

Cottingham Times

and District

Issue 137 - April 2013

STEPHEN RICHARDSON

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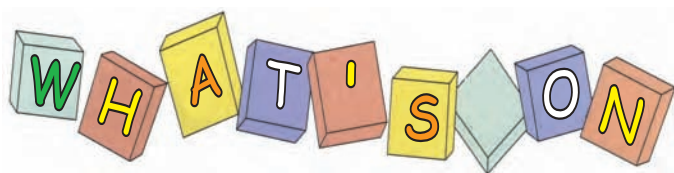
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We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

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

Tuesdays and Fridays 10.00 am 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 Jon Constable, Club Secretary, telephone 07785 347742, 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.

Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. www.fitmums.org.uk

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

Cottingham Bridge Club

Every Friday evening at the Darby and Joan Hall. Duplicate Bridge, for more information telephone 845873.

Front Cover Picture: Crocuses in The Dene, Cottingham.

Photo: By Paul Lakin, 9 Dixon Court, Cottingham, HU16 5BN.

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The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. From 2013 the club will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at Under 9, 11, 13, 15 and 17 as well as an all girl team. Training starts in January with Indoor Nets at the new Thomas Ferens Academy for all age groups on a Tuesday evening and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessle on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

Cottingham Methodist Church Hall

Card making Class meets every Monday evening (except Bank Holidays) 6.30pm to 8.30pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 07932833578

Cottingham Methodist Photography Group

Tuesday 2nd April 2013 at 7.30pm
Tuesday 16th April 2013 at 7.30pm
Saturday 27th April 2013 at 10am - 12 noon - Digital Workshop for Beginners (Cost £ 1.00) New comers welcome.
Tuesday 30th April 2013 at 7.30pm

We meet in Cottingham Methodist Church Hall.

Cottingham Men's De Luda

Wednesday 3rd April - David Smith - History of Paull, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 6th April, An introduction to airbrushing by Nicky Fuller. Meetings are held once a month at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham, between 2.00 pm and 4.00 pm. New members and visitors welcome.

Cottingham Catholic Women's League

Monday 8th April, Mr. Smales - Nowt as queer as folk musicians, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Haltemprice Art Group

Tuesday 9th April - Handing in at Civic Hall for Exhibition
Wednesday 10th April to Saturday 13th April - Annual Exhibition
Tuesday 16th April - Demonstration by Val Mager "Dreaming Trees in Mixed Media"
Tuesday 23rd April - Sketching - M. McGowan/C. Davidson
Tuesday 30th April - One Picture Suits All

Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

Cottingham Women's Institute

Tuesday 9th April - Paper Craft Demonstration - Isabel Greenwood. Competition: Origami Sculpture, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham. **PLEASE NOTE NEW VENUE.**

Cottingham Local History Society

Wednesday 10th April - "AGM followed by illustrated talk by Geoff Bell - the Hull illustrator John Frith. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. **Entrance is via the King Street entrance to the school. Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.** Meeting Fee: Members £1.00; Non-Members £2.00.

Continued on page six

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Continued from page five

Cottingham Green Women's Institute Evenings

Thursday 11th April, Jayne McKeown - Origins of Nursery Rhymes. Competition: Childhood toy or book, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 11th April - Chris Prince - Proceeds of Crime Act in Action, at 2.00 pm in the hall at the Darby Joan Hall, Finkle Street, Cottingham.

East Yorkshire Embroidery Society

Saturday 13th April - Dawn Cameron-Dick - One Woman Quilt Show. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

Welsh Society of Hull and East Riding

Sunday 13th April - 'Cor y Penrhyn' - A leading Welsh Male Voice Choir, at Toll Gavel United Church, Beverley. Details and tickets 01482 869800 or 870312.

North Ferriby Gardening Club

Monday 15th April - Building the world's largest show garden, an illustrated talk by John Coville. Meetings are held in the North Ferriby Village Hall at 7.30 pm. Visitors are always very welcome - admission £2. Annual membership £6.00. Further info ring Mal on 01482 632282.

Cottingham Evening Townswomen's Guild

Wednesday 17th April - Red Cross Volunteers - Work of Red Cross and tips on first aid, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 17th April - City Safe Crime Reduction - Ms. Tracey Horsley, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda

Wednesday 17th April - Miscellany - Miss Marie Platter, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

Diabetes UK

Thursday 18th April - Dr. E. A. Masson, Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

East Yorkshire Association of the National Trust

Thursday 18th April - Chris Mead - talking on the 'Anlaby Park Suburbia', in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

Inland Waterways

Friday 19th April - Laurie Dews and David Lewis will give an illustrated talk about the last of the Selby Bargemen, a story of 50 years of freight carrying from the Humber to Selby. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

Cottingham Civic Society

Monday 22nd April - AGM followed by a talk, in the Darby and Joan Hall, Finkle Street, at 7.30 pm. Members are requested to contribute £1.00 for each and every meeting attended. Non-members are welcome to attend at a charge of £2.00 each. Refreshments are served at a nominal charge.

Wednesday Social Club

Wednesday 24th April - Tony Featherstone - Trash or Treasure, in the Darby & Joan Hall, at 2.00 pm.

Cottingham Methodist Church, Hallgate, Cottingham

Free Film Night - Friday 26th April 2013 - 6.30pm for 7pm. Popcorn, ices and chocolate on sale.

East Riding Flower Club

Monday 29th April - "In the Mood" floral demonstration by Janet Hayton (National Demonstrator). In the Civic Hall, Cottingham at 2.00 pm Admission by ticket £8.00 (at the door). Enquiries Judy Robinson 01482 876279.

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Cottingham Parish Council



Proposed Development – Castle Road

Some of you attended the Parish Council Planning Meeting that was held in the Civic Hall on Thursday 14 March to discuss the proposed 600 dwelling development on Castle Road, opposite Castle Hill Hospital. For those of you who didn't – the Parish Council unanimously recommended refusal of the development on the following grounds:

- Against Beverley Borough Plan Policy E3, E4 and L10
- Against Draft ERYC Local Plan – COT1r rejected on the grounds that the site forms a significant part of the key open gap between Cottingham and Willerby. Development of the site would result in the coalescence of two settlements and the loss of the key open area which conflicts with the place statement and Policy A1 of the Strategy Document
- Against village identity
- Increase in traffic generation and safety
- Loss of public amenity
- Noise and disturbance from the scheme
- Surface water flooding/drainage/sewerage – flood risk
- Loss of open aspect and rural character of area
- Loss of wildlife
- Concern at the future ownership and maintenance of any attenuation system

As I'm sure you are all aware the Parish Council can only make recommendations on planning applications; the decision to approve or refuse planning permission is made by East Riding of Yorkshire Council.

If you feel that this development should be refused by East Riding Council then you can make your objections to Mrs Susan Hunt, Planning Officer, East Riding of Yorkshire Council, County Hall, Beverley HU17 9BA. All letters, whether they are against or in support of an application, are seen by the ERYC Planning Committee Members and your views are taken into consideration when they make their decisions.

Cottingham Day 2013

The Defence School of Transport is unable to lend the Parish Council a trailer this year for the stage on the Market Green – they have been very supportive in the past in this regard but unfortunately all their trailers will be in use for this year's event. Is there anyone out there with a spare 40' trailer that we can use on Saturday 6 July???

Vacancy on the Parish Council

It was with regret that the Parish Council accepted the resignation of Cllr David Cook, for health reasons, at its meeting on Thursday 21 March. Cllr Cook had served on the Parish Council since July 2006 and the Council thanked him for his contribution to the village over the last seven years.

Tree Planting Project

The Parish Council will be planting several trees over the next week or so, including a tree donated by the Cottingham Evening Townswomen's Guild in the Memorial Gardens.

New Home Care Service for Elderly and Vulnerable

Allied Health Care is providing a new service in Cottingham and gave us the following details:

'We understand how important it is to remain living at home, no matter what age you or your loved ones are. So, if a little help is needed around the home, then Allied can make life easier by providing

dedicated support and care. Our flexible service can provide care to suit almost any situation – from a couple of hours a week to live-in care. You can rely on us to deliver exactly what you or your relative needs to remain living at home. And our well-trained and friendly carers will always perform their duties with warmth and kindness, and provide companionship and emotional support whenever it is needed.' Contact details are tel: 0800 5420 736; e-mail bridlingtonforyou@alliedhealthcare.co.uk; or look on their website www.alliedhealthcare.com.

(The Parish Council encloses this article for information only and does not endorse this, or any other, company.)

Planning for next winter

It looks as if spring is upon us and the worst of the weather is behind us (although snow is forecast for the weekend), and it may be useful to start helping our more vulnerable residents plan for next winter. There is a range of information on East Riding of Yorkshire Council's website at <http://www2.eastriding.gov.uk/housing/private-housing-residents/energy/efficiency/>

This includes:

- The [Warm Front Scheme \(external website\)](#) provides grants of up to £3,500 for heating and insulation measures in low income and other vulnerable households and up to £6,000 if oil heating is needed.
- [Directgov – Benefits in retirement \(external website\)](#) provides information on how to receive winter and cold weather payments if you are 60 or over, disabled or on a low income.
- [National Energy Action \(external website\)](#) you may like to join together with other consumers to cut energy bills using combined switching power of thousands of consumers. 'Which' and '38 Degrees North' are both trying to negotiate with energy suppliers to secure a market deal.
- **Where can I get advice if I am struggling to pay my fuel bills?** The Home Heat Helpline can advise you on benefits, grants for free home insulation, reduced tariffs and special payment options your energy supplier provides to help those struggling with their fuel bills. [The Home Heat Helpline \(external website\)](#) You can call the Home Heat Helpline on freephone (0800) 336699 or minicom (0800) 027 2122 for free advice.
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Graffiti and Criminal Damage

If you see anyone defacing property or causing damage please report it to Humberside Police on **101** 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!

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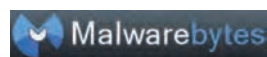
E-mail hacking - Get extra safety with Malwarebytes and the coming demise of Windows XP

Yahoo email services have been quite seriously compromised over the past few weeks, leading to many users having their accounts 'hacked' and used to send out spam. Yahoo released the following statement recently which we would recommend all Yahoo email users follow: 'Yahoo! takes security and our users' data seriously. We recently learned of a vulnerability from an external security firm and confirm that we have fixed the vulnerability. We encourage concerned users to change their passwords to a strong password that combines letters, numbers, and symbols; and to enable the second login challenge in their account settings.'

Hotmail users also faced some disruption recently when one of Microsoft's data centres encountered technical problems. This happened during the process of moving users from Hotmail to the Outlook.com service.

For any disgruntled users of the aforementioned services, a good alternative would be Gmail from Google. This is free to sign up to and works on any PC, Mac or mobile device.

Look out for emails apparently coming from people you know that just contain a link to a website. This is how this malicious activity spreads itself around by using people's address books, so don't click on the link.



With all this email hacking activity going on, you can never be too careful.

In addition to your own antivirus protection, it is worth mentioning again the protection offered by Malwarebytes, namely the ability to block out websites that have been hijacked or may contain malicious content. The cost of this

software is now £24, but that is a one-off licence cost, not recurring. Contact us for details.

A transparent computer that allows users to reach inside and touch digital content has been unveiled at the TED conference in Los Angeles. The (excellent) BBC News website reported that TED fellow Jinha Lee has been working on the SpaceTop 3D desktop in collaboration with Microsoft. Imagine being able to touch and flip through a document or set of pictures inside your computer!

Other far-reaching developments have been unveiled that will influence how we interact with technology. One feature of the new Samsung Galaxy S4 smartphone lets you scroll down pages just by moving your eyes over the screen. It will also pause video playback if you move your eyes off the screen, the restart again when you look back. Neat!

Office 2013 & Office 365 as mentioned last month, are the latest versions of Word, Excel, PowerPoint etc. Neither version comes with a disc anymore, only as a download, and supplies of previous versions have now dried up. However the new 365 offers very good value with starting price of £79.99 for use on up to 5x Windows or Mac computers. See www.microsoft.com/office

Windows Blue....rumours abound of a (another) possible version of Windows being developed. Could it be a 'Windows 9' or just an update to the current Windows 8? (only released in November 2012), Watch this space....

Just a reminder that Windows XP reaches 'end of life' in April next year. Launched back in 2000 the revolutionary operating system has had a record run, and Microsoft has decided this is the end of the line. So if your computer runs on XP you need to start thinking about a new one before then.



Eset expiring? No problem, we can renew it for you for one, two or even three years; just call for a renewal price. And don't forget our boxed product for up to 3x computers – see advert alongside.

Here are a few hints and tips to help you along:

Q: I have Windows 8 on my new computer, how can I get to Control Panel?

A: A really useful shortcut is to press the Windows key and X. This brings up a menu including Control Panel, File Explorer plus many other items.

Q: How can I go back to a previous app or task in Windows 8?

A: Press the Alt key and Tab.

Q: Does Office 2013 or 365 work on earlier versions of Windows?

A: No – they only work on Windows 7 or 8

Q: I am thinking about getting an iPad, will I need a wireless router?

A: Yes you will. An iPad needs to connect to Wi-Fi straight out of the box, and it will need to be a fairly new router. Older routers use an outdated security mode that an iPad can't use.

Q: Is Karoo Lightstream (fibre optic) broadband coming to my area soon?

A: No news on Cottingham yet, but good news for those in Victoria Dock, Swanland and Hessle Road - they will be rolling out in May/June.

Richard Mills

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Wordsearch - Sailing

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

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

Find the words in the letters above:

Abaft, Anchor, Ballast, Beam, Below, Binnacle, Boom, Bridge, Catamaran, Clipper, Compass, Crossjack, Cutter, Deck, Felucca, Gaff, Gunwale, Halyard, Helm, Hull, Jigger, Keel, Ketch, Knots, Marina, Mast, Mizzen, Mooring, Navigation, Port, Porthole, Prow, Rigging, Rudder, Sails, Sailor, Schooner, Seafarer, Sloop, Spars, Spinnaker, Starboard, Stern, Tack, Vessel, Voyage, Yacht, Yardarm.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 76 -

This is an easy challenge this month - Answer page 29

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

MARIONOWENTRAVEL

2013 celebrating our **20TH ANNIVERSARY OF BUSINESS.**
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Our new website is now live with our tours (opposite) now bookable on line! Also, I'm trying to keep the 'Specials' section up to date with cruise deals and late offers; a quick way to see what's new is by looking at the blog, which I update daily. Of course, we are only a phone call away so, no computer? Just pick up the phone, it's still good talk.

What's new? Andre Rieu, Wicked, Warhorse, Potters

Highgrove Gardens: this summer we have a tour that's sold without advertising - if you would like to know about our next departure, register your interest today and you'll have first refusal for the next date we offer.

Dressing of the Wells in Derbyshire: this annual event is a full day out visiting the decorated wells of Tissington; includes a 2 course lunch in Bakewell plus a guided walk and coffee in Buxton. 10th May £49 pp.

Antwerp Christmas Market - includes half board & drinks promo at the 4 star Ramada - bring your friends; what a great way to start your Christmas.

Warner's Hotels, just for adults can vary. Thoresby Hall for example, offers pure escapism: relax, enjoy the super spa or go walking in the countryside. The historic suites - available as an upgrade, are a real luxury, suitable for couples of all ages wanting to recharge their batteries for a few days. Of course, there is plenty going on if that's what you are looking for, otherwise, maybe enjoy reading a book sitting in the grandeur of the Great Hall? Open year round and just over an hour away, it's an ideal destination to have a quick break. Our new tour to Littlecote offers a similar experience and departs 21 October for 4 nights. We have limited rooms so don't delay.

Alvaston Hall is a very different property. This hotel is not just intended for the relaxing style of holiday; it has the additional benefit of being a short bus ride from Nantwich, should you fancy some retail therapy! During the day you can enjoy golf & bowling on site and in the evening, the show appears in front of you in their unique cabaret diner. There's always plenty going on at this location! Call for further information and bookings for all dates, including our special departures with transport to your hotel.

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10 May	Dressing of the Wells, day out inc lunch	£ 49
16 May	Jacobite - Fort William 3 days	£ 265
19 May	Isle of Wight 6 days half board	£ 425
13 Jun	BBC Gardeners World for the day	£ 49
19 Jun	Litchfield & National Arboretum 2days 1 night half board + tour plus lunch at the NA	£ 115
23 Jun	Ireland Explorer 12 days - great itinerary of Eire & N. Ireland. All excursions included	£ 995
07 Jul	Waddington Air Show just for the day	£ 45
22 Jul	Alvaston Hall - 5 days half board special	£ 259
29 Jul	Warner's Nidd Hall 4 nights half board	£ 285
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10 Aug	Hamburg & Lubeck 6 days half board Optional International Garden Show	£ 459
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13 Dec	Antwerp & Christmas Market weekend	£ 179
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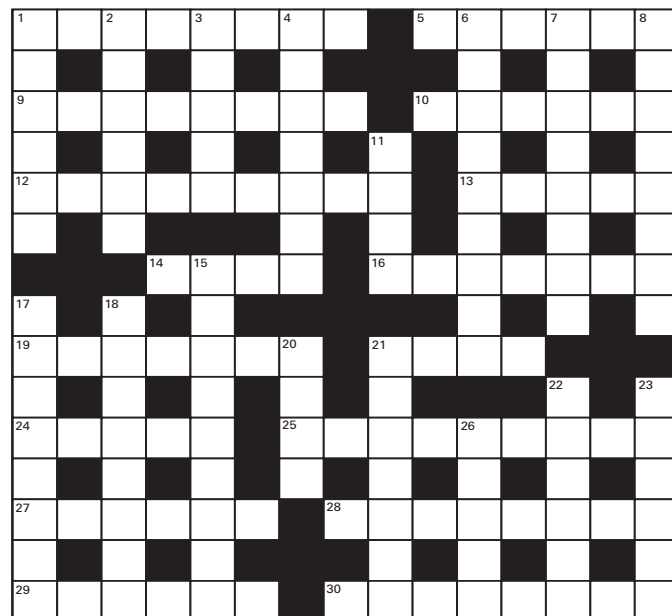
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Crossword - Solution on page 46



Across: 1. Source of aid or support (8); 5. Discrimination against the elderly (6); 9. Threshold (8); 10. Daughterly (6); 12. Card game (9); 13. Blood vessels (5); 4. Past tense of "To be" (4); 16. Small dining room set (7); 19. Not himself (7); 21. Coral island (4); 24. Not daytime (5); 25. They import illegally (9); 27. Makes skin soft (6); 28. Language spoken in Tokyo (8); 29. Cease (6); 30. Compliant (8)

Down: 1. A pungent edible root (6); 2. Bobbins (6); 3. Cause to overturn (5); 4. Cleft (7); 6. Complaint (9); 7. Start (8); 8. Syrup made from sugar cane (8); 11. Emasculate (4); 15. Instances of hard physical labor (9); 17. Roofed (8); 18. Warships (8); 20. Bother (4); 21. A plant sometimes used in pies (7); 22. Break away (6); 23. Express agreement (6); 26. Secretes a hormone (5)

Crossword courtesy of www.crosswordpalace.com

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In the Kitchen



Crème fraîche

Crème fraîche is a manufactured cream product with between 18 percent and 36 percent fat. It has a smooth thick texture, similar to cream cheese but it has a slightly tangy flavour more akin to Sour Cream.

Origin and History of Crème Fraîche

Originating in the Brittany and Normandy regions of France it is widely available and used throughout Europe. In France, the unique characteristics of crème fraîche made by different artisan producers is greatly appreciated in much the same way as connoisseurs appreciate and enjoy different types of yoghurt.

It is traditionally made with unpasturised cream which naturally contains the bacteria required to thicken it, but whilst specialists still use unpasturised cream, pasturised cream is becoming more widely used.

Crème Fraîche in Cooking

Many cooks favour crème fraîche over cream and sour cream because it can be boiled, reduced and thickened without the risk of curdling. It can also be whipped like double cream and has a longer shelf-life than both cream and sour cream. Crème fraîche can be used as a substitute for sour cream in most recipes and for cream in many.

It makes a great topping for fresh fruits, puddings and other desserts. It is also an excellent ingredient in savory dishes such as soups and casseroles, and adds richness and body to sauces.

Storing Crème Fraîche

Crème fraîche should be treated like any other fresh dairy product and once opened, it should be used within two to seven days.

Homemade Crème Fraîche Recipe

Crème fraîche is very easy to make at home. Below is a recipe and whilst it takes a while to make, it's certainly worth giving it a try. Preparation time: 8-14 hours

Ingredients

240ml/8fl.oz. Double/Whipping Cream
2 tbsp Buttermilk



Instructions

Place all the ingredients in a glass bowl, mix well, cover, and leave to stand at room temperature (about 70 degrees F.) for 8 to 24 hours, or until thickened. Stir well, cover with clingfilm, re-refrigerate and use within 10 days.

Courgette and Herb Pâté

Ingredients:

600g/1 1/2lb Courgettes (zucchini)
Salt and Black Pepper
50g/2oz Butter
3 Eggs
210ml/7 fl.oz. Double Cream
1 heaped teasp Freshly chopped Parsley
1 heaped teasp Freshly chopped Mint
1 heaped teasp Freshly chopped Tarragon
1 heaped teasp freshly chopped Chervil
Pinch of Cayenne
Oil for greasing

Instructions

1. Coarsely grate the courgettes into a colander, sprinkle with salt and leave for 1/2 hour to drain any excess water.
2. Rinse the grated courgettes under cold running water, drain well then dry on kitchen paper.
3. Melt the butter in a pan, add the courgettes and gently sauté for 10 minutes, stirring, until they are soft. Cool.
4. Preheat the oven to 180C, 350F, Gas mark 4. Line a 1.5L/3pt loaf tin with greaseproof paper then grease the paper with oil.
5. In a bowl, mix together the eggs and cream then add the courgette and butter mixture, salt, pepper, herbs and cayenne. Mix well.
6. Pour the mixture into the prepared loaf tin, cover with foil, stand in a roasting tin containing 2-3 inches of water and bake for 1 1/2 hours or until firm. Cool.
7. To serve - turn the pâté onto a serving platter, spread the crème fraîche over the top and sprinkle with fresh herbs.



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Property News from Martin English of Homelink



Pests – Whose responsibility?

Pests are never a planned addition to a property, so when they set up home alongside your tenant, responsibility can be far from clear.

An infestation of any kind, be it ants, bedbugs, fleas or pigeons, makes a property unpleasant to live in, not only due to the inconvenience of these pesky trespassers, but also as a result of the unsanitary conditions they create. They should therefore be eradicated as soon as possible, which may require repeat treatments or a lengthy course of action. Further, if professionals need to be called in, say where fleas insist on making themselves at home in the property, who should have to bear the costs?

Readers may be surprised to discover that the general rule is that the landlord is not responsible for any pests that take up residence in the property, whether the infestation takes place during or prior to the tenancy. There are a few important exceptions to this rule which I will come onto, however the Landlord is responsible for the fabric of the building and its essential services and appliances, but not for any living things that decide to move in with the tenants.

If a tenant discovers a pest infestation immediately upon taking possession of the property, it is theoretically possible for the Landlord to claim a defence under the principle of 'caveat emptor' (let the buyer beware) and to refuse to accept any responsibility. The principle of caveat emptor is well-established dating back to 18th century, unfortunately the old principles of caveat emptor run contrary to the modern consumerist approach where any commercial supplier is expected to supply goods and services that are essentially 'fit for purpose'. Whilst the two principles exist there will remain some grey areas in the law.

Where a Landlord takes responsibility for issues with pests, is where it can be shown that the landlord is in some direct way responsible for the

infestation, for example through damaged drains or holes in the walls or floors of the property. Under the Landlord and Tenant Act 1985 a landlord is required to keep in repair 'the structure and exterior of the dwelling'. If the pests entered the property through disrepair, this would then become the responsibility of the Landlord through default of the property being in disrepair.

In contrast however, where defects in the property have arisen due to bad design or existing openings, rather than as a result of disrepair or dilapidation, the landlord will not be responsible for the problem. Nor will the Landlord be responsible due to a tenants mistreatment of the premises or indeed if the tenant fails to take measures to eradicate an infestation which subsequently causes disrepair to the building fabric. An example of bad design maybe gaps in floorboards, a mouse can easily enter through such, however this is not necessarily an example of disrepair and is more likely to be due to design and age of the property.

Where the area can become even more complex is if your tenancy makes specific reference to obligations in respect of pests, this can effectively override the above default position.

Whilst in most cases the tenant is likely to be responsible when an infestation occurs, as a responsible landlord, it would be foolish to not assist your tenant where reasonably possible to prevent any reoccurrence of the problem, such as assisting in sealing up areas of entry to potential pests. It may well be the tenants responsibility to rid the infestation from the property, however if this prompts a tenant into leaving the property sooner than they had otherwise planned, this can actually have a financially detrimental effect to the landlord if you are having to meet the costs of finding a new tenant as well as any potential void period, could far outweigh the cost of small repairs.

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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Paws for Thought

*This month's column by Margaret
(Head Receptionist) of Kingston
Veterinary Services, Cottingham*

It is that time of year again when all the little 'darlings' who have been hibernating away inside over the winter period, emerge ready for their summer holiday of sun, food and more food. Now you may rightly be thinking of your lovely children or grandchildren but I hasten to add it's nothing as delightful. The 'little critters' I am referring to are, SLUGS, SNAILS, FLEAS AND THE BLOOD SUCKING TICK!!!

As most gardeners are aware, the slug and the snail are very harmful to plants but how many pet owners know they can be just as potent to our pets. The warmer but wetter weather is perfect for them in which they can harbour the parasite LUNG WORM. Lets start with the SNAIL, a very tempting 'snack' to many a puppy and also the inquisitive older dog. I know my dog Teal, when she was a puppy, brought many a snail into the house after she dug up half my garden at the time. Needless to say most of the plants and shrubs also ended up on my lounge carpet. What more fun can there be to a 6 month old Labrador, than to dig, explore and then proceed to eat their findings? What harm can it do? You may be surprised. The snail can be infected by a type of worm called LUNG WORM which is associated with foxes and when digested by our canine friend, travels along major blood vessels supplying the lungs, where it can cause a whole host of problems. Left untreated it will have major consequences. The SLUG doesn't get off lightly too as this also carries the deadly worm. So if your pet shows signs such as coughing, tiring easily, nose bleeds, vomiting/diarrhoea or any other change in behaviour, please contact your vet immediately.



Every pet owner knows about FLEAS and what a nuisance they cause but you may also be surprised of the health risk they can carry? These tiny external parasites live off the blood of mammals and their bites can lead to major health issues. The flea is a tiny wingless insect with a hard flat body designed to easily navigate through pet hair, legs designed for jumping great distances and mouth parts designed to suck blood. An adult female flea can lay on the host, up to 40 eggs a day which will then dry and fall off into the environment such as carpets, curtains and furnishings. A fully developed flea, which may live up to 4 - 6 weeks, will begin to lay eggs within 24 hours of her first blood meal. She defecates blood from her host that will fall off along with the eggs, re starting the life cycle all over again. The health risk? Flea allergic dermatitis is an allergic reaction to flea bites which can cause severe itching and major skin infections. Also, Tapeworm (there goes the WORM again, raising its ugly head) which can be contracted by animals or humans after accidentally ingesting an infected flea. Another one is anaemia which can prove fatal if the host animal has enough flea infestation to lose a lot of blood. You maybe surprised to learn that three out of the four stages of the flea cycle are spent in the carpets, curtains and furnishings, jump onto the host for a feed then jump off again. This explains the odd occasion when we get a new client pop into the surgery, who has moved house and has no pets, to buy a household product to treat a flea infestation left by the previous occupiers. The fleas had found another meal source other than a furry friend.

TICKS! Wonderful little things that are attracted to warmth and motion. It climbs onto its host (mainly around ears and inside of the legs) and attach its mouth into the skin beginning the blood meal. Once the tick is locked on, it will not detach until the meal is complete which can take a few days. The appearance of a tick is like a small cream lump (often mistaken for something more medical) which gradually grows and changes colour with the amount of blood it intakes. As for diseases? Most ticks do not even carry them, however the threat of disease is always present so must be taken seriously. Signs include lethargy, fever, weakness and joint swelling which may take days or weeks to appear so the early removal of a tick is crucial but to be removed under medical care.

Now how do we prevent or remove these little critters? As in every case, prevention is always better than cure so we shall start with worming. This comes in various forms, granules or tablet and also in the case of cats who hate digesting anything other than food, (as mine have often proved after chasing them around the room causing havoc) drops on the back of the neck are available. We recommend these are administered every 3 months.

For fleas, once again it is simple by popping a vial of liquid flea treatment on the back of your pets neck once a month. Here at KINGSTON we stock a flea product that is also a tick preventative so you don't even to have to apply it on your pet twice. All these products are only available through veterinary practices. Please also do not forget to treat your house and surroundings.

You may buy any of the products I have spoken about from any of our KINGSTON surgeries but because they are prescription only then all we ask is for you to make an appointment with one of our many qualified nurses, so that she can weigh your pet and prescribe you the most effective method for your them. All these appointments are FREE OF CHARGE.

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Cottingham Wildlife Watch Group closes its doors to nature

On Saturday 23rd February 2013, Cottingham Wildlife Watch Group held its 471st meet which was unfortunately to be the groups last meet which was held at the Cottingham High School Youth Centre. Over thirty people attended to celebrate the event.

Gordon Scaife and his mother Erica Scaife started the group in 1989 and with the help from Judy Richardson, Jacqui Sedman and Roy and Helen Humphrey have worked with the children and their parents for nearly 24 years enhancing the environment and inspiring young people to have an interest in the natural world.

We would like to thank everyone past and present for their support.
Helen and Roy Humphrey (Leaders)

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“The Tooth and Nothing but The Tooth”

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

Getting Long in the Tooth

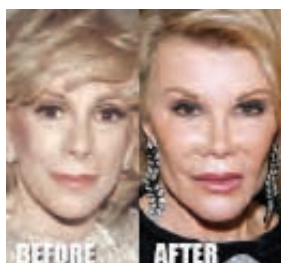
Hello again. Well, I said that it would be Easter in no time.

I don’t know about you but think that’s it’s been a long old winter this year. Just, long and steady. I think that we will all be glad of some warmer weather, fingers crossed.

I’ll get straight in there with Dr “Smile Maker’s” Top Tip number 1: *Don’t eat too many Easter eggs.*

We Are All Getting Older

It’s true that we are all getting older. As we do our bodies change. Some try to defy the aging process but you can’t cheat time.



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Chris “Dr Smilemaker” Branfield

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Our mouths change as well to a degree, e.g. getting long in the tooth. Most of our bodies and our mouths do well really. Lets face it we are not really designed to get past 40.

Oh No We’re In A Recession

GUM recession that it. Do you see what I did there? Terrible, I know.

When the gum recedes it uncovers the root of the tooth. There is no hard enamel on the root. The surface layer is cementum but this is lost to uncover dentine. Dentine is not as hard as enamel and it has little tubes in it that lead down the pulp (what is often referred to as the nerve). This can lead to a couple of things. One is the potential for sensitive teeth. This is especially the case if you have a high acid diet or acid reflux (stomach acid that comes back up).

The other thing is root decay (or root caries as we call it). As I said, there is no hard enamel to protect the root so the tooth decay process can really crack on at a fast pace if the conditions are right. I say right but this is right for the bacteria causing he decay, for us I should say the conditions are wrong I suppose.

When In Drought

A particular problem for the teeth as we get older is taking certain medicines. All medicine can have side effects and if you read the leaflets that come with them there can be loads of possible side effects. A common one is dry mouth (xerostomia).



Saliva is great stuff. It helps protect the teeth from decay and lubricates the mouth to stop chaffing. Some medicines are worse than others for dry mouth.

Double Whammy

If you couple recession and root dentine and a dry mouth there is potential for root decay to get a hold quickly. Next month I will see if I can come up with some top tips on how to help control or prevent this problem.

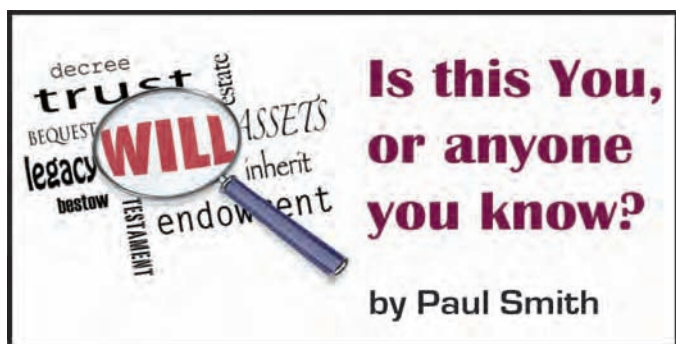
The Excitement Mounts

It’s nearly the end of the football season. Hull city are still up there but are faltering here and there. The good thing is that they all at it! Must be the pressure.

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



You can change somebody's will after they have died.

Very few people know this. It has to be done within two years after the person has died. All the people concerned have to agree to the change, so if one does not agree, it can't be done.

It is often done to avoid inheritance tax. I remember two elderly and very wealthy sisters who lived in Cottingham. One died, and there was a lot of inheritance tax to pay. She left everything to her sister. This sister, who was 85, thought it daft that she inherited all this money, because it only made her even richer and on her death there would be an even bigger amount of inheritance tax to pay. So she rewrote her sister's will, before the two years were up, so that all her sister's money went instead to much younger members of the family.

There's a church in Bridlington which desperately needs new toilets. The vicar was delighted to hear that an elderly parishioner had left £250,000 to the church. However, her will specified that this money had to be spent on the organ only. I don't know which church it is, but I'm sure the other beneficiaries of the will would not object if the vicar asked for the will to be rewritten to leave this £250,000 to be spent on the toilets and essential building repairs.

I hope somebody tells him, before the two years are up.

The telephone preference scheme

I'm very sorry, but I got the telephone number wrong in last month's issue. The correct number is 0845 070 0707. People have told me that it doesn't stop calls from overseas, like annoying people doing pretend surveys from India, and you can still get junk phone calls from the UK from people invading your privacy at home trying to sell you things you don't need. Even so, I have found it stops over 90% of these calls, so I think it's wonderful.

Everybody should ring the number and take advantage of the scheme.

The funeral of the doctor

Some years ago I did the probate of a retired doctor I liked. In his will he put down "I wish to be buried with no ceremony and at the barest minimum cost". So his widow arranged for his body to be transported straight from the mortuary to the crematorium. There was no funeral ceremony, no funeral director and his cars, no flowers, no wake. In my will I'm going to do the same, whether my wife agrees or not. Funerals are expensive. The average cost in Britain is £5,326,

although in our area perhaps it's about £4,000. Funerals are not for the dead – they're dead – they are for the living, so I don't care. I read in the paper last week that the average married couple, once they have retired, have used up all their savings within seven years. I think my wife will live for many years after me, so I want her to be comfortable and inherit as much as possible. I will ask my kids to agree with me about no funeral, and if that means saving her having to pay several thousand pounds to say good riddance to me, then so be it.

I know not everyone agrees with me. My wife says I'm a misery. But I think I'm justified.

The packers who liked reading newspapers

There is a company which makes china vases. The vases are put into boxes for delivery to shops, and because the vases are fragile, old newspapers are used for packing material. The problem the company had was that the packers found the work so boring that, instead of screwing the newspapers into balls to make the packing, they would read them. Productivity was low, so the managers got together to have a brainstorming session to try to find a solution.

Brainstorming means that you are allowed to make any suggestion, and it doesn't matter how silly or impossible it may be, because sometimes weird ideas can inspire others to think of a solution.

One manager suggested poking the eyes out of the packers to stop them reading. This led someone else to say, yes, that's it, why don't we employ blind people? They rang up the local blind institute who were delighted with the idea. Their blind people were keen to do the work, they felt useful, were paid, and made excellent, hard-working packers.

Three things I can never remember.

There are three things I can never remember – names, faces, and the third thing I can't remember.

The above suggestions are intended to be helpful. Opinions are the author's own. Everything is described in very simple terms, so before taking any action you must take appropriate professional advice, and the author and publisher cannot accept liability for any loss incurred as a result of relying on the above.

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Here is Paul's latest walk in his series of monthly rambles.

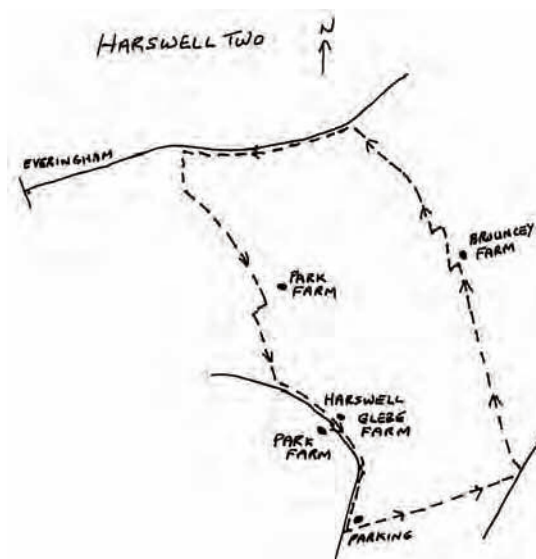
This month his destination is Harswell.

The map is for a guide only, please use an Ordnance Survey Map or similar if possible when walking.

Maps:- EXPLORER 294

**Start at GR. SE8274016 Old Railway Station.
Distance 6.0 Miles.**

Follow the old railway track in an easterly direction and emerge on the A614 road, turn left and then after about 50 metres turn left again onto a farm track/path keeping the hedge on the left. On reaching a junction on the track, turn right and then immediately left, at all times keeping the hedge on the left. Continue ahead with Brouncey Farm ahead.



On approaching the wooded area near the farm, turn right keeping a dyke to the left then after a short distance turn left and cross the bridge over the dyke. After crossing the bridge, turn left, keeping the farm buildings to the right. Skirt round the farm and on reaching the northern side of the farm turn left onto a farm track. After about 80 metres turn right. After about 400 metres turn left for 100 metres then turn right.

Continue on this track until a point where the track turns sharp right. At this point turn left and pass through a gap in the hedge keeping a wooded area to the right. After a short distance turn right and pass through the wooded area to emerge on an enclosed path and finally into an open field. Continue ahead with the hedge on the left.

Emerge on the Everingham road and turn left. Follow this road for about 1.4 kilometres then locate a bridleway on the left and follow this to Park Farm. On reaching the surfaced farm road, turn right and follow this to meet the main road. Turn left on reaching this road and follow this back to the parking area.

Local woman to take over Rosemary Conley Diet and Fitness Club Franchise

For people wanting to be the proud owner of a wonderful new body, and for those wishing to lose weight, get fitter and increase their self-confidence, then help is at hand.

From 8th April Susan Ironside will run 12 Rosemary Conley Diet and Fitness Club classes throughout the Beverley & West Hull region with the aim of helping hundreds of members to slim down and shape up.

"I am so excited to be opening my classes in the area," says Anna,

"Having struggled with losing weight myself, I can empathise with my new members, and I am really looking forward to helping them on their journey to lose weight and get fit".

"We believe that the support and encouragement that members receive in class plays a vital role towards their success in reaching their target weight. In fact, since we opened RCDFC in 1993, well over one-and-a-half million members have benefited from our winning formula for losing weight and getting fitter.

"Our members are always made to feel welcome and the atmosphere in class is friendly, fun and, above all, the expert diet advice, coupled with a safe exercise session, really works. Julie is now fully qualified to teach exercise to music and she has been trained to adapt the sessions to suit any ability, so, even people who haven't exercised for a long time can join in."

The cost of joining a Rosemary Conley Diet and Fitness Club is just £10 for a membership pack, which includes a copy of Rosemary Conley's brand new for 2012 Fat Attack Booster (F.A.B) Diet along with a set of Portion Pots®, an Introductory DVD explaining the F.A.B Diet and a Rosemary Conley Magic Measure® which shows dieters how many inches they lose as they progress on the diet.

Adds Rosemary: "In trials, dieters lost an average of 7lbs in 14 days and if you stick to the F.A.B diet and exercise plan, you will be truly amazed at your rate of progress."

The weekly class fee costs £5.95 and members receive a consultation and weigh-in with the class instructor, a 5-minute motivational and informative talk plus a 45-minute workout session.

Susan Ironside will run 12 weekly classes at various venues throughout the Beverley & West Hull region. For more details, contact Susan on 01964 552424, susan.ironside@rosemaryconley.com or visit the website at www.rosemaryconley.com

Find out what happens at a Rosemary Conley class on Rosemary's free internet TV channel by logging onto www.rosemaryconley.tv/class.

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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.

Where to start with bedding

For instant seasonal colour, flowering bedding plants are the answer! They are useful for filling in gaps between plants and shrubs that aren't fully grown, for using in containers or for planting up a whole bed for immediate effect. They can also be planted in hanging baskets, window boxes and troughs. Although they are short lived (lasting one season only) they grow fast and provide excellent value for money.

Bedding plants are ideal for sunny or lightly shaded but relatively sheltered areas. The municipal style of growing them in straight lines



is best avoided in a garden – so plant them in large drifts or clumps to create impressive splashes of colour.

Many bedding plants can be grown easily from seed or as young plants from our garden centre. Bedding plants are available for spring, summer or early autumn colour, which will transform an otherwise dull border in a very short period of time.

Preparation and Planting

- Don't plant when it's too hot and water the new plants thoroughly while still in their pots.
- Make sure the planting area is free from weeds. Fork over or hoe the area thoroughly, ensuring you don't disturb any nearby plants.
- Dig a hole bigger than the roots of the plant and water the hole. Tap the plant out of its pot or tray, disturbing the roots as little as possible. Gently push into the hole and firm the surrounding soil. Repeat with the other plants.
- Place tall plants to the rear and compact edging plants at the front. Don't overcrowd the plants.
- Some bedding plants come in pots made from peat which should be planted as well because the roots grow through them.
- After planting, sprinkle a general fertiliser such as Growmore lightly around plants and water well.
- Bedding plants grown in flowerpots, containers, hanging baskets and well-mounted pots, should be filled with potting compost mixed with water-retentive gels and slow-release fertiliser pellets.

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Top Ten Tips

1. Keep a check on weeds
2. Protect Spring shoots from slugs
3. Plant summer-flowering bulbs
4. So hardy annuals and herbs
5. Top dress containers with fresh compost
6. Mow the lawn on dry days (if needed)
7. Feed roses and shrubs
8. Remove moss from paths and patios
9. Open the greenhouse or conservatory doors and vents on warm days.
10. Increase the water to your houseplants



Plant of the month Rhododendron

Rhododendrons are grown for their spectacular flowers, usually borne in spring. Some also have young leaves and stems covered in a striking dense woolly covering (indumentum) and some - the deciduous rhododendrons or azaleas - have good autumn colour.

Choose a site with dappled shade in sheltered conditions. Avoid deep shade beneath other trees. Most rhododendrons will tolerate a more open site if sheltered from cold, dry winds. Dwarf alpine species will tolerate full sun provided the soil does not dry out. Avoid frost pockets and sites exposed to early morning sun.

- Rhododendrons need moist but well-drained, acid soil between pH 5.0 and 6.0 that is rich in organic matter.
- If you have alkaline soil, grow rhododendrons as container plants.
- Dwarf alpine rhododendrons are effective in a rock garden.
- Larger rhododendrons are excellent for woodland gardens.
- Compact hybrids are ideal for containers on shaded patios.



Events and Promotions at Coletta & Tyson garden centre

Grow Your Own -Peas and Legumes (Beans) Saturday 13 April 2013

We are delighted to welcome back the East Yorkshire Vegetable Society this year and on their 3rd visit they will be able to assist you on how to grow the best Peas and Beans.

You can't beat the taste of home grown veg so why not give it a try it's a very enjoyable pastime for young and old alike. These guys will be on hand between 10.30 am and 2 pm to help answer any questions you may have.

East Yorkshire Falconry Club Event Saturday 20 -21st April 2013

The East Yorkshire Falconry Club will be here on both 20th and 21st April between 11am and 4pm.

They will have a static display with 3 Harris Hawks, 1 American Red Tail Hawk, a Barn Owl, Tawny Owl and a Bengal Eagle Owl.

You will have the chance to hold the birds and have your photo taken. There will also be a raffle over the weekend with the prizes including a Hawk Walk.

There will also be a face painter over both days. A great fun family day out.

Coletta & Tyson garden centre is a horticultural family company established for over 70 years. They offer quality, value and service with many of their plants grown here in east Yorkshire. Support your local garden centre.

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Your Stars for April 2013 -

By Kay Gower

Aries - (Mar. 21- April 20)

When it comes to figuring out how to safely approach what you see as a giant leap into the future, think less, use your senses more.

Taurus - (Apr. 21- may 21)

You're not very good at playing the waiting game, but April will be one of those months when you just can't wait for something to happen. Consider your anticipation as a sort of prayer. It strengthens your faith muscle.

Gemini - (May 22-June 21)

You are heading for a different life, although a few old habits might be pulling you away from your dream. What do you want to happen? Keep thinking about that and then start moving toward it.

Cancer - (June 22-July 22)

You are a provider and a wonderful home-maker. Over the next few weeks you behave like a tigress securing food and shelter for her young, all you care about is that everyone's needs, including your own, are met. Underneath this protective ferocity is a sweet tenderness. Enjoy the spring.

LEO - (July 23-Aug 22)

You have a tendency to think that if you don't do it, no one will. This is compounded by the fact that you often forget to include anyone else in your schemes. Let others in — they'll ease the load, especially this month.

Virgo - (Aug 22 - Sept. 23)

You embrace all your possibilities this month and recognise more ways than ever to be happy. Late April will provide entertainment in the places you're supposed to be working.

Libra - (Sept. 24 -Oct. 23)

Air signs, like Libra, are known to be changeable - in one swoop you're capable of wiping out stale or negative energy. So fly your kite, either figuratively or really, and watch the March winds carry your worries away and see your spirits lift in April.

Scorpio - (Oct. 24 - Nov. 22)

The small improvements that you make early this month will have a great impact. You could meet with someone who hasn't seen you in a while, and the verdict will be that you look like you're doing just great!

Sagittarius - (Nov. 23 -Dec. 21)

You won't 'walk on eggshells' around what some consider a delicate subject: Money. When someone tells you this month that "there's no money," it's an unacceptable answer. You can smell those notes!

Capricorn - (Dec 22.- Jan. 20)

You need a lot less than you think. Get rid of 10 unnecessary items. It won't be difficult to decide which ones those are. Good luck will fill the empty space.

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

Be patient with loved ones. They are trying to sort things out and make sense of a crazy world, just as you are doing. They have their own way of going about it. Tolerance will be key.

Pisces - (Feb. 20-Mar. 20)

Sometimes big changes happen suddenly, but usually even the sudden moves were a sort of gradual motion just gathering up speed. By the end of this month you'll know for certain that there's no turning back. This is a good thing.



Neil Oakes of Jane Brooks Law says that careful thought needs to be given by couples intending to purchase property jointly as to the best method of joint ownership, as very different legal consequences flow from this decision.

Co-owners hold property in one of two ways:

Joint tenants

Each joint tenant owns the whole of the property –they do not each have a quantified share in the property and will not be able to leave a share of the property by will. If joint tenants sell the property it will be presumed that they owned the property equally, regardless of respective contributions to the purchase price. On the death of one co-owner, their interest in the property would automatically pass to the remaining co-owner without any further action. The surviving co-owner would then own all of the property and on their death it would form part of their estate. This is known as the "right of survivorship".

Married couples or those in a civil partnership commonly use this method of co-ownership because the right of survivorship makes it straightforward to inherit each other's shares in the property.

Tenants in common

If property is held as tenants in common, each co-owner will own a specified share in the property. The share be fixed from the outset or may vary according to the financial contributions made by each person during their ownership of the property.

Tenants in common can pass their share of the property to another person, either during their lifetime or by will, or under rules of intestacy.

Holding the property as tenants in common may be appropriate if co-owners have children from previous relationships and would prefer them to inherit their interest on their death rather than their co-owner.

Ownership as tenants in common should be documented in a declaration of trust which is a document that formally records that they hold the property as tenants in common and sets out respective shares in the property. On the sale of the property the declaration of trust will be referred to, to work out entitlements to the sale proceeds from the property.

The legal team at Jane Brooks Law is able to give expert help and guidance on this issue, and many others relating to the sale and purchase of property. Call us today on 01482 848101.

Jane Brooks Law, 2-4 George Street, Cottingham, HU16 5QU.



Sudoku Answer from page 12

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



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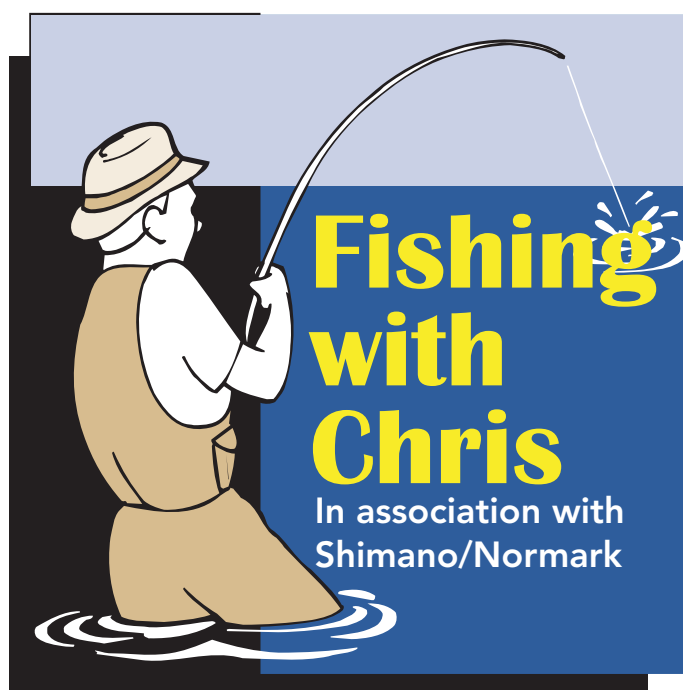



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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Hello and welcome once again fellow anglers to this month's fishing news. Today's date is the 19th March. I hope by the time you read this article you will have remembered your 2013 ROD LICENCE. Plus don't forget the rivers are now closed until June 16th, don't get caught out stay legal.

This year's rod licences are going to be the same price as 2012. They are as follows:

Full:	£27.00
Concession:	£18.00
Junior:	£5.00
8 Day:	£10.00
1 Day:	£3.75

Not bad for a full years fishing, eh!

Anyway now for some fishing news; First of all it is now that time of year for you all to go and check out our local waters again and what a change you will see on some of them, changes for the better may I add.

Let me tell you what has been going on at Sam Hosticks, Plaxton Bridge. Sam and Val and the crew have been very busy during the winter months removing loads of trees that was affecting not only the fishing but causing a leaf problem in the ponds. Now those trees have been removed the water quality should improve no end. Along with a couple of good friends Sam has also had a very good stocking program

going on. Up to now an estimated 8000 Roach and Carp have been introduced to his waters in all three lakes. These range from 2oz to 9lb in weight, and he assures me there is more to come. As we speak a peg improvement scheme is going on. There is another change you may be interested in, if you want a match on any of the lakes you can now book as little as 10 pegs if you wish, and Sam or Val will give you half a lake of your choice. Finally just outside on the layby there is a good butty van that provides good sausage 'n' bacon butty's.

Just up the road towards Beverly there is Barmston Fishery run by Nigel. If you have not been here for a number of years check it out. Nigel has improved this site no end. You can recognise from the off that if the fish are anything like the pond that they will be in pristine condition and I personally know that there are Carp in here to 30lb. Now for Risby at Walkington, this place is run by Anthony and crew. This is local water that is constantly changing.

Once again the forestry commission has been down here improving things with the woodland. Another stocking program has been going on here too. Plus the new café is brilliant. On that point even if you are not fishing this site it has very good food, indoor and outdoor seating area and very clean toilet facilities. So if you are hiking or bird watching this is a very good pit stop.

I say this every year and I will say it again, please respect our local fisheries. The owners are constantly trying to give you a good day out. It is a lot of hard work improving something which looks so little. Please help them not only by fishing these waters, but do things such as taking your rubbish home, and if some rotten devil has left some litter please pick it up and take it home. Less litter means fewer rats which in turn means less disease. If we all do this and respect all the fishery rules we can all expect brilliant fishing for years to come.

Here is a bit of good news for our local anglers that was published recently. Apparently in between Northmoor Lane and Dane Park Road a new pond is getting dug, and to encourage more youngsters into our beloved sport it is going to be free to fish. I will do a follow up story on this news when I have more definite information next month.

Sea scene: despite a record number of anglers on the European Championships last month not much was caught due to the unfortunate horrendous weather conditions. But may I take this opportunity to take my hat off to a very well organised match. The people involved were so professional despite the weather conditions everything ran as smooth as clock work.

Since then the fishing has improved greatly now that the weather has calmed down, and I have had reports of Cod to 61/2 lb being caught all over from Withernsea right down to Old Hall. The crabs are not too bad still and there are loads of whiting and Flatty's getting to the baits still. So don't put your sea gear away just yet. On that point whilst you keep ordering live lugworm my digger will keep providing you with the freshest bait possible, and of course there is always plenty of frozen baits available.

Well a new season is here again so new and used stock is arriving almost daily now, check it out.

From me Chris and the rest of the Catchmoore Crew we all hope that you all have plenty of "TIGHT LINES" during 2013, till next time take care and see you on the bank soon.

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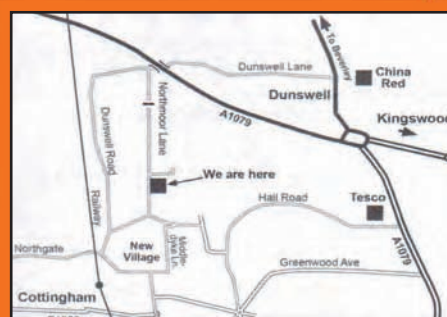
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Young Persons' Musical Competition Called Off - For Now

Haltemprice Lions regret having to postpone their Young Persons' Musical Competition which was to have been held at the Cottingham Methodist Hall on Saturday, 6th April, 2013. The organisers wrote personally to the staff at 12 local secondary schools inviting pupils to enter the competition with the winners receiving generous cash prizes. Sadly only four responded and efforts to contact the others by repeat letters and phone calls went unanswered.

However, young musicians and music lovers do not despair as the Haltemprice Lions will re-arrange the competition to held in a few months time with resultant publicity. Those schools that did respond, Cottingham High School, Hymers College, Hull Collegiate and St. Mary's College will be notified in good time together with an open invitation for all within the required age group. The cash prizes will be there and we anticipate a greater response.

Please watch for publicity in the Cottingham Times and other areas for details towards the end of the year. Our thanks also go to the generous sponsorship offered by Gough and Davy Ltd., Music specialists of Paragon Street, Hull.

Haltemprice Lions Craft Fair

The Haltemprice Lions Craft Fair will be held at 10.00 a.m. on Saturday, 18th May, 2013 at the Civic Hall, Cottingham. Enquiries for the limited number of remaining stalls should be made to John Brumpton Tel. 01482 657938.

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It's been a long winter

What a lovely promise happens when the tops of the early bulbs start to push through the soil. Somehow, when the tips of green erupt in their little clumps it gives one hope of better things to come. The days get longer and the children come home from school in daylight. We notice it doing the yard up at night. When you leave the horses at 5-ish each evening and it is daylight, it simply starts to cheer ones soul up.....apart from the excessive rain!

We seem to have had a long winter this year somehow . . . though I am sure we probably all say that every year! It has certainly been extremely wet. My winter turn out field became a no go area for my tractor for weeks. Thankfully I borrow a 4 wheel drive digger so that I can still take out the haylage bales for the horses to eat as there has been no grass at all.

However, it is all on the change now bit by bit. By the time you read this spring will have become more established though I am still looking at a sprinkling of snow on the ground as I sit here to write.

We have quietly ticked over all winter with ex-racehorses in for re training, all problematical individuals in their own right. "Lou" came to me just before Christmas to be put down if we could not find the way forward with her. This is often the case with ex-racehorses who are so out of control and who carry so many anguished hang ups. We get several a year all on death row because it has all got so bad that the owners are at their wit's end and know that they cannot or should not sell their horse on.

Lou was typically a very sweet natured mare to handle on the ground but very dangerous to ride! She displayed all sorts of issues:- from fear of being saddled where she always launched herself around the yard when the girth was tightened up, to "blowing up" on the roads....especially coming home, where she would lose all rational thought. All that mental anguish stemmed from her racing days and an assortment of accrued significant injuries.

The first thing we do with each and every horse is to do a pain assessment on arrival. Lou naturally stood and moved in a very

strange way! She had her hind legs very tucked under herself, with her back quite raised and her frame looked tight and awkward. Her four feet were always too close underneath herself. It turned out that the poor girl had the tightest, most constricted ham strings I have ever seen..... which had shortened to such a degree that all the connecting muscles had gone into spasm in sympathy. She must have been in such significant pain because of all the related cramps which were constant....no wonder she objected to the saddle and ejected riders at will with such violence....all of which was against her openly sweet nature.

So the long task of muscle release, hamstring stretches and flexion exercises were put into place. The equine Osteopath worked extremely hard to start the process which we then carried on with. Unfortunately little Lou suffered a bad colic during this painful process which left her in the Veterinary hospital all over Christmas. The stress and pain was all too much despite our care and steady approach. She had suffered for so long and her frame had become so atrophied that the physical fix was too much for her to bear. It was so sad and my heart went out to her. She was "touch and go" for a few days but being a tough old bird she pulled through and came back to Skidby before the New Year.

A week of rest and rehab with us where we walked her out in hand and where we started to gently stretch all her legs out again meant we were then able to carry on with her training. She was totally re-trained using Natural horsemanship techniques where we get the ability to put a calm stitch of in place. All these racehorses know how to blow up and go, adrenaline to the fore, with no knowledge or ability to come back down into calm rational thought again hence they "Lose it" when turned for home.

She learned to halt at road junctions by use of a balance rein round her neck, not the bit in her mouth. She learned to think her way back down from her heightened energy "go, go, go" response using the one rein stop we had formerly trained in, ready for such inevitable moments. She learned to stand quietly to be mounted with no one holding her and the girthing/saddling issues disappeared. We spent time training Kate, her owner, in all these techniques and Kate felt happy to take Lou back home at the end of January.

Kate just sent me a lovely video of Lou being schooled like any other normal soft and happy young horse.....She is jumping, schooling and being ridden out safely and happily. A massive difference from the little horse that walked through our door! Physically Lou is in far better shape. Her hamstrings and all the associated musculature involved had been released and softened. The cramping should not return if all the stretch and flexion exercises are maintained. Mentally Lou is certainly in a very different place. Life in general is now pain free and ridden life is now fun and an adventure for her! No bullet for this sweet little horse now and a smile replaces the tears for Kate....perfect!





Half Moon Car Park to be developed into Hyper-Market

No protest marches please, it is the 1st April

Essential essentials

During many discussions about "The Shop" I've been trying to put over the message that the Half Moon is **not** going to be challenging Waitrose or Morrison's. It will be just a **small** room at the end of the Pub with shelves for **essentials**. However, while I'm thinking of Bread, Butter and Milk, when I ask my customers for advice as to what these **essentials** should be, the list gets bigger and bigger;

"Definitely **naïl varnish** remover, I always run out at a crucial time" was one contribution, while;

"Printer ink cartridges are definitely a **modern essential**" was one suggestion just too far in my humble opinion.

However progress is being made and a firm opening date will be announced in next month's *Cottingham Times* the target being around the **second** week in May. In the meantime any suggestions on **essential essentials** you would like to see in your small Skidby village convenience facility within the Pub, would be welcome.

April Showers

At some point all conversation comes around to the weather. I appreciate that April is associated with showers but please could we just have the odd ray of **sunshine** to brighten us all up, this Winter seems so long.

Skidby Christmas Tree Lights

What, I hear you say, how the ___ has he got on to Christmas. Well, some of my **generous customers** donated over £50.00 to the Skidby Christmas Tree Light Fund, a couple of weeks ago. I did promise to be **magnanimous** about how the situation arose so I'll not say any more.- ----- Sorry I can't leave it there so the Half Moon will contribute another £25.00 as a penalty for mentioning the score 30 – 3, **Cymru am byth**.

Bar News

Our **regular Cask beers** at the moment are Timothy Taylors "Golden Best", Wold Top "Bitter" and Black Sheep "Best Bitter". While on our fourth station we are trying **Banks "Mild"** for the first time following a number of requests, so we'll see how it goes. As we clean lines after each barrel we apologise if you're so unfortunate that your **favourite tippie** runs out at the wrong time but in most circumstances it will be back on again in **45mins**, so try one of our other ales and we'll get your favourite back on as soon as possible.

Food News

Next month we will be announcing our new **Summer Menu** which will include more light bite choices and **great salad options**, while our new opening hours will reflect the lighter evenings and extend to 7 days a week following the end of the Darts and Domino teams' winter season.

So all in all a busy month ahead so I'd better get cracking, all that's left is my customary and sincere heart-felt thanks to all the Half Moon's customers and staff and thanks to you for reading this article, drop in and see us you'll be most welcome.

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	NOW THAT'S WHAT WE CALL 80'S Saturday 13th April, 7pm-1am £15 per person, includes a 2 course hot and cold buffet and disco. Don those ra-ra skirts and leg warmers!	
BLUES BROTHER TRIBUTE Saturday 11th May 7pm - 1am £20 per person includes a 2 course dinner, entertainment and disco "Every Body" come along and join us for an evening of live entertainment to the blues brothers.		THE GROOVE TRAIN Friday 10th June 7pm-1am £15 per person, includes a 2 course hot & cold buffet. Jump on the love train a join hands for a sensational 70's party night.
	SCHOOLS OUT BBQ Friday 20th July, 7pm-1am £20 per person, includes a 2 course BBQ & disco. Celebrate the end of the school term and start the summer holidays here!	

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'The Memory of Water'

by Shelagh Stephenson

Poets rhapsodise about it, and mystics assure us of eternal continuity, we who are among ordinary humankind, know at least one thing for certain: No one survives this life, death will have the last waltz with all of us, and that's a fact. Cottingham Little Theatre, are delighted to announce our next production will be 'The Memory Of Water', a poignant play by Shelagh Stephenson, and directed by our own Adelle Williams.

A wise and thoughtful story about three adult sisters who return home following their mother's death. Deeply buried or freshly milled, memory adds a dash of spice, and what should be a time for fond recollection turns into a chance to drag up old animosities.

As the sisters reminisce, bicker and cry they bewilder their male partners with their volatile emotions. Surprisingly, with a key theme of death, it is a very funny play. This bittersweet tale looks at love, disappointments, laughter and tears and most importantly, the memories that bind us...and perhaps after all is said and done, proves that laughter is indeed the amazing grace of life.

The performance dates will be:

Thursday May 9th

Friday May 10th

Saturday May 11th

To Commence at 7.30pm at the Darby & Joan Hall, Finkle Street Cottingham. (Doors will open at 7.00pm). **Tickets will be £6 (concessions £5.00) and will be available from Barkers Newsagents, Hallgate, Cottingham, at the beginning of April or phone Bob or Kaye on 842270.**

Play Readings

To be held in The Snug at the Duke on Market Green. Please be there for 7.15 for a 7.30 start.

The dates for the next two play readings are:

Monday June 3rd

Monday July 1st

Everyone is welcome to our play readings, to take part, or to learn more about us. This is an enjoyable evening with friends – confidence is not necessary! Please view our website where you will find more information: www.cottinghamlittletheatre.co.uk

'Friends of Cottingham Children's Centre'

Open Event - 22nd April 2013

The 'Friends of Cottingham Children's Centre' are a group of parents and carers who meet on a regular basis to discuss the services that the centre provides.

The Friends and staff would like to welcome everyone to come and join our open event on April 22nd 2013 at 11.00 am until 2 p.m. This is a chance to see the wide range of activities that the centre has available for families and to meet volunteers from the 'Friends group' and centre staff.

The event is for anyone living in Cottingham, including parents, grandparents, Child-minders and anyone else who is interested in finding out more about what the Children's Centre has to offer.

On the day there will be: free fun activities for children under 5 years, information about joining the 'Friends of Cottingham Children's Centre,' advice about benefit changes, support to apply for free nursery education for eligible families, information about registering your child to start school, baby massage demonstrations, healthy eating workshops, volunteers from the police will give advice on volunteering, cycle coding and immobilise.com, there will also be information about going back to work, training, volunteering and much more.

Families will be able to find out about the range of sessions and other services that are held in the centre every week. Grandparents who care for grandchildren during the week are particularly welcome to come and find out about play sessions and support that they can access with their grandchildren.

Entry to the centre is free of charge and we look forward to welcoming you all. The centre is next to Bacon Garth Primary School, so please drop in or phone 01482 845636 for more details.

Skidby village garage sale to be held on Sunday 14th April

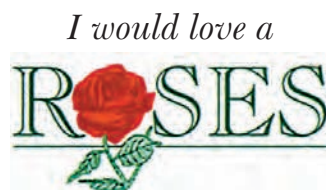
Following the success of last year's Garage Sale, the residents of Skidby will be having a massive "Spring Clear-Out" on the morning of Sunday 14th April.

A small booklet containing a map of the village will direct visitors to the appropriate addresses. Garages will be open to the public from 9am to 1pm.

There will be no Car Boot Sale on this occasion so free Car Parking facilities will be available at the Playing Field.

Skidby is a small village with several working farms and a narrow winding Main Street. *"On street parking" is therefore not recommended.*

Refreshments will be available in the Village Hall throughout the event.



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Moving Abroad?

A monthly column by Nick Russell

Road works

We have had the main road between our village, Tocon, and the next village, Mesia, relaid this month. Its quite a hilly road with lots of bends through the olive groves and like many roads in Spain (and UK) was in very bad condition. Because its only two lanes it was interesting to see how they kept the traffic moving while they worked.

As they closed off a section of the lane they were working on, they obviously had to feed the traffic from both directions down one side. Now in the UK you would expect to be controlled by temporary traffic lights but over here it was a bit different. Workers are positioned at the start and finish of each section being worked holding a stop/go sign, but they cant see each other.

So that they know when its safe to change the traffic flow the last car is given a stick to hand in when they reach the other end and the traffic flow can then be changed. An old fashioned system maybe but it worked and the grand kids loved it if they got the stick on the way to school. Anyway they completed laying the 4 miles of tarmac in about 7 days and now we have a lovely smooth road instead of one full of pot holes.

Dancing

Our granddaughter Katie has been going to Flamenco lessons twice a week since September and last month she was in her first show. The 28th February is Andalucia Day and her dance school were putting on a show, with all the age groups doing 3 dances. Katie was really looking forward to it and practised nearly every night at home.

One of her friends mum makes all the dresses for the show and so Katie looked really good in her hand made dress and dancing shoes with her hair up. The show was really quite good and we were all impressed with the overall quality of the dancing and how Katie didn't look out of place with her Spanish friends.

Cost of living

As everyone knows, the whole of the Eurozone is in financial crisis, especially Spain and it has started to reflect for us in the recent value of the pound against the Euro. I transfer money over at the beginning of each month and in three months the rate has dropped from 1.24 euros to 1.13 euros to the pound (about 10%) which means we have to be a bit more careful how we spend our money. Thankfully most essentials are still cheaper than the UK, especially food, drink and diesel.



On the subject of drink, I have been listening to the debate in the UK about putting extra charges on alcohol to try and reduce anti social behaviour and binge drinking. Here in a Spanish supermarket I can buy strong (5%) beer for about 20p a can, a bottle of wine for about a pound and a litre of most spirits for under £10 but I have never seen anybody getting trashed and causing trouble, at least not in the towns and villages we go to around here.

I think its more to do with upbringing, education and a reduction in policemen on the streets in the UK as much as the cost of the booze. Also, over here you don't argue with a policeman who has a gun!!!

Weather

Since the end of February the weather has been very changeable. We have had sun, rain (lots of it) and snow over the last 3 weeks and it looks like its going to continue that way until early April. Roll on the summer and 35 degrees C temperature.

Sierra Nevada

While our daughter Nicola and her partner Andy were here, we had a day out at the ski slopes so Andy could go snow boarding and our grandson Jack could play in the snow. The weather was sunny but very cold. We had a walk around Pradallono and Andy hired a snow board, bought his pass and spent the afternoon on the slopes while we all sat drinking coffee in the sunshine.

Get together with the Expats

When we first moved to Tocon, we didn't think any other Brits lived here. However we have now met or heard of six other families who all live Tocon or nearby in the Campo so Rita and I decided to have a get together at our house so we could all get to know each other. One of the couples we had already met had the e mail addresses of all the others so we used them to make the initial contact, with replies to me. Four of the six families said they could make it and we had a great night eating drinking and talking. I think the last ones at about 2.30am. It was nice to get to know each other and hear about all their experiences in Spain. Despite a few moans about living out here, they all said they wouldn't move back to the UK!!

Days out in Granada and Malaga

Our friends Dawn and Steve came out for the first week in March and they fancied a day out in Granada while they were here. Its only about 30 mins by car from our house but as we all fancied day of tapas and wine as well as a bit of sightseeing, we decided to go by train. Although there is a train station in Tocon, and the Granada train passes through it, it doesn't stop here. We had to travel to Loja, 20 mins in the other direction, to catch a train to come back through our village to go to Granada. The train was very clean, quiet and on time and cost less than a Cottingham/Hull return ticket.

The train station in Granada is about a 5 min walk to the main tourist areas and is much easier than trying to park. We found some great Tapas bars on our walk round, which is just as well because it rained most of the day. We spoke to one of the bar owners who said he had never experienced weather like this in years and that it had actually snowed in the city the week before for the first time in 50 years. Despite all the rain, Granada looks a great city and we will go back when it's a bit warmer and dryer.

The last day of their stay was hot and sunny so we headed to the coast just east of Malaga to an area called El Palo which is still very Spanish and unspoilt. We had had a restaurant recommended to us so that was the main reason for the visit but we had a walk along the seafront, enjoying the sun, stopping at a couple of bars to people watch and have a couple of cold ones. At lunch time we headed to the restaurant, El Tintero, situated right on the beach. It's a big place with seating for about 400 people but as it was a bit out of season it was only about a quarter full.

Although there are menus on the tables, with about 30 starters, nearly all at 6 euros, and then a main course menu of about 10 fish dishes sold by weight, you don't order in the normal way. As you sit at your table all the waiters walk around the restaurant, each carrying different starters, shouting out what they have. If you fancy it, you put your hand and they bring it to you. If you want a main then you order that in the normal way but as we fancied nearly all the starter we never made it to a main course. We wondered why they never cleared the plates from the table until we asked for the bill. Like a sushi bar, they just tot up the number of plates, empty bottles etc, write it all on the table cloth and then work out the final price. It was an interesting experience, the food was really good (if you like fish and shell fish) and the price for 4 was very reasonable. The setting on the beach is great. As its only an hour away, we will definitely go back, its well worth a visit.



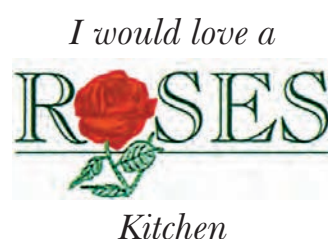
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Women's Institute invite you to a "Bit of a Do"

On Saturday 27th April starting at 10.00 am to 12 noon in Hallgate Methodist Church Hall, Cottingham, four Women's Institutes from the local area have joined together to have "A Bit of a Do" to celebrate and showcase the opportunities that are available as a member of the WI.

Members from WI's in Cottingham, Swanland, Willerby and Kirkella will be available to answer questions and discuss their calendar of events. There will be lots of other information on display and because it is the WI, there will be a homemade cake stall and a stand showing members' handicrafts.

Free refreshments and homemade biscuits will be available throughout the event, so come along and see what the WI can offer! Fun, friendship and lots more!



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Wills - why use a solicitor?

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

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

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

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

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

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

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

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

We believe the information contained in this article to be correct at the time of going to print. While all possible care has been taken in the preparation of the information, no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by the firm or the authors.

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My intention with these classes is to encourage and empower you to take more control of your life through learning to relax your conscious mind, showing you ways to take yourself naturally into a relaxed state by entering the alpha brain wave frequency. Our brain waves generally function between the levels of beta (highly active) alpha, theta and delta (sleep) Throughout the day the majority of people naturally shift between these brain wave patterns, however, the more stressed, anxious, fearful, worried, or in pain you are the higher the beta brain activity is.

Increasingly people get stuck in a high beta frequency this is not a healthy state to be in for prolonged periods of time. With meditation your body calms down, your mind relaxes and your brain wave frequency slows down into the alpha level, this has long been considered the healthiest brain wave frequency and is most conducive for the body's natural healing process to function. New classes beginning soon.

Meditation produces calmness, relaxation and a feeling of power that is difficult to achieve any other way. It helps you to gain control over negative thoughts which, when experienced over a period of time, are detrimental to your health. There is a growing awareness of the link between our state of mind and our health, inner turmoil often manifests itself in physical ailments. Research shows meditation helps to relieve the pain associated with certain conditions. At a deeper level meditation teaches you to focus your mind on whatever you choose, this can improve your health, positivity, creativity, problem solving and physical performance.

Each week you will experience a guided meditation, you will learn how to develop solo meditation and breathing techniques. We will cover the powerful effects of using visualisation and affirmations during meditation. You will also gain an understanding of positive and negative thought processes and how they affect, not just your health but the successes and failures in your life and we will look at the science behind this. Along with a healthy mind you need a nurtured body so we will also look at overall wellbeing, using meditation to strengthen your commitment to eat consciously and establish a healthy, desired weight.

I hope this introduction into learning to go inwards through meditation will have a profound effect on your health, happiness and your life in general and in turn, you will have a positive effect on all those around you. Meditation shows us that happiness is not dependant on the outside world but on our inner attitude and it is a place for your own personal discoveries and understanding.

Many people do not realise the power of their own mind and that they have control over it. This power is yours, it is within and you can release it.

If you would like to talk to me further or book a place please call 01482 847007

The Meditation classes are held at The Back Room, 175a Hallgate, Cottingham, East Yorkshire. HU16 4BB and cost £75.00 for the 6 week course. Gift vouchers available.

I look forward to meeting you Gill Cruickshank-Sutton DipH, DipNLP, DipHC, HPD.

I have specifically designed a separate course to help people deal with the anxiety and stress often involved with the diagnosis of cancer and other serious disease.

The Mind Body Connection and Your Immune System

It is well understood that worry and anxiety can increase heart rate, cause muscle tension and often results in high blood pressure, depression can lower the immune system and stress can result in ulcers and other disease. Until recently western society including modern medicine has split the mind and body as if they are two separate entities. Recent scientific research has produced evidence that the two are interlinked, however the mind body connection is not a new concept it has been observed since the beginning of recorded medical history. 140 AD the Greek physician Galen recorded the relationship between depression and breast cancer. Even earlier in the writings of Plato, Socrates refers to the importance of addressing the mind and emotions in illness. Throughout history and in many other cultures today this link is acknowledged.

Your thoughts create your emotions; your emotional response to your thought triggers your brain to create a physiological reaction, as it prepares your body for action. If you excessively worry or continually live a stressful life your body will eventually respond with health problems. Studies have shown that extensive periods of time spent holding negative attitudes result in excessive amounts of stress chemicals being realised into your blood stream, which inhibits the work of your immune system.

One of the basic concepts of medicine is that our body heals itself. The body has a powerful immune system that is capable of destroying viruses, bacteria and cancer cells. It has incredible healing mechanisms that mend bones, dissolve plaque from arteries and regenerates healthy tissue by replacing old cells with healthy ones. When someone breaks a bone or has surgery the doctor re-aligns the bone and sets it in plaster, or sews the tissue together but it is the body which heals itself. Not all cancer cells grow into tumours, the body destroys most of them.

Previously the immune system was not thought to be under our control however medical researchers are now beginning to understand that thought processes and perceptions affect our immune systems and our ability to heal. There is also a greater understanding that our basic outlook on life and how an individual copes with stress has a profound effect on how well or not our immune system works.

When we discover we can help heal ourselves, we grow stronger and begin to heal.



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Cottingham Little Theatre's chairman Whitfield Richards presents cheque for £500

Cottingham Little Theatre's Chairman Whitfield Richards presents a cheque for £500 to the Oncology unit at Castle Hill Hospital, following the production of Calendar Girls in December.

The money was raised by the sale of the 2013 Cottingham Little Theatre Calendar.

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Proposed closure of the Royal Mail Finkle Street Delivery Office

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Well, you couldn't make it up if your tried, on making enquires we are lead to believe that the current situation at Malmo Road is that it is in such chaos that Royal Mail Managers are desperately trying to pull the site into some semblance of order. Strange set of affairs when you think our village Delivery Office is working like clockwork. So the latest date for the closure of our well run, cheerfully manned Delivery Office will be "sometime later this year". Remember – when the axe does fall you can have your post redirected to the Finkle Street Post Office, for a small charge, to someone with the same HU postal code as yourself or back to you 48 hours later.

We are also busy exploring alternative collections points for those people who live on the edge of Cottingham as we are aware of petrol costs and bus fares. If anyone needs help please contact any of your East Riding Councillors, in the meantime we'll endeavour to keep you updated.

Geraldine Mathieson and Ros Jump

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Apology . . .

Marie Curie Cancer Care would like to apologise for misleading information supplied in the article kindly printed in the last issue of the Cottingham Times.

In his role of Provincial Grand Primo, Ken Stamp of the De La Pole Branch of the RAOB adopted the local Marie Curie Nursing Service as the chosen charity of the Hull & District Province of the Royal Antediluvian Order of Buffaloes and the Province worked together over the course of the year, holding several events to raise that most generous sum.

On behalf of the patients and their families in the local area, who will benefit from this incredible donation, everyone at Marie Curie Cancer Care would like to offer their most sincere thanks to the Hull & District Province of the Royal Antediluvian Order of Buffaloes.

Cottingham Memorial Club elect first lady secretary

At its 90th annual general meeting on 27 February 2013 the Cottingham Memorial Club elected its first women secretary. The club established in 1920 for ex-servicemen from World War I opened its doors to women membership in 2008.

Pat Tomlinson the new secretary takes over from Graham Stroud. Pat has lived in Cottingham for ten years and joined the Club as an individual member as soon as the rules changed. As Pat said, "the club is a great place to relax with friends. Whether dropping in for a coffee, over lunch or a drink from the bar after work the ambience is friendly and agreeable. The emphasis is on sociability with regular evening quizzes and occasional musical entertainment. For the women, as well as the men, of Cottingham and surrounds it is a private club with a welcome."

Contact: Pat Tomlinson, Secretary, Cottingham Memorial Club, Finkle Street, Cottingham, East Yorkshire, HU16 4DH. Tel 01482 842415 or mobile 07711 633860.

Haltemprice Art Group's Annual Exhibition in the Cottingham Civic Hall

The Annual exhibition will be officially opened and prizes presented on the evening of Wednesday 10th April at 7.30 pm by the Chairman of the Council Mr. C. Chadwick accompanied by Margaret Chadwick. The adjudicator for this year's exhibition will be Mr. Robin Storey..

The exhibition will be open to the public from 10.00 am to 5.00 pm Thursday 11th and Friday 12th April. Then from 10.00 am until it closes at 4.00 pm on the afternoon of Saturday 13th April.

The exhibition, which has free admission, disabled access and a public car park outside, will include: Framed and unframed pictures and a selection of handmade cards produced by the members of the group. Most of the items will be available for purchase.

A new addition this year, will be a section of the exhibition containing a display of unframed pictures of local buildings in Cottingham. These will be very reasonably priced and will cover small businesses, local landmarks and interesting residences.

Combined Captains' Charity golf event

The Combined Captains' Charity Golf Event in aid of Motor Neurone Disease, Alzheimer's Society UK, Arthritis Research UK and Dove House Hospice, takes place at the Cottingham Parks and Skidby Lakes Golf Clubs on Saturday 21st and Sunday 22nd September 2013.

It consists of two rounds of golf and two meals for a team of four golfers (male and/or female), the entry fee is £160. Entry forms available from: The Pro Shop – Cottingham Parks – Tel 01482 846030 and The Pro Shop – Skidby Lakes Golf Club – Tel 01482 844003.

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We'll be Back!

Sidney Scarecrow and his many friends will be back in the village for Skidby's 4th Scarecrow Festival over the weekend of 12th, 13th and 14th July.

Please book the dates in your diary and we will look forward to welcoming families and friends to our annual Fun Festival.

We can guarantee you'll be very well entertained. For further advance information, please contact the Scarecrow Secretary Kelvin Young on 01482 843446.

Hallgate Primary seeks a Community Governor

Hallgate Primary School, Cottingham requires a community governor to serve on the governing body of the school. A community governor is defined as someone who lives or works in the community served by the school or are committed to the good governance and success of the school even though they do not work or live close to it.

Community governors must be able to commit to a minimum of one full governing body meeting per term (i.e. three per year) and be available for a small number of sub-committee meetings during the year; meetings usually commence at either 6.30pm or 7.00pm at the school. If you are interested in joining the governing body as a community governor to help drive the school forward, alongside the staff team, over the coming years, or wish for further information please email Dr Jon Harvey (vice-chair) at j.p.harvey@hull.ac.uk



Weekly Classes held at:
 Darby & Joan Hall, Finkle Street,
 Cottingham
 Monday 5.30 pm and 7.30 pm
 and all Bank Holidays
 Also at: Sutton Park, Hull
 Tuesday at 9.45 am

For Membership details Ring Theresa on 823032

Crossword Solution from page 14

1	R	E	S	O	U	R	C	E		5	A	G	E	I	S	M
	A	P		P		R						R		N		O
9	D	O	O	R	S	T	E	P		10	F	I	L	I	A	L
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12	S	O	L	I	T	A	I	R	E		13	V	E	I	N	S
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17	S		18	F		X						C		E		S
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27	L	O	T	I	O	N				28	J	A	P	A	N	E
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How to Get Your Health on Track by Increasing Your Antioxidants

Some foods offer a rich source of antioxidants while others contain few if any antioxidants. But what are antioxidants and exactly how do they benefit our health?

Antioxidants have become one of the popular health buzzwords of our time. But you cannot know if you are eating the right foods that are rich in antioxidants if you do not know what antioxidants are! Help!

What are Antioxidants?

Antioxidants can be described as substances such as vitamins and minerals that can work to fight the damage caused by free radicals throughout the cells in the human body. Antioxidants are capable of neutralizing the oxidation process which can lead to premature aging and can lead to the onset of many diseases. Free radicals, it goes without saying, can be very harmful to the health of humans.

Eating foods rich in antioxidants on a regular basis is easier than you might think because they can be found in an abundance of foods that you can buy at grocery stores and local markets. The more you consume foods rich in antioxidant content the healthier will your body be, both on the inside and the outside.

What Should You Eat?

There are many foods that contain high levels of antioxidants. Here we look at two of the top picks. Both are green, but one is a food and another a beverage.

Broccoli: When it comes to going green for health, broccoli is a true nutrition winner! This is a veggie that is very high in antioxidant content. It is a vegetable that belongs to the cruciferous family and it is instrumental in fighting free radicals when it comes to disease prevention. Broccoli contains a phytonutrient called sulforaphane which reduces the risk of developing a variety of types of cancers. This green disease fighting machine contains more of the mineral calcium than a glass of milk and more vitamin C than an orange.

Green Tea: All types of tea are healthy for you but green tea is rich in antioxidants. This is the case because it contains high concentrations of catechin polyphenols. This ingredient helps the body to burn fat and it also reduces the incidence of many diseases including numerous forms of cancer, cardiovascular disease and stroke. If you want to shed some pounds then increasing your intake of green tea is a good idea. It is also an excellent choice of warm beverage for those who have high cholesterol. Consume two to four cups a day for the optimum benefits for your health and to receive the high antioxidant content that your body needs!

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