

Cottingham Times

and District

Issue 123 - February 2012



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In Cottingham and District

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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. We have an exclusive range of quality Christmas Cards designed by local artist Stuart Stoppard. The cards feature various views of Skidby, and the local area. They are available at the Pop In.

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.

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.

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Philip on 658247 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham.

Fitmums and Friends Running and Walking Club

The club meets at the Pavilion, King George V Playing Fields Wednesdays at 7.00 pm; Fridays 6.15 pm. Buggy Run: Thursdays 1.00 pm. Mondays at the Blue Kangaroo, Finkle Street, Cottingham at 9.45 am. Suitable for men and women of all ages (over 18) and fitness levels.

Cottingham Local History Society

Wednesday 1st February - The Garden Villages of England - Jane Petrusiak. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.

Front Cover Picture: The Post always gets through.

Photograph by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Telephone 846804.



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Yorkshire Countrywomens Association (Skidby Branch)

Thursday 2nd February - The Life of a Court Usher, in the Skidby Village Hall at 7.30 pm.

Swanland U3A Choir

Friday 3rd February - Music in England through the Ages, Foundling Hospital Anthem - Handel and Music by Byrd, Dowland, Elgar Vaughan Williams and many others, at All Saint's Church, Hessle, at 7.30 pm. Tickets at the door £5.00. Concert in aid of CORAM and church funds. Organ: Alan Spedding; Soloists: Delia Fletcher, Pam Waddington Muse, Peter Bingham.

The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 4th February - 'A Novelty Cake' - A demonstration by Judy Newlove. Meetings are held once a month at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham, between 2.00 pm and 4.00 pm. New members and visitors welcome.

Haltemprice Art Group

Wednesday February 7th - Appraisal - Barry Whiting
Wednesday February 14th - St. Valentine's Theme
Wednesday February 21st - Half Term
Wednesday February 28th - Multiple Choices from Mixed Displays

Cottingham Ladies Circle

Wednesday 8th February - Mr. Paul Smith - Mistakes with Money, in the Zion Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda Association

Wednesday 8th February - Mrs. Kay Richardson - The Woman who didn't exist, in St. Mary's Church Hall, 2.00 pm.

Cottingham Green Women's Institute Evenings

Thursday 9th February, Speaker: Emma Robinson "Travis James Chocolate Company", in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 9th February - Peter Smales + Three, occasional music. In the hall at the Darby Joan Hall, Finkle Street, Cottingham.

Beverley Film Society

Friday 10th February, Of Gods and Men (2010)
Director - Xavier Beauvois, Cert (PG), French, Drama/History. Won Cannes Grand Jury Prize. Under threat from fundamentalist terrorists, a group of Trappist monks must decide whether to leave or stay. This film is loosely based on the life of the Cistercian monks of Tibhirine in Algeria, during the 1990's. Screenings are in the Masonic Hall, Trinity Lane, Beverley. Starts 7.30 pm.

East Yorkshire Embroidery Society

Saturday 11th February, Rachel Lombard "Being Creative - My Stitch Journey", in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.50; Visitors £2.50 including refreshments. Yearly membership £6.00.

Cottingham Catholic Women's League

Monday 13th February, AGM at 7.30 pm, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 14th February - Quiz and Competition: Valentine's item, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

Cottingham Evening Townswomen's Guild

Wednesday 15th February, Paul Schofield, History of Hull's Parks and Gardens, at 7.30 pm in the Darby & Joan, Finkle Street.

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LEADS ROAD, HULL



Continued from page five

East Yorkshire Association of the National Trust

Thursday 16th February - Dr. David Neave, "Hull's Historic Buildings", in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

Inland Waterways

Friday 17th February - RNLI (The Odd Ball Station) presented by David Steenvoorden. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

North Ferriby Gardening Club

Monday 20th February - From Mountains to Market - Rob Potterton, a modern day plant hunter will show how newly found plants from the mountains of China arrive in the nurseries. Plant stall. In the Village Hall, North Ferriby at 7.30 pm.

Cottingham Ladies Circle

Wednesday 22nd February - Mr. Alan Whelpton - Past Life Regression, in the Zion Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda Association

Wednesday 22nd February - Dave Roberts - Hunber Rescue, in St. Mary's Church Hall, 2.00 pm.

Wednesday Social Club

Wednesday 22nd February - Wolds Barn Owl Group, in the Darby and Joan Hall, at 2.00 pm.

Little Weighton Village Hall

Sunday 26th February - At the Hotham Arms, Main Street, Hotham, a fundraising dinner with entertainment for the refurbishment of Little Weighton Village Hall. 4.00 pm to approx. 7.00 pm. Tickets £25.00, half of the price goes to the village hall refurbishment fund. Tel. 844171 or 844461 to book.

Cottingham Civic Society

Monday 27th February - "East Riding Villages" an illustrated talk by Mr. Stephen Cook (ERYC Planning Department), in the Darby and Joan Hall, Finkle Street, 7.30 pm. Members are requested to contribute a £1.00 each for every meeting attended. Non-members are welcome to attend meetings at a charge of £2.00 each. Refreshments are served at a nominal charge.

East Riding Flower Club

Monday 27th February - Sasha Gallagher from Rotherham, will be doing a flower demonstration called 'A Walk in Spring', in the Civic Hall, Cottingham, 2.00 pm. Admission at the door £3.00. Tickets from Judy Robinson 876279; Thelma Horner 847307.

Yorkshire Countrywomens Association (Skidby Branch)

Thursday 1st March - The Hull Tapestry, in the Skidby Village Hall at 7.30 pm.

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The Arterian Singers to hold a Come-and-Sing Faure Requiem on Saturday 17th March

The Arterian Singers (Musical Director: Julian Savory), are holding a Come-and-Sing Faure Requiem on Saturday, 17th March 2012 at St. Mary's Church, Cottingham. The rehearsal is from 2 - 4 pm with the concert at 7:30 pm.

Please bring your own copy although there will be some copies available to borrow. Proceeds will go to the Church Lent Appeal (£5 at the door for both singers and audience.) For further information or if you would like to book a copy, ring Maria and Alan (01482 442758).



Set yourself a challenge for 2012 - run the BUPA Great North Run for Hearing Dogs

Fight the Christmas bulge and make completing the world's biggest half marathon your goal for 2012! Hearing Dogs for Deaf People would love you to join their running team for the BUPA Great North Run which will take place on Sunday 16 September 2012 in Newcastle.

Lucy Nalton, Community Fundraising Manager for Hearing Dogs says: "The BUPA Great North Run is an amazing event, it attracts runners of all ages and abilities and has a fantastically welcoming and supportive atmosphere. We hope to find people from right across the country to take on the challenge to help us raise money as Hearing Dogs for Deaf People"

The general ballot opens on the 7th January 2012 so enter at www.greatrun.org and if you are successful in securing your own place and would like to run for Hearing Dogs simply contact us for your support pack.

However if you are one of the many eager runners not so lucky in the ballot please do not think you are getting out of it that easily! Hearing Dogs for Deaf People have a number of Gold Bond places for runners prepared to pledge a minimum of just £300 in sponsorship.

With no government funding, we rely on people like you raising funds on our behalf. Every penny you raise in sponsorship will help us to give deaf people the confidence to leave behind the isolation the deafness can bring.

To secure your place please contact us for further information and an application form. But you must be quick off the mark as spaces fill up fast!

Once you have signed up Hearing Dogs will support you every step of the way. From fundraising and training advice to the chance to visit our training centre in Bielby East Yorkshire to meet some of our hearing dogs in training and a post race reception at the Charity Village with refreshments and sports massage.

Hearing Dogs for Deaf People – which celebrates its 30th anniversary in 2012 – train dogs to alert deaf people to specific household sounds and danger signals, whether in the home, workplace or in public buildings. These sounds include the smoke alarm, doorbell, cooker timer, mobile phone and alarm clock.

Hearing dogs also wear distinctive burgundy jackets when out in public as a clear indicator of their recipient's otherwise largely invisible disability.

Since its launch in 1982, Hearing Dogs for Deaf People have trained over 1,600 hearing dogs and there are 750 hearing dogs currently in operation across the UK bringing independence, confidence and companionship to deaf people.

To secure your place in the BUPA Great North Run 2012 and for more information about Hearing Dogs for Deaf People please contact Lucy Nalton on 01759 322255 or lucy.nalton@hearingdogs.org.uk.

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Happy New Year to all Cottingham residents

This is the Council's first opportunity to wish all the residents a very Happy New Year. We hope you all had a good Christmas – albeit a strangely mild one! Thankfully we did not have a repeat of the icy conditions of last year but the Council has been proactive and has distributed rocksalt to all the retailers in the centre of the village who have agreed to take reasonable steps to keep the frontages of their properties clear in the event of snow and ice. We intend to work closely with ERYC to try and avoid a repeat of problems of last year.

The Parish Council was able to secure severe weather funding and is in the process of applying for several more salt bins in the village. We hope to have the sites agreed within the next six to seven weeks.

Does Cottingham have a Community Spirit? (Cllr Minors)

There are many people who say that Cottingham does not have a community spirit. Is this true? Indeed you may well ask "what is a community spirit"?

Cottingham is reputedly the largest village in England and, with a population of over 17,000 people, it is certainly larger than many towns. Is it reasonable to expect such a large number of people to have one shared community interest?

Even in much smaller villages, not everyone shares the same common interest. They all have groups for different interests.

So can we define "what is a community"? One definition is "a group of like-minded people".

A quick glance at the first two pages of this edition of *Cottingham Times* will show that there are many and varied community groups in Cottingham, each with their own particular interest, but nevertheless all community minded. These can be groups aligned with the churches in the village, ladies groups (WI, TWG or other social groups), men's groups (de Luda), wildlife groups, U3A, local history and civic societies, amateur dramatic and choral societies, National Trust, scouts and guides and finally, though not exclusively, there are clubs for tennis and bowls as well as several based at the KGV Playing Fields (which is a voluntary trust), for football, cricket, rugby and keep fit for all ages.

Two other community minded groups who try very hard to involve everyone in the village are the Cottingham Lights organisations and the Cottingham Day Committee. These are independent voluntary groups who have one thing in common, to provide the residents of Cottingham with something of interest to do or to see. They are funded by donations from the businesses and residents of the village, so if you can give a contribution towards their costs it would be very welcome.

All in all there are more than 50 voluntary groups serving the village and once a year the Parish Council invites them to nominate representatives to attend a social evening, usually held in the Darby & Joan Hall (which in itself is a community managed organisation), just to say thank you to all the volunteers who run them and to give them an opportunity to meet together to talk about their aims and any problems.

Of course, the main problem which is common to all community groups is the difficulty in recruiting the volunteer members to run them. Indeed many members of the management committees of the voluntary groups actually serve on more than one group, mainly because they have more than one interest and because they are willing to do so.

Like every other town or village, it might be true that Cottingham does not have one common community interest, nevertheless hundreds,

if not thousands, of residents take part in voluntary activities, raising funds to keep going and to serve the community in which they live.

If you still feel that there is nothing of interest for you, take a look at the posters which appear on the notice boards around the village, in the shops and business premises, in the church magazines and in the *Cottingham Times*. The next time you hear anyone saying that there is no community spirit in Cottingham, ask them exactly what they mean and what they are prepared to do about it.

Olympic Torch Route

On 18 June 2012 the Olympic Torch will make its way from Beverley to Hull. The exact route from Beverley has already been agreed by the Olympic Torch Committee but they have not as yet published the route (we believe they plan to do so early this year). We certainly hope it includes Cottingham as the largest village in East Yorkshire (and arguably the country!). As soon as any more information comes to light we will let you know – we would certainly hope that if Cottingham is included that residents would show their support and appreciation by lining the route and cheering the torch bearer on.

Installation of two covered cycle shelters

East Riding of Yorkshire Council plan to install two covered cycle shelters in the village – one next to the Market Green bus shelter and one on the corner of Hallgate and King Street. Councillors thought this would be very useful and approved the style of shelter chosen by ERYC.

Railway Lines – Level Crossing Gates

If, like us, you are fed up of the excessive time that the level crossing barriers are down, causing a huge build up of traffic at various times throughout the day and night in Cottingham please add your voice to ours and write to Network Rail at the following address. Perhaps, if enough people complain, they may do something about it. Community Relations Team, Network Rail, Kings Place, 90 York Way, London N1 9AG.

Graffiti and Criminal Damage

On the same theme - if you see anyone defacing property or causing damage please report it to Humberside Police on 101 (this is the new non emergency number, which replaces 0845 60 60 222) or by e-mail (with a photograph if possible) to safe.com-munities@eastriding.gov.uk. You can also use the form at 'contact us' on www.humberside.police.uk. Many thanks to those unpaid volunteers who carry out unofficial cleanups around the village!

Contact Details

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.



Hessle Scout Group celebrate their Centenary in 2012

Hessle Scout Group are set for a busy 2012 as their centenary celebrations get under way, starting with the launch of their brand new website at www.HessleScoutGroup.co.uk.

Although the worldwide Scouting movement, which has enjoyed an incredible year on year growth in recent years, celebrated its centenary in 2007, the earliest record of a Scout Group in the east Yorkshire town of Hessle suggests it started in 1912.

"We're keen to hear from any former members, especially if they can contribute with pictures or anecdotes" explained Group Chair, Jane Mather. "We have sourced hundreds of old photographs, many in black and white, and would love to be able to put names to them."

With a strong team of experienced, uniformed leaders and adult support, the group, which comprises of around 100 male and female members made up from two Cub packs (aged 8 to 10 1/2), the Scout Troop (10 1/2 to 14 1/2) and Explorers (14 1/2 to 18) have an exciting programme of events already planned for the year ahead, including a celebratory Ceilidh, a Group camp, garden party reunion, special church service, sponsored walk and an exhibition in the Hessle library.

To mark the centenary, the group also held a competition to design a commemorative uniform badge, which was won by 12 year old Scout Hannah Moat.

Additionally, a modern and ambitious twist on the traditional "Gang Show" is being planned, where the sketches will be filmed by members during their land, water and rock face adventurous activities throughout the year, then compiled onto a DVD, which, after being premiered at a presentation evening in December, will be available to buy.

To get in-touch or get involved with the Group, or for further details about the Centenary celebrations please email: centenary@HessleScoutGroup.co.uk.



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Handling digital photographs and Windows 8

Digital photography has surged forward as one of the most popular pastimes, particularly with computer users. It could be said that the growth in digital cameras and computers has gone hand in hand for obvious reasons. As a demonstration of this digital domination, news has come that **Eastman Kodak in the USA** has hit troubled times indeed. The 131 year old company originally revolutionized the photography market itself by introducing the \$1 Box Brownie camera back in 1900.

Talking of digital photos how do you handle yours? The great thing about digital is that once you've bought your camera everything else is pretty much free if you just store them all on your computer. Obviously if you take your memory card into a photo shop and get prints in the traditional way you have to pay, but for large quantities it is cheaper than printing them at home. *Jessops* has a good offer when you buy a camera from them; you often get your first 25 or 50 prints free in-store. They also have a good 'click and reserve service' that enables you to choose a camera online, reserve it and collect it from your local store an hour later. I tried this recently and it works very well.

Editing digital photos has also become so much easier and cheaper too. You don't have to buy an expensive editing program unless you really want to get into it in a big way. Try *Picasa from Google*, this is a free download that offers very comprehensive editing facilities for the average camera user. It lets you play with all sorts of settings and preview your picture before saving. It also offers face recognition, where you name each different face it displays and then it goes through your whole collection identifying and matching the name to the same face. Good fun if nothing else!

Windows 8 which I mentioned before is due for launch later this year, is already having an early influence in the mobile phone market. *Windows Mobiles* are available which use a 'tile-based' system called *Windows Mango* which looks just like the preview version of *Windows 8* that I have seen.

Facebook friends lists grow ever longer, and news now is that the average *Facebook* user has over 200 'friends' but only two they say they could confide in!

In our digital world, social networking has become the driving force behind much of daily life. Comments made on *Facebook* and *Twitter* can make or break people's reputations, company's products services and has even had ramifications in the political and legal process. Never before has everything been so instant; a few words said online can travel around the globe in few minutes and influence world news or events. So if in doubt, as the old saying goes: 'Mum's the word!'

Why not do something different with your computer. Try listening to a radio show from another country, perhaps the breakfast show from Sydney

while you're eating your tea! Watch a TV program you've missed through BBC iPlayer, or one of the many on-demand services provided by other channels. Virtually every radio and TV channel is available live online. Take your laptop or tablet into the kitchen and look up and cook a new recipe. If you've lost contact with an old friend, try *Facebook* or *Friends Reunited* which are both free to join. Other directory services like 192.com offer searches of telephone listings and even censuses, but you do have to pay a subscription.

Malwarebytes Professional users (that's the paid-for version) Just a reminder after last month's mention. You may need to do a manual update of the program. Open it and click 'check for updates' and agree to any download and install.

Questions and answers section:

Q: My ESET anti virus is expiring soon, what can I do?

A: Just phone us for the discounted renewal figure, and we can action it for you. You have up to 30 days from the expiry date to renew.

Q: My computer has slowed down, is it because I save too much on there?

A: Not likely if your computer was built in the last few years. You can check by going into My Computer, right click on your C drive and click properties. This will show you how much free space you have, if it more than a few gigabytes you are ok. The most likely cause then is lack of memory (ram). For *Windows 7* or *Vista* you really want 4Gb (2Gb as a minimum), for XP 1Gb or more (with 512Mb as a minimum)

Q: What is Skype and is it really free?

A: Skype is a program that lets you 'phone' another computer anywhere in the world and yes it is free! So if you have family living away you can both set up a free account and contact each other, and with a webcam see each other too. www.skype.com

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MARIONOWENTRAVEL

New ship sailing from Hull



Classic International Cruises

Our new ship to sail from HULL in 2012 - MV Arion, is a little gem.

I flew out to spend a couple of days on her in the Aegean Sea. I was made to feel very much at home; the ship has undergone a big refurbishment. I found her to be spotlessly clean, the food and service was fabulous....what more do we expect from a crew of happy, smiling Filipinos! The atmosphere afloat is unique; the closest I have experienced to Fred Olsen's departed Black Prince. The bonus is she is sailing right from our very own port.

To say I know the ship inside out is an understatement as we viewed every single cabin on board; as ever at Marion Owen Travel we like to see before we sell to ensure that we can advise you correctly. The shape and size can vary on Arion but the price does not always reflect this. For example there are only 16 inside cabins, these are spaced out over 3 decks but are the same price! Plus, limited single cabins at a snip. "Book now and have your pick". Early booking discounts end 29th February.

Carrying a maximum of 320 guests, she offers small ship cruising and everyone eats at the same time - no 1st or 2nd sitting! All of your food and entertainment is included as are those dreaded gratuities that we all get confused about.

The itinerary for Iceland is fabulous, taking in the Orkneys, Shetland & Faroe Isles too. The North Cape, offers a longer cruise than normal out of Hull with a coach back from Dundee. Everyone likes to visit new places and these itineraries are a breath of fresh air. The little Gardens Tour and Cruise on 27th May, is offering interesting ports and I will be sailing on this one too. This is a perfect taster cruise aboard the Arion and ideal for first time cruisers, why not come along and join me.



Join Marion on this departure Gardeners Delight – 27 May 2012

5 nights from just £499 pp

Sail from Falmouth Ports of call include – Scilly Islands, Honfleur, Oostende, to Hull

Pre cruise travel from Hull by coach enjoying 1 night Dinner Bed & Breakfast before visiting the Eden Project and joining the ship in time for dinner.



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Iceland, Faroes, Shetland & Orkneys 01 June 2012, 12 nights from £1299 pp

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North Cape – 13 June 2012 11 nights from £1099

Sailing from Hull Ports of call include – Dundee, Hellesylt, Geiranger, Leknes, Honningsvag via Lodingen, Tromso, Molde, Andarnes, concluding on arrival back into Dundee with a complimentary coach back to Hull

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Wordsearch - Play a Round

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

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

Find the words in the letters above:

Ball, Birdie, Bogey, Bunker, Caddie, Club, Clubhouse, Course, Driver, Eagle, Fairway, Flag, Fore, Golf Cart, Green, Handicap, Hazard, Hole, Hole-in-One, Iron, Links, Par, Pin, Pitch, Putter, Rough, Round, Sand Trap, Score, Stroke, Swing, Tee, Wedge, Wood.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 62 -

This is an easy challenge this month

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

MARION OWEN TRAVEL

January got off to a flying start, most popular getaways are the Canadian Rockies and Alaska tailor made itineraries, Australia, cruising especially Hull departures both Oceans and Rivers, Sri Lanka, India plus our own tours are filling up nicely.

We have only just nicely arrived into 2012 and today we had notice that Fred Olsen will be launching their summer 2013 cruises on 15th February, if you would like advance details register your interest with us today on 01482 211913. Travel from your door will be available on all cruises of 10 nights or more.

House keeping note - why not check your passport now, you may need to renew it this year! At the same time take a look at your European Health Card as this may be due to expire, simply ring the number shown and they will send you a new one.

Visa's are required for entry to various countries many of these have a cost attached to obtaining them, don't leave it too late to apply. If you book with a reputable travel agency it is our job to advise what is required for entry don't get caught out on line remember we generally can offer the same price if not better and can talk to you to ensure you are informed correctly.

2012 highlights in store.

Floriade : this World Horticultural event in Holland happens only every 10 years, don't miss out April to September we have many options available plus our own tour with a 2 day ticket allowing you more time at the expo.

Calgary Stampede : celebrates its Centenary this July, it is a fabulous event every year and this year will be even more special. This is a great destination to combine with the Canadian Rockies.

Olympic Games: Have you got tickets? Need accommodation? Are you just going to watch on the TV or do you want to get away for a holiday. We are here to help you book!

Special occasions and Milestones: Is this year special to you, why not take a special break even surprise that special person in your life, we love secret bookings!

River Cruising ~ floating hotels with land always alongside, is this for you? come to our office to find out more including departures from Hull via North Sea Ferries.

Tuesday 14th February we have a presentation at 2pm - call to book your place.

Package Holidays & Cruises*: We deal with all tour operators and there are many savings to be made on bookings this month for example:

Jet2 Holidays & City Breaks £100 saving per booking on your summer or winter 2013 holiday booked before 29 Feb to depart before 31 March 2013.

Page & Moy tours & **Wendy Wu** are offering savings up to £100 per booking

Newmarket low deposit £25 finishes 14 February and they have a selection of different holidays flying from Humberside e.g. Dubrovnik, Portugal, Italy.

Lapland - from Humberside just for the day 22 December or 23 December limited free child places for 2nd child. Call for full details

We are able to offer a number of cruises now flying from Humberside via Amsterdam. This is always my preferred way to travel. Only a short drive to the airport - you are on your way in no time!

Bordeaux River Cruise : The Garonne is a new river and very popular, we have only 3 cabins left, the cruise line have sold out they are asking for these back so this is a last call to join me on this different inclusive itinerary with no flying involved.

Silversea Cruises are offering various departures for solo travellers for just 5% extra.

Corinth Canal cruise 2013 I am planning an escorted group departing in October please register your interest. Very few ships are small enough to negotiate this narrow passage, made by man, it has been on my "to do list" for a long time.

Travel to UK ports for your cruise can be stressful and expensive. We offer many cruise departures with the option of travel from your door please ask for details at the time of booking.

Why not keep up to date with daily snippets from me on the following links.

Twitter Page <https://twitter.com/#!/MarionOwenTGC>

Facebook Page

<http://www.facebook.com/pages/Marion-OwenTravel/317971871551151>

We look forward to sending you on your travels in 2012 or even travelling with me on one of our own tours. We have destinations and prices to suit everyone.

Myself, Lynne, Kayleigh & Sarah look forward to being of service. Please call for more information and to book your next escape.....

wherever it may be in the world!

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12 April: Paris in Springtime - 6 days £299

After Dave's fabulous tour of Paris you have 2 free days to explore yourself or visit Disney if you wish. (Easter Holidays) Limited child places at £149 1st child, £99 2nd Child

22 April: New Forest 5 days Half board £315

Staying in the heart of the forest in Lyndhurst. Singles £375

02 May: Isle of Wight 7 days half board £440

A leisurely holiday for the discerning 1 night pre/post 4 nights on the Island. Includes sightseeing or choose to just relax.

11 May: Titanic Experience & Giants Causeway

4 days full board + free bar 6pm - 9pm **£315** singles £355

07 June: Garonne River Cruise 12 days £1445

6 day river cruise full board plus wine, beer & soft drinks with meals. Full excursion package - Fabulous new river learn about the history and wines of the area. Also includes 2 nights in the Loire Valley en route to Bordeaux, Poitiers, Paris plus Arras on the return. Single supplement £460

16 June: BBC Gardeners World day out £49

28 June : Normandy's D Day Beaches 7 days

£475 includes visits to many famous sites 2 nights North Sea Ferries & 4 nights B&B at the Novotel in Bayeux

20 July : Thoresby Hall 4 day weekend £2597

Half board, entertainment inc. Tribute to Simply Red

09 September : World War 1 - 6 days - £389

An opportunity to see many of the important historical sites

16 September : Floriade 4 days £295

includes a 2 day ticket & 1 night half board in Venlo!

12 October: Blackpool Lights weekend price £169

3 days dinner B&B and sightseeing - Swallow hotel Preston.

19 October: Ypres, Antwerp & Beer Festival

Weekend tour 3 nights **£169** a great little weekend break

23 October: Top Hat & London 2 days £125

Dress circle tickets for this fabulous show of music & dance

27 October: Orient Express full day £345

Edinburgh Explorer brunch out dinner back.

29 October: Oban 5 days half board £229

Many special extras. Excursions to Inveraray & via Glen Coe to Fort William. Limited single rooms price £265

09 November : Cromer Festive Sparkle £179

3 night break, action packed right by the seaside too!

16 November : Thursford 3 days £215

23 November : Thursford 2 days £145

8 December : Thursford 2 days £145

Links Country Park Hotel includes: Dinner B&B, late night tea & mince pies after show. Limited singles at plus £10 per night

25 November Manchester 2 days £79

Enjoy the Christmas Markets & Glasshoughton 1 night DB&B

30 November: Cologne Christmas Market £159

Friday - Monday our hotel is in the centre of Cologne B&B

14 December : Andre Rieu in concert £89

07 March 2013 - Kerela, 9 nights India £1995

Join Marion on this adventure of nature, wildlife & culture.

Prices per person based on 2 sharing unless otherwise Stated. Solo travellers welcome on all tours supplements are kept to a minimum, 3rd person sharing reductions available please ask for details.



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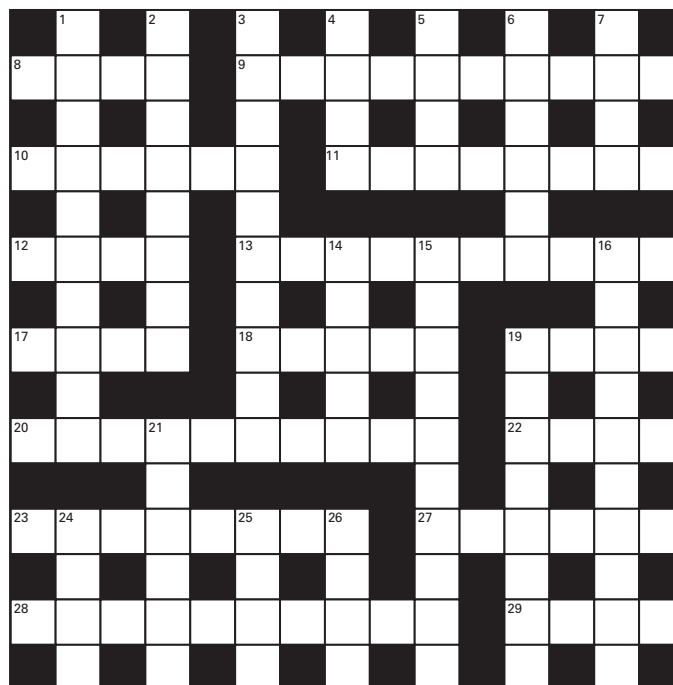
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Crossword - Solution on page 46



Across

8. Present (at a show) (4)
9. Socialized (10)
10. One who searches (6)
11. Happy (8)
12. Protagonist (4)
13. Opportune (10)
17. Riffraff (4)
18. Sword (5)
19. Mud (4)
20. Explorer (10)
22. Male offspring (4)
23. Fortify (8)
27. Type of insect (6)
28. Relating to schools (10)
29. Turquoise (4)

Down

1. Cited (10)
2. A place to do work (8)
3. Contempt (10)
4. Relating to the ear (4)
5. A Great Lake (4)
6. Dross (6)
7. List of choices (4)
14. Communion table (5)
15. An event (10)
16. Lacking moral discipline (10)
19. Abuse (8)
21. Captivate (6)
24. Ceremonial staff (4)
25. Orange pekoe and Earl Grey (4)
26. Consumes food (4)

Crossword courtesy of www.crosswordpalace.com

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In the Kitchen



Bacon

What is bacon?

Originally the term "bacon" referred to any pork - fresh or preserved, however today the term is only given to pork which has been preserved by either wet or dry salt curing.

What's the difference between bacon and ham?

The term bacon refers to any cut of cured pork, both joints and rashers, before and after it has been cooked.

The term ham refers to a particular cut of bacon from the hind leg called gammon, which has been cooked. So, the way I understand it, any other bacon joint which has been cooked isn't called ham, it's called boiled (or baked) bacon.

How is pork cured and smoked to make bacon

There are two basic methods of curing - wet and dry. In general, the longer the cure, the longer the meat will keep.

Dry-cured bacon is pork which has been rubbed with a dry mixture of salts, sugar and sometimes other ingredients. This is the most sort after, and unfortunately most expensive type of bacon, but generally produces the best quality bacon, particularly for frying or grilling.

Wet-cured bacon is pork which has been soaked in a brine (salt and water) solution. Unfortunately, some manufacturers also inject the meat with the brine solution which not only increases the weight (which is great for their profits as we are in effect paying for water), but also results in a less tasty bacon which leaks liquid when fried or grilled resulting in less crispy bacon.

Tendersweet bacon undergoes a milder curing process, usually using more sugar.

The curing process takes from a few days to several months after which time it can be left as it is which is called 'green' bacon.

Smoked bacon is bacon which has been cured by one of the methods above and then smoked. The smoking process not only adds extra flavour but further increases its keeping properties.

Bringing home the bacon

Have you ever wondered how the phrase "bring home the bacon" came about? In the 12th century, a church in the town of Dunmow, Essex (UK) promised a fitch of bacon to any married man who could swear before God that he had not quarrelled with his wife for a year and a day. Thus, any man who could "bring home the bacon" was held in high esteem by the community for his self-control and patience. Mmmmm.

Even today the town of Great Dunmow holds The Dunmow Fitch Trials every 4 years which awards a fitch of bacon (a salted and cured side of pig) to married couples from anywhere in the world, if they can satisfy the Judge and Jury of six maidens and six bachelors that in 'twelvemonth and a day', they have 'not wish themselves unmarried again'.

Bacon Buying tips

- Bacon should not really smell of much. If it smells strong then it's not fresh
- Bacon should not be wet just slightly damp
- The fat should be firm and white although the fat of smoked bacon may be slightly yellow
- There should be no green shimmering parts on the flesh



- The rind should be smooth and elastic. The colour will depend on the curing process
- The meat should be firm with a deep pink colour

A few cuts of Bacon

Sliced bacon include:-

Streaky bacon rashers: These are cut from pork belly. It is very fatty with long layers of fat running parallel to the rind but for me, is the best tasting, especially in a sandwich. Pancetta is the Italian equivalent of streaky bacon.

Back bacon rashers: These are cut from the loin in the middle of the back of the pig. They are lean and meaty with much less fat than streaky.

Bacon joints include:-

Collar is taken from the back of a pig near the head.

Hock comes from the ankle joint between the knee and the foot.

Gammon is the large, lean, upper part from the hind leg which once cooked is referred to as ham

Gammon with Pineapple

Ingredients:

- 4 Gammon Steaks
- 225g/8oz Soft Brown Sugar
- 1 x 200g/7oz tin Pineapple Slices in syrup
- 2 teasp Worcestershire Sauce

Instructions

1. Snip the fat of the gammon steaks at intervals to prevent them from curling when cooking. Preheat the grill to medium.
2. Drain the pineapple rings, reserving the juice. In a bowl mix together the pineapple juice, brown sugar and Worcestershire sauce.
3. Lay the gammon steaks in the grill pan which has been lined with foil. Spoon over half the pineapple juice mixture then grill on one side for 8 minutes, basting once or twice. Turn the steaks over, baste with the remaining juice and cook for 5 minutes.
4. Cut the pineapple rings in half and place on top of each gammon steak. Baste with the juices and cook for a further 5 minutes. Serve immediately.



Leek and Bacon Pasta

Ingredients

350g /+12oz Short Cut Pasta e.g. Conchiglie (shells), Macaroni , Spirals
 25g/1oz Butter
 450g /1lb Back or Streaky Bacon, cut in thin strips
 3 Medium Leeks, washed and thinly sliced
 150ml/5fl.oz. Double Cream
 Salt and Black pepper

Instructions

1. Bring a large saucepan of water to the boil, add salt then add the pasta and cook for 8 – 10 minutes until just tender.
2. Meanwhile, heat the butter in a large frying pan until hot then add the bacon and leeks and sauté for 5-6 minutes, turning from time to time.
3. Add the cream, mix well and simmer for 2-3 minutes.
4. Once tender, drain the pasta in a colander, immediately return to the rinsed out pan and add the leek mixture. Mix well, season with plenty of black pepper and serve immediately.

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.



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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.

Grilled Pork Chops with Orange

Ingredients

3 tbsp Soy Sauce
 4 tbsp Olive Oil
 1 teasp Ground Ginger
 1 teasp Mustard
 2 tbsp Brown Sugar
 3 tbsp Orange Juice
 Salt and Black Pepper
 4 Pork Loin Chops
 For the garnish
 1 Large Orange, unpeeled and thinly sliced

Instructions

1. Preheat the grill to hot and line the grill pan with aluminium foil. Place the soy sauce, olive oil, ground ginger, mustard, brown sugar, orange juice, salt and pepper in a small mixing bowl and stir until well combined.
2. Place the chops in the grill pan, spoon over half the soy sauce mixture then grill close to the heat source for 3 minutes.
3. Turn the chops, spoon over the remaining soy sauce mixture and grill for a further 3 minutes.
4. Move the grill pan further away from the heat source and continue to cook for a further 8-10 minutes depending on the thickness of the chops, turning from time to time and basting with the juices.
5. Arrange the orange slices over the chops, baste with the pan juices then return to the grill and cook for 2-3 minutes. Serve hot.

www.cottinghamtimes.co.uk - February 2012 17



friends: mezzo soprano Andrea Campbell Mapplebeck and soprano Thea Jacob, along with local tenor Ben Pieper, all of whom are associated with the De Costa York Music Academy. As before they will be accompanied at the piano by Michael Collins of Howden Minster

In keeping with our tradition, we are assured that the programme will be of a 'popular' content with pieces from the operas of Bellini to Verdi and as we now have a quartet, Michael has promised the Quartet from Rigoletto. NOT TO BE MISSED!

Michael De Costa is a late principal Baritone of the English National Opera and has a long association with the Royal Albert and Festival Halls. He has specialised in Italian romantic operas, especially Verdi and overseas engagements include the Odessa State Opera House.

For the uninitiated, Michael makes an instant rapport with his audience and delivers his work in a most humorous and amusing manner, to the extent that one comes away feeling thoroughly entertained.

Likewise, all the artists have a wide experience of Italian opera and in late February are appearing at York Guildhall as principals in Verdi's Aida. Our attendance at a recent rehearsal was a most moving experience.

THE COTTINGHAM CONCERT WILL BE ON SUNDAY 11 MARCH 2.30PM

Tickets cost £10 and £5 for students in full time education, available Monday 13 February onwards from :THE PHOTO SHOP, King Street and (NEW) STROUD'S HANDBAG SHOP, Hallgate. Or phone : 01482 847122 for tickets and information.

Pictured left: Michael De Costa, International Bariton and below, Ben Pieper, Tenor.



MUSIC LOVERS...

Take a Note!!!

Opera at the "MET" !
(Methodist Church)

It seems hardly a year has passed since the roof was 'raised' at the Hallgate Church when International Baritone MICHAEL De COSTA and friends visited the village for the first time.

By popular request, a return visit is imminent, with two new

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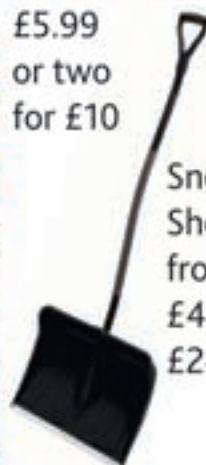
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Teal's 'Ups and Downs'

It is now 4 weeks since the Festive period which may not seem very long to some readers. We have been to the sales, watched all the Christmas programmes that were recorded whilst we were enjoying the celebrations and eaten all the remains of the numerous boxes of chocolates we had been given.

Yes....not long really....BUT to Teal and I, an ETERNITY! Four very L O N G weeks of dieting! Strange word don't you think? How is it when we put our minds to go on a 'diet', the forbidden foods become more irresistible but when we choose to call it 'healthier eating' we find we can, more often than not, go without all the temptations. Well should a say some of us can but to a certain four legged friend in our household everything is STILL a temptation.

The chocolates were put out of reach but the turkey was certainly inviting through the eyes of Teal. Luckily we have been one step ahead of her, predicting her every move....or so I thought!!!! We had been invited, along with another couple staying with us, for supper at a friends house. I went through our usual ritual of the 'check list'.

You know the one; similar to packing a suitcase to go on holiday....shorts - check, towel - check, sun tan lotion - check etc etc but this one is just 'slightly' different. Biscuit tin in the cupboard - check, bread in the bread bin - check, all cupboards shut tight - check. After everything was out of reach, we were happy enough to leave Teal



with her trusty companion, Sweep (Jons gorgeous Springer Spaniel who eats his food with such delicacy he should have been a cat) and go out for the evening. We got back just after midnight to be greeted by a vision....."TEAL!!!!".

I just couldn't believe my eyes. There 'it' was. No, not the labrador we so innocently left and trusted, but a balloon on legs with an angelic looking Springer Spaniel standing behind. She was a balloon that was so inflated it looked as though it would explode at any time. "I thought we had put everything away" I exclaimed whilst frantically scanning the kitchen to find any trace of edible evidence. Then I saw it; the utility room door slightly ajar.

But we checked all the doors or so I thought until a guilty looking face owned up. Our friend, Charlie, had gone through the utility room to make sure we had locked the back door AFTER the 'check list'.....and there it was!!! A two thirds empty bag of dried dog food. But this was no small bag; it had to be 3kg in size. She had managed to open the cupboard door and drag the bag down off the 2nd shelf. Thankfully this time it wasn't chocolate so a trip to Park Street wasn't necessary but drastic action was.

A dog 'fast' was imminent. No food for 24hrs! I took Teal into the Cottingham surgery the next day to be weighed. Her midnight feast had cost her a 2kg weight gain. An extra 4lbs to lose ONTOP of the 9kgs target we had set. We need some sort of incentive, I thought, as well as the encouragement of knowing that readers are following our up and down tales of the scales.

So that is how Kayleigh, one of our nurses, and I came up with the idea of holding a 'Pop In' clinic to be held at the Cottingham surgery on the first Wednesday of every month starting in March. It will be over the lunchtime period (please ring the surgery to confirm the time) and open to all our four legged friends.

They can even bring their owners to have a chat to Kayleigh and I about any worries or queries they may have not only about their pets weight (something I have become an expert on) but also on worming, flea treatment etc. Refreshments and cakes, low fat of course, will be provided. So please, feel free to come and join us for a chat and you never know you may also meet a 'super - slim' Teal. As for my 'healthier eating'?? KEEP WATCHING THIS SPACE.....

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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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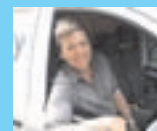
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"The Tooth and Nothing but The Tooth"

by
**Chris 'Dr. Smile Maker'
Branfield**

Being Inspired - From Wow to WOOW

Hello there, I hope that you are well and doing fine. I had a little operation on my foot a few weeks ago and all went well. I was on ward 8 at Castle Hill Hospital and they were fantastic. I felt that I was really cared for well and the place was really clean. There is a lot of hospital bashing going on in the media but this was top notch, so thanks to the team there for your care.

From Wow To Woow? Is He On Some Medication Or What?

I was at a two day conference over Friday and Saturday just gone. It was full of dentists and some brought some of their team. It was not about the clinical stuff. You know, the stuff like how to make a filling look just like a tooth and how to change and transform a smile. It was, though, about making people smile. The conference was about giving extreme customer care and value within your dental practice. At Castle Park Dental Care we call ourselves the home of life changing, pain-free dentistry because people have told us this to be true. The life-changing

bit is about giving people confidence to smile again or chew steak and eat in public without dentures falling down. This is the wow. The wow also comes from the little extra bits that other places don't do or the things that you did not expect at the dentist. I got a wow at Castle Hill Hospital as I wasn't expecting some of the stuff and quality of care after other experiences. The WOOW comes when the connection goes that bit deeper and we all start changing lives and it becomes a habit and happens automatically. This is where B1G1 comes in.

OMG! Has Dr Smile Maker Gone All Happy Clappy?

I haven't gone all evangelical on you but I have been inspired! I had the privilege to see Paul Dunn talk and meet him at the conference. He is the Chairman of B1G1 which stands for Buy One Give One.



Pictured above: Left, Paul Dunn with Chrs Bransfield



This is an organisation founded by Masami Sato and set out to change the way that business is done throughout the world all for the greater good. The premise is that every time you buy something or make a transaction then a donation is made to a project that can change and improve the lives of

disadvantaged people. It is a not for profit organisation and there are over eight million giving activities available to choose from. Clean water for children, mosquito nets, a goat can give a family an income for the rest of their lives (or the goats).

This is all life changing stuff and changes the wow to WOOW. I have signed up and paid up to get involved with this fantastic giving experience.



The Barmby Army Moves On

Hull City are still in with a shout. They can play some good stuff and as I write they are in 5th position in the league and still in the cup. I joined the official supporters club a couple of weeks ago with my son and we went to see three of the players in Beverley and Cottingham. The mood in the camp is good so fingers crossed. It's been a bit cold and windy on the touch line watching the kids play but I wouldn't miss it.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 19 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry.

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Property News from Martin English of Homelink



When tenants break up

January and February are typically the busiest periods of the year for us as a letting agent. Why is this might you ask? there are many reasons for this, however one of the biggest reasons is that people tend to use the New Year as a fresh start for things like, a new job or home. If you ask any lettings agent it is well known that there is a vast rise in tenants looking for a property to rent during this period and it is often the case as sad and unfortunate as it be, that many couples split up over the festive period leading them to look for a place to rent.

It seems often couples with young families stay together over the Christmas period for the sake of the children and look to the New Year to make a new start and similarly couples spending more time together than they would at this time year compared to any other can in some cases lead to arguments and break ups. Often couples need a period of time apart to either move on or indeed give some breathing space to try and work at their relationships and renting a property for an initial term is a good way for adults and their families to retain independence and gives flexibility to the situation.

It is this busy time that gave me the inspiration for this article, as it is not uncommon for a Landlord to have two friends or a couple in a property and for one reason or another one of the tenants decides to leave. Assuming that the tenancy is a joint Assured Short hold Tenancy, as such when one tenant gives notice to leave, this effectively gives notice for both parties to end the tenancy. This may be what the other tenant would want and both tenants will duly vacate the property.

It is possible however to have a situation whereby one of the tenants leaves the property and does not give notice. A landlord should be aware that the tenancy was and remains a joint tenancy. That means that despite the fact that a tenant has moved out; technically they remain responsible for the tenancy and the payment of rent. Also, the landlord alone cannot alter the tenancy agreement without both of the tenants agreeing to any changes.

A Landlord could choose to end the tenancy by serving a section 21 notice and then grant a new tenancy to the remaining tenant.

There does come the scenario however whereby if the other tenant wishes to remain in the property an ideal scenario for the Landlord you would think, there are some considerations to be made such as can the remaining tenant afford the full rent as well as the household bills on their own?

If you are satisfied that the tenant who wishes to remain in the property is able to afford this in their own right, unless you serve notice on the tenants to end the tenancy or indeed one of the tenants gives notice, the only way to legally remove a tenant from the tenancy is to get them to formally assign the old tenancy to the remaining tenant. This can only legally be done by way of a Deed and therefore this potentially involves employing a solicitor to draw up a legally binding agreement - a potentially expensive procedure. The default option of doing nothing would result in the continuation of the 'status quo' with both tenants still being responsible for both rental payments and the state of the property.

Assuming then that you are happy to grant a new tenancy to the remaining tenant in their sole name, often the tenant may be reluctant to sign up for a new six month fixed term when they may have been enjoying a rolling periodic tenancy agreement. If a tenant does not want to fix a new 6 month term and given that they are now going to be paying all of the rent and bills themselves, it may not be prudent to try and push a tenant into a new fixed term as it may only be asking for trouble not allowing a tenant that you up until now have had a good relationship with the flexibility, possibly putting them in a position of being unable to afford the rent at a later date, ultimately this could result in late or even unpaid rent for you the Landlord.

Legally you have to offer the tenant a new fixed term contract, however you can insert into your agreement with the tenant a break clause in the tenants favour, which still requires them to give you 1 months notice to vacate from the period that you both agree, this maybe after 3 months for example. This way you retain your tenant and keep a good relationship. Should your tenant find that taking on the rent and bills by themselves is too much, this allows them to give you notice so that you can find another suitable tenant and vacate the property without any late or unpaid rent and avoid any animosity. With a bit of luck and the co-operation of your tenant you can have a new tenant lined up with little or no void period in between on a new fixed term tenancy.

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



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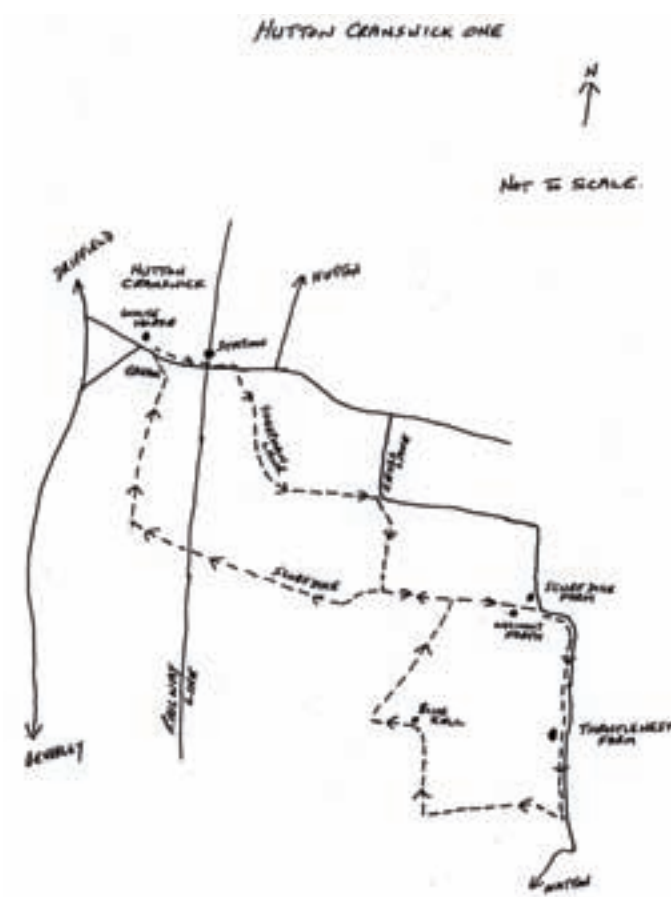
Here is Paul's latest walk in his series of monthly rambles. This month his destination is Hutton Cranswick

Maps:- EXPLORER 295

Start at GR. 025524 Village Green.
Distance 7.0 Miles.

Walk down the road towards the railway station, cross over the level crossing and eventually turn right into Sheepman Lane. Follow this lane as it becomes a grass track and eventually a grass footpath.

On reaching the road known as Cross Lane continue walking in the same direction for about 50 metres and then turn right and cross over a wooden footbridge and then immediately turn left and walk with the hedge on the left to a double stile and footbridge. Turn right and walk with the hedge on the right and at the end of the first field cross a stile. At the end of the second field cross a stile and footbridge and turn left and walk with Scurf Dike on the left. After passing Whinnyforth farm



on the right meet a road and continue in the same direction along the road and then swing hard right with the road. Pass Throstle Nest Farm (Now called Blue Keld Springs Ltd) on the right and eventually cross a bridge and immediately turn right onto a footpath. Follow this path with Kirby Drain on the right.

After two fields, turn right and follow the path with the drain on the right towards Blue Kell, a small spring with a surround of trees. On reaching the end of the field, turn right, cross over a footbridge and then turn left to pass through the small belt of trees and the spring. Continue ahead to the end of the field then turn right and walk with the hedge and drain on the left.

On reaching the track which crosses at right angles, turn left and walk with Scurf Dike on the right. Ignore the next path on the right but continue ahead. Eventually pass through a metal kissing gate, cross the railway line and pass through a second metal kissing gate and continue walking in the same direction. Pass through another metal kissing gate and then on reaching a junction of paths, continue straight ahead passing through a large metal field gate. After about 50 metres, turn right and cross a wooden footbridge and walk with the hedge on the right to pass through a wooden kissing gate. Continue in the same direction, cross a rough farm track and, on approaching a cottage, pass through a metal kissing gate and on emerging onto the road, turn left and follow this road to the village green.



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Grab a place on the iconic BUPA Great North Run

Marie Curie Cancer Care wants you on their team

Online entry is now open for the world's most popular half marathon, The Bupa Great North Run, which takes place on Sunday September 16, 2012. Places will go extremely quickly so to be in with a chance of taking part in this most famous of runs, go to www.greatrun.org/events to register now.

The Great North Run is also hugely important for charities and Marie Curie Cancer Care is looking for runners throughout the region to rise to the challenge in 2012 and join their Daffodil Team to raise money in support of the charity. These vital funds will help to provide free specialist nursing care to enable more people with terminal cancer and other illnesses to be nursed and cared for in their own homes.

As a member of the Marie Curie Cancer Care Daffodil Team runners will receive:

- * A unique Nike Dri-FIT running vest designed exclusively and solely for Marie Curie Cancer Care to keep their runners cool and dry
- * Full fundraising support prior to the race
- * Encouragement along the route by the charity's loud and colourful cheer stations
- * Sports massage to sooth aching muscles after the race

Sam James, Events Fundraiser at Marie Curie Cancer Care said: "If you fancy joining tens of thousands of people pouring through the streets of Tyneside in this iconic half marathon, then the Bupa Great North Run is for you. It is an incredibly special event to take part in, particularly as you'll also be helping our Marie Curie Nurses to give more free nursing care to terminally ill people in the comfort of their own homes."

To join the Daffodil Team, either opt to support Marie Curie Cancer Care as your chosen charity when you register online at

www.greatrun.org/events or on confirmation of your place, please contact Marie Curie by either visiting the website at www.mariecurie.org.uk/running, calling 0870 034 0040 or by emailing events@mariecurie.org.uk and state that you wish to join the Daffodil Team.

Black Dyke Mills Band to perform at The Baths Hall, Scunthorpe on Saturday 25th February

The Black Dyke Brass Band is the most recorded band in the world with over 300 recordings and growing every year.

It is also the most successful contesting band in the world having won the European Championships eleven times, the British Open no fewer than 29 times and the National Championships of Great Britain 22 times.

Black Dyke was also the first band to achieve the 'Grand Slam' in 1985 by winning the Yorkshire regional, European, British Open and National Championship contests, along with being voted BBC's Best Band of the Year.

The band has also released a single on The Beatles' Apple Records label, which was an instrumental composed by Lennon and McCartney called 'Thingumybob', as well as an instrumental version of 'Yellow Submarine'. Having also recorded with Tori Amos, Peter Gabriel and The Beautiful South.

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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.

Be aware that freezing spells (this month or the preceding winter months) may have made ground water unavailable to plant roots.

Plants could be on the dry side, despite the winter weather. Warm water makes effective irrigation in freezing conditions, especially for pots and containers. But only do this where absolutely necessary (e.g. for autumn-planted evergreens that are struggling to establish).

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

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.

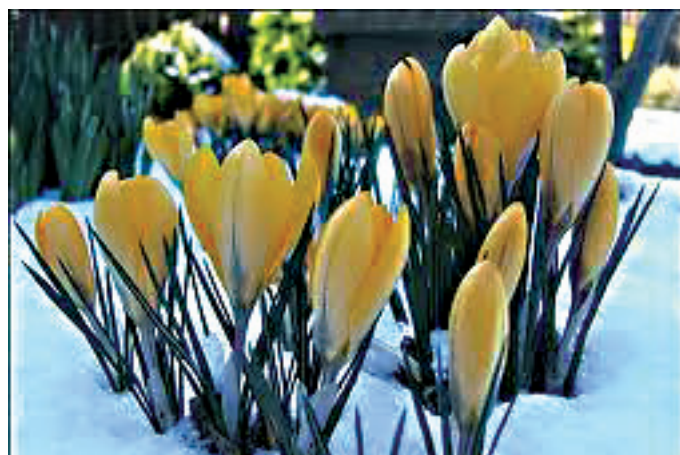


Check on tender plants overwintering outdoors to ensure protective coverings are still in place

Cutting back, pruning and dividing

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

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





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

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

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

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

General maintenance

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

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

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



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Your Stars for February 2012 - By Kay Gower

Aries - (Mar. 21- April 20)

This month marks the beginning of an exciting period. Change is on the cards, and you will want broaden your horizons by taking chances that may come your way. Perhaps now is the time to consider whether certain cherished hopes and dreams should change, too.

Taurus - (Apr. 21- may 21)

Even though there is no question that opportunities should be taken, there can still be differences about when, how and with whom you should snap up these chances. Arguments that so often accompany change seem to be rife this month. Use early February as a time to clear the air before these opportunities disappear.

Gemini - (May 22-June 21)

You seem to be at your most materialistic this month. The stars signify that whatever you desire can be yours, if you ask for it in the right way from the right person. Mid month would be best timing is always important.

Cancer - (June 22-July 22)

There seems to be a great deal of news coming your way from those closest to you. It's likely that someone wants to make a few changes so you'll need to get out your flexibility muscles and be ready to absorb the shock this is likely to create.

LEO - (July 23-Aug 22)

This month the planets are energizing you. You are on the go and getting a great deal accomplished, you are at your most attractive and others are drawn to you. You might have to fight off admirers left, right and centre. What a lovely position to be in!

Virgo - (Aug 22 - Sept. 23)

This month a door opens and you walk in. The stars bring a wealth of promising offers. Your only real problem is deciding which to accept and which to turn down. However, don't take any risks with money.

Libra - (Sept. 24 -Oct. 23)

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

Scorpio - (Oct. 24 - Nov. 22)

All our experiences are indelibly written on our consciousness. We can't wipe the record clean, and in most cases we wouldn't want to. The trick this month, is in finding an empowering way to view the experience.

Sagittarius - (Nov. 23 -Dec. 21)

Creative people like you love to explore, get caught up in new ideas and spin about on irresistible tangents. You can do all of that this month and still be successful, so long as you limit the time you allow yourself to wander.

Capricorn - (Dec 22.- Jan. 20)

You don't need anything good to happen to you this month. You are the good that happens to the world. Believe it.

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

You're needed. Usually, you like this fact. This month, you might wish that you were the needy one, as being strong all the time is a lot of pressure. Take care of 'you' relax and get more sleep.

Pisces - (Feb. 20-Mar. 20)

You think you're doing the same thing that millions of others are doing. And yet what you don't realise is that your contribution is absolutely unique. By the month end, you understand your contribution and take pride in it.



Brush Bus stops at Green Door

The children at Green Door Pre School in Hallgate Cottingham are brushing their teeth as part of their daily routine following a visit by a Dental Health Educator from the NHS Brush Bus programme.

The programme aims to encourage good oral hygiene habits for children. Since joining the scheme the children are brushing their teeth at set times each day.

The toothbrushes are stored in a specially designed brush bus with each child having a different animal design on their individual toothbrushes. The Dental Health Educator demonstrates effective brushing techniques and the children learn about the importance of oral hygiene.

Hazel, the Pre school Manager, said that the scheme supports the Early Years Foundation Stage Curriculum with children learning about healthy practices, independence, a wider vocabulary, physical dexterity while brushing and the role of the Dental Health Practitioner in the Community.

The Green Door Pre School which opened in October 2011 is situated at the rear of the Zion Church Hallgate and is run by the owners of the successful Welton Pre School. The Manager is a Primary School Teacher of 22 years experience and all the staff are qualified to NVQ Level 3 and above and an Early Years Professional.

Free taster sessions are available for families and children or feel free to visit and look around at any time.

Below: Answer to Sudoku problem No. 61 from the January issue.

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

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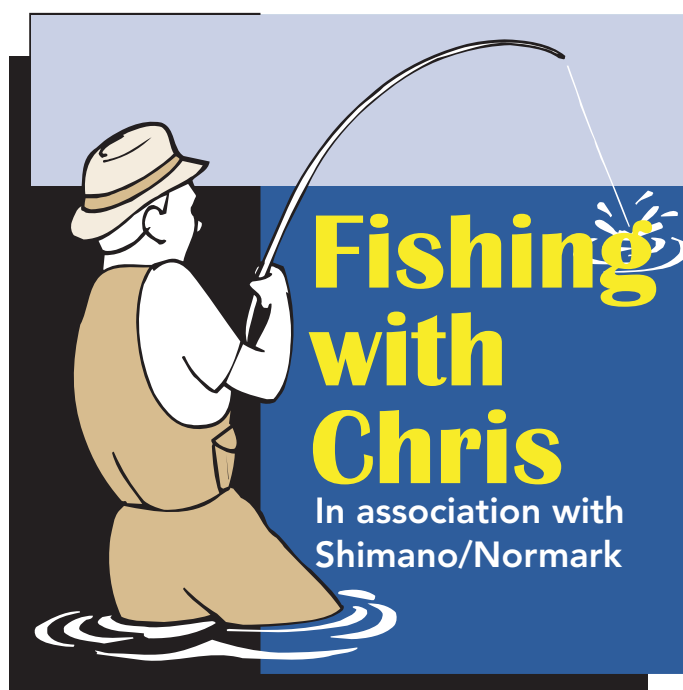
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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Hello and welcome again fellow anglers to this month's fishing news. The date is 20th January 2012. How is your fishing going, good I hope? Have you had your first blank yet? If yes; here are a few tips to help you, so it does not happen again.

Tip one: Use fine lines and silver fish hooks, if you are scratching for bites you may need to go down to a small, size 22 hook and a 1.5lb bottom. If you are pole fishing, use your finest elastic. Plus, do not worry too much about the bonus fish because if you play them gently you will more often than not net them.

Tip two: If you wish to target larger fish and are using baits such as worm and caster step your gear up a little, but not a lot, and where you are allowed, it is a good idea to use a micro barbed hook. You will stand a better chance of; both, keeping a worm on and keeping the fish on as well.

Tip three: As we all know frozen venues can still produce goods bags of fish, and it is a shame when you do not have the correct tool to break the ice. The best thing to use is a heavy weight attached to a metre of lorry chain, attached to a good

length of rope. The reason for the chain is once you have punctured a hole in the ice, it is easy to saw the ice with the weight and chain just by pulling the rope in a sawing motion.

Finally; tip four: Clothes; remember the old saying, there is no such thing as cold weather but there is such a thing as the wrong clothes. If you do not possess any piece of specialist clothing just remember to put on plenty of layers. This is as important when it comes to your feet and head. Wrap up correctly and you will stay warm. A warm angler is a happy angler. All you have to do now is to choose the correct venue and feed correctly and of course have a little bit of lady luck.

The venues I would try this month are: Newbridge, big lake, loads of silvers and big Perch. Tiger Lake, with plenty of silvers to be caught. Star Carr; a good mixed bag including Pike. Staddlethorpe, loads of silvers, Perch and Pike.

Sea scene: once again I am so pleased to report that the fishing both in the Humber and at the coast is brilliant. All month long many of my customers have been showing me photos of the Cod or large Whiting they have been catching. This is great, and for some of these people it is their first ever Cod caught, which makes it even more special.

The Humber marks are as follows: Oldhall at Patrington; it may be a long walk but the Cod are coming out very regular here. Paull: this venue has been producing loads of fish Cod and good Whiting, plus the Flatties are being caught regularly. **St Andrews key:** Horse wash, Mister Chew's and Macro are producing good numbers of fish. Night tides are better, with baits such as Lug or Rag worm being used for catching the Cod and fish baits, Blueys or Mackerel being used for catching both the Whiting and Flatties.

The coast is now producing a lot more Cod than last month, with the marks near Aldbrough being mentioned almost daily. Good sized cod needs good sized bait so do not just put one worm on and expect the biggie. Load your rig up and give the Cod a good eyeful, furthermore you will be putting more scent into the water, which in turn brings the fish to you. Once again night tides are producing more fish.

Live bait orders: Please give us as much notice as you possibly can when ordering live bait as we shop keepers only order and stock a certain amount of live bait. It has to be the better bait to use whilst it is readily available. In our shop we still have loads of sale bargains to be had plus the free gift vouchers are still available. Or take a peek at our website www.catchmoorefishing.co.uk for additional savings. Till next time *"tight lines" from the Catchmoore crew.*

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What are you doing John D?

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David?

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Various events at Sewerby Hall and Gardens

While Sewerby Hall and Gardens event staff continue at full steam to plan the 2012-13 schedule of events, there is still much to see and do between January and March before the hall opens to the public on Saturday, 31 March.

Orienteering

Sewerby Hall and Gardens has its very own set of orienteering courses covering all corners of the estate and grounds.

Aimed mainly at families, this course has been designed by HALO (Humberside and Lincolnshire Orienteers) and uses various routes throughout the grounds ranging in skill from a short introductory course suitable for beginners, to a longer and more difficult course for the more competitive.

To complete a course, the control points should be visited in the order listed. To prove that the course has been completed in the correct order, the letter codes on the markers are written on the control card.

An orienteering pack costs £3.50 and is available from either the hall gift shop or estate office. The pack contains instructions, two maps, a control card, a pencil and a compass. Those finishing the course can apply for a certificate of completion from HALO.

Parkrun

Sewerby Hall and Gardens is the starting point for a 5km run organised by parkrun. This event, aided entirely by volunteers, is held every Saturday at 9am.

The event is free but interested participants must register in advance online, where they will be given a link to their personal barcode. This barcode must be taken to the event for every run in order to take part.

Sewerby Hall and Gardens is the first stately home in the country to take part in this worldwide event and management at the venue are extremely proud to be part of it. All visitors can take advantage of 25 per cent discount at the Clock Tower Tea Rooms from 9-10am.

Walking for Health

Taking place every Tuesday throughout the year, these one and two

hour walks take the group around Sewerby Hall and Gardens estate as well as into the surrounding countryside. This event is free and walkers start and finish outside the Orangery. One hour walks start at 10.30am and two hour walks start at 10am.

CBBC Live 'n' Deadly

Sewerby Hall and Gardens is to host the extremely popular CBBC Live 'n' Deadly wildlife adventure event once again during the February half-term.

The activity presents children with a 'wildlife crime scene' and invites them to deduce who's eaten who.

It is self-facilitated by families and takes 1-1.5 hours to complete. Each child is given a Deadly Detective's booklet from the Estate Office before exploring the grounds to look for clues.

The booklet includes a range of activities, to encourage families to enjoy the nature and wildlife at Sewerby Hall and Gardens, and a series of puzzles which help children to solve the deadly scene. Children can then hand in their answers at the Clock Tower Tea Rooms to collect their reward which is a special code that unlocks exclusive content on Live 'n' Deadly's online game.

This event is free and there is no need to book. Suitable for children aged between five and 13 and appropriate clothing is required to protect from the weather. Pens and pencils will be needed to complete the activities.

Wedding Fayre

Sewerby Hall and Gardens will be hosting a wedding fayre on Sunday, 25 March, from 11am-3pm, in the Orangery. Admission for the event is free and there will be various traders showing their wares, from flower arrangements to hand-made jewellery and chocolate fountains to wedding outfits.

For further details about this popular event contact Jenny Edwards on (01262) 670082 or email johnandjenny9@btinternet.com.

Visitors are also reminded that Sewerby Hall and Gardens season passes are now on sale in the estate office.

The passes offer excellent value for money and allow unlimited access to the hall, gardens and zoo, together with selected items from the hall gift shop and menu items on the Clock Tower Tea Rooms menu.

For further information call (01262) 673769 or visit www.sewerby-hall.co.uk.

HERIB comedy evening with comedian Mike Lodge at Tickton Grange

HERIB is delighted to announce an evening of comedy and music at Tickton Grange on Saturday 24th March 2012 featuring top comedian Mike Lodge and hosted by Radio Humberside's Steve Massam.

HERIB's Fundraising Manager Angela Gregory said:

"This should be an unmissable evening of fine dining, top class entertainment and great music. Mike Lodge has worked with some of the great names of British comedy including Tommy Cooper, Ken Dodd, Joe Longthorne and Cannon and Ball.

It's a great chance to see one of the best entertainers on the circuit today, performing for a great cause."

Tickets are £30 and are available in person from HERIB (open Mon-Fri 9am - 4.30pm), alternatively cheques made payable to HERIB can be posted to HERIB, Beech Holme, Beverley Road, Hull, HU5 1NF.

The evening is one of a series of fundraising events and challenges that the charity has planned for 2012 to help raise both awareness and vital funds. From clairvoyance evenings to luncheons, skydiving to dog walking, there is something to suit everyone and all monies raised will help support local people with sight loss.

For further information on any of the events and challenges, or for a copy of HERIB's events brochure, please call HERIB on 01482 342297 or visit www.herib.co.uk.

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The Italian Job . . . Part 2

People keep asking me was Italy beautiful? The answer is I have no idea! The reality of training horses is that one simply swaps one yard for another! I landed at Rome airport in the dark and took back off for home in the dark! I was extremely glad to have had a skilled pilot as we landed back at Leeds Bradford Airport in the midst of those howling gales which had set those monstrous turbines on fire! It was somewhat disconcerting to see the tarmac loom closer while my wing was still at 45 degrees to it....however all corrections and adjustments were made on time to my huge relief! Can you believe that the lady next to me moaned that it had not been a very good landing? I thought that it had been simply perfect! Just goes to show that some folks are never happy!

The reality of the horse put in front of me out in Tuscany was one of bitter rage, unbridled fear and distrust of everyone in general. Sarah, his owner, had formed a pact or truce with him by her becoming his daily guardian. She was the only person he allowed into his space without threat of violence.

The relationship she had built up with Bruce was encouragingly good and he had certainly become a one person horse by this time. I had to invest time in training the yard staff how best to handle him....for example how to catch him from his paddock and how to be aware of his mood and threats to kick out in the confines of his stable. Bruce did give warning (most of the time) so learning how to read his body language re his intention was really important for the safety of anyone handling him.

The first work I covered with his owner was all about teaching her how to create total leadership....replacing his mentality of holding everyone around him to ransom in his bid for both self defence and the dominance he threw up which stems from anger. By showing Sarah how to control his body....firstly in sections and then by degrees of action (expectation of energy levels required in response) This then led the way forward for her to gain real empowerment and the ability to control his every movement on the ground. This in turn then gives the horse a feeling of calm reassurance.

Fair play to Sarah.....she had to face her own fears but by doing so she increasingly won a new and very solid respect from this defensive horse. This change in relationship led to massively increased trust and eventually Bruce decided that he simply wanted to be where ever she was and that she was now "the safe place to be". It was quite an emotional moment in time for everyone concerned watching Bruce follow her every step and turn.

He moved when she moved and stopped happily next to her when she stopped.....no ropes, no physical control in any way....just her and her horse as one. This "at liberty" or free ground work can be taken to great lengths if time allows however the overriding reason for my being there was to claim ownership of his back. This un-ride-able horse was as extreme as it gets.

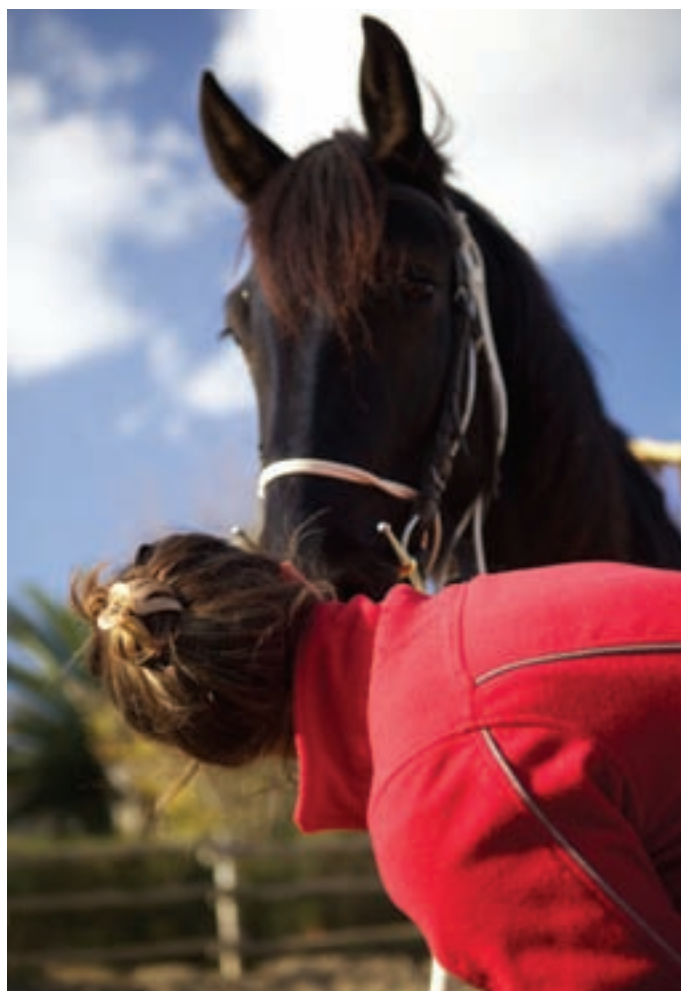
I was there for one month's work compressed into 3.5 days! The sheer intensity of it all was no bad thing for this horse. He was given enough time between sessions to inwardly digest what had just happened to him! His owner however struggled to retain the entire information overload. Bear in mind that this horse was talked about over breakfast, am drive time, lunch time, coffee time, pm drive home time, all evening and then over dinner. We all then fell fowl in dreamtime too! Nightmares are made of less! ?

By the time I left, Bruce was in a whole different place in his head. So many things that had been previously unacceptable had, bit by bit, become the opposite. He even got as far as accepting a mounting block and standing quietly by it as we became higher than him. That was a massive achievement on our part as well as his! You need to realise that as a result of all that had gone on before in this unfortunate horse's life, the second we climbed up above him we were instantly in predator position and as such to be hugely feared. He panicked over and over again and then he got cross! You would not like Bruce when he gets cross.....dangerous!

Through a mixture of repetition, bravery and patience he finally tolerated us there. Bit by bit he accepted our leaning over him and touching everywhere and anywhere we could reach.

I left Italy with a smile on my face as I remember watching his owner start to place her leg, knee and foot on his haunch, rubbing all the time.....better on the left but still very worried on the right.

I have kept in touch daily through email. There was/is much work still to do.....establishing his training in steering and brakes, his acceptance and obedience to voice commands. Still lying ahead is the long path of de-sensitising in general as well as all the body yielding exercises. He has still to let go of his over-whelming fear of any new person being near, any new object being introduced, to have the confidence to let go of stress reactions to external sounds and noises. He is" a work in progress" but he has an owner who is simply the perfect partner to make all these changes happen over time. I will return in due course when Sarah is confident that the horse is truly ready to cope with the biggest part of all.....accepting the rider.



Bumper entries for this year's European Beach Angling Championship

Entries are flooding in for this year's European Open Beach Championship, the largest three-day beach angling event of its kind anywhere in the world. Despite the economic doom and gloom around Europe, competitors from across the continent are bucking the trend and signing up to take part in this hugely popular Bridlington based event.

Intensive promotion of the championship, including an extremely successful exhibition in Belgium, has succeeded in attracting more new entries than ever before. This year's competition will now also feature entrants for the first time from Germany and Poland, alongside anglers from nine other European nations, all competing for the £25,000 prize fund and the chance to be crowned European Open Beach Champion.

The event is organised by East Yorkshire Events in association with Total SeaFishing Magazine and will be held from the 2 – 4 March 2012. The weekend starts with the eagerly anticipated Bridlington Flattie Bash on Friday 2nd March and is the ideal preparation for the weekend's main championship.

Kieran Lawry, from East Yorkshire Events, said: "We are thoroughly delighted that so many new anglers have already booked for this year's competition. It means we can really look forward to welcoming a large number of first time visitors to the area and showcasing what a fantastic place East Yorkshire is.

"The big increase in interest from across Europe is a fantastic reward for all the time, hard work and effort spent promoting the event on the continent.

"The championship is a massive boost for the area's economy in a traditionally quiet period and continues our commitment of delivering world class events in the East Riding of Yorkshire."

Although this festival of beach fishing now attracts the cream of European shore angling, it remains true to its original values of offering a fun and enjoyable event that is open and accessible to all.

With separate sections dedicated to junior girls and boys, as well as senior women's and men's competitions, the fully inclusive nature of

the event really makes it stand out.

They will all be aiming to emulate last year's overall winner, Phil Darby from Guisborough, who walked away with a large share of the £25,000 prize fund and the crown of European Champion.

Tickets are available for the competition and can be purchased at www.eyevents.co.uk/events/open or by cheque/postal order to: EY Events, Room JG53B, County Hall, Beverley, HU17 9BA. (made payable to East Riding of Yorkshire Council).

Penny Duck Theatre seek new submissions for Drama festival in September

September 2012 will see the return of the Duck's Bill Drama Festival in Cottingham. Last year's inaugural event at the Duke of Cumberland, Market Green featured eight performances and was a roaring success as virtually every show was a sell-out, with acts travelling from as far as London to take part. This year, we at Penny Duck Theatre Company aim to make it bigger and better. Right now though, we are looking for new submissions from companies, groups and individuals. Whether it's comedy, drama, mime or something a little bit different, we want to hear from you.

Pieces need to be original and between 30 minutes and an hour in duration. Writers are encouraged to provide their own cast although help will be given in finding one if needed. Ideally, shows need to be designed for a limited space and few props or set, although we'll aim to find a workaround if required.

The closing date for submissions is 1st April 2012, with the festival itself due to take place on the weekend of 29th/30th September 2012.

At the moment, all we are looking for is a brief outline and technical details so we can plan the format of the festival. For more information about the festival and submissions, and to request an application form, please email pennyducktheatre@live.co.uk. You can also like us at [facebook.com/pennyducktheatre](https://www.facebook.com/pennyducktheatre) and follow us at twitter.com/penny_duck.



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News from the Little Weighiton Village Hall

Have you ever been to an event in Little Weighiton Village Hall? I don't mean just Keep Fit for instance, but a 'gig'. We are fundraising to refurbish the Hall. It's in need of a face lift. So we have been having 'The Shifty Pigs' folk group and the MPG folk group, not forgetting the Bad Apple 'Land Girls' performance. The Quiz night, and the Treasure Hunt for instance.

Hmm.... the Treasure Hunt was, I have to say a bit damp, as the heavens opened just as most of the contestants were as far as possible from the Hall. They were dripping – but laughing. By the time they got back we had the heat on and kettle for hot drinks as well.

The Hall is 105 years old now and with a bit of nipping, tucking and expanding it will be right for another 100. But, it has never had disabled access and this includes Mums with toddlers as well as a baby in the pram (you try getting down 14 steepish steps holding a pram upright and a toddler). The Hall is just about impossible to get to. We have now got plans for Mother and baby toilets, level floors and a sloping pathway down from the car park into the hall.

We are waiting with fingers crossed and eyes shut as to how much this will all cost. But in the meantime we are fundraising to show we are not down and once planning permission and the costing is done we

will be applying for grants. In the meantime, events and fundraising goes on. So if you see something 'on' in the Hall give it a go and put another 'bum on seats'.

You will be helping us at the same time as enjoying yourself. Not one of the events we held was anyone disappointed, in fact some were surprised at how much they had enjoyed it.

Got to go and do something now with our Website www.littleweighitonvillagehall.org.uk as the plan needs updating, and how much we have raised so far. Bye for now.

Runners race to help older residents in the East Riding

AGE UK East Riding is delighted to be chosen as the nominated race charity for the Hall Construction Beverley 10k, organised by Beverley Athletic Club.

Entries are now open for this year's 10k and fun run, which will be held on Sunday May 13th. Gillian Banks, trading manager for Age UK East Riding, is among the hundreds of runners who will be on the starting line-up.

It is hoped that many of this year's participants will be raising money for the charity, which provides services to help residents aged over 50 living in the East Riding. All the money raised will go to support the services, which include free information and advice, internet shopping, befriending, IT training, lifestyle events, activity sessions, benefits and wills clinics.

Sponsorship forms are available now from the Beverley office of Age UK East Riding at 16 North Bar Within, Beverley (tel 01482 869181) or can be downloaded from the Beverley 10K race page at www.beverleyac.com. All sponsorship enquiries should be direct with the charity, and not the race secretary. Entry for both the 10k and fun run is online only, on www.beverleyac.com.

Gillian Banks said that older people across the East Riding will benefit from the fund raising efforts.

"We are delighted to have been chosen by Beverley Athletic Club as the nominated charity for this year's race," she said.

"All the money we raise, and everything we do, goes to support older residents of the East Riding, and we need as much support as possible to help us meet the growing challenges facing older people."

Season passes for 2012 are now on sale at Sewerby Hall and Gardens

Perfect as a gift for a friend or family member, Sewerby Hall and Gardens' 2012 season passes are now available priced at £16 for adults, £8.50 for children (three-15 years old) and £45 for a family (up to two adults and three children).

The pass allows unlimited access to the hall, zoo and gardens during normal opening hours throughout the year and pass holders also benefit from a 10 per cent discount off items in the hall gift shop and menu items at the Clock Tower Tea Rooms.

Application forms can be obtained in person at the Estate Office which can then be paid for by cash, cheque, debit or credit card. Alternatively you can call Sewerby hall and Gardens on (01262) 673769 and a form will be posted to you.

If you wish to receive an electronic version of the form please email sewerby.hall@eastriding.gov.uk.

You can then send the completed form along with a cheque in the post.

Golf season passes are also available priced at £90 for adults, £60 for over 60s and £45 for children (three-15 years old). The passes can make unusual gifts for both casual and professional golfers alike.

Now is the perfect time to renew your pass and avoid the rush before the season starts.

Bring your existing pass along with payment to the Estate Office between 9.00 am and 3.00 pm where it will be processed smoothly and quickly. Alternatively, you can pay for your renewal over the phone with your credit or debit card.

Forthcoming Events

Valentine's Dinner Dance

Friday 10th February - £26.95 per person
Sparkling wine on arrival,
3 course dinner and disco till late

Candlelit Valentine's Dinner

Tuesday 14th February
£24.95 per person
Sparkling wine on arrival followed by a
three course dinner

70/80's Party Night

Friday 2nd March
£18.50 per person 7.00 pm til 1.00 am
Two course Hot and Cold Buffet followed
by dancing till late
*Event organiser goes free, when booking a
table of 10 or more*

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PIZZAS :: BURGERS KEBABS AMERICAN FRIED CHICKEN

Gino's Pizza and American Fried Chicken Takeaway is situated on Hallgate, Cottingham, near the junction with George Street and opposite the United Reform Church.

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

He has won the coveted Fast Food Guide Quality Award for Excellence in 2010 and now 2011. He also has the Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.



Gino's have not increased their prices despite the increase in VAT in January, so come and enjoy a superb takeaway at really value for money prices.

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

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

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

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

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

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





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Exciting times ahead for the Supporters Club!!

The Cottingham Branch of Hull City Official Supporters Club were delighted to welcome up and coming stars Joe Dudgeon and Robbie Brady to their latest meeting. Both Joe and Robbie spoke about their careers to date and also spoke about the time that they spent under the guidance of Sir Alex (Ferguson). Once the question and answer session was complete, the pair signed and posed for photographs with the supporters.

The branch is also delighted to announce that Phil Brown will drop in to the Branch on Wednesday 7th March. This will be an interesting night listening to Phil not only talk about his career, but how he guided the club into the Premiership and about being the most successful manager in the clubs history. Doors will open at 6.30 pm till 7.00 pm for Cottingham Supporters Club Members only, and from 7.00 pm to the general public. The evening is free to OSC members but will cost £5 to non-members.

The branch is also having its end of season dinner again this year. This will take place on Friday 20th April at the Woksoever Restaurant - hopefully Dean Windass will be the guest of honour. More information will be in next issue of Cottingham Times.

For More information or to become a member of the Supporters Club, please contact the chairman Ian Garmston by email: upthetigers@gmail.com.

Site clearance works for A164 Humber Bridge to Beverley Route Improvement Scheme

East Riding of Yorkshire Council will commence site clearance works along the A164, between the Humber Bridge and Beverley, from Monday, 23 January ready for construction of the route improvement scheme, which was granted programme entry from the Department for Transport (DfT) in November.

Located within highway verges and adjoining land, the works are not expected to affect road users and will take around six weeks to complete.



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The works will include trimming and removing sections of hedging, bushes and trees along the route and also includes transplanting over 100 existing trees and needs to be completed in advance of the approaching bird nesting season.

Advanced statutory undertakers diversion works are also expected to commence in March prior to commencement of the main scheme in April or May, with the main highway works expected to take one year to complete.

Councillor Stephen Parnaby OBE, leader of East Riding of Yorkshire Council, said: "These works are being undertaken prior to full approval of the scheme being granted by the DfT, which demonstrates East Riding of Yorkshire Council's commitment to delivering this important highway scheme and will also allow for construction works to proceed without delay.

"The improvement scheme along the A164, which is the busiest route in the East Riding, will help alleviate traffic congestion and provide better access, safety benefits and improvements for pedestrians and cyclists."

The scheme will also include extensive landscaping works to provide new highway boundary features and additional areas of planting.

Digital archives available thanks to dedicated volunteers

When one mentions the word 'archive', it instantly conjures the image of dusty old books in a dark basement. However, this couldn't be further from the truth and many people might not realise that today archives are kept in clean, highly-specialised repositories. They would also be surprised to learn that archives can be digital records too, as well as conventional paper or parchment.

At the East Riding Archives and Local Studies Service, in the Treasure

House, Beverley, has a cast digital archive, which has been made accessible thanks to the efforts of volunteers.

A range of digital video archive material can be viewed in the search room, and owing to the work of volunteers it is now possible to search through some of these in great detail.

Sam Bartle, collections officer, said: "Volunteers have been trawling through parts of our archive video material, picking out all of the salient

points so that members of the public can go straight to the parts that interest them. If you consider that some of these videos are around two hours long then it becomes clear how useful this work is to us."

Only part of the work has been completed however, and much more needs to be done, which is why the East Riding Archives and Local Studies Service is calling for volunteers to apply for this and some of its other projects.

A number of videos relating to the local area, including many of the documentaries made by amateur film maker Reg Walker, need to be catalogued in more detail.

As a volunteer you would:

- * Learn new skills, full training will be given
- * enjoy working through archive video material of Beverley and the surrounding area
- * be a part of making audio visual archives accessible for future generations
- * receive a 25 per cent discount at the Champney Coffee Lounge.

There are also places available for volunteer projects in the conservation workshop and working on Beverley newspapers.

For more details, call Fiona Johnston on (01482) 392793 or go to the volunteering section at www.recruiteastriding.co.uk.

HERIB to hold charity craft fayre on Saturday 26th February in the Civic Hall, Cottingham

A craft fair has been organised next month to raise money for Hull and East Riding Institute for the Blind (HERIB).

It will be held at Cottingham Civic Hall in Market Green, Cottingham, on Saturday, 26th February, from 10am to 4pm.

A range of handmade crafts from cards to jewellery, candles to cakes will be available to buy on the day, but the charity is also seeking any new and unusual crafts to add to the ever popular event.

Anyone who would like further information or to book a table, which costs £20, is asked to call Angela Gregory, Fundraising Manager at Herib, on 01482 342297.

For more information about HERIB and its services please call 01482 342297 or visit: www.herib.co.uk.

Further funding secured for feasibility works on joint council flood schemes

East Riding of Yorkshire Council and Hull City Council are working in partnership on two large flood alleviation schemes, which would protect residential and business premises in the Haltemprice and west Hull areas.

Engineers are currently working on an urban catchment model before assessing various flood risk options to tackle significant rainfall events, such as those of June 2007, which saw around 10,000 properties in Hull and the East Riding flood.

Feasibility works on the Willerby and Derringham Flood Alleviation Scheme (WaDFAS) and the Cottingham Orchard Park Flood Alleviation Scheme (COPFAS) have been underway since last year, after £175,000 of funding was secured.

The schemes recently gained further support from the Environment Agency and the promise of further feasibility funding of £365,000, bringing total funding to £540,000.

This extra funding will allow engineers working on the scheme to continue modelling work and assess various flood risk options for the schemes, including analysing the environmental impacts, before submitting final funding bids to the Environment Agency for Flood Defence Grant in Aid (FDGiA) and the Department for Communities and Local Government (DCLG) for European Regional Development Fund (ERDF) to develop the schemes.

Councillor Stephen Parnaby OBE, leader of East Riding of Yorkshire Council, said: "This feasibility funding is excellent news. Both councils take flood prevention very seriously and these two schemes would go a long way in reducing the risk of flooding for thousands of properties against the kind of severe rainfall we saw in the summer of 2007.

"The urban catchment model currently being devised is certainly one of the most complex drainage models attempted in the UK and possibly even in Europe. Once complete, our engineers will be able to devise and verify the best options for any future works before seeking feedback from residents."

Councillor Stephen Brady, leader of Hull City Council, said: "Hull City Council and East Riding of Yorkshire Council continue to work in partnership on these vital schemes to protect our residents from future flood events. All partners are committed to working together to reduce the risks of future flooding in these areas."

The development of the schemes is ongoing, but once the options have been assessed, East Riding of Yorkshire and Hull City Council will consult jointly with members and residents, with the aim of beginning work in autumn 2013 and concluding the schemes by spring 2015, subject to successful funding bids, planning approval and land acquisitions.

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Valentine's Dinner

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A BIG Thank you from the Cottingham Scout Group

Members of the Cottingham Scout Group would like to thank residents of the village and surrounding areas for supporting us through our Scout Post during December. The members of the group delivered around 5,000 cards during December and the money raised will go a long way in making the group a success for another year.

We would like to also thank the shops of Cottingham who without their help selling the stamps and located post boxes the Scout Post would just not be possible. Thank you once again.

Sainsbury's Local in Cottingham celebrate success

Sainsbury's Local in King Street, Cottingham are celebrating becoming the Sainsbury's Christmas Store of the Year 2011.

They fought off stiff competition from over 1,000 branches nationwide to become the top store.

Well done to all the friendly, hard-working staff in the King Street store!

Marie Curie collection in Cottingham raises £239.44

A recent collection outside the Co-op raised £239.44 for Marie Curie Cancer Care. This will be used to continue providing free nursing care for patients in their own homes in our area.

A big thank you to everyone who made a donation, and to those who gave up their time to collect at this busy time.'

Below: Answer to Sudoku problem No. 58 from the October issue.

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

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UPDATE

SECONDARY CAUSE OF DEATH – MAY 2012

Rehearsals start next week for our May production, "Secondary Cause of Death" by Peter Gordon. This is the second in his trilogy of spoof whodunit plays involving the infamous Inspector Pratt. We performed the first play, "Murdered to Death" in May 2007 and, because it was such a success, it has always been our intention to perform the two remaining plays in our future planning. Mark Pennington will be making his debut as a Director on this occasion and we wish him well.

The performance dates are Thursday 10th May, Friday 11th May and Saturday 12th May 2012, commencing at 7.30 pm at our home, the Darby & Joan Hall in Finkle Street. Doors will open at 7pm and as usual, seats are unreserved, except for our invited guests and Friends.

Tickets will again be £6.00 for adults and £5.00 for concessions. More details in April.

CALENDAR GIRLS – NOVEMBER 2012 – REVISED DATES

Please make a note of the revised dates for our November 2012 production of Calendar Girls. Owing to unforeseen circumstances the performances will now take place one week later on Wednesday 28th November, Thursday 29th November, Friday 30th November and Saturday 1st December and not the dates previously advertised. A treat for Christmas!!

SOCIAL EVENTS

Three social events were planned for the early months of this year. On Saturday 14th January eighteen members and guests took part in our annual visit to the Pantomime at the Theatre Royal, York to see Berwick Kaler starring in "The York Family Robinson". Another stunning performance by all the cast, as usual, with audience members from all over the country. Then on the way home we called at Garden Restaurant in Pocklington for a chinese meal to round off a very happy occasion.

On Saturday 28th January we held our Winter Meal at The Purple Cow in Cottingham, a tapas meal (another first for us) thoroughly enjoyed by all 26 members who took part.

Our third social event of the winter is our Annual Quiz night at The Back Room on Saturday 10th March. This is another very popular event for teams of six.

PLAY READINGS

The date of our next play reading evening will be Monday 6 February in THE SNUG AT THE DUKE OF CUMBERLAND on Market Green, Cottingham commencing at 7.30 pm. Everyone is welcome to come to these Open Sessions and learn more about us. If you are interested and would like to know more then please give Margaret a ring on 01482 846796. Look out for our posters round the village and on our website for more information.

NEW MEMBERS AND FRIENDS

If you would like to join us, either as a Member or as a Friend, have a look at our website www.cottinghamlittle-theatre.co.uk where you can find out lots more about us. Or email us at clt1920@hotmail.co.uk or you can contact our Secretary, Val, on Tel. No. 01482 440588. Remember, our social events are for Members and Friends so you would then be able to join us on these fun occasions.



Presents Jurassic Journey at 7.30, on Saturday 4th February

at Swanland Village Hall (behind the pond on Main Street)

JURASSIC JOURNEY is award winning photographer Ben Osborne's story of the Dorset and East Devon World Heritage Site, inspired by its geology, wildlife, culture, its people and its landscapes. The show is an exciting fusion of photography, digital imagery, music, poetry and sculpture created by four artists working on the coast over a period of two years.

The doors of the Village Hall open at 7.00 for a 7.30 start. Tickets cost £7.50 (adult), £6.50 for SVA members and £3.50 (accompanied schoolchildren). For further information please call Ian on 632800 or Yvonne on 01482 634863.



Swanland Screen showing "The Visitor" on Saturday 18th February

On Saturday 18th February, Swanland Screen is showing the film The Visitor. The story of widower Professor Walter Vale who is assigned to attend a conference about Global Policy and Development at the New York University. When he arrives at his apartment in New York, he finds Tarek Khalil, a Syrian musician, and Zainab, a Senegalese street vendor living there.

He sympathizes with the situation of the illegal immigrants and invites the couple to stay with him. However, after an incident in the subway, Tarek is arrested by the police and sent to a detention center for immigrants... and, if you want to know what happens next, you must join us at Swanland Village Hall for a 7.30 start.

Tickets cost £3.50 (adult) and £1.50 (accompanied schoolchildren). For further information please call Yvonne on 01482 634863 or Ian on 632800.

Support the advertisers who appear within the Cottingham Times

A huge "Thank You" from the Cottingham Branch of the Royal British Legion

Cottingham Branch Royal British Legion would like to thank everyone who helped us raise £5400 for the Poppy Appeal this year was our best figure ever and it was very much appreciated.

The help we received was fantastic this was reflected in the final record total so once again thanks to all not forgetting the Coop supermarket managerial staff for allowing us to have a collecting point inside the building. Kindest regards to all.

Table Top Sale at Skidby Village Hall in aid of the Skidby Village Playing Field Association

SKIDBY PLAYING FIELD ASSOCIATION will be holding a Table Top Sale to include Crafts and Bric-a-brac at Skidby Village Hall on Saturday 3rd March from 10am to 3pm. This event is planned to help increase the funds and keep the Playing Field running at its present high standard.

We would be grateful for your support either as customers or as stallholders. Tables are bookable in advance at £10 each. We will of course provide our usual delicious home made catering (cakes, pies etc) to help the day go with a swing. To book a table or obtain further details please call Lynn on 07772 394773.



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Volunteering with the Hull Guide Dogs fundraising branch means you'll join a friendly team and meet new people (as well as some of our fabulous four legged friends!).

There are a number of roles available, and you could be doing anything from helping out at a street collection to selling our trading goods.....you're sure to enjoy it! Most importantly, by giving just one hour of your time, you'll be making a real difference by helping Guide Dogs enable blind and partially sighted people to enjoy the same freedom of movement as everyone else.

It's a great way to get involved with and meet others in your local community. You don't need any previous experience to volunteer with us, just a willingness to help out when you can.

To find out more please contact the Guide Dogs Volunteering Team on 0845 371 7771 or email volunteer@guidedogs.org.uk.

Local access forum**seeks new members**

Are you passionate about the countryside? Do you want your views to be heard? This is an opportunity to influence policy in the East Riding of Yorkshire and Kingston upon Hull, by becoming a voluntary member of your Local Access Forum.

Local Access Forums provide independent advice on countryside access, urban green space and recreation issues, and are consulted on a range of national and local policy matters. The joint Local Access Forum for the East Riding of Yorkshire and Kingston upon Hull is administered by East Riding of Yorkshire Council, working closely with Hull City Council.

The Forum meets four times a year and the voluntary members come from a range of backgrounds and countryside interests, including walkers, cyclists, horse riders and conservationists. The Forum is particularly keen to recruit more landowners (or their family members) and representatives from different countryside recreational user groups to join the Forum, although applications are welcome from all interested parties.

If you are interested in becoming a member of the East Riding Of Yorkshire & Kingston upon Hull Local Access Forum, or finding out more information, please contact the Forum Secretary on 01482 391691 or by e-mail at accessforum@eastriding.gov.uk. The application process is expected to be open until 20 February 2012.



Chinese New Year celebrated at the Wok-So-Ever restaurant in Cottingham

Chinese New Year celebrations were enjoyed at Wok-So-Ever, Cottingham, recently by many guests who witnessed the famous Dragon Dance which is performed at the Chinese New Year.

The dragon entered the restaurant with the sound of drums and cymbals and then proceeded around the room to the delight of the customers of all ages.

Dragon dances are performed at New Year to scare away evil spirits. During the dance the performers hold poles and raise and lower the Dragon. Sometimes one person has a 'Pearl of Wisdom' on a pole and entices the Dragon to follow them to the beat of a drum, as if searching for wisdom and knowledge. They are linked to good luck, long life and wisdom. All visitors were also wished Health, Wealth and Happiness for the coming year.

Top Local Brass Band coming to Cottingham!

The East Riding of Yorkshire Brass Band, acknowledged as being one of the best in the East Yorkshire area, has agreed to perform a concert for the Haltemprice Lions. The award winning band will playing in the evening of Saturday 21st April at the St. Mary's Church, Cottingham. Tickets are £7.50 (£6.00 concessions) and available by telephoning 01482 847367.

All proceeds are in support of the Haltemprice Lions work in supporting good causes both locally and nationally. Tickets are expected to be in demand, order yours now.

COTTINGHAM MEMORIAL CLUB TRUST LTD.

The Annual General Meeting of the Cottingham Memorial Club will be held on
Wednesday 22nd February 2012
at the Cottingham Memorial Club
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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The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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



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Marie Curie Cancer Care seek volunteers to help on collection days

The Great Daffodil appeal is Marie Curie Cancer Care's biggest fundraiser and encourages everyone to give a donation and wear a daffodil pin in March in support of their local Marie Curie Nurses. Collecting is always great fun and very rewarding. You meet some lovely people and you know you will be making a difference with every pound that goes in the pot and that the donations you collect will help terminally ill people in the local area.

We need lots of people to volunteer for our collections so that we can raise money to help more terminally ill patients and get as many people as possible wearing daffodils in support of their local Marie Curie Nurses.

Join your local team of volunteer collectors or request a daffodil box for your workplace by calling Marie Curie Cancer Care on 01904 436625 or returning the form completed to Marie Curie Cancer Care, York House, Outgang Lane, Osbaldwick, York, YO19 5UP or to kyla.collins@mariecurie.org.uk.

A talk at Sutton by Mike Rymer on Saturday February 4th

A talk will be given in the Exhibition Room, Sutton Old School, Church Street, Sutton on Saturday 4th February at 2.30 pm by Mike Rymer.

Mike's subject is one of the fine old houses in the village of Netherall, originally Sutton Hall, former home of David Haughton and Colonel Pudsey. Tickets £2.50 including refreshments. Tel. 876370 or at the door.

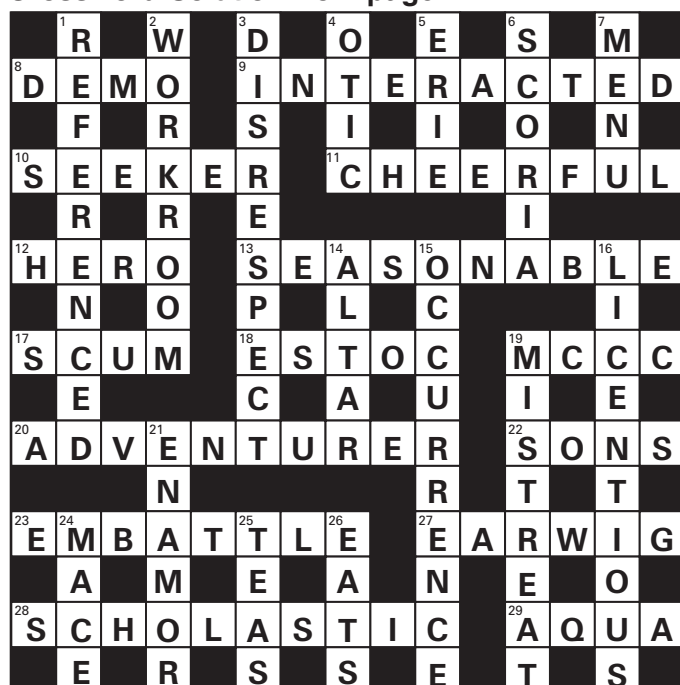
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Crossword Solution from page 14



Get your immune system Up-and-Kicking!

It's the cold and flu season and if you're feeling a little run down then you're in good company. You've probably got so much to do and yet your energy is at a dangerously low level.

What can you do to improve your health forecast for the weeks and months ahead? The answer is to get your immune system humming with health and vitality.

Here we look at some of the most significant ways to boost your immune system.

Eat lots of fruits and vegetables and keep eating them often. Do not allow yourself to tire of eating all of the natural good stuff that is full of nutrients and antioxidants. Find ways to make your vegetable and fruit intake more exciting. For example, try making a parfait out of low fat or non-fat vanilla yogurt, a variety of fruits such as berries, grapes and peaches and then add bran cereal or flax seed powder.

Keep your water content high so you don't become dehydrated. Your immune system needs lots of liquids to keep it strong and healthy. Water is the most important beverage for you to consume. You should also add herbal tea to the list. Drink it often. Experiment with different types to find the one that is most enjoyable to your taste buds.

You need to get your beauty sleep each and every night. Something many people do not know is that when you constantly short-change yourself on sleep this renders your immune system less effective. In fact your immune system will be reduced in effectiveness by as much as 50 percent. An occasional night of tossing and turning is one thing but lots of nights of not enough sleep can lead to insomnia and can also make you less alert and focused in the daytime and make the potential for getting sick much greater.

When you are going through a particularly stressful period in your life your immune system has greater demands placed upon it. This is when you are more susceptible to getting sick.

Do what is necessary to reduce your stress load. You should also give your immune system a helping hand by taking a well-balanced vitamin and mineral supplement. Your health and well-being can benefit tremendously from a supplement. When you are feeling stressed you are less likely to be eating as healthy which is another reason why a supplement is a very wise choice at this point in time.

Vitamin E has been known to boost the work of the immune system. If you feel a sore throat and cold coming on then vitamin C taken once a day can help you to feel better. The mineral zinc can soothe your throat that feels raw and dry from sickness. You can buy throat lozenges at natural health food stores and in the alternative health food aisle of grocery stores. Throat lozenges should only be used on a full stomach.

It is not recommended that they be popped into your mouth when your stomach is empty.

Follow these simple suggestions and you'll immune system will soon kick back in top gear and get you through the cold season to spring fever.

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