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# THE COTTINGHAM TIMES

1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL Telephone: 01482 840035

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# **AgeUK East Riding**

Most Fridays 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.

Front cover picture: A view in the Thwaite Gardens, Cottingham.

Photo by: John Dewing, 6A Queens Close, Cottingham,

Telephone: 847140.

# Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a minisoccer 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 01482 840377, or visit our website <a href="https://www.cottinghamrangers.co.uk">www.cottinghamrangers.co.uk</a>.

## 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. For 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

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. 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.

### 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. In 2014 we will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at U9, 11, 13, 15 and 17 and all Girl teams at U11 and 13. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm 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 afternoon (except Bank Holidays) 1.30 pm to 3.30 pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

### **Humber Raiders Basketball Club**

Training sessions are held every Wednesday evening between 7.00 pm and 9.00 pm and on a Saturday afternoon between 1.00 pm and 3.00 pm. If you would like to join us for a free starter sessions we would be pleased to hear from you on recruitment@ humberraiders.co.uk or 07789 986323.

# The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. Admission £2.00.

# **Haltemprice Art Group**

Tuesday 1st April - Sketching Night - Maisie Smithson/Dennis Rowley

Tuesday 8th April - Handing in day for exhibition

Wednesday 9th to 12th April - Exhibition

Tuesday 29th April - Demonstration by Val Mager

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 charge is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

Continued on page six

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# **Cottingham Methodist Photography Group**

We meet in Cottingham Methodist Church Hall

Tuesday 1st April at 7.30pm

Tuesday 15th April at 6.30 pm Outside visit (7.30 pm if wet)

Tuesday 29th April at 7.30pm

Got a digital camera for Christmas and want to know more?? Why not pay us a visit and join a friendly group. Members are always happy to offer help, advice and support to new members. New members welcome. Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

# The Cottingham Local History Society

Wednesday 2nd April - AGM followed by Geoff Bell - 'Aspects of Cottingham'. The Society meets every first Wednesday in the month (except January, which is on the second Monday), 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.** 

# Cottingham Men's de Luda Society

Wednesday 2nd April - Dr. Rob Robinson - Fishing Fleets at War, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

# The Maureen Hunters Singers 30th Anniversary Concerts

Friday 4th April and Saturday 5th April (7.30 pm) and Sunday 6th April (3.00 pm) - Pearl Voices in Spring Concert, in the Bricknell Avenue Methodist Church. Tickets £7.50 (including interval refreshments).

# **Cottingham Memorial Club**

Quiz Night every 2nd and 4th Thursday of the Month from 8.30 pm.

Saturday 5th April - Charity Fashion Show from 3.00 pm, All proceeds to Leukaemia and Lymphoma research. New seasons fashions from local businesses including Ann@Elizabeth and Finkles Boutique.

Saturday 26th April - Artists night from 8.00 pm.

# **British Sugarcraft Guild**

Saturday 5th April - 'Easter Animals' - A demonstration by Karen Bell. Meetings held at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. Meetings 2.00 pm to 4.00 pm.

# **Cottingham Women's Institute**

Tuesday 8th April - Real Astrology - Katy Barnett. Bumper Sales table. Competition: Star Sign, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

# **Cottingham Green Women's Institute Evenings**

Thursday 10th April - Jayne McKeowan - History of York Minster and its Books. Competition: An Old Book, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### U3A

Thursday 10th April - Colin McNichol - History of Victoria Dock, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

Continued on page 18

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# Cottingham Parish Council

### Cottingham Neighbourhood Plan

Following on from two successful workshops sessions held on Saturday 1st and Saturday 29th March, the Cottingham Neighbourhood Plan Steering Group has organized a series of further workshops open to anyone interested in the nature of future development of land in the Cottingham area.

The workshops will consider the nature and form of future development on sites identified for future development in the East Riding of Yorkshire Council's submission draft Local Plan (Allocations Document - January 2014).

Future workshop events have been arranged as follows:-

Village Centre: Sat 12 April 10am Methodist Church Hall Cot-B (Park Lane): Wed 16 April 6pm Methodist Church Hall Epworth Room

Design Code

Workshop 1: Mon 28 April 6pm Methodist Church Hall

Methodist Church Hall Cot-D (Ferens Hall): Wed 7 May 6pm The Market Green: Sat 17 May 10am Methodist Church Hall

Epworth Room

Cot-E (Station Yard): Wed 28 May 6pm Methodist Church Hall

Design Code

Workshop 2: Mon 2 June 6pm Methodist Church Hall Cot-G & Cot-H: Wed 18 June 6pm Methodist Church Hall

(Longmans Lane)

Cot-A

(Harland Rise): Wed 9 July 6pm Methodist Church Hall

Cot-J

(Needler Hall): Wed 16 July 6pm Methodist Church Hall The Design Code Workshops cover the whole Parish but will focus on

the village Conservation Area. The site references refer to the East Riding of Yorkshire Council's Site Allocations Document (January 2014).

These are not 'drop in' sessions so anyone wishing to attend should try to be there at or just before the stated times, when tea and coffee will be available.

For further information on the Cottingham Neighbourhood Plan please contact the Parish Clerk on 01482 847623 or David Hickling, the Neighbourhood Plan Co-ordinator on 01964 551017 or e-mail: david@plancoop.co.uk.

### Dog Pooh Fairy!

A big thank you to the resident in Mill House Woods Lane who put up the poster on the lamppost which read 'There is no such thing as the Dog Pooh Fairy! - you are absolutely right. The Council recognises the problem in the village with those dog owners who do not pick up after their pets, and those owners who do pick up the mess but then hang the bags on trees, fences and in garden hedges rather than putting it in the bin!! Please, please pick up after your dogs - the Parish Council even provide free bio-degradable doggy bags which can be collected form the Parish Council office or from The Pavilion at KGV.

The Chairman has been in different areas of the village spraying dog stencils on the pavement to remind dog owners to pick up after their dogs - the areas recently covered are as follows:

Queens Drive Longmans Lane snicket

KGV snicket

(entrance off Queens Drive/ KGV end) Green Lane (newsagents)

Tinsley Close

Burton Road (near grassed area)

New Village Road (part of) Northgate (part of)

Keswick Gardens Mill House Woods Lane

Wittys Lane snicket

Hull Road

Winteringham Walk

(West Bulls to Strathcona)

Wilburn Court

St Mary's Avenue Lythe Avenue

Park Lane near park

Fimber Avenue

Park Lane (Badgers Wood corner)

Link Road

Kingsway and Little Kingsway

# Grant to Cottingham Home Library Service

The Parish Council were pleased to award a grant for £100 to the Cottingham Home Library Service to help them purchase folding trolleys. These will help volunteers deliver books to Cottingham residents over 50 who are unable to access the library due to mobility issues. (Pictured below: Back Row: Cllr Mike Harness, Kath Mitchell, Elaine Peirce (Age UK East Riding Coordinator), Cllr Ann Abel. Front Row: Elaine Moll, Ann Humphris, Joan McKay)



# Cottingham Day 2014

Put the date in your diary - Saturday 5 July! The good weather is ordered and we hope to have an event that has something for everybody. If you think you can help in any way, either in the run up to the event, or on the actual day please contact Judith or Tina in the Parish Council Office.

### **WW1 Commemoration Project**

As part of its Commemoration Project the Parish Council intends to keep a diary of events on a website dedicated to World War I. It is hoped that the calendar will advertise events being run by other organisations in the village as well as its own plans; so if you have an event which you would like to include please contact Judith or Tina at the Parish Council office.

# Youth Representative on the Parish Council

The Parish Council was pleased to welcome Aaron Sonley as its Youth Representative. Aaron's role is to keep Councillors in touch with the views of the youth of the village and to feed the opinions and aspirations of his contemporaries into Council's thinking and planning for the future.

## **Parish Council Meeting Dates**

The next Parish Council meeting will be held on Thursday 17 April 2014. The Annual Parish Meeting at which the Chairman presents the Annual Report will be held at 7pm on Thursday 8 May followed by the Parish Council Annual Meeting at 7.30pm when Councillors are elected onto Committees and representative bodies. The regular monthly Parish Council meeting will take place on the third Thursday in the month ie 22 May at 7.30pm.

# **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!

### Contact details:

Judith Macklin, Clerk to the Cottingham Parish Council, 9 The Cottages, Market Green, Cottingham HU16 5QG. Tel: 01482 847623 or e-mail: rishcouncil@rishcouncil.karoo.co.uk

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# Windows XP - R.I.P. - and some useful hints and tips

Tell we've reached the end of an era, another milestone, and 14 years is a long long time in the computer business. As you may have guessed, yes I'm talking about Windows XP. A hugely successful

operating system, in just its first 5 years it sold 400 million copies around the world! By contrast its replacement, the not very popular Windows Vista, lasted only 2 years, before itself being replaced by Windows 7. And no prizes for guessing the logical numerical sequence, we now found ourselves with the much-maligned, but more likely the much-misunderstood Windows 8.1

If you're reading this and thinking well I've got XP and it's still working on my old computer. Well yes it will keep working, but owing to the fact there will be no more security updates or support from Microsoft, it really won't be secure to use online after April 8th. Updates for Microsoft Security Essentials will cease shortly after that date also. Time for a new computer then! This is the only sensible scenario as a 7 or 8 year old computer won't be capable of running a newer version of Windows and the cost is fairly prohibitive too.

Windows 7 - sales of pre-installed computers to end in October. In the relentless push into the future, Windows 7 will not be on sale anymore by Windows 7 the end of the year. Back to Windows 8. If you are missing the Start button - which let's face was ever-present since 1995 - and really would like it back, there is a very good bit of third party software I have mentioned before that you can download. It gives you the ...Plain English computer support isn't that reassuring ...:- }} Need a new computer or a service or repair? CALL NOW FOR FREE NO OBLIGATION ADVICE (01482) 875666 HERES THE Is Your PC Secure? We all need Anti-Virus SOUTION Software.. **ESET** award winning software Call us for advice or to book an appointment

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choice of a Start menu customizable to look like XP or Windows 7. It's called the Classic Shell menu and a new version has just been released. You can get it free from: http://www.classicshell. net/ And did you know you can add a tile to the start screen yourself? For instance you will see there is a tile for Photos (My Pictures) but not for Documents. Just go to Desktop, click on File Explorer, then right click on the Documents folder and click Pin to Start. You will probably find it gets added to the extreme right of your Start screen, so just click and drag it to the left where you want it.

Loss of internet connection. Everyone's nightmare in this digital age! What to do. First of all try a different browser, i.e. if you're using Internet Explorer, try Chrome or Firefox or vice versa. Next look at your router and make sure all

the lights are on, particularly the one called DSL or ADSL or Broadband this denotes the signal coming in down the phone line; no light-no internet! Try switching the router off, leave a moment then switch back on and wait for all the lights to settle down and try again. If all lights are ok, try another computer or device to see if you can get online. If still no signal, pick up the phone and call Karoo Tech Support on 606101 and ask them to check your broadband service. (Lines open Monday to Friday 8am - 9pm, Saturday 9am - 6pm, Sunday and Bank Holidays 9am - 6pm) Don't call them if it is a computer problem like not booting into Windows or Internet or email programs not opening up at all, they won't be able to help.

'It's all very confusing', 'I'm not computer literate', 'I don't know anything about computers' - these are just some of the hesitant opening lines I often hear from prospective customers. 'Fear not' I say, 'that's my job'. No-one wants to hear a load of gobbledygook or techno-speak, so for an honest approach in plain English - you know who to call! Unlike many IT support companies I am usually in the office by 08.30. I apologise in advance if you get the answer machine, no-one likes those either, but of course my job takes me out and about visiting customers, so do leave a message or try my mobile, or drop me an email.

Malwarebytes is the best-selling anti malware solution out there. Changes are afoot including a new version 2, but more importantly they have discontinued the one-off purchase option which many customers have benefited from, in favour of an annual licence. Existing lifetime licences will be honoured however, and there is no plan to discontinue the free 'scanner only' product I understand.

Use Eset for your anti virus protection and you're in good company! The team at Blenheim Palace recently turned to ESET for help with its computer security. Among other distinguished organisations are London Symphony Orchestra, Dorset County Council and Sheffield Wednesday.



Eset expiring? No problem, we can renew it for you for one, two or even three years; just call for a renewal price.

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# Pay only 80% of the marked price **Discount Voucher**

This voucher entitles the begrer to pay 80% of the marked price on stock carpets, remnants and all beds between Thursday 13th March and Tuesday 22nd April inclusive, while stocks last. Not transferable and not for use in conjunction with any other offer. Only one voucher may be used per purchase.













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# Wordsearch - Universe

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

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s	U	I	R	I	s	P	R	Ε	S	J	G	Ε	N	U	T	Ρ	Ε	N

### Find the words in the letters above:

Asteroid, Astronaut, Astronomy, Betelgeuse, Big Bang, Black Hole, Callisto, Comet, Constellation, Corona, Cosmos, Crater, Earth, Europa, Galaxy, Ganymede, Gravity, Jupiter, Leonids, Light Year, Mars, Mercury, Meteor, Milky Way, Moon, Nebula, Neptune, North Star, Oberon, Orbit, Phobos, Planet, Pluto, Pulsar, Quasar, Red Dwarf, Saturn, Sirius, Space, Star, Sun, Sunspot, Supernova, Titan, Uranus, Venus. Wordsearch courtesy of www.puzzlechoice.com

# Sudoku No. 87

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

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

# MARIONOWENTRAVEL

# Local, independent & passionate about travel!

Summer is coming..... It was wonderful to see the lambs bouncing around in the fields as we travelled through the Yorkshire Dales this week.

I hope that you have organised your holidays for this year as many guests are now booking for 2015 even into 2016!

Don't despair if you are looking to get away this year as if you are flexible on your departure date often you can pick up a bargain. For a seaside holiday in the sun if you can avoid travelling at the weekend and during school holidays this often keeps your price down. Greece in May for example, I have seen many offers for a week under £200. A city break for 3 nights in Rome in June is possible for just over £200 too. There are also cruises on the rivers & oceans with selected bargain cabins.

Decide your budget and your window for travel and pick up the phone we look forward to sourcing you that needed break - even in this country.

If you enjoy Warner's holidays just for adults we have our own departures including your travel from the East Riding with tremendous savings. If you have never tried a Warner's holiday most guests describe it as a cruise on land. You can find a list of departures on our website alternatively simply call into or telephone our office it is always good to talk - as many of you know when travelling with me on our own tours! River cruising with a difference - a Barge Hotel! Departing on 27th August 2015 via P&O North Sea Ferries our Barge takes just 24 guests. A brand new purpose built barge, full board for 6 nights, all inclusive of house drinks and excursions cruising the Rhine Marne canal this is a stunning itinerary the price should be £2350 per person but cabins are selling fast due to an early booking offer that must expire before Easter of only £1999 per person all twin cabins, deposit due £400 per person. **USA -** has been the hot spot for March bookings - city breaks, New York, Boston, Las Vegas & Memphis plus mixed beach & theme parks in Florida. Bookings are now being taken for 2015. Plan well in advance and save, the best deals on hotels go first and rooms taking more than two are frequently harder to find in cities.

Don't forget if you are travelling to the states sort your ESTA prior to leaving, they are valid for 2 years from the date of issue. Whilst on documentation you also require 6 months validity on your passport on your return to the UK. Travel Insurance, ensure you have a policy for worldwide including North America not just a worldwide policy this can be an easy slip up!

Whilst on about changes etc Dubai have just introduced a new accommodation room tax to be paid locally you should be informed if you have made a booking but if not you have heard it from me.

Of course if your passport requires updating and you don't wish to bother why not join me on our tour to Scotland this May - we have 8 seats available and the scenery will be stunning. Just sit back relax and enjoy whilst we take care of you. We are including a visit to the Castle of Mey the favourite home of Queen Elizabeth the Queen Mother. We also enjoy a guided visit to Orkney just a short ferry ride away along with Caithness and Wick, home of one of my favourite whisky's Old Poultney. We break our journey overnight both ways in Perth. We don't like to you travel too far in a day, giving you time to relax or enjoying seeing somewhere on route.

Our tours for 2015 are creeping on sale now and I have to say Ireland is off to a flying start following our fabulous tour in 2013. This is our best of Ireland creation super hotels along with fabulous cities and sights.

If you have not tried one of our own tours I can assure you that you will not be disappointed - why not book just to join me on a day out and sample the difference.

We are happy to book you on any holiday you desire it is our aim in life to please you and ensure you return to book all of your future holidays here at Marion Owen Travel. If you require further inspiration take a look at our web site or ask to join our email news list I do not bombard you, normally I just send 3 or 4 emails a month. If you are not on email call in or telephone for our latest news letter.

We look forward to hearing from you when ever you need your next travel booking we look forward to organising your escape to relax or a wonderful adventure.

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All Continental tours are via North Sea Ferries We use lovely hotels - tours offer quality, comfort & value. All of our guests are special - you will notice the difference Many tours offer single rooms at a very low supplement.

Many	tours offer single rooms at a very low supplem	ient .
24 Apr	Paris - 5 nights with Art Historian Fiona Irwin	£ 415
07 May	Quaker Tapestries & lunch in Kendal	£ 45
11 May	Castle of Mey & Orkney 6 nights - super tour	£ 649
20 May	Brewery Tour & Lunch - North Yorkshire Moors	£ 49
21 May	Flowers in Bloom - a relaxing short day out	£ 15
07 Jun	Rhine & Moselle River Cruise 9 nights 1 cabin	£ 989
22 Jun	Eastbourne 6 nights half board, excursions	£ 399
09 Jul	Highgrove & Laskett Gardens 2 days half board	£ 195
11 Jul	Nidd Hall - Strictly weekend with Ola & James	£ 329
16 Jul	Chatsworth House & Gardens	£ 39
28 Jul	Warner's Holme Lacy 4 night break	£ 356
04 Aug	Warners Alvaston Hall 4 night break	£ 345
11 Aug	Waner Bodellwyddan Castle 4 night break	£ 317
20 Aug	Scarborough Fair lunch & Tea Dance	£ 39
26 Aug	<b>Danube River Cruise</b> 5 * Mozart 11 nights includes excursions & wine, beer with meals	from £1689
26 Aug	Austria & 5 countries special new itinerary	£ 899
11 Sep	WW1 - 5 nights a special 100 year tour	£ 485
18 Sep	Well Dressing & Chesterfield Flea Market	£ 29
21 Sep	Isle of Wight - 5 nights super quality half board	£ 429
29 Sep	Highgrove & Laskett Gardens 2 days half board	£ 195
07 Oct	Carlisle to Settle - coach & rail day outing	£ 55
08 Oct	Northumbria - Art , History & Gardens	£ 265
12 Oct	Elaine Paige 50th Anniversary Manch. 2 days	£ 149
20 Oct	Warners Alvaston Hall 4 nights half board	£ 291
17 Nov	Warners Alvaston Hall 4 night Turkey & Tinsel	£ 298
18 Nov	Chatsworth House & Christmas Market	£ 39
19 Nov	Thursford Christmas Spectacular 2 days	£ 159
26 Nov	Thursford Christmas Spectacular 3 days	£ 239
29 Nov	Edinburgh Christmas Market 3 days B&B	£ 149
06 Dec	Thursford Christmas Spectacular 2 days	£ 159
10 Dec	Chatsworth House & Farm Shop	£ 39
11 Dec	Cologne, Aachen & Dusseldorf 4 nights	£ 249
18 Dec	3 course lunch & outlet shopping Rotherham	£ 29
03 Feb	Rhubarb day out with lunch	£ 49
07 Feb	Bruges Weekend / beerfestival 3 nights from	£ 149
10 May	Arran & Ayrshire 6 day tour - 5 night half board	£ 525
21 Jun	"Best of Ireland" - our 9 day special tour	£ 895
27 Aug	Rhine Marne Canal Hotel Barge all inc. 9 days	£2350
River cruis	e per person based on 2 sharing unless stated. sing & continental tours cabin upgrades available. ase ask for single prices & 3rd person sharing	BABTA

All prices per person correct at the time of publishing in Mar 2014 but subject to availability at the time of booking—don't delay, call today.......

For Further information & to make your booking tel: 01482 212525 Or visit in person: 23 Portand Street, HULL www.marionowentravel.com





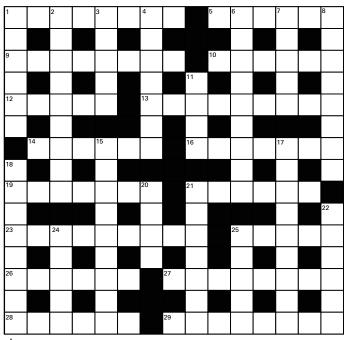
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# **Crossword** - Solution on page 46



### Across:

- 1 Rehearse (8); 5 Relating to the iris of the eye (6); 9 Attacks
- (8); 10 Be against (6); 12 Draws through a straw (5);
- 13 Blimps (9); 14 Dried grape (6); 16 Cigar (7); 19 Seeing (7);
- 21 A style of architecture (6); 23 Pasta (9);
- 25 A mendicant preacher (5); 26 Stableboy (6);
- 27 Thoroughly soak (8); 28 Faery (6); 29 Hated (8)

# Down:

- 1 Kudos (6); 2 Companion (9); 3 Guided journeys (5);
- 4 A native member of a state (7); 6 Be a delegate for (9);
- 7 Hindu loincloth (5); 8 Distilled wood tar (8); 11 Heroic (4);
- 15 Most meager (9); 17 Not reproductions (9); 18 Eludings (8);
- 20 Fence door (4); 21 A contorted facial expression (7);
- 22 Pal (6); 24 Plays a role (5); 25 An unpleasant woman (5)

Crossword courtesy of www.crosswordpalace.com



# Step into Spring



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# **Ganton Avenue** off The Parkway Cottingham

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# In the Kitchen

### **Hot Cross Buns**

Hot cross buns are traditionally eaten at Easter

Ingredients

150ml/5fl.oz. Warm Water 1 teasp Caster Sugar 1 tbsp Dried Yeast 450g/1lb Plain Flour A Pinch of Salt

1 teasp Mixed Spice 50g/2oz Caster Sugar 75g/3oz Currants 50g/2oz Cut Mixed Peel 60ml/2fl.oz. Warm Milk 1 egg, beaten 50g/2oz Butter, melted 2 level tbsp Granulated Sugar

# Instructions

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

# **Apricot and Pecan Simnel Cake**

Makes 1 x 20cm/8-inch cake Ingredients 175g/6oz butter, softened 175g/6oz light soft brown sugar 3 large eggs, beaten 225g/8oz self-raising flour, sieved 1 teaspoon baking powder 100g/4oz sultanas 225g/8oz no-soak apricots, chopped zest and juice of 1 orange 100g/4oz pecan nuts, chopped To decorate 675g11/2 lb marzipan 3 tablespoons apricot jam, sieved

50g/2 oz plain chocolate, melted





### Instructions

- 1. Preheat the oven to Gas Mark 3/170 degrees C / 320 degrees F. Grease a 20cm (8 inch) round, deep cake tin and line with baking parchment.
- 2. Place the butter, sugar, eggs, flour and baking powder in a large bowl. Whisk until smooth and glossy. Fold in the remaining ingredients and spoon into the tin. Bake for 1-11/2 hours until risen and firm.
- 3. Use a sharp knife to split the cake in half through the middle. Roll out two thirds of the marzipan on an icing sugar-dusted surface and cut out two 20cm (8 inch) rounds. Brush both cut surfaces of the cake with jam and sandwich together with one of the marzipan rounds.
- 4. Brush the top of the cake with jam and arrange the second marzipan round on top, crimp the edges. Roll the remaining marzipan into eleven balls and arrange on top of the cake, attaching with more jam.
- 5. Spoon the chocolate into a greaseproof paper piping bag and drizzle over the top of the cake.

# **Easter Bunny Biscuits**

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

### Instructions

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

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# Continued from page six

# **Hull Alpha Probus Club**

The Hull Alpha Probus Club will be meeting at The Back Room, Hallgate, Cottingham on the following dates:-

10th April - Coffee Morning

24th April - Lunch

Lunches are from 12.00 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards. If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information.

## The Inland Waterways Association

Friday 11th April - The River Derwent Past and Present - A presentation by Roger Wormesley. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

# **Beverley Film Society**

11 April 2014 – No (2012)

Cert 15 Drama/History (Chile) Director: Pablo Larraín.

Oscar nominated, witty and double-edged account of how the leaders of the opposition persuade a young daring advertising executive to head their campaign to defeat Augusto Pinochet in Chile's 1988 referendum. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley

# Skidby & Little Weighton Methodist Church

Friday 11th April - Soup Lunch will take place at Skidby & Little Weighton Methodist Church Main Street Skidby on Friday 11th April from 11-30am onwards. Delicious home made soup and bread rolls will be served for a donation to the 'Send a Cow' charity. Everyone welcome.

# **East Yorkshire Embroidery Society**

Saturday 12th April - Gail Lowther - Glimpses of Britain - 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

### **Cottingham Methodist Church**

Saturday 12th April - 10am to 3pm. Craft Fair and Coffee Morning. Admission: £1 including coffee/tea and biscuits. Tables still available £10 each. Contact: Ann Tel No. 842169

### Friends of KGV, Cottingham

Sunday 13th April - Annual Easter Egg Hunt (Please note not Easter Sunday). At the KGV Pavilion, 11.00 am. Entrance £2.00 per child (includes full size egg). Prizes for best Bonnet/Hat and decorated egg.

## Skidby Village Hall

Sunday 13th April - Garage Sale. Garages and Drives open from 9.00 am to 1.00 pm. Map/Booklet on sale. Refreshments available. Further details from Kelvin Young 843446.

# Cottingham Catholic Women's League

Monday 14th April, Mr. Brock - My War whilst at Market Weighton, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

# Hull and East Riding New Stitchers (H.E.N.S.)

Tuesday 15th April - Lynn Benson and Claire Day - Take a Piece of Paper 2. Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

Continued on page 29



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# **Classical Concert at Cottingham** Methodist Church on Sunday 6th April at 2.30 pm

ocal professional classical instrumentalists are to perform at the 10th anniversary concert of the Methodist Church Sunday afternoon series at 2.30 pm on April 6th at the Church in Hallgate.

This special event will be marked by bringing together three professional musicians who have all been involved with the annual Musical Festival and gone on to study music but have never had the opportunity of combining in the same concert!

We welcome back **Thomas Bertolotti**, cellist, who played the Elgar cello concerto last year with the Hull Philharmonic and who is now at the Royal Academy and, when available, performing at major UK venues. His accompanist at the concert will be Julian Savory, well known in musical circles.

Thomas will be joined by two newcomers to our concerts: Stephanie Halsey, harp and Kim Jameson, clarinet. Stephanie, who is at the Royal Northern College of Music, is playing, amongst others, solo pieces from Debussey and the little known but tuneful Godfroid. She has toured with the Halle Youth Orchestra and won Regional Festivals. Clarinetist Kim, plays music by Brahms, Mozart and Paul Reade. Kim has a busy musical career, teaching wind instruments and playing with orchestras in concerts at opera houses in Yorkshire and Lancashire.

Tickets, priced at £10.50 (inc refreshments) – students £5.50 available from 6th March from The Photo Shop, King Street and Strouds Handbag Shop, Hallgate.

For further details contact 842347



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# TRIBUTE NIGHTS!

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Friday 24th October

Will Chandler as CLIFF RICHARD Friday 14th November -**Katie Marie as DOLLY PARTON** 

Only £21.50 per person – supper, disco and Tribute Stay over for £120 for two, including event, bed and breakfast

# ADIES

Why not soak up the atmosphere of a high society afternoon at Beverley Racecourse for a fun packed and enjoyable day out! Where better to stay than Cave Castle Hotel to make it a truly unforgettable event! £105 per person sharing a twin/double. (£12 single supplement applies) Arrive at hotel from 11am for prompt collection by coach at 12 noon to Beverley Racecourse.
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> Church Hill, South Cave HU15 2EU Email: info@cavecastlehotel.com



t KINGSTON, we pride ourselves not only on our dedication to our work but also the 'Family Unit' we have become over ▲ the years. I can also say that this phrase literally does mean, family. Our ambulance driver, Mike is the father of Hayley, one of our Qualified Nurses, Richard (Night Nurse) is the brother of Nicola QVN, Tony Syrris (Vet) is engaged to Claire QVN and finally Natalie (Receptionist ) is my youngest daughter.

When we are working together on 8, 10 or 12 hour shifts, it is very difficult not to learn a bit more about our peers other than the jobs we are doing. We get to know about family life, what our children/ grandchildren are doing, holidays we have booked and maybe chat about the latest film. But it is not only these we learn about each other but also hobbies and quite a lot of unusual ones too. It was this that gave me the idea of this months article...an insight into the other side of KINGSTON.

We shall begin at our Park St surgery where Tracey the Receptionist is based. She lives, breathes and talks Formula 1 Racing and is such a follower that her cat is named Jenson after one of the famous drivers. Unfortunately, she hasn't been lucky to attend a meeting as yet but avidly follows each race, day or night, during the season. Also at Park St is Orthopaedic Surgeon, David Robinson who surprisingly, in his spare time, creates the most amazing baking and often takes cakes along to work to be tested by a line up of willing volunteers. Sadly, the cakes never reach Cottingham. Now someone not to be tackled with is Claire (the QVN engaged to Tony) who likes to unwind her day by

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taking part in the Martial Art of Thai Boxing.

It is fortunate that Tony (Vet at Holderness Rd) is also interested in a similar physical sport namely Grappling (I'm told its a form of wrestling were men are thrown to the ground). I think they are a well matched couple. Staying at Holderness Rd we have Natalie (Receptionist) who has been playing Netball since Primary School and now belongs to two teams, Neasden and Nat West. She often attends matches, after work, and can be seen running up and down the court throwing the ball with such force that the other players have to duck. How do I know? I must be the oldest 'cheer leader in town!

Unfortunately (or should I say fortunately when I see how exhausting Netball can be) Natalie and I do not share the same hobby. I have been Rifle shooting for 42 years and a member of Beverley Target Club where you will see me most Friday evenings, using one of my rifles on the 25 yard range. Proudly, (in my hey day) I was selected to shoot in the Yorkshire Ladies Team and enjoyed many a weekend at the training camps. I have also had the privilege to shoot in competition at the main shooting ground, Bisley and who, like Tracey, have aptly named one of my cats after. I also have a shotgun and weather/time permitting, enjoy a bit of Clay Shooting. Keeping with Cottingham is Duncan Miller (Vet) who, being Scottish, liked nothing more than a blast on the bag pipes in his band. He has recently swapped his kilt for shorts and spends his free time running up and down the Rugby field as a rugby referee.

Over to Anlaby, we have Sue (Receptionist) who, until recently, used to belong to a Belly Dancing group. She would happily go on a Thursday evening then follow on with Tap Dancing...energetic you can imagine but even more surprising is that Sue is a grandma. That's not stopping her though as she is now taking up Modern Jive. Still at Anlaby is Rosie Sweetman (Vet) who's passion is Bertie, her 15.1hh Dutch Warmblood horse. He's a small horse with a massive jump and can be seen mainly at Bishop Burton College jumping up to 1.10m. He would go higher but its Rosie who opts out of that. They have been competing together for 5 years and she says Bertie has lots of character but her main problem is thinking up new knots as he undoes the rope in seconds. We shall stay with horses because we have Nikki (Nurse) who also owns a horse but sadly does not have time to compete anymore. She does, however, find time to enter events organised by Ride Yorkshire, an organisation who raises money for disadvantaged children. Well done Nikki.

Now to Beverley Rd where you will find Sharrin Powers (Vet/ Diagnostic Imager). She uses her car to get to work but can often be seen on two wheels during her days off. She used to cycle before her children were born but now they are older she has taken to two wheels again embracing her love of the open road. This July, Sharrin has entered the 'Beverley Big G' road race taking in 100km where I am sure her peers will be lining the route. She is also aiming to train on part of the Tour De France route. We wish her well.

One of our Ambulance drivers, Ray, doesn't get away without a mention as he keeps us amused with his daily exploits on the golf course. He is an excellent player as the proof of the winning of many competitions, shows. His practicing definitely pays off as Ray is sporting a tan to be proud of.

Finally, we are back at Park St to find Louise (HR Manager) trolling over staff rotas/courses plus many more jobs too numerous to mention but back at home its the sewing machine that replaces the computer. Her relaxation is the needle and thread and told me she has recently enrolled onto a local course. I can see many an outfit being whisked up for her two lucky young daughters. In the office next to Louise is Paul Atkinson (Vet/Manager). As well as whiling his free time sailing on high waters and strumming his guitar (not at the same time I hasten to add), he also reaches high notes singing in not only in 1 choir but 2! Twice a week, he exercises the vocal chords in The Dagger Lane Singers, singing anything from well known shows and then onto another choir namely Hull Choral Union. I must say, the rehearsals are left out of work time but maybe we could persuade him to entertain us at our next Christmas dinner? Last (but not least) is Richard Jones (Vet/ Manager) KINGSTONS answer to Alan Titchmarsh. Hanging up his surgical gloves for gardening there is nothing Richard doesn't know about Horticulture. He enjoys his 'free' time planting seeds and young plants ready for the summer season when he can reap all his benefits producing enough fruit and vegetables to last the family through the year. He certainly is the modern version of the 'good life'.

So as you can see, animals are our main passion but there certainly is another side of KINGSTON.

# St. Mary's Flower Festival takes place between Friday 2nd May and Monday 5th May

ike many other parts of the country, Cottingham will be marking the centenary of the Great War with a number of commemorative events held over the next four years, reminding us all of a time when hardly any family was left untouched. As part of its contribution, St Mary's will be holding a Flower Festival, 'Floral Virtues', between Friday 2nd-Monday 5th May. The church will be filled over the whole Bank Holiday with displays arranged by members of the East Riding Flower Club, with the overall theme of 'Life in Cottingham 1914–18', recalling the Home Front, and aspects of the village's part in the war. The displays have been funded through generous donations made by local businesses, individual residents and Flower Club members, with many dedicated in memory of a loved one. Local primary schools are also taking part.

The church will be open between 10am-5pm on Saturday and Monday, and 12am–5pm on Sunday (£2 including programme), with the ever popular tower tours on Monday every 45 minutes (last entry 3pm). In addition to these events, there will be a preview evening on Friday at 7pm (advance tickets £10 including refreshments) and a Gala Concert on Saturday at 7pm (£5, refreshments available). Sunday's open day will be followed at 6.30pm by a special 'Songs of Praise', featuring music and readings. All events are free for under 16s; funds raised will be donated towards church improvements.

The church will look glorious, and we hope you will be able to visit, and also consider joining us in one of the other events we have organised. Details of the programme are available on the church website (<u>www.cottingham-stmary.org</u>), or contact 01482 843976/847075 for further information.



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"The Tooth and Nothing but The Tooth" Chris 'Dr. Smile Maker' Branfield

# **Teeth as a Keyboard - Amazing!**

h, I'm in full swing of my training for the 180 mile coast to coast bike ride in May. I'm raising money for my charity Dental Mavericks. We have another trip to Morocco leading a new team the week after the bike ride. We are teaming up with The Eve Branson Foundation in the Alas Mountains this time.

A big "THANK YOU" to all the generous, lovely folk that have sponsored me so far. It's marvellous.

# **Never Stop Learning**

I've been down to the Dentistry Show at the NEC, Birmingham learning new stuff and looking at new technology. I'm off to London this afternoon for another 2-day course for another tooth straightening system. Tooth straightening is not "one size fits all". Each has its pros and cons. It's just about having the right one for the individual job. So I'll keep on learning and growing the repertoire.



# What? A Dentist Says Tongue Piercing Can Be Cool

How outrageous is that? As a general rule we dentists warn that tongue piercings can have a detrimental effect and have been known to wreck teeth a bit like a wrecking ball. BUT, this one is different.



Body piercings have been used to control wheelchairs and computers in a move scientists believe could transform the way people interact with the world after paralysis.

The movement of a tiny magnet in a tongue piercing is detected by sensors and converted into commands, which can control a range of devices.

The team at the Georgia Institute of Technology made the unlikely leap from body art to wheelchairs because the tongue is so spectacularly supple. A large section of the brain is dedicated to controlling the tongue because of its role in speech.

A lentil-sized piercing in the tongue produces a magnetic field, which changes as the tongue moves. Sensors on the cheeks can then detect the precise position of the piercing.

### The Keyboard Teeth

The researchers believe they will be able to have a command for every tooth in the mouth and that by using combinations of tongue positions would be able to develop an "unlimited" number of instructions. These could dial a phone, change the channel on the television or even type.

This could be LIFE CHANGING stuff for people that are paralyzed. Amazing stuff.

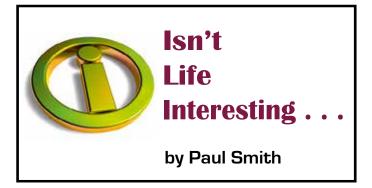
# **Hull City For The FA Cup?**

Well they're going to Wembley for the semi-finals and have a great shout at getting to the final. I'm gutted, mind, as I fly on my holiday the day of their semi-final. Good luck to them and I hope I will be there at the final.

Until next time. Take care and be good.



Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now www.castleparkdental.co.uk



### The Cardinals

went to a talk given by the Bishop of Sheffield. He had spent three weeks in Rome at a Catholic conference. The Catholics, Like the Church of England and the Methodists, are very worried about the steady decline in their congregations. This is mostly because people are becoming 'nones'. Statistically one-third of the people in Cottingham are nones, and two-thirds of the young. Rightly or wrongly, nones say to me that people throughout the world would get on much better with each other if all the religions had never been invented – and that's why they are nones.

So the (previous) Pope asked all his 600 cardinals to go to Rome for three weeks to help find a solution to the problem. No other subject in those three weeks was to be discussed. Other churches were invited to send an observer each, which is why the Bishop of Sheffield went for the Church of England. He said the 600 cardinals came from very different countries and cultures, and so had equally different suggestions, and this he found very interesting.

However, the cardinals were only allowed to address the conference for a mere three minutes each, which is no time at all, because it was the only way for everyone there to get to listen to all 600. And to make sure each cardinal kept to the time limit -- after three minutes his microphone was switched off!

# The wisdom of a six-year-old

One day while out walking with my two sons, someone came up to me and asked the way to the mill. I gave directions, and the person thanked me. As he turned to walk off, one of my sons said, "I don't think people should go out if they don't know where they are going."

# Things I wish I'd learned at school.

There is one thing we are not taught at school - how to successfully bring up children.

Children thrive on attention, encouragement, being treated with respect and above all having loving parents. Everybody thinks they don't need to learn this, because they assume they are

sure to be good parents anyway, but in practice, understandably, we tend to follow the example of our own parents. So loving parents have loving children who have loving children themselves. Equally, unpleasant parents are more likely to have unpleasant children, and so on.

I remember talking to a teacher at a Hull school in a poorer area of Hull. He said there was a parents' evening coming soon and he had four children in his class who were disruptive and bad mannered. He was really looking forward to telling their parents exactly how badly their children behaved. I met him afterwards. He said all the parents who turned up were the parents of the nice kids. None of the four parents he wanted to see turned up.

You can see why these children were disruptive – their parents couldn't care less. They got no attention at home, so they were deliberately disruptive in class just to get some adult attention, even if it did come from an angry teacher.

## How to become rich

"I bet you a pound you won't give me a pound."

# The survey of the personnel directors.

Personnel directors from a wide variety of businesses were asked – if you could sack your entire workforce and then rehire only the staff you wanted to keep, how many would you rehire? They all came up with roughly the same figure - they would rehire 60% and get rid of 40%.

# The joke at the end

Children: You spend the first two years of their lives teaching them to walk and talk. Then you spend the next sixteen years telling them to sit down and shut up.

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

# This month his destination is Brough

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

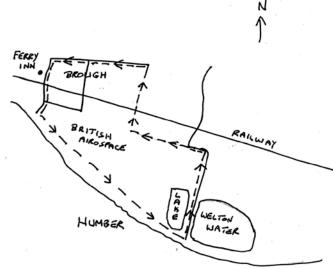
**Map: EXPLORER 293** 

# Park at Brough Haven GRSE936263. Distance 4.5 Miles.

eave the car park via a metal Kissing Gate and walk along the river bank for about 1.5 miles towards Welton Water.

Turn left and walk along a track between two ponds,







this track eventually becomes surfaced. After a short distance the road bends sharp left and then after another short distance bends sharp right. At this point bear slightly left leaving the road and walk along the field edge with the airstrip on the left. After a while, you arrive at a cross road of paths, turn right at this point which takes you across the railway track and into a new housing estate.

Continue in the same direction heading slightly east of north and cross two estate roads. On reaching the main road, turn left and follow this road for about three quarters of a mile and, on reaching the "T" junction, turn left and eventually pass the Ferry Inn on the right, continue ahead and cross the railway bridge finally turning right into Brough Haven and the end of the walk.



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# Family drop-in activity session at **Skidby Mill**

kidby Mill will host a family drop-in activity session on Wednesday, 16 April from 10am-3pm where families can have fun whilst making their very own craft-based horse and cart.

The event includes activities for children aged between seven and 11-years-old and there will be additional activities available for younger children.

All children must be accompanied by an adult.

The drop-in event is free; however, this does not include admission to the mill. Please dress appropriately for the event as some of the activities can be messy.

For more information call (01482) 848405, visit www.museums. eastriding.gov.uk/skidby-mill or email skidby.windmill@eastriding.

# New WEA Watercolour courses to begin in Beverley on April 28th

earn to paint in watercolour or improve on your technique. A series of step by step paintings, from initial drawing through to finishing touches. Lots of advice, demonstrations and individual attention given at a comfortable pace in a step by step fashion. £63 for a ten week course of 2 hour sessions.

No fee for those on benefits. Materials provided if needed. Courses start on Monday 28th April between 1.30 pm to 3.30 pm at the Parish Centre, Beverley Minster, Beverley. Courses also held in Cottingham. For details contact tutor Steve Waller on 01964 626291 or the WEA, or turn up to enrol on the day.



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ring has Sprung the beautiful daffodils are in flower and blossom is adorning the trees. What a difference to this time last year. Let's keep our fingers crossed and hope it carries on so we can make the most of our gardens at a very exciting time of year. We may have a few inevitable 'April showers' but the frequent sunny days and rising temperatures too make it perfect gardening weather. April is a great month, with indoor-sown seeds well into growth, and it's time to start sowing outdoors. Just watch out for the last few frosts. It's a great time to turn all your soil and add fertiliser to it to prepare the best environment for your plants. Many composts have added fertilisers now so sometimes it can be good to give your soil a Spring clean at the same time with some new soil.





# 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.

# 10 Jobs for this month

- 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



- 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
- 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.



# 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.





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# Your Stars for April 2014

By Kay Gower

# Aries (Mar. 21- April 20)

You can't force a plant to grow. There are many things about your life that will blossom given time. First you must plant a seed, and then back off.

# Taurus (Apr. 21- May 21)

It's time to make decisions on the work front. No matter how much you ask for advice from others, only you can make the final decision. Shelve insecurity and push ahead.

# Gemini (May 22-June 21)

There's nothing wrong with running around in circles as long as you're enjoying yourself. You can always come to a stop, get your bearings and start again. Maybe in a straighter line next month?

### Cancer (June 22-July 22)

Discretion is a quality of the elite, and it speaks well of your character that you are known for protecting the privacy of others. This month you'll spend time with people who understand the value of a closed mouth.

### Leo (July 23-Aug 22)

'The answers are blowing in the wind', sang Bob Dylan. Well, some people believe that the answers are now trending on Twitter or YouTube. Just to be safe, it might be best to check everywhere.

# Virgo (Aug 22 – Sept. 23)

If you're being offered an uninspiring array of choices, then you can always refuse to choose. Walk out. There are better choices somewhere else.

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

Listen, and people will reveal their character to you; you just have to know what to listen for. Something you hear won't feel right with you. You may not know why, but your gut instinct is correct. Act on it.

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

Lunches and parachutes ...if you can, it's best to pack your own. The more self-reliant you can be this month, the better equipped you'll be to create a happy outcome.

# Sagittarius (Nov. 23 -Dec. 21)

This month a door opens and you walk right in. The stars bring a wealth of promising offers. Your only real problem is deciding which to accept and which to turn down.

# Capricorn (Dec 22.- Jan. 20)

You could well have a brainwave that will change your working life, perhaps you've realised that it's now time to move on. Whatever your decision, you'll feel good about it.

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

Don't worry about whether you're doing the right thing. If you're doing it for the right reason, everything will work out well. Common sense is your greatest asset in the weeks to come. Follow it.

# Pisces (Feb. 20-Mar. 20)

Why is it that you always get stuck with argumentative people? Probably it's because you can recognise their need to feel important and in control. Use this information in order to defuse their sting.

# Cottingham Evening Townswomen's Guild

Wednesday 16th April - Gordon Acaster - Walking the Beat in the 1960's, at 7.30 pm in the Darby & Joan, Finkle Street.

# Cottingham Men's de Luda Society

Wednesday 16th April - Hull Cinemas - Mike Wood, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

## **Hull and East Riding Glaucoma Group**

Wednesday 16th April - Helen Hobman, Hull and East Yorks Eye Clinic Imaging Technician, 2.00 pm and 3.00 pm at HERIB on Beverley Road, Hull.

### **Diabetes UK**

Thursday 17th April - Collective Legal Solutions (Solicitors). 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 17th April - Paul Schofield - 'Mediaeval Guilds and Crafts Town Trail, Beverley', in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

# North Ferriby Gardening Club

Monday 21st April - Lavender and Cottage Pinks - Gill Tomkinson (Broomfleet). Nursery plant stall, 7.30 pm in the North Ferriby Village Hall..

# St. Mary's Church, Cottingham - Tower Tours

Monday 21st April - 10.00 am. £3.00, families £5.00. Proceeds to St. Mary's Church, Cottingham. Tours last about 45 minutes. Meet outside the church. To reserve a place phone Ian Booth on 848041.

# Wednesday Social Club

Wednesday 23rd April - Clare Smith - Carers, in the Darby & Joan Hall, at 2.00 pm.

# **Cottingham Methodist Church**

Friday 25th April - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ice and chocolate for sale.

# **Hull and District Cats Protection**

Saturday 26th April - Cat Homing Show in the Darby and Joan Hall, Finkle Street, from 11.30 am to 1.30 pm. Lots of cats and kittens looking for permanent living homes. Many stalls including Cakes, Preserves, Gifts, Cat Accessories and tombola.

## **East Riding Flower Club**

Monday 28th April - "F to the power of 2", a floral demonstration by Nick Grounds (National Demonstrator), in the Civic Hall, Cottingham. Admission £8.00 (at the door). Enquiries 876279 Judith Robinson.

# **Cottingham Ladies Circle**

Wednesday 30th April - Gordon Acaster - Life as a Village Bobby - Walking the Beat in the 1960's, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

# Cottingham Men's de Luda Society

Wednesday 30th April - Amy Johnsons Achievements, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

The deadline for entries in the "What's On" Section, for the May edition is the 17th April, due to the Easter Holidays.

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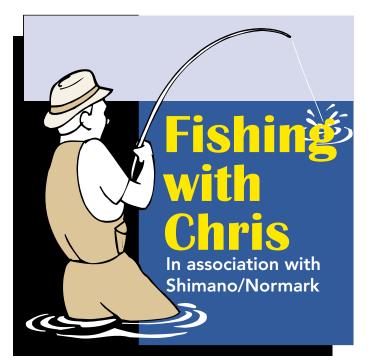


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### Soduku Answer from page 12

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



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

ello and welcome once again fellow anglers to this month's fishing news. We at Catchmoore hope you are all well and are looking forward to a good summer, fingers crossed eh? It is the 20th March.

Did you try the Bream tips from last month? A couple of my customers who did try out my tips said they have never caught so many Bream and thanked me. On that point may I say a thank you to everyone who reads this monthly magazine and for supporting your local businesses.

Right back to fishing, have you all bought your 2014 Rod Licence yet? If not do not forget you need it NOW!!

As the match season is upon us now and causing popular venues to become very busy (mainly at the weekends), here is a little tip for those anglers out there who only go pleasure fishing. When you go to your desired venue ask for a telephone number for future reference, then when you wish to go back and visit a particular venue you can call in advance and see if it is matched up or available for pleasure anglers. Plus you can read the match boards as these quite often give information on future match dates.

Now to one of our local venues; Sam Hosticks, I know I am always pushing you towards our local hot spots but believe me the reports I am receiving from here lately are fantastic. I have lots of people telling me that they have "bagged up" and they were being "bust off". Now I

know that I have kept you all up to speed on all the latest developments at Sam's, but not even I expected the reports that I am being told on a daily basis. To me it sounds like the days of old lads. Please check this venue out, I have, and remember I weighed in with 95lb and really I should have "toned up" easily.

Reports from my mate Robbo on Risby Park have been very good lately with match results being consistently high and pleasure bags being even bigger. Mark my words this venue will also be producing "Ton Up" bags very regular very soon. No doubt Robbo will be catching most of them!

Finally there are two bits of news about our local waters that you should all know about. First of all our local North Moor Lane Pond which is situated behind North Field Plants & Aquatics is still open to the public even though the garden centre is now closed due to Phil retiring. You may be surprised at what you can catch here as there are some good bonus fish in this water to pull your string.

Now the local council pond, Beresford Park has been taken over by the Hull & District Amalgamation Society. As far as I am aware, according to a customer, it is still open as a day ticket water as long as you acquire a day ticket a day in advance! Pity they do not put the day tickets in your local shop! Eh?

I am now selling various pellets and ground baits at £2 per bag or three bags for a £5 so get your rods out and enjoy yourselves.

**Sea scene:** Here is the report on the recent European Beach Open Match:

On the Saturday Paul Medd from Scarborough won with 6 Cod caught from Hillstone. The biggest being 3kg 360g. Apart from a 6lb Bass being caught from Hompton, I unfortunately cannot tell you any more about the Saturday match as the report went missing.

Sunday went as follows: First place went to Phil Tong from Hull who caught a Skate that weighed 3kg exactly. This was caught from Hillstone. Second place went to Carl Wingpenny from Goxhill who also had a Skate that weighed 2kg 995g caught from Hillstone.

Third place went to Mike Brockman from Hull with a Skate that weighed 2kg 920g again caught from Hillstone. Fourth place went to a gentleman called Phil Harrison.

All of these fish were caught using peeler crab as bait and using pulley rigs.

The overall winner was Phil Harrison who had 3 Cod on the Saturday and we think came fourth on the Sunday. He went away with an impressive prize to the value of £4000. Well done Phil!!

Second overall was Phil Tong who had one Whiting in size on the Saturday and the win on the Sunday, he won £1,500 for second place and a further £2,000 for the win on Sunday.

Third place overall went to Paul Medd who blanked on the Sunday but because of the fish he put on the scales on Saturday, Paul still managed to scoop  $\pounds750$ .

Well done to all those who entered and a well done to the organisers at EY EVENTS another superb competition.

Till next time from me Chris and the Catchmoore Crew "tight lines".

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# HALLGATE TREE CARE A cut above the rest!



# **Property News from** Martin English of Homelink

Getting Great Tenants - Part I
ne of the key factors in becoming a successful Landlord is Getting Great Tenants. A good tenant is worth their weight in gold...literally and shouldn't be underestimated. Whilst a lump of gold pays you nothing, a good tenant will give you a regular income for years, and sometimes even decades, some tenants could even pay off your entire mortgage. Tenants are invaluable.

So how do you find a great tenant? Here are some tips for getting great tenants:

# The starting point to finding a great tenant

The starting point for finding a good tenant is your rental property. If you have initially invested in the right rental property; one that's in a good location, which appeals to a quality tenant, then you are half way there. Problems arise when you have a rental property that might have been acquired accidentally, or is a little bit tired, or has significant drawbacks, such as lack of parking, or a bedroom that is too small, or has a seriously outdated bathroom or kitchen, maybe a lack of double glazing.

The property might have been cheaper to buy; however there is a chance that you will have to compromise on the standard of tenant you are going to get in, if not the risk is that it will remain empty leaving you with an unwanted rental void period. It's worth asking yourself "would I ever live here?" and if the answers no - then why would you expect others to be different.

### Trust your instincts

Cottingham

Hull

First impressions do count and should not be disregarded. Now, that doesn't mean that tenants have to arrive suited and booted, speak nicely or have a high-powered job. What you want is a tenant who is honest and reliable. Honesty, above all is a key

characteristic. This is what you are looking for and if it you are in doubt of this then walk away. Little things matter, are they on time? Do they have regard for taking shoes off and not walking dirt through the property? do they ask sensible questions about the property? Do they seem responsible? These are all key attributes of a great tenant.

### High flyer

Whilst a high flying tenant with a good job isn't necessarily a reason to decline a tenant. Those kind of tenants are more likely to move on and thus stay for a shorter period in the property. A 'Steady Eddy' or 'Plain Jane' to move in, a tenant with a mediocre job and lots of local friends and family and few aspirations is possibly the ideal tenant. Someone who seems happy with where they are in life. These tenants are far more likely to remain local and could well be your tenant for many happy years.

### Children

Some Landlords would prefer not to have children in their rental property as they believe that this can see a property wear a lot quicker. Although this can sometimes be true and that wear in areas such as children's bedrooms, entrance hallways and little hand marks travelling up the stairs can be more prevalent, typically speaking if there are no other outside factors such as troublesome neighbours or relocation due to work, then once a family is settled into a property and importantly the children are settled into a local school, most families will not uproot their children unnecessarily which can often lead to longer tenancies coinciding with the length of time children are at school. If this is the case it is likely any areas that have worn through normal child usage would probably be long overdue redecoration when they leave anyway.

To be continued

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Throughout

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Hull

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- Fitted Kitchen
- Bathroom
- 2 Bedrooms Gas Central Heating
- Double Glazing

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# TOURING HOLIDAY

Touring Holidays are proving very popular at the moment so I thought I would use this opportunity to highlight how we can help find you the Tour that you need!

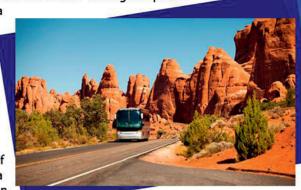
First things first, at Andrew Earle's we are agents for all the best coach touring companies

out there like Titan, Travelsphere and Collette to name a few. However was you aware you can do European river cruises with Viking River Cruises? We

can even book tours specifically for people in their 20's and 30's called Contiki!?

All tours incorporate trips to make sure you get the most out of your holiday. They are all escorted by professional guides also. You may even make some new friends.

It's a great way to see different areas of the world, and if you visit somewhere you especially like, you then have a destination for the future, maybe on another tour or as an independent holiday. With prices now available into 2015 and limited spaces per tour now is the time to secure your seat.











# Recognise me?

I am Louise Haughey formerly of the Thomas Cook shop in Cottingham.

Many of my former clients have been finding me at Andrew Earle's in Brough and I would love to show even more residents of Cottingham and area the benefits of booking with us in Brough!

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www.cottinghamtimes.co.uk - April 33





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

www.instinctivehorsetraining.co.uk

# Producing calm, confident and accepting horses

Pear in horses comes in many ways and manifests itself in behaviours like panic, bolting, backing up, napping, spinning, shaking, freezing, snorting, even anger when owners push horses to tackle its fear......and many ways.

As a trainer I have to heal horse's old emotional wounds and give them a way forward into safety and relaxation. Young horses at the start of their journey are great to start encouraging inquisitiveness and boldness.....with loads of praise.

Here are some pictures of just a few ways I help horses and owners learn new skills, confidences, control and fun!

All these exercises makes horse safer out on the roads for riders as well as motorists. Win, Win!

Pic 1 Traumatised pony calmly wearing a dummy rider

Pic 2 Toby standing quietly with a big scary ball on board......no rope!

Pic 3 Teaching an ex racehorse confidence/acceptance and calmness over strange obstacles

Pic 4 Just hanging about ! Teaching a racehorse to simply stand happily!

Pic 5 Teaching an owner of a baby horse skills related to confidence, control and partnership

Pic 6 Fear of big vehicles being re trained.

Pic7 Confidence training for anything under their feet

Pic 8 Riding a young horse

Pic 9 Making a pony safe for a child



34 April - www.cottinghamtimes.co.uk







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# April at last, it must be **Spring by now**

The first day of April will see the publication of many newspaper articles and television news stories of a very dubious nature. There is an art in creating an eve catching, incredulous headline which has a tinge of believability which keeps you wondering if it could possibly be true. Unfortunately there are some who do not possess this ability and the scam is often too quickly recognised.

Some of you may have heard of my good fortune in winning the lottery, many thanks for all your good wishes. I have decided that rather than squandering my fortune on a Lamborghini and a holiday home in the Bahamas I would provide free beer at the Half Moon.

# News from the Kitchen

As promised last month we made some changes to our menu with the messy but gorgeous Rack of Ribs fast becoming a strong favourite, while our head chef Nick has been creating some amazing items for our specials board including Pork Medallions with Apple Fritters and bringing a new flavour to the Half Moon with his starter of Goan style Fish bites with Chapati, fantastic.

### News from the Bar

A Draft Cloudy Cider will be returning to our Bar offerings in April to complement our highly praised Draft beers.

# In preparation for Summer

Work has commenced in preparing our outside facilities for the better weather ahead. Fencing badly damaged by the gales of a few months ago is being replaced while all the fencing, tables and chairs in our Patio and outside areas are having a fresh coat of paint. All those pesky weeds are being sprayed and much of the undergrowth in the paddock has been cut back and has been reseeded with grass.

# **Finally from the limping landlord** (looking for sympathy)

Regulars will have noticed that I've has been hobbling around with a pronounced limp over the last few weeks, my sincere sympathy goes out to anyone who has suffered with a leg ulcer. My sincere thanks go out to my Staff who are having to put up with a grumpy boss and my apologies to my customers for my somewhat less than jovial demeanour.

Cheers and good wishes from all at the Half Moon. Telephone 01482 843403 for further information and bookings.



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Tandoori Specialities: Lamb Chop Peaze £7.95; Tandoori Fish £5.95; Tandoori King Prawns £10.95; Shashlik £7.95.

Breads: Naan £1.95; Keema Naan £2.25; Peshwari Naan £2.25; Garlic Naan £2.25; Stuffed Naan £2.25; Paratha £2.25; Chapati 95p.

Curries: Lamb or Chicken £4.50, Prawn £4.95, King Prawn £6.95 and Lamb/Chicken Tikka £5.95.

Kormas: Lamb or Chicken £4.50, Prawn £5.50, King Prawn £7.95.

Malayan: Lamb or Chicken £4.50, Prawn £5.50, King Prawn £7.95.

Vindaloo: Lamb or Chicken £4.50, Prawn £5.50, King Prrawn £7.95, Lamb/Chicken Tikka £5.95.

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# **Humber Raiders Basketball Club** seek new members

umber Raiders are a newly formed junior Basketball Club with ambitions to compete in both local and national leagues.

The club is affiliated to England Basketball which strengthens its ties to the sport at a national level.

One of the long term plans for the club includes raising the profile of Basketball, which gets little recognition in the UK but is in fact the world's second most popular sport, in the Humber area, particularly the West Hull villages and Beverley.

Presently with one team of under 13's the club is looking to increase its membership with boys or girls aged from 10 to 13 who have an interest in Basketball and are looking for training from qualified coaches and hope to work as part of a team competing at competition level whilst getting fit and having fun.

With expected development the club eventually hopes to have several teams of various age ranges for both boys and girls.

The team hold their training sessions at Cottingham High School on a Wednesday evening between 7 and 9pm and on a Saturday afternoon between 1 and 3pm.

You can follow the team on Twitter, Facebook and via its website, www.humberraiders.co.uk.

If you would like to join us for 4 free starter sessions we would be pleased to hear from you on recruitment@humberraiders. co.uk or 07789 986323



# Popular food and drink festival to return for second vear

Nollowing the success of last year's event, it has been confirmed that the Cottingham Food and Drink Festival will return to the town for a second year on Sunday, 21 September.

Buoyed by the excellent weather, thousands visited the inaugural event to celebrate the best in East Yorkshire food and drink, pick up useful cookery tips and purchase items from local traders.

Top chefs, who attended the first festival, have again confirmed they will form part of the line-up that will demonstrate cooking techniques and recipes, including 'Great British Menu' finalist and chef from Winteringham Fields, Colin McGurran, Michelin star chef, James Mackenzie, from the Pipe and Glass Inn at South Dalton and Rob Porter of the Green Room, in Scarborough.

As well as demonstrations, the festival will also showcase the best in local produce, with dozens of stalls selling everything from locallysourced meat and cheese to wine and beer. A number of stalls have already been booked, but spaces are still available.

Councillor Jane Evison, cabinet portfolio holder for economy, investment and inequalities at East Riding of Yorkshire Council, said: "Organisers were overwhelmed by the turnout for last year's festival and by the enthusiasm of local traders.

"There was lots of positive feedback from visitors who attended, with many enjoying the cookery demonstrations delivered by some of the area's top chefs.

"Supported by EY Events, it is great that the festival will run again this year and preparations are well underway to make the second festival even bigger and better.

"BBC Radio Humberside presenter, Phil White, has agreed to compere the event and there will be a double-the-size cookery marquee, with two kitchens, to allow for more demonstrations to take place.

"The first festival generated a great amount of positivity in the town and also provided a timely boost for the food and drink industry, supporting jobs in a sector that plays a vital part of our local economy.

Further information about the event, will be made available over the coming months, via www.eastriding.gov.uk on Twitter @East Riding

General event enquiries and details on how to book a stall can be made to Councillor Helen Green, organiser of the Cottingham Food Festival, by emailing helen@cotta94.karoo.co.uk

# **Catchmoore Fishing achieves** 97/100 after secret shopper visit from Tackle & Guns magazine.

atchmoore Fishing Tackle of Greenwood Avenue, has received 97/100 after a recent visit from the Tackle and Guns magazine's mystery shopper.

The shop was marked on its appearance, and cleanliness. It was also marked highly for stock availability and the helpful way in which the mystery shopper was treated.

Chris Moore the owner was also quizzed on his knowledge of the sport, and the mystery shopper was pleased at his friendly manner and not being pushy. The shop is family friendly with products to suit all pockets and standards. Catchmoore Fishing Tackle is based at 259 Greenwood Avenue, HU6 9QA. Telephone: 01482 803260.



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# Moving Abroad? A monthly column by Nick Russell

ell I can't believe another month has gone by since I sat down and wrote my last article. Time really does seem to be passing really quickly. By the time you read this we will be back in Spain having spent the last two weeks of March at our daughters in Hull.

### T.V.

As I wrote in last months issue we are now watching all our English TV via the internet due to the new Astra satellite not transmitting over here now. My internet connection was pretty slow at only 2mbps download speed so the picture quality was a bit poor to say the least, especially when the service provider only guarantees 10% of the speed. I was doing regular speed tests at various times of the day and at peak times I was lucky to get 10%. The best speeds were during the daytime when we never watch TV anyway. If you had this sort of problem in the UK you would just change provider to improve the service but that's not possible here.

The main phone and internet supplier is Telefonica but because we live in the campo (countryside) they couldn't connect us to their network, so we had to use a company called Iberbanda who specialise in supplying areas that Telefonica can't, even though they are owned by Telefonica. Strange I know but that's what happens. To try and get a better service I visited their website and saw they were offering 3 mbps download and upload as well as free calls to most of Europe and to Spanish mobiles for 15 euros a month less than I was paying for an inferior option. It has helped a bit with the faster speed giving us a more reliable, but not perfect, picture a lot of the time.





### ANDALUCIA DAY

Andalucia Day is celebrated in this part of Spain on the 28th February and all schools, shops and businesses close for the day and as this year it fell on a Friday, schools also closed on the Monday as well. Katie and Aidens school celebrated the day on the Thursday with the whole school involved in a song and dance show in the playground. These days seem to pop up just about every month but the kids love it and its great to see all the school kids from 4 to 16 years get involved.

### **HOLIDAY CASITA**

We have had a couple of confirmed bookings for our self catering rental property so I am pleased with that. If anyone is interested we still have weeks available in June, August and September so just drop me an e mail on <a href="mailto:nickruss@hotmail.co.uk">nickruss@hotmail.co.uk</a> for more photos and information as we would love to see you out here. We had our first guests of the year out with us for the first week of March and the weather was beautiful and warm fortunately.

They have been out a few times before so we must be doing something right. They wanted a day out in Granada and had asked us to find the bars with the best views of Granada city and the Alhambra Palace so we could all enjoy food and drink with a great view. I asked Aidens tutor, Eve, if she could recommend anywhere, as she knows the city well and I have to say she did us proud.

We visited the Alhambra Palace hotel, sat on the balcony of the bar with a cocktail overlooking the roof tops of Granada and the surrounding area in warm sunshine. A great way to spend a couple of hours relaxing in the afternoon. Before that we had visited Restaurant Juan Ranos high up the Moorish quarter (Albacyin) with stunning views of the Alhambra and enjoyed a couple of beers and a set 3 course lunch. A really good day out in a fantastic city and a must for any visitors but be warned it is very hilly in some of the older parts so comfy shoes are a must.



We also had a great day out at Lake Iznajar and another fantastic Menu del Dia at a restaurant with stunning views of the lake. These menus are great value and at this place it was 3 courses and a drink for 8 euros each (less than £7) and the food was great. If the place looks a bit scruffy from the outside but there are plenty of cars parked up at lunch time, it normally means the food is good. The Spanish don't waste money on rubbish food!!!

### **OLIVE HARVEST**

As I said in last months article, I had my olives picked and weighed and was waiting for my cheque to come. Well after several visits to the company and 5 weeks after my olives were weighed I still hadn't had my cheque so I went in to see the manager. Apparently the delay was caused by the lab that does the quality ratings on the olives being unable to find mine, therefore the company could not put a value on my harvest to raise a cheque. I was not happy so I came home, wrote a letter of complaint, told them I wanted it sorting and took it back at lunch time. How surprised was I to receive a phone call at 6 pm saying they had found my olive samples and my cheque was now ready. I called in the next day to sign the paperwork and was given a cheque for an amount a lot less than I was expecting. When I asked why, I was told the price of olives had dropped because of the amount of olives harvested this year. When I asked if the delay could have made any difference to the value per kg, I just received the "Spanish Shrug" and a smile. I ended up making less money on a bigger harvest than last year so not so happy about that.

## HOUSE PAINTING

We have been in the house nearly 2 years now and although we have had the interior painted we had never done the outside, mainly because it looked such a big job. I don't think it had been done for 4 or 5 years so we decided it was time this year. My son Tom cleaned all the old paint off, filled all the cracks and rubbed it down ready. To be honest it didn't take as long as I thought and we have now done the main house (and all the black window bars), the casita again and the garden wall in about 3 weeks on and off. It certainly looks very white and as you drive back from the village it really stands out amongst the green of the olives.

The next jobs are to paint the bar area, the wall around the pool area and get the cover off the pool and get it ready for use. All this by the beginning of May.

While Tom, Adel and Rita have been painting, I have been out in the olives doing a bit of pruning to the trees and rotivating the orchard and allotment ready for the spring.

On a final note, what a result for Hull City against Sunderland and what a realistic chance to reach their first ever FA cup final. Unfortunately the all Yorkshire semi final is only on BT Sport which I cant get so I am going to listen on Radio Humberside and hope they reach the final. Atleast that will be on "normal"

"Come on you ULL"



The Royal British Legion Willerby, Kirk Ella and Anlaby Branch **CAR BOOT SALE** Sunday 6th April 9.30 am - 1 pm Willerby Shopping Centre



Pitches £10 - Pay on the day Shoulder to Shoulder with all who serve



# Haltemprice Art Group annual exhibition in the Civic Hall, Cottingham Thursday 10th April to Saturday 12th April

East Riding of Yorkshire Council.

The exhibition will be open to the public from 10.00 am to 5.00 pm Thursday 10th and Friday 11th April. Then 10.00 am until it closed at 4.00 pm on the afternoon of Saturday 12th April.

The exhibition which has FREE admission, disabled access

The Haltemprice Art Group's Annual Exhibition will be officially opened and prizes presented on the evening of Wednesday 9th April at 7.30 pm by the Chairman of the

and a public car park outside, will include: Framed and unframed

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pictures and a selection of handmade cards produced by the members of the group. Most of the items will be available for purchase.

This year the group hope to include, in a small section of the exhibition, a display of unframed pictures entitled "Cottingham Life". These will be very reasonable priced and will cover: small businesses, local landmarks, the market and other local events and scenes.

# Westfield Fairtrade coffee morning raises £101.60

ur Fair-trade coffee morning at the Cottingham Methodist Church was very successful. We sold lots of fairly-traded goods, from all over the world. Also delicious homemade products: buns, biscuits, brownies, cakes and more were on our cake stall.

Lots of people of different ages came and were very supportive. We would like to thank anyone who donated or took part in any of the stalls. Furthermore, thank you to the local community and the Church, for your continued support of Westfield Primary School.

Green-team member, Alice Derrick, said,"The buns were delicious and it was very busy."

We raised £101.60 for the one world shop and £100.89 for our Green Team at school (Westfield Primary School). The money will be used to fund our Fairtrade tuck shop and Fairtrade baking club. We will see you again for another (hopefully successful) event next year!

Reporters: Elly and Rachael, Year 5.

# Marie Curie daffodil appeal volunteers say a big 'Thank You" to the people of Cottingham

s part of the Great Daffodil Appeal local volunteers for Marie Curie Cancer Care held a few events during March. A coffee morning with cake and card stalls at the Methodist Church raised £133.53. A week later £304.97 was collected outside the Coop, and the street collection raised £883.49.

This money will be used in our area to care for terminally ill patients in their own homes. A big thank you to everyone who donated, and to the volunteers for their time.



# Skidby Parish Council take over responsibility of the Playing Field and Pavilion

¥ kidby Parish Council has agreed to take over the financial responsibility of the Playing Field and Pavilion, thereby safeguarding its future for the village. This decision was taken after much discussion and lengthy deliberation, as it involves no small cost. It had become impossible to raise enough money to maintain and administer this wonderful facility. Its future was in jeopardy, despite sterling efforts from ever dwindling committees.

Please feel free to carry on with any fund-raising activities as all contributions will be held by the Skidby Parish Council in a special account for Playing Field use. Any donations can be sent to the Parish Clerk (Mrs Liz Ashley). Thank you to everyone who has helped us over the years.

Lynn O'Connor

# Swanland Screen presents . . .

nother "first" for Swanland Screen will be the final showing of this season. "The Moo Man", a documentary film, will be screened at 7.30 on Saturday 19th April in the Village Hall. Modern British dairy farms must get bigger and bigger or go under but Farmer Stephen Hook decides to buck the trend. Instead he chooses to have a great relationship with his small herd of cows and ignore the big supermarkets and dairies. The result is a laugh-out-loud emotional roller-coaster of a film, a heart warming tearierker about the incredible bonds between man, animal and countryside in a fast disappearing England.



Sixties & Seventies Disco Friday 4th April 8.00 pm till late • Free Entry



The Lady Misfits **Burlesque Show** 30th May - 8.30 til late

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# Free Legal Advice Clinics

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

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

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

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

Contact Jayne Lowde on 01482 325242 now to book your FREE Options<sup>TM</sup> appointment at our Cottingham Legal Clinic.

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# **COTTINGHAM** LITTLE THEATRE



Here at Cottingham Little Theatre we are getting ready for our May production of 'Sand Castles' and everyone has been working exceptionally hard. We would like to give a special thank you to all our fantastic stage hands, set design, props, building crew, sound, lighting, prompt and wardrobe. You are the cogs that drive our show.

I think what we need now is our audience!

# ~ COTTINGHAM LITTLE THEATRE ~

We are pleased to present our May 2014 amateur production ~

# "Sand Castles"

a comedy by Bob Larbey. Based on an idea by Trish Larbey.

Directed for Cottingham Little Theatre by our own Lynda Danby.

Everyone enjoys a good old fashioned seaside holiday, and William and Margaret Patterson and Stan and Bernice Billet have been taking their holidays in the same resort for years. These middle aged beach hut owners have turned their huts into cosy little castles over which they have absolute control – or at least they did until Doug the fish and chip tycoon arrives!

Don't miss this thoroughly enjoyable comedy.

The performance dates are:

Thursday May 8th Friday May 9th and Saturday May 10th.

To Commence at 7.30pm at the Darby & Joan Hall, Finkle Street Cottingham. (Doors will open at 7.00pm). Seats are unreserved except for invited guests and Friends of CLT.

Tickets are priced at £7.00 (concessions £6.00) and will be available from Barkers Newsagents, Hallgate, Cottingham, from Monday April 14th, or contact our ticket secretary Rachel White on 841030.

"Sand Castles" is presented by special arrangement with, SAMUEL FRENCH LTD

# Call to Audition!

In order to commemorate the outbreak of WW1, Cottingham little Theatre's Christmas production is to be 'Oh! What A Lovely War', a theatrical chronicle of the horrors of the First World War told through songs and documents of the period.

You are invited to pack up your troubles and audition for a role in this poignant piece of theatre.

We are looking for both on stage (your ability to sing and dance is not necessary, but in some cases would be an advantage) and behind the scenes teams to put on this wonderful show.

Come and sing along with us to many well known favourites such as 'Goodbye-ee', 'It's a long way to Tipperary' and 'Pack up your troubles' to name just a few.

The auditions will be held at The Darby & Joan Hall, Finkle Street, Cottingham, on Thursday 22nd May 2014, from 7.30pm.

# A letter from the Cottingham **Lights Committee**

ould we please, through Cottingham times, set the record straight regarding the unfortunate decision to cancel the annual switch on night of the Cottingham Lights.

Firstly, and most importantly, Cottingham lights will continue to shine throughout the festive season for the foreseeable future.

Firstly, a brief background into the lights, the traders and volunteers.

The lights were started in 1981 by three prominent local businessmen, who over a pint or two, decided that the village needed brightening up at Christmas. They enlisted the help of more traders, raised money and put the lights up off ladders each year. The traders back then couldn't do enough, the vision and commitment of these three men is what remains today. The volunteers now are largely made up of people from the village who have no connection to the shops, and therefore actually have no reason to help or actually benefit from the lights, other than pride in the village in which they live. There are, in fact only two shop owners and one business owner who help put them up for the benefit of thousands. Please note, we cannot stress enough that it is solely volunteers responsible for the erecting of the lights, as many people think it is the council who organise the lights.

The reason behind the cancellation falls down to two things, Health and Safety issues and trader support.

In respect of the Health and Safety issues, we, the committee, have a huge responsibility ensuring the safety of all the visiting people. Last year a conservative estimate is that between 5000 & 6000 people were present at the time of the switch on. This is a huge amount of people for just basically 14 volunteers and 30 other additional helpers manning the barriers, to ensure the safety of. In continued on page 45



# UNDER NEW OWNERSHIP

Craig, Georgina and the rest of the staff would like to welcome you to come down and try our great new home cooked menu.

A great range of offers available on both our lunch and evening menu.

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- 12-6pm Sunday (Carvery and Sunday specials)

# Plus a great range of musical entertainment throughout the year.

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  - Every Sunday The Plugs

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# **Graham Porter - Caring Dentistry**

Mr Graham Porter BDS is pleased to announce that his dental practice at 8/9 Castle Green will re-open on Monday March 31st. He will be joined by Mr Stuart Graham BDS, MMedSci formerly of Hallgate and Northgate, Cottingham. Together they share over fifty years of caring for Cottingham.

Please call in or phone Sue on: 01482 841146 for details on registration, appointments or transferring from your current practice. You can choose to pay per visit or opt for the security of our monthly payment plan. Special rates for children.



Caring Family Dentistry



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t. 01482 841146

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

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

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

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

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

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

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

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

# Problems and Diseases commonly treated by TCM Dermatological:

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





### Muscular, Neurological, Skeletal and Vascular:

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

### **Internal:**

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

### Men's Problems:

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

# Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### **Cancer and Tumour:**

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

# Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

Herbgarden have been situated in Butcher Row, Beverley, for the past seven years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.

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

### Cottingham Lights continued from page 43

order to more effectively ensure the safety of all those at the switch on, the police have requested we monitor the CCTV on the evening. have all marshals under radio contact, set up a control room, operate a one way systems and many other requirements akin to a large scale premiership football match. Unfortunately, this is all at a cost at which we can ill afford.

Now, moving on to trader support, where do we start? In the village, as you may well know, there is a wide range of independently owned and nationally owned shops. Many of which benefit not only from the switch on night directly, their tills jingling more than the bells, but also with the lead up to Christmas through the increased footfall in the village, people meandering through the village early evening, maybe enjoying a take away, or a quick drink from one of the many pubs or coffee shops. But how many of the shops have actually contributed the £50 donation we request each year (an amount unchanged since 1981!)? Unfortunately, not enough of them. Last year we spent in excess of £5500 on refurbishments, new features, the hiring of necessary machinery to erect the lights and the switch on night itself. Yes, we do get a grant from the parish council, and money from other fundraising, but each year we are struggling to meet outgoing costs.

People have suggested more fund raising, but we have tried. We have tried quiz nights, race nights, golf tournaments, raffles, selling limited edition items, involving local schools with competition, all events are clearly advertised in the village. These events are either poorly attended or have to be cancelled due to lack of interest. Yet again it falls down to the same volunteers to organise and the same establishments who donate prizes etc.

Please be certain, it is a decision we have not taken lightly.

To the businesses who have supported us over the years we thank you for your support.

The Cottingham Lights Committee.

# Westfield Primary School, Cottingham have a vacancy for a community governor

estfield is situated in the NW of Cottingham close to the village centre in an area consisting of predominantly private housing. Westfield is the largest of the three primary schools and is oversubscribed.

The school is in the East Riding of Yorkshire authority and there are currently 400 pupils on roll organized into fourteen classes. We have just finished an exciting phase in the school's development, in September 2010 we moved into our new large KS2 building including a library, ICT suite and administrative areas. In May 2011 our KS2 hall and fantastic new school kitchen were opened along with landscaped grounds. During the Summer break of 2011 Early Years and KS1 hall were completely refurbished.

We currently have 14 school governors all of whom are staff or parents of the school apart from Councillor Ros Jump who was appointed by our local authority. We currently have a vacancy for a community governor.

# Swanland Festival 2014 Get out your diaries now

very week more events are being added to the programme for this year's Festival to be held from Friday 4th July to Sunday 13th. So far we have song, sports, art, gardens, music, crafts, quiz and

We look forward to a wonderful week of fun filled activities with something to suit everyone and all welcome, whether from Swanland or elsewhere. Please contact Jan (o1482 634583) or Yvonne (634863) for further details.



# Calling all keen golfers!

ove House Hospice is appealing for teams to enter its annual golf day.

The event will take place at Brough Golf Club on Friday

The event will take place at Brough Golf Club on Friday June 20, followed by a presentation dinner at the Mercure Hull Grange Park Hotel in Willerby.

Places are still available for teams to sign up and registration costs £400, which includes golf for four and dinner for eight.

Katy Wood, fundraising coordinator at Dove House Hospice, said: "This will be a lovely day, especially for the golf enthusiasts, and we hope the weather will be on our side.

"Money raised during the golf day will help us continue to provide specialist palliative care for adults with life-limiting illnesses and we hope to see as many teams as possible sign up."

It costs £6.1 million to run Dove House Hospice each year, with funding received for just 45 days in a 12-month period.

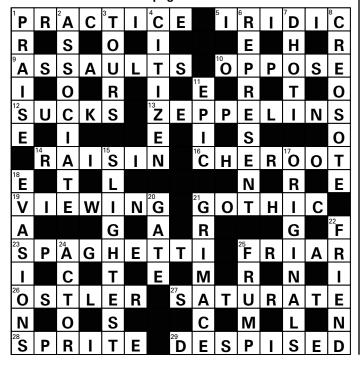
Anyone who would like to register for the golf day is asked to call Katy on 01482 785743 or e-mail <a href="mailto:k.wood@dovehouse.org">k.wood@dovehouse.org</a>.uk for a registration form.

# Swanland Live presents "States of Verbal Undress"

omething untried is coming to the Village Hall on Sunday 11th May - a meal with a live show. "States of Verbal Undress" is a new play, written and produced by Rasa Theatre, an Indian theatre company, and is to be performed at Swanland Village Hall. To set the scene, an Indian main course meal will be served at 7pm to be followed by the play and the evening will conclude with a small dessert and coffee or tea. Tickets are £12.50 but, as this is bound to be popular and numbers are limited, please contact Yvonne on 01482 634863 or 632159.



### Crossword solution from page 14





# What is Acupuncture and How Does it Work?

cupuncture is a type of alternative therapy that began in China

and has been used for centuries.

As a form of natural healing, acupuncture has been part of the Chinese culture for over 2,000 years. It is finding its way into western society more and more all of the time. While acupuncture is not generally used to replace Western medicine, it can often work as a

### **Acupuncture Restores Balance**

complement to it.

The Chinese believe that imbalances in the body are a result of an imbalance of vital energy known as "chi". This energy is believed to circulate throughout meridians in the body which are invisible energy lines. It is the belief of the Chinese that the body is made up of 12 meridians and each one is connected to different organs. When an imbalance occurs to chi, that is when disease and sickness arises.

In order to restore the balance and harmony of energy back to normal, you can visit a qualified acupuncturist who will insert fine needles into the relevant points along the meridian lines that relate to the problem you are experiencing. There are approximately 1,000 acupuncture points on the human body that can be utilized for this purpose.

### The Purpose of Acupuncture

Acupuncture is very strange in the way it is administered but if it does what it was meant to do, does it really make that much difference? The purpose behind it is to restore one's health to a positive state and to lessen pain and discomfort. In particular, acupuncture has shown a tremendous amount of promise in helping chronic pain sufferers, such as those who suffer from osteoarthritis and fibromyalgia.

### Theories about How Acupuncture Works

Acupuncture is one of the most well known of all of the natural healing therapies.

How acupuncture works however remains somewhat of a mystery. There have been a variety of theories put forth to explain its success at relieving pain. For example, some researchers theorise that acupuncture manages to stimulate the release of endorphins in the brain which then counteracts pain. Others think along the same lines but believe that neurotransmitters are release during treatments, thus sending nerve impulses to the brain.

Some individuals believe that acupuncture affects the electrical currents in the body which then facilitate healing. Two other common theories are that the insertion of needles along the meridians stimulate circulation or that acupuncture impacts the autonomic nervous system. Which theory is correct is not known but studies have shown that acupuncture can help to alleviate certain types of pain. and many other ailments Enough said?

Many people are frightened off by the thought of needles because they think that acupuncture is a painful form of therapy. While you may feel a slight sting to your skin when the needle is first inserted, once it is in the discomfort will be no more. In fact most acupuncture patients describe the treatments as being relaxing, peaceful or calming.

If it helps your pain, even if it seems a little unusual, acupuncture is worth a try. Wouldn't you agree?

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