkle the breadcrumbs over the fish and sauce and bake for 15 minutes.
9. Place the sliced tomatoes in a border around the edges of the baked fish, return to the oven and bake for a further 15-20 minutes until browned and crispy. Serve immediately.

www.cottinghamtimes.co.uk - April 2011 17

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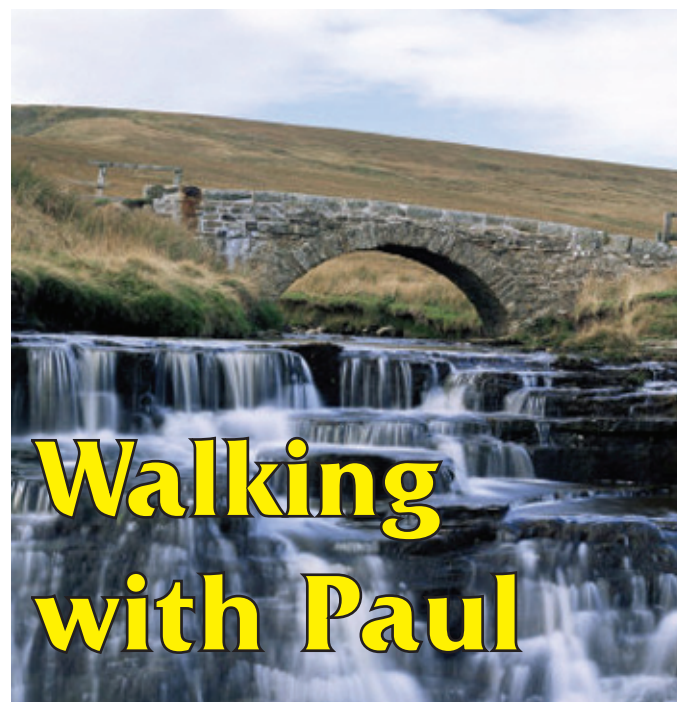
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Walking with Paul

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

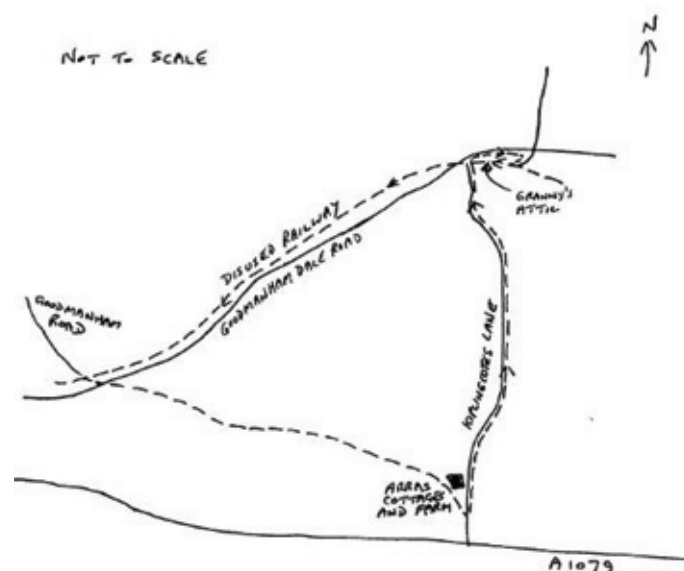
Maps:- EXPLORER 294

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On reaching the top of the dale, cross a stile into a field walking with the hedge on your right and later on your left. Follow the line of Telegraph poles to reach Arras Farm, turning right through the farm. Follow the farm road back to Kiplingcotes Lane and then turn left and walk in a northerly direction along Kiplingcotes Lane to reach a "T" junction, turn right along the road and right again to Granny's Attic

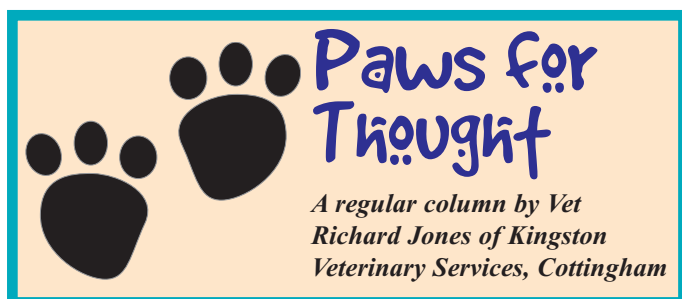




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If Only

How many times have we heard these words? If only I had said 'this', if only I had done 'that'. It has become an everyday saying for many of us but we are now hearing it more so in the 'pet' world.

If only my pet had been 'insured'! We think of house, car, life and even mobile phone insurance, but not for one of the most treasured possessions we hold most dear to us.

Here at Kingston, we promote pet insurance, not only to cover any unfortunate accident your pet may encounter but also for any illness which may occur. Unfortunately I can give three examples on a personal level.

The first one is my eldest daughters dog, 'Baxter' (pictured top right). He's a beautiful cross German Shepherd who she adopted at 13 weeks old. At the 1st vaccination she was given four weeks free insurance with Pet Plan but didn't carry it on. Imagine to our horror when a year later, Baxter was diagnosed with hip dysplasia and was referred to a specialist down in Boston. £1,000 later my daughter took out pet insurance, sadly the hip dysplasia couldn't be covered but the insurance became invaluable when a piece of stick embedded under his tongue.



The second example is 'Charlie'. A Tibetan Terrier belonging to my youngest daughter, Natalie. He has been suffering from impacted anal glands and is to be admitted at Park Street tomorrow for an operation to remove them.

The last example is my own dog 'Teal', you may have read about her puppy antics in the past editions of the 'Times' so it will be as no surprise to any reader she is insured! The first incident was her appetite for slug bait followed by two days in intensive care at Park Street. After numerous amounts of medication for ear infections eight months later, swabs and blood tests confirmed she had an allergic skin condition. At this stage, if it wasn't for pet insurance I don't know how I would have managed but there was no question – more blood tests to determine what Teal was allergic to.

Two years later, she is still on medication, shampoo plus injections for this condition and most probably will be for the rest of her life. However, this is all at the expense of the insurers, not me. This is something to seriously consider when deciding on which insurance company to go with.....is the condition covered for life and not just the pet? There IS a difference.

I also forgot to mention, the time Teal was admitted for devouring a large tub of butter, and also when she ate a full box of chocolates, six mince pies plus an advent calendar all in one go!

And more recently? Whilst writing this article, a bag of sweets plus a full box of 'Special K' cereal has disappeared. "Teal?!?!?!?!?"

Thank goodness for pet insurance!

Pictured below: Charlie (left) and Teal.

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The first customer to put the new service to the test was Penny Akehurst, from Withernwick, near Hornsea. She has been a customer of Ricci Concept for more than 12 years and had been saving up for a new white VW Tiguan.

Penny said: "When I learnt that Ricci Concept were entering into this new service, it felt like the most sensible route to use to buy my new car. We have been maintaining our cars through Ricci Concept since the early days of the business opening and have developed a good relationship built on trust. I wanted a really personal service and of course the best price I could get. I saved money on the list price by asking Nick at Ricci Concept to find my car for me."

"I was very pleased with the service I received and it certainly is an excellent alternative to the larger car dealerships. It's a really personal service and I would highly recommend buying a car through Ricci Concept."

This new service follows hot on the heels of expansion from the existing workshops into neighbouring buildings and over £50k investment into first class tyre fitting equipment and an MOT station last year. Ricci Concept offers drivers everything they need to maintain their cars under one roof – and now the ability for customers to buy their cars through Ricci Concept.

Nick added: "We are a small, dedicated and focussed team and as always we want to deliver the best to customers. This latest extension to our business is just another example of our investment that will benefit our customers."

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“The Tooth and Nothing but The Tooth”

by
Chris ‘Dr. Smile Maker’
Branfield

Words of Wisdom??

Hello, I hope you are well. Hurray, we have had sunshine for four days. What a tonic! Typical though, I was off last week and it was cold, foggy and wet. It was not all bad though as I only went and did it. Pass my full motorbike test that is. The midlife crisis gathers up some steam. I’ve mentioned before that I am Hull and East Riding BDA chairman. Well tomorrow we have a study day for dental teams covering patient care and oral cancer, a subject I touched on a few months ago. I will have an early start tomorrow then.

Do Third Molars Make You Wise?

I really don’t think so. Obviously they are generally the last teeth that we get so we should have learned a few lessons in life by then. Our wisdom teeth show the first signs of calcification on x-rays between ages 7 and 10 years. The crown is usually complete between ages 12 and 16 years, the teeth. The usual time for them to come through (erupt) into the mouth is age 17 to 21 years and root completion is usually at age 18 to 21 years. However, as one of my old professors used to say, wisdom teeth are predictably unpredictable. They don’t always come through as they should and can get stuck (impacted). They can get stuck leaning forwards (mesio-angular), leaning

backwards (disto-angular), not leaning (vertical) or at a full 90 degrees (horizontal).

Are You Evolutionally Advanced?

Human jaws used to be bigger and accommodate 32 teeth including the third molars easily. However, over the centuries there has been a tendency for our jaws to get smaller. This has led to more crowding of teeth and impacted wisdom teeth. Sometimes we fail to grow certain teeth (hypodontia) and the most common tooth to be missing is the wisdom tooth. There is one school of thought that maybe these people are more evolutionally advanced to overcome the problem of not having enough room for the teeth.

Having had my ‘wissies’ out I think that they are just jammy. I had mine out while I was a dental student. I went for the assessment with the consultant and asked for local rather than a general anaesthetic and he looked at me as if I had two heads then smiled and said OK. It was fine. I had one side done then went back for the other side done after a couple of months. I wanted to know what it was like to be on the other end of the procedure so that I could understand and empathise. In the afternoon after having the first lot done I had a naevus taken off my leg at student health. The doctor asked me if I knew where pathology was in Leeds General Infirmary, I did, so he gave me the removed naevus in a specimen pot to take down there. There was no sympathy there then.

Do They Have A Turbo Jet Pack?

There used to be a time when a lot more wisdom teeth were taken out prophylactically. That is to try and prevent teeth from crowding. This practice has died out now as I do not think that there is evidence of this. In fact front teeth can become crowded after wisdom are taken out or if no wisdom teeth are present. When you think about the wisdom teeth would need a jet pack to push all those teeth forwards to make them crowded.

Do Impacted Wisdom Teeth Need To Be Removed?

The short answer is no. Again, in years gone by a lot more wisdom teeth were taken out just because they were impacted. These days in keeping with NICE guidelines less are taken out unless there are signs and symptoms of infection or disease. If you are lucky an impacted wisdom tooth will stay under the gum and not communicate with the mouth. This way it is unlikely to get infected. They still need to be monitored to make sure that they don’t end up getting a cyst around them or cause damage to adjacent teeth. If it does start to come through the gum all you can do is keep it as clean as possible and hope for the best.

This is easier said than done at times if you have a flap of gum over it. This flap of gum is called an operculum. You might need a special little brush to try and get under it and definitely floss. Sometimes if a partially erupted (partway through) wisdom tooth is giving problems it may be a good idea just to gently remove the operculum so that it can be kept clean more easily. This seems to work well and has saved a few wisdom teeth from requiring later extraction.

Nation Award Nomination

As you may be aware I am a founder member of a charity called Dental Mavericks and we made our first trip last September to treat kids of the Berber Tribe in North East Morocco. Our group have been nominated and short listed in the category of best dental team in the Probe awards. The Probe is a national dental magazine. So it looks like a trip to London is in order with my poshest togs. Wish us luck, it would be great to win something for a change. I’m on radio Humberside next week reviewing the papers, I hope that it is as much fun as last time. My daughter’s football team managed to scrape a win at the weekend so they are doing well still. They do seven a side at the moment. It will be interesting when they move to eleven a side next season and see if they get into the off side rule. 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 772550. He has been in dental practice for 18 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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Well, if you call into the office in the next week or so, I should still have a healthy glow from my visit to India and will be looking forward to our Easter Isle of Wight Tour.

Can you believe that it's April already? Cruising for summer 2012 is now on sale, so, for those of you who enjoy the early booking savings, along with your pick of the cabins, it is now time to book and enjoy looking forward to your holiday.

The cruises departing from Hull will not be released until May, we will also have our Garonne River cruise on sale too (advance register now to be first to have details).

My river cruise on the Danube, departing in June, has not been as popular as I expected. We have, as always had lots of enquiries for a Danube cruise not flying. Normally the only one on offer is on the Arlene, which does not even cruise as far as Budapest! This is a proper Danube classic itinerary from Passau - we will not be repeating this again next year. If you want to come along, you need to join me this year! Call for full details today, or visit our website www.marionowentravel.com.

Talking of our website, many of our travellers are becoming more and more involved with the internet. Hence, I have been working on a new website that we can manage and work easily with..... I have made progress and now it's in a position that you can look at and enjoy some information. There is still a long way to go (*I have so much spare time!*) but we're getting there. The good thing is that you will be able to log on everyday if you so wish and read my BLOG. Travel changes everyday, sometimes we have important information and offers that are too good to miss and no real way of getting them out to you the public swiftly. For those of you on our database, we could email up to 2 or 3 times a day - you could get fed up and not read any of them. Now you can pop on to our site and see what is new and perhaps pick up a bargain late holiday for yourself too.

If you have an email address and would like to receive our newsletter list, please email: admin@marionowentravel.com and you will be added to the list. We aim to do 4 to 6 newsletters per annum; the next one will be May time. I am also pleased to receive comments on your thoughts too. As the customer, your thoughts are valuable which is why we always like to have a chat with you when you return from your holiday.

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25 August : Paris - August Bank Holiday £329
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14 October : Beer Festival Weekend £169
Via North Sea Ferries departing Friday night back Monday morning.

Disneyland Paris - 5 nights (3 nights Disney)
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Well, enjoy April and seeing your gardens hopefully flourish. Oh... have you booked for Gardeners World yet? We have just a few seats left, so hurry for this one.

Wherever and whenever you want to travel, remember to pick up the phone and talk to us, we look forward to being of service.

Marion

PS a little saying for travellers.....

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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.

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,

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

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.

Spring should now be in evidence, with daffodils in flower and blossom adorning trees. Expect the inevitable 'April showers' but the frequent sunny days and rising temperatures too make it perfect gardening weather. It's an exciting month, with indoor-sown seeds well into growth, and it's also time to start sowing outdoors. Just watch out for frosts.

Sowing and planting

Hardy annuals can be sown in pots or modules to provide colour in the garden. Annual grasses that can be fun to try too: *Briza maxima*, *Lagurus ovatus* and *Hordeum jubatum* are suitable examples. In mild areas with light soil, you can sow directly outside. Marking out irregularly shaped seedbeds and broadcasting 'drifts' of different seed gives a more natural look.





Modular trays are useful for sowing half-hardy summer bedding plants such as marigolds (*Tagetes*), Lobelia, and Petunia. Label each seed tray. You will need to plant them under cover, or in a heated propagator, at the appropriate temperature, only putting them outside when the weather is reliably warm day and night.

If you started sowing early, in March or even February, you may have modules of young hardy annuals now ready for planting out.

Sweet peas can be sown outside this month. Plant out autumn-sown sweet peas that have been raised in pots, and prepare your wigwam supports for them to climb, using a light twine to tie the plants in.

When space becomes available in the greenhouse, pot up cuttings of tender perennials taken last summer and at the beginning of this year. Bulk up plant numbers by taking more cuttings from the largest of the new plants.

Plant summer-flowering bulbs, if not done already. Prepare the soil first, to ensure that drainage is sufficient to prevent the bulbs rotting. Anemone coronaria tubers, for instance, need particularly well-drained soils.

You can still plant herbaceous perennials such as Geranium, Astrantia and Oriental poppies. Check that the plants you buy have strong, green shoots and plant them into well-prepared soil.

Plan a continuous crop of cut flowers for this summer. Perennials such as delphiniums and annuals can be grown to produce a useful and beautiful display.

Towards the end of the month, in mild areas, you may be able to plant up your hanging baskets for the summer.

Lawns

Mow lawns when necessary - whenever the grass is growing - the aim is to maintain a constant height throughout the year.

Add the clippings to the compost heap in thin layers (too much grass all at once is likely to be very wet and poorly aerated, resulting in smelly slime rather than compost).

Use a half-moon edging iron or spade to create a 7.5cm (3in) 'gutter' around the lawn edge. This will prevent grass creeping from the lawn into borders.

Sowing new lawns or over-seeding dead patches can be carried out from mid-April to early May. If the soil is very wet or cold germination will be poor, so delay until the weather improves. Prepare the ground for sowing, by cultivating, levelling and lightly firming beforehand.

Do not walk over or mow newly sown grass until it has reached a height of 5-7.5cm (2-3in), and then only give it a light trim at the highest setting.

Apply a high nitrogen spring lawn fertiliser at the beginning of the month to encourage good, strong growth. If moss is a problem choose a combined fertiliser and mosskiller.

April is the best month to apply lawn weedkiller.

Lightly rake lawns with a spring-tine rake to remove old plant debris. This can also be done to rake out dead moss a couple of weeks after applying a chemical moss killer.

Repair bumps and hollows by peeling back the turf, removing or adding soil, and then replacing the turf.

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Your Stars for April 2011 - By Kay Gower

Aries - (Mar. 21- April 20)

The rewards you are working for seem too distant. You need a few perks to remind you why you're on this path, and it would benefit everyone if you got them sooner rather than later.

Taurus - (Apr. 21- may 21)

Place your affection carefully. Go slowly into relationships. Build your personal mystery — that means you don't give your whole story upfront. Follow the old show business maxim: Leave 'em wanting more.

Gemini - (May 22-June 21)

Seeing the same scenery, however cheerful it may be, will bore you. This month you'll be in the mood to mix it up. Get near those who can introduce you to new ideas, places and people.

Cancer - (June 22-July 22)

You have much to be proud of. Let nothing and no one intimidate you this month. Remember the words from an old Val Doonican song "Walk tall, walk straight and look the world right in the eye."

LEO - (July 23-Aug 22)

What's broken will eventually fix itself. Focus your attention instead on what's going well. You can maximize your results this month by not accepting "great" when you can have "phenomenal!"

Virgo - (Aug 22 - Sept. 23)

Time is a resource you can't afford to waste. April has the potential to be a good month so long as friends who just need company don't knock you off track.

Libra - (Sept. 24 -Oct. 23)

Recent developments have your mind spinning. There's an opportunity on the table that only the quickest around will be able to take advantage of. Get yourself together and go for it.

Scorpio - (Oct. 24 - Nov. 22)

Anyone who thinks they know you completely is in for a surprise. Your complexities make you hard to predict. Your personality is multifaceted and each surface is polished like a jewel.

Sagittarius - (Nov. 23 -Dec. 21)

You are walking the fine line between winning and losing. You probably don't realise how close you are to the finish line. To win, all you have to do is continue. To lose, all you have to do is give up.

Capricorn - (Dec 22.- Jan. 20)

You have a stellar sense of direction, both physically and spiritually. You may not be sure where the path leads, but you're not worried. You feel it in your bones that you are going the right way.

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

You look and feel better than you did last month. You're moving into a different level of vitality and will attract new interest in yourself and your work. This month you'll be charmed by someone else's advance.

Pisces - (Feb. 20-Mar. 20)

Just because you know how to do something and think you should do it doesn't mean you will. The missing ingredient is motivation. For now, do what you really want to do instead of forcing things along.

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Beverley Brass Band concert at the Cottingham Methodist Church on Friday 5th May

The Beverley Brass Band are to entertain again at Cottingham Methodist Church, following the successful concert given in October of last year at which over 150 people enjoyed an evening of brass band music that included a variety of popular tunes including songs from the shows.

The date of the concert is Friday 6th May commencing at 7.30pm and tickets can be purchased at the door priced £5.00 the funds going to support the church.

At the previous concert the band bade farewell to Jim Johnson who had conducted the band for a number of years and the last item of the evening was conducted by his successor Phil Biddlecombe who is now busy rehearsing the band ready for its summer concerts and is introducing new items to the bands repertoire.

You can keep up to date with bands performances by logging on to www.beverleybrassband.co.uk and click events. A local event not to be missed is the 2nd Skidby Scarecrow Festival 8th - 10th July. Look out for the band entertaining between 2.00 - 4.00 pm on the Sunday on the village green, For more details visit www.skidbyvillagehall.btik.com

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Numerator

Each oval contains a different number 1-11. Follow the clues to find the correct location of each number in the Numerator diagram.

Note: 'Left' or 'Right' is from your point of view and means any location above the same horizontal line.

'Above' or 'Below' means any location along the same vertical line.

Clues:

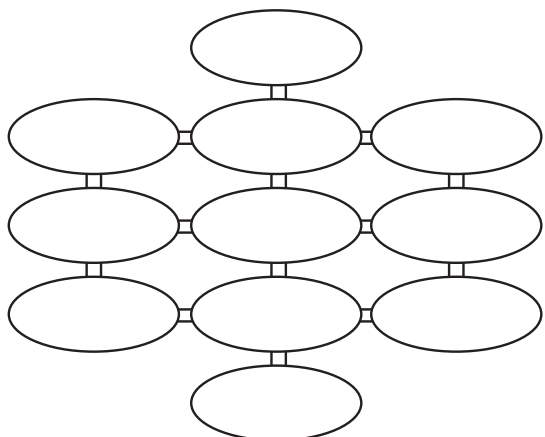
Number 4 is left of 7 and below 10.

Number 8 is right of 3 and below 9.

Number 11 is below 2 and right of 1.

Number 4 is above 6 and right of 5.

Number 8 is above 7.



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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Hello and welcome again to this month fishing news fellow anglers.

The date is the 18th March. I am pleased to report this month that all of our still waters have started to fish something like properly again; there are good weights being reported to me from loads of local venues (within 30 miles radius). Whereas last month people was still going for silver fish with baits such as bread, pinkie and hemp etc., now it seems virtually anything goes, such as pellet ground baits and meat on some venues. You still need to feed little and often though, but doing this you should catch more fish anyway.

The best weights at the moment go up to 80lb from Lavarack's (land of nod), Risby; both the Folly and Tench ponds have picked up brilliantly. The beck at Beverley has been producing some really good bags of Roach lately; Tiger Lake at Bransburton has produced some fantastic Ide. If it's not cold for you "Get your gear out and give it a go because loads and loads of venues are fishing well at last.

On a warning note Barmston Fisheries at Woodmansey has just opened recently and Nigel the owner has spent a lot of time and money in making this venue first class. There is an abundance of specimen fish in this lake and they are in first class nick. Now Nigel doesn't have many restrictions, but he does have some rules (where doesn't). Now unfortunately some people are not doing as they should i.e. dip the nets and weigh mats properly, and they are not treating the fish or the land with the respect they deserve. We have been warned if this carry's on he will close the pond to the public. So my message is no matter where you go, **"STICK TO THE RULES PLEASE!"**

Now for Catchmoore Club news, this wooden spoon award is going well for the banter; Louis bet has risen to £45 ha! Ha! I'm not surprised as on our last knock up, he cast out to set his depth before we started and got stuck on island first cast. (Lou decided to cast out to set his depth with a hook and feeder on, not a bomb!) Mark and the crew shouted as on the film the great escape, "Shakin the bush boss!" Then later on all I could hear was "Cuckoo" as another fish was lost. Mind you kick his bum Dave only had one bite, one fish, so the race is well and truly on, and he nearly spat his dummy out by 1 'o' clock and pulled his net out. Lesley, Dave's wife, said she will not go fishing until the matches start properly as she does not want the wooden spoon award! So should Lou be worried, I am not too sure myself.

Back to reality, just a few reminders please, please take your rubbish home, even if bins are provided, also please make sure both your landing and keep nets are bone dry before you start fishing as a dry net is a disease free net.

In addition could all anglers please dip your nets where required. We do not need another season like last year where some of our venues closed because of disease.

Sea Scene, our fresh bait supply has now stopped for another season, though we still have plenty of frozen baits to keep you all going all summer.

Thank you to all you lads who supported us at Catchmoore all winter!

We are now stocking all new tackle for the coming season.

For the Air Gun and Pistol customers we are now stocking AirArms.

On a final note, please don't forget all rivers and drains are now closed till June 16th and most important, DON'T FORGET YOUR LICENCE FOR 2011-2012 IS DUE NOW!, your old licence runs out on 31st March.

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ABCD - News Update

The Annual General Meeting (A.G.M.) of the Association of Businesses in Cottingham and District will be held in the Back Bar of the King William IV on Hallgate at 6pm till 7.30pm on Tuesday 26th April. Would all members please try to attend this years meeting, as a vote will be taken to appoint a new chairman.

Current chairman Nick Russell will be standing down after having held the position for the last seven years. He says "It is with some regret that I have come to this decision, but I think it is time for change. Also I no longer have a business in the village, and although I want the village to thrive in the future, it is now from a residents viewpoint.

I believe the chairman should have a business interest in the area. I would like to take this opportunity to thank all members, past and present, for their support and I hope I have left the Association in better shape than when I took over. On a personal note, I would like to invite all the members who attend the A.G.M. to join me for a drink in the bar after the meeting"

A voting/nomination form will be sent out to all members with the minutes of the last meeting, and if you are unable to attend the AGM, then please return the form to the address on it.

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Children's Club is all smiles after receiving £2,000

Co-operative Grant

A donation of £2,000 from The Co-operative Group's Community Fund will help an East Riding children's organisation provide horse riding classes for disabled and autistic youngsters and their families.

Special Smiles, which is a not-for-profit group based in Cottingham, was set up in July 2010 to arrange regular activities and social events for disabled and autistic children and their families.

The group, which is the only one of its kind in the area and has applied for charity status, has 32 volunteers and provides activities for more than 84 children aged two years up to 18-years-old in the East Riding and Hull area. Special Smiles plan to spend the £2,000 on regular horse riding lessons for the disabled youngsters, and their siblings, in the spring.

Kevin Jennings, chairman of Special Smiles, said: "This grant from The Co-operative will make a big difference to us and will help us provide regular horse riding lessons, which will give the disabled children the opportunity to experience something different that is not normally accessible to them.

"This money will go a long way to help us make these youngsters' lives, which can quite often be very difficult, full of fun and give them something to look forward to. It will also help new friendships to be formed for the disabled children, their siblings and parents."

The Community Fund offers grants of between £100 and £2,000, with local Co-operative members' committees allocating awards based on a set of values and principles such as social responsibility and caring for others.

About £200,000 is available annually to support charities and community groups in the region, with funds generated by members donating their share of Co-operative profits. Application forms are available online at www.co-operative.coop/communityfund or by telephoning 0161 827 5879.

"The Community Fund can make a real and lasting contribution to local communities and Special Smiles is certainly a deserving cause," said The Co-operative's Regional Secretary, Suzanne Heron.

"Many community groups share our co-operative values and could benefit from an award and we would certainly welcome their applications."

Photograph above shows Kevin Jennings, Chair of Special Smiles, Sandra Jennings, Treasurer, Suzanne Moulson and Dale Martin, from The Co-operative's East Yorkshire and North Lincolnshire Area Committee, and Caroline Phythian, Manager of Special Smiles.

Property News from Martin English of Homelink



Tenant Abandonment

What is Abandonment?

Abandonment is the voluntary surrender of a legal right, for example, an interest in land or property - a tenancy.

By virtue of S5(2) Housing Act 1988 a tenancy can only be brought to an end by the landlord obtaining a court possession order, or by a surrender or similar act by the tenant.

If the tenant appears to have abandoned the landlord's residential investment property, this can put the landlord in a difficult position. This is because if the tenancy has not been surrendered or brought to an end, the tenant may return and accuse the landlord of unlawful eviction.

The issue of tenant abandonment is further complicated by the fact that tenants sometimes leave their accommodation unoccupied for long periods. In this situation it may either breach the terms of the landlord's insurance or increase the premium due to the added risk to the insurer of covering an empty buy-to-let residential investment property.

A landlord's options

The difficulty for a landlord is the legal ambiguity surrounding the concept of a tenant's abandonment. For instance a tenant may disappear and stop paying rent. It is often difficult or impossible particularly with an apartment to judge from an external inspection whether a tenant has left a property. If a tenant has left some of their possessions then a Court will often interpret that as "demonstrating an intention to return" and that the tenant intends the tenancy to continue. Should a landlord make a wrong decision in assuming that the tenant has left and then attempts to re-let the property only for the tenant to return then the landlord could be sued for damages.

Surrendering the tenancy

If the landlord is not prepared to wait for a possession order then the next best alternative is to get the tenant to surrender the tenancy. This can be done by the tenant submitting in writing a notice to quit expressing their intention to give up the tenancy. It is important that the tenant also returns the keys. The return of keys is another important indication of the tenant's intent to surrender their tenancy.

The least ideal scenario for the landlord is to take possession of their residential investment property on the grounds that the tenant has abandoned the landlord's residential investment property. In order to help a landlord

substantiate a claim for abandonment important factors would be:

- Has the tenant stopped paying rent?
- Has the tenant left the keys to the property?
- Has the landlord attempted or been able to contact the tenant or a relative?
- Do neighbours have any knowledge of the tenant's circumstances?
- Can the landlord see through the windows of the residential investment property and are they able to see if the tenant's possessions are still in the accommodation?

These points help to indicate abandonment. There are no legal rights attached to abandonment so what a landlord must seek to do is be able to prove to a court in the unlikely event that a tenant returns that they took every step possible to safeguard the rights of the tenant. This may be then accepted as a defence by a Jury should an unlawful eviction case be brought by the tenant.

Therefore, if a landlord can prove that their residential investment property had been left in an insecure state; or that the landlord suspects internal appliances could present a danger to the property and/or neighbours. If all these circumstances prevail then and only then could the landlord have a case for entering their residential investment property and possibly fitting a secure lock.

Where a landlord assumes abandonment and takes possession the landlord should:

- Leave a clear notice on the door informing the tenant that the lock has been changed by yourself or a locksmith and that if the tenant requires access they must contact the landlord at the address supplied to obtain a replacement key.
- Remember that a landlord does not want to encourage squatters - notices displayed too prominently may do just that!
- Under no circumstance must the landlord deprive the tenant/s of their rights to access.

The advantage to a landlord of assuming a case of abandonment is that it may enable a landlord to re-let quickly (seeking a possession order can be a lengthy process). The chances are that the tenant will never be seen again and that you as the landlord have a considerable financial benefit of being able to re-let quickly and recoup some of the financial losses caused by the previous tenant. However, landlords should be in doubt that this is high risk strategy and if a landlord is in any doubt they should seek expert advice on the specific case.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk 01482 875248 or contact through *Cottingham Times* directly.

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

As I sit looking out of my window, absent-mindedly watching my dogs play, it is a good scene. The sun is shining; the grass is growing and has finally started to turn green, instead of brown. Everything is starting to improve from the weather and the promise of spring to the land drying up and becoming workable. I can hear the tractors rumbling past my house with harrows, rollers or fertiliser spreaders at the rear. When these changes start to happen, we seize on the first opportunity to get out there on the land.

It now needs help after the ravages of winter in order to both recover and subsequently yield its promised crop.....mine being grass. How I wished it grew for free! It will in its own way of course but not to the extent I need it too. There is a balance of maximising potential yet allowing nature to take its course in natural development.....whilst not meddling too much or spending too much time and money in investment.

Could not the same be said of a horse? I have this balance to make each time I take on every troubled equine that comes in to the yard. I cannot give false promise yet I must give hope. I have to produce results in the shortest possible time in order to keep the cost down for the owners, yet I must let each animal develop and let down its defences at its own speed. The depth of its traumatic history is a massive part of the ensuing dictation in time.

We have two horses in for training just now who have imploded big time, with all encompassing fear behind their eye line..... Un-rideable, stressed to handle and awful to catch. Both are from different backgrounds, but both fear touch on their haunches which in turn is all about defence.

Jazz is a beautiful 15hh native bred chestnut mare, and has been owned by this family for seven months.

They have had so many traumatic incidences in that time whilst trying to ride her. She basically hits a panic button in her head which sends her into a blind run with violent bucking until she gets the rider off. This always leaves her in a terrible state

afterwards. She has eyes out on stalks, nostrils flaring and her heart races so hard that she visibly shakes. She is then hard even to approach and catch....never mind get back on. She has been with us for 2 weeks now and has come on extremely well. The rope halter work has given her a feeling of safety and an ability to relax when being asked questions. She worries still but now has the tools to start to let go of tension and relax. We have just started to back her and it is going well. Her owners come over from Doncaster regularly and are delighted with her ability to calm down after a freak!

No one can force the change of attitude; it has to be her decision at the end of the day. We do not try to stop her fear by masking what we ask for....she is fully exposed to my requests and must find it in herself to trust me and my staff. Every day we move her forward and today has been my best success yet on her back. I can now jump up and over. I get on one side and get off on the other without her feeling the need to react..... real progress.

Finn is a 16.3hh Irish sports horse. He is a fine upstanding dark grey horse who has suffered greatly in the hands of scum bag dealers. Because he has probably always been a difficult personality he has hit the downward spiral that so many do. He has been passed from pillar to post, harsher treatment each time to try to tame the beast. The unsuspecting new owners have unwittingly inherited a whole life time of abuse because they fell in love with the picture of beauty that stood in front of them.

The story inside the story is that although he has come to me from Sheffield, I have seen this horse before.... being roughly ridden by a local dealer after the last decent owners found that they too could not manage him. Drugged up at point of sale sells the animal, the reality is after a week in its new home and the drugs are out of the system! A common occurrence I am sorry to say. The dealer denies all knowledge and says that they have ruined a good horse by doing something wrong. Blah, blah, same old, same old.

Those owners did not send him back to that scum bag dealer, their conscience for the horse did not allow. They sent him to a local trainer who sold him to another scum bag dealer who has been banned by the courts and the RSPCA from ever owning another horse. Again very local.....he gets round this ban by saying that his girl friend owns all the horses. Who has the power to stop all this?

Finn (formally BUD) is an absolute psychological mess. I have no idea if he can be brought back from the brink. If I cannot make a significant impact into his ability to trust a human ever again then he has no future. He will how ever be treated very well, be shown great care and I, alongside his beleaguered new owners, are determined to give him every chance.



Wills - why use a solicitor?

Currently, will writing is an unregulated industry in England. This means that you may be charged a fee for the preparation of a Will regardless of training, supervision, insurance and qualifications.

So, what are the advantages of instructing a firm of solicitors and what key things should you look out for?

All firms of solicitors are required to be registered and regulated by the Solicitors Regulatory Authority ("SRA"). Regulation means that solicitor firms must abide by a Code of Conduct which should ensure that they provide a high level of care to their clients. Solicitor's firms must provide advisors who are properly trained to offer the specific legal advice requested. They must also have appropriate insurance in place for the work that they are carrying out. Should any problems arise, you will have reassurance that the SRA will be able to help you.

Solicitors are required to be upfront and clear about costs. There should not be any hidden surprises along the way. When contacting a firm of solicitors, we recommend that you should always ask for details of cost in advance.

You would advise you to ensure your solicitor is a specialist in Private Client law – not all solicitors prepare Wills regularly. Look out for specialist qualifications such as membership with the Society of Trust and Estate Practitioners (STEP) and members of the Chartered Institute of Taxation (CTA). When arranging an appointment, don't be afraid to ask about the experience of the individual you will be seeing and for details of their supervisor, if appropriate.

Flaws in your Will may only come to light when you are not here to correct the problem. For peace of mind, we would advise you to always check:

- * the experience and qualifications of your advisor
- * whether they are regulated by a professional body
- * what insurance they hold
- * that you receive a clear estimate of charges in advance

Solicitors not only provide legal advice on individual, family and financial situations, but they are also equipped to provide advice on other issues such as powers of attorney, creation of trusts and care home fee assessments that may arise whilst discussing your Will.

For further details, please do not hesitate to contact Leanne Labrom or Caroline Hepworth on 01482 325242.

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Cottingham Playsport Pavilion at King George V

Following an extensive refurbishment, Cottingham Playsport Pavilion reopened its doors, in August 2010. Since this the Pavilion has gone from strength to strength. We have a wide range of fitness classes including Dancercise and Zumba for adults and Pre School Tots Dance and Junior Dance for the children. Many clubs are now based at the centre including Cottingham Fit mums, Hull Zanshin Karate Club, Renaissance Sword Club, a number of badminton clubs and not forgetting all the football teams on the grass and all weather pitches.

A Soft Play and Bouncy Castle session is held on three afternoons a week Monday, Wednesday and Thursdays between 1.00 pm – 3.00 pm. Bring your under 5's for an afternoon of fun on the jungle themed bouncy castle and soft play on the large matted area.

Chairman of the Cottingham KGV Community Trust, Gary Cooper, said "We really want to encourage youngsters to the pavilion through Soft Play sessions and birthday parties both using our bouncy castle, the youngsters are the community of the future and its important to us that they develop the same sense of ownership we are bringing to the wider community now as a Trust".

The Pavilion is available to host your Child's Birthday Party. Choose from the bouncy castle and soft play, sports party (football) or even hire the hall and arrange your own entertainment.

For further information about the soft play sessions, birthday parties or to make any enquiry please contact the Pavilion on 01482 840290, visit our website www.cottinghamplaysport.co.uk or visit the Pavilion at King George V Playing Fields, Northgate, Cottingham.



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Over 60's Pensions, Benefits and Money Advice Sessions at Beverley Library

Advice sessions on pensions, benefits and finance for people aged 60+ are being held at Beverley Library on Tuesday, 10th May at 6pm.

Did you know, even with savings above £16,000, you may still be eligible to extra payments in your state pension?

Would you like to know if you can get a reduction in your council tax bill? Are you entitled to help with paying your rent?

Do you know that attendance allowance, disability living allowance or carer's entitlements are not connected to your wealth but your health requirements?

If you want to hear more or have any questions of your own, members of the Benefits and Money Advice Service will be at Beverley Library to give a short talk and answer your questions at these sessions.

The advisors will also be happy to speak to you in private and, if necessary, arrange a home visit to complete any forms.

For further information or to book a place, contact Beverley Reference Library on (01482) 392755.



**PIZZAS :: BURGERS
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AMERICAN FRIED CHICKEN**

Gino's Pizza and American Fried Chicken Takeaway is situated on Hallgate, Cottingham, near the junction with George Street and opposite the United Reform Church.

He has been established for the past six years and has built a reputation for providing excellent quality food and excellent, friendly service.

He has won the coveted Fast Food Guide Quality Award for Excellence in 2010 and now 2011. He also has the Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.



Gino's have not increased their prices despite the increase in VAT in January, so come and enjoy a superb takeaway at really value for money prices.

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.

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.cottingham-times.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.



Is there a future for Cottingham Civic Society?

The Society was established some 25 years ago with the aim of encouraging and promoting the protection and improvement of the environment and the conservation of the character of Cottingham. We have some notable successes such as helping to save Thwaite Gardens from development. However, it is the input into decision making on small proposals that can have an impact on the environment around us and we are consulted by the East Riding Council about planning applications in the village. This needs people to spend time and effort to consider these but unfortunately our membership is decreasing.

The Society needs new members; we now have fewer than half the number of members we had ten years ago. At our Annual General Meeting in April 2010, the Society's Management Committee outlined some of the problems facing our Society, and appealed for members to come forward if they were willing to serve as Officers or on the Committee.

Many of those currently serving on the Management Committee have done so for many years, and wish to 'hand on the baton'. We need people to come forward who are willing to join the Society, the Committee and to serve as Officers of the Society.

This comes at a time when, with changes in planning legislation expected and proposals for building large numbers of new houses in and around Cottingham, the need for a Civic Society to influence the future shape of our community is possibly greater than ever.

This year's AGM is on Monday 18 April, at 7.30pm, in the Darby & Joan Hall. We will be attempting to find a way forward for the Society, so please make every effort to attend, and please, if you can, spare some of your time to help keep our Society going at this important time in the development of our community.

To thrive, the Society needs to recruit more members

To survive, the Society needs members willing to serve as Officers or on the Committee

If you would like to discuss the position of the Society, how we operate and what we try to achieve, please contact a member of the Management Committee, their telephone numbers are given below, and most will be at the next meeting of the Society on Monday 28 March if you would prefer to talk to them then.

Ray Kenyon 840903; Peter Duffus 875140; Doug Jennings 845572; Tony Ross 842150; Ken Bailey 846037; Brian Spence 848220; Gillie Gasser 847313; Win Knight 841844 and Stuart Leadley 07795 834269.

Commencement of Raywell Flood Attenuation Scheme

Much of the flooding, which saw hundreds of Cottingham residents displaced from their homes in 2007, was caused by water running off agricultural land in the Raywell Valley.

The Raywell Valley Flood Attenuation Scheme has been designed to hold back 18 million litres (4m gallons) of water in a series of terraced lagoons in the event of a flood.

These lagoons would be off Epplworth and Westfield Road to the north of Castle Hill Hospital.

The scheme has recently received planning permission and will shortly be in a position to start construction work on site. It is hoped that the attenuation scheme will be in place and ready to help protect Cottingham in time for the fourth anniversary of the flooding in June 2011, in addition to protecting residents of Cottingham the scheme will reduce the impact of flooding to the Orchard Park estate in Hull.

Leader of East Riding of Yorkshire Council, Councillor Stephen Parnaby, OBE, said: "When complete, this scheme will help protect hundreds of properties, both business and residential, and will help reduce the risk of wide-spread flooding suffered in Hull and the East Riding four years ago."

"The council is very pleased to have secured the necessary funding and support for this scheme and aims, with the support of its partners, to have everything in place by the summer."

38 April 2011 - www.cottinghamtimes.co.uk

Councillor Jonathan Owen, deputy leader of East Riding of Yorkshire Council and representative on the Yorkshire Regional Flood Defence Committee, said: "In developing this scheme the council has received tremendous support from the local community, Hull and East Yorkshire Hospitals NHS trust, Hull City Council and local land owners."

"The scheme, which is funded by the council and the Yorkshire Regional Flood Defence committee, is the largest scheme of this type ever undertaken by East Riding of Yorkshire Council."

East Riding of Yorkshire Council is also working collaboratively with Hull City Council to develop large flood alleviation schemes in the Haltemprice and west Hull areas for the benefit of residents in Willerby, Cottingham and the western side of Hull.

These proposals are at an early stage, however both councils remain optimistic that the schemes will progress via the Environment Agency's National Programme.

ActionAid's "Fair World Fair" to be held on Saturday 23rd April in the Cottingham Civic Hall

The date of ActionAid's "Fair World Fair" this year is Saturday 23rd April, 10.30 am to 4.00 pm, in the Cottingham Civic Hall. This is Easter Saturday and also marks the thirtieth anniversary of the local ActionAid group. Over the years we have raised over £110,000 for projects in the Developing World.

Each year we raise £1000 for The Next Step project in Bangladesh. Last year we supported three other Priority Projects - including raising £2,000 towards a project aimed at providing quality education for rural children in Haiti. Despite the enormous problems encountered in the country the school is due for completion later this year.

We will have all the usual stalls - 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.

A bit more than a Ramble!

Healthcare charity Sue Ryder is looking for keen or not so keen walkers to take part in their annual Yorkshire Wolds Challenge Walk. A bit more than your average ramble this challenge walk takes place on 2nd July 2011 in lower Yorkshire Wolds to the east of Hull around Brantingham.

With three distances on offer - with a bit of training there is a route for everyone! 30 miles in 12 hours is a big challenge for most people or how about running it! For those of you looking for a slightly easier challenge there are 18 mile and 12 mile options all finishing at Brantingham Village Hall for a well deserved BBQ.

The route, which is fully marshalled with first aid back up from Cascare, takes in parts of the Wolds Way and the picturesque villages of Welton, North and South Cave.

Why not sign up today, start training and be ready on July 2 to take on the challenge whilst raising funds for Sue Ryder and enjoying the countryside. Although it's quite a stretch to imagine walking through green meadows flanked by twittering hedgerows, flowers of every hue, and the air filled with the sound of the countryside in high summer this could be you.

Signing up is easy visit www.suerydercare.org, or ring Deborah on 01904 426920 for an application form.

So go on take on the challenge and help Sue Ryder provide support, expert personalised care, fun, activities and understanding for people with complex conditions including Huntington's disease, Multiple Sclerosis, brain Injury, Parkinson's disease and Stroke for people from across North and East Yorkshire.

For more information, email york@suerydercare.org or call 01904 426920.

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Ladies Night

Friday 6th May

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Wednesday 10th August

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A lasting memorial for your pet

A few years ago Mr. Harry Shann of Hull, made a wrought iron penny-farthing shaped ornament to place on the garden patios etc. to hold pot plants which enhanced any garden patio or terrace. He gave one to the Haltemprice Lions to sell for charity and they have proved to be a resounding success.

To date over one hundred 'penny-farthing' garden ornaments have been sold at £35.00 each to bolster the Lions' Charity account. Harry has approached the Lions again with another idea, it is a garden memorial to your pet animal.

The wrought iron ornament plant holder with the pet's name emblazoned across the front will sell for £17.50 from the Lions' Charity shop in Hessle. All proceeds are used to support worthy causes in our area.

The Haltemprice Lions have organised another 'Table Top' sale to be held on Saturday, 21st May, 2011, at the Civic Hall Cottingham - a limited number of tables are available. For information of this and the garden ornaments please call 01482 847367.

Above: The President of Haltemprice Lions, Neel Kamal, holding the 'garden pet memorial' with the garden 'penny-farthing' plant-holder alongside.

Below: Answer to Sudoku problem No. 51 from the March issue.

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

News from Cottingham Little Theatre

"Noises Off" by Michael Frayn –

Thursday, Friday and Saturday 5th, 6th and 7th May

Our 90th Anniversary performances of "A Christmas Carol" were a huge success and we had to think carefully how to follow them. So, as you know by now, our next production will be "Noises Off" by Michael Frayn and it will be directed by Adele Williams in her first role as a Director.

This multi-award winning British comedy classic is a play within a play and is set on-stage and off-stage. The idea for it was born in 1970 when the author was standing in the wings watching a performance of "Chinamen", a farce he had written for Lynn Redgrave. According to Frayn, "it was funnier from behind than in front and I thought that one day I must write a farce from behind".

The play follows the tantrums and antics of a second rate theatre company (not CLT of course) who are on tour with a "saucy comedy" called "Nothing On". The audience go behind the scenes to witness this farce within a farce, where the actor's wade their way through plates of missing sardines, flapping doors and double-entendres to a comic finale.

Performances will be held as usual in the Darby & Joan Hall in Finkle Street, Cottingham, starting at 7.30pm and doors will open at 7pm. Tickets are priced at £6.00 for adults and £5.00 for concessions and are available from Barkers Newscentre, Hallgate, Cottingham or from our Ticket Secretary, Kaye, on tel. no. 01482 842270. As usual, seats are unreserved, except for Patrons of the "Friends of Cottingham Little Theatre" scheme. Have you considered the benefits of becoming a "Friend"? For more information, please ring Bob or Kaye on tel. No. 01482 842270.

We look forward to greeting old friends and new in this our first production of 2011.

"The Real Inspector Hound" - by Tom Stoppard

Wednesday, Thursday and Saturday 6th, 7th and 9th July

Hard on the heels of our May production, we will be presenting, in July, a show with a difference, a show consisting of two one act plays. Casting two plays for one production will use the talents of most of our actors and actresses, so the first half will probably feature a play with an all-female cast (title yet to be confirmed) and the second half will be "The Real Inspector Hound" a murder/mystery by Tom Stoppard. More of this next month, but please make a note of the dates in your diaries, yes, Wednesday, Thursday and Saturday.

Social Events

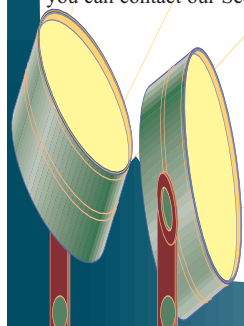
As reported last month, we held our Winter Quiz evening on Saturday 26 February in The Back Room in Hallgate. Over 50 Members and guests in teams of 6 (or less) took part and thoroughly enjoyed the quiz followed by a delicious buffet supper. The winning team was "The Chairman's Crew", but it was close.

Play Readings

Our monthly Play Readings, which are open evenings for anyone who wishes to come along and either take part or just listen, or to find out more about us, are held in The Old Brewery Bar of the King Billy Inn, Hallgate, Cottingham and they start at 7.30 pm. The next one will be held Monday 4 April, 2011 and, because our next production is during the first week in May, the one after that will be held on Monday 6 June. If you would like to know more, give Margaret a ring on 01482 846796.

New Members and Friends

If you fancy joining us, either as a Member or as a Friend, and would like to help us as we move towards our 100th Anniversary, please 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.



**Act, Direct, Produce,
Stage Manage, Do Lighting,
Do Sound Effects, Prompt,
Do Props, Do Costumes,
Do Front of House, Make
Refreshments,
Be a Gofa**

Cottingham Day - July 2nd Update -

As reported in last months *Cottingham Times*, plans for this years event are well underway. Many events and acts are now booked with some new and exciting additions to the day.

Firstly, in order to free up some space on Market Green for more attractions, all the cars will now be displayed in one location along both sides of Hallgate. This should make for one of the biggest eclectic displays of Classic, Vintage, American and Street cars ever seen in Cottingham !!

The stage on Market Green will also see some new acts such as The Little Big Band,

The Creek Cats and hopefully the Hull Samba band and the Kingstown Pipe band, so plenty of variety for everybody and with extra tables and chairs this year there should be plenty of room for everybody

This year St Marys church is holding an Art exhibition and sale and we are hoping that the tower will also be open for the day.

The Civic hall is been given over to Charity stalls this year and should be full of shopping bargains for all so please give them your support.

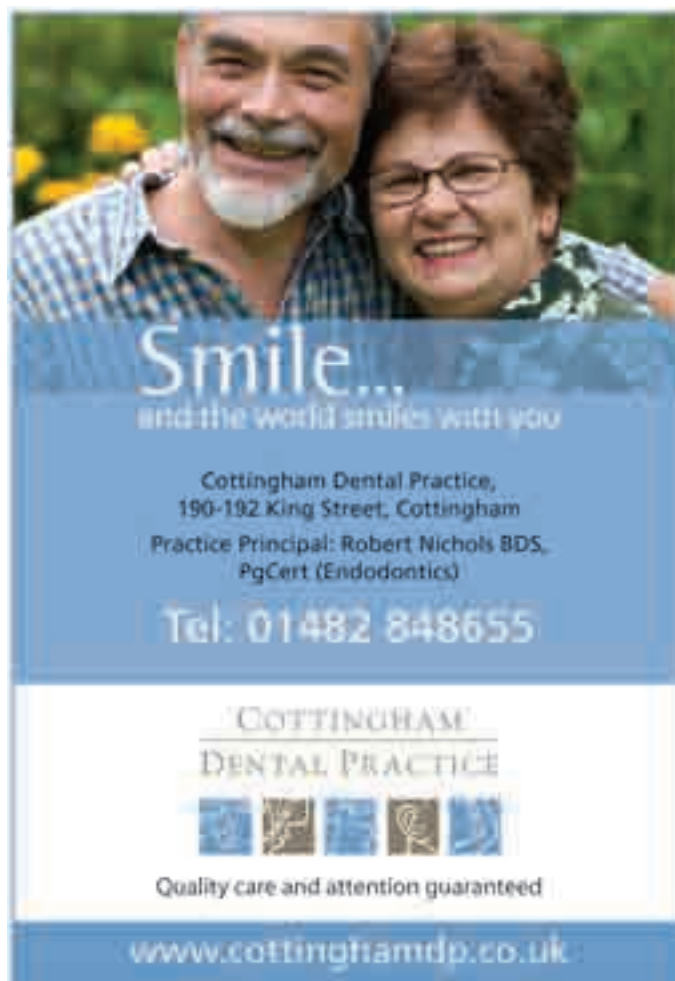
To keep the kids amused Grandads park will, as usual, be full of fun with rides, shows and entertainment and for the older kids then Market Green will be the place to be with Climbing wall, Bucking Bronco and much more.

Just a note for all you dog lovers out there, the Dog Show will start at midday and not 11.00 am as in previous years.

The Motor bike display will once more be in the carpark of the Memorial Club and as usual will be a big draw so don't miss it.

This is just the beginning and for more information watch this space in the May edition of Cottingham Times and a full list of attractions will appear in the June edition

If you require more information or would like to be involved then contact Nick Russell on 07561 529788 or Judith/Tina at the Parish Council offices.



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Black Dyke Mills Band to perform at Beverley Minster on Saturday 15th May

The centuries old Beverley Minster is to be converted into a concert venue for one night only on Saturday 14th May.

Two years ago the Rotary Club of Humberside raised £6,000 for local charities by staging the first ever visit to the Minster of the world renowned Black Dyke Band. Now, they're hoping to repeat the success having arranged a return performance.

George Tarbotton, chairman of the Club's Major Events Committee said "Last time the concert sold out more than a fortnight before the event.

"This time we are putting in extra seating to cope with what we expect to be an even greater demand to see and hear one of the most talented and entertaining bands in the world. The bands credits are endless having performed before the Queen, played with the Beatles, Elton John and Leslie Garrett amongst many others.

"They will be playing a selection of popular and classical music which is designed to appeal to all musical tastes. The Minster setting for a concert like this is absolutely wonderful because of its amazing acoustics".

This time profits from the event will be split between four charities - Help For Heros; Marie Curie Cancer Care, the Dove House Hospice and Jacobs Well in Beverley.

George added: "We believe all four charities are very worthwhile and therefore in addition to having an unforgettable musical experience, those attending the event will be giving much needed financial support to these deserving causes".

Tickets priced from £12 to £20 have gone on sale and are available from the tourist information offices in both Beverley and Hull. They can be obtained also by telephone - 01482 875189.

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THE UTILITY WAREHOUSE

The Mystery Diner visits the recently opened Zing Lounge on Hallgate, Cottingham



We are now well into the new year, so for the first restaurant review of 2011, it seems fitting to write one about Cottingham's newest eatery.

Zing Lounge is situated at 119 Hallgate, Cottingham in the same building that used to be Wok Ever. Not only has the cuisine changed from Chinese to Indian, but the internal layout and decor has also had a major overhaul.

From the outside, new etched glass windows add a touch of class and give a light airy feel to the interior. The bar area, which was at the rear of the ground floor, is now just as you enter the restaurant and is ideally located if you want to have a drink while you wait for a table or if you are collecting a take away.

The inside has been redecorated in a contemporary style (no flock wallpaper!!), with dark furniture and neutral walls. The tables are close together but not on top of each other and can accommodate small or large parties quite easily. What used to be the bar area at the back is now the "V.I.P." area.... A raised area great for large parties who want to sit together.

There is also another dining room upstairs, which is also where you will find the washrooms.

All in all the decor and ambience is contemporary and comfortable, with Indian music playing in the background creating a nice atmosphere.

We booked a table for 8.00 pm on a Friday evening, and as we entered were greeted by Youseff, who many of you will know from Cottingham Tandoori take away, and shown to our table.

There were about another 20 diners in the restaurant who all seemed to be enjoying the food and atmosphere.

We sat down and ordered a couple of drinks while we looked at the very comprehensive menu. All your favourite Indian dishes are there, such as various Tandoori dishes, from £8.95, Balti Dishes from £9.95 and classic Biryani dishes from £8.95 as well as all the curries from Korma to Vindaloo, all at £6.95. Vegetarians are also well catered for with a choice of 8 dishes all at £7.95. If you love seafood then you won't be disappointed either with a huge choice of prawn and fish dishes starting at £8.95

The specials list is also impressive, with plenty of dishes I haven't seen on an Indian menu before, such as Nowbai Khana (£8.95), Silla Silla chicken (£8.95) and Andhari Raat (£8.95)

We started with a couple of popadums and dips to share, which were nice and fresh and crispy.

For starters we chose to share the Sizzling Tandoori Mix for two (£7.95) and Onion Bhajis (£2.95). Both were delicious although I like my bhajis a little crisper. For the main course, I went for the Zing Special Tandoori Balti (£10.95) and my wife had Lamb Badam Passanda (£8.95). Both were very tasty and the sauce for the passanda was really smooth and delicious. We also shared a side order of Coconut rice (£2.95) which was nice and fluffy and just the right amount of coconut, and a Peshwari Nan (£2.95) which was big enough to share and well cooked

Throughout the meal, the staff were attentive and quick to clear empty plates and refill drinks. The food was served tidily and with a smile. Not always the norm in some Indian restaurants, so well done to the waiting staff.

The total bill for two with drinks was just under £55 which is pretty reasonable these days for this type of restaurant.

Good luck to Youseff and his team. It is always nice to see a new business open up in the village, especially in this economic climate and I hope it succeeds. It also means the other restaurants in the village now have more competition for your money and need to keep on their toes to offer good food at the right price.

To book, please telephone Zing Lounge, 119 Hallgate, Cottingham, 01482 845689 or 01482 845777.



Three Decades with the "Daggers"!!

Celebrate with The Dagger Lane Society and Musical Director Julian Savory. We are saying 'farewell to Julian' after three decades of Gilbert and Sullivan performances with a charity concert at St. Mary's Church, Hallgate, Cottingham on Saturday 9th April at 7.30 pm.

Enjoy a selection of our favourite songs and join us for tea and homemade cakes with Julian and Dagger Lane friends old and new.

Tickets £5.00 or £4.00 concessions. All proceeds to St Mary's Church.

New Exhibition at Skidby Windmill

The latest exhibition at Skidby Mill, produced by volunteers of the East Riding Rural Life Project, is entitled "Broad Lanes - an exhibition of the highways and byways of the East Riding." It is on display in the rural life gallery at Skidby Mill from now until July 2011.

Our modern network of roads has evolved over hundreds of years from tracks, Roman roads, enclosure roads and turnpikes to the system we have today. This exhibition explores when, where and how these roads were laid out and what travel was like in this region for our ancestors.

Skidby Windmill is open daily 10am - 5pm (last admission 4.15pm).

Bulgarian Aid to hold Gift Fair at the Civic Hall, Cottingham on Saturday 9th April

BULGARIAN AID is a charity that works to help the needy, particularly the elderly and disabled in Bulgaria. The need is still great there with pensions at 67 Euros a month - approximately £15 a WEEK!

During the past year we have sent out three, 40ft containers of Food and other Aid which has been distributed, through the Rotary Clubs in Bulgaria, to those most in need. I was there in November for the distribution of one container and was dismayed to find that many elderly widowed people, living alone, could only buy bread and milk to eat. They had very little protein in their diets. We plan to send another container of high protein Food Aid, much of which will be targeted at this group of pensioners, in late March. We need to raise money to pay for the transportation (£2500) and the handling charges we pay for the food (£75 a pallet). This means a total of at least £4000.

To this end we are holding a fund-raising Gift Fair at the Civic Hall in Cottingham on the 9th April 2011. It will run from 10am to 4pm and admission will be 40p with accompanied children free.

There will be 30 stalls, many local craftspeople who make very attractive Gift items, everything from special cakes, candles and glassware to beautiful turned wood gifts, quilted cushions and jewellery. There will, of course, be our usual Tombolas, Book and Plant stalls, attractions for the children, a super Raffle, cake and preserve stalls as well as a Chocolate Fountain. Freshly made hot and cold sandwiches with homecooked meats and other refreshments will be on sale all day.

All proceeds will go to help the needy - no one is paid in this organisation!

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We have a special Children's menu and during April we will be having an Easter colouring competition where the lucky winners will win a Chocolate Easter Egg and vouchers for the Sails Café

Outside Catering also available see our website or pop in for details

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

Traditional Chinese Medicine (TCM) has existed for over 4000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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

Internal:

High Blood Pressure, Palpitation, Obeseness, Asthma, Bronchitis, Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Cold, Flu etc.

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Women's Problems:

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Ears, Eyes, Nose and Throat:

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, etc.

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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For further information and appointments, telephone 01482 888152 or call in at the Herb Garden, 28 Butcher Row, Beverley.



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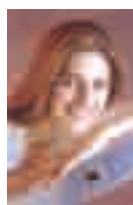
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Outstanding musicians Lucy Wakeford (Harp) and Kathryn Thomas (Flute) are playing at the Toll Gavel United Church, Beverley on 14th April

Two of the country's most outstanding committed musicians of their generation, Lucy Wakeford playing harp and Kathryn Thomas playing flute will be appearing at Toll Gavel United Church, Beverley on Thursday 14th April 2011 at 7.30pm.

Appointed principal of the Philharmonia Orchestra in 2002, Lucy Wakeford is principal harp of the Britten Sinfonia and harpist of the Nash Ensemble, one of the most outstanding harpists of her generation. She has performed at major venues and festivals throughout Europe, in Britain the Queen Elizabeth Hall, Purcell Room and Wigmore Hall, both as soloist and in ensemble performances

Lucy has appeared at the City of London and Cheltenham International Festivals. As a concerto soloist Lucy has appeared with the London Symphony Orchestra, Royal Philharmonic Orchestra, Academy of St. Martin-in-the-Fields, Bournemouth

Symphony Orchestra, Israel Philharmonic Orchestra, Guildhall String Ensemble, Ulster Orchestra, City of London Sinfonia, London Festival Orchestra and BBC Concert Orchestra, among many others.

She has recorded the Mozart Concerto for Flute & Harp with the Britten Sinfonia and Dohnanyi Concertino with the English Sinfonia on the BMG and ASV labels respectively. In 2008 she recorded the Lutoslawski Concerto for Oboe and Harp with Nicholas Daniels and with the Lutoslawski Philharmonic Orchestra in Poland.

Kathryn Thomas is a graduate of the Royal Academy of Music and was subsequently awarded an Associateship of the Royal Academy of Music for distinction in the music profession.

Kathryn regularly performs as a recitalist and chamber musician. As a founder member of the Galliard Ensemble whose awards have included participation in the BBC Radio 3's New Generation Artists scheme, Kathryn has given live and recorded broadcasts at festivals nationwide. She is regularly broadcast on BBC Radio 3 including a live solo broadcast appearance at the BBC Proms. Her solo and chamber CDs have been broadcast internationally and have been featured in magazines such as Gramophone Editor's Choice, The Observer CD of the Week, and Critics Choice in BBC Music Magazine.

Kathryn has given many world and British premiers. She has also worked with orchestras including guest principal with the London Sinfonietta.

The programme will include BACH: Sonata in E flat major for Harp & Flute, Bizet: Interlude from Carmen, Ravel: Piece en Forme de Habanera, Bax: Sonata, McDowall: 11, Granados: Spanish Dance No 3, Granados: Spanish Dance No 5, Saint-Saens: Romance Op 37, Jolivet: Alla Rustica, Francaix: Cinq Piccoli Duetti.

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Beverley Lions Grand Charity Golf Tournament

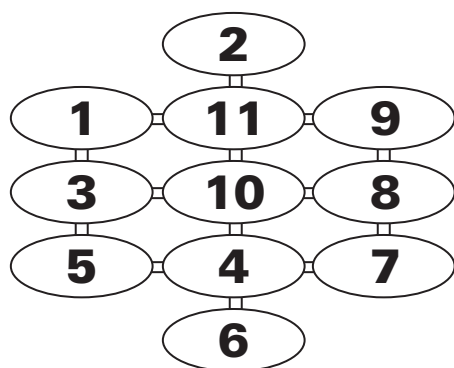
The Beverley Lion's Club are holding their Annual Charity Golf Tournament on Friday 27th May at the Driffield Golf Club, and this year they hope to raise over £2,500.00 for the Leukaemia and Lymphoma Research Association who are working towards the elimination of blood cancers

The cost is £140.00 for a team, which includes a bacon sandwich and coffee on arrival and a two-course meal afterwards, with over £2,000.00 worth of prizes for individual and winning teams. Please contact Harry Burton on 01964 551224 or email h.burton@btclick.com



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Numerator Solution from page 29



Crossword Solution from page 14



Eating the right foods for energy

Feeling tired is a universal problem. Every day about 2.2 million people complain of being wiped out and exhausted.

While many people are convinced this is because of their busy stressfull lifestyles the reality is it's more likely connected to the way they eat or don't eat. Here we look at some of the top ways to fight fatigue and to prevent you from wanting to go back to bed as soon as you've got up.

Your mother was right – breakfast is the most important meal of the day because it fuels you up and gets you in gear for the day ahead. Even if you do not feel hungry when you get up have something nutritious to eat. Research studies have shown that those who consume breakfast function better and feel better both physically and mentally. Researchers at Cardiff University in London have also discovered that the stress hormone cortisol is lower in those who eat a small bowl of breakfast cereal or oatmeal in the mornings.

Instead of eating three large meals a day why not change things by eating three smaller meals and two snacks throughout the day. This will help to keep your blood sugar at a stable level and by so doing it will also keep your energy level where it is supposed to be. Be aware that eating big meals requires more of your energy to digest and can leave you feeling very tired. What you need to do when you eat your mini meals is to make sure that you eat a mix of protein, carbs and healthy fats (such as seafood, nuts and olives).

You need an adequate amount of fibre to not get run down.

Fibre works with carbohydrates to release them into the bloodstream at a slow rate, that is better for the body's metabolism. What this serves to do is to keep your energy at a high level. Most people consume only 10 to 15 grams of fibre per day despite the fact that the daily recommended dosage is 25 to 30 grams. To add more fibre to your diet eat an apple with the skin on, try eating whole-wheat spaghetti or black beans and cheese wrapped in a multigrain tortilla.

There is no substitute for drinking water. Hydration is the name of the game in keeping tiredness at bay.

You may wonder why this is the case. Approximately 83 percent of our blood is made up of water. The water found in the blood helps to digest food, control body temperature and transport waste out of the body. The majority of other bodily fluids are also composed of water. Mild dehydration thickens the blood and then forces the heart to work harder to deliver blood to the organs and the cells in the body. Unfortunately this causes tiredness because the heart is pumping faster and more intensely.

You do not just have to drink water to increase your intake of it. There are foods that contain ample amounts of water that you should be eating as well. These include broccoli, carrots, grapefruits, oranges, watermelons and yogurt.

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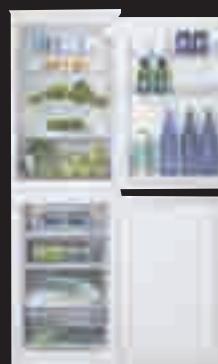


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