

# Cottingham Times

and District

Issue 135 - February 2013

## STEPHEN RICHARDSON

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## THE COTTINGHAM TIMES

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Telephone: 01482 840035

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**Published Monthly by:** The Cottingham Times

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

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 other services available. 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 Wilson, Club Secretary, telephone 07904 803739, or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk).

### Zion United Reformed Church, Hallgate

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

### Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

### Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

### Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. [www.fitmums.org.uk](http://www.fitmums.org.uk)

### Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

**Front Cover Picture: Looking down Dunswell Road.  
Photo by John Dewing, 6A Queens Close, Cottingham.  
Tel. 847140.**

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**Cottingham Bridge Club**

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

**The Alzheimers Society**

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

**Cottingham Cricket Club**

The club provides cricketing activities and games for boys and girls from the age of 7. From 2013 the club will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at Under 9, 11, 13, 15 and 17 as well as an all girl team. Training starts in January with Indoor Nets at the new Thomas Ferens Academy for all age groups on a Tuesday evening and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

**Calligraphy, Quilling and Folk Art classes**

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessle on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

**The British Sugarcraft Guild (Hull and Holderness Branch)**

Saturday 2nd February, A Novelty Cake Demonstration by Judy Newlove of Sugar 'n' Spice. 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**

Tuesday 5th February - Yorkshire's Hundred Favourite Paintings  
Tuesday 12th February - Half Term  
Tuesday 19th February - Still Life - Pam Outlaw/Gill Stansfield  
Tuesday 26th February - Workshop with Angela Bell

Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

**Cottingham Methodists Photography Club**

Tuesday 5th February - Club meets at 7.30 pm in the Cottingham Methodist Church Hall, Hallgate, Cottingham.

**Cottingham Ladies Circle**

Wednesday 6th February - My Father was a Snob, Mr. David Leeson, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

**Cottingham Local History Society**

Wednesday 6th February - "The Village Bobby" memories of the keeping the peace in Sutton Village, Gordon Acaster. 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.* Meeting Fee: Members £1.00; Non-Members £2.00.

**Cottingham Men's De Luda**

Wednesday 6th February - Alan Hopper - Captain Cook and the opening of the Pacific, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

**Beverley Film Society**

Friday 8th February - **Once Upon a Time in Anatolia** (2011) Director - Nuri Bilge Ceylan, Cert (15), Turkish, Drama/Crime. Cannes winner of Grand Jury Prize. A group of men set out in search of a dead body in the Anatolian steppes in a film about waiting and talking. An audacious, uncompromising film, set over the course of a single day. All films start at 7.30pm. Screenings are in the Masonic Hall, Trinity Lane, Beverley.

*Continued on page six*

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**Cottingham enterprises**  
*couk*

Continued from page five

**East Yorkshire Embroidery Society**

Saturday 9th February - Nicola Jarvis - Contemporary White Work. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

**KGV Cottingham Pavilion**

Saturday 9th February - 7.30 pm to 10 pm. Teenage Disco 11 to 16 years old £2 entrance, refreshments available

**Cottingham Catholic Women's League**

Monday 11th February, AGM, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

**Cottingham Women's Institute**

Tuesday 12th February - Quiz, Competition: A Handmade single rose, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.  
**PLEASE NOTE NEW VENUE.**

**U3A**

Thursday 14th February - Kath Richardson, Part Two - The Woman Who Didn't Exist, at 2.00 pm in the hall at the Darby Joan Hall, Finkle Street, Cottingham.

**Hull Alpha Probus Club**

The Hull Alpha Probus Club will be meeting at the Pearson Park hotel in Hull on the following dates:-

14th February coffee morning

28th February lunch

Lunches are from 12.0 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards.

If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information.

**Inland Waterways**

Friday 15th February - Waterways Films featuring local and regional waterways and canals. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

**Welsh Society of Hull and East Riding**

Friday 15th February - Beverley Arms Hotel 7.45 pm for 8.00 pm. A joint meeting with the Irish Society "Beyond Endurance". Details and tickets 01482 869800.

**North Ferriby Gardening Club**

Monday 18th February - Herbs for Health and Pleasure - Laura Potts. Meetings are held in the North Ferriby Village Hall at 7.30 pm. Visitors are always very welcome - admission £2. Annual membership £6.00. Includes Tea/coffee and biscuits Further information ring Mal on 01482 632282

**Cottingham Methodists Photography Club**

Tuesday 19th February - Club meets at 7.30 pm in the Cottingham Methodist Church Hall, Hallgate, Cottingham.

**Cottingham Evening Townswomen's Guild**

Wednesday 20th February - Janette Harrison "Volunteering in Africa", at 7.30 pm in the Darby & Joan, Finkle Street.

**Cottingham Ladies Circle**

Wednesday 20th February - History of Orphanage, Mr. Alan Richards, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

**Cottingham Men's De Luda**

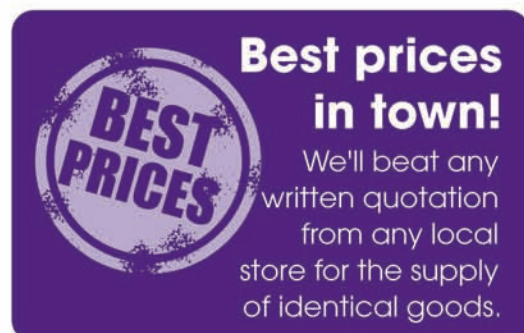
Wednesday 20th February - Geoff Bell - Humber Keels, in the St. Mary's Church Hall, Cottingham, at 2.00 pm.

**East Yorkshire Association of the National Trust**

Wednesday 21st February - Reverend Jeremy Fletcher, The Challenges and Opportunities of being vicar of Beverley Minster, in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

Continued on page nine





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# Cottingham Parish Council



## 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.

## Article by Cllr Hardwick, Chairman of the Cottingham Parish Council - Castle Road – 600 Houses, School and other Amenities

This article was written on the 2nd January and no formal application for the above development has been received at the Parish Council for statutory consultation recommendation.

Parish Councillors accepted an invitation from Community Consulting, the developers appointed by the Hull and East Yorkshire NHS Trust to prepare a scheme, to attend three workshops where the plans would be outlined, but without any commitment by the Parish Council. The major outcome was the Council requested information relating to:

- Foul sewage disposal provision
- Rain water disposal and flood prevention plans
- Increased traffic density problems on the village road infrastructure which is already at capacity.

The results from subsequent meetings were as follows:

- Yorkshire Water had been contacted and their representative gave the developer written confirmation that the Cottingham sewer network was capable of handling the increased demand. Subsequently, the Parish Council has questioned the Yorkshire Water correspondence and found it **does not** take into consideration the total effects of the increase in volume of the sewage on its route to the Western Treatment Works.
- The surface water and flood prevention measures – the developers are to use a site underground attenuation pipe/chamber plan as is used on other developments of this size. The Parish Council concerns are that this system requires extensive monitoring and maintenance procedures and has asked the developer to provide details of who will be the authority responsible for the implementation of the procedures.
- After extensive presentation from the developer no clear resolution was offered to the traffic issues and if the development goes ahead Councillors fear that the village roads would be subject to **'gridlock'** from added volumes of traffic.

Once again, with the approval of the Station Yard supermarket, ERYC Ward Councillors from the far reaches of the East Riding decided on a major issue affecting the quality of life and value of properties for those who live in Cottingham. This cannot be just, or right, and the system requires an extensive review followed by meaningful modification. It must be remembered that this development was given approval against the advice of the Council's Planning Officers and consultant's reports. How the ERYC Highways Department came to a decision not to object beggars belief.

The Parish Council, along with most Cottingham residents, can only hope the Neighbourhood Plan will offer some protection from developments within the Parish that destroy the character and community spirit, plus generate suburban sprawl with a massive loss to the quality of life enjoyed by Cottingham residents.

Hull City Council's press release regarding development on land they own within the Parish is a move to maximise their land bank assets. If a development application, refused by ERYC, was to progress to an appeal with the Planning Inspectorate in Bristol, it must be noted they have been successful in the past eg Priory Road Cemetery.

It has taken the endeavours of generations of Cottingham people to create the village we have today. Cottingham Parish Council must endeavour to prevent speculative development that would destroy the quality of life enjoyed at present by Cottingham residents.

## Other Council news

### S137 Grants

The Parish Council was happy to award a grant to the Cottingham Civic Society of £55 to help with the printing costs of their programme cards. The photo shows (from left to right) Cllr Win Knight (Parish Councillor and member of the Civic Society), Mr Ray Kenyon, Chairman of the Civic Society, Cllr Ann Abel, Mr Tony Ross, Treasurer of the Civic Society and Cllr Bob Minors.



### Precept

You may have read in the press the current proposals from government to abolish Council Tax benefit on 1 April 2013 and replace it with a local council tax support scheme; part of the changes mean that Government funding of council tax support will be reduced. It had been thought that these changes would not affect Parish and Town Councils; however this is not the case.

In Cottingham's case the tax base will be reduced by 10% ie there will be ten percent less households in Cottingham eligible for council tax. The Parish Council precept is an element of the council tax collected by East Riding of Yorkshire Council. The Parish Council has decided that the precept should remain unchanged from last year at £110k. However, because of the changes to the tax base this will mean that Band D equivalent households will pay an extra £2 per year for the precept element of the tax.

### Emergency Plan

The Cottingham Emergency Plan is now complete and the Council would like to thank all those who were happy to be included in the Plan should the need arise in the future. Hopefully we will never be called on to implement this but it is reassuring to know that it's there!

### Overhanging Vegetation

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

### Graffiti and Criminal Damage

If you see anyone defacing property or causing damage please report it to Humberside Police on **101** or by e-mail (with a photograph if possible) to [safe.communities@eastriding.gov.uk](mailto:safe.communities@eastriding.gov.uk). You can also use the form at 'contact us' on [www.humberside.police.uk](http://www.humberside.police.uk). Many thanks to those unpaid volunteers who carry out unofficial cleanups around the village!



*Continued from page seven***Diabetes UK**

Thursday 21st February - Speaker to be arranged, Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

**KGV Cottingham Pavilion**

Saturday 23rd February Family Quiz Night with Pie & Pea supper 7pm start

**Cottingham Civic Society**

Monday 25th February - "The Woodland Trust and its ancient Tree Hunt", an illustrated talk by Alan Hutton and Tony Burgoyne of the Woodland Trust, in the Darby and Joan Hall, Finkle Street, at 7.30 pm. Members are requested to contribute £1.00 for each for every meeting attended. Non-members are welcome to attend at a charge of £2.00 each. Refreshments are served at a nominal charge.

**East Riding Flower Club**

Monday 25th February - Val Ions from Swanland, her flower demonstration is called "Touch of Glass". In the Civic Hall, Cottingham at 2.00 pm. Admission by ticket £5.00. Tickets from Judy Robinson 01482 876279 or Thelma Horner 01482 847307.

**Wednesday Social Club**

Wednesday 27th February - The Minsterway - Ray Wallace, in the Darby & Joan Hall, at 2.00 pm.

**Women's World Day of Prayer**

Friday 1st March - St. Mary's Church, Hallgate, Cottingham. 2.00 pm. This year the service has been prepared by Christian women of France. All are welcome.

**2nd Willerby Arts Festival**

Friday 15th to Sunday 17th March - Willerby Methodist Church is hosting this Festival from Friday 15th to Sunday 17th March 2013. Free viewing of Exhibits of art work, sculpture and photography from Friday 2-8pm, Saturday 9.30am-5.00pm and Sunday 12 noon - 5pm. On Saturday there are also free workshops in Art, Sugar-craft and Flower Arranging, followed by a Concert "Celebrating World Music" by Open Doors at 7.30pm. (Tickets cost £5 and £3 under 16's). The Festival Service is held on Sunday 10.30am. Further information from the Church or [willerbyartsfestival@dnahome.karoo.co.uk](http://willerbyartsfestival@dnahome.karoo.co.uk).

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# Property News from Martin English of Homelink



## Charges - what can landlords claim?

### Starting point is the tenancy agreement

It is useful to know what you can claim back from your tenant in costs, and indeed if you use a letting agent they would often charge the tenants various additional costs. You can include terms in the tenancy agreement that allow you to charge your tenant for various costs - but what can you charge for and how much?

The Unfair Terms in Consumer Contracts Regulations 1999 apply to tenancies.

Regulation 5(1) states that a term is unfair if "contrary to the requirement of good faith, it causes a significant imbalance in the parties' rights and obligations arising out of the contract, to the detriment of the consumer"

But what does this mean? It basically applies a test of fairness to the particular clause.

Therefore, if you are going to include a term in the contract it must be in clear plain English and set out what you will charge for. A Judge would not allow you to claim for something unless it is set out clearly in the tenancy agreement. In the case of Director General of Fair Trading v First National Bank plc (2001) it stated that "a landlord should not take advantage of a tenant's weaker bargaining position or lack of experience. Standard terms should use plain and intelligible language and tenants need a chance to read all the terms before agreeing to the contract".

There are several clauses you may wish to consider adding to your tenancy agreement:

### Late payment of rent

It's perfectly reasonable to have a clause in your tenancy agreement charging your tenant for interest on any late payments of rent, however, the interest charged should be reasonable.

You could also include a clause stating that there is a charge for letters sent chasing payment. With this you would have to bear in mind what a reasonable admin charge would be and also how regularly you send the letters. It would be for the Judge to decide what is reasonable, but as a guideline I would say that a charge of £15-£25 per letter would be reasonable; certainly £50 upwards would not. You would have to be prepared to justify the charge to a Judge.

With regard to how often letters are sent - I would say that it would be reasonable to send a letter 7-10 days after rent falls due and then maybe another one a couple of weeks to a month later. Sending letters every couple of days would not be reasonable and it could well be argued by the Judge that it is unfair to charge

the tenant for excessive letters when it becomes clear that they are not able and/or going to pay the rent and you should then consider other options open to you.

Of course you can send as many letters as you want, the test of fairness only comes into play when you are seeking to claim this cost from the tenant.

### Issue of Notice

You can include a clause in your tenancy agreement that the tenant can be charged for Notices Seeking Possession, however it would only be reasonable and fair to charge the tenant for a Notice arising out of their breach of the tenancy. It would not be fair to charge the tenant for service of a Section 21 Notice if in fact you wanted the property back to sell.

However, it would be reasonable to charge the tenant for a Section 8 Notice for breach of rent arrears. Most tenancies would not stipulate an amount and it would be left for the Judge to decide what is reasonable to claim.

### Cost of Possession Proceedings

The court automatically allows you to claim the Court fee of £175. You can also claim fixed legal costs if you instruct a Solicitor, however these are unlikely to cover the cost of your Solicitor.

You can include in your contract a term allowing you to claim all your reasonable costs of obtaining possession from the tenant. If you wished to do this you would have to produce a Schedule of Costs to the Court and the Judge would then consider what is reasonable to order the tenant to pay.

### Claims from deposit

You may be able to claim some of these costs from the deposit, but you will only be able to do this if there is a clause in your tenancy agreement that allows you to claim these costs from the deposit. When making the claim through your deposit scheme you will need to produce evidence to the scheme provider of the terms in your contract and what costs you have incurred. Again, as with the Courts the test of fairness will be applied and it will be for the Adjudicator to decide what is reasonable to claim.

However, something for you to bear in mind, it is all very well charging your tenant extra money but if they don't have any money in the first place, what are your chances of getting it back. By all means have the clauses in your tenancy agreements and then review it on a case to case basis, seek to claim the costs back from a tenant you know is good for the money, but do not waste time and Court fees seeking to claim something you will not get back.

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](mailto:menglish@home-link.co.uk) 01482 875248 or contact through Cottingham Times directly.

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## Haltemprice Lions start planning for 2013

Two years ago the Haltemprice Lions received a generous legacy from a Cottingham lady without any restrictions as to its use. After much consideration it was agreed that the Lions would support an activity for the youth of the area with the intention of it becoming an annual event. Consequently the Lions have arranged Musical Competition for Young Persons.

This will take place at the Cottingham Methodist Church on Saturday, 6th April, 2013. Invitations have been sent to all schools in the Haltemprice area inviting 16 – 18 years old to compete in the following classes – Solo piano, solo voice, woodwind, brass, string, to be accompanied as appropriate. A professional adjudicator will judge the entries. There will be a total of £1,200.00 in prize money. Anyone who qualifies and is interested should approach their school in the first instance or contact Fred Cawood, Tel. No. 01482 845132.

The Haltemprice Lions popular Charity Golf Match will take place on Friday, 14th June, 2013 open to teams of four, and they have joined forces with Burstwick Golf Club to raise money for the Marie Curie Cancer Care Foundation. It is £130.00 per team and includes refreshments before, a half way house and two course meal on completion. With the usual prizes this is always an attractive competition and entry forms can be obtained from John Dickens Tel. 07970130728 or email [jdickins@jdickins.karoo.co.uk](mailto:jdickins@jdickins.karoo.co.uk).

And finally (for now).....

The Haltemprice Lions Spring Craft fair will take place on Saturday 18th May, 2013 at the Cottingham Civic Hall, details later. For stalls etc. please contact John Brumpton Tel. 01482 657838.

Interested in the joining the Haltemprice Lions? Contact David Whincup, email : [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk).

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## Wordsearch - Freezing

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

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

Find the words in the letters above:

Antarctic, Arctic, Arctic Circle, Arctic Fox, Blizzard, Freezing, Frosty, Frozen, Gelid, Glacier, Husky, Ice, Iceberg, Icebreaker, Ice Field, Ice Floe, Ice Shelf, Icicle, Igloo, North Pole, Penguin, Permafrost, Polar Bear, Sled, Sleet, Snow, Snowshoe, Snowstorm, South Pole, Whiteout.

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

## Sudoku No. 74 -

This is an easy challenge this month - Answer page 29

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



# MARIONOWENTRAVEL

As I write I am onboard Fred Olsen's Braemar with a group, having a fascinating experience in West Africa. This itinerary is to be repeated, for winter sunshine plus different destinations this is a great break. So far, we have visited Senegal & The Gambia. In Senegal, a group of us enjoyed the most amazing experience up close with animals on a day Safari. Giraffes with their young ones just a stones throw away along with two Rhino just separated from us by a small strip of water. An Ostrich even had its head in the jeep! Hopefully, the sunshine will have given us all a much needed boost when we return to the cold. So back to reality and on with news!

Cruise & Maritime are now selling cruises for summer 2014 but are not sailing from our home port of Hull. We do have a selection of departures from Liverpool and Newcastle with our exclusive option of transport to your ship, giving you a stress free start and finish to your holiday. Call for your copy of the latest brochure and details today.

Tipping on cruise holidays can often make you feel uncomfortable. On many of the luxury lines everything is included, such as tipping, drinks and even shore excursions. Especially with the likes of Regent, Voyages to Antiquity, Hebridean, and also a selection of the river cruise companies. Often these inclusions can make what you think is an expensive cruise, great value when you add up the extras you don't have to pay for at the end of your cruise.

Day outings are growing in popularity. Chatsworth house and gardens has so much to enjoy. When we visit in May & August there are also three special art exhibitions. You can even enhance your day with a guided tour of the house or gardens!

Our Settle to Carlisle railway days are in April, which is a good time to visit giving clearer views from the tracks before the trees have full foliage. This is a lovely easy day of moving scenery!

Potters Indoor world bowls in 2014 - we are delighted to announce that we have 2 departures next year. The first a 3 day 2 night tour and the 2nd a more leisurely affair for 3 nights. The journey to Potters is a long drive and in order to arrive on time for the days bowling which is included with your holiday, it means a very early 5 a.m. start. Our new 3 night departure does not require an early start! Call for details today

Warner's Adult Only Hotels - we have a selection of special departures throughout the year, with travel from our area included. Call for a full list or suggest a new addition.

Many of our own tours are now getting low on availability, many are one off's and it is not our intention to repeat the same tours next year. Also do remember the earlier you make your booking, the better the chance of taking your pick of the seating on our coach! Call for full details & make your booking - or you could visit our website.

China - is a fascinating destination, we offer a great selection of tours from a long weekend to see the Panda's or a vibrant city break, to longer tours taking in all of the major sights. The best time of the year to visit is either the months of April or October. If you are able to escape for 21 days we have an extensive itinerary this October giving you a super experience. Flying from Manchester including travel from your door, visas, your food and guided sightseeing. This is a great way to discover China £2990 per person sharing a twin room departing on 6th October.

Burma February 2014 - it seems a long way ahead but our exciting cruise itinerary for 2014 including Singapore, Malaysia & Thailand is filling fast this is a super new itinerary call Lynne or myself now for more information. Complimentary travel to/from Heathrow is included but our vehicle will soon be full! Don't delay on this one. I look forward to you joining me.

**Our top hot spots this year for escaping abroad to are:** City breaks - New York, most bookings are for November's Christmas shopping! : Beach holidays - Greece : Far East - Vietnam, Cambodia & Burma : Asia - India : USA - New Orleans, Memphis & Rockies fly drives : Canada - Alberta & British Columbia : Africa - various countries, beach teamed with a Safari : River cruising - Egypt & the Danube : New Zealand fly drives : Australia the Barrier Reef : Humberside airport: Madeira.

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Here's to an exciting 2013 we look forward to organising your well deserved breaks and adventures.

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29 Jul	Warner's Nidd Hall 4 nights half board	£ 285
01 Aug	Chatsworth House & Gardens for the day	£ 39
10 Aug	Hamburg & Lubeck 6 days half board Optional International Garden Show	£ 459
19 Aug	Edinburgh Tattoo & Zoo 3days half board	£ 285
26 Aug	Rhine & Moselle River Cruise 10 days	£1559
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03 Oct	WW1 & Amiens Roderie Market 6 days	£ 399
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26 Nov	Thursford Xmas Spectacular 2 days	£ 149
28 Nov	Thursford Xmas Spectacular 2 days	£ 149
30 Nov	Thursford Xmas Spectacular 2 days	£ 149
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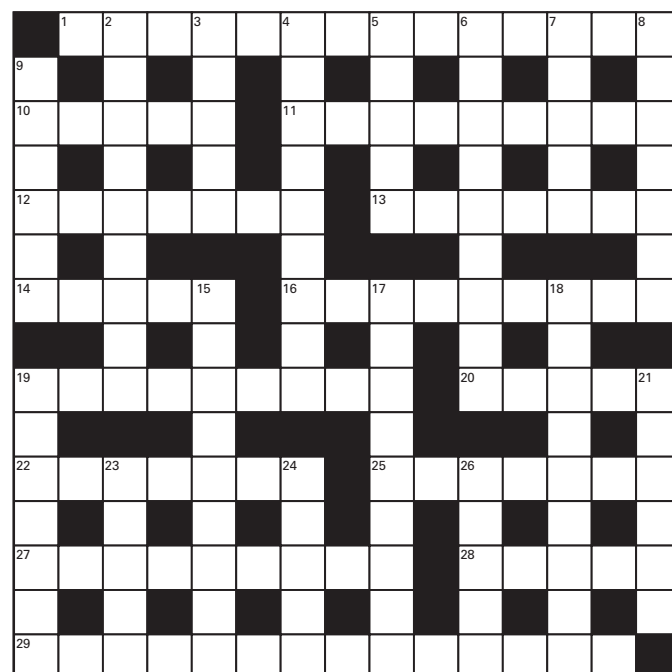
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## Crossword - Solution on page 46



### Across

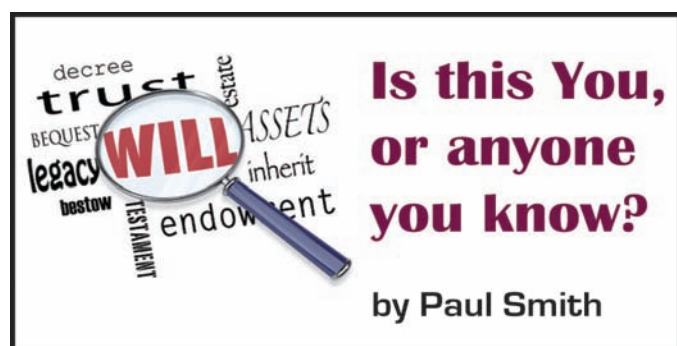
1. Retaliatory strikes (14)
10. Gawked (5)
11. A musical instrument with 3 strings (9)
12. Breadwinners (7)
13. Willingly obedient (7)
14. Sag (5)
16. Lenient (9)
19. Apparently (9)
20. Get to one's feet (5)
22. Punches of sweetened milk and eggs (7)
25. Unrestrained (7)
27. Dancer (9)
28. Due (5)
29. Sins (14)

### Down

2. Deliberate (2 words) (9)
3. Gentle push (5)
4. Stamping (9)
5. Afflicted (5)
6. Gossipers (9)
7. Steep high face of rock (5)
8. Type of onion (7)
9. Concurred (6)
15. Inmates (9)
17. Fantasies (9)
18. Radiation (9)
19. Ice containing milk (7)
21. Senility (6)
23. Helmet shaped (5)
24. Move about rapidly (5)
26. Native of New Zealand (5)

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





#### How to get twenty times more money

I have a savings account at the Britannia Building Society in Whitefriargate. I asked what rate of interest I was getting and was told 0.1%. I then wandered into Virgin Money, which has a branch nearby in Paragon Street, and asked what they would pay on an identical instant access, unlimited withdrawal, account. It was 2%. Twenty times as much. So I moved all my money in a flash.

*Inflation is 2.7% Yet a massive half of all savings accounts now pay less than 0.5% a year. One in five pays 0.1% - effectively nothing. If, as is likely, you have money in one of these accounts, you are just getting poorer. Indifference (like mine) is expensive.*

#### Never keep a bank account more than one year

Every year you must ring up your bank and building society and ask what rate of interest you are getting. You are almost certainly being ripped off. After the banks have had your money a year or so, they start (1) deliberately (2) steadily and (3) silently reducing the rates of interest they pay you until it is almost nothing.

*You have to respond to their rotten practice, and every year move all your money to a different bank or building society. Yes, it is inconvenient, but like going to the dentist, you have to do it.*

#### If your bank credit card has been cloned

Your bank may ring you up to warn you that your debit or credit card is being used fraudulently. You will be asked the usual security questions, including your 4 digit pin number. This news is obviously very alarming, but the bank is reassuring and will send a courier round to collect your card within the next two hours and replace it quickly with a new one. However, it's not the bank. Your card is collected and your bank account emptied. It's older people, over 65, who are most trusting and most likely to fall for this scam.

*The banks will never ask for your pin number, so never give it out over the phone.*

#### A simple will to avoid inheritance tax and save solicitor's fees.

Inheritance tax starts if you die worth more than £325,000. However, if you are married, and you die leaving everything to your husband or wife, when he or she subsequently dies the figure is doubled to £650,000. (If you are already a widow or widower, and you inherited everything from your former spouse, this figure of £650,000 already applies to you.)

I know I will pop off before my wife, so I have a simple will leaving everything to her. I want her to be secure in her old age. Also I

want that £650,000 limit, so I know my children will inherit every penny. I have made her sole executor. I definitely don't want a solicitor appointed as executor, because their fees can be expected to be a percentage of the estate plus £150 an hour or more plus 20% VAT. So if my wife leaves a house worth £150,000, they can charge 3/4% plus VAT of this straight away (that's £1,350 before they have done even a stroke of work - and that's just on the house!) You can understand why solicitors are so keen to be appointed executors in wills. When I die I want her to ring round the solicitors to get the cheapest quote, instead of being obliged to use a particular firm and obliged to pay whatever they want to charge.

There is a will-writer called Barrie Marklew. He is aged in his sixties, he comes to your house, gets your instructions, goes away, does the will and comes back to your house for it to be signed. He does a simple will for £70, or for an extra £10 identical wills for husband and wife where you leave everything to each other. He doesn't want to be an executor, he won't try to persuade you to have an expensive and unnecessary discretionary trust will (if you already have one of these, they are no longer any good, because of the new £650,000 limit), or try to persuade you to give your house away into a solicitor's lifetime trust to save care home fees (these trusts are expensive and likely to be declared inoperative in the future).

*His number is 01964 500315*

#### The disappearing teddies

When children arrived at a children's hospital (it might have been the one in Hull) they were given a doll or a teddy for comfort. Trouble was, they got very attached to these dolls and took them home. All the dolls were disappearing. The doctors and nurses had a discussion about what to do, and one nurse suggested, 'Let's put bandages around the dolls. Ask the children to look after teddy, because teddy is even more poorly than you and has to stay in the hospital.' It worked. The children left the dolls behind.

*The above suggestions are intended to be helpful. Opinions are the author's own. Everything is described in very simple terms, so before taking any action you must take appropriate professional advice, and the author and publisher cannot accept liability for any loss incurred as a result of relying on the above.*

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# In the Kitchen



## Mushroom & Ginger Stir Fry

### Ingredients

- 15ml/1tbsp groundnut oil
- 1 red pepper, deseeded and sliced
- 2 carrots, peeled and cut into fine sticks
- 100g/4oz broccoli florets
- 250g white closed cup mushrooms, sliced
- 4 spring onions, trimmed and sliced
- 2 cloves of garlic, crushed
- 1tbsp finely chopped fresh ginger
- 300ml/1/2pt Vegetable or chicken stock
- 30ml/2tbsp rice wine vinegar
- 30ml/2tbsp rice wine
- 15ml/1tbsp light soy sauce
- 15ml/1tbsp tomato purée
- 10ml/2tsp cornflour, blended to a paste with a little water
- 100g/4oz oyster mushrooms, torn in half
- thread egg noodles to serve

### Method

1. Heat the oil in a large frying pan or wok. When hot add the pepper, carrots and broccoli and stir fry for 2 mins. Add the closed cup mushrooms, spring onions, garlic and ginger and continue to stir fry for 3-4 mins over a high heat until all the vegetables have taken on some golden colour.
2. Mix the stock, vinegar, wine, soy sauce, tomato puree and cornflour together. Add the oyster mushrooms to the wok, stir well, then pour over the liquid and bring to the boil. As soon as the sauce has boiled and thickened, remove from the heat and serve hot with 45-60ml/3-4tbsp thread egg noodles.



## Beefy Spring Stir-Fry

### Ingredients:

- 450g/1lb sirloin steak, cut into strips
- 15ml/1tbsp sunflower oil
- Salt and freshly milled black pepper
- 1 small red onion, peeled and finely sliced
- 175g/6oz broccoli florets
- 100g/4oz mangetout
- 100g/4oz button mushrooms, halved
- 1 bok choy or pak choy, halved
- 75ml/5tbsp good, hot beef stock
- 30ml/2tbsp horseradish sauce
- 15-30ml/1-2tbsp light soy sauce
- 15-30ml/1-2tbsp sherry vinegar

### Method:

1. Heat the oil in a large non-stick wok until really hot. Season the beef then add to the wok and cook for 1 minute until browned, but only just cooked. Remove from the wok with a slotted spoon and place on a plate.
2. Add the onion to the wok and cook for 1 minute, stirring frequently. Add the broccoli, mangetout, mushrooms and bok or pak choy. Stir-fry for 3-4 minutes then add the stock and horseradish. Stir to combine.
3. Return the beef to the wok with any meat juices from the plate and add the soy sauce and sherry vinegar.
4. Serve the stir-fry with plain boiled rice.



## Oriental Sticky Pork Ribs

### Ingredients

- 675g/11/2 lb Pork Ribs, separated
- For the marinade
- 1 tbsp freshly grated Root Ginger
- 2 Garlic Cloves, crushed
- 4 tbsp (2fl.oz.) Soy Sauce
- 6 tbsp (3fl.oz.) Honey
- 4 tbsp (2fl.oz.) Hoisin Sauce
- 4 tbsp (2fl.oz.) Sweet Chilli Sauce

### Instructions

1. Place the ribs in a shallow non-metallic container large enough to take the ribs in one layer. To save on washing up, you can use the plastic packaging the ribs came in, an ovenproof dish or a large sealable plastic food bag.
2. Combine all the marinade ingredients then pour over the ribs and turn to coat. Cover with clingfilm then refrigerate and leave to marinate for 2-12 hours., turning 2 or 3 times during the marinating time if possible.
3. Preheat the oven to 170°C, 325F, Gas Mark 3. If you didn't use an oven proof dish, transfer the ribs and marinade to a roasting tin large enough to take the ribs in one layer, cover well with aluminium foil then bake for 1 1/2 hours, turning occasionally and adding a little boiling water if it dries out too. Prepare in advance - This can be done a couple of hours before serving.



4. After the cooking time increase the oven temperature to very hot 200C , 400F, Gas Mark 7, uncover the ribs and turn to coat, then and roast for a further 20 minutes, or until well browned and sticky.

## Ratatouille filled pancakes

### Ingredients

- 4 pancakes
- 1 tbsp of olive oil
- 1 onion, finely chopped
- 1 red pepper, deseeded and diced
- 1 small aubergine, diced
- 1 courgette, sliced
- 1 clove garlic, crushed
- 400g can chopped tomatoes
- 1 tbsp tomato puree
- Green salad, to serve

### Method

1. Heat the oil in a saucepan, add onion and cook for 5mins. Add pepper, aubergine, garlic and courgette and cook for a further 5mins.
2. Add chopped tomatoes and tomato puree and cook over a medium heat for 15mins.
3. Lay one pancake on a plate, spoon a quarter of the ratatouille mixture over one half of the pancake, then fold over other half over. Repeat the process with the remaining pancakes.
4. Transfer pancakes to an oven proof dish and cook in a preheated oven at 200C for 10mins.

## Tuna, sweetcorn & red pepper

### Ingredients

- 4 pancakes
- 200mls cheese sauce
- 200g tin tuna in water
- 1/2 diced red pepper
- 3 tbsp sweetcorn kernels
- Green salad to serve

### Method

1. Place cheese sauce and tuna in a saucepan and gently heat. Stir in red pepper and sweetcorn.
2. Lay one pancake on a plate, spoon a quarter of the cheese mixture over one half of the pancake, and then fold over other half over. Repeat the process with the remaining pancakes.
3. Transfer pancakes to an oven proof dish and cook in a preheated oven at 200C for 10mins. Serve with a green salad.





# Ways of communicating on the net - and how to be safe whilst your surfing the net . . .

**“I’m old enough to remember when the radio was on the wireless!” said one comedian.** Well nowadays ‘wireless’ means something else entirely, in computer parlance anyway. A wireless router is what you need if you have a laptop or iPad, Kindle, or any other new device that needs to connect to the internet. Wireless routers have evolved over the years and the latest standard (known as n) provides a stronger and more stable signal. Basically the newer the router the better wireless experience you will have, particularly where you have more than one computer plus printer etc. Once set up it’s just there in the background and you can have as many devices using it as you wish.

It won’t be long until virtually everything in our homes is connected online. At a recent conference I attended, one manufacturer was talking about a new generation of white goods, fridges in particular, that can connect! So you’ll probably have your shopping list stored in there under *favourites*, and no doubt it won’t be long until the fridge will monitor what’s inside and will place an order for you when things run out. The first you’ll know is when the delivery man appears on the doorstep!

**Windows 8 for £14.99! Yes this is the last call. If you purchased a Windows 7 computer between June 2nd and January 31st, you can go online to register and pay for Windows 8 Pro. This allows you to download the installation file, and you can choose to install it straight away or some time later. Cut-off date for the download offer is now February 28th. Go to <http://www.windowsupgradeoffer.com/>**

Windows 8 Mail. The tile for mail appears on the new-style

desktop and works great if you have a *Hotmail* or *Live* account. If you don’t, or just want to use Karoo, or any other ‘pop based’ account, you will need to download another email application. Either Windows Live Mail, or Incredimail or Thunderbird all work with Windows 8.

**Enables you to contact anyone with an internet connected device, anywhere in the world for free - you probably knew that already.** But if you wondered why you as a new user, you have to sign in using a Microsoft account, it is because Microsoft now owns Skype (bought for \$8bn!) .And for that reason it is becoming an integral part of Windows. In fact it is going to replace **Windows Messenger** (also known as **Live Messenger**), very soon. Remember you can also buy calling credit to enable you to call any telephone number from your computer (or other device). Whenever you see a telephone number on a website highlighted in blue, that indicates you can click to connect with Skype.



**Security is always a hot topic (or should be) for anyone using the internet.** Statistics show that hundreds of new viruses are released each month, so it pays to be vigilant. Make sure you have up to date and effective virus protection so you won’t be bothered by all these online nasties! For advice on the products we offer, and even a 30 day free trial, just call us today.




**Eset has recently released version 6 of its security software.** If you are using a previous version, you can go to their website and download the very latest one. Normally it will just install over the top of your older one, but if you are using version 3 or earlier, it is best to uninstall first. If you’re not sure then just give us a call.

**Malwarebytes - the excellent anti-malware product has also released a new version.** This now uses a blue icon, so if you thought yours had disappeared, just look for the icon shown here! If you don’t have the Professional version (if it doesn’t start up with your computer), then we can supply the licence for just £20. Remember prevention is cheaper than cure.

## Here are a few hints and tips to help you along:

*When saving a Word Document using version 2007 or 2010 and you want to make sure people using any previous version can read it, click Save As, and choose Word 97- 2003. This will save it as a doc rather than the newer docx format.*

*When using you’re using your laptop on battery power and the screen is not bright enough, look for a key with a brightness icon (like a sun), then hold down the Fn key and tap the brightness key.*

*Want to search for a file on your computer? Just hold the  key and press F to bring up the search dialogue box. Or in Windows Vista or 7, just click the start button and type straight into the empty search box at the bottom.*

**Eset expiring? – don’t worry about trying to do it online, just ring RDM or email [eset@rdmcomputers.co.uk](mailto:eset@rdmcomputers.co.uk) and we’ll quote the online price and do it all for you.**

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## Disability Advisory and Monitoring Group

East Riding of Yorkshire Council, with its partners including NHS East Riding of Yorkshire and Humberside Police, hosts the East Riding Disability Advisory and Monitoring Group. This is chaired by Councillor Jackie Cracknell, who is also the council's portfolio holder for community partnerships, and is made up of members from disability groups, such as the Hull and East Riding Institute for the Blind and the Deaf Club, as well as residents with disabilities.

The group has played an important role in informing the equalities agenda across the East Riding and Humber area and has also provided a great opportunity for people with disabilities to have their voice heard.

During the two years that the group has been running it has had an influence on:

- \*NHS East Riding of Yorkshire Health Strategy
- \*East Riding Access Guide
- \*Humberside Police Force Headquarters
- \*East Riding of Yorkshire Council website
- \*East Riding of Yorkshire Council Transport Services
- \*NHS East Riding of Yorkshire Equipment Services
- \*Changes to Saturday Market, Beverley.

The group is currently looking for new members. Those who are interested or would like further information should contact Kiran Kochar-Johnson at East Riding of Yorkshire Council ([kiran.kochar-johnson@eastriding.gov.uk](mailto:kiran.kochar-johnson@eastriding.gov.uk) or tel. 01482 391425).



**Cottingham High School  
and Sixth Form College**  
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### Request for community members of the trust board and Governors at Cottingham High School

Cottingham High School, which became an academy in 2011, is seeking new members of the trust board and governors who have strong community links and a real passion to play an active part in shaping the school's future and support our strong desire to deliver quality education to all its pupils.

#### The functions of the academy trust include:

- Overseeing the achievement of the objectives of the school
- Taking part in annual and extraordinary general meetings
- Appointing some of the governors
- Signing off the financial accounts and annual report.

#### The role of governors includes:

- Setting the strategic direction of the school by setting the values, aims and objectives of the school
- Agreeing the school improvement strategy which includes approving the budget and agreeing the staffing structure
- Ensuring accountability by regularly auditing performance against the school development plan and budget
- Holding the principal to account for the performance of the school
- Ensuring parents and pupils are involved, consulted and informed as appropriate.

If you are interested in either of these roles please contact **Lesley Browne (Business Manager)** or **Patrick Anson (HR Officer)** at the school on telephone number **847498** in order that we can register your interest.

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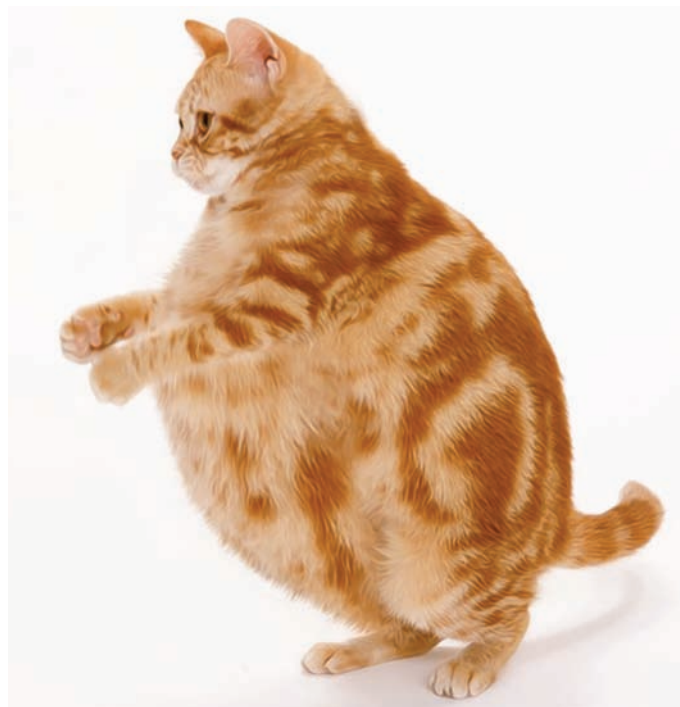


**Paws for Thought**

*This month's column by Margaret  
(Head Receptionist) of Kingston  
Veterinary Services, Cottingham*

"Well it's only one", I tried to convincingly tell myself after I picked a chocolate from the box perched on the coffee table in the staff room of our Cottingham branch. We had been given quite a few boxes of both sweets and biscuits as a thank you, by our supportive clients over the festive period, so of course it's quite natural to sit and have one with a cup of coffee or at lunch..... that is if you have a weak will power like me. We all start a fresh year with good intentions and in my case, or should I say was, a far healthier way of eating. It didn't last long and so naturally, to my disgust and alarm, the pounds are slowing creeping on. The TV tries to encourage us by either forcing us to watch forth coming weight loss program's or what is the latest exercise DVD to buy.

Well, at least we do have control over what passes our lips but what if we didn't and the responsibility of feeding ourselves or exercising solely lies with someone else? What if ..... we have four legs and are unable to speak? Pets are, and in some cases the only living beings in our lives that are totally dependent on us from the day they join the family to their very sad and emotional ending. We nurture and look after their every need from feeding to cleaning, walking to training so why do we so innocently shorten our cherished pets life and bring it to an abrupt end? I say innocently because that is what we are ... innocent in the fact that we don't realize what we are doing it. To give you a clue, I recently came across a poster featuring an empty pets bed with their blankets neatly folded on top crowned by an empty food bowl and lead. It was headed "Ignore a pets weight problem and it will go away".



If you're anything like me, a shiver ran down my spine. It's very poignant and true but more so ALARMING.

Our pets, like most, Charlie, Teal, Bisley and Saffie got an array of chew sticks, treats, chocolate (doggy of course!!), cat treats and food as presents for Christmas so quite naturally, when we sit down to watch TV after our evening meal, we give them the 'odd' treat. After all, there we are munching on our festive delights so why shouldn't they? They have had their tea and been out for a walk so the 'odd' one or two shouldn't hurt?

But it's not only the pet treats I'm talking about (although they should be given in moderation) it's also the odd plain biscuit or that slice of toast whilst we are having our breakfast. I was astonished to find out that feeding a cat just one cup of milk is equivalent to us eating four and a half hamburgers or one slice of toast equals a hamburger for a dog! When you break it down to the equivalent as to what we eat it will shock you, after all we are so conscious of the diet of our babies and young children.

When we put on the lbs, our doctor will advise us to lose as much weight as possible to prevent the four medical symptoms caused mostly by obesity....DIABETES, OSTEOARTHRITIS, HYPERTENSION and HEART DISEASES. If these can occur in the human body, what makes us think our pets are in a protective bubble and immune?

Like all weight programmes, the putting on is the easy part but please do not be put off by the losing. The staff here at KINGSTON are not exempt from this and they will be delighted to know I don't mean themselves. You may have read in previous articles about my daughters cat, Jaffa who steadily increased to an almighty 9.7kgs but with time and patience we got him down to 5.5kgs. The only problem we had after then was the excess loose skin under his tummy that used to swing from side to side as he ran. A 'NIP AND TUCK' would have possibly done the trick.....maybe a future venture for one of our vets?

Now, how do we get our pets to lose the weight apart from the obvious of cutting down their food, tit bits and increase exercise? This is where the knowledge of our weight clinic nurses come in. Each of the KINGSTON surgeries will be holding their very own W.W.P (Waist Watch Programme) lead by their resident W.W.P nurse. Here at the Cottingham surgery, Amy our W.W.P nurse will be holding clinics on various days throughout the week, to weigh and discuss the most appropriate path to weight loss for your pet. Once a programme is chosen, you will be given a book that will be completed on each visit so you are able to follow your pets progress. Along with this you will have the full support and guidance of your very own W.W.P nurse and what's more.....these clinics are free!

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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 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.

We 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.

*We believe the information contained in this article to be correct at the time of going to print. While all possible care has been taken in the preparation of the information, no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by the firm or the authors.*

**Andrew Jackson**  
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We are holding **Wills Clinics** at  
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## “The Tooth and Nothing but The Tooth”

by  
**Chris ‘Dr. Smile Maker’  
Branfield**

### You’ve Lost That Numbing Feeling!

**H**ello again. I hope that you are well. As I am writing the snow is coming down at a right rate. It should be deep in the morning. I hope that the kids have a great time over the weekend and it’s gone by Monday. Oh dear, am I becoming a grumpy old man, ha ha. No, the snow is nice and I enjoyed it crunching under foot as I walked the dog with my wife but it causes chaos when it hangs about for a bit.

#### You’ve Lost That Numbing Feeling. Is It A Sing Along?

Next week I am at a small conference for dental practices and have been asked to give an hour-long presentation. Now, my slot is on the morning of day two. The trouble is that there is a charity do the night before. So, there will be plenty of tired people in the room and I don’t want them falling asleep if I can help it! Part of the presentation will be this topic (if I ever get onto it).

I have taken the song “You’ve lost that loving feeling” and over dubbed “numbing” over “feeling”. Well, this did some doing for me, as I’m not a computer techy at all. It was all trial

and error but got there in the end. It was a choice between The Righteous Brothers and Elvis Presley. I opted for Elvis as I was brought up on “The King” and my dad wouldn’t forgive me if I chose against him.



#### Oh Get To The Point!

Have you ever had a local anaesthetic? Sometimes you can feel like you are about to fall over on your face. Local anaesthetic is great. It allows us to have a load of stuff done in the medical field in a comfortable way. The only real drawback is that you can feel numb for quite a while sometimes. If you’ve had your teeth done you have to wait a bit to have a cuppa.

#### Nearly There

## QuickSleeper<sup>4</sup>

Now there is the QuickSleeper. This is a novel way to deliver a dental anaesthetic and numb up to 6 teeth in one go without the same numbing of the cheeks, lips and tongue. How good is that? Now, it does not replace conventional anaesthetic altogether, as it cannot be used in all situations and each case needs to be assessed properly, but I am using it more and more. It is a bit different. There is an element of vibration involved but it is all very gentle and feedback is very good. It is ideal for doing a few tooth restorations in different areas of the mouth in one go, especially if your struggling for time and want to get a lot done in one visit. Perfect for people that live away. Or those who cannot wait for a cuppa!

#### Now Taking Requests

I have been asked to talk about dental health for the aging person, so next month I’ll give that a go.

No kids football this weekend due to the snow so maybe a bit of a lie in, we’ll see. Hull city are doing well but had a nightmare against Sheffield Wednesday. A chance to get ahead of the crowd behind went begging. Let’s hope back to winning ways again and up to the premiership without any messing about.

*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 20 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).

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## Christmas behind us, the New Year ahead of us and Love is in the air

### Christmas Past

**M**y first Christmas and New Year as a landlord was a very **nervous** one; had I got the **stocks** right, are the **staffing** levels right, will our Christmas Day menu match the **expectations** of our customers who trusted us on their **special day**? Well most probably more by luck than judgement we didn't run out of stock, my **brilliant** staff who worked their socks off over the festive period kept the service levels up and the number of **repeat** bookings we received for next Christmas Day indicates that we seemed to have got that right as well, whew!!

So **thanks** to my **staff**, our **customers** and my own **family**, who put up with not seeing much of me, I had a fabulous Christmas and New Year and I hope all of you did as well. **Thank you.**

### New Year New Kitchen

As mentioned last month we are having a complete **Kitchen refit** and décor uplift to our dining area, including new **chairs** and **tables**, which should be **concluding** as you receive this month's magazine. Our new facilities will be open on **Thursday February 7th** with a **new look menu** together with our Chefs sumptuous specials board and we look forward to **welcoming you** all back after the two week closure. As I write this, we still have a few tables available for **Valentine's Day** so if you want to treat someone **special** to a **lovely** meal (sorry about that one) in warm and friendly surroundings give us a ring soon. All reservations 01482 843403.

### New Moon !!

The reopening of our Dining facilities will also see the launch of our new branding and Logo which emphasises my ambitions for the Half Moon as "Skidby's Village Pub". I am adamant that recent and future planned improvements will not be detrimental in any way to the character and traditions of the Half Moon. In a time of cloned corporate identities I am convinced that there is a place for local individuality, community and hospitality which is the history of the British Village Pub.

**As always my thanks to my Staff and our Customers, cheers - Mike**

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## COTTINGHAM LITTLE THEATRE

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*We are pleased to announce that in May,  
our next production will be*

## 'The Memory of Water', a poignant play by Shelagh Stephenson, which is to be directed by Adele Williams.

The story centres on three adult sisters who return home following their mother's death. Reflecting on their childhood and fuelled by whiskey and marijuana, old hurts, resentment and jealousies soon erupt. Surprisingly, with a key theme of death, it is a funny play.

Shelagh Stephenson's bittersweet story, deals with love, disappointments, laughter and tears, and most importantly, the memories that bind us.

### *The performance dates will be:*

**Thursday May 9th**

**Friday May 10th**

**Saturday May 11th**

**To Commence at 7.30pm at the Darby & Joan Hall, Finkle Street Cottingham.  
(Doors will open at 7.00pm).**

Tickets will be £6 (concessions £5.00) and will be available from Barkers Newsagents, Hallgate, Cottingham, at the beginning of April.

### PLAY READINGS:

To be held in The Snug at the Duke of Cumberland, on Market Green. Please be there for 7.15pm so that parts can be allocated for a prompt 7.30pm start.

### *The dates for the next three play readings are:*

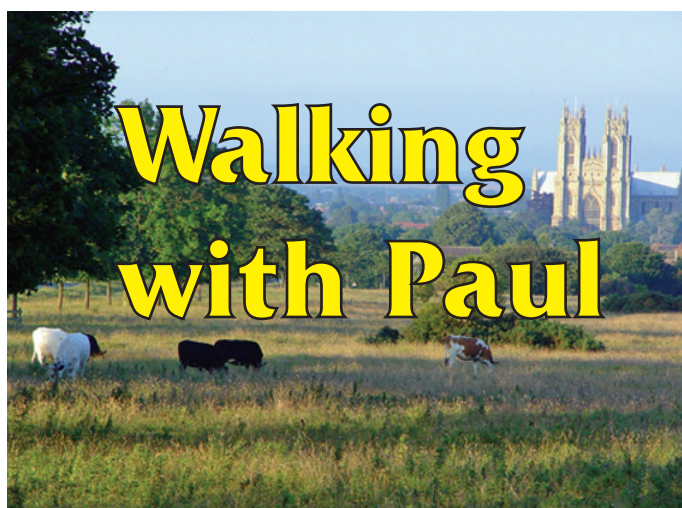
**Monday 4th February**

**Monday 4th March**

**Monday 1st April**

Everyone is welcome to our play reading evenings, to take part, or to learn more about us. Please view our website where you will find more information: [www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk).





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

This month his destination is Beverley.

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

Map:- EXPLORER 293

Start at GR. SE027376 Morrisons Car Park.

Distance 5.5 Miles.

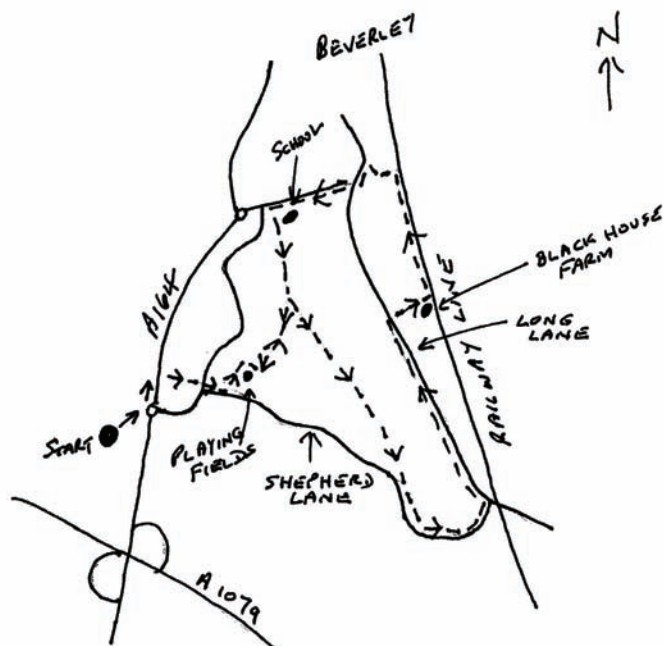
Leave the car park and on reaching the roundabout walk on the footpath alongside the A164 heading for Beverley and after about 200 metres cross the main road and locate and walk down an enclosed path in an easterly direction. This emerges on an estate road, cross straight over and walk in the same direction down Shepherd Lane.

After about 150 metres, turn left and head across a grassed area towards a fenced play ground. Skirt round the playground to the far right corner and then turn left onto a surfaced path. Follow this path through the trees for about 400 metres and then veer to the right and follow the Beverley 20 path across two fields to emerge once again on Shepherds Lane. Continue ahead on the lane to pass Old Hall and eventually meet with Long Lane. Turn left and follow Long Lane towards Beverley.

After about one kilometre, turn left down Black House Farm access road and on passing the stables on the left, pass through a kissing gate and turn right walking with the hedge on the right to meet the hedge near the railway lines.

Turn left here and walk with the railway line to the right. (Could be very muddy in this area). After three fields, turn left on reaching the field corner and follow the path round to emerge on Long Lane.

On reaching the lane, turn left and then after about 200 metres turn right to walk down a wide road and eventually pass a school on the left. Shortly after passing the school, turn left and follow a clear path which eventually joins up with the outward track near the playing field and retrace the route back to the cars.





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Now that the temperature is rising and we are having slightly milder weather, it's time to assess winter losses and plan replacement plants, taking into account those that didn't survive the snow. (Then again with our unpredictable weather the snow may be back again).

Make sure to keep your garden tidy so that you are ready for the arrival of the Spring weather. One job that is fun and rewarding with superior taste rewards is growing your own potatoes. Whether you have a garden, allotment or small patio or balcony there are many options for growing seed potatoes.

#### What to grow

- There are dozens of different potato varieties, usually described as early, second early and main crop potatoes. These names indicate when they crop and also give you an idea of the space you'll need, how closely and when they can be planted.
- You should concentrate on the earlier types if you're short of space, and it's also worth remembering that earlies are less likely to encounter pest problems as they're lifted so much earlier in the year.
- Second earlies take 16 to 17 weeks to mature after planting, so you should be able to harvest them from very late June through to the start of August.
- Main crops are ready 18 to 20 weeks after planting, so they can be lifted usually from July through to October. Main crops take up the most space in the garden, but they tend to be the best varieties to grow if you want some for storage.

#### What to do

##### How to chit

- Chitting simply means encouraging the seed potatoes to sprout before planting.
- Start chitting from late January in warmer parts of the country or in February in cooler areas, about six weeks before you intend to plant out the potatoes.
- Each seed potato has a more rounded, blunt end that has a number of 'eyes'.
- Stand the tubers with the blunt end uppermost in trays or old egg boxes, with plenty of natural light.
- The potatoes are ready to be planted out when the shoots are 1.5-2.5cm (0.5-1in) long.

##### How to plant

- Plant your chitted potatoes when the soil has started to warm up, usually from mid-March or early April. Start by digging a trench 7.5-13cm (3-5in) deep, although the exact depth should vary according to the variety of potato you're planting.
- Add a light sprinkling of fertiliser to your trench before you begin planting.
- Plant early potatoes about 30cm (12in) apart with 40-50cm (16-20in) between the rows, and second earlies and main crops about 38cm (15in) apart with 75cm (30in) between the rows.



- Handle your chitted tubers with care, gently setting them into the trench with the shoots pointing upwards, being careful not to break the shoots. Cover the potatoes lightly with soil.

- As soon as the shoots appear, earth up each plant by covering it with a ridge of soil so that the shoots are just buried.

- You need to do this at regular intervals and by the end of the season each plant will have a small mound around it about 15cm (6in) high.

##### Harvesting

- Your home-grown potatoes should be ready for lifting from June until September, depending on the varieties and the growing conditions. Earlies can be lifted and eaten as soon as they're ready.

- This will be when above-ground growth is still green, and usually as soon as the flowers open.

- Second and main crop varieties can be kept in the ground much longer, until September, even though above-ground growth may well be looking past its best.

- Two weeks before you lift the crop, cut the growth off at ground level. This should give the skins of the potatoes sufficient time to toughen up, making them far less prone to damage from lifting and easier to store.

##### Growing tips

- Potatoes like plenty of sun, so avoid planting them in frost-prone sites, as these conditions can damage the developing foliage. If you're starting up a vegetable plot on very weedy ground or old grassland, potatoes may help swamp out weeds with their fast-growing, extensive foliage.

- If you're short of space, try growing potatoes in an adequately drained container that's at least 30cm (1ft) deep and wide. Half fill the pot with multi-purpose compost or good quality, fertile garden soil, nestle two seed potatoes into the top of the compost and then top up with more compost or soil to within 2.5cm (1in) of the rim of the container.

## Top Ten Tips

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



• It's particularly important that there's adequate water once the tubers have reached the size of marbles. Unless there's regular, ample rainfall, the size and quality of the crop will be reduced if you don't water your potatoes.



#### Plant of the month Camellia

Camellias are one of the most popular winter- and spring-flowering shrubs, providing a vivid splash of colour when little else is in bloom. Although they need acid soil, they are easy to grow in containers of ericaceous (acidic) potting compost.

#### Site and soil conditions

Camellias are woodland plants that grow best in shelter and light shade, although with careful watering they can be grown in sunny positions. They prefer free-draining conditions, with plenty of organic matter, such as leaf mould, incorporated into the soil. Being ericaceous plants, camellias require an acid soil. If your soil isn't acid then consider growing your camellia in a container.

#### Watering

Tap water, especially in hard water districts, often contains too much calcium for camellias, reducing the acidity around the roots over time. Rain water is ideal for watering camellias. If rain water runs out, tap water is satisfactory for a month or two in summer.

#### Feeding

Feed camellias with acidic fertilisers, such as Chempak Ericaceous, Miracle-gro Ericaceous, sulphate of ammonia or sulphate of potash. Controlled release fertiliser pellets are available from Miracid and Phostrogen to mix into the potting compost of container-grown plants, avoiding the need for further feeding until the following season.

You can use organic fertilisers, including fish, blood and bone and seaweed products.

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## Your Stars for February 2013 - By Kay Gower

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

New patterns are forming in your life. The bigger you think, the bigger you'll accomplish.

Assume the best this month and march on.

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

The path ahead is clear and free from pot holes and it's as though you are the first to use up this brand-new pavement. You're in for a smooth ride for the next couple of months. It's about time.

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

A friend will figure strongly this month. There seems to be some chaos or mystery around this person — perhaps intriguingly so. Just be careful. You'll have to decide how deeply you should get involved.

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

You are inclined to be intolerant of your own mistakes, and yet where others are concerned, you're more lenient. This is not fair on you! Treat yourself with the same care and gentleness you extend to others.

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

Resolutions don't have to last the whole year. Make a resolution intended for just this one brand-new month. This shorter time span will make it easier to keep. You can always resolve again next month if you need to.

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

You're a tough judge of character, especially your own. What you expect of yourself is sometimes unreasonable, although that won't stop you from achieving it this month.

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

February may be dominated by other people's needs and you may not be able to fully concentrate on the things that matter most to you. Take heart your time is coming, and soon.

It's just not this month.

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

You may not feel like your usual self at the beginning of the month. Instead you realise you're someone who is just trying to get through a situation — slogging it out with the rest of us. Knowing you're not alone may help you soldier on.

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

Emotional needs can't be met through food and drink. An empty belly can't be satisfied by love and good intentions. Take some time to assess a 'need' so that you can prescribe the correct remedy.

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

You're even more powerful than usual, so be careful what you think about. Your thoughts have a way of becoming realities rather quickly. Fill your head with those outcomes you'd most like to see occur.

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

This month, especially the last two weeks will be touched by unusual happenings. Strange people and even stranger experiences come from out of the blue. You might enjoy the shakeup. There could even be a windfall around the last week.

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

The next solution you try may work like a charm...or it may not. Frustration will lead you to a dead end but only if it causes you to give up. Don't let it.

Just because things aren't coming together easily doesn't mean they never will.

March on.

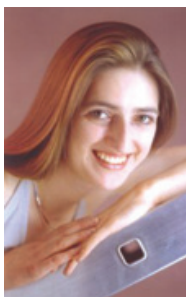
## Claire Jones (Harp) and Kathryn Thomas (Flute) make welcome return to Toll Gavel United Church, Beverley

Claire Jones playing the harp and Kathryn Thomas playing the flute are making a welcome return to Beverley on Thursday 28th February 2013 at Toll Gavel United Church at 7.30pm.

This beautiful programme for flute and harp given by two distinguished British musicians features some delightful repertoire from France including works by the wonderfully lyrical Gabriel Fauré and Maurice Ravel and also more traditional repertoire including the exquisite music of J.S Bach. "The Mozart flute and harp concerto perfectly crowns a disc splendidly celebrating the artistry of Claire Jones". (Gramophone Magazine)

Tickets Adults £12, Concessions £10 are available from Beverley Tourist Information Centre (01482) 391672 or [www.eastriding.gov.uk](http://www.eastriding.gov.uk).

*Pictured Kathryn Thomas, Flutist.*



## Hallgate Primary School's Nearly New Baby Sale, Sunday 24th February

The Friends of Hallgate Primary School are organising a Nearly New Baby Sale on Sunday 24th February at Civic Hall in Cottingham, 10.30am – 12 noon

There will be good quality toys, clothes, books, equipment and everything you could possibly need for children aged 0 to 5 years old.

Refreshments will also be on sale to help raise funds for the school.

If anyone is interested in hiring a table for this or future events, can they please get in touch with Leigh Pullen on [leigh@pullen213.karoo.co.uk](mailto:leigh@pullen213.karoo.co.uk) - all are welcome - this event is not just for Hallgate parents.

### Sudoku Answer from page 12

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

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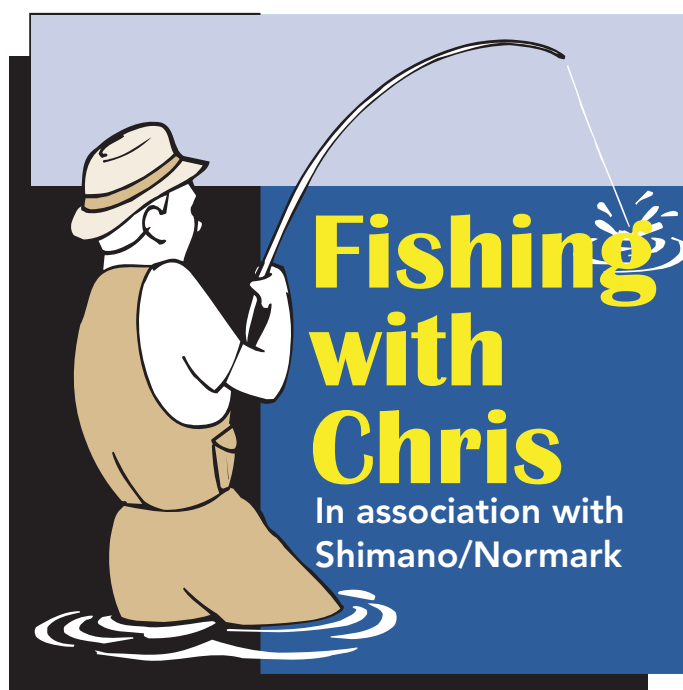
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**Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing**

**H**ello once again fellow anglers to this month's article. Today's date is 14th January.

I hope we are all well and fit for fishing. Today as promised I am going to tell you about some of the marks that are regularly fished from in the Humber.

First of all let us start at the obvious, inside Spurn. If you are on the point itself you ideally want to be from the green marker lighthouse walking 1'0'clock towards where the fort in the middle of the Humber is, when you reach the water's edge at this point it is very deep. So deep that with a sixty yard cast you will think your line has gone straight down. There are a few snags here but it is a fantastic mark for good bonus Cod and Sholes of Whiting. Further round is the jetty area where the pilot houses are, this area is noted for flatfish and at this time of the year Bass. It is also very popular because you can park really close to where you fish.

Next is a place called Chalky Point. This is located just behind the Crown and Anchor pub. You can park in the car park, then walk to the obvious point. This place is Flatty heaven on certain tides. It is relatively flat here and use small hooks with fish baits, this works best.

Next on the list is famous Old Hall. To get to this mark you need to take the sunk island road at Ottringham. Follow this road all the way to the bottom of a really long straight, then you will turn left at some houses. You need to park here, please do so sensibly. At this point you will notice that you have to walk across two very large fields, cross a small dyke via a plant and if you're still not tired climb a small hill. Now you have walked about 1/2 of a mile, if the tide is in you are there. In front of you is a concrete sluice gate. You have to get there early to claim this spot. To your left is what is called the plateaux for obvious reasons, and to the right are the mud flats. This place has always produced loads of match winning Cod, and usually plenty of them. If you can cast into the deep water channel here never leave your eyes off your rod. Big baits are the order of the day here. Some anglers like to use lead lifts at this mark as well. Don't attempt this mark if you are not fit; do attempt it if you want to become fit!

Next is a bit closer to home, Paull. This spot seems to produce loads of mixed bags of fish. You can fish from the car park here or walk to the left and fish the Cranches. Again try to fish the channel here. Then there is bull nose, King George plus the car park. This mark can be a bit funny. Sometimes you can go weeks blanking at this mark then all of a sudden you will bag up. For this reason be prepared to move after an hour or so if it is not producing.

St Andrews quay to Horse wash (River Hull Entrance) is next. Again mixed bags are constantly being produced from here. I personally would fish small 1 – 1/0 hooks at these marks and target Flatty's and Whiting, but again Cod are caught along this stretch all the time so keep an eye on your rod. Make sure you are parked legal when visiting this mark. Finally Mr Chu's to Makro. This is a very popular mark and is fished regularly week in week out by what we call the Makro Crew!! You may know who they are, Tommy, Gordon, Eric the Viking and Little John etc.

They not only love the fishing here they love the crack. Just like the last mark mixed bags of fish are caught regularly from here but the elusive Cod are not far away. So again keep an eye on your rod at all times, that includes you Little John. That should be enough sea and Humber marks to keep you going for quite a long time. There are a lot more marks, you will find out where from the blokes that you fish near.

Next month I will tell you how some of our coarse fishing venues are doing.

Keep the reports coming in please so I can share them. If you are planning on going on the match opposite I have tickets in store now.

Pop in and see our ever changing stock. Have a cuppa whilst you browse. You never know you might find that bargain you been looking for.

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

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## Records set to tumble at Europe's biggest angling event

The record breaking European Open Beach Championship, Europe's largest beach angling festival, is well on course to smash yet more milestones with the confirmation of the historic £35,000 prize fund which has seen a huge surge in entries for this year's 20th anniversary competition.

Bookings are flooding in for beach angling's premier event which will see over 1000 competitors descend on the East Yorkshire coast in March to battle for the crown of European Champion and drive away with a brand new Peugeot 107.

A massive marketing and promotional campaign has continued throughout the UK and Europe which has already resulted in overseas entrants from Ireland, Belgium, the Netherlands, Germany and Poland, as well as across the UK. Anglers from a dozen countries are expected in the East Riding to compete in the hugely popular weekend which continues to buck the national trend and attract ever increasing numbers of new faces despite the continued difficult economic conditions.

The beach fishing extravaganza, which is organised by East Yorkshire Events in association with Total SeaFishing Magazine, is an enormous economic boost for the whole coastal area. Local businesses will benefit from over £1/2 million which is spent within the East Yorkshire region in what is normally a very quiet time of the year.

Kieran Lawry, from East Yorkshire Events, said: "We are really excited for this year's 20th anniversary event and the celebrations will be fantastic. Not only have we increased the prize fund but the change to a new bigger venue at Sand-Le-Mere Holiday Village gives us a great opportunity to continue the growth and development of the event.

"The response so far has been unbelievable and we have been inundated with inquiries for tickets and accommodation. The Holiday Park accommodation sold out in just over a week and that is all down to the buzz that this year's event has generated. We can't wait to welcome such large number of first time visitors as well as our old friends to the area and showcase 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."

The weekend starts on Friday, 8th March with the eagerly anticipated EOBC Flattie Bash held on Hornsea North Beach and is the ideal preparation for the weekend's main competition held on Saturday 9th and Sunday 10th March.

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 for all the family 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 and local man Stuart Voase from Witherwick who walked away with £4000 and the crown of European Champion.

Tickets are available for the competition and can be purchased at [www.eyevents.co.uk/events/open](http://www.eyevents.co.uk/events/open), by cheque/postal order to: EY Events, Room JF73, County Hall, Beverley, HU17 9BA. (made payable to East Riding of Yorkshire Council), or at Catchmoore Fishing Tackle at 259 Greenwood Avenue, Hull HU6 9QA. Tel. 01482 803260.

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### Good things happening in 2013 at Mercure Hull Grange Park Hotel.

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	<b>Valentines Dinner Dance</b> Saturday 16th February 7:30pm to 1am £50.00 per couple for a 3 course dinner or £125.00 per couple including overnight accommodation.	
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## Chinese New Year The Year of the Snake begins on February 10th

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

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

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

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

### Reunion Dinner

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

Mah-jong is linked with gambling with huge sums of money being won and lost by the players. An excellent memory is required to remember which tiles have been laid down and which remain. Once a certain point in a hand has been passed, you need to pay special attention as if you are the one to put down the tile that enables another player to win that hand, you not only have to pay your own losses on the hand but those of the other two losing players as well. This can mean serious amounts of money.

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

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

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

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

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

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





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

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

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

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

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

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

#### Chinese Good Luck Foods for the New Year

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

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

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

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



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

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

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

For your 2013 cures kit visit [www.fengshuiweb.co.uk](http://www.fengshuiweb.co.uk).

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## **Snow, roads, vehicles and horses . . . all mixed up together**

**It is amazing how the immediate world we live in  
can change in minutes**

**W**eather leaves us all having to cope with our lives dependant on its particular personal affect. As I write this I am looking at a world of ice and snow.....One of my staff made me laugh out loud when she was walking out to the field in the first snowstorm, head down, chin tucked in her collar.....she grumbled a statement about snow being totally un necessary!

To people who work outside it certainly is. To children and to adults who have time to play, snow brings fun. It brings a collapse of rational thought to most motorists though.....the stupidity of risk taking in snow is beyond belief.

For horse owners the white stuff has lots of risks as horses fall on ice incredibly easily. Their metal shoes simply skid on ice and the unshod horse fairs no better. Snow itself balls up in shod feet so that they develop dangerously high stiletto heels made of compacted snow....which can snap their fragile legs. All this leaves us with an inability to work horses in our ménages and means that any real exercise has to be done out on the main roads only, where the risk of ice is lessened.

Yesterday I was riding up to Little Weighton on a rescued, traffic shy pony, with my head girl riding, on the outside of me most of the time, on my very traffic solid horse Gillette. Ignore the irony of his sharp name, it is a long story saved for another day!

**She was attempting to protect me from the traffic and certainly to protect the traffic from my nervous pony, at a personal risk to herself I may add.** As a team we are slowly but surely building up the confidence inside this pony's head and he is doing extremely well. Our aim to for him to end up feeling safe out on the roads as well as he becoming safe for other road users obviously. **As professionals we always consider other road users** and always give thanks or request sensible actions from the drivers. If we ask a driver to slow down it is for very good reason and is done so as much for the vehicle driver's safety as our own.

Neither Carlie nor I could believe how inconsiderate and blatantly stupid the drivers were, despite being politely asked to slow down (with correct arm/hand signals given in plenty of time) and just how fast the driver's were hurtling along in both directions.....given the conditions it was like "Death race 200". **It would only take one wheel to slip onto the snow covered verge and all control of that vehicle would be lost instantly.....There is absolutely no room for error.** The consequences of which could well be catastrophic for the driver, his family and friends. No one wants a dead or badly injured friend or relative especially when it is 100% avoidable and simply all boils down to rational thought.

The picture I am trying to paint with my words is one of caution as well as pleading for mutual respect.

Had that pony of mine had a panic attack because the vehicle driver chose to ignore our request for considerate speed... alongside the huge personal risk re the awful road conditions, the consequences would have been horrendous. I am talking car after car being so stupid and ignoring our signals. I wholeheartedly thank those who do take that nano-second in their lives to slow down and pass wide. We always hand signal our gratitude. You save yourselves as well as us.

**Those horse riders who think you have a god given right to the roads**, without so much as a backward glance at those considerate drivers who do slow down, make the lives of other horse riders so difficult. Respect and manners work in every direction.....and are free!

Drivers please! We all share this world on equal terms. We all have a duty of care for each and everyone who touches into our lives at any given time and for any given reason..... momentarily sharing a road for only a few seconds is still a share and is still worth respect and an awareness of potential life threatening danger.

Sorry for the lecture folks.....but I hope it saves someone's life sometime though.

As a total digression to horses, I was walking through Cottingham Market day today and saw an elderly lady who was obviously terrified on the ice. I helped her walk and enjoyed her company for an hour! Together we bought her some brand new winter boots for her poorly feet! Our opportune meeting made me realise that, although I worry for my horses on the ice and the catastrophic implications of a fall, elderly people fear it just as much. Lives can be ruined in seconds.

***Doris, it was a pleasure to meet you! x***

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## Take control of funeral costs

Organising a funeral involves a great deal of emotional and mental strength and it's important to not ignore the impact on finances. Dealing with the costs of a funeral is extremely important which, if not planned for, cause unnecessary stress during a very difficult time.

A helpful solution is to take out a Funeral Plan which allows you to outline the arrangements you wish to make. Many Funeral Directors require a large deposit before the actual funeral has taken place so arranging for costs to be covered in advance makes sure that grieving family and friends won't have to bear the responsibility.

At Age UK East Riding we know from our customers that funeral costs remain a concern for them. Preparing now means you can make essential arrangements in advance and give yourself and your family peace of mind for the future.

### Funeral Plan checklist

- Is your money safe - is the plan provider Funeral Planning Authority (FPA) registered? Look out for the logo
- Check exactly what is guaranteed by the plan so to avoid any costly surprises
- Paying by instalments? Check the total cost and what penalties may arise if you can't keep up payments for any reason
- Find out your rights if you change your mind, what is the cancellation policy, is there a fee?
- What funeral director services and external costs are covered by the plan?
- Check what funeral directors are included in the plan? If you relocate is the plan easily transferable to another funeral director?

If you would like help planning for funeral expenses and arrangements in advance and would like to know more about the Age UK Guaranteed Funeral Plan, please visit [www.ageuk.org.uk/funeralplan](http://www.ageuk.org.uk/funeralplan)

*Written by Gillian Banks Trading Manager, at Age UK East Riding*

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## Hull Alpha Probus Club move to Pearson Park Hotel

The Hull Alpha Probus Club, previously the Holderness Alpha Probus Club, has relocated its meetings from the Railway in Cottingham to the Pearson Park hotel in Hull. The first lunch at the hotel will be on Thursday 31st January from 12.00 p.m. onwards and will be followed by a talk from a guest speaker.

The first coffee morning at the new venue will be on Thursday 14th February from 10.15 a.m. The Club meets twice monthly on Thursdays for alternate lunches and coffee mornings.

Anyone who is retired will be most welcome to attend. Please contact the Club Chairman on 01964 624238 for more information.

The Club would like to thank everyone at the Railway for their generous hospitality and kind support during the six months the Club was based there.

## Women's World Day of Prayer

**(International and interdenominational)**

On Friday 1st March over 3 million people worldwide will be praying and worshipping together during the Women's World Annual Day of Prayer. By the end of the day this service will have been celebrated in over 170 countries and more than 6,000 services will have been held in the British Isles alone.

Although organised and led by women, this is essentially a day of prayer for everybody, demonstrating our solidarity with our sisters and brothers in other countries and all are welcome to attend.

The service is prepared by a different country each year and this year is prepared by Christian women in France who have chosen the theme "I was a stranger and you welcomed me" (Matt 25-25). France is well placed to explore this theme for its population is one made up of people from many parts of the world. The service poses some searching questions on what 'welcoming the stranger' means for us all. May we be especially sensitive to all who cross our path in need of a loving welcome.

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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.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.**





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# Moving Abroad?

## A monthly column by Nick Russell

### Christmas and New Year

**W**ell, we have spent our first Christmas and New Year out here in Spain and I have to say it's quite a bit different from the UK. The first major difference we noticed was the shopping experience. We went food shopping on the Saturday before Christmas expecting it to be mad like the UK but it was just like a normal day and a much more pleasant experience than back home. Even the toy and gift shops weren't packed !!! I did think it might be down to the terrible economic situation over here but talking to other people it's just normal behaviour...no one goes mad.

The second difference we noticed was on Christmas Eve, which traditionally the Spanish treat as a massive family day. All the generations get together at some ones house from around 2pm for a meal, which can last till late into the night. Because of this, most local businesses, including shops, bars and restaurants all close at lunch time and don't re open that day so it is impossible to have a night out like in the UK. A couple of bars in the village did open again just after midnight for a couple of hours but that's it. Everywhere remains closed on Christmas Day, although Spanish children don't get the majority of their presents until 6th of January (12th night) and Boxing day is not recognised here, it's just a normal working day.

Also we noticed a lack of Christmas lights and decorations around the village and in the houses and to be honest we didn't really see any to buy in the shops. Spain still seems to view Christmas as a celebration of the birth of Jesus and a time to spend with family and friends and not a massive commercial period.

New Years Eve is also a big family occasion and certainly much busier in the shops. Once again nearly all the bars and restaurants in our village were closed until after midnight so, like Christmas eve, we all spent the evening at home!!



### Parade of the Three Kings

The big night out for the Spanish is January 5th, known as "tres Reyes" which symbolises the giving of gifts to the baby Jesus by the three Kings. Most towns and villages have a parade with a couple of floats moving around the streets, decked out with children and adults dressed up as kings, shepherds etc. and as the parade moves around the village they throw sweets at the children in the streets. The village was very busy that night and all the bars stay open till late. Our grandchildren really enjoyed this night, especially when they came home with a massive bag of sweets they had collected.

The next day (12th night) is when the Spanish children get the majority of their presents to open.

So all in all it was a very different holiday period to what we have been used to but it was refreshing to see that, despite its financial problems, Spanish businesses and people do not see Christmas as such a commercial "golden egg" as in the UK. The true meaning of Christmas is still strong and family values are even stronger.

Because of the grandchildren, we tried to keep Christmas as normal as possible, with presents and Christmas dinner on the 25th and they did enjoy the festivities overall.

### Winter Weather

Generally the weather has been pretty warm and sunny during the day but getting quite cold on a night. Christmas eve reached 24C during the day with glorious sunshine but Christmas day was very wet and only reached about 12C. Since then it's slowly getting cooler and wetter as we head towards February, which is usually the coldest month.

### Olives

At the time of writing (15th Jan) our olive crop still hasn't been picked but it should start within the next week or so. The harvest season does run until the end of March, so we still have



plenty of time and, as we have heard that the price of olives is going up, I don't mind waiting a bit longer.

### Sierra Nevada Ski Slopes

From our patio and balcony we can see the snow on the Sierra Nevada mountains in the distance but we have never ventured up there since we have been here. The ski slopes are only about an hour away so while the kids were on school holidays we decided to have a trip up there. The ski season here runs from December to the end of April/May and is supposed to offer great skiing at some of the cheapest rates in Europe. We headed to the town of Pradallano, about 2000 metres up the mountain, where the scenery on the drive was absolutely stunning. From the town, the views of the ski slopes, mountains and surrounding countryside were brilliant and the town itself is full of bars, restaurants, shops and hotels and very easy to walk around. It was a little surreal to be sitting outside in the sunshine having lunch while watching the skiers flying down the slopes, all wrapped up against the cold. It's a lovely place to visit, especially if you are into skiing and even if, like us, you are not. We will definitely be going back very soon.

### Building Work

Work on the ground floor of the casitas is coming along nicely and hopefully power and water will be connected in the next couple of weeks. Once that's done we can get on with plastering the walls, painting and tiling the floor. We are still waiting for the architect to come and draw up the plans for the roof so we can put forward another request for planning permission for the upstairs- but this is Spain so no rush.

### School Nativity Play

Both grandchildren had speaking parts in the school nativity play on the last day of term so we all went along to watch. I am pleased to say they managed to speak their lines without a problem, although we didn't understand a word that was said. The play was really well put together and lasted about 2hrs and followed along the lines of most Nativity plays so we were able to follow it.

### Jacuzzi

The Jacuzzi is now up and running and getting plenty of use on the cold nights. It's lovely to relax in the hot bubbles after working all day in the garden. Of course any guests who come out are more than welcome to use it if they wish.

If anyone would like more information or might be interested in visiting during 2013, just send me an e-mail to [nickruss@hotmail.co.uk](mailto:nickruss@hotmail.co.uk) and I will send details.



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## "The Help"

If you've read the book, now's your chance to see the film. If you have not read the book, then be sure not to miss this film that won an Oscar and forty-six other awards.

The Help is melodrama depicting the story of an aspiring, young, white author - Young Skeeter (Emma Stone) - during the civil rights movement of the 1960s, who decides to write a book detailing the African-American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis. She coaxes tales of rage from the below-stairs help and ruffles the feathers of the town's fragrant, Stepford-style racists. Tate Taylor's polished, handsome yarn (culled from the Kathryn Stockett bestseller) boasts some bold play-acting from Bryce Dallas Howard (spiteful society belle) and Jessica Chastain (brittle trophy wife) though happily they're very much the support chorus here. Instead, centre stage goes to Stone and Octavia Spencer's indomitable Minny, who delivers the film's bumper payload of revenge.

The film will be shown at Swanland Village Hall at 7.30pm on Saturday 16th February 2013 with tickets available at the door at £4 (adults) and £2 (schoolchildren). Refreshments served during the interval. For more details visit [www.swanlandvillagehall.info/future-events.htm](http://www.swanlandvillagehall.info/future-events.htm) or contact Yvonne at 01482 634863.

If you are interested in training as a technician to act as back-up for our present one, please do contact Iain Colquhoun on 01482 634752.

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## Jazz comes to Swanland Village Hall in the form of The Jay Phelps Quartet

When: Saturday 2nd March

Time: Doors open 7pm for 7.30pm start

Cost: £8 adults (£7.00 SVA members paid in advance) £4 school-children

Trumpeter Jay Phelps is at the forefront of the young and creative generation of jazz musicians in the UK, with an instantly recognizable warm and projecting tone. A Vancouver-born Canadian, Jay was tutored by the city's top jazz and classical trumpeters and distinguished himself early on as the youngest band-leader in the Vancouver International Jazz Festival's history. Jay went on to create and co-lead the young and hip jazz sensation Empirical, where he spent two years touring major festivals and events, while gathering worldwide media attention and recently appearing at Ronnie Scott's Jazz Club.

For further information contact Yvonne on 01482 634863 or see <http://www.swanlandvillagehall.info/future-events.htm>.



## Nature on the Coast - Winter Walks

**Y**orkshire Wildlife Trust, RSPB and Sewerby Hall and Gardens are collaborating again this year on a series of innovative wildlife events on the Yorkshire coast.

The Nature on the Coast winter walks take place on 13th February, 27th February and 13th March and boast RSPB's Bempton Cliffs, Sewerby Hall Gardens and woodland and the brand new Yorkshire Wildlife Trust Living Seas Centre among the places visited.

Expert guides will lead each group, starting with a bracing cliff-top walk at Bempton Cliffs to see winter bird visitors, which may include short-eared owls, snow buntings and many farmland birds.

After a hot drink, it's on to Sewerby Hall for a tour of the gardens and superb woodland to search for woodpeckers and possibly to spot a roe deer.

A light lunch of hot soup and a roll follows, before moving along the coast to the brand new Living Seas Centre at South Landing, Flamborough, for a sneak preview before its official launch.

The group will be taken on a rock pool ramble on the beach to look at the fascinating marine life of the North Sea.

Tours cost £16 per person including food and drink but transport between sites and parking charges at South Landing are not included.

Bookings can be made by calling Kim Smales at RSPB Bempton Cliffs on (01262) 850959.

For more information about Sewerby Hall and Gardens call (01262) 673769 or visit [www.eastriding.gov.uk/sewerby](http://www.eastriding.gov.uk/sewerby).

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## Happy 1st Birthday to Hedon Insurance on Hallgate!

**C**ottingham Times understands that to celebrate the end of their first year's trading in Cottingham, Hedon Insurance, will be entering everyone who requests an insurance quotation between now and the end of February, into a free prize draw. The prize will be a bottle of Taittinger champagne together with £100 in cash. This should enable one lucky customer to have a celebration all of their own thanks to Hedon Insurance!

Hedon Insurance is one of the regions leading insurance brokers and they are now operating out of four offices in the area including the one on Hallgate. They put their success down

to continuing to provide for their customers a friendly 'face to face' service for their home and motor insurances – whilst still offering great prices.

Paul Welsh of Hedon Insurance can hardly believe that the office has been open for a year 'It has been like a blur! I'd like to thank all of our new customers for their tremendous support and I hope the people of Cottingham will continue to support us as well in the years ahead!'

**The prize draw is exclusive to quotations obtained through the Cottingham office at 195 Hallgate, Cottingham. Anyone requesting a quotation either in person at the office or by calling the Cottingham office on (01482) 707800 (option 2) will be automatically entered into the draw which will be drawn in their office on Friday, 1st March.**

You don't even have to have an insurance renewal immediately due, as they can normally honour quotes for up to 30 days. Even if your renewal isn't due for some time they will be happy to give you an indicative quote – and still enter you in the prize draw.

Unless the winner requests no publicity, we hope to include a picture of the lucky winner in a future issue of the *Cottingham Times*.

**Free Taittinger plus £100 cash prize draw this month to celebrate our 1st Birthday in Cottingham - Call now for a quote to be entered automatically**

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## iTalented fencer seeks local business sponsor

Cottingham fencer, Chloe Hamilton, is celebrating her selection to the England junior fencing team. Chloe whom impressed selectors with top 6 national results throughout the 2012 season, will fence for England U16 team in Poland in March 2013.

Chloe, 14yrs accepted a sport scholarship to Plymouth College last year, and trains as both a fencer and modern pentathlete. A recent runner up in the Hull daily mail sports awards, Chloe is aspiring to make the 2020 olympics. Her school, plymouth college enjoyed outstanding success at the 2012 olympics with a gold and bronze medal in swimming and diving.

Chloe whom returns back to her family home in Cottingham during the school holidays, is very grateful of support from local charitable trusts, but is also seeking a business sponsor. The costs of competing at an international level are expensive, in addition to competition and national training costs, Chloe has to replace all of her fencing kit as it does not comply with the higher european standards. Chloe is hoping a sponsor may come forward, and help her with equipment/competition/training costs in return for her advertising their logo.

Chloe explains that her 2013 goals are to retain her place in the England fencing team, and also gain selection to the junior GBR modern pentathlon team, competing in more european events. I am in the top 6 for my age in both fencing and modern pentathlon in the country, so will need to work hard to move up into the top 3.

It would be fantastic to find a business whom could support me on this journey, hopefully in a few years if I keep at this level, I will eventually get lottery or uk sport funding but they tend to support those 16yrs+, so I'm just a little bit too young for this at the moment.

Any business whom might be able to help can contact Chloe's mum on [debihamilton@hotmail.co.uk](mailto:debihamilton@hotmail.co.uk).

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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## Music Lovers Make a note . . . .

### Opera at the MET (METHodist Church) is Back!

**W**elcome the return of Michael de Costa and friends for the third consecutive Spring concert at the Cottingham Methodist Church in Hallgate.... By popular request!

This much sort after late principal Baritone of the E.N.O., Albert and Festival Halls, also the Odessa State Opera House, plus many other International venues, and who now runs his own music Academy in York, is making an incredible third visit to the village. This time, we welcome old favourites in the line-up, Plus some new shining talent which will enable Michael to widen his repertoire.

Local favourite, Ben Pieper, bel-canto tenor and delightful Mezzo, Andrea Campbell Mapplebeck, are returning together with newcomers Rosie Wilkes, Dramatic Soprano and Jo Moy, Lyric Soprano, who will join forces to present a wonderful programme of popular opera favourites, from Donizetti to Verdi.

We are hoping to hear such gems as the Quartet from Rigoletto, Costa Diva (Norma) and the final love scene from La Boheme, and many more popular arias from Mozart and Rossini.

The piano accompaniment will as usual be in the capable hands of Mathew Collins, of Howden Minster.

Please book in good time. Date: Sunday 17TH March 2.30 p.m.,

Tickets £10 including programme and refreshments. Students £5. Available/February 18th from: Strouds Handbag Shop, Hallgate, The Photoshop, King Street or Phone 01482 847122.



### Cottingham's own "Calendar Girls"

**T**here are still some 2013 Cottingham Little Theatre calendars available from Barkers Newsagents Hallgate Cottingham. They are now on sale for £3.50 which is a reduction of 50%.

These are helping to raise funds for the Oncology Unit at Castle Hill Hospital.



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#### Special Meals

14<sup>th</sup> February Valentine's Day Evening Meal  
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room rates from £40 – booking advised.

10<sup>th</sup> March Mothers Day Special Lunch  
12 noon until 3pm. Please book in advance.

Telephone: 01482 343043

[pearsonparkhull@hotmail.co.uk](mailto:pearsonparkhull@hotmail.co.uk)

#### Up and Coming Events

Programme of Workshops Starts with Saving  
and Scrimping: **Saturday 9<sup>th</sup> February**  
**11am -12 noon.** £5 per person includes tea  
and coffee. Voucher pack included in the  
ticket price.

#### Quiz Nights

Tuesday 12<sup>th</sup> February Bakesy's Quiz Night  
Pancake Special Inc Celebrity Bingo.  
Quiz starts at 8.30pm £2 per team.

Thursday 28<sup>th</sup> February  
Bakesy's Quiz Night & Celebrity Bingo

Bookings are now being taken for Weddings  
and other celebrations for 2013 and 2014.

We have room availability for clubs and  
societies – please telephone to discuss and  
arrange.



## English Karate Federation Kyu Grade Championships

The English Karate Federation held their annual Kyu Grade championships on the 20th January, and among the winners and newly crowned National Champions was 9-year-old Hull schoolboy Ellis Miller. Ellis trains within the Wado UK Karate group at the Hull Zanshin Karate Club at the Cottingham Pavilion, where he has been learning karate for around two years.

The purpose of these championships is to give lower grades a National Championships of their own. The term Kyu grade, relates to those Karate-Ka who are passing through the coloured belt stages of their development, as opposed to the black belts or (Dan grades). Ellis is a 6th Kyu, green belt at the moment, and entered the competition at the Ponds Forge International Sports Centre in Sheffield along with other members of Wado UK.

Entered in both the Kata (Forms), and Kumite (Fighting) sections for his age group, Ellis was to achieve his success in the Kumite section. These groups are usually rather large because of the popularity of Karate among children, and this category was to be no exception. It was actually split into two pools, containing around 40 boys in total. Ellis managed to beat all those he faced within his own pool, booking himself a place in the final, with the winner of the second pool.

The final was almost a walk in the park for Ellis, as he managed two head kicks in quick succession, securing the first six points on the scoreboard for himself. As the 11/2 minutes of allocated time came to an end, and after a total of six matches, Ellis had a comfortable margin and secured his most important gold medal so far.

Ellis is also a keen football player, and spends much of his time training within the Leeds United framework, alongside the more local Hessle Sporting. On this occasion however, it was extremely pleasing to see him rewarded for his hard work and dedication within Karate.

If anyone would like further information about the Wado UK Karate group, they should visit [www.wado-uk.com](http://www.wado-uk.com), or contact the chief instructor for the group Mr. John Moreton on 01482 712155.

### Crossword Solution from page 14

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



## Dry Skin Brushing

Dry skin brushing is an excellent way to improve the look and the function of your skin and the process will take only minutes a day.

First of all, buy the right kind of brush. The best type of brush for dry skin brushing is a natural bristle brush that will not damage the skin in any way. Choose one made with vegetable bristles. Aim for a brush with bristles that are not too soft but not too stiff and unyielding either. Also look for a brush with a long handle in order that you can reach those hard-to-reach areas such as the middle of your back.

Once you have the brush, you are all set. Dry skin brushing is one of the least expensive forms of alternative healing that you will come across. The best time to brush your skin is in the morning or at night before your shower because you have to disrobe to do it. No clothes allowed! This is also the best time of day to do it because the dead skin cells that are brushed off your body can be washed away in the shower afterwards. Dry skin brushing can be done once a day and even twice a day if you tend to have two showers a day or a shower and a bath.

Make sure your skin remains dry for the duration of the dry skin brushing- thus the name **DRY SKIN BRUSHING**.

### Here is the procedure:

1. The feet contain pressure points that are associated with all of the body's major organs so begin at the soles of your feet. Brush gently but with a steady movement.
2. Next, brush your ankles, calves and thighs. You should feel the bristles of the brush on your skin but it should feel tingly as opposed to uncomfortable. If it does feel uncomfortable then you are being too rough and need to ease up a bit.
3. Brush across your stomach and then move the brush around to do your buttocks.
4. Now brush your lower back and then move up to do your middle back and then your upper back and your shoulders.
5. Once your shoulders are finished, do the front of your neck and then the back but be gentle.
6. Now it is time to do your arms and hands. Do one arm and hand on one side of your body and then do the same on the other side. The brush should follow a circular type of motion in order to get the very best results.
7. Do your chest last but use caution when you brush around the breasts. Avoid brushing the nipples and all sensitive areas.

### Important Points about Dry Skin Brushing

This is the general procedure for dry skin brushing but you can modify it to suit you. For example, some people prefer to do their feet and calves but then return to do their legs and knees closer to the end, right before they brush their chest. See what works best for you.

- Always brush in the direction of your heart and it is important that you do circular counter-clockwise strokes when you brush your abdomen.
- Dry skin brushing should never be done on the face.
- Fluids are lost from the body when dry skin brushing is done and therefore it is recommended that you drink plenty of water following the procedure.



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