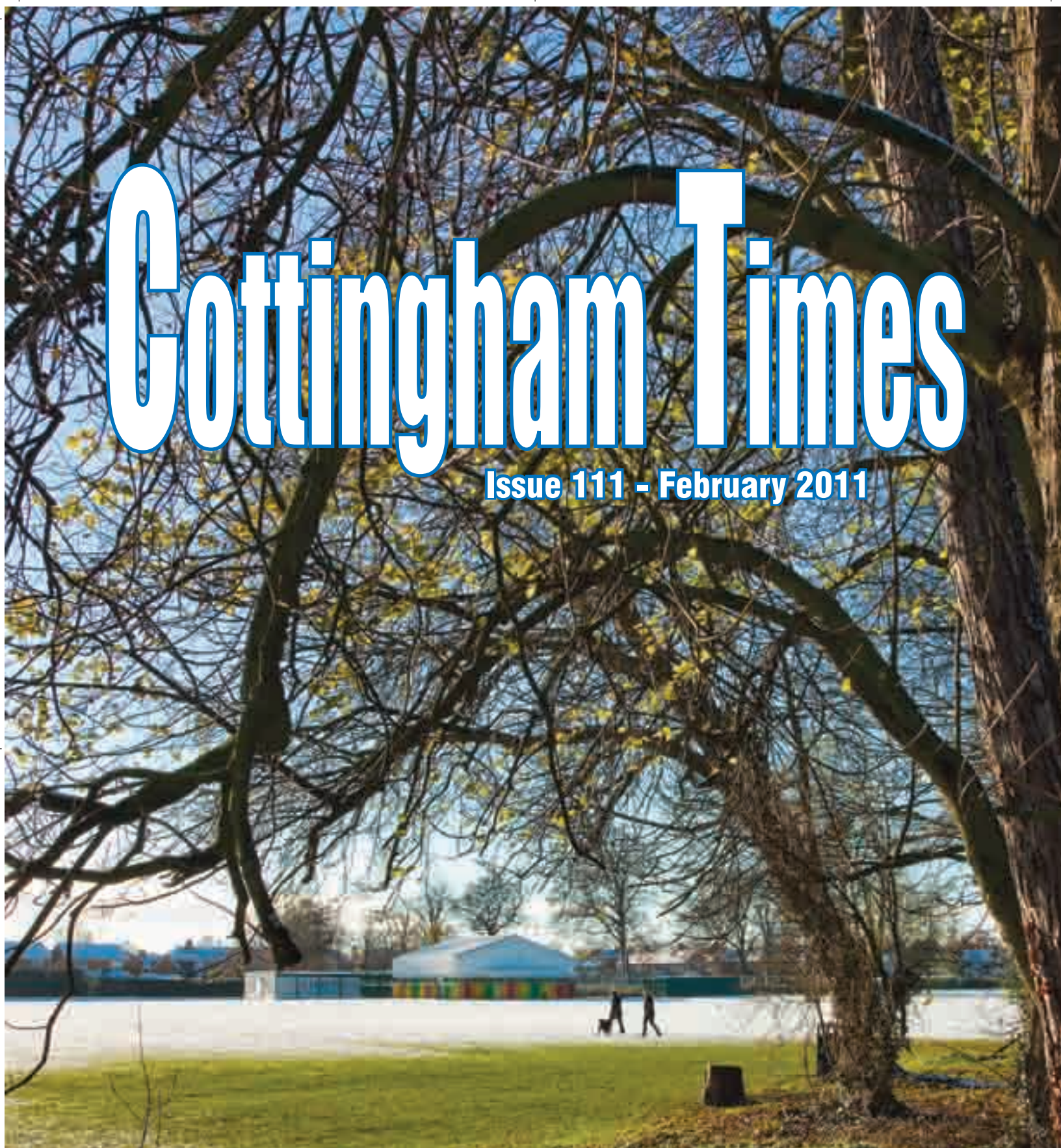


# Cottingham Times

Issue 111 - February 2011



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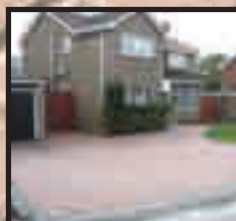
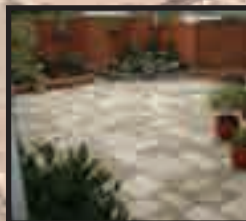
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## In Cottingham and District

### St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured.

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

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

Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

### 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](http://www.cottinghamrangers.co.uk).

### Zion United Church, Hallgate

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

### Cottingham Local History Society

Wednesday 2nd February, Sutton Re-Visited, Merrill Rhodes. The Society meets in the Red Hall at Hallgate Primary School, Cottingham on the first Wednesday of each month from October to April. Entry for all is via the King Street entrance only. The Society meets at 7.30 pm. No entry before 7.00 pm.

### Cottingham Men's deLuda Society

Wednesday 2nd February, Miss Pamela Martin, Archive plus Local Studies - What's In It for You?, in St. Mary's Church Hall, Cottingham at 2.00 pm.

### Yorkshire Countrywomens Association (Skidby)

Thursday 3rd February - "Restoration of Burton Agnes Gardens", Susan Cunliffe-Lister, in the Skidby Village Hall at 7.30 pm.

### Hull and Holderness Sugarcraft Guild

Saturday 5th February - Rosemary Cook "BAS Relief", at 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

### Cottingham Women's Institute

Tuesday 8th February - Quiz, Competition: Compose a Limerick, at 10.00 am upstairs at the Civic Hall, Cottingham.

### Cottingham Ladies Circle

Wednesday 9th February, Talk, Slides by the Reverend James D. Hargreaves on "Amy Johnson", in the Zion United Church, Hallgate, at 7.30 pm.

Front Cover Picture: King George V Park.

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### U3A

Thursday 10th February, David Roberts - The Humber Lifeboat, in the Hall at the Darby and Joan, Finkle Street, Cottingham at 2.00 pm.

### East Yorkshire Embroidery Society

Saturday 12th February, Anne McNamara - The Development of My Work (Kimono), in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshment.

### Cottingham Catholic Women's League

Monday 14th February, AGM, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

### Cottingham Evening Townswomen's Guild

Wednesday 16th February, Lorraine Jackson, Hedgehog Hospital, at 7.30 pm in the Darby & Joan, Finkle Street.

### Cottingham Men's deLuda Society

Wednesday 16th February, Mrs. S. Gardener - English Prison Hulks, in St. Mary's Church Hall, Cottingham at 2.00 pm.

### Diabetes UK

Thursday 17th February, Dr. J. Pasmore (Consultant in Diabetes), 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 Association of the National Trust

Thursday 17th February, Ms. Judy Burg - An Illustrated Tour of the landed family and estate archive, in the Cottingham Civic Hall, 7.30 pm. Non Members Welcome.

### Inland Waterways Association

Friday 18th February - Crossing the Pennines, a presentation by Elaine Scott. Meetings are held in the Cottingham Methodist Church Hall, at 8.00 pm to 10.00 pm. Non members welcome. £2.00 which includes refreshments. Further details telephone Roger Bromley 01482 845099.

*Continued on page Forty*

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# Property News from Martin English of Homelink



## Landlord Council Tax - Who Pays?

Most landlords who let a property that is tenanted will not be liable for council tax. This is because where a property is occupied by a tenant; it's the tenants who are responsible for meeting the costs of the council tax charge.

However, there will be occasions and situations where a landlord is liable, for instance if the buy-to-let property is empty due to a letting void.

Even where a landlord is liable for the council tax from the outset, as is the case for HMO properties; it should be remembered that it's perfectly reasonable for the costs to be recovered as a charge or part of the rent; providing such a provision is made within the tenancy agreement. Recovery of the costs will however not change the ultimate liability for the charge.

### Landlord's liability for council tax

Whilst in general it's the tenant that pays; there are several important cases where landlords need to be aware of a shift in liability, exemptions from the charge and where a landlord is able to claim a discount on the council tax bill.

Firstly, landlords that let Houses in Multiple Occupation (HMO properties) are liable by statute for the council tax charge, even where the property is fully let. Another situation that frequently arises is where a landlord's buy-to-let property is empty for a period because of a letting void; or whilst the property is being refurbished. Finally, where landlords let to students; the property is exempt from council tax. In all these cases the law can get confusing for both landlord & tenant, especially as individual Local Authorities interpret the rules differently.

### Student landlords

A property that is let entirely to full time students is exempt from council tax and therefore neither landlord or tenant are liable for any council tax.

However, the situation is complicated where students are part time or may be living with non-students. This is frequently the case in some shared houses where former student tenants move into employment or where student friends move out to be replaced by employed tenants.

### Council tax and empty properties

The other area where a landlord may be exempt from paying council tax is where their buy-to-let property is empty because they are experiencing a rental void or their property is undergoing a major refurbishment.

Taking the first scenario where a buy-to-let property is empty. This means that it has to be unoccupied. The exemption applies for a maximum of 6 months and the property has to be vacant for the whole of this period (although up to six weeks of occupation during the period is allowed).

Finally, the regulations require the property to be substantially unfurnished. This is where there can be some confusion. Often local authorities will take the existence of some furniture as evidence of occupation even when the landlord is only storing furniture or has inherited 'stuff' as a result of a recent acquisition. An empty property is exempt from council tax for 6 months, whilst a landlord with an empty furnished property will benefit from a 50% discount. An empty properties exemption only lasts for 6 months after which a 50% discount applies.

In the case of a property that is undergoing refurbishment works that means that it is uninhabitable; a property benefits from an exemption from council tax liability of up to 12 months. After this time the 50% empty property discount will apply. Most councils will need evidence that the property is uninhabitable. This may include a builders' schedule of works. If the period of refurbishment is going to be longer than 12 months and you are dissatisfied with paying 50% council tax then it is possible for you as the landlord to appeal to the Valuation Office to get the property removed from the council tax list altogether.

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| <b>Hull</b><br><b>Two Bed Semi-Detached House</b><br><ul style="list-style-type: none"> <li>■ Two Bedrooms</li> <li>■ Gas Central Heating</li> <li>■ Double Glazing</li> <li>■ Garage</li> <li>■ Garden</li> <li>■ Shower</li> <li>■ Fitted Kitchen</li> <li>■ Furnished or Unfurnished</li> </ul> <p><b>£450 pcm</b></p>   | <b>Hull</b><br><b>Two Bedroom Terraced House</b><br><ul style="list-style-type: none"> <li>■ Two Double Bedrooms</li> <li>■ Modern Fitted Kitchen</li> <li>■ Spacious Gardens</li> <li>■ Feature Fireplace</li> <li>■ Modern Bathroom</li> <li>■ Oversized Entrance Hall</li> <li>■ Double Glazing</li> <li>■ Gas Central Heating</li> </ul> <p><b>£425 pcm</b></p> | <b>Cottingham</b><br><b>One Bedroom Apartment/Flat</b><br><ul style="list-style-type: none"> <li>■ Parking</li> <li>■ Double Bedroom</li> <li>■ Gas Central Heating</li> <li>■ Double Glazed</li> <li>■ Competitively Priced</li> <li>■ Well Presented</li> </ul> <p><b>£385 pcm</b></p> |

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We love to make our sandwiches on very fresh bread, sourced locally and can offer a choice of white or brown breadcakes, baguettes or even ciabatta!

We have some specialities which we are very proud of! For example, a hot meat joint, lovingly roast in house every day and hand carved for lunchtime sandwiches. We especially like locally sourced Ham, Beef and Pork. Another favourite is our 'Fat Rascals' – delicious sweet rock cakes handmade by us with fruit and spice to a traditional Elizabethan recipe. (They have faces too!)

Since opening we have developed a local, loyal following. Some people come in for a hot bacon sandwich for breakfast and then we see them again when they come in for their lunch! Sometimes they fancy one of our delicious homemade soups with a 'hunk' of bloomer or batch bread. Other times they are tempted by one of our jacket potatoes, oven baked daily with crispy skins and all fluffy inside! Our Loyalty Card, recently launched, even offers our customers the opportunity to buy five items and get the sixth one free! It is proving incredibly popular and is available to everyone! Just ask when you visit the shop!

We are delighted to take telephone orders and will deliver free locally on foot. You may have seen one of our team hurry past with a brown paper bag full of freshly prepared food! We use biodegradable packaging wherever possible!

Our buffet service has created a lot of interest. We can cater for corporate lunches or events, kids' parties and special occasions. We take pride in tailoring our food exactly to match our customers' requirements and we will always attempt to satisfy any special dietary needs.

We run a competition for people to create their 'Guest Sandwich of the Month'. This month, it's 'Slimilicious'. Homemade houmous with roasted red pepper and fresh iceberg lettuce in a wrap. This was created by Toni who thought it might appeal to people getting back in trim after the festive season! Anyone can enter – just call in or call us for an entry form.

We are members of the Association of Businesses in Cottingham and District and are very keen to trade with other local businesses wherever

possible. Our delicious sausages and bacon come from The Meat Company in Cottingham and lovely fresh fruit and vegetables come from Duffill's, also in Cottingham. We use a brilliant local company, Jacee Print, to provide our marketing materials.

We are delighted to say that our chosen charity is the Yorkshire Air Ambulance. In fact, we are so proud of our emergency services that we provided them with free tea and coffee during the masonry incident at HSBC on Saturday 15 January!

We would love to feed more hungry people so please do come and see us in our warm and friendly shop at 108 King Street, Cottingham. If you have any enquiries, whatsoever, please don't hesitate to give us a call on 01482 843255. Or you can even visit our website at [www.feastilicious.co.uk](http://www.feastilicious.co.uk).





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## Bad Weather

We were all affected by the appalling weather in November/December – it has been many years since the snow stayed on the ground for so long. East Riding Council did their best to keep the main roads open and with over 2000 miles of rural roads to maintain it was not surprising that they were unable to divert their resources to maintain roads within Cottingham and other villages. East Riding Council did offer a Bad Weather Grant of £2000 to Parish and Town Councils; the money came with a list of acceptable uses – clearing individual driveways and paths was not on the list.

Thankfully the Parish Council was successful in obtaining the full £2000 and the funds were spent on refilling the salt bins in the village (twice) and supplying a large amount of salt which was put in the car park of The Cooperative so that residents could help themselves. We also undertook the clearing of the car park to the rear of Heron Frozen Food (for this occasion only) with the permission of East Riding so that those who could get their cars out of the driveway had somewhere to park.

It is unfortunate that we live in such a 'blame culture society' today where those who would clear areas in front of their own property, and that of their neighbours, are scared to do so in case of litigation. Guidance from ERYC is as follows:

'As a general guide you should always ensure that the situation is better and safer when you have finished than it was before you started. The following precautions will help to ensure that this is the case:

- \* Take appropriate steps to ensure your own health and safety (such as wearing high visibility clothing, gloves with a good grip and good quality boots).
- \* Always put salt on the path after you have shoveled away snow to prevent the residual film icing over. (All types of salt are effective, for instance dishwasher or even table salt works well when treating household paths and drives.)
- \* Salt does not need to be spread like sand. An amount similar to a bag of sugar is more than sufficient to treat ten paces of footpath length.
- \* Do not pile up snow so as to block or obstruct the footpath, access to property or road in any way.
- \* Avoid using water as it may form ice and make the situation more hazardous.
- \* Take care to ensure all hand tools are removed from the highway.

When clearing snow it is possible to make conditions worse if you do not follow the precautions noted above. If you do act in a safe way and follow these precautions then you will be helping your community in a positive way and minimise the risk of anyone being injured as a result of your actions.

It does not seem that the bad weather we all experienced in December is an isolated incident – we should all try and provide support to vulnerable people in our community, making sure people are keeping warm and encouraging "good neighbourliness", such as checking on neighbours and helping clear drives and footpaths where possible.

## S137 Grants

At its January Finance Committee Meeting, the Parish Council was pleased to support the Cottingham Cricket Club. (See page 31)

8 February 2011 - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

## Roll of Honour Plaques

After extensive investigations the Council has concluded that four servicemen will be added to the Roll of Honour plaques:

Private Thomas Carter, East Yorkshire Regiment  
Died 07/10/1943 - omitted from the Roll of Honour  
FG Off Terence Charles Swinney, Royal Air Force  
Died 21.12.1967  
Mark Harry Lazenby, Royal Marines  
Died 21/02/1995  
MACR Gary Nicholson, Royal Air Force  
Died 30/01/2005

The plaques will be remounted onto oak panels before being replaced on the Memorial Gates.

## Tree Planting

We have identified sites for the planting of approximately 17 trees and, so long as permission is obtained from ERYC the planting of the trees will take place before spring (weather permitting). We are always interested to hear if you know of a suitable location for planting a tree. All trees have a natural lifespan and the Council feels it is vital that we continue to plant new trees to make sure that Cottingham continues to have a green canopy. If anyone has seen the view from the top of St Mary's tower you will be amazed at just how many magnificent trees we actually have.

## Allotment Site

Allotments have never been so popular and the Council's waiting list for plots on Northgate Allotments is ever-expanding. We have been trying to find a second site with no luck so far. If you, or someone you know, has some land that they would be willing to talk to us about leasing/purchasing we would be very interested in discussing this with you. The site would need to be approx 4 acres with suitable access but we would be happy to talk to anyone who has a suggested site.

## Graffiti and Criminal Damage

If you see anyone defacing property or causing damage please report it to Humberside Police either by telephoning 0845 60 60 222 or by e-mail (with a photograph if possible) to [safe.communities@eastriding.gov.uk](mailto:safe.communities@eastriding.gov.uk). You can also use the form at 'contact us' on [www.humberside.police.uk](http://www.humberside.police.uk). Many thanks to the Neighbourhood Action Team who during their recent clean up day cleaned off a lot of the graffiti.

## Contact Details

Should you wish to speak to a Parish Councillor, contact details are displayed in the noticeboards around the village. Alternatively, you can ring the Parish Council office on 01482 847623.

Keep up to date with what is happening around the village by visiting [www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk)

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## Wills - why use a solicitor?

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

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

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

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

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

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

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

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

For further details, please do not hesitate to contact Leanne Labrom or Caroline Hepworth on 01482 325242.

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## The Skidby Playing Fields Association celebrates its 20th Anniversary

The Skidby Playing Field Association celebrates its 20th Anniversary this year. The Playing Field, which is located at the west end of Skidby, offers a wonderful facility for the village. Initial funds, raised many years ago, have now been depleted and maintenance is an ever increasing demand on our resources.

The Playing Field Association committee is a small but fairly new administration team. Fund raising events are difficult to arrange around the committee's working commitments. We have, however, recently begun a programme of updating the pavilion, which has hitherto been somewhat neglected and sadly vandalised. This work is a necessity rather than an indulgence. We have received grants from the Skidby Parish Council (who are our landlords) and a sizable donation from a parishioner. The grants helped with the installation of a new boiler and plumbing repairs, whilst the donation has enabled us to embark on a kitchen refurbishment.

We have plans to mark out a second football pitch, so that we can attract another team, but this requires an initial layout for ground preparation and goalposts. We currently receive contracted booking rentals from the Skidby Cricket Club, the Hull Zingari Cricket Club and the Skidby Millers Football Club. Another team using our site would provide much needed revenue.

Our financial aim is to try to raise money through sponsorship; either cash donations or raffle prizes. Tickets will soon be on sale for our Grand Easter Raffle, with many prizes kindly donated by local trades and businesses around Skidby. If anyone is interested in the life of the Playing Field or has any new ideas, please contact either the Chairman (David Smales 01482 842496) or the Secretary (Kelvin Young 01482 843446). No donation is too small and no help is too little! So, please remember us in our 20th Anniversary year and perhaps consider joining our committee.

*Lynn O'Connor (SPFA Committee)*



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## We seek them here, we seek them there, we seek those websites everywhere

**G**oogle has been working hard on ways to speed up searching the internet. We now have *Google Instant*, which you may have noticed anticipates what you are typing much faster. Don't forget you can even type a search straight into the address box, where you would normally type the full address - it's often quicker.

**Want to find an address quickly?** Just go to *Google*, type it in and click on Maps at the top of the window. It will take you straight there, and if you click on Earth it will even give you *Street View*.

**Did you know that it was only in 1998 that the guys that founded Google set up shop with some borrowed money in a friend's garage in California?**

**If you've heard the word 'App' being bandied about and wondered what it was;** well it's short for application, also known as a program. In this context it is usually applied to apps that are available for the growing market in smart phones such as the Apple *iPhone*, *Google Android* etc., and tablet PC's like the *iPad* and *Galaxy Tab*. These are all compact hand held devices that perform many of the functions of a computer but are designed for use on the move. You can get apps for shopping, reading the news, viewing maps and directions and a myriad of useful other tasks. House hunting is another subject being made available, and local estate agent *Matthew Limb* has launched a new app for finding property in the local area; easy to use and available now in the *App Store*.

**If you have an iPhone or iPad and want some good apps to start off with,** try the *BBC* or *Sky* for News, *Guardian Unlimited* for some stunning daily photos (all free apps), and if you're into astronomy try *Star Walk* (£1.79), which shows the Galaxy in graphic detail with huge amounts of information. As for games, the classic has to be *Angry Birds*, and it's free! There will be a link to other essential apps at: [www.rdmills.com](http://www.rdmills.com)

**What about an app to produce food?** Well scientists at Cornell University have developed a '3D food printer!' <http://www.bbc.co.uk/news/technology-12069495>

**Researching ancestry is one of the most popular uses of an online computer,** and to assist you on your way, East Yorkshire Family History Society is running an afternoon help desk at Cottingham Library on Tues 8th February and 8th March. Check for times.

**Age UK is taking in unwanted computers and laptops to be refurbished and sold.** Profits go towards helping people in later life get online. Interestingly the supporters of the scheme, Microsoft, estimate that 56% of households in the Humber region have one or more computers. So what about the other 44%....?

**Passwords; we need more and more of them every day.** Some people use the same one for everything - easy, but not very secure! So how do you create passwords you'll remember, once you've used the cat/dog/children's names? Most passwords need to be at least six characters and usually have to include a number. So try a favourite expression, take the first letter of each word and add a favourite number at the end. Or use a word from another language that you know! Or on favourite shopping sites you could add the first two letters to the password, like 'am' for Amazon etc.

### Questions and answers section:

**Q: Why do I get a note popping up on screen saying 'network cable unplugged'?**

**A:** If your internet connection is working correctly (or is wireless) then you can disregard this message. The ethernet (or network) port on the back of the PC detects whether or not a cable is plugged in from a router.

**Q: My wireless connection has dropped and I don't know if it's the laptop or internet connection that's the problem?**

**A:** Try plugging in an ethernet cable connecting your laptop directly into the router and see if you get online. No password is required for access.

**Q: What does the word account mean in computer parlance and is there any money involved?**

**A:** An account is really just a username; it creates an area on the computer for that person to save all their data. It can optionally be protected with a password. It has nothing to do with financial accounts.

**Q: When I set up my new computer it asked me to set a password, but now I find it a nuisance every time I log in, can I get rid of it?**

**A:** This has become part of the set up process with Windows 7, but most people don't realize it can be skipped. To change, go to Control Panel, and User Accounts, and change password. Then type in your existing password and leave the new password boxes blank, and click OK. **Don't make any mistakes here or you won't get into your computer again!** If in doubt create a new user account in another name with no password, before you carry out these steps.

**Q: When I do a search online, it already seems to know the area I'm in. How is that?**

**A:** The latest technology on the internet is 'location-based services'. This means that when you do a search for places or services, it searches your immediate area. Your web browser contains a 'geolocation' feature to identify your area but not you personally. See: <http://maps.google.com/support/bin/answer.py?hl=en&answer=153807>

**Q: When I click on a link (like the one printed above) in an email, why doesn't it do anything?**

**A:** For added security, you normally have to hold down the Ctrl key then click the link.

**Q: My Internet Explorer keeps crashing, can I check why?**

**A:** Make sure you have the latest version, 8 or 9. If in doubt go onto the Start menu and Accessories, System Tools, and click on *Internet Explorer (Safe Mode)*. If it works ok it could be an add-on that is causing it to crash. Or try a different browser like Chrome or Firefox that are much less prone to freezing and crashing.

**Q: How do I type a Euro € symbol?**

**A:** Bit of a long one this! Hold Alt and type 0128 Or in Word you can click Insert, Symbol and find it on the list along with: ¥ © ™ ® - and many others!!

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## Wordsearch - Musical Instruments

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

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

Find the words in the letters above:

Accordion, Bagpipes, Banjo, Bassoon, Bell, Bugle, Castanets, Cello, Clarinet, Clavier, Concertina, Cornet, Cymbals, Drum, Dulcimer, Euphonium, Fluegelhorn, Flute, French Horn, Gong, Guitar, Harmonica, Harmonium, Harp, Harpsichord, Kazoo, Koto, Lute, Lyre, Mandolin, Marimba, Ocarina, Organ, Piano, Recorder, Sitar, Tambourine, Timpani, Trombone, Trumpet, Tuba, Vibes, Viola, Violin, Whistle, Zither.

Wordsearch courtesy of [www.puzzlechoice.com](http://www.puzzlechoice.com)

## Sudoku No. 50 -

This is an easy challenge this month

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





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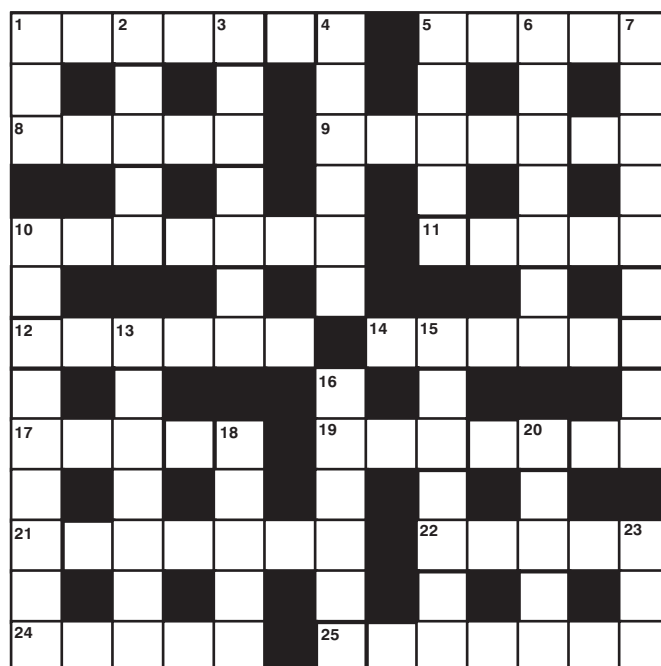
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## Crossword - Solution on page 46



### Across

1. Assortment (7)
5. Group of insects (5)
8. Large herbivorous mammal (5)
9. Pagan (7)
10. Unfeigned (7)
11. Ledge (5)
12. Lifted (6)
14. Appraise (6)
17. Notions (5)
19. Fruit (7)
21. Direction (7)
22. Taut or rigid (5)
24. Days of the month (5)
25. Embroided (7)

### Down

1. Chart (3)
2. Inert gas (5)
3. Dissimilar (7)
4. Reverberated (6)
5. Photos (5)
6. Attain (7)
7. Public declaration (9)
10. Decorated food (9)
13. Imprecise (7)
15. Abridge (7)
16. Captured (6)
18. Secret agents (5)
20. Invalidate (5)
23. Conclusion (3)

Crossword courtesy of [www.puzzlechoice.com](http://www.puzzlechoice.com)



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# 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.

### Champagne Oysters

#### Ingredients:

12 Fresh Oysters, opened, juice reserved  
50g/2oz Butter  
2 Shallots, finely chopped  
2 teasp Freshly Chopped Tarragon  
300ml/10fl.oz. Pink Champagne (check manufacture)  
Salt and Black Pepper

#### Instructions

1. Melt half the butter in a pan add the shallots and sauté for one minute.
2. Add the champagne and any oyster juices, chopped tarragon, salt and pepper. Stir well and cook for 2-3 minutes.
3. Remove the oysters from their shells (reserving the shells) and add to the pan. Cook over a low heat, stirring for 3-4 minutes until cooked through.
4. Using tongs or a slotted spoon, transfer the oysters back to their individual shells and keep warm.
5. Increase the heat under the pan and whisk the remaining butter into the sauce, a little at a time.
5. To serve - place the oysters in their shells on individual plates and pour the sauce over the oysters. Serve immediately as a starter.

### Fillet of Beef Teriyaki

#### Ingredients:

450g/1lb Beef Fillet  
2 tbsp Sesame Oil  
4 tbsp Teriyaki Sauce  
Olive Oil  
100g/4oz Pickled Ginger, sliced  
4 Garlic Cloves, thinly sliced  
4 Spring Onions, sliced on the diagonal  
Vegetable oil for Frying



#### Instructions

1. Place the beef in a bowl and spoon over the sesame oil and teriyaki marinade. Turn to coat well, cover and refrigerate for at least 4 hours, preferably overnight, turning the meat occasionally.
2. Bring the meat to room temperature, then lift the meat out of the marinade and pat dry.
3. Preheat grill to high. Brush meat sparingly with olive oil and sear all over under the grill for 2 minutes, turning as necessary. Turn down the heat to medium and grill for a further 20 minutes, turning a few times.
4. Transfer the meat to a warm dish, cover with foil and leave to rest in a warm place for 10 minutes.
5. Meanwhile, heat a 1cm/1/2in depth of oil in a frying pan add the ginger, sliced garlic and spring onions and fry until golden. Remove with a slotted spoon and drain on kitchen paper.
6. To serve - thinly slice the meat, scatter the ginger, garlic and spring onions over the top and drizzle over the meat juices.

### 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.

### Shrove Tuesday

Also known as "Pancake Day", "Fat Tuesday" and "Mardi Gras," Shrove Tuesday always falls on the Tuesday before Ash Wednesday which is the first day of Lent in the Christian faith. Dates vary from year to year, but it usually falls in February, sometimes early March..

It is the day of preparation for Lent, when the eating pancakes was made obvious by the need to up the eggs and fat, the eating of which were prohibited during the forty days of Lent.

### Pancake races

Holding Pancake races is a tradition in the UK which dates back at least to the 1400s and are practiced in villages and towns throughout the country. It is thought to have originated when a housewife heard the church bells ringing for service whilst in the process of making her pancakes, so she ran out of the house still carrying her frying pan and pancake.

Nowadays, contestants have to carry a frying pan, complete with pancake, and race to the finishing line tossing the pancake a number of times throughout the race. The winner is the one who gets to the end first having constantly tossed their pancake.

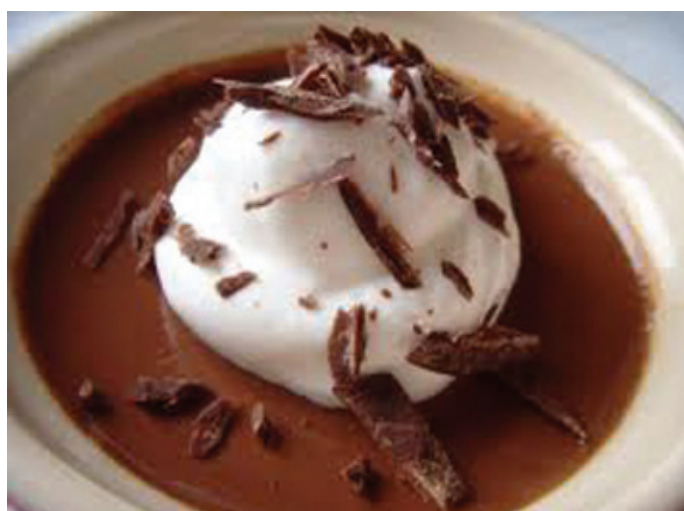
### Chocolate Pancakes

#### Ingredients

For the batter  
100g/4oz Plain Flour  
A pinch Salt  
1 Egg  
270ml/9fl.oz. Milk

#### Other ingredients

Vegetable Oil for frying  
225g/8oz Plain Chocolate, grated  
150g/5oz Raspberry Jam  
Whipped Cream to serve



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#### Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4. Place the flour, salt, milk and egg in a large bowl and whisk until smooth and lump free. Preheat the oven to very low to keep the first lot of pancakes warm whilst you're cooking the remainder. Transfer the batter to a measuring jug.

2. Heat the oil in a frying pan until very hot, then pour most of it into a heatproof container, leaving just enough oil to coat the pan.

3. Pour in a little of the batter, tilting the pan to evenly cover the base with a thin layer. Fry over a moderate heat, shaking the pan gently so it doesn't stick, until the underside is golden. This will only take 1-2 minutes.

4. Using a palette knife, turn the pancakes over and cook the other side until golden.

5. Remove to a plate and cover with foil whilst you cook the remaining oil and batter in the same way.

6. Spread each pancake with raspberry jam and sprinkle with the grated chocolate. Fold into four and arrange in a shallow ovenproof dish.

7. Bake in the oven for 8-10 minutes. Serve immediately with whipped cream.

### Bacon and Chive Pancakes

#### Ingredients

8 rashers Bacon, chopped  
175g/6oz Plain Flour  
Salt and Black Pepper  
2 Eggs  
390ml/13fl.oz. Milk  
1 tbsp freshly chopped Chives  
Vegetable Oil for frying  
Fresh Tomato Sauce to serve

#### Instructions

1. Preheat the oven to 140C, 275F, Gas Mark 1.

2. Heat a large frying pan until very hot, add the bacon and fry until the fat runs and the bacon is browned. Drain on kitchen paper and keep warm.

3. Place the flour, salt, milk and egg in a large bowl and whisk until smooth and lump free then stir in the cooked bacon and the chives and mix well.

4. Transfer the batter to a measuring jug.

5. Heat the oil in a frying pan until very hot, then pour most of it into a heatproof container, leaving just enough oil to coat the pan.

6. Pour in a little of the batter, tilting the pan to evenly cover the base with a thin layer. Fry over a moderate heat, shaking the pan gently so it doesn't stick, until the underside is golden. This will only take 1-2 minutes.

7. Using a palette knife, turn the pancakes over and cook the other side until golden.

8. Roll or fold into quarters, transfer to an ovenproof plate, cover well with foil and place in the oven to keep warm whilst you repeat with the remaining batter. Serve hot with a fresh tomato sauce.

www.cottinghamtimes.co.uk - February 2011 17

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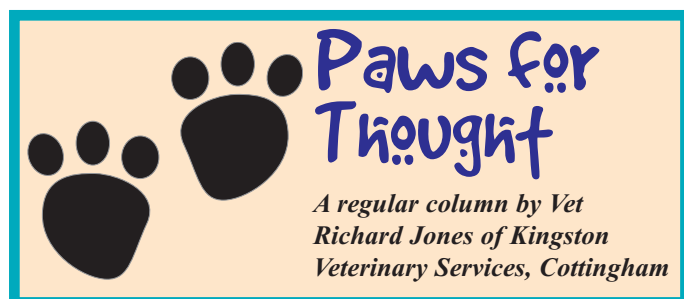
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## Are We Still a Nation of Animal Lovers?

# NO!

**A**nd I don't mean to offend the many of you who are, but over the last year I have seen so many things that make me believe as a nation we are no longer a nation of animal lovers.

It all came to a head for me over the New Year after a letter in the Hull Daily Mail about a stray dog that nobody would take in apart from our surgery at Park Street. Understandably the writer was very upset at finding it very difficult to get someone to take responsibility for the dog and unfortunately the local animal charities came under some criticism, but really the problem doesn't lie with them we have to take it back one stage further.

The responsibility for that poor dog lies with the person who owned it, who didn't take care of it properly, who didn't have the dog micro-chipped so that should it get lost it could be reunited with them straight away, who didn't obey the law and have a collar



on it with their name, address and telephone number, who didn't keep the dog in, need I go on.

Local animal charities are trying their utmost in very difficult times. In these difficult economic times these charities who rely solely on donations and are staffed by volunteers giving up their free time, are working flat out. There are an infinite number of animals they can take in, a limit to the number of foster homes they have.

The charities also have a responsibility to the animals in their care and though they might want to take in all the strays in need the increased numbers of animal put stress on both the animals and staff leading to increase in diseases in their charges. This is especially the case in cats where respiratory diseases such as cat flu and Chlamydia and other fatal disease such as feline infectious peritonitis (FIP) are encouraged by overcrowding and stressed cats.

So how can we become a nation of animal lovers again? Firstly by taking responsibility of our own pets and this starts even before getting a pet. Do you really have the time to be responsible for a pet and then the means to look after one? One of my main frustrations are people who willingly pay in excess of £750 for a pedigree puppy, but yet not think about the future costs of the puppy as it grows up. Surely it would be wiser to get a puppy or adult dog from a rescue centre and use the money saved to look after the pet in future years.

Neutering is another bug bear of mine. So many times this year we have had a pregnant queen cat or bundles of kittens dumped on our doorstep when the simple act of neutering would have prevented this.

So let's hope this year is a better one than last for stray animals. I know its preaching to the converted to many of you who read this column, but what happens to the stray animals who can't find homes? Well we are at the sharp end of this dilemma in that if an animal is a stray and unwell or has no prospect of being rehomed then unfortunately we have to euthanase the animal and I can assure you that is a very tough and emotional thing to do!

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## High School Girls are Lifestyle Winners

Three Cottingham High School girls, Alice Rennison, Jennifer Sherratt and Maddy Tweesdale entered this year's Lifestyle competition and won one of the main prizes. The girls worked as a team to learn how the disadvantaged people of all ages are cared for within the society.

During their summer school holidays they volunteered to help at the Darby & Joan Friday Club and serve the lunches to the older members, they visited the 'Pop In' at the Hull, Beverley and Holderness Multiple Sclerosis Society's weekly meeting in North Hull and assisted those with M.S. They also went to the Hull Children's Centre and met Dr. Neel Kamal who showed them the work being done for disabled children in Hull and East Yorkshire, and they were also able to assist during the children's yoga lessons.

They realised all these activities required funding as each is a charity. They therefore offered their help to the Beverley based Educare Children's Nursery where they raised £100.00. Alice, Jennifer and Maddy were delighted with this amount and donated all their proceeds to be shared between the three organisations, the M.S. Club, the Darby & Joan Club and the Children's Centre.

They then made an appointment to see Councillor Stephen Parnaby O.B.E., the East Riding Council Leader, and discussed their concerns with him that these organisations require help and support and they rely on everyone thanking the volunteers for their untiring help. Councillor Parnaby explained the support and finance the Council gives to Charities and agreed we should all be ready to thank volunteers for their commitments. Alice, Jennifer and Maddy were delighted when they heard in December they had won a leisure day out at Flamingo Park in the summer to recognise all their effort.

*Photo above shows the winning team - Jennifer Sherratt, Alice Rennison and Maddy Tweesdale, with Sam the rabbit!*

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## “The Tooth and Nothing but The Tooth”

by  
Chris ‘Dr. Smile Maker’  
Branfield

### The Beauty of Bonding

Hello again, I hope you are well and you had a good January. I’ve been on BBC radio Humberside again talking about oral cancer and the measures that can be taken to help avoid it and pick it up early following on from my writings in Cottingham Times last month. I got face to face with Lara King this time. She was really nice, a right good laugh. I’ll be over to review the papers with her in March, which should be fun. As chairman of the Hull and East Riding Section of the British Dental Association I am involved in organising a study day in March for dentists that involves the diagnosis, treatment and management of oral cancer. So, to any dentists reading get yourselves along to The Village Hotel in Hull on 23rd March.

#### What Is Bonding And What Is The Beauty Of It?

Bonding in the world of dentistry is pretty much what it sounds like, sticking stuff to teeth. Most bonding work we do is sticking tooth coloured fillings (composite resin) to teeth. We can also bond on ceramic veneers and crowns. The beauty is that because the material used to restore the tooth/teeth is bonded we do not have to do more extensive removal of sound tooth substance to create a key or undercut

to get the stuff to stay in or on. This leads to the concept of minimally invasive or very conservative dentistry. I for one would prefer to hang on to as much of my tooth/teeth as possible.

#### Is It Proven And Does It Work?

The quick answer is yes. When I was at dental school in Leeds over 18 years ago we could only really bond to enamel. Enamel is the hard surface covering the dentine. The dentine is the more yellowy bit underneath that can get sensitive when you expose it as it is in communication with the pulp (nerve). Enamel bonding is great if you have loads of enamel. If, however, most or all of the enamel had been lost then we had to resort to traditional methods of removing more tooth for a filling or a crown. Things have moved on greatly since then and we can now bond (when the conditions are correct) to dentine with confidence as well. Most of my working week doing restorative dentistry is bonding of some nature. Most of it is with composite resin.

#### Composite What?

Composite resins are essentially very small glass particles of various different size and shape held together in a plastic matrix. A bit like concrete is gravel covered, surrounded and held together with cement. Again there have been more improvements here. We are now on to nano-hybrid composites. These are highly filled with very small glass particles, some of which are stuck together to mimic larger ones. The result is a fairly strong material that polishes really smooth. The other improvement is appearance.

These things can look great, just like tooth. We have dentine and separate enamel shades that we can layer to mimic nature when aesthetic demands are really high especially if you show a lot of tooth at the front of the mouth. The other big advantage is that they are far less costly than conventional crowns and veneers and they can be repaired if they break rather than replace all together.

#### Is It The Answer To Everything?

Again, there is a quick and easy answer and that is no. There are occasions where it may be used as a provisional measure especially in high stress areas where the bite is tight or if you are a grinder (bruxist). You may feel that it is better to bond and repair replace the restoration every now and again rather than grind down for a crown. If you are a teeth grinder it may be prudent to wear a night mouth guard to protect restorations or prevent tooth wear (I’m beginning to digress. There may just not be enough tooth structure left to bond to. If the gum health is poor it may be inappropriate as we need a dry field to work with these bonding materials.

#### A Revelation Indeed

As I said earlier bonding has been a revelation and changed modern, restorative and cosmetic dentistry to one that is more minimally invasive and additive rather than resorting to taking more tooth away. This means the teeth remain stronger and less chance of biological problems from the pulp (nerve). As with all things like this they are technique sensitive to use and adequate training even after dental school is needed to get the most out of them but I love it.

#### Off Away Again

I’m off to Birmingham this week with Charlie and Katie from work to a conference on practice development and how to deliver great customer service. It should be an intense couple of days but I think we should be up to it.

My daughter is still playing football and the team is still unbeaten but knocked off the top of the league by one point. It was a really windy morning last Saturday and the ball almost came back at them. It was a real battle and a drawer was about fair. Hull city are creeping up the league. I’m still looking forward to another day at Wembley. I’ll see if I can dig some pictures out for next time.

*Take care and be good.*

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 18 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. [www.castlepark-dental.co.uk](http://www.castlepark-dental.co.uk)

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## Pub Walks in the East Riding for 2011

East Riding of Yorkshire Council's Sport and Play Development Service is planning another series of Pub Walks for 2011. All the walks start at 10.30 am and participants should wear suitable clothing and footwear and bring waterproofs.

There will be a five-and-a-half mile walk from The Half Moon, in Skidby, on Friday 4th February. It is estimated that this walk will take about two hours and 30 minutes to complete.

The George and Dragon, Alborough, will be the starting point for a three-and-a-half mile walk on Friday 18th February and will take about 90 minutes.

In March there will be five-and-a-half mile walk from The Tiger Inn, Beverley, on Friday 4th March, and six-and-a-half mile walk from The Fleece Inn, in Bishop Wilton on Friday 18th March.

There will be two walks in April, the first from The Triton, Sledmere, meeting at Sir Tatton Syke's Monument, on Friday 1st April and the second from The Victoria, Hornsea, on Friday 15th April.

Neither East Riding of Yorkshire Council nor the organisers of the walks condone drink driving. If you wish to have a drink after the walk please arrange a designated driver or make alternative transport arrangements.

For further details, please contact Brian Bate, community sports coach for outdoor pursuits, on 07899 994830 or email [brian.bate@eastriding.gov.uk](mailto:brian.bate@eastriding.gov.uk)

Alternatively, visit [www.eastriding.gov.uk/events](http://www.eastriding.gov.uk/events) to view all the walks available.



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

**Map:- EXPLORER 293**

**Start at GR. 912367 Street parking in North Newbald.  
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**L**eave the centre of the village in a north westerly direction and then follow a minor road to the right and to the north of the village. After about 300 metres turn left and follow a surfaced farm track up the incline. When this surfaced track swings right, continue straight ahead walking with the hedge on the left and still climbing gently. Follow this path as it descends to Syke House Farm.

On reaching the farm, turn right and walk with the hedge on the right and follow the path towards Hessleskew Gare. Pass over a stile and pass through a gate and arrive at Gare Gate. Turn right and follow a well define track to reach a road. Turn right at the road and follow this back to North Newbald.

Alternatively, after about 200 metres on the road, turn left and follow a track down to a second road and turn right and then after about 300 metres turn left and follow the path into Swin Dale. After about 500 metres follow the path on the right and climb to eventually reach a third road. Turn right on reaching the road back to the village.

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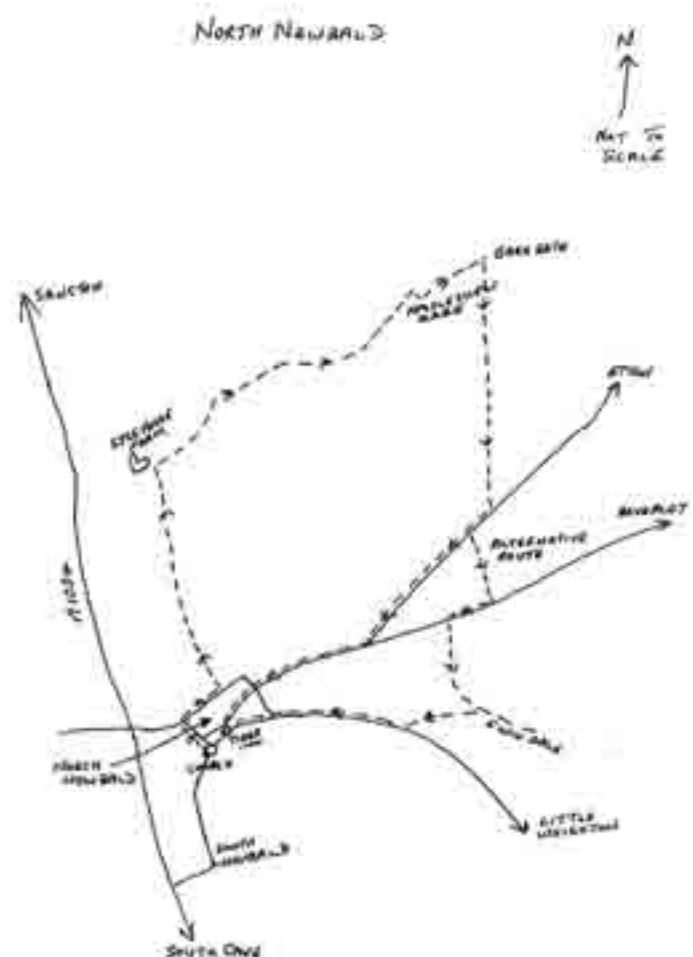


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Our own selection of tours is growing constantly - see the list opposite. Newly added...Torquay, February 2012, what a bargain; a lovely hotel and so much included! Thursford: both dates are now over half full - so don't delay if you are thinking of coming along.

The whole idea is for you to have a leisurely experience with time to enjoy as you travel - not non stop motorway travel. Our tours offer quality and excellent value.

Is there anywhere you would like to see us feature? If so, please let me know. We have plans for a French art tour in 2012, along with a tour of Switzerland, a river cruise along the Garonne and a Ski Safari. Are you a group of friends or a club wishing to travel? Then let us quote you for your idea.

**India:** our adventure in March 2011 is getting closer and I'm looking forward to some hot weather. I have space for just 4 more people, should you wish to join me around the Golden Triangle plus a tiger safari!

Lynne is taking our 2nd tour on 24th March 2012: a repeat of my tour this year. Deposit now due - £400: she has only 6 places left on this tour. Call for full details today.

**Madeira:** this year there is an opportunity to fly direct from Humberside. This is a lovely island to visit and offers quality accommodation. Departing on 1st August for 7 nights: a great destination for those of you wanting a break in a place not aimed at families during the school holidays.

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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 it's 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 sown earlier in the autumn can now be potted.

Root cuttings can be taken of Papaver (perennial poppies),

## 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

Verbascum (mullein), Acanthus (bear's britches) and Phlox.

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

## General maintenance

### Lawns

If the weather is warm, you may need to start mow. Set the cutting height at its maximum, and only mow when the grass is dry.

Re-cut lawn edges to crisp up the appearance of the garden and save work later in the season.

Turf can be laid, provided the soil is not too wet or frosty. Work from planks, to avoid compacting the soil. Do not walk on the newly laid turf and leave undisturbed for several weeks to allow new roots to establish.

Prepare seed beds for new lawns to be seeded later in the spring, but only attempt this if the ground is not too wet.

## Houseplants

Deadhead Hippeastrum (amaryllis) leaving the flower stalk(s) to die down naturally. Keep feeding and watering and you may be treated to further flowers in August as well as the normal blooms next winter.

Schlumbergera truncata and S. x buckleyi (Christmas cactus) - twist off some of the stem segment, with a view to keeping a balanced shape to the plant. This will encourage bushy growth. The detached segments can be used as cuttings, if dried and kept warm for a week, before potting up in gritty compost.



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If the leaves on pot Cyclamen start to turn yellow this may be a sign of overwatering. Keep Cyclamen in a cool, well-lit place and water them from below (into the saucer). Allow the plant to drink for half an hour, before pouring away the remaining water left in the saucer. If the level in the saucer does not go down, then the plant did not need a drink. You can always tip out the rootball and feel it before watering, to see if the compost is dry, or if it is still moist from previous watering.

Cacti and Clivia houseplants should still be kept dormant until March. Very little water (barely moist) and no feeding is advised until then. Clivia will additionally benefit from lower light levels (e.g. a back room where the lights are never turned on and there is not too much natural light) - this will improve flowering in the following season.

Don't leave houseplants on windowsills behind the curtains on frosty nights, especially if your windows are not double-glazed.

Stand houseplants on trays of damp gravel to counteract drop in humidity in centrally-heated homes.

Water houseplants sparingly until they come into active growth with the advancing spring.

Check that light levels are sufficient for houseplants. They will need light to carry on until the spring, and can easily be forgotten in a back or spare room that receives little natural light, or with the curtains left drawn. They are best moved to sunny positions until March.

Citrus trees in pots should be top-dressed with fresh compost, and/or repotted if necessary.

Cool conditions and regular watering will help keep potted indoor azaleas looking good for longer. Remember to water azaleas with rainwater collected in a rain butt, not with tap water.

Indoor forced bulbs that were in the house for winter displays, but which have now finished flowering, can be left outside in a sheltered spot in the garden to finish dying down.

#### Planting and moving

Continue to plant hedging plants, shrubs, trees and climbers. Stakes and rabbit guards should be put in place at the time of planting trees, to prevent damage to the rootball or bark.

Continue to plant roses. Avoid planting in areas where roses were previously growing otherwise new introductions may suffer from replant diseases.

Move established deciduous trees and shrubs provided the ground is not frozen or waterlogged.

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## Your Stars for February 2011 - By Kay Gower

### Aries - (Mar. 21- April 20)

Go after whatever it is that you want right now. Not only is this a time of achievement, it's also a time when you are blessed with good health, good luck and good fortune. Lucky Jupiter has now moved into your sign and will stay there until the first week in June.

### Taurus - (Apr. 21- may 21)

You appear affluent to others, since nothing succeeds like success, resources and people will come to you. It's important for you to know that you are entering a strong, powerful time. Next month is even better.

### Gemini - (May 22-June 21)

If you have jobs to do that you don't like the look of, get them out of the way as early in the month as you can. Travel arrangements may have to be shelved or at the very least altered in some way.

### Cancer - (June 22-July 22)

With generous Jupiter in the professional zone of your chart, you'll be given all the openings you could wish for. As the sun moves into dreamy Pisces on the 19th, your dreams are made real. You have been given the keys to a very successful year.

### LEO - (July 23-Aug 22)

Planetary aspects will encourage you to make some major changes over the coming weeks. You feel totally refreshed and ready to tackle anything.

### Virgo - (Aug 22 - Sept. 23)

Prioritise which doors you want to open first and which to keep firmly shut. Stress comes from trying to fit too much into too few hours.

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

Events in February offer new social and financial opportunities. Your ideas this month are as good as gold, that is if you act on them!

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

Your winning attitude brings success. Be tough, stay at it, the end of February brings long-awaited rewards. Exciting social circles are featured for March.

### Sagittarius - (Nov. 23 -Dec. 21)

Spirits are likely to be higher than of late and you should find that those closest to you are more willing to contemplate having a good time. An excellent month for travelling or making plans for a holiday.

### Capricorn - (Dec 22.- Jan. 20)

It's review time. Go over your victories and failures. Put new rules in place that will help you repeat what worked. Leave the negative behaviours in the past.

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

A new project starts. Right after your initial wave of enthusiasm comes fear and anticipation. They're valid feelings but in spite of your apprehension, keep going! The sense of achievement that you'll feel in the end is worth any amount of trepidation right now.

### Pisces - (Feb. 20-Mar. 20)

An unusual surge of good luck is there for the taking this month, you could show a level of ingenuity that will allow you to further your ends in a number of different ways. Not everyone will be on your side, but those who are not probably don't matter.

## Walking Stick and Shepherds Crook Making Courses to be held at the Longcroft School, Beverley in 2011

**E**ast Riding of Yorkshire Council is again holding its popular walking stick and shepherds crook making course.

Brian Bate, community sports coach for outdoor activities, has been making walking sticks and shepherds crooks, in Leicestershire, for many years prior to moving to the East Riding and is offering to teach this craft to the residents of the area.

Crooks and sticks will be made from traditional materials, with handles made from antler or a selection of hard woods and the shanks made from Hazel or Blackthorn.

Participants will be taught techniques such as carving the handles, shank straightening and joining methods. All tools and materials will be supplied.

The courses will be held at Longcroft School, in Beverley, on February 26th, May 21st, July 23rd, September 17th and November 19th.

Booking is essential and courses are priced at £50 per person.

For further details about the course, contact Brian on 07899994830 or email [Brian.Bate@eastriding.gov.uk](mailto:Brian.Bate@eastriding.gov.uk) or alternatively visit [www.eastriding.gov.uk/events](http://www.eastriding.gov.uk/events)

## Numerator

Each oval contains a different number 1-11. Follow the clues to find the correct location of each number in the Numerator diagram.

**Note:** 'Left' or 'Right' is from your point of view and means any location above the same horizontal line.

'Above' or 'Below' means any location along the same vertical line.

### Clues:

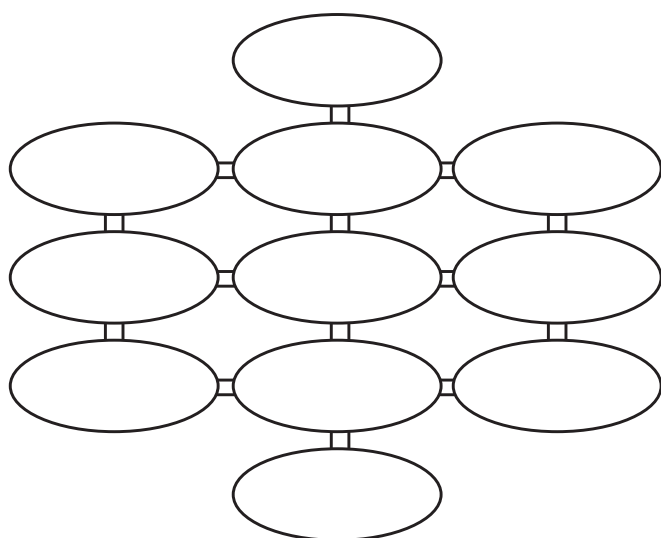
Number 4 is left of 7 and below 10.

Number 8 is right of 3 and below 9.

Number 11 is below 2 and right of 1.

Number 4 is above 6 and right of 5.

Number 8 is above 7.



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

**H**ello and welcome once again fellow anglers to this month fishing news. What about this weather then? : never mind spring will not be long now, hurray. Firstly, starting with this feature I will be inserting the date of when I actually sit down and write my features, as I have been informed that some readers are puzzled as to when they are written, thinking they are wrote the day before they read them.

It is the 10th January and most venues are still frozen. Due to the snow last month they were no reports, but I hope you enjoyed the bread approach. On that point the bread method is working on many venues right now. I am pleased to report good bags of Roach, Perch and Skimmers coming from the Old River Ancholme at Brigg: the match weights here are reported up to 27lb.

The most productive stretches seem to be the shopping centre stretch, cake mills and the leisure centre. The baits that are working are bread, pinkie over hemp and small worm again over hemp. The local River Hull has been pro-

ducing fish at both shipyard in Beverly and close to the bridge at Tickton, on similar baits.

A few of my friends went and fished Risby, Orchard pond. The other ponds are still frozen by the way. Anyway it was an entertaining day to say the least. Mark had a few small Roach which was welcome after such a long period of not fishing. Mally also had Roach, all caught on maggot on the pole. Lou and the rest blanked.

In our small club we have a wooden spoon trophy for the member who comes last; I now have a long list for this prestigious award! To keep the laughter going, Will went flat on his back and was rolling around the bank like a hippo. I still have stomach ache after the lads described him in great detail to me.

There has not been much more to report on the coarse fishing scene I am afraid to say, but as everywhere thaws out and you all start to get your gear out here are a few good tips: take extra clothing, have some good warm boots (shoes and trainers can be dangerous on slippery banks). Take plenty of warm drinks and finally do not forget your wet gear and umbrella.

Feeding at this time of year is still the little and often approach, and not much bait is needed. Small hooks and lighter lines will also enable you to catch more fish.

**Sea scene:** I am pleased to say there has been some good catches of Cod from a few coastal marks. First of all congratulations to Kev Darley who caught a 16lb 8oz Cod from Hillstone a couple of days ago. He caught this magnificent fish on a Pulley Pennel rig with a cocktail of Lugworm and Squid.

I have also had reports on Cod being caught on a fairly regular basis from Hornsea and Witherenssea. The most popular baits that are catching these fish are Lugworm and Squid. There has been some bonus fish caught on Crab Kart. The Humber has only produced small Flatties, Pin Whiting and Rockling lately. This I feel will pick up shortly as the snow melts and water disperses.

On the shop front we have loads of items, rods, poles, reels etc, that have further reductions on their sale price, and some great offers on the Air guns and accessories. Pop in have a browse and a cuppa. Please keep your reports coming in and thank you to all who already have.

*From the Catchmoore crew "tight lines"*

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*Pictured above: Presentation of a \$137 grant cheque to Rob Rhodes of Cottingham Cricket Club by Councillor Ann Abel under Section 137 of the Local Government Act.*

## Basic Navigation Skills Course

**E**ast Riding of Yorkshire Council's Sport and Play Development Service is running a basic navigation skills course for people interested in learning the rudiments of map reading.

The course is priced at £50 per person and runs for five weeks, beginning on Thursday, 3 March, from 6.30 to 9pm, at Longcroft School, Beverley.

Each week the course will cover the theory and practise involved with a different aspect of map reading and navigation. The course will culminate in an assessment expedition, normally on a Saturday or Sunday.

Students will be asked to lead a short section of walk finding a number of points based on grid references, land marks and distances. This will be a chance to test people's ability to relate the map features to the landscape and demonstrate navigation strategies.

Successful completion of the assessment will lead to a National Navigation Award Scheme Bronze level. This is a personal ability award and is not a Walking Leaders course.

For further details or a course application form, contact Brian Bate, community sports coach for outdoor pursuits, on 07899994830 or email [brian.bate@eastriding.gov.uk](mailto:brian.bate@eastriding.gov.uk)

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## Hull Male Voice Choir announces plans to celebrate its Centenary in 2011

This year (2011), the Hull Male Voice Choir is proudly celebrating its Centenary, having been established in 1911 when thirteen members of of Holy Trinity Church Choir formed The Choristers Glee Party, later to change its name

ultimately to Hull Male Voice Choir (HMVC) which became a Registered Charity in 2008.

Says Terry Wallis (the Choir's Assistant Musical Director and Public Relations Officer):

"Today, Hull Male Voice Choir is a strong and vibrant choir currently comprising some 52 members - in 2009, the Choir was delighted to welcome back "from retirement" as a Chorister Mr Geoff Floater, who had been a former Conductor of the Hull Male Voice Choir in the years 1964-1973. During 2010 interest in membership took a considerable upturn, the Choir's youngest member being just 15 years old.

For 100 years now, Hull Male Voice Choir has given immense pleasure and entertainment to the citizens of Kingston upon Hull, East Yorkshire and others - both in the UK and overseas. Only last October, Hull Male Voice Choir accepted an invitation to perform in Selby Abbey where it gave an impressive performance to a capacity audience.

Its unique sound provides a rich tone expertly blended together by its current Musical Director Julian Savory B Mus, ATCL (who has been with the Choir now for more than 25 years) and accompanied by the Choir's versatile pianist Dorcas Leather.

Throughout the years, guest artists of national and local renown -including the famous late Kathleen Ferrier - have performed with the Hull Male Voice Choir.

The Hull Times of 19 November 1971 reports a story about "Lord Haw-Haw", a notorious broadcaster from Germany during the Second World War, using a gramophone recoding of the Hull Male Voice Choir during his radio talks. The Choir had made a record during its 1938 week long very successful concert tour to Cologne and other venues in Germany under the baton of the late Edgar Sales - where the Choir became "a decided rage" sending the Germans "into raptures" the press reported - and from it Lord Haw-Haw played "Hey, Rob, Jolly Robin"!

Hull Male Voice Choir participates in approximately 10 concerts each year which all help to raise much needed funds for a wide variety of charitable causes. The most popular concert is always its "Prelude to Christmas" event held in the impressive setting of the Banqueting Hall within Hull's Guildhall, often filled to capacity for a feast of festive music and community carols.

Whilst Hull Male Voice Choir has ventured overseas in recent years - including a visit to Gennep in Holland in 2000 to participate in celebrations of the town's 55th Anniversary since its

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liberation by British Troops in the Second World War - it now mostly directs its main efforts towards performing concerts (including the hosting of guest choirs), particularly in support of local charities and institutions, although a new innovation has been the Hull Male Voice Choir's availability to sing at functions and weddings, having been invited to provide the music for more than one local celebrity.

The Choir has recorded a Centenary CD which was released at Christmas 2010 - 100 Not Out!

In 2011 three special concerts are scheduled to take place in the City to celebrate the Hull Male Voice Choir's Centenary achievement:

a) a concert in the original home of Hull Male Voice Choir at Holy Trinity Church in Hull on Saturday 2 April 2011 when its Guests will be Hull Ladies Choir (themselves celebrating their 75th Anniversary in 2011)

b) another concert on Saturday 4 June 2011 at The Guildhall in Hull - when the Humberside Police Concert Band will be its Guest Artists (in 2011, the Band celebrating 150 years of its existence)

c) but the climax of Hull Male Voice Choir's celebrations will be an exciting major concert to mark its achievement of "100 years not out" when it will proudly present a programme of Yorkshire Men and Brass in "Sounds of Celebration" at Hull's City Hall on Saturday 22 October 2011, featuring three of the greatest Male Voice Choirs in East Yorkshire when the Hull Male Voice Choir is joined by Beverley Male Voice Choir and Driffield Male Voice Choir to form a Mass Male Voice Choir - to be conducted by HMVC Musical Director Julian Savory, accompanied on the piano by Dorcas Leather, and on the organ by Ian Cockerline).

For this concert the Guest Artists will be the world famous Brighouse and Rastrick Band who are the current holders of the National Brass Band Championship. Tickets for the concert - to be compered by Terry Wallis - will be on sale from the City Hall Box Office (01482 226655) from Tuesday 4 January 2011 onwards (price £20, £16 and £12 - no concessions). The concert is in aid of Help for Heroes and Dove House Hospice (both Registered Charities).

Concludes Terry Wallis:

"The Hull Male Voice Choir - 100 years not out and sadly believed to be the last male voice choir still remaining standing in Hull - is highly proud of its achievement of being able to celebrate its Centenary in 2011 and we hope that the folks of East Yorkshire and the surrounding districts in particular will wish to join with us to share the joy of this magnificent milestone in the history of Hull Male Voice Choir by supporting our three special concerts and especially Sounds of Celebration featuring the fabulous Brighouse and Rastrick Band - the current National Champions of Brass - and three first class male voice choirs"

"Naturally, we are always anxious to secure the continued future of our Hull Male Voice Choir and, as with any organisation, recruitment is an on-going challenge, but we are delighted that over the past twelve months we have welcomed ten new members into the Hull Male Voice Choir and almost without exception each one has commented upon how they wished that they had joined the Choir sooner! We work hard at our regular Wednesday evening rehearsals - but we also play hard and have great fun, and without the pleasure that our music provides both to ourselves and to those that we entertain, I believe that life would be considerably duller for us all!"

"My stated ambition has been to have a Hull Male Voice Choir with a membership of 100 choristers by 2011 so that in our Centenary year we would be able to boast that we had one chorister to represent each year that the Choir has been in existence, and really that is not altogether impossible to achieve given the fact that in the City of Kingston upon Hull there are

some 73,000 males between the ages of 15 and 59 alone (but age is no barrier) - food for thought and a real challenge, so come on you men of Hull and East Yorkshire, come and join us!"

"We welcome into the Hull Male Voice Choir new members of any age (especially youngsters, as we now proudly even have some teenagers amongst our members) - if you are interested, don't just sing in the bath or at karaoke sessions, but come along to a series of our rehearsals without any commitment, noting in particular that the ability to read music is not essential - for further information, do give our Hon Choir Secretary (Reuben Hird) a call on 01482 656869 or visit the Choir's website which provides an on-line membership enquiry facility. We sing a wide range of music that will suit all tastes - so give it a try and help us to make that 100 membership for 2011!"

*Photo courtesy of Ivor Innes Limited.*

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4-12 years - 4.00 pm

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

## Joker, Fudge and Fillis

**T**he last time I wrote, I was as fed up as everyone else with the ice and the snow.....as good as "He" takes, I do believe "He" has given back for a while! Probably just enough to lull us all into a false sense of security! Hey ho.....time will tell. There are a few more winter months ahead.

The one nice reality is that the yard is back up and running and we can work horses again. I was panicking at the length of time I could afford to pay staff for full hours for very short, very cold days. I have the same conscience as most employers who have good staff. Doing right by them in bad times when they have their own financial commitments, but the worry of length of time overtaking gallant intentions. I can, however, draw breath just now.

I have recently had the pleasure of doing a little back-up work with one of my ex-inmates! Back home in South Cave, "Joker" has gone from strength to strength. He was one of the bolting ponies I talked about before. All his fears of being mounted have dissipated and his joy of finding out what is round the next corner has immersed!

Natural curiosity can be a wonderful training aid when handled and channelled correctly. Joker had two significant traumas in a short space of time in this baby pony's life. Accidents happen through no fault of any individual. As a result of both a ridden and then a driving accident, Joker felt that anything behind him was a threat.....instant distance was his instinctive way of coping! Not nice for the person trying to mount him.....terrifying for both parties in fact.

Joker was made to face his fears and come out the other side. We used the "natural approach" in order to get him to hang around long enough to start to think instead of react..... by using slivers of carrots on my right foot to make him investigate the appendage which caused such panic.

He had to make the decision to move towards and touch my foot.....funny thinking back but not so funny at the time I may add. I went into contortions balancing precariously on the edge of my muck cart whilst waving my foot down his side, as well as tempting the flexion needed for him to turn and face the foot.....all of this being four foot above him!

It was one of those times when being close to 50 I realised that maybe this is a young person's job! If my mother could have seen me then she would have cringed and no doubt told me off for being reckless!...Contortionist more like!

This crazy, out of the loop method paid tremendous dividends and little Joker grew in confidence. When he had stopped even so much as thinking of tensing up and bolting, the opposite happened. Before you had got your leg over and



bottom nestled in the saddle he was already turned facing round to you seeking out that meagre sliver of all important carrot! Bless him.

Anyway, job done and pony all happy with the world, Joker was reintroduced to Jess, his rider. She was understandably nervous at being back up on board after all the thrills and spills of before. I replaced the carrot for chocolate for Jess!.....just joking folks! She did really well and trusted me, in turn trusting Joker. A cracking little partnership developed there too as Jess is quiet, unassuming and gentle.

They went back home before Christmas and have been having a lovely time, doing just what they should be doing ....having fun. I went up there last week simply to help keep all the basic groundwork rules in place and teach Jess how to improve some of the relationship exercises that are in place.

It is so nice for me to get that chance. Usually the horses are from so far away that I do not get the chance to see them back in their own home environment.

Two new horses in just now are "Fillis"(not spelt the normal way-Phyllis) She is from near Harrogate and is terrified of big traffic. She bolts off terrifyingly quickly on the roads and is extremely nervous of noise....and "Fudge", a pure bred Connemara who is in for sale from West Yorkshire. He is proving to be a delight in so many ways. Honest, intelligent and willing. He came in all hairy, unkempt and rough round the edges. With time, care and attention he now looks stunning, sporting a polished clip and a newly pulled mane....complete make-over equine style! No wonder he is going well, he feels like a new man!

Progress reports next time!



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## Hull Bach Choir to perform “Athalia” at Trinity Methodist Church, Cottingham Road on Saturday March 5th

The Hull Bach Choir will perform “Athalia” (which includes Handel’s first Hallelujah chorus), at the Trinity Methodist Church, Cottingham Road (at the corner of Newland Avenue), HU5 2E, on Saturday March 5th at 7.30 pm.

It is one of the most important pieces in the history of choral music. Although Handel had made two previous but tentative steps towards writing English oratorios, it was with Athalia that this immensely important musical genre properly became established.

It is a story of supernatural haunting, fear and bloody revenge, based on historical events - the overthrow of the tyrannical ruler Athalia, daughter of the more famous Jezebel, and the reinstatement of the true heir to the throne.

Rarely performed anywhere and last heard in Hull 36 years ago! [www.hullbachchoir.org.uk](http://www.hullbachchoir.org.uk). Tickets are Adults £11; Seniors £10; Students; children & unwaged £5.00.



## Haltemprice Lions Support Stroke Victims

The Haltemprice Lions and Friends always enjoy their Christmas Party and this year was no exception. The party was held at The Back Room, Cottingham and apart from their usual Christmas meal and fun they were able to play Father Christmas to The Stroke Rehabilitation Unit in Hull when they handed over a cheque for £500.00.

The cheque was received by three guests from the Unit, Helen Rymchuck who was accompanied by Anita and Claire. The money had been raised mainly by activities of the wives and ladies of the Lions from such activities as a very successful Flower show by Brian Forbes at Hessle and making and selling refreshments at the Lions Craft Fairs.

The very seasonal but severe weather has restricted the activities of Haltemprice Lions having their Christmas Craft Fair cancelled in December but they are looking forward to 2011 when they can resume their help and support within the community.

*Pictured above: Past President John Dickins presents a cheque for £500 to Helen Rymchuck of the Hull Stroke Unit, Anita and Claire look on.*

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The show takes place at The Civic Hall, Cottingham on Friday 18th March, 2011 at 2.00 pm. Tickets £5.50, 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.

## East Riding Youth Dance at the Town Hall, Hessle

Plans for the new East Riding Youth Dance season are underway and organisers are now offering more young people in Hessle the chance to become members of the

project for the spring term started on 27 January 2011.

Co-ordinated by East Riding of Yorkshire Council, the project includes weekly sessions with professional artists working towards performances each term. East Riding Youth Dance also gives young people the opportunity to learn from the country's leading professional dance companies in workshops and live performances.

The youth dance groups are based in 6 areas of the East Riding with sessions for 11 to 13 year olds and 14 – 18 year olds. At the end of every term the 12 groups plus the exclusive County Company come together to perform at the biggest Youth Dance Platform in the area.

Weekly sessions will be taking place at the Town Hall, Hessle on a Thursday evening.

The cost is £30 per term.

Participants will also have the opportunity to go and see ballet LORENT in their latest full length production Blood, Sweat & Tears, an exploration of the darkness and light of extreme love, at The Spa Theatre, Bridlington on Thursday 10 March 2011 at 7.30pm as part of the project. The tender and powerful new work by choreographer Liv Lorent, premiered to much acclaim at Northern Stage, Newcastle in January 2010. The piece looks at the huge impact the arrival of a baby has on a relationship. It follows a young couple and the extraordinary transformations they undergo as they learn to cope with becoming a family and its unforeseen consequences. It is the fight for romantic love to survive in the midst of the overwhelming love and time a baby demands.

The performance is also open to the public at a cost of £8 for Adults and £6.50 for Concessions so please encourage family and friends to come along. Enclosed is a leaflet for you to pass onto anyone who you think would be interested.

For more information, to book a place, please call Michelle McCoy on 01482 392653 or 07795 337492.

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## A Night of Romantic Opera at the Toll Gavel United Church, on Thursday 17th February

The acclaimed opera company Opera Box presents a captivating new production transporting audiences into the world of romantic opera with music from some of the most loved composers including Puccini, Verdi, Bizet, Mozart and many more at Toll Gavel United Church, Beverley, on Thursday, 17th February at 7.30pm.

'A Night of Romantic Opera' offers an enchanting evening of arias and ensembles accompanied by piano and performed by a selected cast of singers from the major national and international opera houses.

Known for his popular shows - Mozartissimo and A Viennese Whirl - the evening will be hosted by the charismatic Brendan Wheatley introducing the music of the great romantic composers in his own inimitable style.

Tickets cost adults £12, concessions £10 and are available from Beverley Tourist Information Office on (01482) 391672.

For further information, contact June Mitchell, community arts officer, on (01482) 392651.

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## Re-Surfacing Work in Cottingham

Work to resurface a section of Priory Road in Cottingham is set to start on Monday, 31 January.

The £250,000 scheme will see work carried out along the road from the junction of Hornbeam Drive to the boundary between Hull and the East Riding of Yorkshire.

The length of the job will be dependent on the weather but it is hoped that work will take around three weeks and temporary traffic lights will be in place while it is carried out.

Working hours will be restricted to 9am - 3.30pm, Monday to Friday, to minimise disruption.

While the work is done the existing carriageway surface will be replaced and deeper repairs will be made where required. Joints in the underlying concrete road structure will also be sealed.

Anti-skid surfacing and new road markings will be added on all the approaches to the mini roundabout at the junction of Priory Road and Newgate Street to improve road safety.

## 2011 Census: coming to a letterbox near you!

On 27 March 2011 all residential households in the United Kingdom will be asked to take part in a census. Since 1801 a day has been chosen every ten years for this purpose - except in 1941 during the Second World War. The census, carried out by the Office of National Statistics (ONS), provides an excellent source of information about the population. The data helps central and local government, health authorities and many other organisations to

identify the demand for housing, education, health and transport services for years to come.

But more services than this use the information. For example, supermarkets use census statistics to work out what types of foods they need to stock so that local communities can get their favourites. Water companies use the census data to plan the pipes for clean and waste water - to make sure there's enough capacity for everyone. Fire brigades and the police use census data to help communities, putting fire alarm and crime prevention measures in specific areas. The benefits are far-reaching and play a major part in identifying need for local services in communities, so it is crucial that the population estimate is as accurate as possible.

We urge all residents to complete the Census; this will help to ensure that there is an accurate understanding of how many people live in the area, so that funding is matched to demand. For every person missed, who is on the Electoral Register, the ERYC loses £500 pounds worth of funding for the next 10 years, so if a thousand people are missed the Council would lose out on £5 million pounds. In the last Census the East Riding reached 98% success, one authority only achieved 60% so they must have forfeited quite a considerable amount of funding.

Many of us are wary about giving out personal details but rest assured that the data is held anonymously so individuals cannot be identified once the data has been processed. So when the questionnaire envelope comes through the door (you'll easily recognise it by the purple 2011 Census logo) please complete it as instructed. This year, for the first time, it can be completed online, using the individual internet code on the front of the questionnaire.

*Thank you Ros Jump & Geraldine Mathieson*

## East Riding Youth Dance sessions at the Minster Primary School, Beverley

Plans for the new East Riding Youth Dance season are underway and organisers are now offering more young people in Beverley the chance to become members of the project for the spring term which began on Tuesday 25 January 2011 at Minster Primary School, Beverley.

Co-ordinated by East Riding of Yorkshire Council, the project includes weekly sessions with professional artists working towards performances each term. East Riding Youth Dance also gives young people the opportunity to learn from the country's leading professional dance companies in workshops and live performances.

The youth dance groups are based in 6 areas of the East Riding with sessions for 11 to 13 year olds and 14 - 18 year olds. At the end of every term the 12 groups plus the exclusive County Company come together to perform at the biggest Youth Dance Platform in the area.

The cost is £30 per term (10 weeks).

Participants will also have the opportunity to go and see ballet LORENT in their latest full length production Blood, Sweat & Tears, an exploration of the darkness and light of extreme love, at The Spa Theatre, Bridlington on Thursday 10 March 2011 at 7.30pm as part of the project.

The tender and powerful new work by choreographer Liv Lorent, premiered to much acclaim at Northern Stage, Newcastle in January 2010. The piece looks at the huge impact the arrival of a baby has on a relationship. It follows a young couple and the extraordinary transformations they undergo as they learn to cope with becoming a family and its unforeseen consequences. It is the fight for romantic love to survive in the midst of the overwhelming love and time a baby demands.

The performance is also open to the public at a cost of £8 for Adults and £6.50 for Concessions so please encourage family and friends to come along. Enclosed is a leaflet for you to pass onto anyone who you think would be interested.

For more information, to book a place please call Michelle McCoy on 01482 392653 or 07795 337492.

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### COTTINGHAM MEMORIAL CLUB TRUST LTD.

The Annual General Meeting of the Cottingham Memorial Club will be held on **Wednesday 23rd February 2011** at the **DARBY & JOAN HALL** Finkle Street, Cottingham at **7.00 pm**

*Admission to the meeting will be restricted to the current members of the Club only.*

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## Keep your 'Get Fit' New Year's Resolution by Running for the Sue Ryder Charity

With the New Year now here Sue Ryder is looking for people resolved to burning off all those mince pies and getting fit in 2011. The national charity is now recruiting runners to take part in the fantastic events on the 2011 running calendar.

Whether you want to tackle a marathon, half marathon, 10k or fun run there is a run for you. Sue Ryder will be with you every step with a dedicated running support team looking after its runners, from sign-up, to crossing the finishing line and collecting every last penny. Each runner will receive a personalised running service from Sue Ryder, including support with fundraising and training advice when they need it. Runners will also benefit from in-house physiotherapists after the event to soothe those muscles!

Sue Ryder is looking for runners at all the big running events this year including all The Bupa Great Run series, The ING New York Marathon and many other events across the country.

Perhaps you already have your own place in a run and are looking for a charity to support? Sue Ryder provides care to people living with conditions such as Multiple Sclerosis, Huntington's Disease, Stroke and Cancer. With every pace, runners will be enabling us to provide more care for people living with life-limiting illnesses. This includes those locally at the Sue Ryder neurological care centre Holme Hall in Holme on Spalding Moor, East Yorkshire. We need to raise more than £1million this year to carry on being here for people and their families when they need us most.

Sue Ryder has a partnership with [www.virgin-money-giving.com/giving/](http://www.virgin-money-giving.com/giving/) so runners can create their own online fundraising page, making it easy for friends and family to sponsor them.

Running for Sue Ryder is a great way to get fit and feel fantastic - as well as help others - and it's hard to beat that feeling of achievement when crossing the finishing line.

To go the distance for Sue Ryder or to find out more about the running challenges we have available, please call 01904 426920 or email [kate.hallett@sue Rydercare.org](mailto:kate.hallett@sue Rydercare.org).

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Continued from page Six

**North Ferriby Gardening Club**

Monday 21st February, Clematis through the Seasons (Taylor's Clematis). Meetings are held in the North Ferriby Village Hall at 7.30 pm, unless otherwise stated. Visitors are always welcome. Admission £1.50. Annual Membership £5.00 includes tea/coffee and biscuits. Further information ring Mal on 01482 632282.

**Cottingham Ladies Circle**

Wednesday 23rd February, Talk, Slides by Mr. Harry Bursel on "Mayfield Wildlife Reserve", in the Zion United Church, Hallgate, at 7.30 pm.

**Wednesday Social Club**

Wednesday 23rd February - Susan Harr - Life in the Middle East - Part II, in the Darby and Joan Hall, at 2.00 pm.

**Cottingham Civic Society**

Monday 28th February, "The Work of Hull and East Riding Institute of the Blind", a talk by Ms. Ann Massam of HERIB, in the Darby & Joan Hall, Finkle Street, at 7.30 pm.

**East Riding Flower Club**

Monday 28th February - Angela Williams from Worksop will be giving a floral demonstration "Cypriot Sunnation", there will also be a cake stall, in the Civic Hall, Cottingham at 2.00 pm. Admission to visitors £3.00 at the door. New members and visitors are always welcome.

**Cottingham Local History Society**

Wednesday 2nd March, Cottingham Surnames - Peter McClure. The Society meets in the Red Hall at Hallgate Primary School, Cottingham on the first Wednesday of each month from October to April. Entry for all is via the King Street entrance only. The Society meets at 7.30 pm. No entry before 7.00 pm.

**Cottingham Men's deLuda Society**

Wednesday 2nd March, Mike Kemp - From Parador to Parador, in St. Mary's Church Hall, Cottingham at 2.00 pm.

**The Womens World Day of Prayer**

Friday 4th March - 2.00 pm at Christchurch, Endyke Lane, Cottingham. This year the service has been prepared by The Christian Women of Chile. All are very welcome.

## Below: Answer to Sudoku problem No. 49 from the January issue.

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

## News from Cottingham Little Theatre

### "NOISES OFF" BY MICHAEL FRAYN – THURSDAY, FRIDAY AND SATURDAY

5th, 6th and 7th MAY 2011

As previously announced, our next production will be the comedy farce "Noises Off" written by Michael Frayn. Adele Williams will be making her debut as a Director for CLT although she sharpened her "directing teeth" as the Assistant Director in "A Christmas Carol". Regular audience members may recall seeing Adele playing the maid, Lily Thompson, in our production of "Breath of Spring" last May.

Performances will be held as usual in the Darby & Joan Hall in Finkle Street, Cottingham, starting at 7.30pm.

The cast members are now busy learning their lines as rehearsals start in earnest on 17th February. We will keep you informed of progress.

**SOCIAL EVENTS**

Seventeen Members, Friends and Guests ventured to the Theatre Royal, York on Saturday 8 January for our annual outing to the Pantomime starring Berwick Kaler and his band of jokers. This year the title was "Jack and the Beanstalk" and yes, there was a Jack and yes, there was a bag of beans which grew into a giant Beanstalk but there was also a Martian flying saucer and little green men!! Funny, but I don't remember those in the stories my mum used to read to me!! But a great time was had by all and eight of us then enjoyed a Chinese meal at the Garden Restaurant in Pocklington on our way home to round off a very enjoyable day. Roll on next year when we will do it all again.

Then on Friday 28 January we arranged our Annual Winter Dinner, which this year returned to a familiar venue, The Millhouse Restaurant in Skidby. More of this event in the next issue.

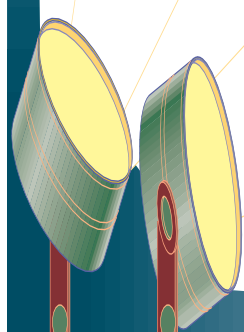
To keep the social pot boiling we are holding our Winter Quiz evening on Saturday 26 February in The Back Room in Hallgate. This is a Members and Friends event and you can find out more by contacting Lynda, our Social Secretary, on tel. No. 01482 849655.

**PLAY READINGS**

Our play reading evening in January was one of the best attended we have ever had and proved very fruitful in producing ideas for future plays. Our venue is The Old Brewery Bar of the King Billy Inn, Hallgate, Cottingham and they are held on Monday evenings. The dates of the next two evenings are Monday 7 February and Monday 7 March 2011 and they will start at 7.30 pm. These really are open evenings for anyone who wishes to come along and we are always pleased to welcome new guests, either to take part or to just to listen or to find out more about us. If you would like to know more, give Margaret a ring on 01482 846796.

**NEW MEMBERS AND FRIENDS**

If you fancy joining us, either as a Member or as a Friend, and would like to help us as we move towards our 100th Anniversary, please have a look at our website [www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk) where you can find out lots more about us. Or e-mail us at [clt1920@hotmail.co.uk](mailto:clt1920@hotmail.co.uk) or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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## Cheque for £800 presented to Cottingham Lights Fund

**A**t a presentation held recently at the King Billy Public House, on Hallgate, Cottingham, Landlady Maggie Clarke presented a cheque to Cottingham Lights Treasurer Lal Kirby for £800.

The money was raised by Raffles held in the King Billy on a Saturday night. This is the second year running that Maggie has raised £800 towards the Cottingham Lights fund, and would like to thank everyone who donated prizes and to those who took part.



## UK: Post Office savers protected by FSCS


**P**eople who have invested their money in bonds or savings accounts with the Post Office will now be protected by the UK's Financial Services Compensation Scheme (FSCS). Post Office savings accounts were held at the Bank of Ireland, meaning that deposits previously fell under the Irish compensation scheme. However, the bank has now moved all Post Office savings into its new subsidiary, Bank of Ireland UK. This means that if the Bank of Ireland collapses in the future, the FSCS will offer Post Office savers protection for the first GBP 50,000 of their savings. This amount will change to the equivalent of EUR 100,000 in January 2011 when the UK will come under the European compensation scheme.

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Please note that Martin Lewis from 'Daybreak' regularly talks about our products in a good way, and we feature in 'The Best Buy' tables on a regular basis.

*Regards Gary (Happy Investing)*



**New Class Starts**  
**Thursday 17th February**  
**6.30 pm to 7.15 pm**  
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## Chinese New Year The Year of the Rabbit

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 know 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 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 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.

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.

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

| Year    | 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 |

### Chinese Good Luck Foods for the New Year

The quantity of food prepared signifies prosperity and wealth of the household and there is an old custom of serving a platter which is made up of five meats or five vegetables, referred to as "the five blessings of the new year" representing longevity, peace, righteousness, wealth and wisdom.

Individual foods and recipes also have specific meanings and are widely served during the Spring festival. Examples include, Chinese dumplings which have the appearance of the old Chinese silver ingots (the legend is that the more dumplings you eat, the more money you will make in the coming year); spring rolls which resemble gold bars; and noodles which represent long life.

But it's not just the appearance of the food which counts. Sometimes the name of the foods served are the significant factor.

For instance the Chinese word for fish sounds like the words "wish" and "abundance" which has led to the tradition of serving a whole fish (head and tail in tact) thus ensuring good fortune from the beginning to the end of the new year; the name Nian Gao (a glutinous rice cake) sounds like "getting higher year by year" the Chinese believing the higher you are, the better off you are; the name for turnips also means "good luck"; the word for lettuce in Cantonese sounds like "rising fortune" so it is very common to serve foods in a lettuce wrap especially if it's another lucky food; and tangerines and oranges are both given and eaten as their names sound like "gold" and "wealth".

Another favourite is Sweet and Sour pork as the Cantonese word for sour sounds like the word for grandchildren, so serving this dish will help ensure the continuance of the family.

For your 2011 cures kit visit [www.fengshuiweb.co.uk](http://www.fengshuiweb.co.uk).

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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

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



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## Toddle raises nearly £200 for Barnardo's Charity

A sponsored toddle from the crèche at Haltemprice Leisure Centre last month raised nearly £200 for charity.

Staff, parents and children using the crèche took part in the walk and raised a total of £197 for Barnardo's.

The crèche at the leisure centre provides care for children aged between six weeks and five years old.

Children at the leisure centre's crèche are provided with activities to suit their needs and develop learning in a stimulating, happy and welcoming environment.

The crèche is open from Monday to Friday between 9am and 12noon and offers competitive rates and a 50 per cent discount to all members.

Anyone taking out a direct debit membership at Haltemprice Leisure Centre in January will receive a free New Intentions Box which includes a rucksack, T shirt, towel, water bottle and key ring.

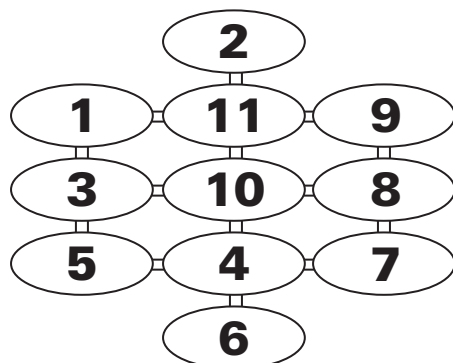
More information is available from reception at the leisure centre on (01482) 652501 or by visiting [www.haltempriceleisurecentre.co.uk](http://www.haltempriceleisurecentre.co.uk)



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### Numerator Solution from page 29



### Crossword Solution from page 14

|    |   |   |    |   |    |   |   |   |   |    |    |    |   |   |   |   |   |    |   |
|----|---|---|----|---|----|---|---|---|---|----|----|----|---|---|---|---|---|----|---|
| 1  | M | I | 2  | X | 3  | T | U | R | 4 | E  |    | 5  | S | W | 6 | A | R | 7  | M |
|    | A |   | E  |   | N  |   |   |   |   | C  |    |    | N |   | C |   |   |    | A |
| 8  | P | A | N  | D | A  |   |   |   | 9 | H  | E  | A  | T | H | E | N |   |    |   |
|    |   |   | O  |   | L  |   |   |   |   | O  |    |    | P |   | I |   |   |    | I |
| 10 | G | E | N  | U | I  | N | E |   |   |    |    | 11 | S | H | E | L | F |    |   |
|    | A |   |    |   | K  |   |   |   |   | D  |    |    |   |   | V |   |   |    | E |
| 12 | R | A | 13 | I | S  | E | D |   |   |    | 14 | A  | S | S | E | S | S |    |   |
|    | N |   |    | N |    |   |   |   |   | 16 | C  |    | H |   |   |   |   |    | T |
| 17 | I | D | E  | A | 18 | S |   |   |   | 19 | A  | V  | O | C | A | D | O |    |   |
|    | S |   | X  |   | P  |   |   |   |   | U  |    |    | R |   | N |   |   |    |   |
| 21 | H | E | A  | D | I  | N | G |   |   |    |    | 22 | T | E | N | S | E | 23 |   |
|    | E |   | C  |   | E  |   |   |   |   | H  |    |    | E |   | U |   |   |    | N |
| 24 | D | A | T  | E | S  |   |   |   |   | 25 | T  | A  | N | G | L | E | D |    |   |



## Far Infra-Red Therapy

There are many different types of far-infrared products entering the markets, everything from saunas to FIR light emitting lamps to garments, hairdryers and even water treatment systems.

Far infrared Therapy is widely used as a natural alternative and complimentary treatment for many ailments.

Toxins in our body are suspended in water molecules and gather in stagnant clumps or globules. Far Infrared clothing emits the safe FIR waves into your body. The rays are easily absorbed by the cells and help to break up the toxic clumps releasing them back into the bloodstream where they can then be flushed out of the body.

Far infrared therapeutic clothing emits and reflects safe, natural light energy, deep into the muscles and joints. These gentle rays relieve pain and inflammation, while providing improved blood flow and promoting the healing process....

- \* Far Infrared Therapy is a natural, drug-free healing method used to relieve pain, restore energy, and boost the immune system.
- \* Far Infrared Therapy has been available for hundreds of years.
- \* As our population ages and the cost of traditional western health care spirals upward, Far Infrared Therapy is becoming an increasingly affordable, safe solution.
- \* Far Infrared Therapy is important for reasons of its simplicity, effectiveness and economy.
- \* Far Infrared Therapy is the alternative and complimentary medicine for pain relief.
- \* Far Infrared Therapy enables the body to regain its self-healing abilities.

NASA certainly understood some of these effects when it developed FIR materials for radiant heat during space travel. Hospitals have also taken advantage of some of these properties to keep newborn babies warm using FIR materials around incubators.

For many, the biggest news in FIR technology is its application of the far-infrared sauna in the evolving science of detoxification. At home and in clinics, these saunas are said to yield many benefits - including relief from different kinds of pain; stimulation of immune response; improvement in skin tone and conditions such as burns, eczema, acne; and the accelerated burning of calories.

Benefit of FIR 'Sweatless' Sauna in Comparison to Conventional Saunas "Traditional wisdom has suggested that saunas work largely by promoting detoxification through the sweat," says John C. Cline, M.D., B.Sc., C.C.F.P., A.B.C.T., Medical Director of the Cfine Medical Centre and Oceanside Functional Medicine Research Institute, Canada. "Saunas also stimulate cells to release toxins which can then be eliminated by the liver and bowel.

Several published studies have now shown that this hypothermic therapy can bring about the rapid removal of a wide range of toxic substances from the human body." The FIR energy emitted in these saunas may induce two or three times the sweat volume of conventional saunas, yet they operate at a much cooler air temperature range: about 110 -130 deg F, compared with 180 - 235 deg F in a conventional sauna.

Many individuals who cannot tolerate a conventional sauna, steam room or sweat lodge will find FIR saunas pleasant. The lower heat range is also safer for those with cardiovascular risk factors or fragile health because lower temperatures don't dramatically elevate heart rate and blood pressure.

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Mr B. rang us on 22nd December – he had no heating or hot water. He had rung his existing insurance provider who said that they couldn't get out to him until 29th December. They suggested that he try and find another company to solve the problem and they would pay his bill! He's now a Classical Gas Careplan customer.

Mrs K. gave up trying to contact her existing provider 4.15am one morning after trying to ring for hours – constantly on hold and trying to get through. She is now a Classical Gas Careplan customer. If she's got a problem she can call in.

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