

Cottingham Times

and District

Issue 147 - February 2014



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1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL

Telephone: 01482 840035

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Published Monthly by: The Cottingham Times

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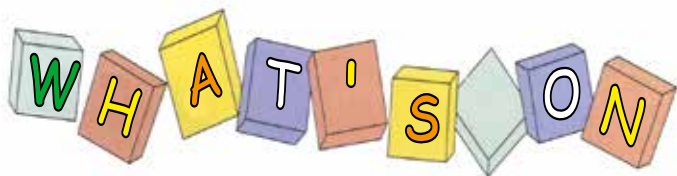


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We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

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.

Front cover picture: A view of Gallows Hill, Skidby.
Photo by: Paul Lakin, 9 Dixon Court, Cottingham,
HU16 5BN. Tel. 01482 846804.

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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. For further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. Suitable for men & women of all abilities. www.fitmums.org.uk

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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.

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. In 2014 we will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at U9, 11, 13, 15 and 17 and all Girl teams at U11 and 13. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

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

Cottingham Methodist Church Hall

Card making Class meets every Monday afternoon (except Bank Holidays) 1.30 pm to 3.30 pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

Cottingham Tennis Club

We have offers to play as often as you like until March 31st for £57 - Students/U.23/65+ £25./U18: £20,U12: £10; U8 £3. Plus a new pilot offer for adults to play weekdays 9a.m.-4p.m. for £25. Tel . John Stones 847080

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 4th February 2014 at 7.30pm

Tuesday 18th February 2014 at 7.30pm

Got a digital camera for Christmas and want to know more??

Why not pay us a visit and join a friendly group. Members are always happy to offer help, advice and support to new members. New members welcome. Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

Haltemprice Art Group

Tuesday 4th February - Art Oscars

Tuesday 11th February - Sketching Night - Jill Hardaker/Gill Stansfield

Tuesday 18th February - Half Term

Tuesday 25th February - Special Effects

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

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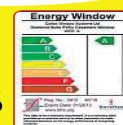
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www.cottinghamtimes.co.uk - February 5

News from the Haltemprice Lions

Can you make music?

To all young persons aged 12 to 18 years in Hull and the East Riding, can you make music individually or collectively? Then apply for an entry form for the Haltemprice Lions' **Young Persons' Music Competition** to be held on Saturday, 22nd March, 2014 at the Methodist Hall, Hallgate, Cottingham. Enter the competition and it gives you the opportunity to win a prize in your class.

The Competition is sponsored by Gough and Davy, the music shop in Paragon Street, Hull, and you will be judged by a qualified, professional adjudicator. A total of over £1,000.00 in prizes is offered to the winners of each class.

If you have the talent why not compete and win a cash prize? To obtain your entry form call Fred Cawood on Tel. No. 01482 845132 or email a request to fredandliz@fredandliz.karoo.co.uk – hurry, don't be left out - you deserve recognition!

Haltemprice Lions' Market

Spring cleaning? Turning your cupboards out? Maybe a week or two early but you no doubt will be doing just that in the next month or two so why not turn your unwanted goods into cash. The Haltemprice Lions have hired the Civic Hall, Cottingham on Saturday, 17th May, 2014, to hold the **"Lions' Market"**.

It is open to all to buy a table for £8.00 and sell your wares be it for charitable, business or personal gain – provided the goods are legal – you can have a table. Interested – please contact David Whincup email – dwhincup@dwhincup.karoo.co.uk or telephone 01482847367 for application forms.

Continued from page five

The Cottingham Local History Society

Wednesday 5th February - David Smith - Bygone Days Cottingham. The Society meets every first Wednesday in the month (except January, which is on the second Monday), 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.**

Cottingham Men's de Luda Society

Wednesday 5th February - North Eastern Railway Steam, Martin Baker, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

East Yorkshire Embroidery Society

Saturday 8th February - Raissa Brown - "Magic Wool" - 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

Cottingham Catholic Women's League

Monday 10th February, AGM, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 11th February - Pancake Making, Crepe Company Glen Davison. Competition: Decorated Heart, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Ladies Circle

Wednesday 12th February - Morecombe and Wise Story - Mr. Terry Richards, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

Cottingham Green Women's Institute Evenings

Thursday 13th February - Barbara Ball - Today's W.I. Competition: W.I. Memorabilia, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Hull Alpha Probus Club

The Hull Alpha Probus Club will be meeting at The Back Room, Hallgate, Cottingham on the following dates:-

13th February - Coffee Morning

27th February - Lunch

Lunches are from 12.00 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.

U3A

Thursday 13th February - Adrian Lovett - Horse-boating, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

The Dante Alighieri Society

Thursday 13th February - 7.30 pm at the Graduate School, University of Hull, Cottingham Road. Judy and Steven Jowers - a talk on Italian Wine Tasting. The Society is an International Socio/Cultural organisation for lovers of Italian Language and Culture.

Cottingham Memorial Club

Quiz Night every 2nd and 4th Thursday of the Month from 8.30 pm.

Friday 14th February - Afternoon Tea from 3.00 pm with music by Hull College. All proceeds to Leukaemia and Lymphoma Research.

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Skidby and Little Weighton Methodist Churches

Friday 14th February - Soup Lunch. Delicious homemade soup and rolls, will be served in the Skidby Methodist Church, from 11.30 am onwards for a donation to Dove House. Everyone welcome.

Beverley Film Society

Friday 14th February – Amour (2012)

Cert 12A Drama/Romance (France) Director: Michael Haneke. Oscar winning tale of Georges and Anne - cultivated, retired music teachers in their eighties. The couple's bond of love is severely tested when Anne suddenly has a stroke and Georges attempts to care for her at home as she wishes. As hopes for some dignity recede, Georges is finally driven to make some critical decisions for them both. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley

North Ferriby Gardening Club

Monday 17th February - The History of Hull Parks and Gardens, an illustrated talk by Paul Schofield, 7.30 pm in the North Ferriby Village Hall..

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

Tuesday 18th February - Lynn Benson and Claire Day - Take a Piece of Paper (1). Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

Cottingham Evening Townswomen's Guild

Wednesday 19th February - G. Barleys - Hull Street Angels, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Men's de Luda Society

Wednesday 19th February - Hull's Lost High Street, Alan Richards, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Diabetes UK

Thursday 20th February - Karen Wilson and Linda Wilkinson (Diabetes Specialist Nurses from Hull Royal). Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

East Yorkshire Association of the National Trust

Thursday 20th February - Yorkshire Film Archive "Historic Yorkshire Life on Film", in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

The Inland Waterways Association

Friday 21st February - Hire Boating on the canals and rivers of Britain, presented by Iain Campbell. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

East Riding Flower Club

Monday 24th February - Sue Spencer (Rotherham) will give a flower demonstration entitled "Rhapsody in Flowers". In addition there will be a cake stall. In the Civic Hall at 2.00 pm. Admission £5.00. Further information from Judy Robinson 01482 876279.

Continued on page 11

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Cottingham Parish Council



First World War Commemoration

As most people now know, the Government has announced plans to commemorate the Centenary of the First World War in 2014 and wishes to encourage local communities to do the same.

The outbreak of the War was 1 August 1914 although the first day of conflict was the 4 August.

The full order of events commemorating the First World War will span from the centenary of the outbreak of war in 2014 until that of Armistice Day in 2018. Some of the commemoration dates include:

- Outbreak of war, August 1, 2014
- First day of conflict, August 4, 2014
- Gallipoli Campaign, April 25, 2015
- Battle of the Somme, July 1, 2016
- Battle of Jutland, May 31, 2016
- Passchendaele, June 17, 2017
- Armistice Day, November 11, 2018

The Parish Council is considering local plans to mark the occasion which might include:

- Look at and support the events to be put on by other voluntary groups in the village which commemorate the war.
- Involve the High School and the Primary Schools as part of their curricula.
- Examine the history of the East Yorkshire Regiment, in which most of the men from Cottingham served, during the war.
- Ascertain why the majority of casualties of men from Cottingham occurred during 1917.
- Establish what was the role of the East Yorkshire Regiment between 1914 and 1916?
- Commemorate not only those who lost their lives but also those who returned but were either injured or suffered because of the conflict
- Try to find out what criteria were used for including names on the memorials already in the village and whether anyone was missed.
- Liaise with Cottingham Memorial Club, the British Legion and the Local History Society.
- Negotiate the return of the Memorial Gardens in Hallgate (originally provided by the former Cottingham Urban District Council) from the East Riding of Yorkshire Council back to the Parish Council.
- Use the Cottingham Times to advertise the projects and to gather information from surviving relatives

The Parish Council is aware that other groups in the village are undertaking similar projects. So if you have any information which might be used in our project, or if you would like to be part of our team, we would be very pleased to welcome anyone who is interested to come and join us. Please contact Judith, the Clerk to the Parish Council, as soon as possible.

Parish Council Grant

The Parish Council made a grant of £500 to St Mary's Church who are staging a major Flower Festival (in conjunction with the East Riding Flower Club). The Festival will have a floral virtues theme: faith, hope and love in commemoration of the 100th anniversary of the start of the Great War. Proceeds from the Flower Festival will support projects to improve and upgrade the general facilities within the church building.

8 February - www.cottinghamtimes.co.uk



Pictured from left to right – Fr Paul Smith, Helen Bristow, Val Wright, Trevor Brigham, Cllr Mike Harness and Cllr Ann Abel.

Any community groups or charitable organisations wishing to apply for grant funding from the Parish Council should contact the Parish Council office for a form. Application forms received are decided upon at the next scheduled Finance & Asset Management Committee Meeting.

Winter Volunteer Scheme

At the Parish Council Meeting held on 16 January Councillors supported in principle a winter volunteering scheme which the East Riding Community Partnership propose to pilot in Cottingham and Brough. It is hoped that a group of volunteers can be organised and provided with the necessary equipment to clear paths around the homes of elderly and vulnerable residents in the event of snow and ice. It is unlikely that this group will be ready to go before next winter but if you are willing to be involved in such a worthwhile project then please contact the Parish Council office for more details.

Youth Representative on the Parish Council

We hope to have two new Youth Representatives on the Parish Council by the next meeting in February; one from year 12 and one from year 13. Their role will be to make sure that the views of the youth are represented during parish council debates – and to help the Councillors protect the unique identity of Cottingham so that they inherit a desirable place to live and work.

Now you see it – now you don't

For those of you who have noticed (no pun intended) – the noticeboard that usually sits outside the Duke of Cumberland has been missing since before Christmas! Unfortunately a lorry driver backed into it during a delivery and we had to remove what was left of it immediately. We are arranging for a replacement and it will be back where it should be in the very near future.

Graffiti and Criminal Damage

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

Contact Details

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

Keep up to date with what is happening around the village by visiting www.cottinghamparishcouncil.org.

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Property News from Martin English of Homelink

Landlords and the Immigration Bill

The background

There is much debate at the moment about the Immigration Bill 2013. Last month it had its' second reading in the House of Parliament and will now move to the Committee Stage. This Bill, if enacted, is expected to come into force early next year and will mean extra checks for landlords and letting agents.

So what does the detail of the Bill say?

Section 16 of the Bill states that a person is disqualified as a result of their immigration status from occupying premises under a residential tenancy agreement if they are:

- Not a relevant national and they require leave to enter or remain in the UK but does not have it.
- Their leave to enter or remain in the UK is subject to a condition preventing them from occupying the premises

Under Section 17 a landlord must not authorise an adult to occupy premises under a residential tenancy agreement if the adult is disqualified as a result of their immigration status.

What could happen if landlords do not check the immigration status of their tenants?

If the landlord contravenes section 17 they may be given a penalty up to £3,000 per adult illegal immigrant. This is applicable to tenancies commencing after the Bill has been enacted.

Basically, in plain English this means that landlords and letting agents will have to carry out immigration checks on any new tenants from the date the bill is enacted and are not allowed to rent property to people who are not allowed to reside in the UK. Landlords will have a defence if they have carried out the necessary checks.

By any new tenants it not only means any new lettings, it means those existing tenants who you issue a new Agreement to and any tenants who hold over on a periodic tenancy.

What needs to be checked?

But what are those checks, how do you go about doing it and what happens if the tenant isn't happy with that. The Government state that the checks would be similar to those that employers do now – requesting a copy of a passport, driving licence, national insurance number.

However, the European Union recognises 404 legitimate means of personal identification - would landlords recognise documents other than a passport, driving licence or National Insurance number, I am sure the majority of landlords would never have seen many of these documents.

How are landlords going to be able to carry out all the checks and be confident that they have got it right. Undoubtedly there will be several companies who will set up checking services, similar to those offered by tenant referencing services, and an even greater reliance placed upon a landlords agent to protect their interests

What next?

In many ways, we will have to wait until more information has been agreed. Whilst this article raises more questions than it may answer it hopefully makes landlords aware of some of the issues they may face. My advice at this early stage is just to be aware of the potential changes and make sure if you use an agent that they are well equipped to protect your interests when the legislation does come into force.

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 or tel. 01482 875248 or contact through *Cottingham Times* directly.

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We've arranged a civilization in which most crucial elements profoundly depend on science and technology. Carl Sagan

How true that is, and here to demonstrate are the latest technology headlines:

Fridge dishes out spam...Control your central heating while you're out, from your smartphone...Amazon Drone Deliveries...Google design contact lens with wireless circuitry...

In the first known case of its kind, hackers in the U.S. have infiltrated around 100,000 devices, including home appliances, which resulted in a fridge sending out spam emails. You couldn't write it could you, so if anyone accuses you of sending out spam, you know what to blame! That's the downside of having all your appliances connected to the Internet, which probably won't be too long now.

You may have seen at least one advert on TV for a mobile product that allows you to control your central heating from your smartphone. Likewise, Sky TV already have an app for their Sky Go service that lets you set your Sky box to record if you forget and go out without setting it first.

Any sufficiently advanced technology is indistinguishable from magic. Arthur C Clarke

Amazon has filed for permission to deliver packages by Drone (initially in the U.S.) watch this (air)space! And now the Google contact lens with wireless circuitry designed to detect high levels of glucose in the eye. I am sure there will be lots more medical applications of this wide-ranging and fast-moving technology.

And on a lighter note: *We owe a lot to Thomas Edison - if it wasn't for him, we'd be watching television by candlelight. Milton Berle*

Just when you thought Windows 8 was settling down, news sources are reporting there will be a Windows 9 next year. But don't panic, 8 won't stop working, there might even be a return of the start button....who knows, Microsoft moves in mysterious ways.

Bill Gates is a very rich man today... and do you want to know why? The answer is one word: versions. - Humorist Dave Barry

Now seriously, some more security hints and tips. As mentioned last month, do not click on anything online that says 'check your PC for errors' or 'is your PC slowing down', 'someone is watching you' etc. These are usually scams. And even more importantly, be very wary of telephone scams.

Don't speak to anyone who calls and says they are working for Microsoft or as recently reported, Norton, and tells you that your computer has problems or has been sending out spam. This will not be official in any way, and will result in you being presented with a large bill to settle by credit or debit card, which you definitely don't want to do.

Road safety charity Brake is urging the Government to ban in-car hands-free kits for mobile phones. The use of mobile phones while driving has already been an offence for ten years now, but Brake's new calls hope to see hands-free Bluetooth kits banned, too.

Clean up time...Often customers tell me they have 'loads of unwanted stuff' on their computer. If you think so, go through your documents etc and delete anything that's no longer required. It's a good idea to do a backup first in case you get a bit too keen! Email is always a good place to have a tidy up, delete all those unwanted messages, and don't forget to empty your deleted items folder when you've finished. Be careful though, there's no going back after that.

Have an audit of security. Is your security up to date? Antivirus is a vital part of your online defence. You should also have a firewall switched on, even if it is just the built-in Windows one.

Eset security products – an extra 6 months free on new 2 year licences. Call us for details **Version 7 is now available for download** To check, open your Eset window and click on Update on the left, then click check for program update, and it will install the latest version for you.

Have you upgraded to Windows 8.1 yet? From the Windows 8 start screen, just click on Store, and it should offer you the free update. One of the added features of this is the ability to shut down without using the charms menu (side bar). When you press the Windows key and letter X, a shutdown option is now included.

If you set up a Microsoft account in order to download Office 2013, it is most important to keep the details safe in case you ever need to repair or re-install Office.

Eset expiring? No problem, we can renew it for you for one, two or even three years; just call for a renewal price.



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East Riding Cricket Society

Wednesday 26th February - Jason Gillespie Australia, Yorkshire C.C.C. Head Coach. We meet at Humberside Police Sports Club, Inglemire Lane at 7.45 pm. Annual membership £15.00; Guests always very welcome. For further information visit the Society's website at www.ercsoc.blogspot.co.uk or contact Michael Hardwick 861228 or Maggie Summers 861848.

Wednesday Social Club

Wednesday 26th February - Mr. Featherstone - Easy Gardening, in the Darby & Joan Hall, at 2.00 pm.

Skidby and Little Weighton Methodist Churches

Friday 28th February - Film Night, in the Skidby Methodist Church, 3.30 pm for 4.00 pm. Admission free, tuck shop available. Children accompanied by an adult most welcome.

Hull and District Cat Protection League

Saturday 1st March - Cat Homing Show. From 11.30 am to 1.30 pm in the Darby and Joan Hall, Finkle Street. Lots of cats looking for permanent homes. Stalls will include cakes and preserves, gifts, cat accessories and a Tombola. If you can't make the show but are interested in giving a cat a home please call 01482 790284. Help with neutering may be available, please call 01482 657650.

British Sugarcraft Guild

Saturday 1st March - "Floral" - A demonstration by Margaret Morton. Meetings held at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. Meetings 2.00 to 4.00 pm.

Women's World Day of Prayer

Friday 7th March - The service will take place at Cottingham Methodist Church, Hallgate, Cottingham at 2.00 pm. This year the service has been prepared by Christian Women of Egypt. All are very welcome.

Friends of Thwaite Gardens

Tuesday 25th March - Talk by Rob Potterton, Pottertons Nursery, Nettleton, Lincs. 'Alpines and Bulbs - from Mountains to Market', in the Methodist Church Hall, Cottingham, 7.30 pm. Entrance £2.00; (No Charge for members who produce their membership card). Plants for sale, refreshments provided.

News from Cottingham Lawn Tennis Club

Members should be receiving shortly the annual email or letter about the new season starting in April. The mailing includes notice of an EGM on February 24th.

Meanwhile the club has special offers to join for February and March e.g £10 for a junior under 18. Contact John Stones: 01482 847080 or go to www.cottinghamltn.co.uk.

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Free Legal Advice Clinics

Following the success of our Wills Clinics, held monthly at Civic Hall, Cottingham, our Family Law Specialists will now be available to offer legal advice on Family issues.

When you are thinking of separating from your partner, or your relationship has already broken down, it can be an extremely difficult and painful time in your life. You will no doubt have concerns about what to do next and where to turn. There may well be issues relating to your children or finances to address. You may also be worried about how to resolve matters and how much it will cost to do so.

Options™ is a new scheme which has been launched by our nationally regarded family law team, where we offer a free half hour discussion with one of our lawyers, all of whom have many years' experience of working with couples and families in this highly sensitive area of law.

During your discussion, we will talk through the options available for resolving your particular issue. These might include discussions with your former partner through negotiation involving one of our lawyers, through mediation, collaborative law or perhaps the court process.

We can help you decide which route is best for you and your particular circumstances and then guide you through that process to ensure re-assurance for you, and a settled future, as swiftly as possible.

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Wednesday 26 March 2014

Also at **Beverley Memorial Hall**
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Thursday 27 February 2014
Thursday 27 March 2014

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Wordsearch - On the Farm

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



Find the words in the letters above:

Arcadian, Barn, Bucolic, Cattle, Chickens, Countryside, Cultivate, Dairy, Ducks, Estate, Farm, Field, Fodder, Geese, Goat, Harvest, Homestead, Horses, Livestock, Meadow, Mill, Pastoral, Pasture, Provincial, Ranch, Rural, Rustic, Sheep, Silage, Silo, Stable, Tractor.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 85

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

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

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Lets start with cruising, there are many good offers around at the moment most of which are due to expire at the end of February. Don't delay, have your choice of cabin & dining at a fare price with sailings available up until May 2015. We are also expecting news of departures sailing from Hull in 2015 very soon - why not register your interest now? Don't forget our special home to port/airport option for that stress free start & finish to your holiday. Ask for details when booking.

Single travellers don't miss out on cruise offers! We have an array of departures with Fred Olsen where at the moment you can have a double cabin for sole use with a window at no extra cost. The offer is due to end 28 February or sooner when the allocated cabins have sold out. This represents a huge saving ~ call for details now.

Vietnam and Cambodia our special offer departing on 30 March 2015 is now just over a year away. This fabulous very inclusive tour will be a super adventure. The saving of almost £500 per person is due to finish 28 February and we only have 4 cabins left! Call today to join me on this exclusive departure from your front door.

Northern Lights holidays and cruising are very popular, but if you cannot spare the time why not join me for an evening of star gazing Sunday 23rd March? You enjoy a pre flight briefing, dinner in the air, then lights out and way up north its time to view the skies. There is plenty of time for seat rotation to allow everyone a view you don't need your camera as professional equipment in the cockpit will be capturing the sights for you to download on your return! You will be amazed and if the lights appear this will be the icing on the cake. Limited seats £199.95 call for full details now.

Egypt is a great destination for winter sunshine and kind on the pocket too! Just a week on the beach or a cultural week on a Nile Cruise which includes all meals and excursions - flights are weekly from Manchester and both Kayleigh and me have experienced superb holidays in this part of the world.

Paris in spring time : why not join our exclusive tour in April we have just 10 seats available. See Paris as never before with Dave's tour plus this departure includes an array of art. You have included visits to the Louvre, Rodin & Musee d'Orsay along with the Palace of Versailles all in the price. You travel overnight via North sea ferries for just £415 pp including 3 nights B&B in Paris.

Staying in France - we have a new tour to Epernay home of Champagne. This tour includes wonderful food and tastings. Champagne will have a whole different meaning after this experience. Call for more details today.

2015 seems a long way off but many tour operators are now on sale. We have a number of our own tours about to be launched which will appear next issue. Worldwide scheduled flights can be booked 11 months in advance so don't delay if you are looking to travel over Christmas its time to book before prices start to rise.

Holiday insurance - age is always a sore point but, no longer when travelling in the UK by coach. We have a new policy with no age limit and does not exclude pre existing medical conditions call for a quote today e.g. a 6 night 7 day holiday just £15. We also have a new policy that covers world wide for travellers with pre existing medical conditions why not pop in to our office for details.

Don't forget when you make a booking abroad you may need a visa to visit certain countries, do not get caught out, we provide a visa service to our clients but cannot help when you book via the internet or direct with an operator, Remember we book all tour operators and anything you book with us you know your monies are secure We do not charge extra to make your booking.

We look forward to hearing from you when ever you need your next travel booking whether just for a complete rest or your next wonderful adventure.

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11 Apr	Nidd Hall weekend 3 nights half board	£ 264
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07 May	Quaker Tapestries & lunch in Kendal	£ 45
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20 May	Brewery Tour & Lunch - North Yorkshire Moors	£ 49
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22 Jun	Eastbourne 6 nights half board, excursions	£ 399
02 Jul	Spa Francorchamps Classic Bikes 6 nights	£ 486
11 Jul	Nidd Hall - Strictly weekend with Ola & Jordan	£ 329
16 Jul	Chatsworth House & Gardens	£ 39
28 Jul	Warner's Holme Lacy 4 night break	£ 356
04 Aug	New Epernay Champagne Tour 5 Days HB	£ 525
11 Aug	Waner Bodellwyddan Castle 4 night break	£ 317
20 Aug	Scarborough Fair lunch & Tea Dance	£ 39
26 Aug	Danube River Cruise 5 * Mozart 11 nights includes excursions & wine, beer with meals	£1689
11 Sep	WW1 - 5 nights a special 100 year tour	£ 485
18 Sep	Well Dressing & Chesterfield Flea Market	£ 29
21 Sep	Isle of Wight - 5 nights quality half board special theme walking & non walkers welcome	£ 429
08 Oct	Northumbria—Art , History & Gardens Bamburgh Inn at Seahouses 3 days half board +	£ 265
20 Oct	Warners Alvaston Hall 4 nights half board	£ 291
18 Nov	Chatsworth House & Christmas Market	£ 39
19 Nov	Thursford Christmas Spectacular 2 days	£ 159
26 Nov	Thursford Christmas Spectacular 3 days	£ 239
29 Nov	Edinburgh Christmas Market 3 days B&B	£ 149
06 Dec	Thursford Christmas Spectacular 2 days	£ 159
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11 Dec	Cologne, Aachen & Dusseldorf 4 nights	£ 249

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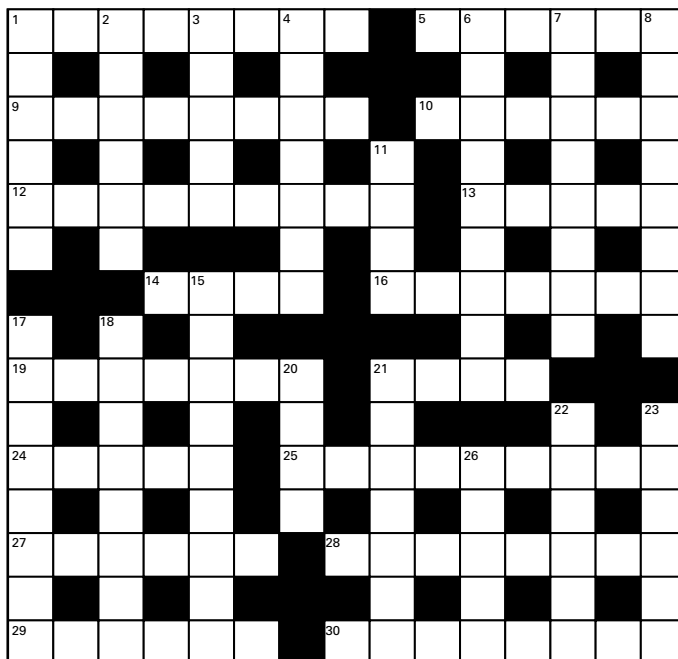
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Crossword - Solution on page 46



Across

- Reverend (8)
- Delegate (6)
- Width of a circle (8)
- Makes angry (6)
- Accumulation (9)
- Verbalize (5)
- Fee (4)
- Vigilant (7)
- Floating mass of frozen water (7)
- The founder of a family (4)
- Hindu loincloth (5)
- Apparently (9)
- Blanks at the start of a new paragraph (6)
- Inherent aptitude (8)
- Contraptions (6)
- Simile (8)

Down

- Lunatic (6)
- Subtlety (6)
- Vista (5)
- Old Testament prophet (7)
- Woodpecker (9)
- Recognize or name (8)
- Holes in the nose (8)
- Chew (4)
- Submissive behaviour (9)
- What Nero was doing (8)
- Recharged a weapon (8)
- Mirth (4)
- The systematic study of things (7)
- Odour (6)
- A marine mollusk (6)
- Additional (5)

Crossword courtesy of www.crosswordpalace.com
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Free Cat Neutering

The Hull branches of Cats Protection and the RSPCA Hull Animal Welfare Trust and Caring for Cats are all struggling to cope with the growing numbers of unwanted and abandoned cats and kittens in the area, the problem having exacerbated the fact fewer people are coming forward to offer them homes.

The breeding season for cats is fast approaching and in an attempt to nip the problem in the bud, these groups have joined together to offer free neutering of cats (both male and female) during January and February in partnership with Swanbridge Veterinary Group.

Anyone wishing to take advantage of this offer is asked to call 01482 633888 to arrange an appointment, in doing so you will be making an important contribution to animal welfare and your pet will be happier and more contented, rest assured, they will not hold it against you!!!

South Cave W.I. raises the roof!

In 2010 South Cave Women's Institute realised that the roof to their Hall required urgent attention.

The Hall was initially a WWI Army Hut which was brought from Rolston Camp by the original Members of South Cave W.I. and placed on land donated by the owners of Cave Castle in 1930. Since that date the Members have lovingly extended and improved the Hut by having it bricked in 1983, and since then have had central heating and double glazing installed.

The Hall is now a well used local amenity, appreciated by the diverse Groups who use it every day, as well as the W.I.

Since 2010, W.I. Members have carried out various fund raising activities to raise the money needed. These include Quizzes, Strawberry Teas, teas for community coach trips, catering for South Cave Show and other functions.

South Cave W.I. has received kind donations from Cave Players and individual members of the village community. Also some of

our Speakers have generously forgone their fees and donated them to the roof fund.

In 2013, South Cave Show Committee kindly donated £250, as did the Parish Council, which meant that the W.I. could apply for funding from Waste Recycling Environmental Ltd.

WREN is a not for profit business that awards grants to community, environmental and heritage projects across the UK from funds donated by FCC Environment as part of a voluntary environmental tax credit scheme called the Landfill Community Fund. Since 1998, WREN has granted over £150111 to more than 6,000 projects which benefit people living within 10 miles of a FCC Environment landfill site.

South Cave W.I. Members were profoundly thankful to find that they were less than 10 miles from the Galleymore, near Holme on Spalding Moor site. A grant of £5000 was duly applied for with South Cave W.I. matching an equal amount.

South Cave W.I. got the "go ahead" from WREN in September 2013 and work was commenced by Storey Felt Roofing Ltd on 1st October.

The weather did not help with wind and rain, and the large trees in the grounds dropped a lot of leaves and needles onto the refurbishment work. This meant the workmen had to clear the debris every day, with several wheelbarrow loads being loaded into the skip.

Despite the problems, the roof is now finished and the Hall is watertight for another generation of W.I. Members and the people of South Cave and WREN have released the £5000 applied for. South Cave W.I. is extremely grateful for their help in this project.

It is planned to have a small ceremony in early Spring 2014 in order to unveil a plaque showing WREN's involvement with the roof project. At that time all our donors and the people of South Cave will be invited and it is hoped that the three eldest Members of South Cave W.I., who are also past Presidents, will be able to attend this ceremony.

CYNTHIA CRAY (Mrs) President,

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In the Kitchen



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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.



Sweet 'n Sour Meatballs

Ingredients

- 325g/12oz Minced Beef
- 1 small Onion, grated
- 1 Egg
- 1 tbsp Soy sauce
- 2 tbsp Vegetable Oil
- 2 tbsp Brown Sugar
- 2 tbsp Red Wine Vinegar
- 100g/4oz Pineapple Chunks
- 1 small Green Capsicum (Sweet Pepper)
- 1 Tomato, cut into wedges
- 1 tbsp Cornflour
- 120ml/4fl.oz. Water
- Salt and Pepper

Instructions

1. In a large mixing bowl, mix together the beef, onion, egg, soy sauce, salt and pepper until well combined.
2. Using your hands, form mixture into small meatballs about 2.5cm/1 inch in diameter. Set aside.
3. De-seed the capsicums and slice.
4. Heat the oil in large frying pan or wok until very hot and beginning to smoke then carefully add the meatballs and fry for 10-12 minutes until well browned on all sides turning frequently. Remove them to a serving platter and pour meat juices over meatballs. Keep warm.
5. Wipe the pan clean of any residue with kitchen paper then add the brown sugar and vinegar. Cook over a high heat until the sugar has dissolved then add the tomato wedges, green pepper, and pineapple chunks. Stir fry for 3 minutes.
6. Stir the cornflour and water solution to remix, then add to the pan mixing thoroughly. Cook for 2-3 minutes until the sauce is clear and thickened.
7. To serve - pour the sauce over meatballs and serve immediately.

Beef with Cashews

Ingredients:

- 450g/1lb Rump steak
- 4 tbsp Vegetable Oil
- 8 Spring Onions, cut into 2.5cm/1 inch pieces
- 2 Garlic Cloves, crushed
- 2.5cm/1 inch Fresh Ginger, finely chopped
- 100g/4oz Unsalted Cashew Nuts
- 120ml/4fl.oz. Water
- 4 teasp Cornflour
- 4 teasp Soy Sauce
- 1 teasp Sesame Oil
- 2 teasp Oyster Sauce
- 1 teasp Chilli Sauce

Instructions

1. Trim the meat and cut into very thin slices about 5cm/2 inches long. In a mixing bowl, blend together the water, cornflour, soy sauce, sesame oil, oyster sauce and chilli sauce. Set aside.

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2. Heat 2 tablespoons of the vegetable oil in a large frying pan or wok until very hot then add half the beef and stir-fry for 3-4 minutes. Remove from the pan and set aside. Add the remaining beef and stir-fry for 3-4 minutes. Remove from the pan and set aside with the first batch of beef.
3. Add the remaining vegetable oil to the frying pan and heat until very hot. Add the onions, garlic, ginger and cashews and stir-fry 1 minute.
4. Add the beef to the pan and stir fry, over a high heat, for 2 minutes then pour in the soy sauce mixture and continue to cook over a high heat, stirring all the time, until the sauce thickens. Serve immediately.

Chicken with Bean Sprouts

Ingredients

- 1 teasp Dry Sherry
- 1 teasp Salt
- 2 teasp Cornflour
- 1 Egg White
- 3 Boneless Chicken Breasts, skinned
- 6 tbsp Vegetable Oil
- 220g/7oz Fresh Bean Sprouts
- 1/2 teasp Sugar
- Shredded Spring Onion to garnish

Instructions

1. In a large bowl, mix together the sherry, cornflour, egg white and half the salt.
2. Cut the chicken breasts into very thin slices then add to the bowl containing the sherry mixture and mix well.
3. Heat 4 tablespoons of the oil in a large frying pan or wok until very hot, add the chicken and stir fry for 2-3 minutes until cooked through. Transfer to a warmed plate with a slotted spoon.
4. Add the remaining oil to the pan and heat until very hot. Add the bean sprouts for a further minute. Return the chicken to the pan together with the sugar and stir fry for 2-3 minutes. Serve immediately garnished with the spring onions.



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Cottingham ladies raise £1,000 for cancer charity

Cottingham Evening Townswomen's Guild has a nominated charity each year, and for 2013 Myeloma UK was chosen in memory of the husband of one of its members who died in 2012 of myeloma, an incurable but treatable form of bone marrow cancer.

In May 2013 twelve of the members did a sponsored walk around Cottingham and raised £650. This amount was increased to £1,000 thanks to an anonymous donation.

Shortly before Christmas Tony Tordoff of Dunswell, himself a myeloma patient at Castle Hill Hospital, accepted the cheque on behalf of Myeloma UK and gave a short but informative talk about myeloma and the work done by the Myeloma UK charity which is based in Edinburgh.

Council supports taxi trade by planning fee cuts

East Riding of Yorkshire Council is planning to reduce the licence fees paid by taxi owners and drivers as part of its support for the taxi trade.

The council is one of few across the UK that is suggesting no increase in the fees, which are already among the lowest in the country.

From 23 January - 28 February, the taxi and private hire trade can give their views on the council's plan to reduce the fees they pay to be on the road. It will be the third year running that the council has maintained or reduced them.

Councillor Jackie Cracknell, the council's portfolio holder for community involvement and performance, said: "Taxi and private hire owners provide an essential transport service to the public, particularly in rural areas, and we are doing everything we can to support the trade.

"By working to keep our own costs low, we are passing our efficiencies on to the taxi trade which, we hope, will in turn help East Riding's residents."

The proposed reduced fees affect 257 private hire vehicles, 157 taxis and up to 600 drivers.

The council is recommending the licence for a new hackney carriage or private hire vehicle is reduced to £130 a year from the current £138. The renewal fee is currently £117 a year for each vehicle, but the council is recommending that it should drop to £110. Drivers' annual badges are currently £55. Additional reductions will be offered to owners and drivers who apply and pay electronically.

Local authorities are required by law to maintain a separate Taxi Licensing Account to finance the council's work in this area and it has no impact on levels of council tax. The income raised by licensing fees cannot be used to subsidise other council services.

Maxine Rae returns to Cottingham!

Maxine has recently returned to Cottingham and is working from Samuel David Hair on Hallgate.

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Pictured above: Charlie the dog, and Jaffa the cat.

The Perfect Match!

For all the romantics, Valentines day is fast approaching.....a day to lavish more attention on your other half and to reflect on moments that have passed and the looking forward to making many more future memories. I can remember when I was going through the 'courting' stage, there was no living together it was just pack your case the day before the wedding and head to your new home after the honeymoon.

Looking back now, what a risk that was even though you may have been dating for some time. There is nothing like living with a person 24 hrs. Now, couples (and I must admit I tend to agree) live together before deciding to marry or they may even start a family before. Also help is at hand through dating websites if you have not yet found your 'perfect' partner. By entering your likes/dislikes, hobbies etc, a match or matches as close to yourself is found.

So why is buying/re homing a pet any different? It shouldn't be but looking at the Hull Animal Welfare Trust re homing board, it is. There are so many pets (a lot of them pedigrees) living at these centres, quite often due to mismatching. Before working within the Veterinary field, I thought the only type of Labrador was the one featured on the adverts. You know the one, the cuddly, well behaved puppy who can do no wrong other than run off with a toilet roll. How wrong was I!

When Teal arrived into our lives at a ripe old age of 9 weeks, she instinctively became a one dog destruction team. If anyone has read the book or seen the film 'Marley and Me', they will relate to it instantly. You see, Teal is a from a 'Working' Labrador background where her parents,

grandparents, great grandparents have competed within either Shooting or Field Trial competition backgrounds. From a very early age, she has eagerly yearned stimulation and interaction with everything around her. Her brain is so active that even now, if regular daily exercise is not given, the 'Marley' comes out in full force and all I can say is that she is bouncing off the walls. 'Show' bred labradors are usually stockier and more easy going and laid back than their field bred counterparts. Field bred labradors are bred for working, very hyperactive and never wanting to stop playing and fetching. Taking all this in, the Labrador may not be right for everyone and you should look into the breed very carefully if interested in taking one on.

Have you ever thought of a Cocker Spaniel? Once again, I have learnt there is the 'Working' Cocker which is potentially bred for country pursuits and has gradually become popular and suitable in canine sporting activities such as agility/fly ball due to their stamina, speed and bidability. Then there is the 'Show' Cocker; very adaptable to most environments and easy to transport with you, so resulting in becoming the most popular type of Cocker Spaniel as a typical family pet.

Before I got Teal, I had a beautiful cross bearded collie called Tammy. I adopted her from one of the local rescue centres at the age of 8 weeks. Since the day she came into our lives until the day she departed at the ripe old age of 16 yrs, we never had one 'Marley' incident. From being a dog 'blood donor' to a registered P.A.T dog, life with her was blissful. Did I look into the breed at the time? She was a cross so I had little to go on but I must say I was very fortunate.

When Tammy approached middle age, my daughter Natalie looked into buying a Tibetan Terrier. We did our research on the internet and travelled to the Midlands to collect our 'Charlie' and what a perfect name it is! We had never had a Terrier in the family before and I know Natalie won't mind me saying but boy, do we know we have a terrier now. The first couple of years went by without incident with Charlie gaining a rosette for his 'Good Citizen' Bronze award.

We at KINGSTON run these sessions under our SCALLYWAGS Dog Training held at our Beverley Road surgery. They are excellent courses ranging from basic training ie: walking on a lead, to heel etc right through to sit and stays out of sight and walking to heel off lead. Please do not hesitate to ring any of the KINGSTON surgeries for more information.

Back to Charlie.....now what we didn't realise (and hindsight is a good thing) is that most terriers love to chase and the chase is upmost in their brains. At the time of buying our little 'terror - ier' we had 4 cats and all 6 pets got on famously...until... Charlie reached 2 years and it was like a light bulb had switched on! The chase began and is still ongoing. We now have a baby gate at the top of the stairs where our 2 remaining cats can seek sanctuary. Needless to say, Terriers are extremely intelligent and Charlie has since come on in leaps and bounds.

I could go on about various breeds but the ideal and most IMPORTANT thing to do before adopting/buying any pet is to RESEARCH. Look at your own life style. Are you out at work all day or part time/retired? Is a dog right for you or a cat be more fitting into your life style? Do you have very young children or teenagers who are willing to help with the day to day feeding/exercise regime? Is it a puppy you are looking for and you are not fazed by the night time / toilet training. Are you interested in Agility or even Gun Dog Training. The list is endless but it is simple.

Research, ask family/friends who may own the breed you are interested in. You can also contact one of our surgeries to speak to a qualified nurse who in turn can put you in touch with one of the many behaviourists we have connected with the practice.

AND one last thought. Would you ever buy a car without looking into the model and test driving it? You cannot test drive a pet but the background information is out there and available. Your time and effort will prove there is a PERFECT MATCH.

Until next time, have a lovely Valentines day.

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World War I memorabilia required for exhibition at St. Mary's Church, Cottingham in May 2014

The East Riding Flower Club has been invited to stage a flower festival at St Mary's Church in Cottingham at the beginning of May to commemorate the start of the first world war. It is to be entitled 'Floral Virtues' - 'Faith Hope and Love' and how it was depicted in Cottingham between 1914-1918.

Work is ongoing using various resources including 'The Archives' and local historians. There may be residents who can help us in finding out more details about education, home life, employment, leisure, transport etc. Has anyone photos, a wedding dress or christening gown of the era? Do you have any sheet music of the songs families sang around the piano? Any information about the silent films shown at the 'Cosy Coliseum' down King Street?

There must be loads of information tucked away in lofts and cupboards! If you can help us we will be pleased to hear from you. Planning meetings are in progress so please help us out if you are able.

We would like it to be a community event. Contact Judith Robinson 01482 876279 for further information.

Cottingham residents asked to help join Mammoth quiz to raise charity cash

The Mammoth Quiz is back and a leading cancer charity need your help to make it bigger and better for 2014!

Now in its 5th year, The Mammoth Quiz is Macmillan Cancer Support's nationwide quiz, and holds the Guinness World Record for the world's largest simultaneous quiz. Macmillan is looking for local groups and businesses to be a part of their Mammoth Quiz and hold a quiz on Friday February 28th in venues across Cottingham. The charity hopes the quiz night will raise money to fund its vital cancer services which make such a difference to local people.

Macmillan's fundraising manager for Cottingham, Crystal Ness, said: "We are really excited about our Mammoth Quiz being back this year, and we are hopeful that lots of businesses and organisations will sign up to take part, to help us to make 2014 the biggest quiz yet! We currently hold the Guinness World Record, but it would be great if we could beat that!"

"The quizzes can be held anywhere, from the local pub or bowling club to a local factory, office or school.

"It's a really nice way of raising some money while having fun with friends, family or work colleagues. And let's face it - most of us like the chance to show off our general knowledge skills."

It costs just £10 to register with the money going to Macmillan to help fund essential cancer services. Every organisation that signs up to host a Mammoth Quiz will be sent a quiz pack including questions and answers, information about fundraising and some balloons and banner.

The official date for the Mammoth Quiz is Friday 28th February, but Macmillan says organisations can still hold a Mammoth Quiz even if they can't make that date, as Crystal explains, "we know not everyone who wants to take part in a quiz to raise money for us will be able to make that date so quiz packs are still available to groups that want to hold their event at another time.

The main thing is to help make the quiz bigger and better than ever before and to raise funds to help support people living with cancer. It's our ambition to make sure that no one faces cancer alone. With your help, we'll be able to reach more of the people who need us."

To find out more about the Mammoth Quiz, contact Anna Webb on 01832 274075 or via email at anna@webbounle.co.uk

To access support from Macmillan visit www.macmillan.org.uk or call 0808 808 0000. To find out more about other fundraising activities and ideas, contact 0300 1000 200.

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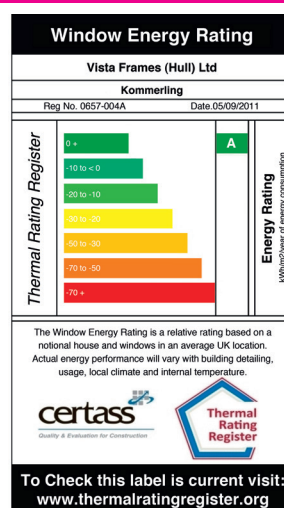


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“The Tooth and Nothing but The Tooth”

by

Chris ‘ Dr. Smile Maker’
Branfield

Let there be Light

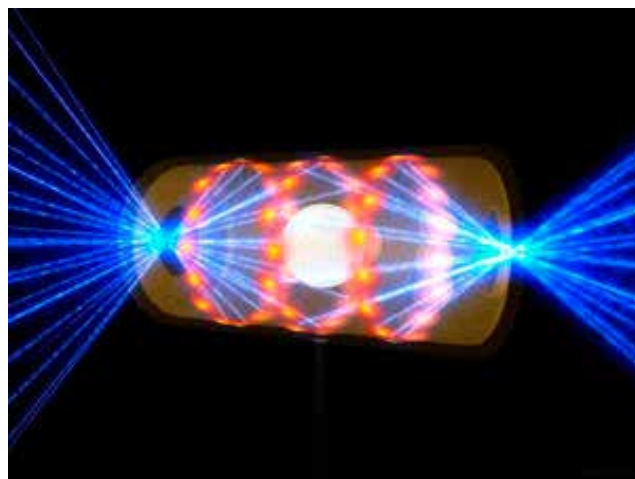
Hello again, I hope you are well.

Oh, it's been another busy month. I've been all over the place trying to quench my thirst for knowledge. I've been to London and spent two days of intensive training on the Isle of Wight of all places. In four days time I will be giving my presentation on “Pain Free Dentistry” at a conference in Manchester. So it's all go, but it is worth it. I think that personal development is crucial, especially when the people that ultimately benefit are those that are kind enough to trust me to look after them.

I'M SO EXCITED

Let There Be Light. What's going on here then? Is Branfield going all biblical?

The answer is no. I've been getting trained in laser dentistry and I am **SO EXCITED**. This is a real game changer for all sorts of reasons.



Using dental lasers allows us to remove diseased tissues without vibration, disinfect soft tissues and bone and promote faster healing with minimum pain and swelling. How good does that sound? This is the ultimate in gentle, pain free dentistry. Now it doesn't eliminate the need for conventional treatment altogether but there are many ways that it can. So we can use laser as on it's own for simple fillings, for example (**often without the need to numb up**) or along side convention methods to improve outcomes e.g. less pain, swelling and faster healing.

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Lasers have been with us since 1960 when on May 16, Theodore H. Maiman operated the first functioning laser at Hughes Research Laboratories, Malibu, California. Different lasers have been developed and used for all sorts including cutting (we've pretty much all seen the James Bond film Gold Finger), measuring and surveying, aiming devices, eye surgery, reading music CD's and bar codes.

I know that I am a bit of a dental anorak but I find this really exciting.

Exam Time

I took a couple of small exams in London and was really chuffed to come top of the class with top marks. Just waiting for the certificates to come from the University of Aachen.

If you don't mind I would like to explain a few specific benefits that this fantastic technology can bring over the course of the next few months. Nothing too heavy, promise.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now www.castleparkdental.co.uk.

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Isn't Life Interesting . . .

by Paul Smith

What happens after the brown, blue and green bins are collected?

All waste from the brown bins is taken to a village near Pocklington, heated to kill bacteria and then composted. It's left outside for about 11 weeks, and then given to farmers to spread on their fields or handed out at compost giveaways once a year.

Waste from the blue bins goes all the way to a little town called Shotton in North Wales. There it is sorted by machines. Hand sorters are only used to remove items which shouldn't be there. Everything first goes through a series of spinning steel stars, with each one removing smaller and smaller sizes of paper. Then everything goes into a glass-breaker which smashes up bottles and jars and takes out all the glass. This leaves metal and plastic. Magnets then remove the steel and aluminium cans before an array of optical sorters separate the plastics into five polymer grades. Finally all the separated materials are sent for reprocessing.

Waste from the green bins is sent directly to landfill near Holme on Spalding Moore. Nothing is sorted or recovered before being sent there.

From a church notice board:

The scouts and guides will be presenting Shakespeare's Hamlet in the Church Hall on Friday at 7pm. The congregation is invited to attend this tragedy.

The Hymers boy

Many years ago a poor family who lived in a terrace house in east Hull got a grant to get their 11-year-old son into Hymers. They were loving and well-meaning parents, Hymers is the best school in East Yorkshire and they hoped their son would go to a good university and do well in life. However, they couldn't afford to pay for a uniform, so the mother bought ordinary grey socks, for example, and carefully made and sewed on the red and black bands which go round the top of the socks.

On the first day, the Monday, the boy, conscious of his background, started to bully and hit the other middle class boys there. He turned up at school on the Tuesday morning and then stopped going. He was seen in town the following Friday in Marks and Spencer by one of the teachers who asked him what he was doing there. "I don't know, Sir," he replied.

He had lasted a week. Hymers threw him out.

Actual word for word extracts from court reports:

Barrister: Doctor, how many of your autopsies have you performed on dead people?

Doctor: All of them. The live ones put up too much of a fight.

Barrister: All your responses must be oral, please. What school did you go to?

Witness: Oral.

Barrister: Do you recall the time that you examined the body?

Doctor: The autopsy started around 8:30 pm.

Barrister: And Mr. Denton was dead at the time?

Doctor: If not, he was by the time I finished

Guernsey & Jersey

I've often wondered why the Channel Islands are English and not French, because they are so much nearer to France. So I looked it up. It's because they belonged to William the Conqueror.

Every schoolchild knows about the invasion of 1066, but about not its sad consequences for France. It meant that the subsequent English kings now owned land in France. By 1154, after Henry II had married Eleanor of Aquitaine, English kings ruled over more of France than the French. It was now easy for us to invade France, and one outcome was the 100 years war, the longest in our history, which lasted from 1337 to 1453. Many of our soldiers behaved very badly in France in that war, and, unlike our children, modern French children are taught about it at school.

It remains one big reason why they don't like us.

The students doing Religious Education A level

Groups of students from two sixth-form colleges in West Hull recently gave a short presentation at the Guildhall on why they were doing A level RE. They said they found it interesting, they enjoyed it, and it gave them an insight into other cultures. They were then asked what percentage of students in their classes were atheist or agnostic, and they both gave the same answer which stunned everybody.

It was 95%.

The joke at the end

I went to the doctors the other day and he said: "Go to Bournemouth, it's great for flu."

So I went - and I got it.

I named my dog '5 miles' so I can tell people I walk 5 miles every day.

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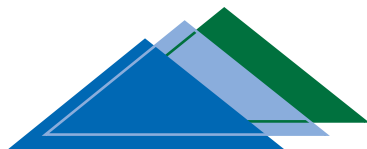
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Walking with Paul

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

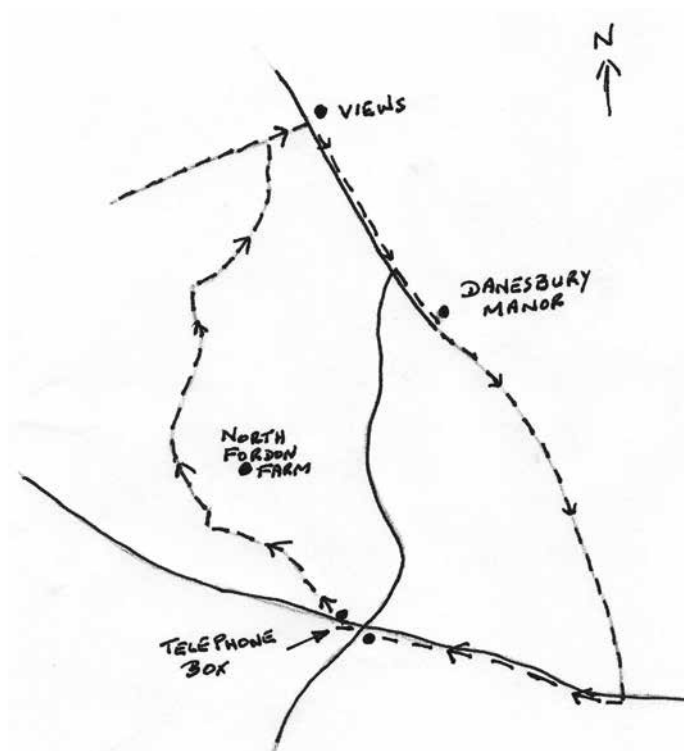
This month his destination is Fordon

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

Map: EXPLORER 301

**Park on grass triangle near cross roads GR.TA050752.
Distance 5.0 Miles.**

Leave the cross roads and walk in a westerly direction along Fordon Lane and on reaching the telephone box, turn right and walk through the farm. Keep right of the last building and after passing through a gate follow a sunken



path to a second gate, pass through the gate and walk along the dale bottom.

Pass through a metal gate and continue ahead with a fence on the left. Pass through a second metal gate and continue walking along the dale bottom then pass through a wooden gate and keep the fence on the left.

On reaching a metal herding pen, turn right and cross a farm track, cross a stile and continue ahead with a hedge on the left following the dale bottom as it swings to the left. On reaching a cross road of paths marked by a sign post, turn right and climb the hill, pass through a gate and continue climbing but less severe and at the top of the hill pass through a kissing gate and emerge on a metalled road. (Superb views from this point)

On emerging on the road, turn right and follow the road to pass Danebury Manor. After passing the Manor, the road becomes a farm track and shortly a green lane. Continue along this Green Lane to reach the road, turn right and walk back to the cross roads at Fordon.

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HALLGATE TREE CARE

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Now that the temperature is rising and we are having slightly milder weather we can start to think about getting out into the garden 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.

10 Jobs for this month

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



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.
- 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.
- Seed potatoes are now in stock at Coletta & Tyson garden centre from £1.99.



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.

Our Litre Pot Camellias were £4.99 each Now reduced to £3.99 Gorgeous for Spring colour. Plus lots of other great offer at Coletta & Tyson garden centre.

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Your Stars for February 2014

By Kay Gower

Aries (Mar. 21- April 20)

The stars suggest that the next several weeks will be hectic and active. Concerns and changes occur in your work/career area. Get ready to go in a new direction in a number of areas of your life.

Taurus (Apr. 21- may 21)

Expect your day-to-day routine to change. Hang in there as conflicts begin to ease up. You will reap the rewards of your efforts in the latter half of the month. Around the 22nd would be a good time for putting a plan into action.

Gemini (May 22-June 21)

Finish up projects or work assignments before the 17th. Focus on your social life the second half of the month. Put those communication skills to work. Good news is that this month offers more financial security.

Cancer (June 22-July 22)

Jupiter continues to give you some lucky opportunities and your life brightens. During the next couple of weeks you begin to blossom personally.

Leo (July 23-Aug 22)

Start off the month on a low-key note, and it will turn in your favor during the last week. Finances show a slight increase. You have an ability to entertain others so use it. For singles, Cupid may be aiming his arrow at you on the 14th.

Virgo (Aug 22 – Sept. 23)

One of your best months is finally here! You can accomplish much this month and most of next. Your plans will take root by the first week and some part of it will be completed by the Full Moon on the 14th.

Libra (Sept. 24 -Oct. 23)

You are good at balancing your financial affairs. Indulge yourself when your social scene comes alive around the third week of February. Mars is in your sign for a long cycle making you determined and decisive.

Scorpio (Oct. 24 - Nov. 22)

This month, you'll be able to control your life situations and address issues in a much calmer manner. You have some positive resources over the next seven weeks. You can reinvent yourself. Get out and mingle, you will find fun if you join a club or take a class.

Sagittarius (Nov. 23 -Dec. 21)

Make plans to travel later in the year, and make those plans after Feb. 27th. This month is favorable for extending your knowledge, so get together with like minded others. Financial negotiations are also favoured this month.

Capricorn (Dec 22.- Jan. 20)

Whoever said there are two sides to every story must have been thinking incredibly small. There could be at least half a dozen sides to this month's story! Choose the most positive version for your own records.

Aquarius (Jan. 21.- Feb. 19)

You won't have to worry much this month or even next. There is no reason you cannot change things to your liking. Improve your personal and professional relationships from now right through to June. Your real wealth overflows in friendships.

Pisces (Feb. 20-Mar. 20)

You may be the last of the Sun Signs but you're not the last one standing in the line of opportunities. A lucky cycle continues from now until mid-year. Family matters and the needs of others should be put on hold for a bit this month. You really need to spend some time relaxing and treating yourself.

Waitrose through the Grapevine

Tom Greef, Wine Specialist, Waitrose Willerby
*Hello everyone and welcome
to my monthly column.*



Roses are red. Wine is red.

Poems hurt my head. Drink!

So I may not be great at writing witty verse in cards, but that won't stop me trying as Valentine's Day is just around the corner, so this month I'll be writing with love in my heart and alcohol in my bloodstream! I've got something for everyone this month – Champagne, Rose, Red and Lager so let's get on with it.

Laurent-Perrier Cuvee Rose Brut NV (75cl, £57.99) is exquisite. It is made purely from Pinot Noir grapes which give it wonderful redcurrant and raspberry flavours along with touches of buttery brioche. This would go great with strawberry based desserts or try it as an aperitif.

For me, Cabernet Sauvignon makes the best Rose's. It's depth of fruit flavour transfers across so well, and the **Zalze Cabernet/Shiraz Rose (75cl, £7.99)** is a great example of that. It's medium dry so it's not too sickly sweet and it has masses of cherry and plum character. Great if you're having garlic and chilli prawns as a starter as the touch of sweetness helps deal with the chilli. A good toothpaste will help with the garlic breath.

If you're better half or potential better half doesn't like sweetness in their wines then **Coquille d'Oc Rose (75cl, £7.49)** is the one to go for. It is exclusive to Waitrose and isn't that easy to come by as it's a limited edition. Vibrant strawberry colour fills the glass and aromas of raspberry, pear and fresh citrus fill the air.

That's enough of the soft and gentle wines, time for one with a bit more punch. **Waitrose St Hallett Barossa Shiraz (75cl, £10.99)** carries much weight and depth of flavour. It's easy drinking but crammed full of fruit, namely blackcurrant and plum. But it doesn't stop there. You can also pick up strong dark chocolate which gives it a touch of bitterness and some coffee notes too. A great bottle of wine, which keeps on getting better and better.

Finally I've chosen a beer. But not any old beer no, this one is made by Ferran Adria, a three Michelin starred chef from the famous elBulli restaurant in Catalonia. **Estrella Damm Inedit (75cl, £5.29)** isn't your typical beer. It has so much depth of flavour and is very aromatic. It is creamy and silky smooth to taste and on the palate you can pick up orange peel and coriander as well as a yeasty character. A truly great bottle of beer and one saved for a special occasion.

If you do want to treat your loved ones to something different this Valentine's Day and popping to see me isn't good enough! Then please feel free to take a look at www.waitrosedirect.com which houses all our wines, flowers and gifts.

Oh, and if anyone wants to send me a Valentine's card then they are more than welcome to (let's just hope my girlfriend doesn't read this month's article!)



Free health checks at two new venues

Free NHS health checks for people aged between 40 and 74 are now being offered at two new venues in the East Riding.

East Riding of Yorkshire Council's leisure service is now offering the free checks at Cottingham Sports Centre and Hornsea Leisure Centre.

This is in addition to the sessions already offered at Beverley Leisure Complex, Goole Leisure Centre, Bridlington Sports Centre and the Pavilion Leisure Centre at Withernsea..

An NHS health check can help by assessing the risk of developing heart disease, stroke, diabetes, kidney disease and some forms of dementia, and personal advice on how to reduce the risk.

These conditions can often be prevented, even for people who have a family history of them.

The checks will be carried out by trained fitness professionals in a private consultation room. They are aimed at anyone who hasn't had a NHS health check in the past five years and take around 20 to 30 minutes.

They include a simple test to check cholesterol levels, a blood pressure check, and a calculation of body mass index (BMI).

After the health check, there will be an opportunity to discuss the results with the fitness professional, who will provide personalised advice on how to lower the risk of future problems and maintain a healthy lifestyle.

For more information, or to book an appointment for a free health check, please ring Cottingham Sports Centre on 01482 395320; Hornsea Leisure Centre on 01964 533366; Beverley Leisure Complex 01482 395230; Goole Leisure Centre 01405 769005; Bridlington Sports Centre 01262 678077; or the Pavilion Leisure Centre at Withernsea 01964 614000.

Sudoku Answer from page 12

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



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

Hello and welcome once again fellow anglers to this month's fishing news, the date is 20th January. How is your fishing, good we hope and for all you die hards out there hasn't it been really mild. For all you fair weather anglers out there you don't know what you are missing out on, honest.

First of all I will tell you about a couple of recent matches. This is going to surprise you. At a recent match on Sam Hosticks Kingfisher Lake a weight of 105lb won with back up weights of 67 – 59lb and eight more above 40lb. These weights must have been due to the fact that Sam and Val have had another restocking program. Good eh? I wonder what we will be able to catch in there in the summer months. It may be like the days of old.

Then there was a match at Aldbrough on Lambwath Lake. They had an open knock up there recently, only eight turned out but what a day they all had. Put it this way last place was 64lb, all Carp and Ide. The winner had 89lb. This is a fantastic weight but I believe it was only 7 fish, so you can have a guess at the size of them.

The winner was fishing near the rope on a bomb with a floating piece of artificial corn tipped with a real piece of corn, plus to make it more of an intense corn flavour he soaked his corn in dynamite corn flavouring. He used an 8lb main line to a 6lb hook

length with a size 14 PR36 hair rig hook. That is good winter Carping.

Talking of open matches, Robbo is currently running a weekly Saturday match at Risby Park. It costs £15 all in and the draw is at 8.15am at the café. To book on a match call Neil, (Robbo), on 07834275278. He tends to alternate the matches between Folly and Tench Pond. Good weights are always on the cards here, give it a go you never know you just might win a good pay out. Good luck.

Here is one for you nearly all the recent matches have been won on either the waggler or the bomb. The feeder or the pole are not producing as many fish. I personally think the pole might not be producing as much because of the water clarity in most venues. The pole must be putting a large overhead moving shadow on the water. As for the feeder not working as much as the bomb I can only put this down to people putting too much feed down too quickly, were as a lot of people that I have spoken to whom have fished the bomb successfully have been fishing with baits like a single piece of hair rigged corn or 8mm bright boilie. Don't get me wrong these tactics don't work all the time. But if you stick it out when the fishing is extremely hard you tend to pick up better quality of fish with this method. Give it a try you may be surprised.

Sea scene: well where do I start, if I tell you there are fish coming out all over the coast on nearly every tide, you are probably going to think I am kidding, well I'm not!

Firstly if you have access to the internet go log onto the Holderness Forum or any of the East coast match scene sites and they will confirm what I am telling you. There has been fish caught over the last two weeks to 20lb with many weighing 6 – 10lb. There has even been Thornback Rays being caught all over the coast. At the moment the key spots seem to be Mappleton, Aldbrough - Runnels, Dimlington, Cowden, East Newton and Lagoons near Spurn.

As I have just mentioned Spurn I am sorry to report that the road is still closed and I don't know if this is just a rumour or what but the word is it might not be getting repaired. That is going to be a real shame.

As far as baits go I cannot say any particular bait is doing better than another because the reports I am receiving in here on a daily basis is that different baits are being used at different venues.

Before I forget, the Brid wall challenge between Eric the Viking and Captain Pugwash is after a long Christmas break 6 – 5 to Captain Pugwash. Eric the Viking is clawing his way back, slowly.

For all the body builders out there don't forget about the proteins and supplements that I am now stocking. You will be pleased at just how competitive I am stocking such brands as: O.N (optimum nutrition), Effective, Myofusion and Pharmafreak plus Muscletech.

So for now from me Chris and the Catchmoore Crew we wish you all "tight lines".

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Rev Canon Angela Bailey of St. Michael's Church, Skidby to leave in February

Some people are still unaware that Rev Canon Angela Bailey is leaving this Benefice to take up a new post in Cleveland in February. Angela has played a very big part in the lives of many in the Village and she will be much missed. Her last Service at St Michael's will be at 9.30am on Sunday 2nd February.

All Church Services will continue as before and a new Minister will be appointed in due course.

If you don't know a member of the congregation from whom you can find out more information please feel free to contact Jane Wilson, Churchwarden - 875156 Joyce Cochrane, Churchwarden - 871790 Margaret Morton, Worship Leader - 845483 or Jeanette Williams, PCC Treasurer - 845323



**Swanland Screen
presents . . .**

The winner of 3 Oscars, "Argo" is the February film showing at Swanland Village Hall. Show starts at 7.30pm on Saturday 15th. This film is the story of a CIA agent who launches a dangerous operation to rescue six Americans in Tehran during the U.S. hostage crisis in Iran in 1980 by acting under the cover of a Hollywood producer scouting a location for a science fiction film. Directed by and starring Ben Affleck.

Cost is £4 (adults) and £2 (schoolchildren) - no need

to book, just pay at the door. For further details see www.swanlandvillagehall.info/future-events.htm.

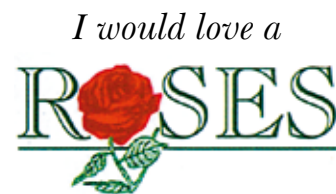


"1000 Kisses Deep"

The wonderful music of Leonard Cohen will be resounding around Swanland Village Hall from 7.30pm on Saturday 8th February, produced by Phil Robson on guitar and Dave Whitford on double bass, accompanied by the voice of Christine Tobin.

Tickets are available from Mere House, Main Street (opposite the pond) at £7.50 for adults (or £6.50 for SVA members paid in advance) and £4 for schoolchildren.

Nibbles will be provided but bring your own drinks and glasses. For further details call Yvonne on 01482 634863 or see www.swanlandvillagehall.info/future-events.htm.



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Chinese New Year The Year of the Horse begins on February 4th

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

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

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

Some of the dishes that are laid on the banquet table have superstitious attributes such as: Ginkgo nuts; these represent gold ingots and are full of auspicious luck for fertility. Black moss seaweed is a symbolic food of prosperity. This is also true in the case of a whole chicken which is a desirable addition to the feast. Dried bean curd is placed on the banquet table to symbolise happiness and luck. Lotus seed is seen as another fertility symbol and signifies having many offspring. Nian Gao is a traditional sweet steamed glutinous rice pudding, when you eat this dish you will aid growth and abundance.

When you translate bamboo shoots into Chinese, the words sound similar to the Chinese for "hoping that all turns out for the best". A whole fish with its head and tail intact will represent togetherness.

Reunion Dinner

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

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

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

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

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

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

The second day of Chinese New Year is named 'Kai Nien' meaning "Year Beginning" which starts with a very early morning breakfast. Special dishes with symbolic names will be served. The special dish of this day is long noodles which are served with everyone competing to toss the noodles as high as possible with their chopsticks. The tossing of noodles is a



symbolic activity done to promote longevity. This means that, unless you are unable to do so, you stand up and raise your arms full stretch in the air holding the noodles aloft. In order to get extra lift off, some people use super long chopsticks and stand on chairs so you should probably make sure the ceiling fan is turned off.

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

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

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

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

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

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

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

Chinese Good Luck Foods for the New Year

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

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

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

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

For your 2013 cures kit visit www.fengshuiweb.co.uk.

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



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

www.instinctivehorsetraining.co.uk

Looks like it's going to be quite a year!

Business planning is always an ongoing operation. Keeping any business on track in the wake of such a depressed economy but the Horse industry has certainly been hard hit. Getting a measure of fun back is so important when the winter surrounds me in mud, glorious mud.....underfoot, heavy wet rugs covered in mud, horses covered in mud, Wellies pulled off in mud, tractors getting stuck inYup! You guessed it! MUD! Happy days not!

Thoughts take you into spring days and the promise of warm sunshine, green grass and clean horse's.....It will come only sometimes not soon enough! So in my bid to inspire myself, my staff and my customers I have been planning a summer full of interesting things to do and to learn new things too.

1:- I am setting out a series of **"how to" courses**. I intend to bring **Natural Horsemanship training** to open group clinics. I am planning on one a month throughout the summer. Open to anyone with or without a horse of their own. Courses will be at my yard in Skidby.

2:- I have an amazing lady coming to Skidby called Maxine Easey who is running a **"How horses learn.... theory and practical"** over the weekend of **Feb 22nd and 23rd**. This course is very much into learning some of the science behind the behaviour. Motivations both good and unwanted are explored and our perceptions are challenged. It is a wonderful learning opportunity for anyone wanting to know why horses do what they do and how we can alter their behaviour through positive reinforcement/clicker training. This same ethos and training applies to dogs, parrots, tigers.....in fact any animal in our care. If anyone reading this is interested then please do ring and book your place ASAP.

3:- I will be following up Maxine's February course with **basic clicker training** clinics throughout the summer.....in subjects like desensitizing horses to needles for blood draws and inoculations. I would like to train owners how to get calm acceptance of dentistry and mouth fears like being wormed through oral syringe. Keep an eye out on my website/Face Book page for details.

3:- In June I have **Mr Stephen Schwartz D.O.** flying in from Israel to run a 2 day hands on course **June 21st/22nd** giving horse owners a fantastic opportunity to learn in a "hands on

therapy workshop" on how to treat their own horses and recognise problems. **Internationally renowned Osteopath practitioner and Trainer**, Stephen will teach moves that will help every horse owner keep their equine partners in tip top condition. He will be happy to train 1-1 as well as the workshop. Please check out my **website and Face Book Page...Melanie.S.Watson** for details, dates, prices and places.

I am delighted to say that I have been invited to participate in 2 huge National, both coincidentally in April. Both events are down South (don't they know there is life above the Watford Gap?)

HORSEMAN'S CALLING April 5th and 6th at Bury Farm Equestrian Centre, Bucks. This first of its kind Natural Horsemanship event is the coming together of our country's leading trainers, all show casing their specialities. Highly sponsored by Mega Companies and will be filmed by Horse and Country TV.....ooooh! This is a big deal and a wonderful compliment to my ideals. I will be taking my formerly traumatised pony Toby all the way down there to demonstrate in front of 100's of people how clicker training can turn a whole lifetime of fear, fright and flight into calm, rational and proactive partnership. Toby has even learned a few tricks which he can keep under his belt until the opportune moment materialises to wow the crowd! It will be his time to shine and show everyone how a worthless wreck of a pony can blossom into being happy in his own skin again and embrace this whole new world he lives in.

YOUR HORSE MAGAZINE has also invited me to be part of a team of top trainers for their 2 day Spectacular event **TOTAL CONFIDENCE**. This is being held at the **South of England Showground, Ardingly, Sussex. April 26th and 27th.**

I am on the panel of experts for YOUR HORSE and regularly answer readers questions about behavioural worries.

Again I will be demonstrating my techniques with Toby pony! He is going to be one well travelled pony by the end of all this! I do hope he enjoys life in the spot light and does not end up with ideas above his station! This event is about giving horse owners and riders full access to trainers to help them overcome confidence issues. They will be able to seek advice, have a go themselves, be taught some new skills and get a very real picture of what training and trainers are out there to help them all the way. Natural Horsemanship can open new doors to everyone and can turn horses round providing the moves are not done harshly or inappropriately. That can be said of any training of any species in any format I guess so it is always one to hold onto and be aware of.

If there is anything of interest to anyone reading then please feel free to email me :- melanie@instinctivehorsetraining.co.uk

General info Website:- www.instinctivehorsetraining.co.uk

FaceBook Page:- Melanie.S.Watson

Twitter feed:- @melanieswatson

Phone:- 01482 875141. (Yard)

Looks like it is going to be quite a year!



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A belated Happy New Year to you all

I never realised how many people read my monthly ramblings until I dared to miss one out last month due to the pressures of a busy Christmas. The number of phone calls we receive asking "Do you still do the Giant Yorkshire Puddings?" was beaten by people asking after my wellbeing, so thank you for your concern and assure you there's no need to send flowers. Oh, and yes we do.

So what's been happening, first what a great Christmas Festive period, a big thank you to everyone who visited us whether to enjoy a Festive Party Menu with family and friends or just for refreshment following a brisk Boxing Day morning walk, I hope you all had a great time. You'll be pleased to know I did manage to get home on time on Christmas Day evening to enjoy a fantastic meal and evening with my family, a great treat for me.

It would be greatly amiss of me, not to also take this opportunity to praise all my staff who did a brilliant job maintaining the levels of quality and service we strive to achieve, through such a busy time. Many thanks.

Then there was New Years Eve! What's a three piece Rock Band doing at the Half Moon? I must admit that Deep Purple, Cream, Led Zeppelin etc was a bit of a gamble but seeing all the Air Guitars appearing (alright including mine) and the energetic head banging that was taking place, a good night was had by all, even when the music wasn't to some peoples preference the atmosphere was enjoyed, so my thanks to them for supporting my indulgence, and thanks to the talented Bluestone Groove, great set lads.

So to the present, currently two thirds of the way through January and all is well, except the high winds and storms of a few weeks ago have ravaged our fencing to the rear of the Pub providing a nice little job when the weather gets a bit warmer. Then into February and Valentine's Day with our Chef preparing a sumptuous specials board to augment our standard menu on this special day while front of house will be providing a romantic environment with a little gift for the Ladies. For those who know our dining facilities, tables for two are rather restricted so getting together in groups is a good idea. (To book a table that is).

Then, before we know it, it'll be March 1st the next issue of the *Cottingham Times* and the Half Moon festooned in Daffodils with Leeks, Lava Bread and Welsh Rarebit prominent on our menu.

Hapus Dydd Gŵyl Dewi
Cheers from Mike and everyone at Skidby's Village Pub.
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Tickets will be on sale at Barkers Newsagents Hallgate, Cottingham a little nearer the time.

Don't miss this thoroughly enjoyable evening.

The production dates for your diary are:

Thursday May 8th Friday May 9th and Saturday May 10th.
To be held in the Darby & Joan Hall, Finkle Street, Cottingham.

The Strange Tale of Cissy Cotton.

Three days before she passed away, came the extraordinary news that Cissy Cotton had altered her Last Will and Testament. I was later shocked to learn that Jimmy Sugden, Cissy's nephew had been released from prison only the week before. I had seen him this morning amongst a huddle of pedestrians outside the entrance of Lloyds Bank. I watched as he crossed over and set off briskly towards The Duke.

I made sure he didn't see me.

The memory of Cissy's passing remains strong as I thought of it now.

I sipped slowly on my latte in Costas, musing on the strange connectedness of things; on those thin yet unbreakable threads that linked – for they did so link - Cissy who now lay as dead as a doornail, with Jimmy Sugden, who was no more than 5 minutes away from where I sat. I shook my head sadly as I pondered on the net of obscurity that had weaved itself around the truth.....

Jimmy Sugden had been a handsome man in his youth, but now in his mid fifties, with his greying hair scraped back from his chiselled features, he looked a hard, cruel man. He leaned heavily against the bar, he felt euphoric, his little plan had worked and he had escaped discovery, but then strangely whilst paying for his drink he noticed his hands were shaking, and despite the double whiskey his mouth was dry as tinder.

Want to know what happened next?

Why not join us at one of our 'Play Reading Nights'

On the first Monday of every month Cottingham Little Theatre hosts an open-door Play Reading Night in Ellie Mai's Tea Room, The Duke of Cumberland, Cottingham. Allan Purdue, one of our popular and experienced actors hosts the evening. Come and dip your toes into the world of Theatre ...murder suspects, jewellery thieves, and amateur sleuths. You don't need to be a member it's completely free!

This is an enjoyable evening with friends – if you would like to take part we'll make sure you get to read, if you just want to listen there's no pressure to perform.

Our next two evenings will be Monday February 3rd and Monday March 3rd. Please be there for 7.15pm for a 7.30pm start.

For more details check our website www.cottinghamlittletheatre.co.uk or email us at clt1920@hotmail.co.uk

You can also contact our Secretary, Val, on telephone number 01482 844567.



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Marie Curie calls for local collectors for the Great Daffodil appeal

- Olivia Colman and Jim Carter join the campaign -

Marie Curie Cancer Care is appealing for people in North & East Yorkshire and Teesside to donate an hour of their time this March, to hand out the charity's daffodil pin in return for donations as part of the charity's Great Daffodil Appeal. The appeal is Marie Curie's biggest fundraiser which encourages everyone to give a donation and wear a daffodil pin during March.

The money raised from the Great Daffodil Appeal will help Marie Curie Nurses to provide more free care to local people with terminal illnesses in their own home.

Actress Olivia Colman said: "I'm supporting Marie Curie's Great Daffodil Appeal and urging anyone who has an hour or two to spare this March to sign up and collect funds for the charity. The money you raise by encouraging people to donate and wear the charity's daffodil pin will help Marie Curie Nurses provide free care to people with terminal illnesses in their own homes, as well as vital support for their families, at the most difficult of times."

Olivia was also joined by actor, Jim Carter. He said: "I am calling on everyone who has an hour to spare this March to please sign up to collect funds for Marie Curie's Great Daffodil Appeal. Just an hour of your time will help Marie Curie Nurses provide more care to people with terminal illnesses at home or in one of its hospices, as well as invaluable support for their loved ones."

Natalie Atherley, Community Fundraiser for Marie Curie in North & East Yorkshire and Teesside said: "We need over 2000 people from North & East Yorkshire and Teesside to help us collect this March. We're so pleased Olivia Colman and Jim Carter are supporting the campaign and urging everyone to sign up to collect. Collecting is a really enjoyable and rewarding experience and I hope everyone will help us make this year's Great Daffodil Appeal a big success."

To volunteer to collect for Marie Curie and support the Great Daffodil Appeal call 01904 755260 or visit www.mariecurie.org.uk/daffodil.

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Grant from City Health Care Partnership Foundation gets special concert off the ground

A grant of £575 from City Health Care Partnership Foundation, the charitable arm of City Health Care Partnership CIC, is helping to fund a special concert in Beverley.

Bands 'The Unknown' and 'Little Venice' were formed from music at The Camden Society for People with Learning Disabilities. They are made up of people with learning disabilities supported by professional musicians and will be singing and playing in 'Hope and Magic' at Toll Gavel Church, Beverley on 19 April at 7pm.

The concert will also feature local young talent Nikki Airey and Leven Primary School and Josh Wolfsohn from Swindon.

Denise Delahay set up the charity Music Lives to help stage the concert, and says the grant from CHCP Foundation has made a big difference. 'We think this is going to be a wonderful event and we're really excited at the prospect of seeing bands like The Unknown and Little Venice in Beverley.

'We'll be opening up the rehearsal time in the afternoon before the concert for anyone to drop in and meet me, Andrew (the bands' founder) and Debbie, a music therapist from charity MusicAlive, whose performers use innovative musical technology to circumvent disabilities.

'Although the professional musicians are giving their time for free, it's still really expensive to put on an event like this and we are so grateful to the CHCP Foundation for their generosity.'

Denise Anderton, chair of the CHCP Foundation, said, 'This is a great example of how, through our charity, we are putting something back into the community. Over 65% of our profits are reinvested into our local area and it's really encouraging to see what a difference this can make.'

Tickets for Hope and Magic are £10 (£8 concessions) and are available from the Beverley Information Centre. For more information about the concert email denise-delahay@hotmail.co.uk.

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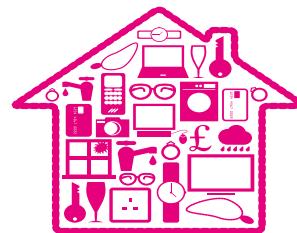
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Moving Abroad?

A monthly column by Nick Russell

I know it's a bit late but we hope you all had a great Xmas and New Year and that you have all managed to keep to your new year resolutions. I have to admit that I haven't. After over indulging during the festive period, I was going to try and have a dry January and not touch alcohol for 4 weeks. I thought I had done well when I reached 4 days !!!! Needless to say it was harder than I thought, although I have cut down from Christmas consumption and now only have a couple of glasses of wine with my evening meal....instead of the whole bottle.

If any of you are now thinking of summer and holidays in sunnier climates then please take a look at our advert for our self-catering holiday rental, on the adjacent page to this article. If you would like more information then please send a message to the e mail address at the bottom. We already have some bookings for this year but the season is a long one and you are more or less guaranteed some sunshine from the beginning of May until the end of October. So if you fancy trying the real Spain instead of the coast, give us a try.

Talking of the weather, it has really turned here since New Year. December was quite a nice month and we spent most days doing bits in the garden or just enjoying the afternoon sunshine on the patio with a cup of coffee. Christmas day was very wet with heavy rain for the whole day which caused a few leaks in the casita which have now been sorted. Thankfully we didn't have anyone staying in there. Between Boxing day and the start of January the weather was ok, but since then it has been a lot cooler and a lot wetter and the weather forecast is that the wet weather is going to last till the start of February. Its nothing like the rain that parts of the UK have been having and we do get the odd day of warmer weather interspersed between the wet days. All I can say is roll on the sunshine

The wet weather has been playing havoc with the olive harvest because when it rains they cant pick because the ground in the olive groves is far too wet. So far they are three weeks behind and ours will not be picked until the first week in February at the earliest. Antonio, the guy who organises



the pick, called up to tell me all this but did say that my crop was a lot bigger than last year and not to worry about a late pick. The harvest season does last until the end of March anyway so I am not worried. Despite an anticipated increase in the price per kilo, having talked to those who have had their crop picked, it hasn't materialised so depending on the quality we should be about the same price as last year

Because New Year is not celebrated in non tourist Spain like it is in the UK, Rita and I decided to go to the coast for 3 days to see if it would be a bit more lively. We took Rita's sister Pat and had a nice time in Calahonda and managed to have a couple of decent meals but despite it been a Brit area most of the bars and restaurants were closed until the end of February. On New Years day we visited Benalmadena and the weather was glorious. The place was quite busy with people enjoying the sun and even on the beach and in the sea.

It was 12th night in the village, which here in Spain is the big one and is celebrated more than Christmas day, so I took the grandchildren up to the village for the procession. Fortunately it was a dry evening and they enjoyed catching sweets as they were thrown into the crowds from the back of the float.

The next big job for us over here is painting the outside of the house. It hasn't been done for about 4 years and badly needs doing. We have bought all the equipment and are now waiting for the weather to change and warm up.

I think it will be a job for April. Then its reseeding the lawn and trying to keep that going unlike last year when it all just died off despite me watering it every day. Then its getting the pool cleaned and bar area painted and set up ready for any guests. Hopefully all the work will be done by the end of April but you never know what might happen.



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From the lounge, you access the private balcony, with stunning views of the village, olive groves and the Sierra Nevadas. It's an ideal place to relax with a drink and a book.

Outside, guests have use of a large family swimming pool (May-Oct), Jacuzzi, sunbeds, free pool table, BBQ. WiFi and a shady bar area with TV, DVD and CD.

The location is perfect for those who enjoy peace and quiet and relaxing in the sun but if you enjoy walking or cycling (bikes available) then that's fine as well. For those who enjoy skiing, the Sierra Nevada slopes are only an hour away (Dec-April).

If you enjoy sightseeing, then the cities of Granada, Antequera, Cordoba, Seville, Malaga, and Montefrio are all worth a visit. The nearest beaches are also only an hour away. A hire car is recommended.



For more information, photos and prices, please email

nickruss@hotmail.co.uk or call (00 34) 958 060 756.

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New Council Tax discount on annexes from 1st April 2014

East Riding of Yorkshire Council is reminding residents that a new Council Tax discount is being introduced by the Government from 1 April 2014. It will be applicable to people living in a property with annexes. The annexe must either be in use by a resident of the property, or occupied by a relative of the person who pays Council Tax on the property with the annexe.

The discount will apply where the annexe has been separately banded and is classed as a separate dwelling. The Council Tax payer will know if the property has been classed as a separate dwelling, because they will have a Council Tax bill for it.

The discount will reduce the amount of Council Tax payable on the annexe by 50%.

To obtain the discount, the council requires the Council Tax payer to apply for it. Any East Riding Council Tax payer who thinks they may qualify for this discount should contact the Council Tax section as soon as possible, either by email at council.tax@eastriding.gov.uk or by telephone on 01482 394747.

Tango 5 returns to Beverley

On Thursday 6th of February 2014 at 7.30pm Tango 5 returns to Beverley for an evening of South American passion and heartfelt melodies with a programme of Piazzolla masterpieces alongside Tango classics new and old.

Tango 5 brings together leading UK musicians (Peter Lawson - piano, Tom McKinney - electric guitar, James Manson - double bass, David Routledge - violin) alongside internationally acclaimed Argentine bandoneonist Santiago Cimadevilla to recreate the thrilling sound of Piazzolla's favourite ensemble. Not to be missed.

Tickets cost Adults £14, Concessions £12 and are available from Beverley tourist Information Centre on (01482) 391672 or <http://events.eastriding.gov.uk>.

Hull and East Riding Glaucoma Group to meet at HERIB on Beverley Road, Hull

The Hull and East Riding Glaucoma Group are a group of people with glaucoma who meet every 2 months on the 3rd Wednesday of the month, between 2pm and 3pm at HERIB on Beverley Road, Hull. The aim of the group is to provide advice, information and support to other local people with glaucoma.

The first meeting for 2014 is on Wednesday 19th February, when we they are pleased to welcome Mr David Harris from The International Glaucoma Association as our guest speaker. He will be discussing the implications of Glaucoma in relation to driving, and the part played by the DVLA.

Entry is £1.50 per person. For more information, and to book your place at the meeting, please call HERIB on 01482 342297.



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News from the KGV Cottingham Sports Centre

What's in a name? KGV Pavilion, the Rec, the park. It's all the same; that green building with sports fields and a play area on Northgate. The land was King George V's memorial of space for sports, managed through local councils. The building is now run by Cottingham KGV Community Trust, been re-named Cottingham Sports Centre, and is 'home' to several sports clubs, most visibly East Riding Rangers football club and those runners in pink Fit-Mums & Friends.

The Trustees and staff work hard to make the Centre self-financing, and to that end there are some new items on the weekly programme, such as Tumble 'n' Twist in 3 pre-school age-ranges, and Ballroom Dancing for older customers. Thanks



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to a big grant from Sport England, and smaller grants from the Parish Council and others, plus lots of volunteer time, the new football changing rooms will soon be ready to use, freeing up space at weekends for more birthday parties and other bookings.

On the roadside we're getting a new signage, to help people find the venue, and to advertise special events. The Friends of KGV organise a popular programme of activities such the Easter Egg Hunt, Summer Family Fun Day, Halloween Ghost Walk (especially scary thanks to our 'zombies' in the woods!) and Christmas Party. These fun, low-cost entertainments raise vital cash for specific projects as well as providing a good time for all. For example, following the tragic death of a football spectator, the Friends matched money from a grant to buy a defibrillator, which is now in the Sports Centre with our first-aid trained staff.

We also thank everyone who helped us to gain a £3,000 Lloyds Bank community grant to help improve security in the park, which again has been boosted by cash raised by the Friends. The next events will be the Easter Egg Hunt on Easter Sunday and Sports Relief on 23rd March.

The KGV fields are a combined public park and sports field, a situation that brings occasional clashes and misunderstandings, usually between dog-walkers and sports-players. Most people are thoughtful and considerate, but sometimes problems can arise from ignorance of each other's position. The Millbeck Wildlife Field (a.k.a. The Old Rec.) is the best place for dogs to run free as no sports are played here, but please make sure your domesticated wolf has calmed down fully before walking back. We've had reports of normally placid dogs following their hunting instincts when they see people running on the sports field, or scent-marking where they shouldn't. Dogs will be dogs, and are always welcome at KGV, but it's up to us humans to anticipate their behaviour and keep it sociable.

And finally, the Queen's Diamond Jubilee tree has been planted, again! The Sandringham oak was officially planted in 2012, along with 200 other saplings as part of the Jubilee celebrations. The special tree was so small that we feared for its safety, so it has spent the last two years growing bigger and stronger in a sheltered garden, but it is now back at KGV behind special railings with a commemorative plaque. Younger residents should have the joy of seeing it grow into a mighty oak over the coming decades.

For more information about anything in or around Cottingham Sports Centre, watch the noticeboard, ask the staff or see the website www.cottinghamssportscentre.co.uk

Geraldine Mathieson

Cottingham KGV Community Trustee



Coast, Sea and Sky competition winners revealed

Sewerby Hall and Gardens recently ran an amateur photography competition based on the coast, sea and sky in the East Riding of Yorkshire.

The winning photographs, one from each of the junior and senior categories, were chosen by a panel of judges at Sewerby Hall and Gardens.

The winner of the senior category was Trevor Hedges from Bridlington, with a picture of Bridlington north beach and the winning entry in the junior category was by Bailey Emmerson from Hull, with a shot of Flamborough cliffs.

Both winners received a professionally printed copy of their photographs along with a 2014-15 family season pass to Sewerby Hall and Gardens and a copy of the Adventurer's Guide.

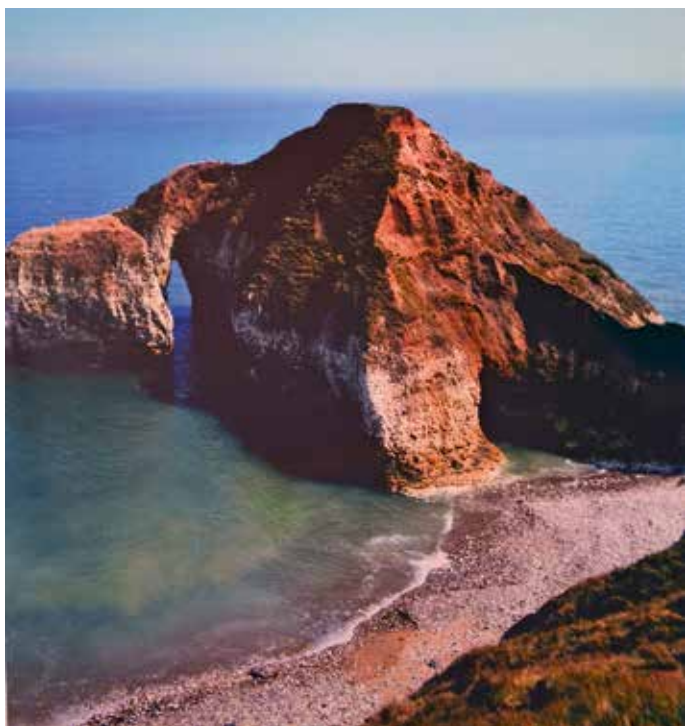
Martin Burnhill, senior facility manager - coastal, said: "I would like to thank all the entrants in our competition. All the photographs were of a very high standard yet again and it was certainly a difficult task picking the two winners."

For further details contact the estate office on (01262) 673769 or visit www.eastriding.gov.uk/sewerby.

Pictured top: Pictured from left to right are Martin, Bailey and Trevor.

Picture two: Junior winning picture

Picture three: Senior winning picture



2014 Season passes are now on sale at Sewerby Hall

Perfect as a gift for a friend or family member, Sewerby Hall and Gardens' 2014 season passes are now available, priced at £17 for adults, £9 for children (three-15 years old) and £47 for families (up to two adults and two children).

Additional children can be added to a family pass for £3 each. Already exceptional value for money, last season's prices have been frozen resulting in no increase in cost to visitors.

The season pass entitles the holder to free admission to Sewerby Hall and Gardens (including the zoo and events programme) when admission charges to the estate apply during 2014-15 unless otherwise specified. The pass also allows out of season entry to the zoo together with 10 per cent discount off selected items in the Clock Tower Tea Rooms and Stables gift shop.

Pass holders are also able to take advantage of everything Sewerby Hall and Gardens has to offer including the magnificent gardens, the Children's Adventure Playground, the delightful zoo, brand-new Stables gift shop as well as the numerous activities on offer around the estate.

Passes can be renewed or purchased online, in person at the Welcome Centre, with a cheque by post or over the phone with a debit or credit card. Now is the perfect time to renew your pass and avoid the rush before the new season starts.

Golf season passes are available and also benefit from no increase from last season's prices. They cost £90 for adults, £60 for over 60s and £45 for children (three-15 years old). The passes make relevant gifts for both casual and professional golfers alike.

The decision to freeze prices reflects the fact that due to the exciting renovation works currently ongoing at the site, the hall will be closed to the public until July. The Clock Tower Tea Rooms will also be closed until June, however discounts with the season pass can still be obtained in the Stables gift shop and the orangery which will be used as a temporary catering outlet from Easter until the reopening of the tea rooms.

For more information call (01262) 673769 or visit www.eastriding.gov.uk/sewerby

COTTINGHAM MEMORIAL CLUB TRUST LIMITED ANNUAL GENERAL MEETING

The Annual General Meeting of the Cottingham Memorial Club Trust Limited will be held on

Wednesday 26th February 2014
at the Cottingham Memorial Club
Finkle Street, Cottingham at 7.00 pm

Admission to the meeting is restricted to current Members of the Club only.

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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The Great Dove House Hospice Bake-Off

Do you think you could be the next Mary Berry or Paul Hollywood? Well now is your chance to learn and showcase baking skills as Dove House Hospice brings you 'The Great Dove House Hospice Bake Off'.

10 bakers will be given a series of masterclasses from Hull College Patisserie Chef, Phil Dixon, they will learn hints and tips in all areas of baking from bread making to patisserie to then use these skills to create an afternoon tea for 10 guests at a live finale on Saturday 29th March. Bakers will also be asked to create a 'showstopper' at the finale in front of the watchful eye of guests to compete to be crowned 'Bake of the Year!'.

Fundraising co-ordinator, Amanda Ashburner said "This is a new event for Dove House Hospice and we would like to urge those who would like to learn further skills in baking or fancy a new challenge to come forward in the chance to be crowned baker of the year!"

Whether you would like to extend your baking skills or would enjoy a new year challenge register your interest now to be involved in this unique event!

For more information or to be involved with this event all you have to do is register your interest online at: www.dovehouse.org.uk/bakeoff, call the fundraising team on: 01482 785 743 or email: fundraising@dovehouse.org.uk.



Meditation

Initing meditation into your life can bring a sense of peace and calm to your otherwise hectic lifestyle.

Could you not use some inner peace and a sense of soothing in your busy world?

Meditation is all about looking inward and focusing on the spiritual core of your life.

The practice comes from Vedic Hinduism. The focus of meditation is to relax and calm the mind and to slow down the level of consciousness. Meditation can allow you to feel better about yourself. It provides feelings of self confidence, empowerment, strength and can turn a heavy stress load on its heels!

Inviting meditation into your life can help you to find stillness in your life and it can center and relax you. Meditation is all about relaxation and rejuvenation! Contrary to what most people believe, meditation is not difficult to learn and anybody who wishes to learn it can! All it takes is the willingness to learn and the desire to quiet your mind.

Meditation is something that you can engage in for as little as 10 minutes a day. If that is all the time you have to devote to it (or if that is all you need) than that is perfectly fine.

Meditation is closely connected to breathing. Meditation teaches those who practice it to engage in deep breathing (which is breathing that comes from way down in the diaphragm), as opposed to breathing from the chest. Believe it or not, the very best teachers of deep breathing are babies! Babies breathe properly. However many of us allow too much stress and a hurried pace to alter our breathing patterns over time.

Meditation seeks to get you back to the place where you should be- the place where we all started, with baby breathing.

Once you have found the serenity that comes from meditation, you will find it easier to reach the same state time and time again. Inviting meditation into your life is ALWAYS an investment in your good health!

Meditation relaxes the mind and body and promotes positivity in your life and healing. Inviting meditation into your life is one of the many ways that you can remind yourself that you are indeed worth it!

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Meditation relaxes the mind and body and promotes positivity in your life and healing. Starting with a very basic breathing meditation. Inviting meditation into your life is one of the many ways that you can remind yourself that you are indeed worth it!

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Darby & Joan Hall, Finkle Street, Cottingham
Monday 5.30 pm and 7.30 pm and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.45 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

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