

Cottingham Times

and District

Issue 125 - April 2012

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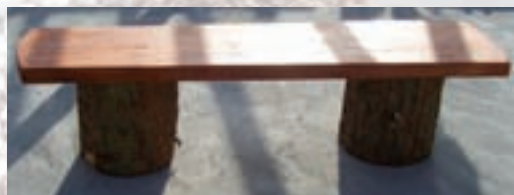
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In Cottingham and District

St. Mary's Church, Cottingham

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.

AgeUK East Riding

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 other services available. 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 Reformed 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.

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. For further information just turn up, or telephone Philip on 658247 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham.

Fitmums and Friends Running and Walking Club

The club meets at the Pavilion, King George V Playing Fields Wednesdays at 7.00 pm; Fridays 6.15 pm. Buggy Run: Thursdays 1.00 pm. Mondays at the Blue Kangaroo, Finkle Street, Cottingham at 9.45 am. Suitable for men and women of all ages (over 18) and fitness levels.

Front Cover Picture: The Memorial Gardens, Hallgate, Cottingham. Photograph by John Dewing, 6A Queens Close, Cottingham. Telephone 847140.

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Cottingham Little Theatre

Monday 2nd April - Play Reading and social evening in "The Snug" at the Duke of Cumberland, commencing 7.30 pm. Everyone is welcome to come and join in, or just sit and listen and perhaps learn more about us.

Friends of KGV Pavilion

Sunday 8th April - Easter Treasure Hunt, 11.00 am. Cost £1.50 (includes full-size egg). Join us for a hunt through the woods that lead to chocolate treasure.

Cottingham Women's Institute

Tuesday 10th April - Fun and Fantasy Filmshow, Eileen and Dennis Trezise, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

Cottingham Green Women's Institute Evenings

Thursday 12th April, Speaker: Alistair DeVine - A sideways look at funerals, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

East Yorkshire Association of the National Trust

Thursday 12th April - Mr. Paul Schofield - Hull's Parks and Gardens, in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

U3A

Thursday 12th April - Dr. Peter Asquith-Cowen - History of Crime in Hull and Region. In the hall at the Darby Joan Hall, Finkle Street, Cottingham.

East Yorkshire Embroidery Society

Saturday 14th April, Gail Lawther, Glimpses of New Zealand - Patchwork, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.50; Visitors £2.50 including refreshments. Yearly membership £6.00.

Cottingham Catholic Women's League

Monday 16th April, Dr. Peter Aquith-Cowen on The Myths and Legends of Ye Olde White Harte, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

North Ferriby Gardening Club

Monday 16th April - Growing fruit in a small garden and amazing annuals. Sue Hoy recently retired head gardener at Normandy Hall Country Park. In the Village Hall, North Ferriby at 7.30 pm.

Haltemprice Art Group

Tuesday April 17th - Annual Exhibition - Hanging in
Wednesday April 18th - Saturday 21st - Exhibition Open
Tuesday April 24th - Sketching Jill Hardaker/Mary Spink
Tuesday May 1st - Short Poses plus a Prop.

Cottingham Evening Townswomen's Guild

Wednesday 18th April - Margaret Brooker, Jams and Preserves, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 18th April - Mr. Mervyn Nethercoat - The Fascinating Fungi, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda Association

Wednesday 18th April - Time Travel - Roger Coates, in St. Mary's Church Hall, 2.00 pm.

Continued on page six

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LEADS ROAD, HULL



Continued from page Five

Age UK East Riding

Thursday 19th April - Tea Dance at Hessle Town Hall. The strictly come tea dancing event. 2.00 pm to 4.00 pm. Admission £1.00 payable at the door. Refreshments will be available. Everyone is welcome and music will include Sequence and Ballroom. More information 869181.

Diabetes UK

Thursday 19th April, Dr. B. Allen - Consultant Diabetologist, Meetings held in the Board Road, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.00. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

St. Michael's Church, Skidby

Thursday 19th April - Bob Smales will be giving an illustrated talk about the work of the Yorkshire Air Ambulance. Everyone welcome. Admission free. Donations to YAA.

Inland Waterways

Friday 20th April - Lincolnshire's Waterways - An illustrated presentation from John Lower. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

Friends of KGV Pavilion

Saturday 21st April - St. George's Day Race Night. 7.30 pm for 8.00 pm start. Tickets £3.50 per adult; £2.50 per child; £10 family ticket (two adults plus two children). To include pie and pea supper/Sausage and Chips Tickets available from KGV Pavilion and Barkers Newsagents.

Cottingham Civic Society

Monday 23rd April - AGM, in the Darby and Joan Hall, Finkle Street, 7.30 pm. Members are requested to contribute a £1.00 each for every meeting attended. Non-members are welcome to attend meetings at a charge of £2.00 each. Refreshments are served at a nominal charge.

Wednesday Social Club

Wednesday 25th April - Alison Parkes - India, in the Darby and Joan Hall, at 2.00 pm.

East Riding Flower Club

Monday 30th April - Margaret Titman of York will give a flower demonstration called, "For your Pleasure", in the Civic Hall, Cottingham, 2.00 pm. Visitors £5.00 at the door. Tickets from Judy Robinson 876279; Thelma Horner 847307.

Cottingham Men's De Luda Association

Wednesday 2nd May - Policing - Dave Smith, in St. Mary's Church Hall, 2.00 pm.

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Hedon Insurance opens its doors in Cottingham

Although it opened for business a few days earlier, Hedon Insurance's new office on Hallgate, Cottingham held its official opening event on March 8th.

The event, which was well attended by a number of the firms staff, suppliers and local businesses, was held as a way of informally introducing the firm's manager, Paul Welsh and his team to the people and businesses of Cottingham.

As well as Paul Welsh, new recruit, Luke Byron, was in attendance together with Christine Green, the firm's high value insurance specialist and Richard Medforth, the firms commercial insurances manager.

"It was an excellent evening" Paul Welsh enthused "I am very appreciative of the support that we received and it was nice to meet some of the local people."

The firm has been advertising the opening of the new office on the KCFM and Magic 1161 radio stations as well as in a number of local publications, including the Cottingham Times. The new office has also been getting a few mentions on the firm's website, on Twitter and on Facebook.

Managing Director, Anne Walters, is pleased with her decision to open the office in Cottingham.

"It didn't seem right that a place as big as Cottingham didn't have it's own insurance broker on the high street, so we decided to open one!" explains Anne "We think there are still a lot of people who prefer to arrange their insurance 'face to face' rather than using call centres and going online - and that's what we provide."

Another important part of the firm's proposition is the valuable experience it has in securing cover for people affected by the storm and subsequent floods of 2007. The majority of the early visitors to the office are making substantial savings on their home insurance premiums – news of which has spread quickly around the area.

This has led to Manager, Paul Welsh, being a little busier than he had envisaged leading to the firm recruiting an additional member of staff "If the first few weeks of trading are any guide - this location is going to become a very successful part of the Hedon Insurance business"

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ANNUAL PARISH MEETING & PARISH COUNCIL ANNUAL GENERAL MEETING

Traditionally both the Annual Parish Meeting and the AGM of the Parish Council are held on the third Thursday in May. This year the meetings have been brought forward by a week and will take place on Thursday 10 May in the Parish Council offices. The Annual Parish Meeting will begin at 7pm and be followed immediately by the Parish Council Annual General Meeting at 7.30pm. Members of the public are very welcome to attend.

Mark Kirby Trust – 300th Anniversary

A group of residents have asked the Parish Council for help in celebrating a landmark in Cottingham's history. This year is the 300th anniversary of an endowment by businessman Mark Kirby to educate poor children in Cottingham. The Mark Kirby Charity still regularly gives small grants to local schools, organisations and individuals in need. Anyone growing up in Cottingham is likely to have benefited from Mark Kirby's legacy in some way.

Part of the planned celebration is an historic feast prepared by re-enactors, and at their March meeting, the Parish Council agreed to take the lead in co-ordinating this community event and to seek grant-funding to help pay for some aspects of the work. Details are still to be worked out, so watch out for news of this September celebration.

Tubs & Baskets Competition

The Parish Council has plans to hold a Tubs & Baskets competition this summer. Watch this space for more information and application forms.

S137 Grants

The Parish Council was very pleased to be able to award grants under S137 of the Local Government Act 1972 as follows:

Hallgate Primary School were awarded £300 to cover coach fees for their Rock Challenge entry

and

Friends of KGV were awarded £500 towards the purchase of a steel shipping container for storage at The Pavilion.

8 April 2012 - www.cottinghamtimes.co.uk

Youth Advisors to the Parish Council

For some time the PC has considered the possibility of introducing a youthful element to its ranks and an opportunity has presented itself in the form of Youth Advisers co-opted from local schools. Their role would be to participate in debate and offer a youthful perspective on all matters pertaining to parish council business and community life. This has been something the parish council has lacked historically and it is hoped having input from our younger generation will improve the quality of decisions made.

Noticeboards

Over the next few months regular readers of Parish Council noticeboards will find the experience less muddy as they peruse the information from newly laid paving slabs. The slabs will be sunk into the grass so as not to impede the grasscutters. The noticeboards that will be experiencing the makeover are West Green, The Parkway, Epplsworth Road, Beck Bank and Hull Road.

Snuff Mill Lane

A very big thank you to the Community Payback Team who spent three days clearing rubbish from Snuff Mill Lane (Bricknell Avenue end). Their efforts are appreciated by everyone who uses this lane.

Graffiti and Criminal Damage

On the same theme - if you see anyone defacing property or causing damage please report it to Humberside Police on **101** (this is the new non emergency number, which replaces 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 those unpaid volunteers who carry out unofficial cleanups around the village!

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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Barry Meanwell selected to fight for England again

Barry Meanwell, an instructor at the Hull Zanshin Karate Club based at the Cottingham Pavilion, has once again been selected to fight for England. On this occasion his selection will see him in the senior men's team event at the European Championships in Tenerife.

Barry, 33, started training when he was aged 10 and has an impressive track record in competitive Karate. This is his third call up to the National Squad. Karate in England is a completely self-funded endeavour, which helps to show the true dedication our athletes undertake.

The competition will take place between the 11th & 13th May in the resort of Costa Adeje in the south of the island. The England squad will be taking part in training sessions throughout the coming weeks around the country, augmented by their personal training regimes.

Barry is an assistant instructor within the Wado UK Karate Group. Details can be found by visiting www.wado-uk.com or by calling the chief instructor Mr. John Moreton on 01482 712155.

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Property News from Martin English of Homelink



Green Deal is Coming

Legislation should be in place by the end of the year to allow landlords to benefit from the Green Deal.

How will it impact on landlords?

The Green Deal is the initiative to improve the energy efficiency in the UK's housing stock. As regards landlords it is all about incentivising us into investing in the energy efficiency of their properties.

Landlords have largely been put off undertaking works to improve the energy efficiency of their investment properties as the return on such investments is often not sufficiently tangible to translate into higher rents. Essentially it is the landlord who pays and the tenant who benefits by way of lower gas and electricity bills.

Split Incentive

The Green Deal seeks to address what has become known as the 'split incentive' by allowing landlords to make energy efficiency improvements without having to pay for them upfront. The cost of these works will be financed by a financial institution. This finance will be a loan secured against the landlords property with existence of the loan being documented at the Land Registry. The new revised EPC will also record the presence of Green Deal finance of a particular property.

Green Deal Loan

The repayment of the "Green Deal loan" will be made from the savings generated on the energy bills of the person paying the bills. For the majority of investment properties this will be the tenant. However, during voids the responsibility will revert back to the landlord. (as is the case for now for utility bills).

Golden Rule Principle

To protect tenants (and all householders) there will be a "Golden Rule Principle" which aims to keep the energy bills at the property no higher than

they would have been had the property been without a Green Deal – this is important both to protect consumers from higher energy bills, and to protect investors from a higher risk of default on the bill.

Legal obligation of the landlord

As the tenant will be responsible for effectively paying the Green Deal finance, the landlord will have a legal obligation to advise the tenant that Green Deal finance is in place. The Golden rule described above will protect tenants from paying higher energy bills if they rent a property with Green Deal finance as opposed to one without. In theory this should not mean that Green Deal properties will not be any less desirable to tenants. Landlords who have commissioned the new style EPC which identifies the presence of Green Deal finance will comply with this disclosure requirement by providing prospective tenants with a copy of the EPC

On a Personal Note

I'm all in favour of making properties more energy efficient and share a desire to improve my properties and the lives of my tenants like the majority of landlords. One factor that most legislators conveniently ignore in all their proposals is TIME! They never factor in the management time that it takes to co-ordinate further building work or upgrades. Most landlords have very limited time to manage additional retro fitting of improvement works. If you have an agent, this is where depending upon the service levels you have from your agent they can come into their own for you and help manage and facilitate the upgrades.

The Green Deal is an area that should be taken seriously, likely to be introduced some time later this year, be aware there is talk that from 2016 that Landlords may not be able to unreasonably refuse requests from their tenants to improve the energy efficiency of their properties. What's more, from 2018, landlords may not be able to let a property which has an EPC band of F or G.

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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Cottingham Post office's manager retires

After 15 years serving the people of Cottingham, Peter Gibson, our manager has decided to retire. He has given me four years service and 15 years prior to that. This means I will be back at the office full time and would just like to confirm that Cottingham Post Office is not up for sale.

Can I just take a couple of minutes to inform you of Cottingham Post Office's restructure?

Moving forward, within the next twelve months I am hoping to modernise the office, bringing a fresh, new, more up to date feel to Cottingham Post Office. Together as a community, with your continued support, my staff and I are excited and looking forward to the future and once again, thank you Peter. Good luck in your retirement.

Gary - Cottingham Post Office.



Skinboost



Skinboost is a non surgical Medical Cosmetic clinic in Cottingham, where injectable procedures are carried out, such as line freezing, dermal fillers and dermaroller in a safe medical environment. Caroline, who carries out the treatments, and the owner of Skinboost has had years of aesthetic experience she also carries out the 'liquid face lift' which gives dramatic lasting results. (see skinboost website).

She also specialises in skincare regimes such as Obagi which improve acne pigmented and sun damaged skin.

Rest assured you are in safe hands, her clinic in Cottingham has been awarded 'Treatment you can Trust' IHAS Quality mark, which is a kitemark to protect the public and ensures the consumer is getting safe medical treatments, Caroline also works part time as a cosmetic practitioner at the largest cosmetic surgery group in the UK, and is a national trainer for aesthetics where she teaches doctors nurses and dentists.

Contact Caroline for a free consultation at 45 Thwaite Street Cottingham HU16 4QX.

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Wordsearch - Murder, Mystery

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

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

Find the words in the letters above:

Alibi, Arrest, Capture, Caution, Charge, Clue, Crime, Criminal, Detective, Evidence, Forensic, Investigation, Motive, Murder, Mystery, Opportunity, Perpetrator, Plot, Police, Pursuit, Sentence, Solve, Suspect, Weapon.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 64 -

This is an easy challenge this month

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

MARIONOWENTRAVEL

Isn't it nice to have a surprise? March was supposed to be the month of the year where I didn't travel when out of the blue, I was invited to visit New Orleans. I really didn't have the time to spare but it's a city that has been on my "to do" list for a long time and wow did I enjoy it! Such a vibrant city; the jazz was right up my street too. Although the French Quarter is very much wall to wall bars, there is no pressure to drink up and move on as they have a sensible system that works - you can carry your drink from bar to bar. The culture, food and music makes for a great holiday; a 5 night stay is the minimum as a city break. The city is tax free to visitors so shopping is a bargain too. You may of course wish to combine your visit with other destinations in the USA or even take a cruise from downtown New Orleans to the Caribbean; Carnival, Norwegian Cruise Lines & Royal Caribbean all depart each week.



Today I was talking to radio Humberside about taking adventurous and longer holidays as you get older; I then found 'Burnsey' saying to me about people in their 50's.....it suddenly hit me, I'm in this bracket! We all have different ideals and needs when it comes to holidays, I tend to be a short and sweet girl as this fits my lifestyle - but if you can afford time to travel, you can enjoy really super, longer adventures; perhaps escaping for most or our winter! We have a special departure to China for 20 days next year - why have a shorter holiday not seeing so many of the sights if you have the time to spare?

I'm not sure about how you have fared this winter but I have missed out on sunshine so next year I have booked myself a cabin to Cape Verde & Africa on Fred Olsen's Braemar. It's a fly cruise sailing from Tenerife on 13th January for 11 nights - just the perfect break, so why not join me?

This week we've seen a hike in prices for holidays to Germany due to an increase in VAT on accommodation, from 7% to 19%. The River Cruise Line have readjusted their prices but all of those who booked early don't have to pay any extra - it often pays to make an early booking, not only to do with price, but also giving you your choice of cabin or room.

As you read this now, many of the cruise lines are now on sale for 2013 and our tours programme is also taking shape nicely. We have many options with the availability of transport from your door, just enquire when booking.

We have a fabulous 12 day tour of Northern & Southern Ireland next year departing on 23 June. Including all sightseeing and half board, local music and ballroom one night! Just £995 and if you're single, for an extra £150, you get a double room to yourself and not a broom cupboard either!

Our cruise along the river Garonne is now sold out; I have asked the cruise line to let me know if they have any cancellations for our wait list. I'm hoping to feature the River Po via North Sea Ferries in 2013; please register now if you are interested.

If you fancy a quick escape why not join our New Forest tour on 22 April? The hotel is super quality and has a fabulous pool; It's located just on the edge of Lyndhurst with the lovely wild horses just a stones throw away. The cost is £315 for 5 days; we enjoy non motorway breaks in both directions and a full programme of sightseeing.....offering quality & value.

If you're looking for a break to a continental climate but still English speaking plus our currency and duty free too, with only a short flight and to include travel from your door, then Jersey will be a perfect destination....call for details of our special departures.

For the cruisers amongst you, we have a good range of great late offers - perfect if you are not restricted and can travel at anytime.

We look forward to sending you on your travels or even joining me on one of our own tours. We have destinations and prices to suit everyone and book all tour operators.

Myself, Lynne, Kayleigh & Sarah look forward to being of service.

Please call for more information and to book your next escape.....

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02 Aug. 5 days Isle of Man small group		£515
30 Aug. Lille - via Dover Calais 5 days		£384
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19 Oct. Ypres, Antwerp & Beer Festival		£169
23 Oct. Top Hat & London 2 days		£125
27 Oct. Orient Express full day Edinburgh		£345
29 Oct. Oban 5 days half board		£229
04 Nov. Chrysanthema 5 days Germany		£325
2 nights North Sea Ferries 3 nights half board in the Black Forest; Time to enjoy the Crysanthemans and more.		
16 Nov. Thursford 3 days half board		£215
23 Nov. & 08 Dec. Thursford 2 days half board		£145
25 Nov. Manchester 2 days half board		£79
30 Nov. Cologne Christmas Market - central hotel		£169
14 Dec. Andre Rieu in concert 5 tickets only		£89
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In the Kitchen



Haddock Baked in Cream

Ingredients

4 Haddock fillets
1 Onion, skinned and very finely chopped
Salt and pepper
1 tsp. Worcestershire sauce
120ml/4 fl.oz Single Cream
The juice of 1/2 a Lemon



Instructions

1. Preheat the oven to 170C, 325F, Gas mark 3.
2. Wash and wipe the fish, place it in a greased ovenproof dish and sprinkle with the onion.
3. In a small bowl, mix together the lemon juice, Worcestershire sauce, seasoning and cream and pour over the fish.
4. Cover with a lid or foil and bake in the centre of the oven for 20-30 minutes, or until the fish and onions are cooked.

Accompaniments: Mashed Potato, Boiled Carrots and Steamed Broccoli



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.

Savoury Baked Fish

Ingredients:

450g/1lb Fish fillets, e.g. Cod, Haddock. Whiting, Pollack, Hake, Halibut, 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



Hot Cross Buns

Hot cross buns are traditionally eaten at Easter

Ingredients

150ml/5fl.oz. Warm Water
1 teasp Caster Sugar
1 tbsp Dried Yeast
450g/1lb Plain Flour
A Pinch of Salt
1 teasp Mixed Spice
50g/2oz Caster Sugar
75g/3oz Currants





50g/2oz Cut Mixed Peel
60ml/2fl.oz. Warm Milk
1 egg, beaten
50g/2oz Butter, melted
2 level tbsps Granulated Sugar



Instructions

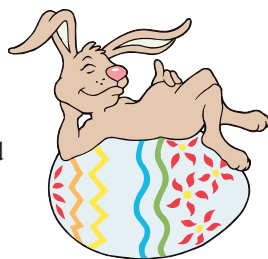
1. Place the warm water in a bowl, stir in 1 teasp of caster Sugar then sprinkle over the yeast and set aside until frothy.
2. Place the flour, salt, mixed spice, caster sugar, currants and mixed peel in a large mixing bowl, mix thoroughly then make a well in the centre and pour in the frothy yeast mixture, warm milk, beaten egg and melted butter into the centre. Mix to a dough.
3. Turn the dough onto a lightly floured surface and knead until soft and elastic then place back into the bowl, cover with clingfilm and leave in a warm place to rise for around 1 hour, until doubled in size.
4. Once risen, turn onto a lightly floured work surface and knead for about 5 minutes.
5. Divide the mixture into 12 rounds, place on a floured baking tray, spaced well apart and make a deep cross in the top of each bun with a sharp knife. Cover loosely with oiled clingfilm and leave to rise for about 30 minutes.
6. Meanwhile, pre-heat the oven to 200C, 400F, Gas Mark 6. Once risen, bake for 25-35 minutes until golden brown. Turn out onto a wire rack.

Apricot and Pecan Simnel Cake

Makes 1 x 20cm/8-inch cake

Ingredients

175g/6oz butter, softened
175g/6oz light soft brown sugar
3 large eggs, beaten
225g/8oz self-raising flour, sieved
1 teaspoon baking powder
100g/4oz sultanas
225g/8oz no-soak apricots, chopped
zest and juice of 1 orange
100g/4oz pecan nuts, chopped
To decorate
675g 1 1/2 lb marzipan
3 tablespoons apricot jam, sieved
50g/2 oz plain chocolate, melted



Instructions

1. Preheat the oven to Gas Mark 3/170 degrees C / 320 degrees F. Grease a 20cm (8 inch) round, deep cake tin and line with

baking parchment.

2. Place the butter, sugar, eggs, flour and baking powder in a large bowl. Whisk until smooth and glossy. Fold in the remaining ingredients and spoon into the tin. Bake for 1-1 1/2 hours until risen and firm.
3. Use a sharp knife to split the cake in half through the middle. Roll out two thirds of the marzipan on an icing sugar-dusted surface and cut out two 20cm (8 inch) rounds. Brush both cut surfaces of the cake with jam and sandwich together with one of the marzipan rounds.
4. Brush the top of the cake with jam and arrange the second marzipan round on top, crimp the edges. Roll the remaining marzipan into eleven balls and arrange on top of the cake, attaching with more jam.
5. Spoon the chocolate into a greaseproof paper piping bag and drizzle over the top of the cake.

Easter Bunny Biscuits

Makes approx. 12 biscuits

Ingredients

100g/4oz butter
75g/3oz caster sugar + extra for sprinkling
1 large egg
225g/8oz plain flour
1/2 teasp mixed ground spice
1/2 teasp ground cinnamon
50g/2oz currants plus 12 currants for eyes
2 tablespoons milk
To decorate, pretty ribbon

Instructions

1. Preheat the oven to Gas Mark 6/200 degrees C/400 degrees F. Grease two baking sheets.
2. Cream the butter and sugar together with an electric whisk.
3. Add the egg and whisk again.
4. Add the flour, spices and currants and mix well. Lightly knead, then roll out to a 5mm (1/4 inch) thickness. Use a bunny or other shaped cutter to press out about 12 biscuits, re-rolling the dough as necessary.
5. Arrange the biscuits on a baking tray and brush with milk. Make eyes with the extra currants and sprinkle over the remaining sugar.
6. Bake for 12-15 minutes or until golden. Cool on the baking sheet for a few minutes before transferring to a wire rack to cool completely. Tie ribbons around the necks of the bunnies.



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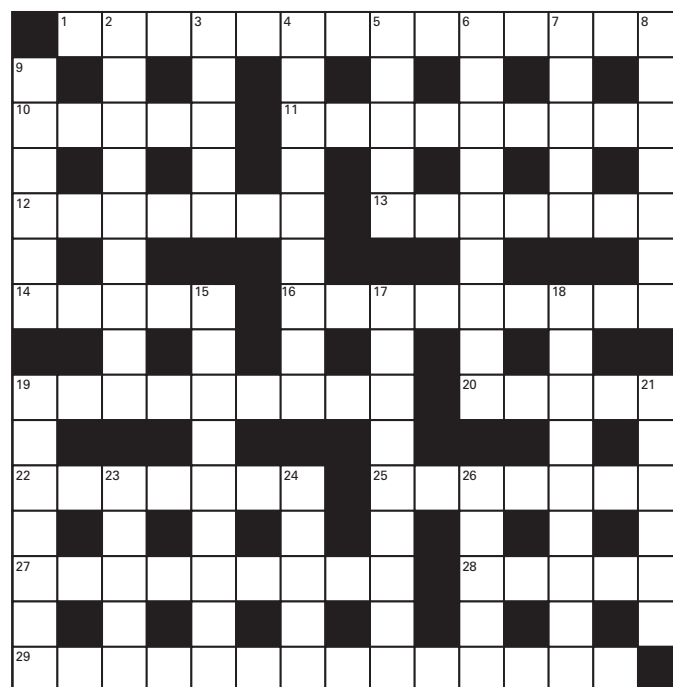
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Crossword - Solution on page 46



Across

- Indirect proof (14)
- A recurring sequence of events (5)
- Disturbing (9)
- Small ornament (7)
- Within the range of hearing (7)
- Abominable snowmen (5)
- Sudden inward collapse (9)
- Country in southeast Asia (9)
- Another name for Peter the Apostle (5)
- A journey by ship (7)
- Reasons behind actions (7)
- Feeling (9)
- Stroll (5)
- Odd behaviors (14)

Down

- Sat on (eggs) (9)
- Wicker basket (5)
- Hills (9)
- Savor (5)
- Infamous (9)
- From Ireland (5)
- Make less heavy (7)
- Covered with scabs (6)
- Perception (9)
- Guided by practical experience (9)
- Immobile (9)
- Stalemate (7)
- Imbedded (6)
- Pertaining to sound (5)
- Chieftain (5)
- Browned slices of bread (5)

Crossword courtesy of www.crosswordpalace.com

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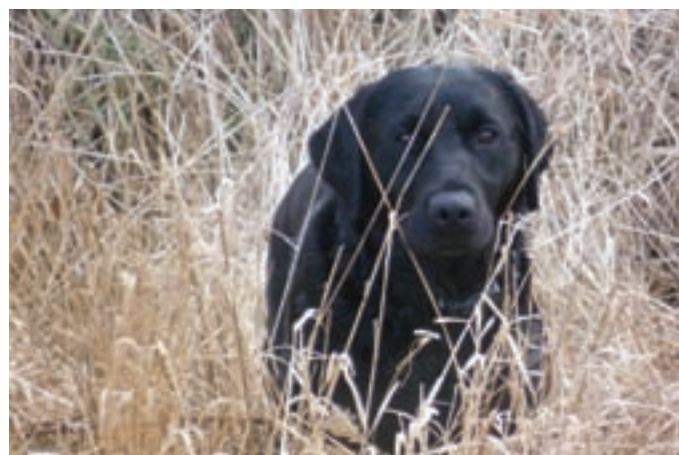
on these four major brands;
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Oh, what it is to have a helping hand don't you think? Someone you can turn to when things get a little bit tough...to tell your troubles to or help out with the shopping and household chores. Sometimes these 'hands' appear from the most unusual circumstances and that is how I met Joan, a lovely lady in her sixties, who had only been in a wheelchair for a year. With no-one at home, she was finding it difficult to adjust to an 'able bodied' way of living. Her bungalow had been customised accordingly for Joan's needs but she still needed that extra pair of 'hands'. At the beginning of the year, Sarah, another friend of mine, introduced me to Joan whilst she was visiting the place I had been staying at.

At first I saw the wheelchair. I suppose it's something we 'able bodied' are always drawn to see but then I saw Joan. On the outside she came across confident and also looked a little in denial that she actually needed that out stretched 'hand'. As I looked beyond all this and into her eyes, there told a different story.... a picture of sadness and a cry for her long lost independence to be regained. It was on this day our bond formed. Here was someone who needed my help, my abilities which were slightly limitedbut even so. Over the following weeks Joan visited the place where I was staying until it was time for me to return home.

On returning to Hull, I immediately visited my new found friend. With great pride, Joan showed me around her little palace, pointing out all the useful aids that had been fitted to make it more comfortable and



accessible. The cupboards had been lowered, doors widened and a special ramp had been built up to the front door for her wheelchair. "I know we are worlds apart and so different which may lead to slight frustration and I also have a lot to learn, but do you think you can help me? ". Looking into the deep brown eyes I first saw all those weeks ago, I didn't have to acknowledge.... Joan knew from my reaction, we had found a true friendship.

My first challenge came in the morning. I had to help Joan get out of bed, something we all take for granted, but for someone who lives most of their life in a wheelchair it can prove quite difficult. I brought her the training aid I had been shown and with a careful tug, Joan was sitting on the edge of her bed. Her clothes laid neatly on the chair so I took each item to her marvelling at how she had been able to cope in the past but also hoping I am giving her that extra bit of help and confidence.

Today was also our first day to tackle shopping and it was here that Joan explained that we will see a different side to the 'Human Race'. "It's bad enough being small like you but for someone on their own in a wheelchair, people (some but not all), seem to put me into insignificance" she explained. But on this day, whether it was my presence, things slightly changed along with the help I could give her. Doors were opened by people who were more than willing for this 'unlikely pair' entering the shop.

I was able to help take items off the shelves and put them in the basket, which is something Joan had only been able to do with the help of the shop assistant. Payment was also made easier as I 'handed' the bank card to the lady on the till. "You've got a good help there" she exclaimed to Joan. The beam on her face said it all. The next challenge was the cash point. Once again, popping Joan's card into the machine made it so much easier (why the banks don't accommodate wheelchairs I don't know). The only thing I couldn't help with was the pin (for security reasons of course) much to the amusement of the couple standing in the queue.

So the list is endless, from waking in the morning to going to bed at night, I will be there for Joan...as her friend, helping 'hand' and confidant. Someone she can tell all her stories, troubles and future ideas to. Someone who knows, will listen and not criticise. Someone who has unconditional love no matter what the future holds. "Come on, Whisper, time for bed". So as I laid my head on the edge of my basket next to Joan's bed, I looked up. Seeing those loving brown eyes and feeling the warmth on her outstretched hand as she stroked my head, I knew I had come home.

CANINE PARTNERS is a national charity who train and then find loving homes to assist wheelchair bound people. KINGSTON VETERINARY GROUP are proud to be a satellite for the said charity and are always keen to find and take on new 'PUPPY PARENTS'. This involves a 'parent' to foster an eight week old puppy and to comply with the charity's table of training and adapting to everyday events throughout its first year. The puppy will then complete its final training at the charity's Head office where it will be united with a suitable owner. If you feel you have all the qualities and time to become a puppy parent or a foster carer (someone who looks after the puppy whilst the parent is on holiday etc), please contact LOUISE NORMAN at KINGSTON VETERINARY GROUP on Tel: 854422.

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Our Mystery Diners visit the Black Horse, Little Weighton



I have never visited The Black Horse Pub in Little Weighton, so when I was asked to write a review, I was not sure what to expect. I then read an article in the *Hull Daily Mail* about the new owner, Micaela, and how she had spent a lot of money on refurbishing a pub that has been very unsuccessful over the last few years, so I was intrigued to give it a try.

One of the areas the new owner was keen to grow, as with a lot of pubs, was the food side, so my wife and I decided to visit and try it for ourselves (and *Cottingham Times* readers)

The pub is situated on the main road through the village, near the pond and has a good size carpark at the rear. Between the carpark and the front door is a decked area which I assume will be used in the summer for outside drinking and eating.

Because I have never been inside before, I can't really comment on any internal improvements, but the bar is clean and bright with a huge fireplace and log burner dominating one end. There is a wooden floor, stripped wood tables, nice chairs and comfy sofas, making for a very comfortable and welcoming area, to eat and drink in.

Just a word here about the staff. Sarah was our server/barmaid and was very pleasant and extremely smart in white shirt/black tie and black apron.

We had decided to visit in the early evening and when we arrived the pub was fairly quiet with a few people having a drink and another couple eating.

At the bar we ordered a couple of drinks and picked up the menu to peruse at our table. As well as the menu there is also a 'Specials' menu on a blackboard next to the bar. The bar stocks the usual range of spirits, mixers, wines and beers that you would expect as well as a couple of very tasty real ales.

Once you have chosen your food, you order at the bar and Sarah suggested we opened a 'tab' and pay when we had finished.

My wife and I both chose starters from the 'Specials' board, I had paté and toast with a lovely apricot chutney (£3.95) and my wife had Thai Fish Cakes with a sweet chilli sauce (£4.95), both served with salad and beautifully presented as well as being very tasty. A small criticism was the chilli dipping sauce was quite hot!!! The starters on the main menu were limited, mainly a cheese or meat platter at £5.95, but we were very pleased with our choices and both cleared our plates.

For our main course, I had ordered the 8oz Sirloin steak with garlic mushrooms, peas and chunky chips (£11.95) which was on the 'Specials' board, but we were informed by Sarah that they had run out and would I like a 10oz Rump steak instead, to which I said yes. My wife picked 'Beef and Ale' pie from the normal menu with chunky chips (£8.95)

As we waited, fresh cutlery and napkins were brought to the table and I wondered if my normal knife would cope with a medium cooked rump steak.

Both meals arrived together, piping hot and plentiful and my knife easily coped with the tender, juicy and very tasty steak, along with a pile of chunky chips. I once again managed to clear my plate. My wife's Steak and Ale pie was equally tasty, with no gristly bits hidden in the thick gravy, she too cleared her plate.

As the plates were being cleared away, we were asked if we would like a desert but we really could not manage one. There was

a choice of three on the Specials board. There was plenty of choice on the main menu, such as fish, burgers, lasagna, gammon and more, ranging in price from £7.25 to £8.50 along with sandwiches and salads. On the night we visited, the new menus had just arrived, so it will have probably changed a little bit, but if the quality is as good as the dishes we sampled, then you will not have a problem.

By the time we had finished our drinks, the pub had started to get a bit busier, especially for a Tuesday night.

We paid our bill at the bar and I thought the cost for two courses, with drinks for two people, for just over £40 was good value for money, and we did have the most expensive dishes on the menu.

We will both definitely return and I hope many others give it a try. The village pub with good beer and quality food is getting harder to find and Michaela, Sarah and all the staff deserve the Black Horse to succeed for years to come.

Give it a try if you do not fancy cooking one night, you will not be disappointed.

Food is served at the following times: Monday Closed (except Bank Holidays), Tuesday 5.00 pm to 8.30 pm; Wednesday 12 noon - 2.00 pm and 5.00 pm-8.30 pm; Thursday 12 noon - 2.00 pm and 5.00 pm - 8.30 pm; Friday 12 noon - 9.30 pm; Saturday 12 noon - 9.30 pm and Sunday 12 noon to 4.00 pm. Telephone 01482 847473 for more information.

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"The Tooth and Nothing but The Tooth"

by
**Chris 'Dr. Smile Maker'
Branfield**

An interesting week at the Orifice

Hello, I hope that you are well. We are racing through the year again and mine is starting to busy up with courses and stuff. I have been asked to give another presentation next week to another Rotary group in Hull about the Dental Mavericks in Morocco. Another donation will go down great.

Why Didn't I Think Of That Earlier?

I can't believe that I haven't thought of this title earlier! I may well use it again (and again). You may have gathered that I am a bit of a sad anorak about teeth. Well, this week, or it may have been in the last couple, I saw two interesting cases that were not actually teeth related. They were not the usual run of the mill.

Told To Come By The Doctor

I saw a lovely lady who was quite distressed with some strange

sores in her mouth. She had been to her doctor but he felt that she should see a dentist. The areas became ulcers and very painful. By the time I saw her some had healed up but there was one big one left. It had a thick, whitish-yellow covering that was coming away to cause an ulcer. I scratched my head a bit for a think. Then I did it again! After a minute or two I asked if she had psoriasis on the skin. The answer was yes. It did look like a so-called desquamative disorder. Desquamative, now that's a big word for me.

What Does It Mean?

Your skin reproduces all the time and it continuously sheds. The bits that shed are called squames. Therefore, it de-squames and this gives rise to the term desquamitous disorder when something does it more than it should.

Psoriasis is a condition where a person's skin replacement process speeds up, taking just a few days to replace skin cells that usually take 21-28 days. This abundance of skin cells builds up to form raised 'plaques' on the skin, which can also be flaky, scaly, red and itchy. Psoriasis can occur on any area of the body, including the scalp, hands, feet and genitals, although different types tend to occur on different areas.



Here is a picture to show psoriasis on the skin. You can get aggravated flare ups due to stress, reactions to medicines or trauma. At the moment it is a case of trying to manage symptoms.

Keeps You On Your Toes

There's nothing like something out of the ordinary to keep you on your toes. I do hope that it settles, as it did look sore. There was another more medical type case but I'll have to tell you about another time.

As the football season is heating up on the final run in Hull City are still doing well but a few more goals will convert lads of draws into 3 points. I've enjoyed this season and it may well get more exciting. I'll have a long weekend in the caravan at Easter to relax after all these courses. Oh, Dental Mavericks are finalists at the Dental Probe awards (probe, can you believe that?). Wish us luck.

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 19 years and has a special interest in life changing dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. www.castleparkdental.co.uk

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Memorial to Walter Wright A.R.C.O.

For 50 years he was revered by men and boys alike as he imparted his musical skills to the choir of St. Mary's Church in Cottingham. Now at last Walter Wright, organist and choirmaster, has been remembered with a memorial plaque, recently installed on the console of the magnificent Foster & Andrew organ which he loved so much and with which he brought so much pleasure.

Donations for the plaque came from ex-choristers and parishioners alike with the surplus benefiting the choir music fund. Walter would have been indeed moved by the final line inscribed on the plaque *'remembered with affection by his choristers and friends'*. Some nostalgic memories were evoked by the event and most came from choir boys of the 1930's, one such from Dennis Ringham who had a particular cause to remember Walter, as he played for his wedding day.

Tony Ireland, who joined the choir in 1936, has copious recollections in his Life Story journal in the music chapter. His first solo 'He shall feed his flock' on 3rd September 1939 was a date to remember, as were the weekly choir practices and Sunday anthems. Both Tony and Richard Barton (1936-1955) remember the choir trips to Bridlington and the quarterly pay packets-a real windfall in those days -of around 3/6d!

If YOUR memory of Walter Wright has been jogged by the foregoing, then please send your contribution for a possible follow-on.



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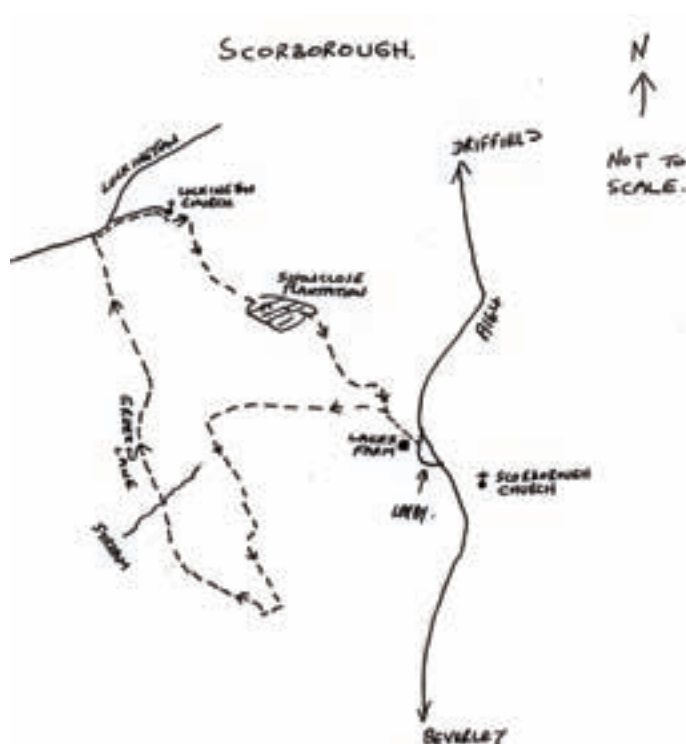
Here is Paul's latest walk in his series of monthly rambles. This month his destination is Scarborough. The map is for a guide only, please use an Ordnance Survey Map or similar if possible when walking.

Maps: EXPLORER 294 and 295

Start at GR. 012455 Scarborough Lay-by.
Distance 5.5 Miles.

Leave the lay-by at the south-west corner passing through a kissing gate into a field. Cross diagonally across this field and pass through a second kissing gate to cross a farm road. Cross a second field in the same direction and cross a concrete farm road to walk diagonally across a third field but now heading west.

Locate a finger post and enter a fourth field crossing this field diagonally. Locate a stile at the end of this field, cross the stile and continue ahead with the hedge on your right. Almost at the corner of this field, ignore a path leading off to the right but at the corner of the field turn left and continue with the hedge on your right. After a short distance, meet a fast flowing stream on the right and cross this by a



footbridge at the corner of the field. After crossing the footbridge immediately turn left and walk with the hedge on your left.

After a while turn left and cross a footbridge over a ditch and continue with the hedge on your left. At the end of this field pass a small plantation to meet a farm road. Turn right and after about 200 metres turn left off the road and walk through a field with the hedge on your left. At the end of this field, pass through a gap in the hedge and continue on a distinct grassy track with the hedge on your right. This eventually leads into green lane. Where a fast flowing stream crosses the track, cross the stream by a footbridge and continue along the lane. This lane leads into a surfaced road which is followed towards Lockington. Turn right on reaching the junction and then right again into Church Lane.

Pass through the church car park and the churchyard to leave by a footbridge. Ten metres after cross the bridge turn right and cross a stile into a field. Walk across this field with a meandering stream on the right. Pass through a hedge by a footbridge and cross a marshy area heading towards Snowclose Plantation. Enter this plantation by a squeeze stile constructed in a metal gate and follow the distinct path through the plantation.

Cross a footbridge and stile to leave the plantation and head diagonally across the field. Locate a footbridge and cross into the next field and continue with the hedge on your right. After about 200 metres turn left and walk across the field to a finger post, turn right at this finger post to meet a farm road. Cross the road and walk diagonally across the field heading for Scarborough Church. Cross over the next farm road and retrace the beginning of the walk back to the lay-by.



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National Veg Society GYO Peas and Beans Saturday 7th April

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In the Garden



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.

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

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.

Cutting back, pruning and dividing

Perennials that are showing new shoots from the crown can be propagated via basal stem cuttings. Shoots 8-10cm (3-4in) high are cut from the parent plant with a sharp knife. Sometimes a piece of root can be taken with the cutting (which speeds establishment), but stems can be cut without root, and then dipped in hormone rooting powder before striking into growing medium, as for softwood cuttings.

Divide clumps of herbaceous perennials that you want to propagate, those that have become too large for their allotted space, and those that are flowering poorly or have lost their shape. Bamboos and clumps of bulbs or rhizomes can be divided in the same way. Just make sure that the transplanted divisions have roots, shoots, and are given adequate water to settle into their new positions.

Prune penstemons and other slightly tender plants such as *Teucrium* and lavender. Make the cuts just above fresh, new shoots.

Some perennials benefit from having their flowering shoots thinned out. Although this results in fewer blooms, they are larger and of better quality. Delphiniums, lupins and phlox all benefit from this process.

General maintenance

Apply a general-purpose fertiliser to borders and beds. Take care not to damage emerging shoots, or to burn them with fertiliser.

Put supports in place for perennials before they get too large. Criss-crossing strings from hidden or decorative posts work well, allowing stems to grow up in the gaps between strings.

Remove faded daffodil and tulip flowers, nipping off the heads and seed pod at the same time.

Deadhead pansies, primulas and other spring bedding plants. Pansies will carry on into the spring and even to early summer, if attended to frequently.

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Remove tired winter bedding and plants that did not survive the winter.

Check that self-seeded forget-me-not isn't smothering other border plants. Pull out plants if necessary.

Hoe borders to prevent annual and perennial weeds from spreading and seeding themselves.

Herbaceous perennials infested with couch grass and other perennial weeds should be lifted so the roots of the weeds can be removed.

Bulbs coming up in the rock garden or in containers may benefit from overhead protection from the rain. A sheet of glass or Perspex placed on bricks will do the job.

Top dress spring-flowering alpine with grit or gravel to show off the plants and to help prevent stem rots. Any mulches may need replacing after weed removal.

You could plant up an alpine trough to display some of your alpine plants as many can look their best at this time of year.

Check whether containers need watering. Even at this time of year, they can dry out.

Pots and tubs benefit from topping up with fresh compost. Old compost can be removed and replaced with new to a depth of 5cm (2in) if there is not much room for topping up.

Pot on plants showing signs of being pot-bound. You can tip out the rootballs of unhappy looking containerised specimens, to see if they are indeed pot-bound or if they are suffering from some other problem.

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-time 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.

It is still a good time to sow a wildflower meadow.

Troubleshooting

If a hosepipe bans is looking likely, consider keeping your lawn a little longer than usual, and even investing in a mulching mower.

Mulching mowers shred the grass clippings very finely and then blow them into the lower layers of the turf, where they act like mulch to help the lawn retain moisture. Because the clippings are fine, the end result is not unsightly, especially later in the season when the lawn gets very dry, and the mulch helps to keep it green rather than brown.

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Your Stars for April 2012 - By Kay Gower

Aries - (Mar. 21- April 20)

The planets offer you scope to be feeling at your best right now. Don't underestimate your natural ability to win friends and influence people. Financial gains are possible, but in a low key way.

Taurus - (Apr. 21- may 21)

Matters in and around the home seem to be the most fulfilling at present. You can afford to view this month with great interest, not least because there will be some entertaining possibilities in store.

Gemini - (May 22-June 21)

Beware the 'personality invaders'. Don't allow anyone to define who you are. Resist those who are obviously trying to influence you. Let your 'gut instincts' guide you this month.

Cancer - (June 22-July 22)

There have been times in the past when you have felt vulnerable and needy. Because you've had that experience, you will be compassionate with someone who is going through such a stage now.

LEO - (July 23-Aug 22)

Procrastination can be a blessing, especially this month. Give yourself a chance to think something over. 'Fools rush in where angels fear to tread'.

There may be wisdom in waiting.

Virgo - (Aug 22 - Sept. 23)

Group based activities have a certain appeal this month. Getting your own way with others should be a piece of cake, particularly if you decide to use a combination of tact and simple common sense.

Libra - (Sept. 24 -Oct. 23)

You don't have to wear a power suit to have power. Mid month you deliver an important message with casual grace and because of this, people will let down their guard and listen to what you have to say.

Scorpio - (Oct. 24 - Nov. 22)

You've been ignoring certain thoughts, but they keep coming back, wanting to be heard! Take the time this month to consider what or who it is that you are blocking, and then decide whether this choice still benefits you.

Now would be the right time to work this through.

Sagittarius - (Nov. 23 -Dec. 21)

You'll have a balanced point of view that could help defuse a tense situation that may be building around you. If you act like everything is normal, others might follow your lead.

Capricorn - (Dec 22.- Jan. 20)

There's a difference between learning a skill and applying it. Just because you know what to do this month doesn't mean you'll do it, especially if you're tense or stressed. Relaxation will be the key to making a change.

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

The good news is that opportunities will increase during the last week of the month, but on the down side, more people want to know your business. If you want to keep something really private then remember this ... 'Loose lips sink ships'.

Pisces - (Feb. 20-Mar. 20)

Perhaps things aren't happening fast enough for you. Calm down. Be patient and have faith.

You'll soon be presented with more than enough choices — maybe even too many! By the end of the month you may begin to wish fewer options were open to you.

Local shops help the Lions

Shops and businesses in Cottingham have rallied round to sell tickets for the Haltemprice Lions' Band Concert by the East Riding of Yorkshire Band to be held at St. Mary's Church, Cottingham, on Saturday, 21st April. Fred Cawood of Haltemprice Lions said, "We appreciate the help of these businesses as to make the concert a success as we do have to make tickets available at convenient locations.

The tickets are now selling steadily and we anticipate having a good sized audience to witness an enjoyable programme from this prize winning band." Tickets priced £7.50 each (£6.00 concessions) are available at the following locations:- The Back Room, Hallgate, The Gents Salon, King Street, Kodak Express (Photographers) King Street and Castle Park Newsagency, Green Lane.

The Lions have also arranged a 'Burlesque Night' with an experienced dance troupe, to be held at the Inglemire Club, Inglemire Lane, Cottingham, on Friday 13th April. This will be a truly entertaining evening with dancing from a truly professional dance troupe.

Tickets are only £5.00 each obtainable from David Whincup (Telephone 01482 847367). The proceeds from each of these events will support local and national good causes.

Claire's Hooping Fitness Classes

Adult Hooping Courses Start:-
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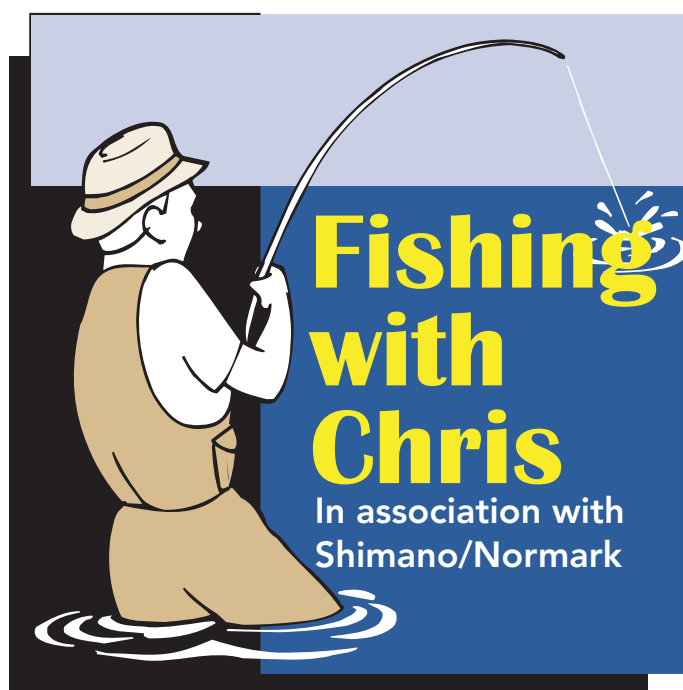
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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Hello and welcome again fellow anglers to this month's fishing news. Date of article is 19th March. By the time you read this article the clocks would have gone forward and Easter is just around the corner. I don't know about you but I prefer the light nights, it means I can grab a couple of hours fishing from work! Did you check all your gear last month, lines, elastics etc., if not I would do it now. Please do not forget your 2012 licence is also due now.

You will be pleased to know that there is no increase this year. This means a licence will cost you for a full licence £27, a concession licence £18, a junior licence £5, an eight day licence £10 and a one day licence £3.75. All licences are available from your post office or obtained on line at www.environment-agency.gov.uk/rodlicence. We at Catchmoore wish you a good 2012 season.

I went to Risby Park fisheries the other day with my brother in law Karl and my mate Lou. We had a great day on Carp pond. Karl whom has never been fishing properly before caught over a 100 Roach for an estimated 12 – 14 lbs. Lou fished his pole on an inside line and had a similar weight fishing maggot over

ground bait. He was very unlucky though as he was broke off a couple of times with bonus fish. Antony, the fishery owner was showing me his new state of the art kitchen he has just had fitted. The new café maybe open now and apart from your normal English breakfast and butties he will be providing lunches as well. He informed me of a stocking programme that is about to take place in all of his ponds. It looks to me that a lot of time and money and effort is being spent on this fishery, we should all respect it and look after it.

I have said it before and I will say it again please take all your rubbish home. Plus to help stop any disease transfer make sure your nets are 100 per cent dry before you take them to water. Other local waters to try out that are now open are: Beresford Park pond (Beresford Avenue), Sam Hosticks (Woodmansey), Barmston Fisheries (Woodmansey), Beverley Beck Canal (Beverley).

I will write plenty about these and many more waters as the season progresses. Please keep me informed if you have a good day somewhere local so I can share this information with everybody else. Most important don't forget that there is a closed season on all inland moving water, i.e. rivers and drains etc. so no fishing on these waters until June 16th.

Sea scene: first of all I am sorry I cannot give you all the information about the European championships from Bridlington as the organisers still have not told me any information. Although, I understand that a Cod weighing just over 10 lbs. won the biggest fish I am also led to believe in spite of bad weather conditions that a fantastic turnout was had with people coming from as far afield as Holland, Germany and Poland. The event was well organised and plenty of fish was weighed in and many prizes were dished out. Well done to everybody concerned.

I am not getting many reports from the Humber at this moment in time, but a lot of fish are still being landed on our coast. There is a lot of Bass up to 2lb being reported from Albrough and near marks. Waxholme and Dimlington, has seen some early Skate to 14 lbs. being caught, plus some doggies are being reported. I also understand that there is a great many large Crabs about at this moment in time.

Cod are still being caught all over the coast but Spurn seems to be producing more at present with the small tides, it has been better at night when there is less weed about. Fresh worms are still available, but please order because the shops out there do not know how many to order without your help.

P.S. there may be a couple of club memberships available, pop in shop if you are interested, your own transport is essential.

Till next time "tight lines".

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Household site permits

East Riding of Yorkshire Council is reminding those who need permits to use the 10 household waste recycling sites, that they are due for renewal.

The permits enable residents to use their commercial type vehicles to take personal household waste to the sites. Commercial waste is not accepted at any of the sites.

The annual permits can be renewed immediately and a maximum of six are allocated for the next 12 months. Unused permits for the current year cannot be carried over after 1 April.

Applications for renewal can be made online by visiting www.eastriding.gov.uk. Forms can also be downloaded from the council's website. Hard copies of the forms can be obtained from any of the household waste recycling sites or customer service centres in the East Riding.

Those applying for new permits for the same vehicle and address do not need to submit a V5 notice with their completed form. Residents who received permits in January and February will automatically be sent new permits.

For more information about the permits scheme, visit www.eastriding.gov.uk.

Benefit advice

East Riding residents whose working tax credits end in April are advised that they may now be entitled to housing and/or council tax benefit.

East Riding of Yorkshire Council is committed to maximising the income of its residents and our benefit and money advice service have helped thousands of residents to claim the benefits to which they are entitled.

In 2010/11 the team helped residents claim £150,500 in housing benefit and over £120,500 in council tax benefit. They also provided advice on many other state benefits as well as offering budgeting advice for those in arrears with their rent or council tax.

Anyone wishing to check their entitlement should call the benefits service on 01482 394799 or the council's benefit and money advice service on 0800 915 0381 or email benefit.takeup@eastriding.gov.uk for further information.

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The digital age makes the world a smaller place

The digital age we live in makes the world a much smaller place. When we phone our bank we have become used to a call centre in the Subcontinent answering. Business hours follow the sun, meaning that as one country closes for the day another opens up. If you go and see the film 'The Best Exotic Marigold Hotel', there is a very funny clip where the character played by Dame Judi Dench has a frustrating phone encounter with the call centre of a broadband provider, which leads to a very interesting and enlightening chain of events!

The best thing is that we can use this technology to our advantage in a big way. Many of us have family up and down the country, not to mention all over the world even. And perhaps we don't see them as often as we would like. You can pick up the phone and talk, but that's not quite the same. But if you have a computer and broadband, you can communicate for free whether your friends and family are in London or Australia, and if you add a webcam, you can see them too! You could see that new grandchild for the first time, or view some of the house you have never seen. On Mother's Day, my wife was able to see and chat to her Mum who was away in Spain at the time.

Skype is the technology that makes this happen. Founded as a private company in 2003, it enjoyed such runaway success that it was later acquired by the mighty Microsoft Corporation, and yet it is still free. Up to 30 million people use the service at peak times. All you need to do is go to www.skype.com and sign up for a free user account that gives you a Skype name (just like an email address). Download the small bit of software and just add your contacts names and you can start to talk. No specialist equipment is required, if you have a new laptop it will probably have a webcam built in, but any PC can just have one added to it for a nominal cost. And if you don't want to do it all yourself – you know who to call, the number is shown below!

iPad 3 launched recently to the usual acclaim. People queued outside Apple stores all night to be one of the first to get their hands on the new device. There were stories of people being paid up to £300 to queue up or to give up their place, and when you think the iPad sells for £399 you know that many of these are being snapped up to export or sell at a big mark up! To see the features of this beautiful piece of technology visit: www.apple.com/uk.

Downloading of movies, TV programs and music has become an enormous industry, both legitimate and illegally. You can buy or rent, or in the case of the iPlayer you can download content for free, but only within seven days of the program showing. Now the BBC plans to monetise its huge entertainment archive by offering programs for sale at any time. The plan called 'Project Barcelona' is due to be put before the BBC Trust later this year.

Action Fraud website has recently launched a new campaign called the 'The Devil's in your details'. This highlights the growing threat of identity fraud and one of the videos shows a hacker stealing a lady's financial details. Although this may be an extreme example, the site contains extremely useful information and offers help and advice to anyone who thinks they may have been a victim of any sort of fraud. www.actionfraud.police.uk.

On that note it is important to point out that the 'computer telephone scam' has surfaced yet again. You will see it mentioned on the site above, and I know that they have been targeting this area recently. If you receive a phone call from anyone (usually a call centre in India), saying they are working for Microsoft or that they have detected there is a problem with your computer, do not speak to them. No reputable computer support company would make 'cold calls', and Microsoft certainly do not call anyone! These fraudsters are just after credit card or bank details. Please pass this advice on to anyone you know who owns a computer.

Microsoft were so concerned about this scam that they carried out their own survey of 7000 computer users in the UK, Ireland and USA and discovered that 15% had been contacted by one of these dubious operators and that about a quarter of that number had suffered financial loss.

Don't let the bad guys ruin your day. Do something proactive, change your computer and/or email password, especially if you use an online service like Hotmail, Yahoo or Gmail. Change your pin and bank password regularly (I know, it's difficult to remember!), but it will make you more secure. Ensure your computer security is up to date, and scan for malware, a free scanner is available from www.malwarebytes.com or we can supply the paid-for live version for just £20. Stay safe online.

Questions and answers section:

Q: My ESET anti virus is expiring soon, what can I do?

A: Just phone us for the discounted renewal figure, and we can action it for you. You have up to 30 days from the expiry date to renew.

Q: What is Windows Live Essentials?

A: This is a collection of programs from Microsoft which includes Live Mail, Hotmail and Messenger amongst others. You don't have to install these updates if you don't use any of the programs.

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Following the success of our Wills Clinics, held monthly at the Civic Hall in Cottingham, our Family Law Specialists will now be available to offer legal advice on Family issues.

When you are thinking of separating from your partner, or your relationship has already broken down, it can be an extremely difficult and painful time in your life. You will no doubt have concerns about what to do next and where to turn. There may well be issues relating to your children or finances to address. You may also be worried about how to resolve matters and how much it will cost to do so.

Options™ is a new scheme which has been launched by our nationally regarded family law team, where we offer a free half hour discussion with one of our lawyers, all of whom have many years' experience of working with couples and families in this highly sensitive area of law.

During your discussion, we will talk through the options available for resolving your particular issue. These might include discussions with your former partner through negotiation involving one of our lawyers, through mediation, collaborative law or perhaps the court process.

We can help you decide which route is best for you and your particular circumstances and then guide you through that process to ensure re-assurance for you, and a settled future, as swiftly as possible.

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Mutually Respectful Relationships

Does this sound like the kind of basis that one hopes all children will grow up to recognise? By respecting each other there is a perfect base and opportunity for friendships, partnerships and any form of future relationships...whether they are of the heart or of your purse!

That same ethos applies to Human/Horse relationships....by finding the way into mutual respect. Horses need leadership.....not a best friend.

I have met two horses this first week back at work after my long injury rehabilitation (YEEEEAAH!!!!...am happy to be back!)

Jess is a fine coloured mare who has moved to a new yard. The unsettling change to her regime and routine has led to her getting much attached to another mare...to the point of becoming very agitated when that other mare is not in sight. She cannot think of anything else but getting back to her and as such her work brain and attention to her owner has totally gone. Jess is a nice horse who is normally compliant but has always had a defiant/independent streak. Separation anxiety is in itself a very common problem amongst horse owner's especially in ex racehorses, which missed the chance to form relationships through their formative years because of the way racehorses are kept and trained.

Jess became very anxious, bargey and argumentative while her owner Nikki was becoming increasingly dispirited. We have spent a week doing work in the round pen using Natural horsemanship techniques to bring Jess into a real form of attention and respect for Nikki. We train the horses by using the same moves, the same techniques and the same body language

that horses use towards each other.....it is all about understanding exactly what body language and mind set you are seeing as to then deciding what you intend to do about it.

During this week Nikki has learned to master a whole load of new techniques and has found the way to keep Jess's respect and attention. We brought in liberty work (free of any rope or physical restraint) where the horse can choose to stay and move everywhere the human goes and at any speed. Plenty of changes of direction and pace as well as moving across into the big school where the horse is free to clear off at will. Jess chose to stay! Nikki now even has a party trick too where she can climb on a high fence and her mare simply places herself in the correct place to be mounted...like magic! All these moves we have introduced require complete attention, submission and relaxed thought from the horse. Jess has to yield her body in many ways...forwards, backwards, left and right, sometimes the haunch, sometimes the shoulders...and always with Nikki having the ability to control the distance...This could be from directly in front and inside your own personal space to being 30 yards away or more.

They have returned home today where Nikki will need to put in place all the rules they have learned together this week. Jess will be delighted to be reunited with her best mate again only now she should be happy to leave her at any time Nikki chooses. Jess has learned to "LOCK ON" to Nikki now and show respect and harmony. Fingers crossed it will make all the difference to this budding partnership and give the both of them confidence in each other.

The photo is of Jess showing Nikki calm body language and complete respect. She has dropped her head in front of Nikki and is stood quietly "GROUND TIED" away from her at the exact distance that Nikki dictated.

The second horse is a six year old unbroken pony mare called Bliss, that has been taken on by a lady called Vicky. I used to teach Vicki when she was just a child at Willerby many moons ago...now she is all grown up, married and mum to a gorgeous little boy! Yeah, yeah, I feel old! ?

Vicky has decided to go back into horses after many years away from them and Bliss is her challenge. Bliss still holds many natural defence mechanisms found in the wild. She strikes out in front, rears right up in order to get away, is fairly nervous of some forms of touch and is quick to worry. Vicky called me in to help her get her going in the early part of starting any young horse... called lunging. This is where you ask your horse to walk and trot round you on command obediently and happily. It tests your ability to control distance, speed, build trust and puts the young horse into "work mode" mentally.

Bliss had point blank refused to even start to cooperate! Well why should she in reality? She has been free to roam at will for her entire life after all.... but hey school catches up with all youngsters!!! Life is developed through lessons and learning for us all...horses are no different.

After a few hissy fits, tantrums and wayward behavioural moves Bliss soon caught onto what was being asked of her...she even started to enjoy the experience despite herself! I will pop in and out of Bliss's life from here on in just to support and teach Vicky how to maintain and move forward with training this pretty but impetuous youngster. I will keep you all posted as to their progress.



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“Once” to be shown on Saturday 21st April

The final film of the 2011 / 2012 season will be shown at Swanland Village Hall at 7.30pm on Saturday 21st April. "Once" is the latest musical to be opening as a live show on Broadway but, if you can't get to New York, then you will be very welcome to see the film in Swanland. It is a modern-day musical about a busker and an immigrant and their eventful week in Dublin, as they write, rehearse and record songs that tell their love story. Tickets: £3.50 adults, £1.50 for accompanied schoolchildren. For further information call Yvonne on 01482 634863 or Ian on 632800 or check out our website at www.swanland-villagehall.info/swanland-screen



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The kitchen at the Railway has been taken over by chef Wendy Rowley. Wendy was the head chef and owner of Wednesdays in Beverley and brings her modern touch to our menu of traditional pub favourites.

All our food, soups, starters, mains and puddings are prepared and cooked by Wendy; she sources her ingredients locally, such as Pete's Cottingham Butchers sausages, and free range eggs from Willerby Hill.

In addition to the main menu there are daily specials, with homemade soups, pies and delicious desserts – try that lemon meringue stack or homemade sticky toffee pudding with butterscotch sauce!

On Sunday, the Railway Carvery features a selection of roast meats along with all the trimmings – roasties, Yorkshire puddings and seasonal vegetables. Come in and sample our new menu and see what a difference we're making to the Cottingham pub food scene.

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Marathon Fitmums

Fitmums and Friends, the local running club that is fast becoming a household name in Cottingham and Hull as people in pink and blue vests take to the streets in the pursuit of fitness, is now going one better and fielding an impressive number of competitors in the Hull and London marathons.

Some Fitmums members are doing the full 26 miles around the streets of Hull; others are sharing the load and running a relay race. The gruelling training is taking its toll but everyone is looking forward to our city's first marathon and club members are keen to cheer on their intrepid colleagues.

Sam Barlow, pioneer of Fitmums and a London Marathon runner, is delighted that so many club members have signed up to run these difficult races. 'We're not a massively competitive club,' she said. 'We originally started to encourage people who wouldn't normally join a running club, so it's a fantastic achievement to have so many members choosing to take part in a marathon. But we got an allocation of places and I'm so proud of our club, that's gone from a few mates gathering on my drive to one that warrants places in the London Marathon.'

'The training is extremely tough and our coach Mike has been doing his best to urge everyone on, devising training plans and giving advice on preparation and recovery; and he's doing the race, too! It'll be the first time that Fitmums vests have been seen on the London Marathon and we are thrilled to be representing our club and our region at this most prestigious event.'

A group of runners are doing the Marathon for the Charlie Hook appeal; if you would like to sponsor them and help Charlie raise vital funds for lifesaving treatment, go to www.justgiving.com/-FitmumsMarathonChallenge. You can find out more about the people taking part, many of whom started as complete beginners not so long ago.

For more information about Fitmums, including training times and venue, go to www.fitmums.org.uk or check out our Facebook page.



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PIZZAS :: BURGERS KEBABS 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.



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


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

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

The book is now priced at £5.00 and is available from Barkers in Cottingham, W. H. Smiths, Browns Hull, The Book Shop in Toll Gavel, Beverley and Sokell in Driffield.

BAND CONCERT

Performed by
East Riding of Yorkshire Band



At
St Mary's Church, Cottingham
7.30pm - 10.00pm Saturday 21st April 2012
Admission £7.50 (Concessions £6.00) Refreshments

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Cottingham Memorial Club present a cheque for £500 to Marie Curie Cancer Care

Recent fund raising efforts at the Cottingham Memorial Club have raised £500 for Marie Curie Cancer Care. A presentation was made recently at the Club by Chairman, Martin Stroud (right) to Matthew Cassell of Marie Curie Cancer Care.

The Club Chairman, Martin Stroud commented "Each year we select a Charity and this year we decided to concentrate our efforts on raising funds for Marie Curie. It is such a worthwhile cause".

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Easter Monday 9th April 11AM - 5PM

If you support a charity take a stall FREE OF CHARGE & raise funds!

Lots to do and see, including Birds of Prey, Vintage tractors, children's rides, races, competitions, dog shows, exhibits, stalls and much more!

70's Night - Supper & Disco

Friday 27th April

Where were you in the days of flower power, flares & afro hair? Catch up on the good times and dance to your old favourites

£20 per person

Wedding Showcase Day

Monday 7th May - Bank Holiday

Get a feel for your special day! Imagine yourself getting married in a Castle. Come and view the hotel all set up and ready for a wedding. Rooms dressed by 'Love In A Mist' - 11am - 4pm

Ladies Night

Friday 25th May

Karaoke, disco & supper £20 per person

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Good things happening in 2012 at Mercure Hull West Hotel.

Welcome to the Mercure Hull West Hotel, your local hotel. We are so much more than just a place to stay. Mercure Hull West is a place to meet, eat, drink and have fun, and the great thing is, we're just up the road. We have a variety of events that take place at the hotel with something to suit everyone, so why not take a look and see what takes your fancy.

	Easter Sunday Lunch Sunday 8th April 12pm till 2.30pm 3 course lunch with a Easter egg for each child £15.95 per adult & £8.00 per child under 12	
Ultimate Girls Night Friday 11th May		Summer BBQ Friday 8th June
£21.00 per person 7.30 pm till 1.00 am 2 Course hot & cold buffet, drag act with full Monty strip show & disco	Father's Day BBQ Sunday 17th June Give dad a break and treat the whole family to a delicious BBQ with a gift for dad £15.95 per adult & £8.00 per child under 12	£17.50 per person 7.30 pm till 1.00 am 2 Course BBQ followed with dancing to all your favourite summer songs
		

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UPDATE

Secondary Cause of Death

Our May production will be "Secondary Cause of Death" by Peter Gordon. This is the second in the author's trilogy of spoof whodunit plays (Agatha Christie style) featuring the infamous Inspector Pratt.

Set in Bagshott House, it is 1939 and storm clouds are gathering over Europe. Our intrepid, bungling Inspector arrives once again at the country manor bearing grim news for Colonel Craddock. Then Cynthia Maple arrives to stage a murder mystery evening and it's not long before Pratt's visit turns into a chaotic nightmare as the bodies pile higher than ever!!"

We performed the first play, "Murdered to Death" in May 2007 and it was very popular – we had full houses all three evenings so make sure you book your tickets early or risk being disappointed. Mark Pennington will be making his debut as a Director and we wish him well.

The performance dates are Thursday 10th May, Friday 11th May and Saturday 12th May 2012, commencing at 7.30pm at our home, the Darby & Joan Hall in Finkle Street. Doors will open at 7pm and as usual, seats are unreserved, except for our invited guests and Friends.

Tickets are priced at £6.00 for adults and £5.00 for concessions and will be available, from the beginning of April, from Barkers Newsagents, Hallgate, Cottingham and from our Ticket Secretary, Kaye (tel. no. 01482 842270).

Social Events

Our latest social event was our Annual Quiz night. This was held on Saturday 10th March in The Back Room. 38 Members, Friends and Guests in seven teams took part under the watchful eye of our "Quizmaster Extraordinaire" Val Hall.

At the end of the evening the winning team, with 1091/2 points, was Top Table, closely followed with 109 points by The Lunch Bunch. There were no losers as the buffet supper at the interval was excellent and thoroughly enjoyed by everyone.

Well done to Val and to Lynda for another super evening and thanks to Gilly and Paul at The Back Room for the delightful meal. We look forward to next year.

Play Readings

The date of our next play reading will be Monday 2nd April in "The Snug" at the Duke of Cumberland on Market Green commencing at 7.30pm. Look for our posters round the village and our website for more information. Everyone is welcome to come to these Open Sessions and learn more about us. For more information give Margaret a ring on 01482 846796.

New Members and Friends

If you would like to join us, either as a Member or as a Friend, 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.

St. Mary's Church, Cottingham Marriage Celebration Weekend

Saturday 12 May: 10 a.m. - 4 p.m.

Wedding Dress and Memorabilia Display

Come and see how ideas of what to wear and what to do on "the big day" have changed over the past 100 years in this display of wedding dresses, accessories and memorabilia from 1900 to 2012.

The display will be in the church and there will also be flower arrangements, music from our organist and choir, plus the work of the church embroiderers on show. Children's activities, including a dressing up box, will be available.

Admission is free. Refreshments will be available in the church hall throughout the day.

Sunday 13th May at 11.00 a.m. - A service of thanksgiving for marriage. Everyone welcome.

Arterian Singers invite choirs to join them for their next performance in October

THE ARTERIAN SINGERS (Musical Director: Julian Savory) would like to invite members of other local choirs to join us for rehearsals for our next concert on Saturday 13th October 2012 to be held at St. Vincent's Church, Queen's Road, Hull.

We are singing Haydn's 'Nelson' Mass and Vivaldi's Magnificat. The Arterians rehearse on Tuesday evenings at Zion United Reform Church, Hallgate, Cottingham.

There would be a charge of £20 for the session. Please ring Maria on 01482 442758 if you would like more details, or to register.



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Moving Abroad?

A monthly column by Nick Russell

Five years ago, Nick Russell (ex Spectrum Video) and his wife Rita decided that, by the time they were 55, they would like to live and work in a sunnier part of Europe. The plan was to try and buy somewhere big enough to live in and earn an income from letting rooms on a Bed & Breakfast basis, or self catering accommodation. Their search started in France but after a couple of years searching for the right property, it became apparent that to get a suitable property, both in terms of size and location, was going to be beyond their budget.

So a couple of years ago the search moved to Southern Spain - Andalucia to be exact. It is an area they know quite well as they have had a share in a house on the Costa del Sol for the last 30 years which has been used regularly for family holidays. This is the second part of their story of the ups and downs of trying to buy a dream property in the sun. The third part will follow in next month's issue. If you would like more information, please email Nick on nickruss@hotmail.com.

This is the second part of our story as we searched for our dream home in the sun. We hope you found the first part interesting enough to entice you to read part two. After looking at properties in France for the last couple of years with no success, we had decided to change our search area. So early in 2009 we started to look at properties in Southern Spain and the area of internal Andalucia. As I said last month our wish list was quite large, six or seven bedrooms, three bathrooms, plenty of living space, a pool and a decent garden, all in a rural setting and suitable for a Bed and Breakfast or Self Catering. Of course it all had to be within our limited budget.

This time, unlike our early searches in France we were going to do plenty of research into the areas and types of property available. We hoped this would save us a lot of wasted time and be far more productive.

We started searching the internet, looking at Estate Agents in Andalucia. After a couple of days trawling through site after site, it became apparent there are hundreds of Agents and this was going to take some time. We then stumbled on a site called 'Kyero' which covers all the major Agents across Spain and you can select the areas you want to cover. Just type in the area you are interested in, what you want in the way of a property and up pops hundreds of properties from dozens of Estate Agents in the area. Much quicker and very easy, and then you can go into the Agents own website to look at their other properties. Once you have selected a few of your choice, you can download more detailed information and start putting together a possible viewing list.

Planning the search area

This was much more of a plan than France and we were not going to rush it. This time it had to be right. We had decided on a fairly large search area, from Antequera in the West to Albox in the East and everything inbetween. We wanted to use Malaga airport as the main point of entry into Spain so most of our search area was within a one hour drive of the airport and the A92 motorway runs right through the area.

Our search area was quite large, so we decided to split it into three main areas. Area one around the ancient city of Antequera, area two around the city of Granada and area three around Albox.

The plan was to visit all areas during 2009 by taking holidays throughout the year, basing ourselves on the coast at our holiday house and driving to each area.

The first area we decided to visit, was the area to the East of Granada, around Guadix, Baza and Albox. The search on Kyero threw up plenty of properties to view, so we short listed about a dozen to view from four or five Estate Agents. We requested as much information from them as they could give us, about the property and the area and then made viewing appointments. All of our choices ticked most of our expectations or at least they appeared to on the internet, so it would be interesting to see them in the flesh, so to speak. So by mid 2009, we had our list of properties to view, all we had to do was book our flights and car hire, pack our bags and go viewing.

The idea we had was to buy a home in Spain become settled and then sell the business. Unfortunately around this time, things were getting very difficult with my business, Spectrum Video, due to the start of the recession

and sales were suffering. So after 30 years in the village. I had a massive decision to make, with dropping sales and rising costs I made the decision to close the business and sell the property. It meant making seven people, who had worked for me for a long time, redundant, but looking back now, with the state of the economy, it was the right decision to make. Obviously this put our property search on hold until we could close the business and sell the property. Fortunately the property sold quickly so the Spanish property search was back on, a year later than planned as we were now into mid 2010.

Revisiting past regions

We decided to keep to our plan and try and visit the areas we had picked out the year before.

So it was back to the internet, re-checking with the agents on the availability of our choices and to see if anything new had come to the market. There had been some changes to what was available but not much as the property market in Spain was, and still is going through a terrible time. Many properties are reduced for quick sales or open to offers, which is great if you are buying. Because we are looking to do a bed and breakfast or self catering we also checked out what there is to do in the areas we were looking at. Obviously getting as much information about the area is very important, whatever you want to do when you get there. If you have children, you need to know about schools or if you need medical treatment you need to know where the nearest hospital is and can you get the treatment you need. Also if you have guests, what is there close by that might be of interest that they could visit. Access to any property is also important, near a motorway or main road is great but once you get off them, you come across very windy and rough country roads and dirt tracks.

So we picked out about a dozen properties to look at over a period of three to four days. This meant three or four viewings a day, and let me say, in summer temperatures, that is plenty. It's just so hot sitting in a car travelling between properties. All of the houses we wanted to view appeared to fit our needs on the internet at least. In reality, once again, it was very different.

The first property was situated near the town of Orgiva apparently. The Agent had arranged to meet us near the property, which was a few miles up a mountain road, in the middle of nowhere. We all jumped into his 4x4 and much to my wife's dismay headed down what felt like a 1 in 3 dirt track. I think my wife had decided, after about 500 yards that she was not going to like this place. In the end, neither of us did, not a great start.

The next property to disappoint was situated in a small community which sounded great. We again met another English Agent nearby and followed her 4x4 in our little hire car along the main road for a couple of minutes until, once again we turned off down we later found out was a dried up river bed, very rough and dusty. The house was alright, but the location wasn't.

Generous with the truth

None of the others over the next couple of days were really not what we wanted, either because of location, size or condition.

Despite asking the Agents a lot of questions about their properties, it appears the truth is not always forthcoming.

On the last day of viewing we were with an American Estate Agent, who at my request was showing us some Cave houses around the town of Baza. I had seen and read about these on the internet and thought they might be a bit different - and they certainly were, especially if you want to live like the Flintstones. In most of them all the bedrooms seemed to be built into the rock face with no natural light and very rough walls. Not ideal if you want people to come and stay. So, having experienced them, we decided against buying one.

So having viewed about a dozen properties, none seemed to tick enough boxes and on our return to the UK, we changed our search area to the area between Antequera and Granada.

Just a couple of tips here, definitely get an English speaking Agent and also make sure they know exactly what you want and what you intend to use it for.



Cottingham Marie Curie team say a big 'Thank You'

The Marie Curie Daffodil Appeal got off to a wonderful start in Cottingham. Over two weekends a total of £1377.92 was raised, coming from a collection outside The Coop (£311.10), a coffee morning at the Methodist Church (£155.96), and a street collection in Cottingham (£910.92).

This is a fantastic amount and we would like to say a big thank you to all the volunteers, some of whom are pictured, and to everyone who donated so generously. The money will be used locally to nurse terminally ill patients in their own homes.

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

Support the advertisers who appear within the Cottingham Times

St. Mary's Church Tower Tours

The first of this years Tower Tours, which take about 45 minutes, will be held on Easter Monday, April 9th, starting at 10.00 am.

To book a place, call Ian Booth on 848041.

Cottingham Singers Christmas Charity

The Cottingham Singers are a mixed choir of around 50 members who perform concerts throughout East Yorkshire.

Formed in 1973 at the "Cottingham Evening Institute" on Harland Way, the choir is going from strength to strength and is now based at the Bricknell Avenue Methodist Church.

Each Christmas the choir makes a donation to a charitable institution or project with monies raised from a collection at the annual Christmas Concert.

In 2012 the choir would like to support a charity or charitable project from within the Cottingham area.

This could range from a school or youth project, a project to help the infirmed or elderly, a community based project or an existing charitable institution.

If you would like to be considered, or know of a worthy project in need of support, please contact our Secretary Pat Docwra on 506643. You will need to provide details of the project, and your group/organization.

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Answer to Sudoku problem from page 12

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

**Yesterday is History,
Tomorrow a Mystery,
Today is a Gift, that's why it's
called the Present**

Crossword Solution from page 18

1	C	I	R	C	U	M	S	T	A	N	T	I	A	L
9	S	N	R	O	A	O	R	I						
10	C	Y	C	L	E	U	P	S	E	T	T	I	N	G
	A	U	E	N	T	O	S	H						
12	B	I	B	E	L	O	T	E	A	R	S	H	O	T
	B	A			A			I						E
14	Y	E	T	I	S	I	M	P	L	O	S	I	O	N
		E		E	N	R		U		M				
19	I	N	D	O	N	E	S	I	A	S	I	M	O	N
	M				S			G		O				E
22	P	A	S	S	A	G	E	M	O	T	I	V	E	S
	A	O	T	M	A	O	A	T						
27	S	E	N	T	I	M	E	N	T	A	M	B	L	E
	S	I	O	E	I	S	L	D						
29	E	C	C	E	N	T	R	I	C	I	T	I	E	S



Stress . . .

It is one small word but oh what a loaded word! Too much of it is bad for your health and your overall well-being. It can affect your heart, your relationships, your ability to focus and make decisions and even your cholesterol level. Here we look at some simple ways that you can relieve tension and minimize stress in your busy life.

You know that expression, "Stop and smell the roses"? Well when it comes to stress there is some logic in that. It is aromatherapy and stopping to smell the roses can help to ease stress. Roses contain a chemical called linalool which has been proven through scientific studies to reduce stress.. Keep a vase of flowers nearby or some dried lavender or a bowl of fruit and take a whiff of it whenever you are feeling blue.

Sipping a relaxing cup of tea is well... relaxing and soothing when you are feeling like a bundle of nerves. Black tea has been found to be high in antioxidants that blast stress. These antioxidants include flavonoids, polyphenols and amino acids. There is also evidence to suggest that green tea can help to lower the bad type of cholesterol in the body, otherwise known as LDL cholesterol. Next time you feel overwhelmed with stress brew yourself a cup and sit down and enjoy it!

Do you laugh a lot? Do you even laugh enough? If you cannot remember when you last cut loose with a hearty laugh then it is no surprise that your health is paying the price when it comes to stress. As far as stress is concerned, laughter really is one of the best types of medicine. When you let go with a hearty belly laugh this brings about the production of endorphins which are the feel-good brain transmitters. It also relaxes blood vessels and thereby increases blood flow. As an antidote for tension laughter is very good indeed!

Eliminating all forms of stress from your life is not possible but what is possible is finding ways to relax and calm yourself. To fortify yourself against the stressors that come your way and to keep tension at a manageable level you need to find effective ways to cope.

If you like to take walks for exercise then you are already doing a world of good for your mental health as well. Walking is an excellent stress buster because it quiets and calms the mind. If you are not a walker but yet you seem to have stress invading your life constantly then adding a 20 to 30 minute walk to your daily life can help you out tremendously when it comes to reducing anxiety and stress.

Walking in general is good even if it is done on an indoor or outdoor track, but walking outdoors such as in a local park is even better. According to a recent study done in Japan walking outside, especially in a forest setting can be an excellent way to cope with chronic stress. There is something about nature, trees and streams that can benefit those who are consumed by stressful thoughts.

Having an animal for a companion or a few of them can help to relieve stress. In fact it is one of the many benefits of having a pet.

Music is good for the soul. It can also lift your spirits and make your troubles seem thousands of miles away. When stress seems to be winning in your life listen to some relaxing music of your choosing. Everyone has different tastes in music. Listening to tunes that are mellow in nature can slow down your breathing and your heart rate and make you feel so much better. Find what suits your musical style and then listen to it to your heart's content when stress is building in your life.

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