

Cottingham Times

Issue 99 - February 2010

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Telephone: 01482 840035

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Published Monthly by: The Cottingham Times

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

Mary's Village Pop In - The small hall at the Village Hall, Skidby
Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

Age Concern East Riding of Yorkshire

Every Friday 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and make bookings with our Fix-It-Teams. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Ecclesley, Club Chairman on 01482 840367 or visit our website www.cottinghamrangers.co.uk.

Cottingham Wild Spaces Group

Sunday 7th February - 10.00 am to Noon. Mill Beck Nature Area: Meet at the allotments car park. Tree Planting and Litter Pick.

The Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 4th February - Daphne Kitchen - (Spider Flavoured Sausages). Meet the first Thursday of each month in Skidby Village Hall at 7.30 pm. As well as speakers, we have outings, luncheons, coffee mornings and join in regularly with inter-branch activities across Yorkshire.

Cottingham Women's Institute

Tuesday 9th February - Quiz, at 10.00 am upstairs at the Civic Hall, Cottingham

Haltemprice Art Group

Tuesday 9th February - Sketching - Wendy Parkinson/June Parkinson

Tuesday 16th February - Half Term

Tuesday 23rd February - Appraisal - Jill Carter

Tuesday 2nd March - Sketching - Gladys Lusby/Pat Tillotson

Cottingham Ladies Circle

Wednesday 10th February, Mr. Tom Hall and Occasional Group with Songs and Music, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

U3A

Thursday 11th February, Kate Gillingwater (East Riding Council) - Community Sports Development, Health Lifestyle, in the Darby & Joan Small Hall, Finkle Street at 2.00 pm.

East Yorkshire Embroidery Society

Saturday 13th February, Janice Gunner (London) Pastime to Profession, 2.15 pm in the Darby & Joan Hall, Finkle Street, Cottingham. Members £1.00; Visitors £2.00 (includes cup of tea and biscuits). (Membership £6.00 per year).

Front Cover Picture: St Mary's Church, Cottingham. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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Skidby Village Hall

Saturday 13th February - 10.00 am to 1.00 pm. Valentine's Coffee Morning. Including a display and sale of Woodturning, by local craftsman Ian Carress.

North Ferriby Gardening Club

Monday 15th February, "The Hidden Gardens of London" - Tony Cleaver (York). Tony will show slides of private gardens in London, rarely open to the public. Meetings are held in the village hall starting at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 17th February, My Father Was A Snob, David Leeson, at 7.30 in the Darby & Joan, Finkle Street.

Cottingham Men's deLuda Society

Wednesday 17th February - Jim Stansfield - Mis-spent Youth Part II, in St. Mary's Church Hall, Cottingham, at 2.00 pm

Diabetes UK

Thursday 18th February, Angie Normal - Diabetes Specialist Nurse, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

East Yorkshire National Trust

Thursday 18th February - Mr. Kenneth Walker "Grannies Treasures": 'Buying and Selling Antiques', at 7.30 pm in the Civic Hall, Cottingham.

Inland Waterways Association

Friday 19th February, The Safe Anchor Trust - A presentation by Les Moss, in Cottingham Methodist Church Hall, 8.00 pm to 10.00 pm. Non members welcome.

Cottingham Civic Society

Monday 22nd February - "Discovering Yorkshire Churches" A presentation by Ms. Ronni Hewer, in the Darby & Joan Hall, Finkle Street, Cottingham, at 7.30 pm.

East Riding Flower Club

Monday 22nd February. Annual General Meeting 1.30 pm, followed by Vanessa Wellock (Ilkley), "Floristry By Design" and cake stall. In the Civic Hall, Cottingham. Visitors £3.00.

Cottingham Ladies Circle

Wednesday 24th February, Miss Marie Plater, Talk Rag Bag, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Cottingham Wild Spaces Group

Saturday 20th February - 2.00 pm to 4.00 pm in the Cottingham Darby & Joan Club, Finkle Street. Parish Map Presentation to the group by Michele Davy.

Skidby Village Hall

Saturday 27th and 28th February - 10.00 am to 4.00 pm. Weekend Book Sale. A huge range of secondhand books at bargain prices. Free admission, refreshments available throughout the weekend.

Cottingham Men's deLuda Society

Wednesday 3rd March - John Fewins - Maximise Your Memory, in St. Mary's Church Hall, Cottingham, at 2.00 pm

The Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 4th March - Heather Peacock (History of Fashion in Hull). Meet the first Thursday of each month in Skidby Village Hall at 7.30 pm. As well as speakers, we have outings, luncheons, coffee mornings and join in regularly with inter-branch activities across Yorkshire.

Womens World Day of Prayer

Friday 5th March, 2.00 pm at the Holy Cross Church, Carrington Avenue, Cottingham. This years service has been prepared by the Christian Women of Cameroon, Africa.

British Sugarcraft Guild

Saturday 6th March, "Bead work for Cakes" - Karen Clark, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

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Fitmums & Friends and Blue Kangaroo work together to support mum's to run

A growing number of people are continuing to enjoy the fun of "Fitmums & Friends" based in Cottingham and are getting fit in the process. Fitmums & Friends is a uniquely supportive running group which particularly encourages beginners & "mums" to running but equally welcomes anyone with an interest; you don't have to be fit, or a mum and both male and female are welcome! The emphasis of the group is about helping people to feel good about themselves and their achievements, no matter what their ability in a friendly environment.

The group has become so popular that in January a new day time session will also be available. Fitmums has joined forces with Blue Kangaroo in order to help mum's with pre school children to exercise. Fitmums run leader Mike Barlow and assistant Fitmums Co-ordinator Mel Fletcher will be leading this session which is open to everyone. If child care is needed Mum's can pre-book their children into the "Fitkids" session on a Monday morning at a cost of £4 per child for a 1 hour session. Fitkids at Blue Kangaroo offers supervised free play, structured games and a snack – co-ordinated by a dedicated qualified member of staff. Call 01482 844200 to book a place at Fitkids.

Sam Barlow from Cottingham started Fitmums & Friends in January last year and has been amazed by the growing popularity of the group. Some nights there are as many as 20 Fitmums & Friends pounding the streets of Cottingham, enjoying a choice of a range of distances depending on ability. Fitmums also has the support of local businesses - Unique Salons has kitted the club in fabulous pink vests, (logo from Angel Graphics, printing by Jacee Print) adding to the feel good factor of the group! Such is the growth of Fitmums that it has been necessary to find an official base – this has been provided by Cottingham Methodist Church. A grant from East Riding Council means that Fitmums also now has a dedicated run leader and Exact Web Solutions has supported the club with it's own website (www.fitmums.org.uk).

The club uses a simple system which enables all standards of runners to run together at their individual pace and without pressure to keep up with faster runners. The spirit of the group is crucial to the success of Fitmums & Friends; members describe the friendliness and personalized support as being the most important aspect of the club. A good social calendar is probably equally appealing! There are three run sessions a week:

Monday	9.45am	Blue Kangaroo (from Jan 11th)
Wednesday	7.00pm	Cottingham Methodist Church
Friday	6-15pm	Cottingham Methodist Church

For more information call Sam Barlow 07870 654586 – www.fitmums.org.uk

Pictured top: Cottingham Fitmums & Friends - 23rd September 2009.

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Litterbins on King Street

After the resurfacing of the road on King Street it was pointed out to us how tatty the litterbins on the pavements were looking. We asked and have received! You may notice in the next week or so that all the litterbins on King Street will be painted and refurbished.

Planning Issues Eppleworth Road – Affordable Housing

Over 50 residents had attended the Planning Meeting held on Tuesday 5 January to voice their objections to an application by East Riding of Yorkshire Council to build 15 affordable houses on a site on Eppleworth Road.

The Parish Council Planning Committee unanimously recommended refusal of the application. However, the final decision rests with the ERYC Western Area Planning Committee; their next meeting, during which they will discuss this application, will be held on 9 February at County Hall.

New Junction onto A1079 (Boundary Business Park)

We have been informed that the work to connect Swifts Caravan site with the A1079 should commence some time in April and will take approximately six months.

£137 Grants Awarded

During the month of January awards were made to Cottingham Cricket Club, Cottingham Bowls Club and Hallgate School.

Tree Planting

Sites all over the village have been identified and permissions are being obtained to plant a variety of species. We will be planting mature root balled trees which means we are not restricted to planting during the traditional planting season of October/November/December.

Roll of Honour – Memorial Gates

Further to our intention to update the Roll of Honour we are experiencing great difficulty in obtaining names from an official source. We would appreciate information from any source on names of service men and women who have fallen during conflict since the end of the Second World War.

If you have any information that might help, please contact us at the Parish Council Office. All information given will be verified through official sources.

We appreciate that this will be a difficult and sensitive task which we can only hope to achieve with help from the people of the village.

Memorial Gardens – Can you identify?

There are two twisted metal stems within the Memorial Garden gates whose purpose we cannot identify. Can anyone help? Do you have an old photograph or document that might shed some light on this subject?

www.cottinghamparishcouncil.org.uk

This is the new Parish Council website address – please go and have a look! Comments and suggestions are always welcome and if you wish your community organisation to be featured please let us know. The Cottingham Community Plan is available to read or download from the website.

KGV Pavilion Refurbishment

The KGV Community Trust has informed the Parish Council that building works to refurbish the fire damaged pavilion are to commence Monday 25 January.

Works are scheduled to last fourteen weeks and will include new facilities and a new sprung wooden sports hall floor and the addition of a function room to cater for conferences, meetings, childrens' parties and the provision of an internet café.

The Trust hopes to have the Pavilion open towards the end of May. Any interested parties can contact Councillor Cooper on 07702 670022 for more information.

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New Service available from Age Concern East Riding of Yorkshire

The coming of 2010 has seen the coming together of two familiar names from the region.

Age Concern has teamed up with The Insurance Partnership Financial Services Ltd to offer a service of independent financial advice to its customers.

By far the most popular enquiries through the Age Concern organisation are equity release and retirement planning.

Many people have a valuable asset in the form of their house however they do not possess much in the way of cash. Equity release schemes allow people to get a cash lump sum from their property to spend in whatever way they wish or to provide an income.

Most schemes are now regulated by the Financial Services Authority and also backed by a voluntary organisation called SHIP (Safe Home Income Plans) This ensures that any advice you receive is legal and compliant.

Probably the second most sought after type of advice is retirement planning which can be made up of two types of advice.

The first is considering your options before you retire and take the benefits from your pension plan. A facility with all pension plans called an Open Market Option allows you the freedom to move your pension fund to another scheme in order to provide a better return.

Secondly if you have retired and you are using savings to supplement your pension then alternative forms of saving could be a good alternative from a return and a tax efficient point of view.

If you require any further information call Age Concern on 01482 861065 to arrange an appointment at their offices in Beverley or alternatively attend our event day on Friday 5th March where a representative from The Insurance Partnership Financial Services will be able to talk to you.

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The Age Concern detailed above is a registered charity. The four national Age Concerns in the UK have joined together with Help the Aged to form new national charities dedicated to improving the lives of older people.

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They know that a Will ensures that when they die, the people they have chosen will take care of their estate and benefit from it.

Yet many still have not got around to making a Will, often because they are put off by the costs involved, and understandably so.

A Will is an important legal document. If the price is too low, people wonder whether the adviser has adequate knowledge or expertise; too high, and people wonder whether their Will requires the level of expertise the price implies.

The result for many is that they never get around to sorting out their Will.

That is why Andrew Jackson Solicitors have launched the Wills, *plain and simple* scheme for the over 55's.

Under this scheme, the price of Wills are fixed at £150 plus VAT for a couple. For a single person the price is just £100 plus VAT.

Additionally, if you attend our Wills clinic at Cottingham then we are offering a free initial consultation with no obligation if you decide you do not want to proceed at the end of the appointment.

The *plain and simple* label indicates that this scheme is aimed at clients whose requirements are straightforward.

You will still benefit from being advised directly by a solicitor, but provided your requirements are uncomplicated, the price will be in line with the *plain and simple* scheme.

If your requirements go beyond the limits of the scheme, for instance if you need tax advice, or your Will needs to include trusts or more complicated arrangements, we will tell you so and let you know what the cost will be for the Will before we start work.

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Haltemprice Lions Club to hold “New to You Sale” on the 22nd to 27th February

The Haltemprice Lions are to hold a “New to You Sale” on the 22nd to 27th February, in Kings Parade, next door to Pascos restaurant.

The six day sale will consist of good quality clothing, mainly ladies, some never worn. Various other items are also available.

The shop will be staffed by the Lion's Ladies and all proceeds are donated to local charities. The shop is open daily from 10.00 am to 5.00 pm. For further information contact Shirley Dickins on 01964 623281.

The Holderness Alpha Probus Club meets at the Pearson Park Hotel, Hull - join them for lunch

The next monthly lunch of the Holderness Alpha Probus club will take place at 12.15 p.m. on Thursday 4th February at the Pearson Park Hotel in Hull. The club is open to retired business and professional men.

For an introductory annual membership fee of £15 you can attend the lunches which include guest speakers and monthly coffee mornings also at the Pearson Park Hotel. Social activities are also arranged. For more information contact Malcolm Forbes tel 01964 624238.



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Wordsearch - Cowboys

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

Find the words in the letters above:

Bandana, Branding, Bridle, Buckaroo, Bulldogging, Bunkhouse, Campfire, Cattle, Chaps, Chuck Wagon, Corral, Cowboy, Cowboy Boots, Cowboy Hat, Cowhand, Cowpuncher, Gaucho, Harness, Horse, Lariat, Lasso, Line Rider, Longhorns, Mustang, Reins, Rodeo, Roper, Roundup, Rustler, Saddle Spurs, Stampede, Steer, Stirrups, Strays, Trail Boss, Vaquero, Wrangler.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 38 -

This is an easy challenge this month

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



The Good Old Days

A brand new version of an all time favourite show 'The Good Old Days' makes a welcome return to the East Riding. Awash with laughter, magic, great songs and beautiful costumes, this is the kind of show you don't see on television any more.

Featuring the cast of 2009's record breaking summer show at the Spa Theatre Scarborough, Linda Newport, Paul Ludlow, Rebecca Christian, Mark Baylin and Magicality with Richard Green and Rebecca Pearson.

From the moment our worthy Chairman leads us in the opening choruses through colourful scenes of song and dance, interspaced with moments of merriment, this is truly a not to be missed treat.

The show takes place at The Civic Hall, Cottingham on Friday 19th March, 2010 at 2pm. Tickets £5, available from Cottingham Customer Service Centre 01482 393939 or the ticket hotline 01482 392699

For further information please contact Christine Lison, Arts Development Worker, East Riding of Yorkshire Council, 01482 392654

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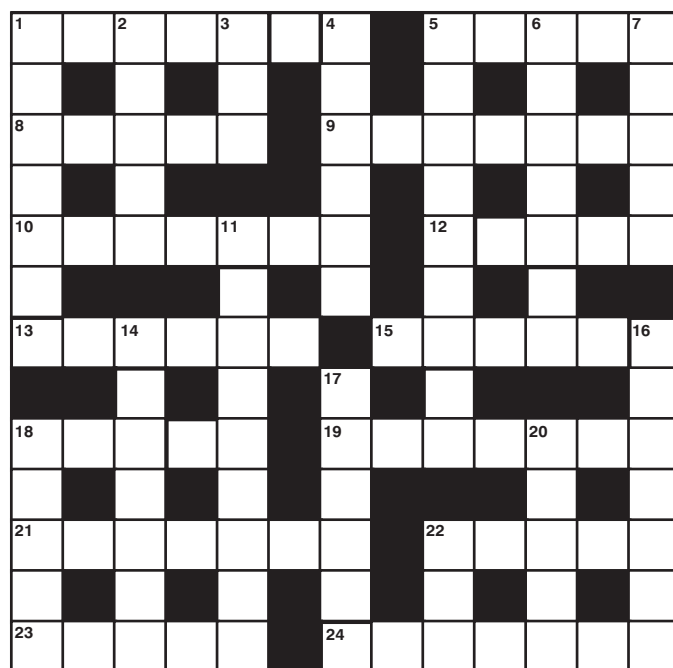
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Crossword - Solution on page 46



Across

1. Entrust (7)
5. Small thin biscuit (5)
8. Dissonance (5)
9. Projecting upper floor (7)
10. The sheltered side (7)
12. Unvarnished (5)
13. Scheme (6)
15. Become visible (6)
18. Flowed back (5)
19. Athlete (7)
21. Hinged window blind (7)
22. Slight push (5)
23. Two or more contesting groups (5)
24. Striking (7)

Down

1. Tapers (7)
2. Inexperienced (5)
3. Frozen water (3)
4. Personify (6)
5. Decorative covering (9)
6. Photographic film (7)
7. Synthetic silklike fabric (5)
11. Short accounts of incidents (9)
14. Quashed (7)
16. Private place with peace and quiet (7)
17. Marine mammal (6)
18. Alleviates (5)
20. Emblem (5)
22. Nothing (3)



News Updates from Cottingham Post Office

Stamp Increase: 1st Class Stamp up 2p to 41p

2nd Class Stamp: Up 2p to 32p

Buy them before 5th April 2010 and you will save money on the stamps you have bought!!!

Savings

Growth Bond II has been launched paying on 1 yr 3.30%/ 2yr 4.05%/ 3yr 4.40% Again very competitive on today's market.

Fixed Rate ISA Issue 2 also re-launched paying 3% on any deposits and previous ISA's that you can transfer in, make the most of your Tax Free Savings before the end of the Tax Year.

Don't forget your Instant Access Money/The Instant Saver (we call it our rainy day money) Also paying a 2% Guaranteed bonus on the First 12 months from opening the account (minimum balance £500) (Correct as of going to press)

Please remember when posting items that Recorded Delivery signed for, is not a Guaranteed Service, and if you post something worth more than £39, you WON'T be insured, Special Delivery is the Service you need.

Post Office Credit Card

We are offering 12 months Balance Transfer on ours. As well as 0% on Purchases of Goods and Services abroad.

Passports

Remember you can renew upto nine months in advance. Miss the Summer Rush and sort them now while it is quiet, take advantage of our check and send service and you should get them back in two weeks!!

Until next time, have a Prosperous 2010, Regards, Gary

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Tribute Nights

Swinging 60's

Friday 26th February 2010
Step back into the sixties with the
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Don't Stop

'Til You Get Enough

Friday 19th March 2010
Michael Jackson Tribute Act
Celebrate his music through the years.

We Want You Back!!!

Take That Tribute Act
Saturday 16th October 2010

Mamma Mia

ABBA Tribute Act
Calling all dancing queens!
Friday 5th November 2010

All tribute nights are just £20 per person
including 2 course hot buffet and tribute act

A Special Treat for a Special Lady

Sunday 14th March 2010
Mothers Day Carvery
Delicious three course carvery with a magician
to entertain the children and a gift for mum!
£14.95 per adult & £7.50 per child (under 12).

Start the Summer in Style with a May Ball

Saturday 1st May 2010

Champagne and canapes
on arrival followed by a
3 course dinner, fireworks,
disco, and live
entertainment with
The Magic DRIFTERS
£40.00 per person
(supporting Dove House Hospice)

EVENTS WITH STYLE AT RAMADA HULL Calendar of Events 2010



Summer BBQ's The Hottest Menus Around

Friday 14th May 2010
Now That's 80's
£20.00 per person
Includes 2 course BBQ, tribute act and disco.

Friday 11th June 2010

Robbie Williams Tribute Act
£20.00 per person
Includes 2 course BBQ, tribute act
and disco.

Friday 16th July 2010

Schools Out!!
£18.50 per person
Includes 2 course BBQ and disco.

Friday 27th August 2010

Bank Holiday Bonanza £18.50 per person
Includes 2 course BBQ and disco.

Make a Night of it:

Event tickets and accommodation
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Call our Booking Office direct on 01482 672809 for more
information or to reserve your places. Call early to avoid disappointment!!!

In the Kitchen



A Little history

Valentine's day falls on 14th February and has its history firmly rooted in an old pagan festival called Lupercian which was an ode to the God of Fertility and a celebration of sensual pleasure as well as being a time to meet and court a prospective mate. However, beyond this, not much else is definitely known.

One story is that In AD 496, Pope Gelasius outlawed the pagan festival but replaced it with a similar, but more morally suitable celebration. He took care to replace the Pagan God with a Christian saint, to allay dissent from the old worshippers. He chose St. Valentine who had been beheaded, it's reputed, for helping young lovers marry against the wishes of the Emperor Claudius (the mad one).

Apparently, before his execution on 14th February, Valentine, who had fallen in love with his jailer's daughter, signed his final note to her, "From Your Valentine".

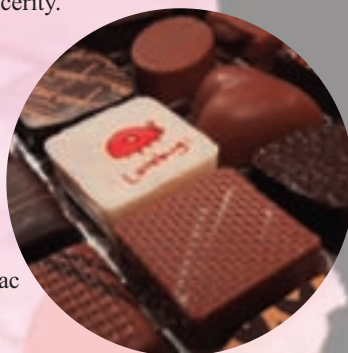
What's in a "X" ?

In Medieval times, an 'X' was used to sign documents by people who couldn't write. Upon the mark being made, the person would then kiss the X as a sign of sincerity.

Little Pots of Chocolate

Ingredients:

450g/1lb Plain Chocolate
Grated zest of 1 orange
Juice of 3 oranges
50g/2oz Butter
2 tbsp Grand Marnier or Cognac
4 Egg Yolks
2 Egg Whites
Extra Grand Marnier or Cognac to serve
1 Orange to serve



Instructions

1. Break the chocolate into the top of a double boiler. Add the orange zest and juice to the chocolate, together with butter. Heat the mixture over simmering water, stirring occasionally, until the chocolate has melted. Remove from heat and stir in 2 tbsp Grand Marnier or Cognac.
2. Combine the egg yolks in a large mixing bowl and beat together thoroughly. Strain the chocolate mixture on to the egg yolks, beating constantly with a hand-held electric whisk, if possible. Allow the mixture to cool.
3. In a clean bowl and using a clean whisk, beat the egg whites until stiff but not dry. Using a spatula, gently but thoroughly fold the whisked whites into the chocolate mixture.
4. Pour the mixture into 4 individual 150ml/5 fl.oz. Glass or china dishes, cover and chill in the refrigerator for about 2 hours until set.
5. To serve - cut 2 thin slices from the centre of the whole orange and cut each slice into quarters. Arrange 2 quarters, with the points facing, on top of each dish. Pour 1 teasp of Grand Marnier or cognac over the top of each dish and gently rotate each dish so that the entire surface is coated. Serve immediately.

Two Hearts as One Main Course

(Individual Beef Wellingtons)

Serves 2 Hot Beef Main Course

Ingredients:

2 x 175g/6oz Fillet Mignon (Beef fillet)
Black Pepper
1 tbsp Vegetable Oil
25g/1oz Butter
1 tbsp Onions, finely chopped
75g/3oz Mushrooms, thinly sliced
50g/2oz Smooth Liver Pate
225g/8oz Puff Pastry
Beaten Egg to glaze
For the sauce
150ml/5fl.oz. Red Wine
150ml/5fl.oz. Beef Stock
A large knob of Butter



Instructions

1. Preheat the oven to 200C, 400F, Gas mark 6.
2. Melt the butter and oil in a frying pan until very hot, add the beef and seal and brown well on all sides. Remove from the pan and set aside.
3. Reheat the oil and butter in the frying pan, add the mushrooms and onion and sauté gently until soft. Set aside to cool a little.
4. Once cool, in a small bowl mix together the mushroom mixture and pate until well blended.
5. Divide the pastry into four then on a floured surface, roll the pastry pieces out large enough so that when you place a fillet on top there's a border of about 2.5cm/1-inch.
6. Divide the pate mixture between the two pieces of pastry then spread evenly over the centres leaving a 2.5cm/1-inch border of pastry on all sides then lay the meat on top. Brush the edges with a little beaten egg, lay the remaining two pieces of pastry over each fillet, pressing down firmly to seal well. Cut off any excess pastry to within 12mm/1/2 inch of the meat and brush the top of the parcels all over with beaten egg to glaze.
7. Roll out the pastry trimmings thinly and cut into small heart shapes. Use to decorate the top of each pie, then brush with beaten egg. Can be covered lightly with foil and refrigerated for up to 45 minutes if required.
8. Place on a baking sheet and bake in the oven for 15-20 minutes.
9. Meanwhile, place the wine and stock in a saucepan, bring to the boil and continue to boil until reduced and syrupy.
10. Add the butter to the sauce, stirring with a wooden spoon.
11. To serve - transfer the beef Wellingtons onto individual serving plates and pour a little of the sauce around each one. Serve hot.

14th February 2010 - Year of the Tiger

Food has played a major role in Chinese New Year celebrations for centuries, and "lucky" foods are traditionally served throughout the two week Chinese New Year celebration, known as the Spring Festival - the most important festival in China when families come together to celebrate in as grand a style as they can afford.

The Chinese belief that different foods symbolize good things in different ways manifests in various forms.

Sweet and Sour Pork

Ingredients:

350g/12oz Pork Fillet

1 tbsp Dry Sherry

1 tbsp Soy Sauce

Salt

1 Red Capsicum (Sweet pepper)

1 Green Capsicum (Sweet pepper)

1 Carrot

2 Spring Onion

1 Egg, beaten

2 tbsp Cornflour

Vegetable oil for deep frying

75g/3oz Pineapple Chunks

For the Sauce

180ml/6fl.oz. Chicken Stock

1 tbsp Soy Sauce

Salt

5 teasp Cider Vinegar

1 tbsp Sugar

1 tbsp Tomato Paste

1 teasp Cornflour mixed with a little water

Instructions

1. Cut the pork into thin strips about 2.5cm/ 1 inch wide by 5cm/2-inches long. Place in a large bowl together with 1 tbsp each of Soy sauce and sherry. Mix well and set aside .

2. Meanwhile, cut the green and red peppers into 2.5cm/1 inch squares. Peel and cut the carrots and spring onions into 1-inch chunks.

3. Bring a pan of water to the boil add the carrots and blanch for 4 minutes. Drain and set aside.

4. Make the sauce by combining the chicken stock, soy sauce, salt, vinegar, sugar, tomato paste and cornflour mixture in a large saucepan. Bring slowly to the boil stirring until thickened, then add the vegetables (but not the pineapple). Stir until well blended. Keep the sauce warm whilst you cook the pork as follows.

5. Mix the egg and cornflour together in a bowl until it forms a batter.

6. Remove the pork from the marinade with a slotted spoon, place the strips into the batter and mix to coat each piece well.

7. Heat the oil until very hot and almost smoking. Remove the pork pieces from the batter with a slotted spoon and immediately deep-fry until browned. Drain on kitchen paper.



8. To serve - add the pineapple and chicken cubes to the sauce, mix well, then turn the mixture into a warmed serving dish. Serve at once.

Vegetarian Spring Rolls Ingredients

For the filling

1 teasp Peanut Oil

1 Garlic Clove, crushed

1 teasp Freshly grated Ginger

2 Spring Onions, chopped

50g/2oz Oyster Mushrooms, chopped

50g/2oz Fried Bean Curd (Tofu) , chopped

50g/2oz Grated Carrot

1/2 small stick Celery, very thinly sliced

1 teasp Cornflour

1 tbsp Soy Sauce

Other Ingredients

12 x 125mm/5 inch square Spring Roll Wrappers

1 Egg, beaten

Oil for deep frying

Instructions

1. Heat the oil in a frying pan or wok, add the garlic, ginger, celery and spring onions and stir fry until softened.

2. Add the mushrooms, bean curd and carrots and stir fry for 1 minute.

3. Remove from the heat and stir in the cornflour and soy sauce. Blend well and allow to cool.

4. Place a tablespoon of the filling across the end of a wrapper, leaving a border of 1cm/1/2 inch on each side. Start rolling up the wrapper and when you get to 3/4 of the way , fold over the edges to enclose the filling.

5. Brush the remaining wrapper with a little beaten egg then continue to roll up the parcel. Repeat this process with all the wrappers. Refrigerate until ready to cook.

6. Preheat the oil to 180C, 350F. Fry the spring rolls, a few at a time, until golden and cooked through. Drain on Kitchen paper and keep warm whilst you fry the rest of the rolls. Serve immediately with a dipping sauce.



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

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

The book priced at £7.50 is available from Barkers in Cottingham, W. H. Smiths, Browns Hull, The Book Shop in Toll Gavel, Beverley and Sokell in Driffield.

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Internet Explorer has come in for more criticism in terms of security flaws, and in a strange twist the governments of France and now Germany have advised their citizens to use an alternative browser. I have mentioned before that there is a choice of software that can be used for going online (known as a web browser), such as Google Chrome, Mozilla Firefox, Opera and Safari. These are all free to use, and can be downloaded and installed very easily. Our own Government are apparently pointing people to the Get Safe Online website which quotes: "All web browsers are at ongoing risk to vulnerabilities and as such Get Safe Online's recommended advice to consumers and small business is always to use the most up-to-date version."

Internet Explorer (the latest version is 8) has always been included on every Windows computer for many years, and most people just click on the 'big blue e' automatically. For this reason, the fact of the matter is that if hackers and other unsavoury characters find a security flaw, they know they can potentially target up to 90% of the world's online users. That is why there are so many Windows security updates appearing on your computer. Using a different web browser lessens the security risk, as long as you keep it up to date; and of course have other security software on your computer. The last issue of our new computer help feature is entitled 'Getting the most from the Internet' and is still available to anyone signing up, see the advert below for details.

There has been a real epidemic of 'malware' appearing on computers recently. This malicious software takes the form of a 'personal security centre' warning you of dangerous infections on your machine. All it takes is one click and it will install itself and make things very difficult for you, some of these things are very difficult to remove. If you see one of these appear on your screen, do not click anything, just shut down your computer by holding in the power button for about 8 seconds. And under no circumstances enter your credit card details to try and solve the apparent infection. When you restart your computer, run an anti-spyware type scanner and/or your anti virus program. The main problem is that this malware often comes from infected web pages, and as it is not a virus, it won't be stopped by your anti virus program.

Windows 7 is now the operating system of choice for all new computers so there are lots of users out there now. One useful tip for anyone getting to grips with the new system, although it is very easy to use, is to look at the top of the start menu and you will see a couple of links to tutorials about what's new, and finding your way around. Microsoft have released a helpful

little guide to the trade, probably aimed primarily at business users but there are some good tips in there. If anyone would like a free copy by email only (as a pdf document) just drop an email to info@rdmcomputers.co.uk with the subject: *Windows 7 Guide*.

One question I am often asked is how to open attachments to emails.

Normally these should open automatically, the problem normally arises when the attachment was created in a program that you do not have on your computer. Maybe Excel, or Word or PowerPoint. Perhaps one of the most common ones though is as mentioned above, 'pdf documents'. This is the form in which most newsletters, manuals and technical documents are sent. For this you need Adobe Reader (used to be called Acrobat). If you don't have it just go to: <http://www.adobe.com/products/acrobat/readstep2.html>

On that very subject, the current issue of our computer help feature is all about email. How to use it properly, some hints and tips to make life easier, the best way to send photographs and other attachments, and what to do when things go wrong. See below for details. The response has been very good, so we plan to make this an ongoing project, and will be contacting all those already subscribing, and will publish details next month. There is still time to join now and get the first three issues and the free glossary and computer guide.

The BBC is producing a documentary covering 20 years of the Internet. Called 'The Virtual Revolution', it is due to be aired in the spring. You can even have your input. Go to: www.bbc.co.uk/digitalrevolution/virtualrevolution.shtml

Apple – the creators of all things white and shiny, i.e. Apple Mac computers, look like getting in on the act of e-readers (electronic books) that I mentioned last month. By the time you read this they may have launched their own version based on the tried and trusted iPod formula. My own favourite device is my iPod Touch (almost identical to the iPhone). For those who are not familiar, it is a hand held device with a big screen, that not only stores and can play thousands of music tracks and photos, but is also wireless enabled so can also browse the Internet and check your email at the flick of finger, wherever a network exists. So maybe I'll be reading books on it as well soon.....

Richard Mills

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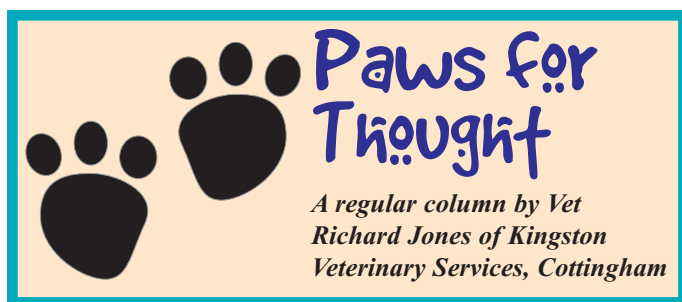
A monthly feature filled with 'how to' explanations in Plain English.

Subjects like making the most of the Internet, how to easily send photographs and other attachments by email, creating and arranging files & folders, and looking after your computer, to name but a few.

Yes you can go out and buy a magazine or a book, but sometimes they are not easy to follow and can be full of adverts.

To launch this new feature, everyone who signs up will get a free glossary of computer terminology (techno-speak!) and what it all means; and an explanation of what to look for in a computer, or even understanding your own. The launch price of this will be just £9 for three issues delivered by email, or add £3 if you would like it posted. Payment can be made by cheque.

To take advantage of this, or for a free sample feature to demonstrate how you could benefit, just email us with the subject line: computer feature; and we will email straight back.



Does Your Dandruff Walk?

I must be getting to a funny age when I get excited by dandruff, but that is what happened to me yesterday, when I saw an 8 week old Labrador puppy. The puppy had come in because he was scratching and when I looked in his coat he was very scurfy and as I scratched his back his back legs started going in a scratch reflex.

The usual cause of this is a mite called Cheyletiella or walking dandruff mite, so called, because it is almost invisible to the naked eye, but does pick up pieces of dandruff with its large jaws and walk around with it.

So I combed a lot of the dandruff out onto the black table top and sat there observing the dandruff, (I did explain to the client what I was doing) and eventually true to form, the dandruff started to move so I quickly caught it on a piece of sellotape and rushed upstairs to look through the microscope, to see the mite with its characteristic large jaws at the front still moving.

For some strange reason the client did not hold my fascination at what we had found on her beautiful puppy and did not want to see the mite magnified x 100 (see top right.)

Cheyletiella are interesting mites which we often see on young puppies especially short coated breeds such as pugs and boxers, they make the dog extremely itchy as well. Cheyletiella is also a zoonosis in that the mites will also bite us if the dog is cuddled against bare flesh. The



Canine Cheyletiella
Actual size 0.3mm

mites live only on the dog but eggs can survive for a short time on the bedding. Treatment is very simple using a topical insecticide fipronil in a spray and probably need 2 treatments 4 weeks apart. Cheyletiella is also a very common mite seen in rabbits.

Fleas are probably the most common parasite seen on young animals, but there are more uncommon parasites occasionally seen. Lice are rare in puppies but I do occasionally see them especially when the pups are bedded down on straw. There are two kinds of lice, biting lice and sucking lice.

Right: Dog biting louse
Actual size 2-4mm



Left: Dog sucking louse
Actual size 2-4 mm

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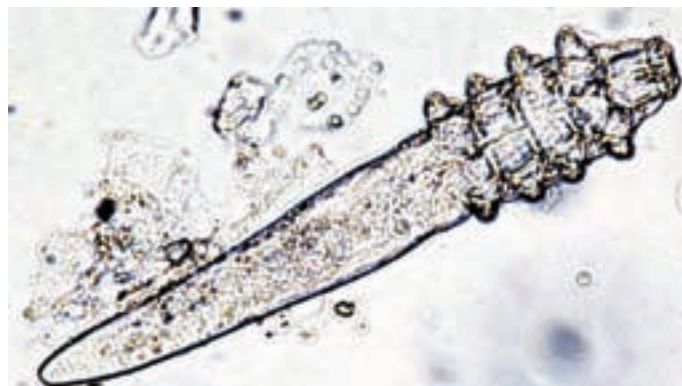
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One of the most common skin parasites we see is called demodex, this mite burrows under the skin causing alopecia in young pups once again more the short coated breeds pugs, boxers and Staffordshire bull terriers. Pups catch the mite from their mothers while suckling and most dogs' immune systems eradicate the mite; however some of these short coated breeds fail to recognise the mite as being foreign and allow it to breed causing the baldness. Treatment involves usually a prescription spot on product however sometimes the demodicosis is so severe that weekly baths of a very powerful insecticidal wash is required which we will carry out at the surgery.

So after twenty years as a veterinary surgeon I still get a thrill from an itchy puppy, especially if I can find some mite crawling around and put it under the microscope.

Below: Dog demodex mite. Actual size 0.3mm



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Be inspired. You raised an amazing £11,000 last year in our Tache-for-Cash campaign, simply by growing weird and wonderful moustaches.

So, this February, why not grab a bunch of colleagues, classmates, friends or sporting fellows and get sponsored to dye your hair grass-green or wear it Jedward-style? How about a sponsored leg, back or chest wax? Ban hair gel for the day, raffle a load of hair care products, wear a wig. Turn that walrus moustache to good use – shave it off for dosh. No need to be a shrinking violet just because of that receding hairline – make your hairpiece your party piece!

Or you could ask Fiona, your Sue Ryder Care fund-hairrr-raiser, for more hare-brained schemes on the hair-crazed theme.

There are loads of ways you could help us raise the £13 million Sue Ryder Care needs each year to continue providing end-of-life and long-term neurological care to the thousands of people who rely on us. The money you raise will help pay for staff and treatment at your local centres – Hickleton Hall and Holme Hall – where we care for people with motor neurone disease, multiple sclerosis, brain injury, cancer, Parkinson's and Huntingdon's disease, dementia and stroke.

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Or visit www.suerydercare.org for more information about what we do.

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Branfield

Life Changing Dentistry – Tooth Whitening

Hello again. I hope you are well and managed to survive the January blues. It is supposed to be the most depressing month. I think that it has been a bit more exciting than usual. We have had a proper winter this year with snow and everything. It can be a bit hair-raising at times and a bit of a pain at others but it's a bit different and sometimes that is good. Sledging on Beverley Westwood with the kids was superb, an hour and a half in the car from Cottingham to Beverley wasn't. Mind you, I know someone who spent three and a half hours in the car from Tesco to Morrisons in Beverley on that Friday afternoon when the snow really came down, the 8th I think. Poor soul.

Do You Need Cheering Up?

You're probably thinking "how the heck can a dentist possibly cheer me up?"

Well, there are a few ways to simply improve your smile and this can cheer you up no end. Probably the simplest way to perk up your teeth and subsequently your mood and confidence is tooth whitening.

There are a few ways of doing this at different costs, differing results and different predictabilities.

Now Listen To A Cautious Word Of Warning!

Tooth whitening needs to be prescribed by dental professional to significantly reduce the chance of complications and unwanted side effects. Be wary of self prescription and internet home kits. Some of these kits have high concentrations of gel that can cause gum irritations or chemical burns especially when the trays have a poor fit. Some gels have a chlorine releasing component and some can cause enamel erosion. Not everyone is suitable for tooth whitening so my advice is not to waste your money on people who know nothing about dentistry or oral health. Rant over, deep breaths. Only kidding, but be careful.

So Will It Work For You?

Tooth whitening works superbly well for so many people and in most situations I see the answer is yes to the above question. It is particularly effective for natural yellowing of teeth and teeth that have darkened through the rigours of daily life including tea and coffee. Whitening will only work on natural tooth and not on crowns, veneers or fillings. It is also very good for mild tetracycline staining (tetracycline is an antibiotic) and mild mottling/staining from fluorosis (excess fluoride intake during tooth development). Some more intense staining and mottling may not be amenable to straight forward tooth whitening alone. Obviously your teeth need to be in good nick. Trying to do tooth whitening on bad, decayed teeth is a non-starter and may well cause pain and discomfort so is really not a good idea at all. If you have some discoloured fillings and want your natural teeth whiter it might make the filling stand out more. A simple solution is tooth whitening and replacement of the filling or even just to resurface the filling if it is otherwise sound. Simple, yet extremely effective, both visually and in your pocket.

Do You Fancy Some Tooth Blackening?

Has Branfield gone mad? Just keep with me a moment. There is an old custom in Japan for the blackening of teeth by married women and courtesans as an enhancement of their beauty. The custom, rooted in antiquity, had gradually become proof of the married status of women. Before a new bride entered her husband's home she would visit seven relatives to receive dye and then underwent "the first blackening". The dye was primarily derived from ferric tannate and was applied by a brush made from a crushed twig. The dye would be reapplied as it wore. It was seen that blackened teeth showed evidence that a wife had sworn eternal fidelity to her spouse. My wife was having nothing of it. Mind you it's not really a good look is it?

Horses For Courses

The right technique for YOU depends on your own personal circumstances e.g. how dark, mottled or stained your teeth are or what colour your teeth are etc. The other considerations are how white you want them, how quick you want them whitened, how long you want it to last, how much you are prepared to do yourself and how much you want to pay. The thing is straight forward tooth whitening is a non-invasive technique that can make a big difference without more expensive veneers etc but it needs to be done correctly and appropriately. There is obviously more to this subject so I will revisit it again.

I have no reports on my daughter's under 12's football because of the weather. We hope to get going again at the weekend. Mind you they had a practice in the freezing cold rain last Saturday, poor things. Good for the soul though I told her while I was all wrapped up in my big coat.

Take care

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. www.castlepark-dental.co.uk

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ABCD News

As you will all be aware by now, 2010 Business Directory has now been distributed to every household and business in the HU16 postcode area. Please try and use it as your first point of reference if you require any services in the village, as it is very important to support them as much as possible.

To help you recognise those shops and businesses that are members, new "2010" window and van stickers have also been dispatched to every member.

Unfortunately as often happens when the directories are printed there are a couple of omissions and change numbers so please amend your copy with the information below.

Omission

Plumbing & Heating

Rapid Gas, 16 Langdale Crescent, Cottingham, 842802.

New Telephone Number

Public Houses

King William IV, Hallgate, Cottingham, 875996.

Note For All Traders

The date of the next meeting is Tuesday 16th February 2010 at 6pm in the Back Room of the King Billy on Hallgate. Please try to attend the first meeting of 2010.

See you there!!

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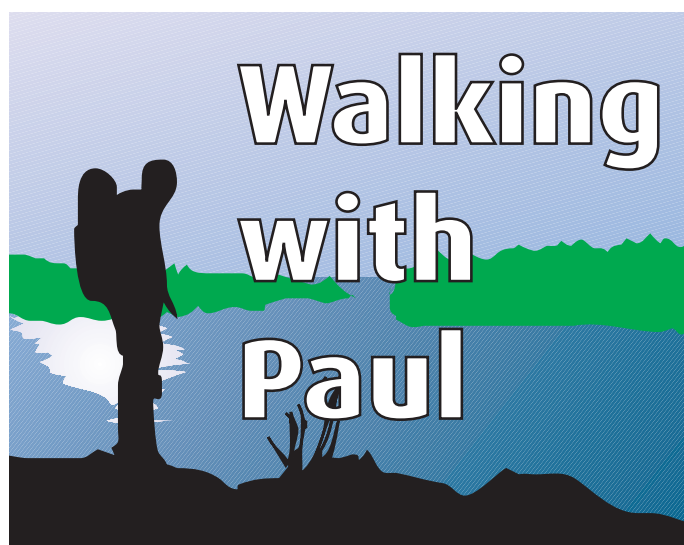
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Here is Paul's latest walk in his series of monthly rambles. This month his destination is Skidby

Start at GR. 015337 Main Street, Skidby.
Distance 8.3 Miles.

Leave the car and walk up the road towards Cottingham and turn right towards Skidby Mill. On approaching the Mill, turn right down the Mill drive and pass through a kissing gate on the left into a field and walk through this field with the hedge on your right.

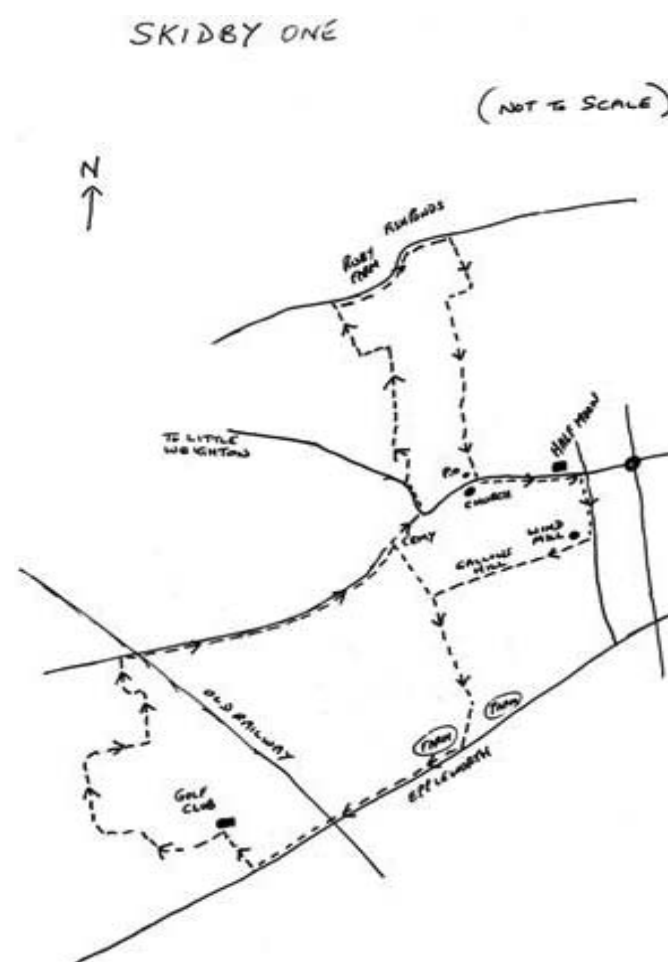
After a short distance you will pass a coppice known as Gallows Hill (Note the memorial to a local boy) and after a fur-

ther short distance turn left and follow the path towards White House Farm crossing four stiles to reach Eppeleworth road just to the East of the farm.

On emerging onto the road, turn right and walk along the road until reaching the drive up to Hesse Golf Club. Turn right and walk up this drive to the buildings and, on approaching the first building take the path to the left. This path follows the perimeter of the Golf Course. When reaching a path on the northern perimeter, take this path heading north to reach a track.

Turn right onto this track which eventually becomes a surfaced road and enter the western end of Skidby. On emerging at the Little Weighton road, turn left and follow the road to a point where the road turns sharp left. At this point, locate a track straight ahead and follow this track which eventually becomes a path until reaching a stile. Cross the stile and immediately turn left and follow the field headland until reaching a road.

Turn right at the road, pass Risby Park Farm and fish ponds on your left. Immediately after passing Fishpond Wood, turn right up a track and follow this clear distinct track/path back to Skidby.



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In the Garden



This month there are signs of the approaching spring, with bulbs appearing and birds and wildlife waking up as light levels and temperatures increase. There's plenty to do indoors this month, all in preparation for the season ahead. Outdoors, the garden is coming to life again, and its time to prune shrubs, such as Wisteria.

Sowing and planting

Dahlia tubers stored over winter (or bought this year) can be started into growth. Place them in a light, warm place to sprout before planting. They will need additional misting with a spray-bottle of water, to stop them drying out.

Lily bulbs can be planted in pots, for flowers this summer. After growing on indoors or in a cool greenhouse, they can be moved onto the patio when in flower, so that you can enjoy the blooms.

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

Hardy annuals can be sown in pots or modules to provide colour.

Summer-flowering Dutch iris bulbs can be forced and used as cut flowers.

Place gladioli corms in seed trays or boxes and place in a light, warm (around 10°C/50°F) spot to encourage them to sprout before planting. This will ensure an earlier display.

Sweet peas can be sown under cloches, in a cold frame, or in a cool room in the house. Any sweet peas that were

Top 10 jobs

1. Prepare vegetable seed beds, and sow some vegetables under cover
2. Chit potato tubers
3. Protect blossom on apricots, nectarines and peaches
4. Net fruit and vegetable crops to keep the birds off
5. Prune winter-flowering shrubs that have finished flowering
6. Divide bulbs such as snowdrops, and plant those that need planting 'in the green'
7. Prune Wisteria
8. Prune hardy evergreen hedges and renovate overgrown deciduous hedges
9. Prune conservatory climbers
10. Cut back deciduous grasses left uncut over the winter



Root cuttings can be taken of Papaver (perennial poppies), Verbascum (mullein), Acanthus (bear's britches) and Phlox.

Check on tender plants overwintering outdoors to ensure protective coverings are still in place

Cutting back, pruning and dividing

Cut back ornamental grasses and other perennials left for winter interest.

Continue to deadhead winter pansies and other winter bedding. Pansies will carry on into the spring and even to early summer, if attended to frequently.

Cut off old leaves of hellebores that produce flowers from ground level (including Helleborus x hybridus and H. niger) to expose the flowers and remove possible foliar diseases such as hellebore leaf spot.

At the end of the month prune back the stems of pot-grown overwintered fuchsias and place in a well-lit, warm place to encourage new growth.

Divide and/or plant bulbs-in-the-green such as snowdrops (Galanthus) and winter aconites (Eranthis hyemalis).

Divide clumps of herbaceous perennials that you want to propagate, those that have become too large for their allotted space, and those that are flowering poorly or have lost their shape.

General maintenance

Prepare beds for new roses when conditions allow. Avoid wet days and frozen ground.

Send soil samples for pH and nutrient testing (if necessary). This can help you choose the correct plants for the site in question, and allow you to rectify any nutrient deficiencies with a spring feed.

Improve the drainage of heavy soils by working in lots of organic matter and coarse gravel (if necessary).

Clear up weedy beds before mulching. Lighter soils can be mulched now, but heavier soils are best left until March, when the soil is warmer.

Mulching with a deep layer of organic matter helps to condition the soil, suppress weed growth, insulate plant roots from temperature fluctuations, and conserve soil moisture during the summer.

Check whether containers need watering. Pots that are sheltered by eaves or balconies can miss out on any rainfall. Check the compost at a hand's depth to see if it feels dry. Aim to keep pots moist, not wet.

Pots and tubs benefit from topping up with fresh John Innes compost. Old compost can be removed and replaced if there is not much room.

Towards the end of the month, you can top dress beds and borders with a balanced fertiliser such as Growmore or blood, fish and bone, to feed perennials as they start back into growth.

Planning ahead

Order catalogues for spring planting of summer-flowering bulbs, bedding plants and herbaceous perennials.

Stock up on stakes and ties for the coming season, if you have not done so already.

Plan your summer bedding and container planting schemes in good time for ordering the necessary bulbs, annuals and seed, and for propagating the relevant material.

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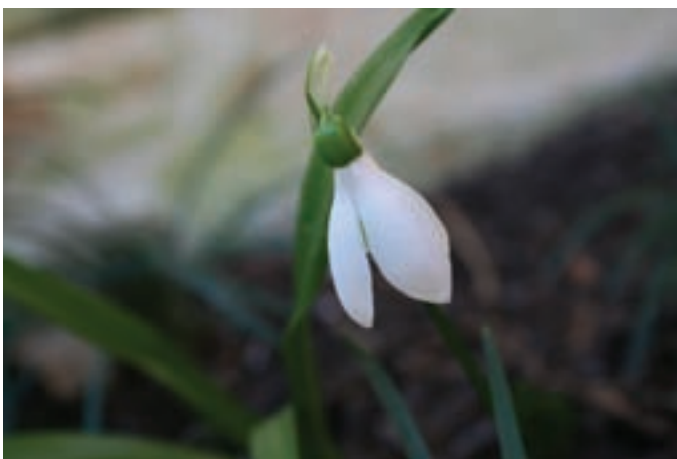
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Your Stars for February 2010 - By Kay Gower

Aries - (Mar. 21- April 20)

Success attracts all kinds of people into your life, and most of them will be good for you. But, there are maybe one or two who are weak or jealous who will cling to you. Choose your friends wisely.

Taurus - (Apr. 21- may 21)

You would be a fool to deny yourself a little of what you fancy, although a little could all too easily become a lot. You love beautiful things, and you enjoy being generous. Whatever you buy for your home or family will enrich your life.

Gemini - (May 22-June 21)

You may play a leadership role or take some initiative in a group situation. Mid month sees you fired up about your ideals and you stir others to action. Team sports and group efforts of any kind will appeal to you now.

Cancer - (June 22-July 22)

What begins this month is likely to trigger unexpected developments. However unclear the outcome, what you learn in the process more than compensates for the uncertainties.

LEO - (July 23-Aug 22)

Strong positive financial news is on the cards for you this month. A wage increase or bonus is more than likely - could even be a small lottery win! This is a good time to start planning for a holiday.

Virgo - (Aug 22 - Sept. 23)

You may feel that time is running out and everything needs to be done quickly. But there's no need to rush about, go with the flow. Your physical, emotional and mental batteries are low and in need of a recharge.

Libra - (Sept. 24 -Oct. 23)

The spring months bring brings success in your work. You are quick witted enough to be able to turn any situation to your advantage. Use your intelligence and intuition to make job contacts which will offer plenty of scope to improve your finances later in the year.

Scorpio - (Oct. 24 - Nov. 22)

You are always very generous to your family and friends. This month you will be even more lavish. By the end of February it will be time to put the brakes on all this spending. You might even stop and ask yourself if everyone really deserves your generosity.

Sagittarius - (Nov. 23 -Dec. 21)

Your determination to achieve your goals puts you in danger of becoming intimidating, do try to keep everything in perspective. An unusual romantic situation could cause problems mid month, and you may find that you're the subject of gossip.

Capricorn - (Dec 22.- Jan. 20)

You would be a fool to deny yourself a little of what you fancy, although a little could all too easily become a lot. You love beautiful things, and you enjoy being generous. Whatever you buy for your home or family will enrich your life.

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

You receive praise for your talents this month, which feels terrific. Financial shifts at the month end will put money in your account. On a different note, relationships will be complex, try to dodge tough questions if you can.

Pisces - (Feb. 20-Mar. 20)

A sparkling opportunity to indulge your creativity emerges this month. Others will be more receptive to your ideas and are likely to seek out your guidance. Use this as an opportunity to advance.



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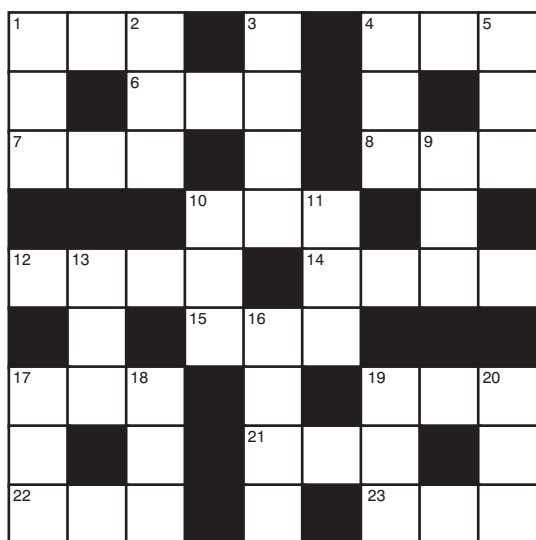
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Number Cruncher



Across

- 1, 10 across minus 180
4. Nine dozen
6. 4 across plus four
7. Four times 4 across
8. 21 across doubled
10. 8 across minus twenty-eight
12. 3 down plus eighty-six
14. 5 times nine down
15. 5 times 6 across
17. 15 across minus eight
19. Months in eleven years
21. Seconds in three minutes
- 22.9 down plus 170
23. Three times 11 down

Down

1. Months in twelve years
- 2.19 down doubled
- 3.16 down minus seven
4. 13 down minus 102
5. 22 across minus thirty
9. Minutes in eleven hours
- 10.2 down plus 183
- 11.18 down minus ten
- 13.14 across divided by twelve
16. 23 across times nine
17. 19 across times-four
18. Minutes in four hours
- 19.19 across minus twenty-six
- 20.1 across plus 108

Support your local retailers - Use Them, Or Lose Them

Dizzys

HAIR SALON
Cottingham



Dizzys hairdressing Salon is a leading Wella Premier salon, located in the centre of Cottingham, with ample car parking, either in the Village Green, or in the large long-stay carpark to the rear.

The salon has been a busy fixture in the village for nearly nine years, and has a selection of qualified stylists.

Bev Dawson - salon owner, has 25 years of experience, which she inherited from her aunt, salon owner of Ruby Banks, which she passes on to her staff, with regular training for everyone.

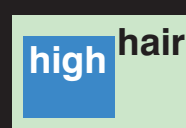
To be a Wella Premier Salon, the stylists have to be trained and updated to Wella's highest standards and we pride ourselves on passing this knowledge and experience to all our clients to keep you looking good in all aspects from fantastic haircuts, colour techniques to suit you using Wella's range of colours, and to keep your style looking tip top, Wella New System Proff shampoo, conditioner and styling range.

The return of Emma and Kayleigh from maternity leave in April.

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MARIONOWENTRAVEL&CRUISECLUB

Just a quick update: Howard has just returned from his New Year Cruise aboard the Arlene and had a superb time, he was full of praise for the ship staff & food just as I was on my return last summer. My special departure on the 3rd May is down to the last 4 seats now so if you wish to join me sailing along the Main, Danube Canal to Passau through Bavaria you need to hurry!

My other escorted departures are Oberammergau & Bermuda this year. In 2011 I start the year with Vietnam Laos & Cambodia departing 09 Jan, then a river cruise from Budapest to the Black Sea on 03 June and more to come! Call for details now.

New! ... European Holidays via P&O North Sea Ferries

Best of the Bulb Fields, 6 days, departing 15th April from £289 pp

Easter in the Black Forest, 7 days, departing 1st April from £329 pp

Easter in the German Valleys, 6 days, departing 1st April from £269 pp

4* Lake Garda & Venice, 10 days, departs 2nd July from £669 pp

4* Rome & Italian Adventure, 11 days, departs 10th Sept. from £839 pp

4* Tuscany & Florence, 11 days, departs 1st October from £769 pp

Summertime in Austria, 9 days, departing 1st September £399 pp

Black Forest & Switzerland, 8 days, departs 9th Sept. from £369 pp

Thursford Christmas Spectacular: 19 Nov 2010 - the coach is now full! 05 & 26 November.....we have limited availability so please hurry.

Thailand bargain: a new exclusive high season offer at the fabulous five star Chada Beach Resort on Koh Lanta, 10 nts from £1,350.00 includes all flights, private transfers and breakfast departing 16 Jan to 30 April 10.

P&O cruises are to get another ship in 2011. The Adonia is small and beautiful; presently named Royal Princess, she will be a fabulous addition to the fleet, offering guests an intimate personal style of cruising. Call for further details.

Rail Holidays are becoming very popular; we work with a big selection of operators including Great Rail Journeys. Ask for details.

Single holidays: walking in the Ahr Valley, travel by coach, includes all excursions, single room, 5 days from £349 for dates to travel 26 April, 17 May, 13 & 20 Sept. Call for details and many more ideas.

Nile Cruising: Viking Princess, full board, sightseeing and no single supplement for February to April departures.

Summer 2011 Cruising: all will be on sale before the end of this month - Fred Olsen, P&O, Cunard, Carnival, Princess, Cruise & Maritime

All holidays subject to availability when booking and unless otherwise stated based on 2 people sharing a twin room, please ask for full details.

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Hurry book early and secure the cabin of your choice, 2010 departures sold out very quickly.

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11 May	6 night Springtime Fjordland	from £449
17 May	9 night British Isles Discovery	from £699
26 May	8 night Fjordland Splendour	from £599
03 Jun	12 night Baltic Cities & St Pete's	from £949

Call now for full further details & bookings now.



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Date	Cruise destination	nights	Twin from	Single from
06 Apr	Holland & Bulbfields	5	£389	£544
21 Apr	Holland & Bulbfields	5	£389	£544
03 May	Bavaria to the Danube	12	£999	£1344
JOIN Marion on this departure - only 2 cabins left				
23 May	Blue Danube	10	£949	£1204
08 Jun	Four Rivers	10	£929	£1244
16 Jun	Rhine to Switzerland	10	£929	£1244
Combine the above 2 cruises to have an 18 night holiday				
26 Jul	Rhine to Switzerland	10	£969	£1284
11 Aug	Magical Moselle & Rhine	10	£969	£1284
04 Sep	Moselle & Saar Valley	10	£929	£1244
30 Oct	Heidelberg & Black Forest	8	£599	£ 814
18 Nov	Tinsel & Turkey	6	£399	£ 574
25 Nov	German Christmas Markets	5	£339	£ 494
22 Dec	Christmas Rhine	6	£499	£ 674
29 Dec	New Year Rhine	5	£449	£ 604

All Cruises include 2 nights room only aboard
P&O North Sea Ferries in an inside 2 berth cabin.
Deposit £150 per person.

Officers elected for Cottingham Cricket Club at their Annual General Meeting

Cottingham Cricket Club held their Annual General Meeting at Hilltop at the end of last year. After the senior captains and the junior manager's reports the election of officers took place. Continuity was the theme of the election as all the incumbent officers were re-elected, the only changes being in the junior age groups.

Officers for 2010 are - Chair - Mike Gibson; Cricket Secretary - Mike Best; General Secretary - John Ewens; Treasurer - Mark Ransome; Sponsorship Coordinator - Dean Washington; Equipment Officer - Ken Parker; Youth Development Officer and Child Welfare Officer - Rob Rhodes; Assistant Child Welfare Officer - Wendy Mawson; Website Coordinator - Graeme Furlong; Club Development Officer - Rob Rhodes. On the playing side First XI captain is Rob Rhodes with Stu Hilton as Vice Captain. The 2nd XI captain is John Ewens and Dean Washington is his vice captain. The Academy side will be lead by Pete Pearson assisted by Steve Richards.

The junior sides will be managed by Ken Parker for the Under 17's; Rob Rhodes will look after the Under 15 team and Pete Pearson the Under 13 side. The U11 side will be managed by Graeme Furlong with Danny Furlong looking after the U9 side.

Training for the new season has already started but any new players are always welcome. Indoor Nets take place on Thursday evenings at St Mary's College, Cranbrook Avenue with the Under 13 and Under 11 age groups from 6-7.15pm followed by the Under 15, Under 17 and Seniors at 7.20 till 9pm.

Saturday morning coaching sessions for Under 13's and younger take place at Cottingham High School in the large Sports Hall from 10am till midday.

Further details can be obtained from Rob Rhodes (Youth Development Officer) 842215.

Further details can also be found on the clubs website www.Cottingham.play-cricket.com



Valentine's Dinner

**Sunday 14th February
3 Course Dinner - £14.95**



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MUSIC LOVERS make a note!

Classical concert pianist Valentina Seferinova is to make a return visit to Cottingham at the Methodist Church on 14th March.

Many will recall her memorable performance of Slavic piano music in March 2008, which left a lasting impression which has led to her being invited back.

Her themed programme will this time include pieces by forgotten Jewish composers of the late 19th C and early 20th C.

Why Jewish composers in particular?

Valentina – being of dual Bulgarian and British nationality is of course a committed Christian – but through her research work has become aware that many of the significant composers of the Romantic era suffered hugely by the big political upheavals of the 20th Century.

Not only Germans of Jewish extraction, but Polish composers suffered double whammy's – firstly by the rise of Anti-Semitism in Hitler's Germany, and then immediately followed by Stalin's suppression of all things Polish and German.

It will be a rare treat for the audience in Cottingham, as a few of the pieces included are going to be first live performances since the death of the composers! Many of the music works Valentina is performing on 14th March, are to be recorded for the first time by her at the Cameo Classics' Studio in France later on in the year.

For more information about Valentina visit www.valentinaseferinova.com – where you will also find links to YouTube videos of some of her performances over the years.

Tickets £10.00. Students in full-time education £5.00. Available from 12th February at Gilly's Ballons, The Back Room, Hallgate, also The Photo Shop, King Street or telephone 01482 847122 or 01482 842347.

Further details from Richard Barton on 01482 847122.

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It's not a rumble in the jungle, it's two rambles in the brambles!

With more snow forecast, it's quite a stretch to imagine walking through green meadows flanked by twittering hedgerows, flowers of every hue, and the air filled with the sound of the countryside in high summer.

But, come July, that's where you could be: walking the Yorkshire Wolds Walk 2010 - which is back again by popular demand. So, if you fancy a stonking good hike, join us on Saturday 3rd July at Brantingham, East Yorkshire.

All you have to do is sign up at www.suerydercare.org, gather as much sponsorship as you can and show up ready to take on the challenge. And, if 'be more active' was high on your list of New Year's resolutions, our Yorkshire Wolds Walk may be just the ticket to give you something to train for. You'd be doing your body a whole lot of good - and doing your bit to help Sue Ryder Care, one of the UK's largest providers of specialist long-term and end-of-life care.

There are two walks to choose from: the original demanding yet pleasant 30-mile figure of eight route and, for those who like to spend more time appreciating the view a more manageable 12-mile version.

Karen Cooper, one of the 2009 participants, said: "A great day! Everyone was very friendly and supportive. Looking forward to next year."

Think: fresh air, rolling hills, good fun and that feeling of achievement. On top of all that there's the warm glow you get from knowing that you are helping Sue Ryder Care to continue providing compassionate care for those that need it.

So go on take on the challenge!

For more information, email lucy.nalton@suerydercare.org or call 01904 426920. Or visit www.suerydercare.org/events.php/566/yorkshire_wolds_challenge_walk

Get Fitter and Have Fun by playing Badminton in the Sports Hall at Cottingham High School, Harland Way

Get Fitter - Have Fun, at the Badminton Club held Tuesday and Thursday evenings at the Cottingham High School, Harland Way, in the Sports Hall. Games are played between 6.00 pm and 9.30 pm every Tuesday and Thursday evenings.

There are four excellent courts available. No membership is required only £2.50 per night to play.

For further information contact Maria Deighton on 442758 or Dave Penrose 842855, or just turn up on the night.

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Book Now to avoid disappointment



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

You don't have to be a genius to guess the topic

Snow, snow and yet more snow!!!! All very beautiful....nature had clothed our trees, fields, hedgerows and land with a blanket of pristine, white, fairytale softness. ENOUGH OF EXTOLLING THE VIRTUE SIDE!!!

The reality was extremely different, as each and every one of you will know of course!!! Water supplies froze up, pipes burst, the going underfoot was treacherous and we will not even go into discussing the roads and the appalling lack of foresight by any council across the land...not just ours. Maybe I am being unfair to assume that our money (the rates we pay) is not very often channelled in appropriate directions but that is most certainly how I feel. We ought to have a forum on this topic.....someone do it please!!!!

We, as the higher intelligence, have the opportunity to wear boots with thick rubber soles which have plenty of grip to help us walk and keep us safe. Horses, however, do not fare well walking on ice or snow. It is of no benefit if they are wearing metal shoes. Snow balls up inside the shoe, to the point of making stiletto like towers....quite scary, as falling over is a very real threat. They slide on ice and it is in the lap of the gods if you both make it to where ever in one piece.

Our hospitals have been heaving at the seams with 100's of fall related injuries...we are fortunate in that the human body can be

mended. Horses, however, are shot when they break bones. It is virtually impossible to mend a break in a horse. The cost of such treatment is so enormous that it is simply not feasible. Only with incredibly valuable horses is treatment ever tried....Racing stallions worth countless millions for example. The success rate, however, is not high. Usually the supporting leg cannot cope with the long weeks of weight bearing and the foot structure inside collapses.

I managed to keep all my horses and owners happy at my yard by turning all my horses out every day. By doing so my horses stayed sane through the long period where riding and exercise was out of the question. I am lucky that I have that opportunity open to me. I have been speaking to many local horse owners who simply had no choice but to keep their animals confined in their stables.....and then had to cope with all the problems related to such containment.....Stress, colic attacks, high jinks in a confined space and the inevitable manic galloping about come the day their owners could safely get them to their fields....In that circumstance all one can do is pray that the horses don't injure themselves as they hurtle and cavort around their paddocks, making the most of their new found freedom!

Not an easy time, all in all. With the thaw came the blessed relief of free running water supplies! No more carrying water to the stables! Heaven personified for those owners who had to do just that! A horse can drink anywhere from 7 to 11 gallons a day. That is a lot of water to carry to a yard full of horses from wherever the only working tap happens to be! Farmers across the country have equally struggled to get water to their cattle and sheep. There is much effort involved in caring for any livestock at times of extreme weather.

I finally have the use of my school/ ménage back now, which means that my working life can resume normality....God willing! We can start to school and train the horses again. My income has suffered a significant blow as every job I had arranged round the country was understandably cancelled.

"Why do horses have their thick winter coats clipped off when they need it most?"

This was a good and very relevant question I was asked recently. I can understand that a bystander may perceive this practice to be unfair on the horses. Horses grow an amazingly thick, double layered, highly greased coat in winter. Its purpose is to keep it warm, obviously, but also to be extremely waterproof. The reality is that when a horse remains "in work" during the winter months, then its very nature turns against the animal. The horse overheats quickly and starts to sweat. The coat inhibits the skin to dry and holds the sweat in. This, in turn, causes the horse to stay wet for hours and leads to chills and is a very real danger to its health.

By clipping an appropriate amount off, we are therefore able to work the horse better and without leading to any sort of discomfort to the animal. The amount of hair removed is dictated by its own personal work regime. The picture below shows TuTu sporting a very nifty "Blanket" clip! His back and kidneys are left covered but all the areas that readily sweat are exposed for quick recovery. This style of clip is perfect for a horse in a light to medium exercise regime. A hunter or racehorse which will be galloping and exerting itself would have to have all its hair removed in a "Hunter" clip. All clipped horses are rugged up to the hilt to more than compensate for its "Number 1"! I honestly promise that life for a horse, in work, in winter, is most definitely improved by being clipped. Worry not, those of you out there who were unsure!



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Following the closure of Spectrum Video in Cottingham, I have decided to use my many years experience gained in sales and installation, to set up my own TV/DVD installation and DIY business. This will enable anyone to take advantage of cheap supermarket and internet prices for their household electrical needs.

Please feel free to give me a call and I will be pleased to offer any advice free of charge, on your TV/DVDR requirements and where to buy them at the best prices. I would then be able to offer my services on installations and tuition on all makes, at very affordable rates.

I am also available for any small DIY jobs you might need doing around the house, the kind of jobs that in the past, you may have had trouble finding anyone who will call out, because it is not cost effective for them to do so. My aim is to keep the cost of these jobs to a minimum, remember my slogan "SMALL JOBS NO PROBS" with a price to match.

So remember if you want the same quality of service you came to expect from Spectrum for so many years, give me a ring, you won't be disappointed.

Pete Hall

Change of rehearsal venue for the Arterian Singers of Cottingham

The Arterian Singers (Musical Director: Julian Savory) are now rehearsing at Zion United Reform Church, Hallgate, Cottingham on Tuesday evenings, 7:30 - 9:30.

We would be pleased to welcome new singers. For more information, phone Pat and Brian (01482- 222674) or Maria and Alan (01482-442758).

Nominate now for the 2010

Chairman's Awards

Just a few days remain to nominate for this year's East Riding of Yorkshire Council chairman's awards.

Residents are encouraged to nominate individuals, businesses and projects who have gone the extra mile to improve the East Riding in the last year.

The annual awards are split into four categories: community, built heritage, environment and business.

Entrants in the Community category need to show how they have improved the social well-being of the East Riding in the past 12 months with a non-commercial project. This is an opportunity to recognise people for the work they do in the community.

The Built Heritage category celebrates private homes, or business premises that have been sympathetically renovated and restored and enhance the East Riding.

The Environment award is for projects which have made an impact in the community, and companies that have helped the local economy flourish are able to enter the business award.

The top three entries in each category will be invited to an awards ceremony, to be held next May, where the winners will be announced.

Councillor Christopher Matthews, Chairman of East Riding of Yorkshire Council, said: "The Chairman's Awards are a great opportunity for residents to acknowledge the good work of people or projects in their community that are working hard to further improve life in the East Riding."

People can also nominate council employees or teams who have gone above and beyond the call of duty for a chairman's commendation.

These are awarded to staff who have gone above and beyond the call of duty and delivered excellent service.

For more information or a nomination form ring Sarah Asquith, civic officer, on (01482) 393260. Nomination forms are also available on the council website www.eastriding.gov.uk

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

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

There is ample parking on Hallgate and in the nearby side streets.

Gino's is a bright, clean and friendly premises, and there is a small well-lit waiting area. There is an excellent choice of Pizzas, Burgers, Kebabs and Fried Chicken, and the meals are of ample proportion, even for the biggest appetites. There is also a Gino's Kids Club menu.



NEW!!! A superb range of new pasta dishes are now available at Gino's. These dishes consist of variety of pastas including such fillings as King Prawns, minced beef, spinach, garlic, mushrooms, fresh cream. Call in Gino's NOW and enjoy these new superb pastas.

The meals are of excellent size and quality and the Mega Meal at £11.99 is superb value for money.

Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

There is a local delivery charge of £1.00 (subject to change). Visit Gino's soon.

You can now download Gino's Menu from the Cottingham Times website www.cottinghamtimes.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.

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About the KCFM Smile Foundation:

The KCFM Smile Foundation supports two charities; both help people in the Hull and East Yorkshire region. 'Downright' Special' helps those caring for children with Down's Syndrome and 'House of Light' supports women and their families coping with the devastating affects of post-natal depression.

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Marco
with KCFM
Breakfast
presenter
Ed Bretten

Charity Event

KCFM Smile Foundation

How you can help...

The Millhouse Restaurant & Bar at Skidby has agreed to be part of a major charity challenge event to help raise funds for the KCFM Smile Foundation and increase awareness about the amazing work they do in the Hull and East Yorkshire region.

Marco Ciuffetelli, owner of The Millhouse, has agreed to a series of challenges which will be chosen by KCFM listeners. The challenges which will be completed with KCFM Breakfast Presenter Ed Bretten over one week in March will culminate in a charity evening to be held at The Millhouse on Tuesday 16th March, more details to follow.

The funds and awareness raised through this event will make a huge difference to the work these Charities do in Hull and East Yorkshire. Please show your support by sponsoring Marco and donating online at www.justgiving.com/skidybmillhouse. Alternatively, please make your donation to Marco here at The Millhouse.

Thank you for your support!

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Chinese New Year The Year of the Tiger

About a week before Lunar New Year, traditional families will be busy preparing the religious ceremony performed with tributes and offerings in honour of Heaven (Tien Shen) and Earth (Ti Tu), and of the various deities of the household together with family ancestors. One of the most well known deities is the Kitchen God who resides over the stove and is said to keep an eye on the interactions of the household, making an annual report on what the family has done in the past year to the Jade Emperor in Heaven around about a week before Chinese New Year Day. Rites and offerings are made to the Kitchen God (Zhou Khun) on this day with hopes that he will speak well of the deeds of the family.

Traditionally, the run up to the celebration of Chinese New Year is the 'Reunion Dinner'. An extravagant banquet is laid out to mark the onset of the New Year where young and old gather for a reunion dinner to symbolise family unity. Family members try to get home from different places before or on New Year's Eve to celebrate this special occasion in the family home. Married daughters will traditionally spend their reunion dinner in the husband's family home.

This is a family banquet that is full of special dishes and delicacies artistically named with auspicious symbolic meanings. The dinner will start with a prayer of tribute and offerings to the ancestors and deities at the family altar. It is a very colourful and lively affair when every light is supposed to be kept on in the house throughout the whole night.

Some of the dishes that are laid on the banquet table have superstitious attributes such as: Ginkgo nuts; these represent gold ingots and are full of auspicious luck for fertility. Black moss seaweed is a symbolic food of prosperity. This is also true in the case of a whole chicken which is a desirable addition to the feast. Dried bean curd is placed on the banquet table to symbolise happiness and luck. Lotus seed is seen as another fertility symbol and signifies having many offspring. Nian Gao is a traditional sweet steamed glutinous rice pudding, when you eat this dish you will aid growth and abundance. When you translate bamboo shoots into Chinese, the words sound similar to the Chinese for "hoping that all turns out for the best". A whole fish with its head and tail intact will represent togetherness.

Reunion Dinner

The Reunion Dinner is a very busy event. The women buzz around the kitchen with the dinner preparation whilst the men either watch TV or (guess what?) play mah-jong. Mah-jong is an extremely important part of Chinese culture and is played by men and women alike, often in halls exclusively dedicated to the game.

Mah-jong is linked with gambling with huge sums of money being won and lost by the players. An excellent memory is required to remember which tiles have been laid down and which remain. Once a

certain point in a hand has been passed, you need to pay special attention as if you are the one to put down the tile that enables another player to win that hand, you not only have to pay your own losses on the hand but those of the other two losing players as well. This can mean serious amounts of money.

Children are bathed and dressed in their new pyjamas and promised the arrival of "Tsai Shen Yeh" (Chai Shen Yeh) (the Wealth God). Whilst they sleep; the parents will slip an ang pow (a red envelope with money) under their pillow signifying a visit from 'Chai Shen Yeh'. Children can also expect to receive red envelopes from uncles and aunts, with the amount that is given, being dictated by the closeness of the family relationship and also the age of the child. Older children can usually expect to receive more than younger ones. Someone who has a large family and who has taken a hammering on the mah-jong tables is in for trouble!

At midnight, at the turn of the old and New Year, people let off fire-crackers which serve to scare away the evil spirits and old qi of the past year and to greet the arrival of the New Year.

New Years Day itself, starts you with you, in your finest and newest clothes, with the exchange of good wishes amongst the family. Married couples present the young ones, children and unmarried adults alike with a Hung-Bao. In Chinese culture, instead of giving a wrapped up present as we do at Christmas in the UK, it is a customary to give this red envelope containing money. The amount of money contained in the envelope has to be in even numbers. Even numbers are auspicious unless it is a single Chinese i-ching coin on its own. It is amazing how much a person can accumulate in a single day.



The day continues with visits to relatives. The visiting rota has its unspoken hierarchy arrangement. The oldest get to sit at home and wait for the younger relatives to visit them to exchange good wishes to each other. This is a very exciting time for the children because nearly every 'Kung Xee Fa Chai' (it means Congratulations and May you be Prosperous) they recite, they get an ang pow (red envelope containing money) for it.

The second day of Chinese New Year is named 'Kai Nien' meaning "Year Beginning" which starts with a very early morning breakfast. Special dishes with symbolic names will be served. The special dish of this day is long noodles which are served with everyone competing to toss the noodles as high as possible with their chopsticks. The tossing of noodles is a symbolic activity done to promote longevity. This means that, unless you are unable to do so, you stand up and raise your arms full stretch in the air holding the noodles aloft. In order to get extra lift off, some people use super long chopsticks and stand on chairs so you should probably make sure the ceiling fan is turned off.

Unlike in the west, Chinese New Year is not a time for drinking a lot of alcohol. In fact, alcohol is generally not drunk as people save space for themselves to drink enormous amounts of Chinese tea. Some people will have a Chinese wine with their meal but, particularly as the emphasis is so much on the family nature of the celebrations, nobody goes over the top.

Two days of over eating and general fun and games are indulged in quite a lot as the Chinese do not hold back on these occasions. The Chinese relationship with food is close all the year, but at no time more than at New Year. Many dishes have particular significance, especially at this time. Even everyday dishes like fish and turnips have special meanings and none more so than fish balls and meat balls both of which suggest reunion, which is a most important element at this time. However, after two days of festivities and fun, even the Chinese can have enough and recognise that energy levels need to be restored. The third day is therefore a day of calm. Traditionally, it is not a day for risks or adventure. The young ones will venture out to see friends but it is a quiet day. In China no offices or businesses will be open on this day.

Normal procedures return with businesses as usual on the fourth day. Many businesses will choose a specific day to start business with the assistance of their Feng Shui Practitioner and initiate the new trading year with a spectacular display of Lion Dance and fire crackers. It is a very noisy and exciting event.

Greetings and an air of festivity remain for another eleven days through to the full moon of the first lunar month when another celebration follows but this time it is to mark the closing of the Spring Festival. Day 15 is also called the 'Spring Lantern Festival' (Yuan Xiao Jie). This wonderfully romantic celebration takes place under a full moon on the fifteenth day of the first lunar month of the year.

On this day, the old and young carry a colourful lantern and gather in a neighbouring public place. They gather to admire and appreciate the first full moon of the year (very similar to the Mid Autumn Festival). In China, there are still villages that hold a big Tang Yuan (rice dumplings) cooking and eating session. The dumplings are round and symbolise family unity and completeness. The mid-month Lantern Festival traditionally brings the seasonal passage of the New Year to a conclusion.

For your 2010 cures kit visit www.fengshuiweb.co.uk.

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Below: Look up your birth year and see which Chinese animal represents you.

Animal	1900	1912	1924	1936	1948	1960	1972	1984	1996	2008
Rat	1900	1912	1924	1936	1948	1960	1972	1984	1996	2008
Ox	1901	1913	1925	1937	1949	1961	1973	1985	1997	2009
Tiger	1902	1914	1926	1938	1950	1962	1974	1986	1998	2010
Rabbit	1903	1915	1927	1939	1951	1963	1975	1987	1999	2011
Dragon	1904	1916	1928	1940	1952	1964	1976	1988	2000	2012
Snake	1905	1917	1929	1941	1953	1965	1977	1989	2001	2013
Horse	1906	1918	1930	1942	1954	1966	1978	1990	2002	2014
Goat	1907	1919	1931	1943	1955	1967	1979	1991	2003	2015
Monkey	1908	1920	1932	1944	1956	1968	1980	1992	2004	2016
Rooster	1909	1921	1933	1945	1957	1969	1981	1993	2005	2017
Dog	1910	1922	1934	1946	1958	1970	1982	1994	2006	2018
Pig	1911	1923	1935	1947	1959	1971	1983	1995	2007	2019

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Main Course

Stir Fried King Prawn in XO Sauce
Fillet Steak in Black Bean Sauce
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Below: Answer to Sudoku problem No. 37 from the January issue.

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

News from Cottingham Little Theatre

Breath of Spring

Rehearsals are now under way for our May production. Thanks to everyone who noticed our ideliberatef mistake in the last edition. The dates are, of course, Thursday 6 May, Friday 7 May and Saturday 8 May commencing at 7.30pm. It is good to know that so many people read the Cottingham Times and make a note of the dates!!

Play Readings

Our next play reading will be on Monday 1 February 2010 at 7.30pm on in the Old Brewery Bar at the King Billy Inn in Hallgate, Cottingham. Everyone is welcome to come to these Open Sessions and learn more about us. For more information give Sue a ring on 01482 842250. In March, the Play Reading will be held on Monday 1 March at the usual time and venue.

Social Events

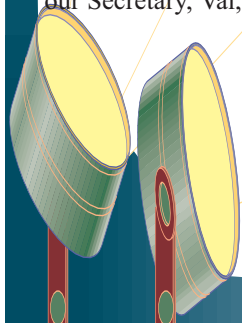
Eighteen Members, Friends and guests managed to struggle through the very treacherous winter conditions for our annual trip to the Pantomime at the Theatre Royal in York on Saturday 9 January and were well rewarded by another memorable performance by Berwick Kaler and his regular stars. The title of the panto was Humpty Dumpty but as usual the storyline bore little resemblance to the nursery rhyme we all know so well. But the laughs kept on coming in the best traditions of pantomime and we look forward to our visit next year.

Our New Year Dinner on Friday 15 January in The Back Room in Hallgate turned out to be another great success for the 25 Members, Friends and guests who came. Everyone enjoyed the meal and the quiz which followed.

Our next quiz night will be on 20 February, again in The Back Room in Hallgate.

New Members and Friends

If you fancy joining us, either as a Friend or a Member, have a look at our website www.cottinghamlittletheatre.co.uk where you can find out lots more about us. Or e-mail us at clt1920@hotmail.co.uk or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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Cottingham Memorial Club Trust Limited **ANNUAL GENERAL MEETING**

The Annual General Meeting of the Cottingham Memorial Club Trust Limited will be held on Wednesday 24th February, 2010 at the Darby & Joan Hall, Finkle Street, Cottingham starting at 7.00 pm

ADMISSION TO THE MEETING WILL BE RESTRICTED TO FULL MEMBERS, SENIOR MEMBERS AND HONORARY MEMBERS

Agenda papers for the meeting are available to the members at the Club

Enquiries to the Secretary: contact@cottinghammemorialclub.co.uk

Website: www.cottinghammemorialclub.co.uk



Jan Pepper and Pat Lawrie retire as cooks at the Darby & Joan Club after over 30 years service

Jan Pepper and Pat Lawrie retired as cooks from the Cottingham Darby & Joan Club after the Christmas Lunch on December 18th 2009.

On behalf of the WRVS and the Darby & Joan Club members, they were thanked for cooking the lunch every Friday for over 30 years, and were each presented with a cheque and flowers. They will both be missed.

Harp and Flute Concert at Toll Gavel Methodist Church, Beverley on Thursday 18th February

Sally Pryce (harp) and Adam Walker (flute) will be presenting a musical evening on the harp and flute at Toll Gavel Methodist Church, Beverley, on Thursday, 18 February at 7.30pm.

A Guardian newspaper review of a recent concert featuring the duo stated that Adam Walker and Sally Pryce were the young and phenomenally talented soloists in Mozart's Concerto for Flute and Harp, K299, exquisitely played and flawless in its perfection (Barbican Mostly Mozart Festival with Academy of St Martin-in-the-Fields, July 2008).

Adam and Sally have been enthralled audiences at numerous festivals around the country since their first performances together at the British embassies in Paris and Madrid. Since then they have performed in venues across the country and abroad including the Wigmore Hall, Bridgewater Hall Manchester and St George's Bristol. They continue to enjoy a busy schedule of performances and are quickly creating a reputation as one of the finest flute and harp duos performing today.

In May 2007, Sally and Adam made their debut with the Royal Philharmonic Orchestra at Cadogan Hall performing Mozart's Flute and Harp Concerto. 2008 saw their debuts with Bournemouth Symphony Orchestra in Portsmouth and Exeter, and with the Academy of St. Martin in the Fields at the Barbican's Mostly Mozart Festival, again performing Mozart's concerto.

The programme will include:

BACH: Sonata in E minor BXV 1034

JONGEN: Danse Lente Op 56

SAINT-SAENS: Romance Op 37

HILSE: Suite for Flute & Harp Op 6

ROSSINI: Andante con Variazione

DODGSON: Duo for Flute and Harp

PIAZZOLLA: Histoire du Tango (selection)

ALWYN: Naiades - Fantasy Sonata (1971)

Tickets cost adults £12, concessions £10 and are available from Beverley Tourist Information Office on (01482) 867430.



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P.ARTS February Half-Term Workshops

This February half term, East Riding of Yorkshire Council's arts development team will be running a range of children's workshops from Monday 15 to Friday 19 February at Beverley, Bridlington, Drifffield, Hessle, Hornsea and Pocklington.

'Parts' workshops are for anyone and everyone aged eight years and over. No experience is necessary - just lots of energy and a packed lunch.

All workshops run from 10.30am to 3pm and tickets are £7 per day. For ticket bookings and information call 01482 392706 / 392699

Choose from the following workshops:

Cool Grooves

Join us on a journey of creative music making activities. Singing, song writing, improvisation, composition, percussion and rapping. Find out what coat hangers, balloons, thunder flashes and boom whackers have in common.

Come along for a fun and action packed day of creative music making. If you play an instrument, please feel free to bring it along. Members of Harri Watts Band will be leading these sessions; they have toured extensively throughout Yorkshire and the Humber region.

THE POTTER MAN - Hands on Clay

Join Lee, The Potter Man for 'hands on' creative pottery workshops. Learn traditional hand building and decorating techniques, including coiling and slab building. Design and create your own pot to take home with you. A Fun and Creative craft accessible to all.

CREATIVE ART

Come and have fun printing on paper and fabric. In the workshop you will be exploring printing techniques and experimenting with colour and texture in a spontaneous way. Drawing skills are not necessary; if you like being creative you will enjoy producing some interesting pieces to take home with you.

Although the printing inks are water based they will stain clothes, so please wear old clothes or bring an apron or old shirt to wear.

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Workshop venue and dates

BEVERLEY Toll Gavel Methodist Church

Pottery Wednesday 17 February

Music Friday 19 February

HESSLE Town Hall, South Lane

Music Monday 15 February

Pottery Tuesday 16 February

For further information, please contact Christine Lison, arts development worker, on (01482) 392654.

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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.

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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:

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Beware Claims Management Firms offering to Clear Your Debts

East Riding of Yorkshire Council's trading standards service is warning local people to beware of firms offering to clear their debts. Low interest rates, wage cuts and freezes, and high house prices have meant that many people are struggling to meet their financial obligations. The current economic climate has seen a rise in the number of claims management companies (CMCs) targeting cash-strapped families with promises to use legal loopholes to help people escape their debts. However, these firms may expect payment of several hundred pounds, up front, from those who are already unable to meet their financial commitments and who are unaware of the free advice available from the organisations listed below.

Changes to the Consumer Credit Act 1974 mean that borrowers only need to prove that the relationship between them and their lender is unfair rather than showing that certain criteria have not been met, such as an agreement being incorrectly worded or that the interest rate is extortionate. If it can be shown that the relationship is unfair, the borrower could make a legal claim against the lender that the agreement is not enforceable.

Despite this change in the law, what is considered to be unfair has only been partly tested by the courts and there are many cases pending. Until recently, lenders have preferred to settle out of court rather than be part of a case that sets a legal precedent for any future claims. However, a recent ruling in favour of lenders, by Judge David Waksman in the Manchester High Court, can be seen as a partial victory against indebted credit card customers. Promises by CMCs that they can use this loophole to help people escape their debts may,

therefore, be misleading as a borrower could win or lose a claim and an unsuccessful claim would leave an individual in even more debt.

The Ministry of Justice has highlighted some of the misleading statements made by CMCs, such as claims that 80 per cent of credit agreements were unenforceable or that a CMC could get credit card debt written off within six weeks.

Some of the firms that charge up front for this type of service offer to refund the charge if the claim is unsuccessful. However, in some cases refunds are only offered in relation to disputes over specific types of agreements, such as mortgages or secured loans, and are not offered to clients with other types of debt. For example, if the small print of the agreement with the CMC excluded refunds for unsuccessful claims regarding credit cards, a client who claimed unsuccessfully in relation to a credit card agreement could be several hundred pounds worse off.

Colin Briggs, trading standards services manager, said: 'I would always recommend anyone who is struggling to pay their debts to seek advice from one of the organisations that can help them, free of charge. Why pay when you can get help or advice from organisations such as your local citizens advice bureau, the consumer credit counselling service or the national debtline?'

Cllr Jane Evison, portfolio holder for cultural services, housing and public protection, commented: 'I would urge anyone who is worried about debt to seek independent advice from one of the free charities or organisations that provide this type of service.'

Anyone worried about debt can contact one of the following organisations for help:-

* Citizens Advice Bureau - www.citizensadvice.org.uk, or look in your local telephone book.

* Consumer Credit Counselling Service - www.cccs.co.uk, or 0800 138 1111.

* National Debtline - www.nationaldebtline.co.uk, or 0808 808 4000.



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Crossword Solution from page 14

1	C	O	N	F	I	D	E	5	W	A	F	E	R	7
	A		A		C		M		A		O		A	
8	N	O	I	S	E			9	B	A	L	C	O	N
	D		V				O		L		T		O	
10	L	E	E	W		11	A	R	D		12	P	L	A
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13	S	Y	S	T	E	M		15	A	P	P	E	A	R
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18	E	B	B	E	D			19	A	C	R	O	B	A
	A		D		O				L			A		R
21	S	H	U	T	T	E	R			22	N	U	D	G
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23	S	I	D	E	S			24	S	A	L	I	E	N
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Hospital staff around the country have been rushed off their feet following a significant rise in the number of people suffering broken bones in the snow and ice. Many of the cases are broken bones in the hands, legs, feet, wrist or ankle as a result of slips and falls on the ice."

Find a hospital emergency department on the first big snowfall of the year, and there may be a running tally of a few common injuries and illnesses. A large amount of snow usually means a large amount of shoveling. Clearing a pavement or driveway is an aggressive exercise and requires plenty of aerobic capacity to lift and toss shovels full of snow.

When snow storms start to blanket the ground, The hospital is a place nobody wants to visit (except for the newborn nursery), and while injuries and illnesses do pay the bills, most doctors would prefer preventive maintenance instead of emergency body repair work.

As hospitals report an increase in the number of accidents due to the ice and snow, pedestrians have been advised to 'roll' when they fall over. Those out walking on icy pavements are being told they could cushion the blow by rolling with a fall. If you do fall, try and curl up and roll with the fall and stay relaxed. Also suggested having two pairs of shoes - one for walking in the snow, the other for driving or walking around the office.

Waterproof shoes, which also have a grip sole and ankle support, are best for outside but leather soled shoes should be avoided. Wellington boots can be practical but do not give enough support and can be hard to remove. Clothing should be warm but allow free movement. And remove items from pockets that could cause injury in a fall.

No one has been immune to it.

Doctors describe fractures in the following ways:

- * A complete fracture is when the bone has broken into two pieces.
- * A greenstick fracture is when the bone cracks on one side only, not all the way through.
- * A single fracture is when the bone is broken in one place.
- * A comminuted (kah-muh-noot-ed) fracture is when the bone is broken into more than two pieces or crushed.
- * An open fracture is when the bone is sticking through the skin.

What Happens When You Break a Bone?

It hurts to break a bone. It's different for everyone, but the pain is often like the deep ache you get from a super bad stomachache or headache. Some people may experience sharper pain especially with an open fracture. And if the fracture is small, you may not feel much pain at all. Breaking a bone is a big shock to your whole body. It's normal for you to receive strong messages from parts of your body that aren't anywhere close to the fracture. You may feel dizzy, woozy, or chilly from the shock, other people don't feel any pain right away because of the shock of the injury.

How Do Broken Bones Heal?

Your bones are natural healers. At the location of the fracture, your bones will produce lots of new cells and tiny blood vessels that rebuild the bone. These cells cover both ends of the broken part of the bone and close up the break until it's as good as new.

What Happens When the Cast Comes Off?

Once the cast is off, the injured area will probably look and feel pretty weird. The body part that was in a cast might look strange at first. The skin might be pale, dry, or flaky, and the body part itself might look smaller because you might have lost some muscle while it was healing.

Don't worry. **This is all temporary.**

Here are some broken bone experiences

1. No sympathy, because you're not ill
2. Hospital crutches are like a supermarket trolley - they go one way, you go the other.
3. You get nicknames, like Hoppity when you hop around the house by friends and relatives.
4. When you crawl or shuffle on your bum, small grandchildren think this is great fun and join in.

TIP: The hospital use a cage to support the bed covers, why not use a box or similar when you get home.

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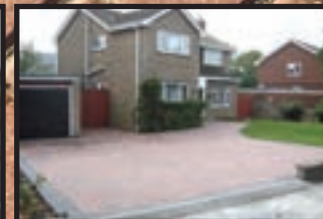
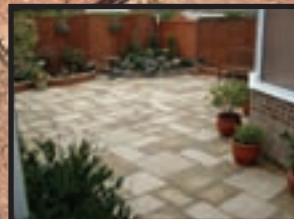
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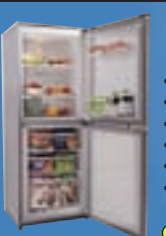
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