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Issue 161 - April 2015

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Published Monthly by: The Cottingham Times

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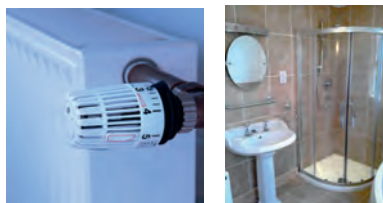
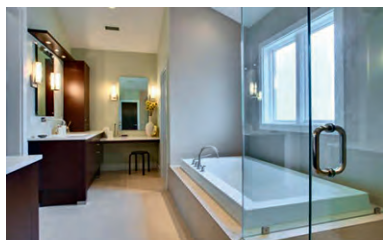
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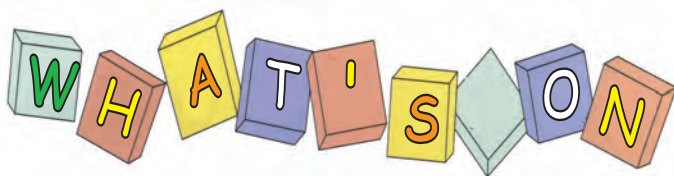
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AgeUK East Riding

The first Friday every month, from 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Bridge Club

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

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Dean Banyard, Club Secretary, telephone 01482 840924, or visit our website www.cottinghamrangers.co.uk.

Zion United Reformed Church, Hallgate

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

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.

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

Front cover: A view from St. Mary's Church Tower
Photo by: John Dewing

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The Alheimers 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 Alheimers 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 2015 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. 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.

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 843253 - 07531 762593 or 473042.

The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: www.greengingergarland.com or team leader Jenny Pittock on 01482 657778.

Writing Circle

A friendly and supportive group of aspiring writers. This is not a teaching class, but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journalling. No Charge. We meet Mondays 10.00 am, at CC Coffee, King Street, Cottingham. Contact: Lynne 07866 850400.

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Wednesday each month at 6pm to 8.00 pm. No Charge. Contact: Lynne 07866850400 or Pam 07966091513 heyhappinesgroup.weebly.com

English Country Dancing

The fun way to keep fit and make new friends. Every Tuesday at Darby & Joan Hall, Finkle St., Cottingham from 8pm till 10pm. Beginners welcome, no previous experience necessary. Additional sessions for beginners only will be held some afternoons by arrangement. Either come along on any Tuesday or for further information please ring Fred on 01964 550297.

Cottingham Tennis Club

Our new season begins in April with annual fees kept at £140 for adults, with rates for other age-groups equally competitive e.g. £55 for Under-18s and £15 for Under-8s. New members welcome. Access from Hull Road, by drive next to Overland Road. Come along and try our all-weather courts, or ring 847080 for info.

Continued on page six

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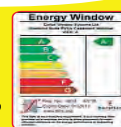
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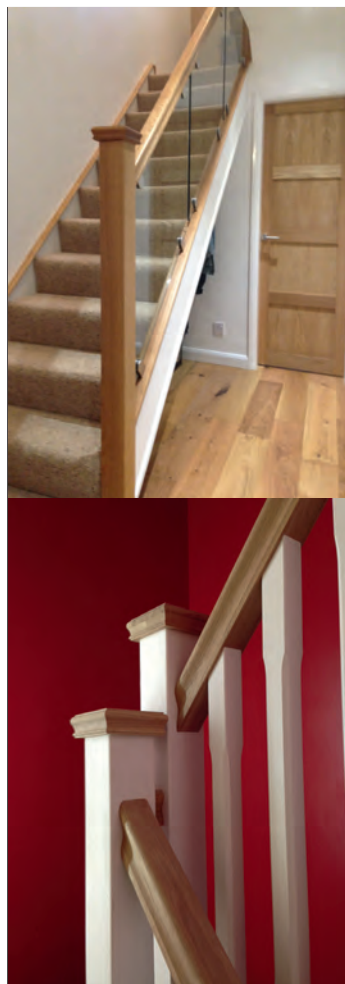
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Cottingham Singers

Singers Wanted! The Cottingham Singers meet every Wednesday at Bricknell Methodist Church, Bricknell Avenue, from 7.30 pm to 9.30 pm. They are looking for, Altos, Tenors, and Basses to join. The Singers covers a variety of music including Folk Songs, Spirituals, Choral Works, Songs from the Musicals and they perform a concert at Christmas and in the Summer, as well as concerts for different charities if asked.

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 11.00 am to 1.00 pm at the Zion and Newland United Reformed Church, Hallgate. Starting Saturday 18th April we will also be open from 10.30 am to 12.30 pm. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

Cottingham Men's de Luda Society

Wednesday April 1st - Michael Wood - The Life of a 21st Century Town Crier, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

St. Mary's Church Tower Tours

Easter Monday 6th April - At 2.00 pm. Places can be reserved by calling Ian Booth 01482 848041. email: bells@ianbooth.karoo.co.uk

Haltemprice Art Group

Tuesday March 31st to April 7th - Easter Holidays

Tuesday April 14th - Still Life

Tuesday April 21st - Hanging in day for Exhibition

Wednesday April 22nd to April 25th Annual Exhibition

Tuesday April 28th - Cartoons and Characters

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.

Cottingham Ladies Circle

Wednesday 8th April - A Social Evening to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Cottingham Green Women's Institute Evenings

Thursday 9th April - Members meeting. Competition: Easter Biscuits. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

U3A

Thursday 9th April - Tracey Harsley - City Safe and Safe in Community, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

St. Mary's Mother's Union

Thursday 9th April - Speaker from Torch Trust a Christian organisation with a worldwide vision of people with sight loss, in the Arlington Hall, at 2.15 pm. Refreshments and raffle will follow. All are welcome. Contact Sheila on 01482 840834 for more details.

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Beverley Film Society

Friday 10th April 2015 – Calvary (2014)

Cert 15, Drama (Ireland) Director: John Michael McDonagh.

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East Yorkshire Embroidery Society

Saturday 11th April - Susan Syddall, Stitching on Paper, at 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

The Haltemprice Friends of Martin House Hospice for Children

Saturday 11th April - Are organising a Wine Tasting in aid of the Children's Hospice. Entitled "Prize Winning and Good Value Wines", the event will take place at Swanland Village Hall at 7.30 pm. Tickets price £8.00 are available from Alison on 01482 652237. Admission is by ticket only.

Charity Coffee Morning in support of Mind

Saturday 11th April - Coffee morning at Skidby Village Hall, between 10am - 1pm, in support of Jody Horth raising funds for the mental health charity Mind. Please join us for tea, coffee and cake, all welcome. Mind is a charity which supports people with mental health issues by empowering them to understand their condition and the choices available to them. Any questions contact Hannah Horth 07940447429.

Cottingham Catholic Women's League

Monday 13th April - Allan Stichler will give a talk on wood carving, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Beverley Flower Club

Monday 13th April - Shirley Henderson from Stratford on Avon is demonstrating using a wide range of flowers, to create wonderful arrangements. Beverley club meet at Longcroft Lower School, demonstration commences at 7.30. p.m. Visitors are very welcome at a cost of £5.00. The club also will have a table where you are able to purchase, plants and bulbs for your garden, and the usual flower arranging requirements. We are a friendly club please come along and have an enjoyable evening.

Cottingham Women's Institute

Tuesday 14th April - Karen Hilltribes Trust, Penelope Worsley. Competition: A water container, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 14th April at 6.30 pm Outside visit

Tuesday 28th April at 7.30 pm

Want to learn more using your digital camera? Why not give our friendly group a try? New members welcome. Why come along and give us a try? Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

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Cottingham Parish Council



Parish Council Elections - 2015

Nomination packs for Parish Council candidates are available from County Hall, Beverley or can be collected from the Parish Council Office. Completed papers must be **delivered to County Hall** not later than **4pm** on the 19th day before the election – **9 April 2015**.

Cottingham Day 2015 – 4 July

As this is the tenth Cottingham Day, we are planning to make it rather special. Bunting will be put up in the village before the Springboard Music Festival and remain in place over the Summer.

The official opening of the event will be preceded by a parade this year which will be led by a band and feature children and representatives from local organisations from the village. The overall theme of the parade is based on the life of Winifred Holtby, the famous Cottingham author.

After proceeding around the village, the parade will finish in the Arena in the Market Green. The Arena has been introduced this year to accommodate various events such as a display by Humberside Fire & Rescue, street dancers and other attractions. The large stage will provide music and entertainment throughout the day and will feature bands and choirs offering something to suit all tastes.

In order to accommodate the crowds and the many trade stands, the area of the show will be extended to St Mary's Church on Hallgate, and King Street will be closed to traffic between the entrance to the Co-op car park and the traffic lights on South Street.

In the evening, we will see the return of the Cycle Race around the village. This not only extends the Day but provides an exciting climax.

The local shops, cafes and pubs will be open as usual to welcome visitors. All we then need is good weather which we have had in recent years. So, do come along and enjoy the Day.

ATTENTION ALL ORGANISATIONS

Is your organisation/group or school interested in participating in the parade this year? If the answer is YES, please contact Tina White on 847623 or Don Maskell on 942347 for more information. It's a great way to publicise your organization too!

Grants – Royal British Legion

The Parish Council was pleased to provide grant funding to the Royal British Legion to enable them to buy a new Standard for ceremonial purposes.

Scam Warning from Police

The Police want to make people aware of an attempted fraud that is happening at the moment. The scam involves people receiving a telephone call from someone claiming to be a police officer informing them that they have been victims of a theft from their bank account and asking that they provide their bank

details over the telephone.

It is not believed that anyone has yet fallen for this scam or handed over any money but police are keen to ensure people are aware of it and remain vigilant.

Detective Inspector Matthew Peach said "Nobody should ever give you any bank details or personal details over the telephone and nor should anybody transfer any money to anyone unless it is a transaction they are absolutely sure of.

The police would absolutely never request bank details from a member of the public.

I want people to be aware of this latest scam and I would ask that family and friends of any elderly or particularly vulnerable people to make sure that they are made aware of this and check that they have not already been contacted.

Anyone who thinks they may have received a call along these lines is urged to report it to police on the non-emergency number 101 referring to log 369 of 5 March 2015."

Overhanging Vegetation

One of the many problems raised with the Council office staff is that of overhanging vegetation which causes problems to walkers. It is difficult to push a pram on a narrow path when you are having to move branches aside; sometimes people have to move onto the road to get past a particular overgrown specimen. If you could all just take a look at your property boundaries from the viewpoint of someone walking past, especially if your property backs onto a snicket or footpath, and, if necessary, cut back any overhanging foliage, it would be greatly appreciated.

Parish Council Meeting Dates

The next Parish Council meeting will be held on Thursday 16 April 2015. The Annual Parish Meeting at which the Chairman presents the Annual Report will be held at 7pm on Thursday 21 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 fourth Thursday in the month ie 28 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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The myth of the “Common Law” Marriage

Iain Boyle head of Family Law at Graham and Rosen Solicitors www.graham-rosen.co.uk
explores the misconceptions surrounding the rights of unmarried couples



“But it’s a common law marriage” is a refrain that family lawyers are used to hearing. If you have been in a committed cohabiting relationship for a number of years and think that you are a “common-law spouse” then I am afraid that you are in for a shock. In fact English law has never recognised that by the simple act of living together two people can be regarded as being married.

Of course by “common law spouse” what people mean is that they have some or all of the claims of a married person against the property and assets of their partner should they separate. The truth is that, generally speaking, a person under English law has no claim against any assets or property of their partner unless owned in joint names. I lose count of the number of difficult conversations I have had with clients who, having lived with their partner of 10, 20 years or more, have separated only to find that all the assets were in the partner’s name. In those circumstances, apart from certain limited situations (if there are children or if they can establish a claim under trust law), they might have no claim against any property, savings, shares, pensions or other assets of the relationship whatsoever. They might even, if the house is in the partner’s sole name, find themselves with no right to occupy the house and be homeless.

What can be done? Well the obvious answer is to ensure that any assets are in joint names, particularly property. Another option is to ensure that savings are distributed between the partners evenly. A good example would be that if there are £10,000 of savings that each partner have an account in their sole name with £5,000 in it.

Another option is to have a “cohabitation agreement”. This is a

document that sets out how the couple intend to distribute assets upon separation. It might establish, for example, that the couple intend a property in the sole name of one of them to be split equally upon separation. Such a statement of intent can be used in civil proceedings to try to establish a claim against property. Unfortunately enforcing such agreements can be costly and can involve lengthy court proceedings. Each case turns on its individual facts and a court is not guaranteed to uphold the agreement. Such agreements cannot be used to claim a share of a partner’s pension.

If there are children then the partner who has full-time care can make a court claim for financial provision to enable them to support and house them. This is often only any help in cases where there is a lot of money available and even then any financial support will disappear on the child’s 18th birthday, leaving the recipient in Cinderella like poverty.

It is clear that what needs to happen is a change in the law to provide some protection for cohabiting couples. This would however inevitably bring into question the status of marriage as an institution and consequently the degree of protection that should be afforded to cohabitants is likely to be hotly debated. The law commission recently published a report suggesting reform which was broadly welcomed. This is a politically sensitive area however and it remains to be seen if any future government has the political will to grasp the nettle. Until then, if you want to be sure that upon separation you have the full range of claims as regards family property, the only advice can be “get married”.



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Will Windows 8 be eclipsed by 10? And next up . . . Office 2016

It happens every few years, and sometimes the event is spectacular and other times a bit disappointing. No not the solar eclipse, but new versions of Windows! Not since the heady days of Windows 95 and maybe XP have people queued round the block to get their hands on the latest version of Microsoft's operating system. Nowadays the public perception seems to be a groan of 'What, not another new one...'

Windows 8 was released to that kind of response in October 2012, and I think it's fair to say has had a fairly bad press ever since. Apart from the new Start Screen being so different, the main complaint of course has been the lack of a traditional Start button, a small but comforting feature that has been there ever since 1995. Well the good news is that it is being re-instated in the upcoming Windows 10, scheduled for release this autumn. Microsoft has obviously listened to its global audience, and have quite cleverly adapted the existing Windows 8 'Tile' layout (reduced in size) to a new Start menu, to good effect.

Internet Explorer has been around since the beginnings of the personal computer, and this is something else that is going through a metamorphosis. Because of all the competition from Chrome & Firefox etc., Microsoft has been conducting research on a new name for their ageing web browser, and this is still to be decided. Indeed, I was quite surprised having just installed the latest development version of Windows 10 to find that ubiquitous name not present, and not anywhere to be found. In earlier beta versions of windows 10 the browser was codenamed 'Spartan' because it was going to be a stripped down version of the original, but for now it has disappeared. I suspect only to be appear like a Phoenix from the flames in the final public release.

For any interested in the life-cycle of Windows products, you can find it all here: <http://tinyurl.com/qgw9bcs>

Something else that also only appears every few years is a new version of Office, the last one being 2013. So to coincide with a new Windows we will have Office 2016. I have also just

installed the beta version of that, and it does look very similar to its predecessor, but I will report back when I have had chance to assess it further.

A bit of good news on the horizon, especially to those suffering with slow internet speeds, is that KC Lightstream (fibre optic broadband) is coming to Cottingham later this year. You may have seen engineers laying cables recently. If you're not familiar with this, the difference in speed vs traditional copper telephone wire is 5x to 10x times faster.

On a different tack, I am often asked the best way to dispose of old computers. You can just take them to the local recycling centre called Refurbish (tel: 565999), or to the Household recycling site of course, but it is your data on the hard drive that is the important part. This is an interesting article on the subject from the technology correspondent at the Telegraph: <http://tinyurl.com/1pmca71>

Amazon is of course one of the most popular shopping sites in the world, especially as they seem to sell virtually everything now. But quite a number of disgruntled customers say they have been lured in to membership of Amazon Prime at a cost of £79 per year. Although this may be good value to some frequent users as it offers 'free' next day delivery on all orders, plus the ability to download and watch 1000's of movies. But many don't want these extras and unwittingly signed up for Prime by agreeing to free delivery and not reading the small box that says it is free for one month then your card will be debited for annual membership. If you have been caught by this, just go to the Amazon site, and search for 'cancel Prime' for instructions.

32m people in UK now use tablets - of the computing kind. Not surprising as there's a whole myriad of devices from about £100 upwards that connect to the internet, send email, store photos and music etc. The first and best one in my opinion is still the iPad; it may be one of the most expensive, but for that money you do get the best features.

Slow computers are the bane of many people's lives, the sort where you turn on and then go off to make a cup of tea. This can be a sign of age (of the computer!), wear and tear of the drive and other components, but sometimes it can be caused by unwanted software having been installed without your knowledge. If you see icons like: 24/7 help, MyPC Backup, PC Optimizer, Regclean Pro, Driver Updater/Detective or your search engine changes to something like Delta or Babylon, then your computer needs a clean-up as it could be infected with spyware or malware. You know who to call....875666

ESET offers an online scanner. This means that even if you don't use one of its excellent products at the moment and you are concerned about a possible threat to your computer, you can run a complete scan & removal utility by going to: <http://www.eset.co.uk/Antivirus-Utilities/Online-Scanner>

□ Top Tip: Check your computer date & time are correct, if not you won't get access to secure sites online.

Richard Mills

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Wordsearch - Shapes

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

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

Find the words in the letters above:

Circle, Cone, Cube, Cuboid, Cylinder, Decagon, Dodecahedron, Ellipse, Heptagon, Hexagon, Nonagon, Octagon, Octahedron, Parallelogram, Pentagon, Polygon, Polyhedron, Prism, Pyramid, Quadrilateral, Rectangle, Rhombus, Semicircle, Sphere, Square, Tetrahedron, Trapezium, Triangle.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 99

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

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

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MARIONOWENTRAVEL

Well March has been an interesting month for shipping. **P&O's Britannia** is very tastefully appointed throughout in soothing colours and the cookery club is quite something! Take a look at our blog on line - Lynne was so taken with her experience she has booked herself a cruise later in the year.

Cruise and Maritime's new Magellan is a spacious ship and will appeal to younger couples than the other ships in their fleet. There is plenty of deck space, cabins are large & there is plenty of choice when it comes to entertainment area's including a casino.

Fred Olsen have launched a new brochure with departures through to 2017. There is a great early booking saving where you can book 3 and pay for 2 cruises!

Whit week cruise aboard the 5 star Celebrity Eclipse, 5 nights from just £1100 for 4 guests of any age inc. tips too! Remember with 1st hand knowledge of over 150 ships you can rest assured that we advise you with truth & clarity, we are real cruise specialists!

Special departures, fancy Japan? 3rd May 2016 join our 13 day tour lots included and just £2899 pp twin share.

Burma 14 nights along the Irrawaddy departing March 2017. Hurry the Early booking offer is due to expire.

We were delighted to receive an award from **Titan** this week for being a top performing agency. Thank you to all that have booked with us. They offer a great selection of fully escorted tours for example their Mississippi cruise and stay is a real bargain. You get picked up from your door on all of their tours why not browse the brochure, we have them in stock.

Our own tours: we have added several departures and there are more to come. At the moment I am working on new tours for 2016 with the odd one sneaking in at the end of this year. Elf the musical, I have seen a trailer and it looks fabulous I could not resist adding this one.

Early in March I visited our hotel for the Dutch Christmas Markets (13 Dec) & also our Luxembourg hotel for June next summer and you will not be disappointed. I do carefully select our hotels for location, quality and value for money.

Warner's just for adults if you enjoy the ambiance of a cruise, we can book any date or duration for you to make your own way there plus, we have a selection inclusive of travel. Remember apart from specialising in tailor made world wide holidays we also book all general package holidays. You do not pay anymore, you know exactly who you are handing over your money to, we are honest, upfront and unbiased offering you all tour operators. Also as part of our service when you book at Marion Owen Travel we offer a full range of ancillaries, attraction tickets, insurance, car parking etc. including help with obtaining visa's plus our 24/7 help line. We look forward to booking your next escape where ever in the world it may be remember we can book any holiday for you.

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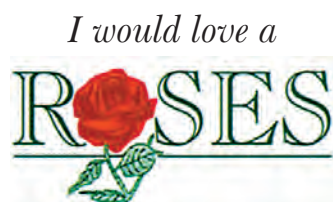
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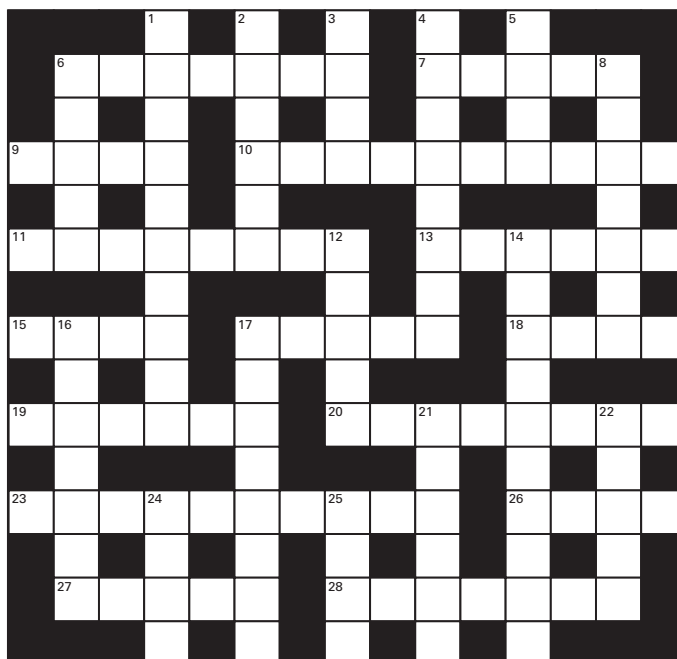
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Crossword – Solution on page 46



Across:

- 6 Bedchamber (7)
- 7 Not behind (5)
- 9 Not new (4)
- 10 One-sided (10)
- 11 Criterion (8)
- 13 Choosing (6)
- 15 Location (4)
- 17 Without advance preparation (5)
- 18 Spouse (4)
- 19 Small talk (6)
- 20 Mild rebuke (8)
- 23 Taking money out of an account (10)
- 26 A slow-witted person (archaic) (4)
- 27 Breed (5)
- 28 Fully ripe (7)

Down:

- 1 Remarkable things or people (10)
- 2 Monetary unit of Slovakia (6)
- 3 Wild African sheep (4)
- 4 Burial tunnel (8)
- 5 Expunge (4)
- 6 Stupefy with infatuation (5)
- 8 Trawl net (7)
- 12 Painful grief (5)
- 14 Senseless behavior (10)
- 16 Piano keys (slang) (7)
- 17 Evident (8)
- 21 Plane drivers (6)
- 22 Flogged (5)
- 24 Cure (4)
- 25 Uterus (4)

Crossword courtesy of www.crosswordpalace.com
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In the Kitchen



Steak and Stilton Pie

Of all the great meat pies in the world, Steak & Stilton. The combination of rich stewing beef, Stilton, and bitter ale makes for a complex and filling Sunday Supper.

The filling and the crust for these pies can be made ahead, then simply assembled and placed in the oven when you're ready to eat. As with any alcohol used for cooking, make sure to use a beer that you want to drink, then serve it alongside the pie at dinner. Mashed potatoes and roasted cauliflower are the perfect sides for these pies.

Ingredients

- Olive oil
- 2 pounds stewing beef
- 2 tablespoons all-purpose flour
- Kosher Salt and Cracked Black Pepper
- 1 onion, finely chopped
- 4 cloves garlic, sliced
- 1 carrot, chopped
- 8 ounces button mushrooms, sliced
- 1 small bunch of thyme
- 1 small bunch of parsley, chopped
- 1 can (12 ounces) dark beer
- 2-3 cups beef stock
- 1/4 pound stilton cheese
- 1 egg, beaten
- 1 recipe pie crust

Method

Heat olive oil in large pot. Toss beef with flour, salt, and pepper, and fry in batches, making sure to not crowd the pan. Once the beef has browned, remove from pan and reserve. Add onion to the pan and cook until beginning to soften, about 5 minutes. Add garlic, carrot and mushrooms and cook until soft, about 7 minutes. Add thyme and parsley then pour over beer and stock. Simmer until the beef is tender, about 30 minutes.

Once the beef is tender, season with salt and pepper and cool to room temperature. Once the stew is cold, crumble Stilton into stew and stir carefully so the Stilton does not break up too much.

Preheat oven to 375°. Divide stew evenly among 4 bowls. Roll out pie crust and brush tops of each bowl with egg. Cut

pie crust so that the tops of each bowl are covered and flaps of dough hang down the sides. Top each bowl with pie crust, brush with egg, and cut steam vents.

Bake until crust is golden brown, about 30 minutes. Serve with mashed potatoes, roasted cauliflower and dark English beer.

Chicken Ham and Leek Pie

Ingredients

- 3 boneless, skinless chicken breasts
- 450ml chicken stock
- 75g butter
- 2 medium leeks, or 3 short fat ones, washed well and sliced into semi-circles
- 2 garlic cloves, crushed
- 50g plain flour
- 200ml milk
- 2-3tbsp white wine
- 150ml (1 small tub) double cream
- 150g thickly carved ham (if you tell the assistant at the deli counter it's for a pie, you should end up with a couple of roughly cm-thick slices)
- sea salt & pepper
- 1 egg, beaten

Method

1. Poach the chicken breasts in the stock for around 15 minutes. Reserve 250ml of the cooking liquor (if you have cup measures, this is near as dammit one cup, which is handy).

2. Melt 25g of the butter in a large saucepan, then add the leeks and fry, stirring, over a low heat for a couple of minutes, until just softened. Add the garlic and cook for another minute, then tip into a small bowl.

3. Return the pan to the heat, and melt the rest of the butter. As soon as it's melted, tip in the flour and cook for half a minute, stirring well. Add the milk a little at a time, stirring to incorporate between each addition. Stir in the wine, then gradually add the stock reserved after cooking the chicken. Bring to a gentle simmer, and stir for 3 minutes, until the sauce is thick and glossy.



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Remove from the heat and stir in the cream, then leave in the pan with the lid on (this stops a skin forming) to cool while you chop the chicken.

4. Preheat the oven to 220°C (180°C fan).

5. Chop the chicken into bite-sized pieces. Remove the fat from the ham, and tear it into chunks. I always ignore the point in any recipe where it tells me the size to chop anything, and just imagine what size ham pieces I'd like to find on my fork, so I will let you do the same.

6. Add the leeks, chicken and ham to the pan with the sauce, and season to taste.

7. Set aside 1/3 of the pastry for the pie lid, and roll the rest out to around the thickness of a £1 coin, and use to line a 23cm round pie dish. Spoon in the filling, which should be slightly cool by now, and brush the edges of the pastry with beaten egg. Roll out the remaining pastry and place on top of the pie, using your fingers or a fork to crimp the edges. Poke a hole in the middle with a knife, trim to a neat circle, overlapping the edge of the dish by a cm or so, and glaze with beaten egg.

9. Put the pie onto a metal baking sheet, place in the preheated oven and bake for around 35 minutes, until the pastry is golden brown.

Chicken Tikka Pie

Ingredients

- 1 cup diced cooked chicken breast
- 1/2 cup diced green bell pepper
- 1/2 cup tikka masala sauce
- 1/4 cup Pizza dough

Method

1. Heat oven to 375°F. Lightly spray cookie sheet with cooking spray.
2. In a 2-quart saucepan, mix chicken, bell pepper and sauce; cook over medium heat, stirring occasionally, until bell pepper is soft.
3. Unroll dough onto cookie sheet. Starting at centre, press out dough to 14x11-inch rectangle; cut into 4 (7x5 1/2-inch) rectangles. Spoon about 1/3 cup filling onto half of each rectangle, spreading to within 1/2 inch of edge. Fold dough in half over filling; press edges firmly with fork to seal.
4. Bake 22 to 25 minutes or until golden brown. Cool 10 minutes.



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Cherry Pie

Ingredients

- Pastry
- 2 cups all-purpose flour
- 1 teaspoon salt
- 2/3 cup plus 2 tablespoons shortening
- 4 to 6 tablespoons cold water
- Filling
- 1 1/3 cups sugar
- 1/2 cup all-purpose flour
- 6 cups sour cherries, pitted
- 2 tablespoons butter or margarine, if desired

Method

1. Heat oven to 425°F. In medium bowl, mix 2 cups flour and the salt. Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).
2. Gather pastry into a ball. Divide pastry in half; shape into 2 rounds. Wrap flattened rounds of pastry in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable.
3. Roll pastry on lightly floured surface, using floured rolling pin, into circle 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths and place in pie plate; or roll pastry loosely around rolling pin and transfer to pie plate. Unfold or unroll pastry and ease into plate, pressing firmly against bottom and side and being careful not to stretch pastry, which will cause it to shrink when baked.
4. In large bowl, mix sugar and 1/2 cup flour. Stir in cherries. Spoon into pastry-lined pie plate. Cut butter into small pieces; sprinkle over cherries. Cover with top pastry that has slits cut in it; seal and flute. Cover edge with 2- to 3-inch strip of foil to prevent excessive browning; remove foil during last 15 minutes of baking.
5. Bake 35 to 45 minutes or until crust is golden brown and juice begins to bubble through slits in crust. Cool on cooling rack at least 2 hours before serving.

If you enjoy a bottle of wine with your pie, see wine recommendations on page 18.

www.cottinghamtimes.co.uk - April 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Pie's the limit!

There is little more satisfying than a slice of delicious, warm pie and whether you are a savoury or a sweet fan, any pie can be enhanced by pairing it with the right choice of wine.

To prove the point, I spoke to the experts behind the International Wine Challenge, the world's most respected blind-tasted wine competition, who helped create a handy pie and wine-matching guide to catapult your pie to flavour heaven.

All of the wines mentioned picked up a medal 2015 International Wine Challenge and will be appearing on supermarket shelves sporting one of the distinctive IWC medal logos. So, it's a case of move over mash, pie has a new partner in crime. Happy eating!

Savoury:

A drop of French Red is the order of the day when serving Steak and Stilton pie. Château Brown 2012 is a blend of Cabernet Sauvignon, Merlot and Petit Verdot, and its fragrant, dark fruits will go perfectly with the strong blue cheese. This silver medal winning wine is available online from Fine and Rare Wines (www.frw.co.uk) for around £14.

Meanwhile, you can team a creamy chicken, ham and leek pie with crisp Chablis for a taste sensation.

Gold medal winner Morrison's Signature Chablis 1er Cru 2012 (RRP £14.99) has refreshing cucumber and green apple notes, and is the perfect partner for this family favourite.

For fans of spice, a German Riesling like gold medal winning Marks & Spencer Stepp Riesling S Kallstadter Saumagen 2013 (RRP £15) goes wonderfully with a spicy Chicken Tikka pie. This fruity wine with delicious pear and peach flavours balances intensity with delicacy, and combines perfectly with an Indian-inspired pie.

A vegetarian treat like goat cheese and roasted vegetable will work wonderfully with a fruity Sauvignon Blanc, and Aldi The Exquisite Collection Private Bin Sauvignon Blanc 2014 is an absolute steal at just £7.99.

This gold medal winning New Zealand Sauvignon Blanc is perfumed with melon, guava, and pink grapefruit and will go beautifully with the saltiness of the goat cheese and the delicate sweetness of the vegetables.

Sweet:

Searching for a partner for a slice of sweet cherry pie? Look no further than ASDA Asti NV. Its delicate sweetness and fresh peachy finish is delicious with tangy cherries and creamy custard. A price tag of just £5.25 makes this silver medal winner even sweeter.

Meanwhile, that perennial family favourite, apple pie, deserves something special like Marks & Spencer Coteaux du Layon Beaulieu 2006 (RRP £17) from the Loire Valley. This deliciously light sweet wine has a smoky caramelised aroma making it the perfect partner for apples. Get your hands on a bottle of this bronze medal winning corker today.

Charles Metcalfe, co-chairman of the International Wine Challenge said: "When it comes to pie, the sky is the limit in terms of fillings and flavour combinations. You can find something to suit any palate.

"The same versatility applies to wine, and this guide is a perfect way to highlight the endless possibility when it comes to wine and food pairing. Whatever your favourite filling, finding the perfect wine to go with it will turn your pie of the day into something truly spectacular."

* Finally, each month, as part of this column, I will pick a number of special "best buy" bargains currently on sale in local supermarkets and wine shops.



BEST BUYS

**Clos de Los Siete, 2012**

Where: Waitrose

When: Now, until April 14

Why: Winning blend of Malbec, Merlot, Cabernet Sauvignon, Syrah and Petit Verdot. Dense, berry fruit with spicy peppery notes, generous and well balanced on the palate with velvety tannins and a smooth finish.

£11.99 Was £15.00

**Vinalba Cabernet Sauvignon, 2013**

Where: Waitrose

When: Now, until April 7

Why: A great choice for Easter, if you're having roast lamb. The palate is rich but elegant, bursting with juicy blackcurrant and damson fruit flavours leading to a smooth, succulent finish.

£7.99 Was £9.99

**Villa Maria Private Bin Sauvignon Blanc, 2014**

Where: Co-op

When: Now, until April 7

Why: Top New Zealand example of this popular wine. It is powerful and juicy, displaying vibrant grapefruit notes. Pair this with fresh pan-fried fish and grilled seasonal vegetables.

£7.49 Was £11.25

**Garden Route Chenin Blanc**

Where: Tesco

When: Now, until May 12

Why: The Garden Route is one of South Africa's most famous attractions, along with glorious wines like this one. Packed with pear and apple flavours, would make a great match with fish cakes.

£5.99 Was £7.99

Residents warned of Bogus callers

Residents across the East Riding are being warned to be on their guard following a number of reports of bogus calls from people claiming to be from East Riding of Yorkshire Council.

The council's trading standards team have been made aware of the calls, in which the caller says they are calling from the local authority before asking questions about the person's address, age and health and if they have a credit card.

The calls have been received by people from across the East Riding but there are a higher number of reports coming from the Beverley and Goole area.

Colin Briggs, trading standards manager at East Riding of Yorkshire Council, said: "These calls are not being made by staff at East Riding of Yorkshire Council and people should be vigilant when answering the telephone, particularly if it is a number they do not recognise.

"The people who have told us about these calls have become suspicious when the person has started asking about credit cards and have rightly ended the phone call.

"Genuine staff from East Riding of Yorkshire Council will readily give their name and contact details for people to verify who they are and where they are from.

"I would remind everyone never to give out any personal details, including bank details, to anyone who they are not 100 per cent sure of their identity."

Anyone who has received a call should report it to Action Fraud on 0300 123 2040 or go to www.actionfraud.police.uk or for advice contact Citizens Advice Consumer Service on 03454 040506 or visit www.adviceguide.org.uk



Flossie Malavialle returns to Swanland Village Hall on Saturday 25th April

Flossie Malavialle, the French singer with the Darlington accent, returns to Swanland Village Hall for her fifth appearance. This time she will be performing at 7.30pm on Saturday 25th April to raise funds for HEART UK, the cholesterol charity.

In the past these events have been a sell-out so be sure to get your tickets early to avoid disappointment – £7.50 adult and £4 accompanied school child - available from Yvonne (01482 634863).

We provide the nibbles - you bring your drinks and glasses.

Law firm offers legal advice clinics to help people understand changes to Inheritance Rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters. In light of major changes to rules surrounding inheritance, even more clinics are planned across the region.

Solicitor Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly as the intestacy rules – the rules concerning the estate of a person who dies without a will - changed on 1st October 2014.

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs."

For more information about the legal advice clinics or to book an appointment, contact: Jo Pearman or Jayne Lowde in confidence on 01482 325242 or email legalclinics@andrewjackson.co.uk

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Vodka . . . for Medicinal purposes?

I am often asked where I get my ideas for the articles. As in the majority of most cases, it is what comes through the surgery door each day but sometimes it is during the very early hours of the morning. It's surprising what you hear, apart from the clicking of keyboard keys, as dawn breaks. Fox clubs playing or a vixen calling her cubs, make the most astounding squawking noise...a bit like a peacock. Foxes! Most owners let their cats out during the day but how many of us let them out at night? I used to until I saw the foxes in my garden. Some say it's a myth that they prey on cats and only go for chickens but now they are becoming increasingly more urban and are no longer afraid of humans. The fox I spotted, was digging in my window boxes whilst looking through the lounge window.... at 7.00 pm! So can we be absolutely sure?

Danger to our pets come in all sorts of guises. Take for instance pesticides. It's the time of year to begin to enjoy our gardens (weather permitting), planting new shrubs, bedding plants and ... laying bait for the little critters who are so intent

on eating what is available....SLUGS! Slug bait is highly toxic and yes, I found that out at an early stage with Teal whilst I was on holiday one year. She ate enough to have killed her within hours but it was the quick thinking of the friend who was looking after her, that saved her life. She was rushed through to our Park Street surgery where the duty vet and nurse were waiting. There she was given the expert knowledge, care and attention which was needed to save her life. There are many dangers that can be avoided like storing the slug bait out of reach and the clear labelling of intentionally lethal items. My friend had done all this but Teal being Teal as well as being the most disruptive and greedy Labrador I have ever come across, it just wasn't enough.

Did you know that flea treatment for dogs can be highly toxic in cats? A sad case I came across a few years ago confirmed this. A lady accidentally applied dog treatment to two of her cats after inadvertently placing them in the wrong packets. Sadly, one of the cats passed away within hours. Miraculously, the other survived but not before going through a distressing spate of convulsions plus a lot of intense treatment and aftercare (thank goodness for Pet Insurance).

It's not the time of year for antifreeze but I am sure we all store the odd can or two in the garage as a dog admitted to out Park Street surgery, had discovered. Rushed in by her panic stricken owners who were unsure of how much she had drank, the team got to work straight away, knowing time was not on their side. She was taken immediately into theatre where the surgeons and nurses induced vomiting which was then inspected, along with her coat, under ultra violet light to see if the antifreeze was visible. On contacting the Poisons Unit based in London, imagine our amazement when one of the main antidotes is VODKA! This was not to be given intravenously (directly into the vein) but a specific measured amount was to be mixed in with her food, numerous times during the day. (Please be aware it can only be given under STRICT MEDICAL supervision). This was going to be one very happy dog! Over the next few days, whilst in intensive care, samples of her blood were taken and tested to see if the antifreeze had begun to progress into her internal organs. Happily, after 3 days in intensive care at KINGSTON, dog and owner were reunited. With the patients taste in fluids having changed, the Vodka will hopefully be kept out of reach.

AND FINALLY..... Baxters progress

As most of you will have read in my past articles, my daughter Kath and her partner Matt's beautiful 9 year old cross Belgium Shepherd, Baxter, underwent a very serious and complicated spinal operation at the beginning of December last year. I am so delighted to say that after a very long confinement with strict cage rest followed by slow short lead walks during February, he is making a remarkable recovery. So much so, he was able to join in on a recent family day out to Whitby along with my dog Teal, my other daughters dog Charlie plus my 3 grandsons. This is something we didn't think we would ever see.

If you have any queries on potential hazards around the house and garden, please do not hesitate to contact any of our KINGSTON surgeries where the staff will be happy to help.

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Continued from page seven

Cottingham Evening Townswomen's Guild

Wednesday 15th April - Head Chef at Chequers for 24 years Alan Lavender, MBE, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Men's de Luda Society

Wednesday 15th April - Jill Crowther - Settlement at the end of the Earth, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Beverley Decorative and Fine Arts Society

Tuesday 15th April - *Caroline Brooke** **Giorgio Vasari's Lives of the Artists: Early Art History - Associate Lecturer at Birkbeck School of Art History. Fact or Fiction?** We meet at the Willerby Manor Hotel (just beyond the Waitrose roundabout), on the third Wednesday morning of each month at 10.30 am. Coffee available from 10.00 am.

Hull and East Riding Glaucoma Group

Wednesday 15th April - The next meeting of the Hull and East Riding Glaucoma Group will take place at HERIB on Wednesday 15th April from 2pm till 3pm, when we are very pleased to welcome David Harris, the Regional Development Officer from the International Glaucoma Association as our guest. As well as giving an insight into how the IGA supports people with glaucoma, through its Sightline service for example, David will be providing us with advice and information about eye drops, and eye conditions such as dry eye syndrome and blepharitis. If time permits, there could also be some reminders about the implications of glaucoma for driving, especially with regard to the DVLA! Join us at HERIB on Wednesday 15th

April at 2pm for what promises to be a very informative session. We look forward to seeing you. Entry is £1.50 per person. For more information and to book your place, please call HERIB on 01482 342 297.

Diabetes UK

Thursday 16th April - Collective Legal Solutions, Tax Care and Toy Boys, Mr. P. Woods). 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 16th April - Christine Brown (Conservation Manager Hull History Centre) "Who Cares? . . I Do!", the work of an archive conservator, in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

Cottingham Methodist Church

Thursday 16th April - Musical Memories from 1.45pm to 3.15pm. Do you live alone, are you a carer and looking for an opportunity to meet with other people or do you just fancy an opportunity to sing your favourite songs. We are offering an afternoon where you can come along and sing your old time favourites.

The Inland Waterways Association

Friday 17th April - The South Pennine Ring. An illustrated presentation by Iain Campbell, at 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

Continued on page 30



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The Gillettes are a 3 piece band playing the best that motown has to offer. We are also doing complimentary pie and peas with your ticket and finishing the night off with a disco.

Tickets are £5.00 or it's £6.00 on the door.



“The Tooth and Nothing but The Tooth”

by

Chris ‘Dr. Smile Maker’
Branfield

Toothaches, Face-aches and Migraines Fighting Back

Hello again. Hope all is well with you. My training to get fit enough to climb Mount Toubkal in May for Charity is well under way. 2 Back to back spinning classes last night. Phew, that is a right sweaty affair.

The Force Is With You While You Sleep

I do like Star wars. Last time I banged on a bit about how clenching and grinding teeth can cause toothache, and face ache and contribute head, neck and shoulder pain.

Well, when you are asleep you can apply up to 20 times more clenching force than when you are awake. Now that is a lot of force! No wonder muscles can spasm and teeth ache and get sensitive and wear down.



So What Causes It Then?

We don't really know. Some people are just wired up that way to be clenchers/grinders and have done it all their lives. Others do it from time to time and it is often stress induced. It can be just having a lot going on, life-changes and difficult times. Some people don't recognise being stressed but it can get under your skin and sneak up on you as it may not be just one thing but several little things going on that add up and play on your subconscious.

What Can We Do Then?

There are a few strategies to try from rest regime and massage, hypnotherapy, antidepressants/muscle relaxants, Low Level Laser Therapy to Occlusal splints. Occlusal what? These are a none invasive dentistry type of physiotherapy option that work very well.

Occlusal Splints

We've used all types of splints over the years. Some are like a soft gum shield. Some are similar but in hard acrylic. These ones take quite a time to adjust to get right over several visits as the jaw muscles relax and the jaw changes position. They are a bit bulky and cost quite a bit to make and get right. The Michigan Splint (pictured above) and the Tanner Appliance are examples of this. They can be a bit of a gob stopper to wear at night.



Nociceptive Trigeminal Inhibition Tension Suppression System

NTI tss for short, thank goodness. Now this little bit of kit is what we use mainly now as it is small so more comfortable and is done in a single visit so is very cost effective. The name has since been changed to **SCI** (Sleep Clench Inhibitor). I wonder why?



Anyway the results we get with these are great.

How Come?

Well, when the back teeth meet the clenching muscles can really firm and go for it. When the back teeth are separated and can only clench on the front teeth the muscle activity is reduced by about 65%. This allows the muscles to relax and stop aching and the back teeth to stop taking a pounding. People tend to get on better with three as they only cover the front few teeth so they get worn instead of just being put in a drawer! Once symptoms get better you can leave it out and just wear it at night when you feel you need it. If tooth wear is a problem or you have a lot of dental restorations to protect then maybe every night is best.

Off to a course on Cone Beam CT Scans and Laser Scanners to take virtual impressions next week. There's always something for a dental anorak.

Until next time. Take care and be good.

Chris



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Property News from Martin English of Homelink

Raising the Rent

How do I raise the rent on a rental property?

This answer will depend on the terms of the tenancy agreement the landlord has put in place with their tenant. Rental property can be let under a fixed tenancy or a periodic tenancy.

Raising the rent on a fixed tenancy

In the majority of these fixed term tenancies a landlord will opt for a 6 month tenancy although it can be longer. During the period of this fixed term a landlord cannot put up the rent, unless the tenancy agreement makes specific provisions to allow for it. These specific provisions may be by way of an escalator clause for instance, by stating that the rent will go up by inflation after six months. However, these are rare, and the vast majority of landlords avoid such inflexible and prescriptive clauses. Therefore, a landlord is not able to raise the rent until the end of the fixed term of the tenancy, at which point they are free to review the rent and decide whether to re-let to their tenant.

Raising the rent is a decision that a landlord should consider carefully. My advice is to avoid upsetting tenants, and there is no better way to wind up a tenant than introduce the idea of rise in their rent. At the same time, if a landlord judges that the prevailing rental market conditions strongly support a rise in the rent, then the proposition shouldn't be discarded. This is business after all, and if the rental market indicates that the rent should be higher, then a rise might be in order.

If a landlord decides to opt to re-let to the existing tenant then raising the rent is relatively easy as all they need to do is create a new assured shorthold tenancy agreement with the new agreed increased rental figure included.

Simply put, to increase rent, a landlord needs to issue a new tenancy agreement.

Raising the rent on a periodic tenancy

If the rental property is let under a periodic tenancy things are different. Under these types of tenancies there is no specific end date. The most common type of periodic tenancy, is a *statutory periodic tenancy*.

The statutory periodic tenancy comes about when a fixed term tenancy lapses. In the case of periodic tenancies, increasing the rent is slightly more complicated because the landlord will need to go through the formal procedure as set out in section 13 of the Housing Act 1988.

If a landlord wants to increase the rent and intends to keep the tenancy on a statutory periodic tenancy, they can use the special form titled Landlord's notice proposing a new rent under an Assured Periodic Tenancy or Agricultural Occupancy, sometimes known as a section 13 notice.

The section 13 notice form allows a landlord to propose a rent increase as soon as the statutory tenancy begins. The Landlord can then only propose further rent increases at yearly intervals, after the first increase.

Potential snags with raising rents

There are a number of potential snags for landlords when raising the rent, not least, scaring away perfectly good tenants, who may not like the idea of an increase in their rent or simply can't afford it.

Unless the landlord is happy to lose these existing tenants, they need to be confident they will be ready to accept a higher rent. Losing a tenant because of a rise in the rent can be costly, both financially and in time. Finding new tenants involve the work and expense of advertising, re-letting and potentially a protracted rental void period. This loss in rent can often outweigh any financial benefits of a rise in the rent.

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

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

This month his destination is Hunmanby

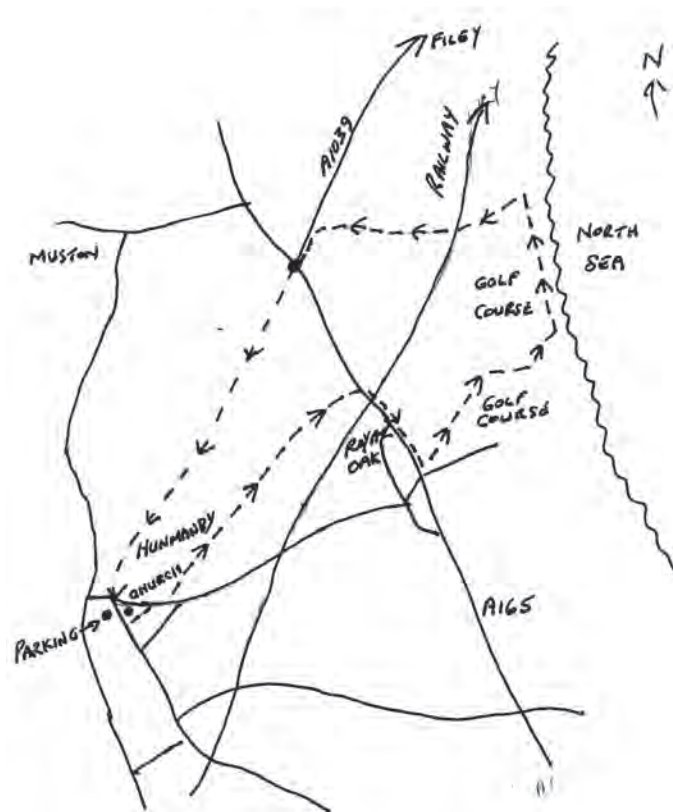
The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Map:- EXPLORER 301

Start at GR. TA095775 Car Park opposite Church.

Distance 6.0 Miles.

From the car park, cross the main road and walk down a footpath keeping the church on the left. On reaching the road, turn right and shortly after passing the Community Centre on the left, turn left down a surfaced lane shortly passing Hunmanby Primary School. Within a few metres veer left onto a footpath. When reaching the next road, cross straight over



and walk down a grassy path. Pass through a kissing gate and continue on the enclosed footpath. Pass through a kissing gate and enter a field and then immediately turn right and cross a footbridge and then walk diagonally across the field. Pass through a kissing gate and enter the next field and continue on the same line to a gap in the hedge and continue across the next field in the same line. Cross a stile into another field and again continue straight ahead.

On reaching the corner of the field, enter the next field and walk with the fence on the left which eventually becomes a sparse hedge and eventually pass through a large gate and emerge on the main A165 road. Cross the road with care and turn right and walk along the footpath crossing Royal Oak level crossing. Continue on this footpath until about 100 metres from Primrose Valley cross roads when locate a way marker on the left signed Fowthorpe Lane and turn left shortly passing through a gate and follow the tree lined path with the Golf Course to the right.

At the end of the path, emerge onto the Golf Course and cross the Fairways using a solitary tree as a guide. Pass the tree and continue in the same direction to a gap in the fence. Pass through the fence and turn left and follow the path descending various steps. On reaching the bottom of the valley, ignore the footbridge on the right but veer to the left and ascend various flights of steps (with some descents). On reaching the top of the hill, veer to the left and emerge on the cliff tops with magnificent views of Filey to the north and Reighton and Bempton cliffs to the south east.

Follow the coastal path towards Filey until the end of the Golf Course when turn left and head inland. Follow this path and pass across the entrance to the Filey Golf Club. Continue straight ahead passing the Club House on the left, cross the railway line by the bridge and pass the Caravan Park on the right. On emerging on the Caravan Park access road, follow this to meet the main road and turn left. Cross the A165 at the roundabout and pass through a metal gate and walk down the farm track with the hedge on the left. Cross two stiles and pass through a kissing gate in a hedge to emerge on a track. Continue straight ahead and back into Hunmanby.

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March has been quite cool but now the daffodils and crocuses should be in full bloom. With these gorgeous, showy spring displays it's time to start thinking about the summer. There's something to do in the garden whether it's planting, pruning or tidying up – have a literal spring clean in the garden.

When the inevitable April showers stop you from getting into your beds and borders, why not give your greenhouse a clean. Use warm, soapy water on the glass to get rid of pests and diseases, and let more light in.

Now is also the perfect time, if you haven't already, to repair any damage to your lawn. The wet weather will help the grass seeds and fertilisers penetrate your lawn fully. We have a great range for your lawn in the garden centre this month to suit gardens of all sizes, including GroSure Fast Acting Lawn Seed and Aftercut 3 Day Green Lawn Feed. A high-nitrogen fertiliser will give your lawn a boost to start the growing season.

Hoe your borders, getting rid of the weeds before they take over and apply mulch before the herbaceous growth blocks your view. Improve your soil as well if you haven't already. Use your own compost, organic manure enriched composts or soil conditioner to pep up your soil ready for the growing season. Once the weather begins to warm up add a general-purpose fertiliser to load your soil full of much needed nutrients.

There are plenty of new products and offers in the garden centre this month to help you get your garden looking its best. Visit us soon or take a peek on our website.

This spring and summer get the kids in the garden with some great 'Grow Your Own' projects. Gardening projects can be fun, creative and educational all at the same time.



Plant Sweet Peas

Sweet Peas are perfect for children to grow; they are an easy plant for beginners, grow quickly and can produce a tonne of pretty and fragrant flowers.

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10 Jobs for this month

1. Feed citrus plants.
2. Increase the water given to houseplants.
3. Feed shrubs and roses.
4. Divide bamboos and waterlilies.
5. Protect fruit blossom from late frosts.
6. Sow hardy annuals and herb seeds.
7. Tie in climbing and rambling roses.
8. Sow new lawns or repair bare patches.
9. Prune fig trees.
10. Plant summer flowering bulbs in beds, borders and containers.



Plant Sunflower Seeds

See how high you can grow your sunflower by planting a selection of sunflower varieties in your garden. Stake them to hold them upright and watch them grow and grow. Sunflowers are another plant that is quick and easy to grow with kids.

Plant them in different spots in the garden with varying levels of sun and see which grows best. This is a great way to teach children the importance of sunlight for plants.

Create a Vegetable Patch

Growing vegetables is a great way to show kids where food comes from. It's also an exciting project with delicious rewards at the end. Tomatoes, cucumbers, broad beans and peas are ideal if you are a beginner too. They can either be grown outside, in a greenhouse, in growbags or in a growhouse if you have little room.

Get a bit more adventurous by planting carrots.

Fill a Container with Sensory Plants

Young children love plants that stimulate the senses – pick out a selection of plants with them and have fun filling a border or container. There's a wide selection of seeds and plants in our Planteria. Choose plants for each sense. Ornamental grasses rustle in the wind for sound and there is a large selection of plants with fragrant flowers and leaves for smell. Aromatic herbs for taste, brightly coloured flowers for sight and plants with soft or rough leaves for touch. Plants that stimulate the senses can benefit children with sensory impairments and special needs as it encourage them to explore and enjoy the garden.

Try Heuchera 'Chocolate Ruffles' and Marigolds for bright colours, bamboo Nigella Damascena for sound, Silver Sage and Sempervivum for touch, Chocolate Cosmos and Sweet Peas for smell, Rosemary and Chives for taste. Explore our Planteria to discover more plants to create your sensory garden or container.



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Your Stars for April 2015

By Kay Gower

Aries (Mar. 21- April 20)

This month you have to decide between the old and familiar or new opportunities. Don't turn to others for advice, make this decision on your own.

Taurus (Apr. 21- May 21)

You usually take your time making decisions – but not this month. April will be a rollercoaster ride with the 11th and 14th being key dates which may leave a lasting memory.

Gemini (May 22-June 21)

You are quick witted enough to turn a situation to your advantage. Something that has been hidden from you comes to light and helps you put some pieces of a puzzle together.

Cancer (June 22-July 22)

For too long now something in your life has been static. Accept new opportunities during April, and turn a few things upside down. The planets send you an energy injection - this will help to put your dreams into action.

Leo (July 23-Aug 22)

Too much nervous energy is running through your body, by month end it will wear you out. Find the source of the tension and deal with it. Don't leave it until you're swinging yourself over the edge of a cliff to realise that you don't have any rope.

Virgo (Aug 22 – Sept. 23)

Big changes are in the air, and your success will attract some new people into your life. Most of them will be good for you....but do choose new friends wisely.

Libra (Sept. 24 -Oct. 23)

If someone insists on making your life difficult then it might be time to fight fire with fire. Playing dirty doesn't come naturally to you – but you're about to become a fast learner.

Scorpio (Oct. 24 - Nov. 22)

Making a snap judgment about how someone is feeling should be avoided – don't assume. Talk everything out.

Sagittarius (Nov. 23 -Dec. 21)

Planetary activity is playing havoc in your chart. April may see you beginning to loosen the bonds of some friendships or activities. Something is coming to an end so let it. You are on the brink of a new and exciting phase.

Capricorn (Dec 22.- Jan. 20)

Don't push yourself too hard this month, wait and gather your strength. Your time is coming, and soon you will see the light at the end of a tunnel. This is a good time for property transactions.

Aquarius (Jan. 21.- Feb. 19)

Even a tiny piece of fabulous news is still fabulous news! Accept every little bit of good that is coming down the pipe for you this month – it's a sign of even better things to come.

Pisces (Feb. 20-Mar. 20)

What takes place around the 17th of the month will spur you into a frenzy of activity. Just remember Pisces, that before any type of activity – be it physical or mental, it's always best to do a warm up first.

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Carl Bevan of Skidby completes his fourth trek for Diabetes UK and has raised over £250,000

I went to Kenya in February this year with 18 colleagues, two guides and 45 porters to climb Africa's 2nd highest mountain Mt. Kenya. I organised the trek which is the 4th I have now organised, which is part of a plan to raise £1M for charity. The inspiration for this was for a well known Little Weighton resident, Andrew Swindlehurst (Drew) who sadly died of cancer just over three years ago, and with whom I played cricket with at Skidby Cricket Club. The four treks after costs have now raised over £250,000, with most of the money going to Cancer Research UK and Diabetes UK. There are many people in Skidby and Cottingham who have given support through attending barn dances, quiz nights, talks I have given in the Village Hall, or by having a go on numerous scratch cards and generously donating for which I am hugely grateful.

This was another amazing experience and I feel very fortunate to have again been able to see the wonders of East Africa and Kenya's Mt. Kenya National Park.

The trek itself was six days long and we climbed up to just short of 5,000 metres, with all my colleagues enduring the challenges of high altitude. I seem to have become used to the symptoms of headaches, nausea and sleeplessness and recognise that this is just part of being high in the mountains.

However, to see the beautiful and varied flora and fauna was a joy and the views across the plains of Africa spectacular, and any suffering through the trek more than making up for it. We ate well needing to make up the 6,000 calories used daily on the trek and enjoyed porridge, soups, goat curry and stews and enjoyed the company of the porters and their singing when morale was flagging when the going got tough.

The landscape was spectacular with deep gorges and shining lakes and we walked through forest, moorland and up steep scree slopes ahead of summit night. Summit night started in the early hours of the morning which gave us time to be on the summit as the sun rose above the clouds, allowing us views some 200 miles away to Kilimanjaro across the border to Tanzania. We had the mountain nearly all to ourselves which is very different to when climbing to Everest Base Camp, or on Kilimanjaro and to be surrounded by such beauty made me feel very humble.

The warmth of the people and the wonder of the landscape made for another memorable trek, and I am so lucky that my tolerant wife understands my passion for raising money for charity and making the memory of Drew live on. I would encourage all to experience an overseas trek such as Mount Kenya and share in the wonders that our beautiful planet has for us to go and explore!

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Sudoku Answer from page 12

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

www.cottinghamtimes.co.uk - April 29

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Continued from page 21

Skidby Village Hall

Sunday 19th April - Skidby Garage Sale - 9.00 am - 1.00 pm - teas, coffees & cakes at the Village Hall. Ring 849128 for details or to register your garage.

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

Tuesday 21st April - Speaker: Corinne Young, "My Life in Stitches" Meetings are held at the St. Johns Church, Newland Avenue, off Clough 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.

Cottingham Methodist Church

Friday 24th April - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ices and chocolate on sale.

Cottingham Methodist Church

Saturday 25th April - at 7.30pm Cottingham Methodist Church is hosting an Evening Celebration Concert with the Paul Poulton Project with guests. A retiring collection will be taken to cover costs. All welcome. Details Tel No: 847164.

East Riding Flower Club

Monday 27th April - Sue Spencer from Rotherham who is giving a floral demonstration called 'Rhapsody of Flowers' in the Civic Hall at 2.00 pm. Entry £5.00 at the door (for visitors). There will be a plant stall. Visitors and new members always welcome. Contact 876279 Judith Robinson.

Wednesday Social Club

Wednesday 28th April - Speaker: Ms Ward, - Recycling, in the Darby & Joan Hall, at 2.00 pm.

Cottingham Men's de Luda Society

Wednesday 29th April - Clive Richardson - Less We Forget, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Cottingham Ladies Circle

Wednesday 29th April - Mr. D. Trevisse to give a talk entitled "Fun, Fact & Fantasy", in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Maureen Hunter Singers concerts

Friday 1st, Saturday 2nd May (7.30 p.m.) and Sunday 3rd May (3.00 p.m.) - 'Voices in Spring' concerts at Bricknell Avenue Methodist Church, Hull. Tickets £7.50 (including interval refreshments) from Mrs. Sue Helliwell - 01482-641229.

North Ferriby Gardening Club

Thursday 14th May - are holding a demonstration at North Ferriby Village Hall by **Jonathan Moseley** on Thursday, 14th May, 2015 at 7.00 pm for 7.30 pm. This is an Open Meeting and all are welcome Tickets are £10 and can be obtained from Margaret Hobson Tel: 01482 634114 preferably after 4 pm. Jonathan is a well known Flower Arranger and is Florist to Chatsworth House and is appearing as a Judge on the BBC 2 programme "Allotment Challenge".

The Arterian Singers

Saturday 16th May - (Musical Director: Julian Savory) are holding a concert featuring "Captain Noah and his Floating Zoo" by Michael Flanders and Joseph Horowitz and "Benedicite" by Andrew Carter. The concert includes other items celebrating the natural world. We are performing at Trinity Methodist Church, Cottingham Road, on Saturday 16th May 2015 at 7:30 pm. Admission £5 including refreshments.

The deadline for entries in the May "What's On" section, is the 18th April.

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Award for longest serving school crossing patrol

A school crossing patrol from Cottingham has won an award for being the longest serving 'lollipop lady' in the Yorkshire region.

Margaret Cattle, 67, has clocked up exactly 43 years of helping children across the same stretch of busy Southwood Road in Cottingham.

She was presented with a special badge and a bottle of champagne to mark her achievement by Keltic Clothing, which supplies East Riding of Yorkshire Council with school crossing patrol uniforms, at a ceremony at County Hall, Beverley.

Mrs Cattle celebrated her award by giving out lollipops to some of the pupils of Bacon Garth, Westfield, Hallgate primary

schools, and Cottingham High School, who regularly use her crossing.

Mrs Cattle said: "I've carried on doing the job because I love the children, and I've met so many nice people over the years.

"Most of the children who cross now, I've shown their mums and dads and even their grandparents across when they were young, so I know all the family.

"I've seen my own grandchildren across the road too. They are aged 25, 23, 16, 7 and 3. I was going to give up when some of them left school, but I've just carried on because I love it."

She first started the job in 1972, sharing the role with one of her neighbours, in order to pay for her driving lessons. But after passing her driving test, she decided she liked the job so much she carried on.

Mrs Cattle has also previously won East Riding of Yorkshire Council's Chairman's Commendation and Unsung Hero awards for her dedication to duty.

The school crossing patrol awards run by Keltic Clothing, based in Walsall, recognise the commitment and hard work put in by 'lollipop' men and women across the country.

Laura Mellett, account supervisor at Keltic Clothing, presented Mrs Cattle with her award, and said: "It's such a fantastic achievement. We're happy to be involved and see someone get recognised for such a big contribution."

From left: Laura Mellett, account supervisor for Keltic Clothing, Margaret Cattle, award-winning school crossing patrol, Cllr Stephen Parnaby OBE, leader of the council, and Louise Murcott, account supervisor for Keltic Clothing.

They are holding special school crossing patrol cupcakes provided for the occasion by Keltic Clothing.

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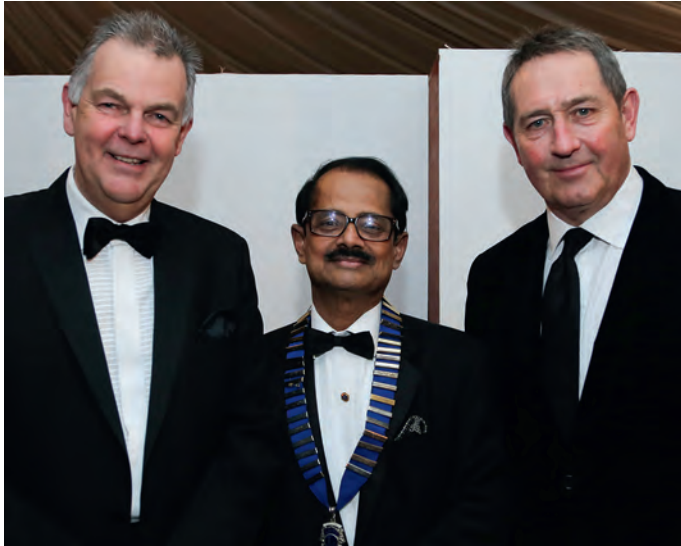
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Have you thought of joining the Haltemprice Lions as a member?

We are a charitable organisation supporting local, national and international causes. Recently the Haltemprice Lions members have organised Band Concerts, Craft Fairs, a Sportsmen's dinner – all to raise funds.

We have performed service activities to help local people and donated to other groups for instance, the Hessle Scout Group, a Walkington project to help disabled people, and service activities to help the blind etc.

Apart from our fundraising and service activities we have a

programme of regular social activities. If you are interested to learn more please use the above contact.

Pictured above: "Haltemprice Lions President, Dr. Neel Kamal with the two guest speakers, Geoff Miller and Graham Gooch." at the recent dinner held at Lazaats.



"With Cruel Times in Between" a production by Theatre Newfoundland Labrador on Saturday 2nd May

Swanland Village Hall will play host to on Saturday May 2nd to Theatre Newfoundland Labrador's production of "With Cruel Times in Between" - a lyrical and beautiful portrayal of Newfoundland culture as painted by the rhythmic writings of one of Newfoundland's most beloved poets, Al Pittman.

Using selections from his poems, prose, songs and plays, the performers demonstrate the culture of island life, threatened by technology, but remaining as true to the spirit as to the salt in the breeze of Newfoundland.

Tickets cost £8.50 (£7.50 SVA members if paid in advance); £4 school children; £20 family (2 SVA members + 2 children) and are available from Yvonne on 01482 634863



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

www.instinctivehorsetraining.co.uk

Spring YEAH! but separation anxiety...NO!

This is one of the best times of the year for people who work outside. The land starts to dry up and the ravages of its wear and tear through the winter months can start to be addressed. Hence all the farmers and yard owners are committed to sitting on their tractors chain harrowing their grasses and ordering the fertilizer ready for just a little warmer weather for spreading.

It is a time of rejuvenation when the dark days become lighter and longer. Just this one thing lifts spirits after the miserable gloom that is our winters. It is the time when farm animals produce their offspring. No one could fail to gain pleasure from watching young lambs frolicking and leaping about as they explore their new world and bond with other lambs in the flock. Mares are producing foals and cows are calving their calves and nature starts to push up new growth everywhere. I always feel better when the Cherry trees start to flower for the promise it brings.

Animal lovers get pleasure from watching young animals play. The play in its own right could well be early learning in innate skills needed for survival. Kittens learn to pounce and roll their toys in preparation for hunting. Puppies learn to bark alongside all the rushing about and endless chewing as their teeth grow through their gums. Dogs need a strong jaw to survive in the wild so these behaviours are as innate as breathing. Despite the fact that our family pets are not "wild", the behaviours they practice and hone to perfection are still as old as the hills because deep inside them all lives a wild animal.

We domesticate our animals as we need. Simply for one example we could look at cows. Milk breed cows are obviously bred for milk production which means humans have close contact day in, day out. They are placid in nature and become very calm in our presence. Meat breed cows are not handled in the same way or with the same frequency so stay wild at heart with very pure defence/survival behaviours and as such are more dangerous. Humans will approach both groups with different attitudes.

Pets are for loving, for companionship and for partnership....whether it be a dog, cat, hamster or Budgie....it matters not. Each species has its own species specific innate behaviours and basic welfare needs. When you choose a pet you have to be in-tune with what is needed to provide the correct diet, training, environment and enrichment for its basic welfare needs to be met and for setting up the path to mutual pleasure in life. Sadly there are still humans who don't get this simple fact which very often leads to great suffering. Neglect and aggression, frustration and abandonment issues.

Horses are for pleasure riding as a rule, which may take a myriad of directions depending on the specific owner's aims in ownership of this species. As all foals are born as wild as the wind it is imperative that quiet, calm and kind handling is done from the start. The more handling a young foal gets the better able it is later on in life to accept the world it will finish up in as a mature horse. Care must be taken not to invade the bonding between Dam and her foal. This is integral for them both, we



should come in as a harmony not a threat. Mares will aggress to protect their young just like any other breed or species of animal, including us. I became a lioness when my son was placed in my arms for the first time! I didn't want anyone else to touch him. We go through all the same emotions as any other mother/inter species.

There is more trouble to be had from animals who never learned to bond properly. Young taken away from their mothers too early can cause huge emotional disturbance and be a negative influence inside its head for all the rest of its life. It is something we see very often in ex race horses in for re training. Because those horses did not get the time to be a young horse within a herd for its first 3 years, they can be off the scale in emotional fragility when the racing industry throws them out. Its affects every single thing we do with them and every decision we make. Most are found to be impossible to be left on their own at all because they have been so conditioned from 18 months old to be stabled singularly, ridden and raced and kept away from any proper herd integration. Most horses in training do not get group turn out so never learn that it is okay to be with and okay to be without the company of others.

Separation anxiety is by far the worst emotional state for any animal and is seen in dogs very frequently too. When the owners leave their dogs in the house by itself for whatever reason it could howl and bark for hours, destroy furniture and carpets and empty bins and may be so distressed that it will urinate or defecate all over the house. Sadly, when the all-important owner comes home, that desperate animal is then punished with hand and voice for the end result of separation anxiety behaviour.

There is so much help out there for owners of any species of pet who suffer from this. Training, enrichment of its environment and understanding the absolute science of why it does what it does. Armed with all this information and the support of an expert in that field will give you the tools so that slowly huge differences can be made. Punishing such stress, because of your anger or frustration, is absolutely the wrong thing to do and simply destroys that animals emotions even more.

Any good trainer will be absolutely understanding of your frustrations so they will be best able to help you to help yourself and your pet.... so choose your species specific expert with care. If they choose force, pain and punishment as a training tool then leave immediately or don't go there in the first place. Positive reward, Clicker training and science based knowledge is absolutely the way to go. Correction/physical punishment training simply does not work.

Your animal will decide if the training is working because successful outcome is a calm, happy, trainable and emotionally stable animal:- who sees you as a safe place to be not as an aversive to be feared and sees the world around it as a safe, happy place to live.



Left: Happy Lucy dog displaying natural behaviour

Above: Jean with her old mare Stella. Jean owned this old mare for all of her life and they had the most wonderful bond. Sadly Stella died a few weeks ago leaving Jean shattered.....but this picture says it all.



April - A Month of Change Ahead

Externally a complete change; removing the accumulation of old telephone and aerial cables before cleaning and painting the walls, together with the fitting of new signage and lighting has changed the appearance and brightened up the outside of the Half Moon. Any change takes time to assimilate but I hope you all like the new look. It has certainly highlighted the need to finish the internal decoration started last year (painting is an art form not to be rushed!!) particularly the entrance lobby. (A few more late nights with a paint brush I'm afraid Steve!)

Along with the landscape improvements gradually being made to the outside grassed areas and the paved beer garden we're looking forward to a great summer.

April will also see changes to our team headed by Sam who is leaving to start a new challenge and will be greatly missed, not least for her amazing ability to remember everything I've forgotten and keeping me on the straight and narrow, thank you Sam for all you've done and my best wishes for the future. Shaun, who I mentioned last month has by now left for Norfolk but we are very fortunate to have recruited an excellent new young chef, Rob, as second chef in Nick's kitchen team. We also welcome Jo as a new member of our front of house team and Laura returns from University for the holiday period.

Changes to our menu is planned for the first week of April with some alterations to our winter menu while adding a range of salads and sandwich options together with some delicious lighter puddings to tempt your taste buds. In addition we will be altering our food availability hours at weekends, (did I tell the kitchen staff? or will I have to blame yet another senior moment) we will be open for food continuously from noon through until 8.30pm on Saturdays and noon through until 7.30pm on Sundays. Week days will remain the same at 12.00 - 2.30 and 5.00 - 7.30.

The changes we made last month to our food prep area and cellar were completed on time and I am delighted with them. Besides having a better environment to work in, the only real change to be faced is that the washing of plates and cutlery will come out of the kitchen and become a "front of house" responsibility. (now that's what I call a challenge!!!) have I told anyone about that?

Managing change is always a challenge so I hope I manage to get through April without "too many grey hairs", although that's a saying that may be a little late in life for me to use!!

Thanks to everyone for their continued support as always

Cheers, Mike

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Cottingham Little Theatre



Cottingham Little Theatre Presents ~

LADIES DAY

By Amanda Whittington

This is an amateur production by arrangement with Nick Hern Books.

Directed for Cottingham Little Theatre by our own Rachel White.

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This is a play of truth and tenderness and the kind of unbreakable friendships that can even trump Lady Luck!

From the Director who brought you the magical 'A Christmas Carol', Rachel White has backed another winner with this funny and delicately poignant comedy.

The performance dates are :

**Wednesday 6th May
Thursday 7th May
Friday 8th May
Saturday 9th May**

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 (concessions £6.00) and will be available from Barkers Newsagents, Hallgate, Cottingham, from Wednesday 8th April or contact our ticket secretary on 841030.

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Haltemprice Art Group's Annual Exhibition to be held in the Cottingham Civic Hall from Thursday 23rd to Saturday 25th April

The exhibition will be officially opened and prizes presented, on the evening of Wednesday 22nd April at 7.30pm, by the Chairman of the East Riding of Yorkshire Council, Councillor Patricia O'Neil. The adjudicator for this year's exhibition will be Shirley Goodsell.

The exhibition will be open to the public for the official opening and from 10.00 am - 5.00 pm Thursday 23rd and Friday 24th April. Then 10.00 am until it closes at 4.00 pm on the afternoon of Saturday 25th April.

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

In addition to the main exhibition and following on from last year's section entitled "Cottingham Life"

We hope to include, a display of unframed pictures entitled "Around the area." These will be very reasonably priced and will cover: - small businesses, local landmarks, and other local events and scenes.

Successful Westfield school Fairtrade coffee morning

The Fairtrade coffee morning, on Saturday 28th February, began at 9.30 am exactly, which was when the helpers arrived at the Methodist church. The helpers were pupils from Westfield school, a Fairtrade school, to be exact. The helpers were given stalls to run and they learnt the prices for them. There were many different stalls which were individual in their own way but all for the same cause, Fairtrade.

The money that the coffee morning raised all went to the farmers in the marginal countries of the world. The farmers that the money is going to don't have the things that we have today like clean water, food, ambulances and medicine. By running this stall, a penny or a pound is going to those less fortunate people in marginalised countries.

At 10:00 am the customers started arriving, the admission price was 70p but there was a stall at the entrance, so even if you didn't enter the main area you still could buy from a stall without paying 70p for entry. But if you did pay the 70p then you would get a free coffee, tea or other drinks completely free of charge. There were lots of different stalls including a tuck shop, school uniform for Westfield, bun stall and a donation area where you could donate your old bikes and they would be sent to Ghana, via the Avenues Bicycle Project, for people who have to walk miles to various places.

The bun stall was the most popular and we were pleased with that outcome because every bun and biscuit was Fairtrade inside and out. Lots of items were one of a kind, and were very popular buying-wise. One of the pupils of Westfield called Abigail quoted, "I'm really glad people are trying to help the Fairtrade farmers; were you at the coffee morning?"

More people than we thought turned up and thanks to this we raised about £200 for less fortunate people of the world. We were delighted at the turnout and thanks to you people all over the world are happier than ever. Just remember FAIRTRADE = you could make the difference.

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Irene Cheers wins Bronze Medal at the 2015 World Lawn Bowls Championships for the Disable in New Zealand

Paralympic. Gold Medallist and World Champion Irene Cheer has recently returned from Wellington, New Zealand, after taking part in the 2015 World Lawn Bowls Championships for the Disabled.

Irene won a Bronze Medal in the Ladies Singles, playing eight matches in all (mixed pairs).

Eleven countries took part, England sent a squad of 25, 12 players plus helpers and team manager Mo Monkland. England

came third overall, with a medal tally of one gold, three silver and four bronze.

Irene would like to thank members of Low Hutt & NaeNae Lawn Bowls club for all their help and a great tournament.



By popular request "Philomena" starring Judi Dench to be shown at Swanland Screen

As a result of many request, this month's film showing at Swanland Screen will be "Philomena" starring Judi Dench and Steve Coogan. As usual the film will be shown in Swanland Village Hall at 7.30pm on the third Saturday of the month, which is 18th April, so mark it on your calendars now.

Tickets (at the door) cost £4. The Guardian critic wrote of this film, "Philomena is one of those unusual movies it's hard to imagine anyone not enjoying. It doesn't preach or patronise."

For further details call Yvonne on 01482 634863 or see www.swanlandvillagehall.info/future-events.htm

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Trading Standards team tackle junk mail scams

East Riding of Yorkshire Council's Trading Standards team are taking part in a national scheme to disrupt the junk mail scams which con people out of their money.

As part of a two-pronged attack, the team are working alongside the National Trading Standards scams team to identify victims on a local level while they target the criminals on a national level.

Postal scams come in many forms – they could be fake lotteries, prize draws, bogus health cures, dodgy investment schemes, pyramid selling, letters from clairvoyants and psychics warning of dire consequences unless a fee is paid.

The national scams team work to intercept the completed forms, some of which still have the cash or cheques attached to them, and pass them on to local trading standards officers who will visit the person involved.

Since the start of 2015, 73 people across the East Riding have had visits from local officers, who speak to the victim in their home to give help and advice so they don't fall into the same trap again.

Councillor Jackie Cracknell, portfolio holder for community involvement and performance at East Riding of Yorkshire Council, said: "It is often very difficult to persuade vulnerable,

often elderly or lonely individuals, that letters telling them they have won large sums of money are scams.

"Some people are embarrassed about what they have done but what they don't realise is that by filling in just one form with their personal details they are added to a list which can be sold on to other criminals who will continue to send scams through the post.

"It is incredibly difficult to get names removed from this list but the fact our trading standards team are able to contact the victims directly and in some cases hand back the money, they can give them advice and support which should help to break the cycle."

Colin Briggs, trading standards manager at East Riding of Yorkshire Council, said: "The victims we have already visited so far this year is just the tip of the iceberg. The more coupons and forms people fill in, the more junk mail scams they will get sent.

"I would urge anyone who does get junk mail not to open it but put it straight in their blue recycling bin or destroy it."

To report a scam, contact Action Fraud on 0300 123 2040, go to www.actionfraud.police.uk or contact Citizen's Advice consumer service on 03454 040506 or visit www.adviceguide.org.uk

Remember...

- if it sounds too good to be true, it probably is
- if you haven't bought a ticket, you cannot win it
- if in doubt, don't reply – bin it, delete it or hang up
- you shouldn't have to pay anything to get a prize
- if you are contacted out of the blue you should be suspicious
- never give out your bank details unless you are certain who the person is
- financial providers do not ask for your pin number, so do not give it or any other personal details
- take your time and resist pressure to make a quick decision – ask a relative or friend for advice if you are not sure.

Cottingham Darby & Joan Lunch Club has vacancies for new members

The Cottingham Darby & Joan Club has vacancies for new members. We meet every Friday in the Darby & Joan Hall, Finkle Street and enjoy a two course meal in a friendly atmosphere, freshly cooked on the premises by our excellent cooks.

After lunch there is either bingo or entertainment. There is a very modest membership fee for the year and a charge for the meal. New members will be very welcome. For further details please ring Mrs. Jennifer Hodge on 01482 849077.

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Hull Marathon? I must be nuts!

Choosing a suitable challenge to remember a remarkable woman was easy. Questioning whether it would be possible for me to finish, not so, 26.2 miles? . . . Sunday 13th September 2015? . . . ME? . . . REALLY? . . .

Yes! "Plenty of time to train", I was informed by my Brother-In-Law, and then my son, Josh, raised the stakes . . . "If you do it dad, I'll do it with you." The challenge was set. Forms were filled in and posted straight away before we could change our minds!

I'm running in memory of my mother, Patricia Mary Forbes (nee Turner) who sadly passed away in September 2014 after suffering with MS for many years.

Mary was born in 1939 and lived in Cottingham all her life. A well respected teacher at Hallgate for 21 years, she was very well known throughout the village, which played a very large part of her life until she became housebound in her later years.

Many people will remember Mary for orchestrating the annual Flower Demonstrations by Robert Forbes of Ripon at

the Civic Hall in support of MS. Mum took great comfort and pleasure in selling tickets over the phone as this allowed her to have the contact with the outside world that she no longer had and missed so much.

The MS Society is the UK's leading charity beating Multiple Sclerosis; investing in excellent research to find the cause and the cure for this devastating neurological condition.

If you would like to sponsor me on my Marathon Challenge, visit [www.justgiving.com/ John Forbes HULL MARATHON](http://www.justgiving.com/JohnForbesHULLMARATHON)

Exploring the past of East Riding's buildings

The latest exhibition by the volunteer team at Skidby Windmill is now showing a display entitled 'Strange Structures: Follies, Relics and Hidden Buildings in the East Riding', which will run until 7th September.

The exhibition takes a look at some of the less well-known man-made structures in our region and features temples, towers, family tombs, wartime gun batteries, underground bunkers and more.

Dr David Marchant, Museums Registrar at East Riding of Yorkshire Council, said: "Whether down a back street, alongside a main road or tucked away in the woods, there are many relics of the past waiting to be discovered.

"The volunteers have researched a huge variety of fascinating structures for this display, some familiar, and many much less so.

"We have even included map references so you can go and find them for yourselves."

The Mill is open daily from 10.00 am - 5.00 pm (last admissions 4.15pm) and reasonable admission charges apply.

For further information please call the Mill reception on (01482) 848405.

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A few jumps a day keeps osteoporosis at bay

It is widely accepted that regular exercise can reduce your chances of getting a variety of ailments. Osteoporosis is no exception! Your risk of getting osteoporosis is directly linked to your maximum bone mineral density, which occurs around the age of 30. From this point on bone mineral density steadily deteriorates as you age leaving you more susceptible to bone fractures during everyday activities.

In fact, 1 in every 2 women over the age of 50 will break a bone due to poor bone health (www.nos.org.uk). Worst of all are fractures of the hip and spine, which are most common in elderly women. The detrimental effect on health is obvious and can lead to a loss of independence and deterioration in general wellbeing. The problem is a global one, with around 20% of people worldwide dying within a year of experiencing a hip fracture and only 50% of people regaining their normal function (www.iofbonehealth.org/facts-statistics). These bone-related problems place an enormous strain on the NHS, particularly as we have an ageing population due to longer life expectancies. Hip fractures alone cost the NHS £6 million a day!

Post-menopausal women experience the most drastic loss in bone mineral density due to a reduced oestrogen production, losing 2.0-6.5% of their bone mineral density per year for the first 3 to 5 years after the menopause. This loss slows down after this period but by then the damage has been done.

This can be prevented.....

Researchers at The University of Hull are investigating a brand new exercise programme designed to prevent the onset of osteoporosis in early post-menopausal women. Recent scientific studies suggest that doing high-impact exercise can maintain and even improve bone mineral density in these women, which would greatly reduce the likelihood of them becoming osteoporotic and suffering a debilitating bone fracture. The researchers have found convincing evidence that bone mineral density can be maintained or improved with as little as 100 impacts spread over a week, which is roughly 5 minutes of very light exercise every other day. Anyone could do that! Better still, cutting edge research advocates intermittent exercise over continuous exercise as it creates a more potent stimulus to promote increases in bone density.

The research team from the Department of Sport, Health and Exercise Science and the School of Engineering have developed a home-based exercise programme to test if we can prevent the risk of osteoporosis in post-menopausal women.

If you would like to volunteer to be involved in the study, you will receive three bone mineral density (DXA) scans over the duration of a year to assess your initial status and any changes that are brought about by the exercise. In turn, you will be

required to complete a very easy 2-8 minute exercise session, three times per week or carry on with your normal activity without receiving a specific exercise programme. No equipment is required and the exercise can be completed at home.

The research project is being conducted by The University of Hull in conjunction with the Centre for Metabolic Bone Disease at Hull Royal Infirmary. It is funded by the OSPREY charity for osteoporosis research in East Yorkshire.

Marie Curie's Great Daffodil Appeal raises £32,000 so far

As Marie Curie's largest annual fundraising campaign – The Great Daffodil Appeal – approaches its halfway point, collectors across North and East Yorkshire have helped raise a staggering £32,000 that will provide the equivalent of 1,600 hours of Marie Curie nursing care. 95 of the 215 planned collections have already taken place, with daily collections raising an average of £526.77. To date, local people have pledged their support to the Charity by collectively donating over 2,500 hours of their time.

This year, local fundraisers from North and East Yorkshire hope to raise more than £82,000 but the Charity is still looking to recruit more local people to donate their time to help with collections between now and the end of March. Money raised at these collections will help fund the local nursing service and every volunteer will be helping to make a real difference to terminally ill people in their own community.

So far this month, a host of celebrities have been seen sporting the Marie Curie daffodil pins, most notably Johnny Vegas (who wore his daffodil on the Graham Norton show), Roy Hodgson, Lorraine Kelly, Linda Robson and Mark Hughes.

While Yorkshire-based family run business, Thomas the Baker, has just launched a new limited edition daffodil cupcake. The tasty daffodil cupcakes, topped with frosted icing and an edible daffodil, will be available in all 36 Thomas the Baker shops across Yorkshire and Cleveland, with a donation of 20p from the sale of each one being generously given to Marie Curie.

Kyla Collins, North and East Yorkshire Community Fundraiser, said:

"This is a fantastic achievement and we're delighted that we're on track to reach our target. It's thanks to the determination and continued efforts of our team of volunteers that has enabled us to raise so much money. Our thanks also go to the hordes of local people who continue to support Marie Curie. Without their generous donations, the Charity would not be able to fund the local Marie Curie nurses who help care for people with terminal illnesses in the comfort of their own home."

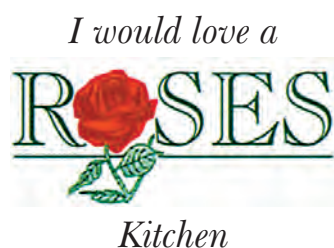
Each year during March, millions of people show their support for the Great Daffodil Appeal by donating, or wearing a daffodil pin that are available from the Charity's volunteers across the region or in retail outlets including Marie Curie shops, Superdrug and the Royal Bank of Scotland.

Anyone who is keen to help with collections should get in touch with Kyla, Natalie or Lizzie on 01904 755260 or visit www.mariecurie.org.uk/greatdaffodil to find a local collection point. Alternatively, if you'd like to take part in an event, organise your own activity, raise money in your local area or give us your time as a volunteer, please visit www.mariecurie.org.uk/get-involved to find out more.

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Residents invited to register for chance to make big savings on energy bills

Householders are being invited to take part in the latest YORSwitch energy bills auction following the success of the previous one which resulted in big savings for customers.

YORSwitch is a free scheme organised by East Riding of Yorkshire Council which gives residents the chance to make savings on their fuel bills by registering to take part in a collective auction of energy suppliers.

The next auction will be the eighth and people have until 18 May to register their interest.

Householders who signed up for the seventh round of auctions saved an average of £234 each on their annual energy bills.

The highest average saving was for dual fuel online customers - £251 per year.

More than 5,700 households in the East Riding registered for the YORSwitch scheme last time round. These were combined with a number of other similar initiatives around the UK to create a collective of 30,000 households from more than 110 local authorities as part of the Big Community Switch.

East Riding of Yorkshire Council regularly attracts high numbers of participants, with excellent results again achieved in the most recent auction.

More than half of those in the East Riding who completed the registration process for the seventh auction went on to make the switch, saving on average £234 each.

This brings the cumulative total for domestic electricity and gas savings over the seven previous rounds to just shy of

£1million for East Riding residents.

Householders who register are under no obligation to switch to the auction-winning supplier's tariff offer but, if they do accept, it is an easy and straightforward process and East Riding of Yorkshire Council take care of the whole process.

The scheme is open to all households which pay monthly, quarterly or via a pre-payment meter. Once households have had the opportunity to register their interest, a reverse auction is held to invite energy suppliers to compete with their best offers.

Councillor Symon Fraser, portfolio holder for environment, housing and planning at East Riding of Yorkshire Council, said: "The most recent auction was particularly successful and will bring savings to residents.

"I would strongly urge people to give YORSwitch a try. It may well help you cut down on your energy charges."

Filip Vissers, UK country manager for iChoosr Ltd, which administers the Big Community Switch auctions, said: "As our collective switching schemes become better known, we are attracting more 'big six' and smaller, independent suppliers to compete more aggressively for people's custom."

You can register your details for the eighth auction, without commitment, by visiting www.eastriding.gov.uk/yorswitch

The Government has recognised the success of East Riding of Yorkshire Council's approach to the YORSwitch scheme by including it as a best practice case study in its new fuel poverty strategy for England called Cutting The Cost Of Keeping Warm.

The registration period for the eighth auction began on Tuesday, 24 March, 2015, and closes on Monday, 18 May, 2015.

The auction for energy suppliers will be held on Tuesday, 19 May, 2015.

Offer letters and emails will be sent out from Monday, 9 June, 2015.

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Adam Loubani awarded trophy and Timothy Wong win medals at Special Olympics City of Hull Swimming Gala

At the recent Special Olympics City of Hull Swimming Gala held at the Beverley Leisure Complex, The Daniel Postill Trophy was presented to Adam Loubani, a pupil at Riverside School in Goole, by Jim and Irene Postill. This Trophy which was given by the Postills in memory of their son Daniel, who tragically died in 2008, aged 17, and is awarded annually to a member of the Group, for achievement, attendance, progress and attitude. Adam, who attends Riverside School and lives in Cottingham, trains twice a week in Hull, fulfilled all these criteria in 2014/2015.

Adam competed in the 50 metre Backstroke where he won a Bronze medal in a time of 62.83 – he also won a Bronze medal in the 50 metre Freestyle in a time of 53.40. He will be competing again at the end of April in the Special Olympics North West Regional Swimming Gala in Liverpool.

Timothy Wong, also lives in Cottingham, and trains twice a week at East Hull Baths and Ennerdale, won Gold in the 25m Freestyle in a personal best time of 31.55. He also won gold in the 50m Freestyle in a time of 60.68, again a personal best time.

Congratulations to both these two swimmers!, who will next be competing in the Special Olympics North West Regional Swimming Gala in Liverpool at the end of April.

Over all 108 athletes from nine Groups in the Yorkshire & Humberside Region, plus athletes from Gateshead and Lincoln and four swimmers who will be representing Special Olympics Great Britain in the World Games in Los Angeles this July, took part in the City of Hull's 14th Annual Gala. Also competing was a team of six swimmers from GJVW Schiedam in the Netherlands – thanks to The Rotary Club of Hull.

The Rotary Club of Hull were the very generous Sponsors

of the Gala, and it was them, with thanks again to P & O Ferries, that they were able to compete and give the Gala a truly international flavour.

The Chairman of East Riding County Council – Councillor Pat O'Neil, accompanied by her daughter Karen, opened the Gala, acknowledging all the competing teams and she introduced Michael Simm who gave the Special Olympics Oath on behalf of all the athletes.

It was a great afternoon – the Officials ran the event extremely smoothly – it finished early (!) and everyone left Beverley having had a very enjoyable event.

The Rotary Club are going to “back” us again so the future looks good for our 15th Gala!

Special Olympics is the world's largest sports organisation for people with learning disabilities, providing year round sports training and competition in over 23 Olympic-type sports for people aged 8 and over. Founded in 1968 by the Kennedy family, it held the first International S.O. Games in Chicago with over 1000 athletes. Since then it has grown and spread worldwide, coming to the UK in 1978.

Issued by the Special Olympics City of Hull Swimming Group.

For more information contact Judy Burdass on 01262 470201.



Haltemprice Lions “Flea Market” on Saturday 9th May in the Civic Hall, Cottingham

The Haltemprice Lions have organised a “Flea Market” to take place at the Cottingham Civic Hall on Saturday 9th May. For those unfamiliar with such events, a “Flea Market” is an opportunity to sell to the public any items, new or used which can be sold legally.

Tables cost £10.00 each and the “Flea Market” will be open to the public from 10.00 a.m. to 2.30 p.m. (approx.).

To reserve a table please apply for an application form to: dwhincup@dwhincup.karoo.co.uk or telephone 01482 847367.



Cottingham Open Gardens 2015 Sunday June 14th and 21st - 10.00 am to 4.00 pm

Following last year's success it has been decided to repeat the event this year, and to date we have twenty gardens opening on two Sundays, an arrangement that should allow people to get round all the gardens, and it is also a form of insurance against the bad weather.

“OPEN GARDEN PASSPORTS” will be on sale at the Duke of Cumberland ‘on the green’, Barkers on Hallgate and the Railway Hotel, during the fortnight preceding the event. All of the gardens will be selling “Passports” too.

Last years event raised over £7,000 for Dove House Hospice and providing the weather is good to us again, we should improve on that figure. Please come along and enjoy the variety of gardens in our village



Marie Curie say a big “Thank You” to the generous residents of Cottingham

Marie Curie would like to thank everyone who gave so generously to the street collection on 14 March. The wonderful amount of £804.41 was raised, and this will be used in our local area for Marie Curie nurses to give free nursing care to terminally ill patients in their own homes.

Thanks also to the volunteers who gave their time to help with the collection.



“With a Voice of Singing” - Two local choirs unite in concert at Toll Gavel United Church, Beverley on Saturday 18th April

Two local Choirs - both members of the National Association of Choirs (NAC) which promotes “Singing to the Nation” - are presenting a concert in Toll Gavel United Church in Beverley commencing at 7.30pm on Saturday 18th April 2015.

Cadenza – a mixed choir of some 16 experienced singers from The Wolds area under the direction of Penny Walker – and Hull Male Voice Choir, which will be conducted by its Musical Director, Julian Savory - have joined forces to present this concert after both choirs participated in an NAC Gala Concert in Scarborough last year and realised that they shared common goals.

Says Hull Male Voice Choir’s Public Relations Officer, Terry Wallis:

“The combined choirs will be perform Martin Shaw’s arousing piece of music “With a Voice of Singing” based on the words of Isaiah XI verses 11-20 that guarantee to lift any choir to sing this arousing music with great spirit and passion, as in many ways it reflects the joy of singing – hence our concert has been badged with the same name and Toll Gavel United Church is a fantastic venue in which to be performing such music !

The musical content of our concert programme will appeal to all tastes as there will be something for everyone to enjoy – and with two quite contrasting choirs, that offers a double guarantee of satisfaction, so with this in mind, we hope that folks will support this concert in a big way!

The Hull Male Voice Choir has participated in many Festivals of Brass & Voices in the Royal Albert Hall in aid of Cancer Research UK, and is again to participate in the November 2015 concert. We pride ourselves as being one of the finest male voice choirs in East Yorkshire and are keen to network with charities and organisations in our desire to support them as well as to find new venues for our concerts so that we can entertain new audiences - the Choir is also available to sing at weddings and to perform at other events.”

Tickets for the concert can be purchased on the door but can also be obtained in advance from Toll Gavel United Church, Choir Members or by calling 01482 656869. At price £6 (children £3), the ticket cost includes refreshments at the conclusion of the concert.

Pictured above: Cadenza and below, The Hull Male Choir.



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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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.

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The Windmill Walkers schedule of walks during April

If you would like to try a walk with us or require further information, please check our web-site www.windmillwalkers.org.uk. At this web address, you will find our 2015 Wednesday walk programme showing the start location of each walk. There is also a link to contact our Secretary if you need further information.

For those without internet access, our schedule of March walks is shown below.

Day/Date	Time	Start Location	Grid Ref.	Distance
Wed 15 April	10:00am	Kiplingcoates Granny's Attic Car Park	SE928 439	5 miles
Sun 19 April	10:00am	Millington Church	SE829 519	9 miles
Wed 22 April	10:00am	Wetwang Pond	SE933 591	5 miles
Wed 29 April	10:00am	Goodmanham	SE888 430	6 miles
Wed 06 May	10:00am	Sproatley, Blue Bell	TA194 347	5 miles



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Crossword solution from page 14



Reflexology

Reflexology is a form of alternative therapy that has as its purpose, the relieving of tension and stress throughout the body.

This is a branch of natural healing that was founded by the ancient Greeks and has been around for 4,000 years. The Greeks were known to call it "pressure treatment." The ancient Indians soon adopted the practice as well. It took many, many years however before it became known in the western world.

In 1913 an American named William H. Fitzgerald broke the body down into 10 vertical zones and noted that there were pressure points on both the hands and feet that corresponded to all of the organs in the body. He discovered that by applying pressure to these points, relief could be felt in the areas where healing was required. This was a tremendous step in the right direction. In its infancy, reflexology was called zone therapy or zone theory.

In the 1930s a woman named Eunice D. Ingram expanded further on the ideas of Fitzgerald by focusing her attention mainly on the power that lies in the pressure points of the feet as opposed to the hands. It was due to the work and efforts of Ingram that modern reflexology was born. This alternative treatment began to become better received by alternative health practitioners everywhere.

The Work of Reflexology

It is essential to stop here and make it clear that reflexology is not meant as a cure for an infection, disease or any kind of health condition. Reflexology helps to "unblock" the body and relive much of the stress that prevents the body from healing itself. Proponents of the therapy believe that the body is able to relax and begin to heal itself at a much faster rate if there is very little tension or stress present. Reflexology is a safe alternative therapy that promotes well-being, vitality and good health.

Practitioners theorize that there are many health problems that are related to an over abundance of tension that has built up in the body and needs to be released for healing to get underway. Reflexology allows for the release of pent up frustration, anxiety, and nervous energy in order to facilitate self-healing. This natural discipline is also beneficial at allowing the digestive system to work better and it encourages proper blood flow throughout the body. Reflexology is also instrumental in dispelling harmful toxins that have built up in the body that can contribute to even worse health problems.

Reflexology- A Tool for Self-Healing

Reflexology is yet another way that you can get yourself back on track in terms of healing. The application of pressure to the hands and feet in strategic locations can help to loosen muscles and allow tension to go away. This therapy is very similar in nature to acupressure. It is important to emphasize however that it is not the same as a foot massage.

You may find your first few treatments can give way to some soreness and a little discomfort. This is a form of alternative treatment or therapy that is a direct method of stimulating pressure points that correspond to the major organs of the body.

After every reflexology session it is recommended that a person drink a glass of water to help clean out the toxins that have been released during the session. Reflexology is something that you can teach yourself and do in the comfort of your own home or you can seek out the services of a qualified reflexologist.

While reflexology deals mainly with the hands and the feet, there is also a newer branch known as auricular therapy that deals with the ears. In fact it is often referred to as acupuncture of the ears. Reflexology is a tool for self-healing that can be effective for everyone.

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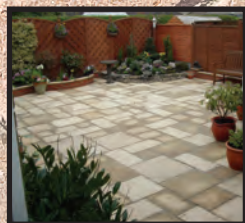
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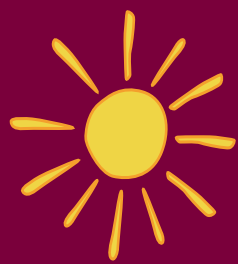
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