

# Cottingham Times

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Issue 171 - February 2016

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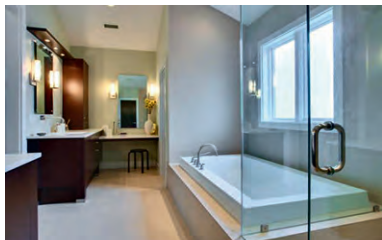
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## In Cottingham and District

### Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 2nd February 2016 - 7.30pm

Tuesday 16th February 2016 - 7.30pm

Tuesday 1st March 2016 - 7.30pm

Want to learn more about using your digital camera now? Why not give our friendly group a try? New members welcome.

Contact for further details - John Tel No: 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk)

### The Cottingham History Society

Wednesday 3rd February - Pat Elliott - More Cottingham Houses (Annual Stamp Lecture), in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

### Cottingham Men's de Luda Society

Wednesday 3rd February - Paul Schofield - Hull Personalities, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

Front cover: Floral scene in Hallgarth Care Home  
Photo by: John Dewing

### Cottingham Catholic Women's League

Monday 8th February - AGM, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

### Cottingham Women's Institute

Tuesday 9th February - From Pushchair to Ploughshare - A Yorkshire Farmer's Tale - John Taylor. Competition: Flower Arrangement in an egg cup. 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

### Cottingham Ladies Circle

Wednesday 10th February - Mr. Graham to give a talk entitled "Garden Bird Watch", to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

### East Riding Cricket Society

Wednesday 10th February - DICKIE BIRD. Meeting in the Brewery Bar, King William IV, 7.30 p.m. for 7.45 p.m. Members and pre-booked guests only. Guests £10. Just a handful of places remaining! Contact [ercsoc@gmail.com](mailto:ercsoc@gmail.com) or call Maggie Sumner 01482 861848.

### Cottingham Green Women's Institute Evenings

Thursday 11th February - Jeanette Harrison - The Red Cross. Competition: Homemade Card. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 p.m., second Thursday of each month.

### U3A

Thursday 11th February - Stories of Beverley - Paul Schofield, at 2.00 p.m. in the hall at the Darby and Joan Hall, Finkle Street.



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### Skidby & Little Weighton Methodist Church

Friday 12th February Soup Lunch. Delicious homemade soup and bread rolls will be served from 11-30am onwards. Donations for Dove House Hospice. All welcome.

### Hull and East Riding Glaucoma Group

Friday 12th February - David Harris: regional officer from the International Glaucoma association 11.00 am - 1.00 pm. We now meet at HERIB every two months on the second Friday of the month between 11.00 am and 1.00 pm. For more information and to book your place please call HERIB on 01482 342 297.

### Beverley Film Society

Friday 12th February - **What We Did on our Holidays** (UK) 2014 Cert 12A Comedy/Drama. The children innocently reveal intimate details of their parents lives, whilst on holiday in Scotland, in this uplifting film, directed by Andy Hamilton and starring David Tennant and Billy Connolly. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Members: £30 for whole season. Guests (of members): £4.50 per screening.

### Cottingham Methodist Church, Hallgate

Friday 12th February - Free Film Night - 6.40pm for 7pm. Popcorn, ices and chocolate on sale.

### East Yorkshire Embroidery Society

Saturday 13th February - Michael Brennand Wood - Pretty Deadly, to be held at 2.30 p.m. in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. [www.eyes-embroidery.co.uk](http://www.eyes-embroidery.co.uk).

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

Tuesday 16th February - Techniques with Velvet - Sheila Scott, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or [www.hullandeastridingnewstitchers.weebly.com](http://www.hullandeastridingnewstitchers.weebly.com).

### Cottingham Evening Townswomen's Guild

Wednesday 17th February - Paul Schofield - Hull and East Riding's Literary Heritage, at 7.30 pm in the Darby & Joan Hall, Finkle Street.

### Cottingham Men's de Luda Society

Wednesday 17th February - Cotswolds - Frank Galbraith, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

### East Yorkshire Association of the National Trust

Thursday 18th February - Carol Harker 'Hornsea Pottery, how it all began', in the Cottingham Civic Hall, 7.30 p.m. John Scotney 'Hull and Hull Civic Society since 1964'. Non-members welcome.

### Inland Waterways Association

Friday 19th February - Canal Bridges - Another presentation about the wonderful variety of structures on our canal system, presented by Paul Waddington. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate.

### Friends of Thwaite Gardens

Saturday 20th February - Enjoy a Winter Walk led by John Killingbeck or stroll round the gardens at your own pace. Starting at 11am. Thwaite Gardens, Thwaite Street, Cottingham. Gates to close by 1.30pm. Admission £1. Under 16's free (accompanied by an adult).

*Continued on page six*

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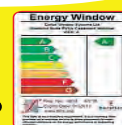
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#### East Riding Flower Club

Monday 22nd February - Elaine Bedford (Pickering), will be giving a floral demonstration called "Incredible India", in the Civic Hall at 2.00 pm. Doors open at 12 noon. Visitors Tickets £10.00 at the door. Members may bring a friend for free, other visitors £5.00 at the door. There will be a cake stall. You will be sure of a warm welcome. Contact 876279 Judith Robinson.

#### Cottingham Ladies Circle

Wednesday 24th February - Ms. Wagg to give a talk entitled "Household and Recycling", to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

#### Skidby & Little Weighton Methodist Church

Wednesday 24th February - Film afternoon at 1-30pm Refreshments will be served for a donation. All welcome.

#### Wednesday Social Club

Wednesday 24th February - Mrs. Marilyn Walker - The Forgotten Country House, in the small Darby & Joan Hall, at 2.00 p.m.

#### The Cottingham History Society

Wednesday 2nd March - The Sam Allon Collection - Demolition in the Hull Area - Rob Haywood, in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

#### Cottingham Men's de Luda Society

Wednesday 2nd March - Hollywood - Michael Wood, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

#### Skidby & Little Weighton Methodist Church

Friday 4th March - The Women's World Day of Prayer Service will take place at St. Peters Church, Rowley at 7-30pm. The service this year has been written by the Christian women of Cuba and the theme is 'Receive Children, Receive Me' Everyone is welcome to attend and many local people will be taking part in the service.

#### Women's World Day of Prayer

Friday 4th March - Annual Service will take place on Friday 4 March 2016 at 2.00 pm. at the Methodist Church, Hallgate, Cottingham. This year's service has been prepared by the women of Cuba. All are very welcome.

#### Men in Sheds - Hull

We are a charity organisation and we meet every Tuesday and Thursday at 101 Greenwood Avenue, Hull, between 10.00 am and 4.00 pm. Drop in for a chat over a brew and biscuits. Our friendly shed is a place where like-minded people gather together to socialise, share skills and learn new ones. With a variety of activities on offer, we really to think there's something for everyone and we're always open to suggestions! Our shed is very much guided by our members and will naturally evolve as it develops. For further information drop in or telephone Baz Wharf on 01482 803940 or 07934 879657 or visit our website [www.meninshedshull.org](http://www.meninshedshull.org).



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### ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

### Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011.

### The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email [revtrev2@revtrev2.karoo.co.uk](mailto:revtrev2@revtrev2.karoo.co.uk)

### St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

### AgeUK East Riding

First Friday in the month from 10.00 a.m. to 11.30 a.m., call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

### Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veterans teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk)

### Zion United Reformed Church, Hallgate

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

### Play Badminton

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

*Continued on page 29*

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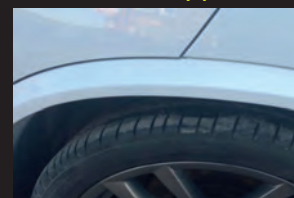
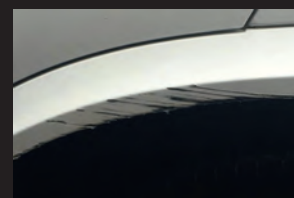
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# Cottingham Parish Council



Welcome to our section of the Newsletter that keeps our residents updated with some of the projects that the Parish Councillors are presently involved with:

- **Memorial Gardens**

We are currently negotiating with the East Riding of Yorkshire Council to take ownership of the Memorial Gardens in Cottingham from 1 April 2016. The land for the Memorial Gardens was donated to the people of Cottingham via the Cottingham Urban District Council in 1919. On the demise of the CUDC, this ownership passed to the Haltemprice District Council, then to Beverley Borough Council and finally to the East Riding of Yorkshire Council. It will therefore be appropriate that these gardens will, once again, be owned and looked after by the people of Cottingham, via Cottingham Parish Council.

- **Neighbourhood Plan**

We are very proud that our Parish Council is one of the first Parish Councils to introduce a Neighbourhood Plan. This follows an extensive consultation process with all our residents. The plan has been submitted to the Inspector and we are waiting approval. This will give the Parish Council more influence on any building works and planning applications within the village and hopefully gives an indication of what the residents of Cottingham would like the village to look like. Further information will follow when we have been notified of the decision.

- **Pedestrianisation of Hallgate/King Street**

A working party, including two of our Councillors, are working with other parties to look at the demand and feasibility of pedestrianising part or all of Hallgate and King Street, with further consultations to take place.

- **High Street Funding**

We have been successful in securing £5000 funding for improving our High Street and we are liaising with traders to improve their shop frontages with matched funding up to 50% contribution. This will have a positive impact for all our residents and visitors to the village.

- **Salt Bags distribution**

Salt bags have been delivered to the traders of Cottingham in preparation for the bad weather. This scheme is paid for by the Parish Council and we have extended it this year to include the churches in the village. Hopefully this will ensure that, should snow and ice arrive (hopefully not), then our village will remain open and as safe as possible.

- **Cottingham Day – 2 July 2016**

Preparations are underway for our annual Cottingham Day which will be held on Saturday 2 July 2016. This event is very popular with residents and visitors but takes a considerable amount of time and effort to organise. If you would like to be part of this fun community event, then please contact the Parish Council Office to register your support. All offers of help will be gratefully received.

- **Drainage Working Group**

Since the flooding in 2007/2008, a working group of Parish Councillors have worked hard to highlight the issues of flooding in the village and seek improvements to the drainage and the Becks that surround the village. Regular meetings have taken place with Yorkshire Water, the Environment Agency and East Riding of Yorkshire Council to discuss these issues in detail and ensuring that there are clear plans in place to improve the drainage system around the village.

One of the causes of the flooding is the installation of combined water systems that were installed in 1960's to 1980s. These systems

allowed developers to direct surface water into the foul sewer, a process that is no longer allowed. The other main cause is the cleaning and monitoring of the Becks that surround the village.

Positive steps have already been taken with the installation of the Eppleworth Road Attenuation Scheme and applications have been made and we are awaiting confirmation of funding for the Cottingham Orchard Park Flood Attenuation Scheme. Both of these schemes will hopefully have an impact on the village.

The continuation of this group will ensure that all parties work together and that the issues of Cottingham and flooding remains high on the Agenda, with further improvements being sought. If you wish to find out more information regarding our work on Cottingham's flood prevention work, please visit our website or call into the Parish Council Offices for a hard copy of the full article.

## **Working with the Community**

Our Parish Councillors will continue to work hard on behalf of the residents of Cottingham and it is important to note that Councillors are not paid for the duties that they carry out on behalf of the Parish Council, but are residents of the Parish who are dedicated and committed to supporting and improving our village. If, therefore, you have any concerns or issues that would you like to discuss further, please call into the Parish Council Office or contact one of our Councillors. The contact details are displayed on our website ([www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk)) or in the noticeboards around the village. Alternatively, you can ring on 01482 847623 or call into our Office which is open on Tuesday, Wednesday and Thursday from 11.00am to 3.00pm and located on the Market Green, in the white cottages.

You are welcome to attend any of our Parish Council meetings, which occur every third Thursday in the month, except August and December, at 7.30pm in the Parish Council Offices. The Agenda for meetings, along with any other Parish Council meetings, are posted in Cottingham Library, Customer Services and the Parish Council Offices. A copy is also put on our website for your information. ([www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk)).

## **How are vacancies filled on the Parish Council?**

A Councillor's Term of Office is four years and they are elected by the electorate of Cottingham. If a Councillor vacancy becomes available within this four year Term of Office, then there are two methods of recruitment. The first method is for expressions of interest to be obtained from any resident of Cottingham and submitted to the Parish Council Office. The candidates are then interviewed and the most suitable candidate appointed. This process of election means that the Parish Council does not incur any expenditure, except minimum advertising costs.

The second option is followed where ten of the electorates write to the East Riding of Yorkshire Council and a request made that an election takes place. When this is requested the Parish Council plays no part in the election process of the new Councillor. This explains why, during the recent election that took place in the Croxby Ward, the Parish Council could not offer any information regarding the candidates that were standing, nor assist with the election process.

The Parish Council obviously incurs a cost when this process is followed as the East Riding of Yorkshire Council charge the Parish Council for their administration. In the future, if a vacancy arises and you are interested in becoming a Councillor, please call into the Parish Council Offices where we can talk you through the process you need to follow.

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## Recover What You're Owed - Cathy Giblin of Graham & Rosen's Debt Recovery Department ([www.graham-rosen.co.uk](http://www.graham-rosen.co.uk)) discusses ways in which you can recover your debts



### **GET WHAT YOU'RE OWED**

After the recent festivities, it is fair to say that most of us are trying to tighten our belts in more ways than one! New Year is a good time to focus on starting afresh and getting things in order; this can be especially so with our finances. Many businesses or individuals find themselves owed debts and it can be worse at this time of year. However, this should not put you off trying to do something about it.

### **Help is at Hand**

Our Debt Department can take over the worry for you. By sending a letter to the debtor this can in itself be enough to trigger payment. If this does not have the desired effect, then court action would need to be considered.

### **What if the debtor has disappeared?**

Quite often people are put off chasing a debt because the debtor may have left their address and they are not sure where they are now.

Our Debt Department works in conjunction with the High

Court Enforcement Team and they can offer a detailed trace for a small fee.

Once a positive trace has been found, we can then continue down the normal channels of collecting the debt on your behalf.

### **Can a payment plan be arranged?**

Yes, this can be done before issuing court proceedings. We can discuss the matter with both the creditor and debtor and try and reach an agreement for the debtor to pay a set monthly amount or maybe two or three instalments, depending on the size of the debt. If the debtor subsequently defaults, then again we can look at taking further steps for recovery.

### **What to do now?**

If you are owed money and want to discuss the matter further, please contact Cathy Giblin at Graham & Rosen Solicitors either in Hull on 01482 323123, in Cottingham on 01482 840201 or email [lcg@graham-rosen.co.uk](mailto:lcg@graham-rosen.co.uk)



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# 10 things about Windows 10 - time to upgrade?

 **Windows 10 – Yes its 6 months since launch already.** I know that many of my readers have been holding off upgrading following my previous advice, but things have improved recently so it's probably safe to go for it now - with a few provisos. If you are happy with Windows 7 or 8.1 and don't like change, then it's up to you, but there's not much to dislike, and you have until July to finally decide. If your printer is a good few years old, then consider you may have to buy a new one. Eset users should check their program version number, and upgrade to the latest version 9 before you start. Go to [www.eset.co.uk](http://www.eset.co.uk) and click Downloads and Home Versions and download and run the Live installer for your version (either Nod32 or Smart Security). For other security programs, check with the provider. Should you have a version of Microsoft Office earlier than 2007 (or the free 2010 Starter Edition) then be ready to buy the new version. Although it is very rare for data to be lost or seriously affected, consider doing a back-up. Having considered all that here we go...

## 10 things about Windows 10.

1) **Upgrading** – The upgrade is free until July this year (and the offer more persistent!), but the process has been streamlined recently. You click on the blue icon in the corner of the screen and agree to download (the initial download could take up to a few hours so don't hold your breath!). Once ready then click to install, and follow the instructions. Your computer will restart several times during the process.

2) **Password** - Once the computer has restarted and welcomes you to Windows 10 you are invited to enter a password. If you **didn't** have one before you can click Skip this. If you do create one, make sure you memorise it or write it down safely because you won't get in without it!

3) **Security & Privacy settings** - In the next step you will be presented with a few pages of options. When it gets to Privacy, don't just go Next, look to the bottom left and click Customize. On the Personalization page you can switch off options that would send data to Microsoft. If you have already missed this, you can find it in Settings on the Start Menu.

4) **Start Menu** - Speaking of that, welcome back! (if you were on Windows 8 previously). The Tiles that are attached to the side of the menu can be moved or removed. Just click and drag to re-arrange, or right click and 'remove from start menu' for many others. Don't worry if you remove by mistake as they are only shortcuts, you will probably find them all on the All Apps list (used to be All Programs)

5) **Email** – This is where a lot of people have had a problem. If you used a Microsoft account (your email address is Hotmail or Live or Outlook.com) then your email will be shown on the blue Mail tab at the top of the Start Menu Tiles when you are signed in. If you have Karoo email and previously used the program Windows Live Mail, you should find that on the Start Menu, All Apps.

6) **Removed Applications** – If you see this folder on your new Desktop, have a look at the list and see if there are any programs you need that have been removed due to incompatibility. One prime example is the **free Office 2010 Starter Edition**, which I have previously mentioned does not work. The normal paid-for 2010 version is fine.

7) **Printers** – Right click on the Start Button and click Control Panel and Devices & Printers and see if your printer is shown in there, right click to check it is ticked as default printer, then try printing. There will be other 'virtual printers' in there like Fax etc., which can be removed if you wish, just by right click and remove device.

8) **Edge vs Internet Explorer** - You will see a familiar blue e icon that now launches Microsoft's new internet browser called Edge. This is not to everyone's taste, so if you prefer Internet Explorer 11, or Chrome or Firefox, then go to Settings and Default Apps and choose your favourite one.

9) **Cortana and search** – Cortana is the new voice search and help assistant. Located next to the Start Button 'Ask me anything', you need to answer a few details about yourself before using Cortana. You can then click on the microphone icon and ask a question and she will answer or launch programs, or even tell you a joke when requested, like: 'I told the doctor I broke my arm in two places, he told me not go into those places'

10) **Revert** – Finally, if you decide you don't like Windows 10, or you have lost your programs or printers etc., you can revert within one month, by going to Settings and Update & Recovery.

**If you go for the upgrade I hope it all goes smoothly, but if not, or you don't feel happy doing this yourself, then you know who to call – numbers shown below!**

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## Wordsearch - Elements

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

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

Find the words in the letters above:

Argon, Arsenic, Barium, Boron, Bromine, Cadmium, Calcium, Carbon, Chlorine, Chromium, Cobalt, Copper, Fluorine, Gold, Hydrogen, Iodine, Iron, Krypton, Lead, Lithium, Magnesium, Manganese, Mercury, Neon, Nickel, Nitrogen, Oxygen, Platinum, Plutonium, Radium, Radon, Silicon, Silver, Sodium, Strontium, Titanium, Tungsten, Uranium, Xenon, Zinc.

Wordsearch courtesy of [www.wordsearch-puzzles.co.uk](http://www.wordsearch-puzzles.co.uk)

## Sudoku No. 109

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

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

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# MARIONOWENTRAVEL

I hope that as you read this you are aware we are a full travel agency dealing with all tour operators, something rare these days. Many agents are streamlined to offer a small selection of availability. This February many offers are still valid from January eg lower deposits & enhancements to your holiday.

**The premium cruise line Holland America** is offering an upgrade from a view to a veranda, 10% off shore excursions, free flights on selected departures plus on board spending money up to \$500 per stateroom.

The departure to the Norwegian Fjords sailing from Hull is now full so how about this for an offer? Departing from Newcastle on 11 June a 7 night cruise with Free drinks & tips paid plus travel from your own front door from £984 per person sailing aboard Fred Olsen's lovely Balmoral.

**Fabulous offers to the USA** e.g. 3 nights New York & 5 nights Las Vegas this coming November £875 per person and you only have to pay £75 per person deposit!

**Mauritius**, looking for a faraway sunshine holiday? We have amazing prices at a 5 star all suite, all inclusive new hotel. Call with your dates, we are happy to quote and send you off for some well earned sunshine. Mauritius is a lovely island, I could return again tomorrow!

**APT** tours include a wonderful sightseeing programme & your tips plus you can save more on various departure with 2nd guest flying free when booking a twin. Vietnam & Cambodia, Burma & New Zealand are special but there are many more destinations on offer in Europe and worldwide.

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**Dumfries House**, did you see Ant & Dec on the TV covering the Princes Trust and the lovely finale? Well you to can live like royalty and enjoy dinner at that same grand table. Departing the 5th July including an overnight stay in the lovely Lodge rooms plus a guided tour of the Queen Elizabeth gardens £335 per person with single rooms £385.

**Holiday insurance** the price can some times be off putting but, it may not be as costly as you think for example. When you book one of our coach tours we do not automatically include your insurance as many guests have an annual policy in place (we do sell these also). If you are joining me on a 2 day tour in the UK the cost of our policy is £7.90 and 5 days £12.80. This policy is valid for any age there is no upper limit and does cover pre existing medical conditions. Please ask for full details.

Remember when you want to get away we are just a call away, also personal visits to our office are always welcome.

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14 Mar	Torquay 4 star hotel half board & excursions	£ 329
10 Apr	BBC Good Food Show - Harrogate	£ 39
18 Apr	Norfolk in Springtime, 4 busy days, Links Hotel half board	£ 318
24 Apr	Harrogate Spring Flower Show	£ 40
24 Apr	Keukenhof via P&O North Sea Ferries 2 nights from	£ 139
09 May	Bodelwyddan Castle 4 night midweek break - half board	£ 299
20 May	Guernsey, Sark & Herm 5 nights Half board	£ 749
29 May	Efteling Theme Park 3 nights via P&O NSF family of 4	£ 850
07 Jun	Bosworth & the National Memorial Arboretum 2 days	£ 145
22 Jun	Luxembourg & 4 countries - 7 day super tour	£ 499
01 Jul	Thoresby Hall 01 July 3 night 70's tribute weekend half board	£ 279
05 Jul	Luxury at Dumfries House . a very special treat 2 days	£ 335
10 Jul	Pontefract Liquorice Festival - Just for the day	£ 20
28 Jul	Rippon & dinner at Millstones - market day in Rippon	£ 30
03 Aug	Lateral Canal all inclusive luxury barge - 8 nts via P&O NSF An amazing experience just 6 cabins available	£2150
15 Aug	Kettlewell Scarecrows, day outing	£ 30
28 Aug	Efteling Theme Park, 3 full days in the park family of 4 only	£1256
09 Sep	Thoresby Hall 3 night Big Band Live Weekend half board	£ 279
17 Sep	Isle of Man island sights, 5 nights - half board Ramsey Park	£ 495
29 Sep	David Austin Roses : inc tour & lunch	£ 49
09 Oct	Harrogate, Shopping & afternoon tea 1 night at the Majestic HB	£ 99
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07 Nov	Warner's Alveston Hall - 5 day Turkey & Tinsel	£ 289
17 Dec	Dutch Christmas Markets - Maastricht & Dordrecht 2 nights ferry + 1 night 4* Van der Valk Maastricht inc dinner	£ 229

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Feb 16

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - February 13



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# COTTINGHAM MEMORIAL CLUB TRUST LIMITED

## ANNUAL GENERAL MEETING

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

**Wednesday 24th February 2016**  
**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.*

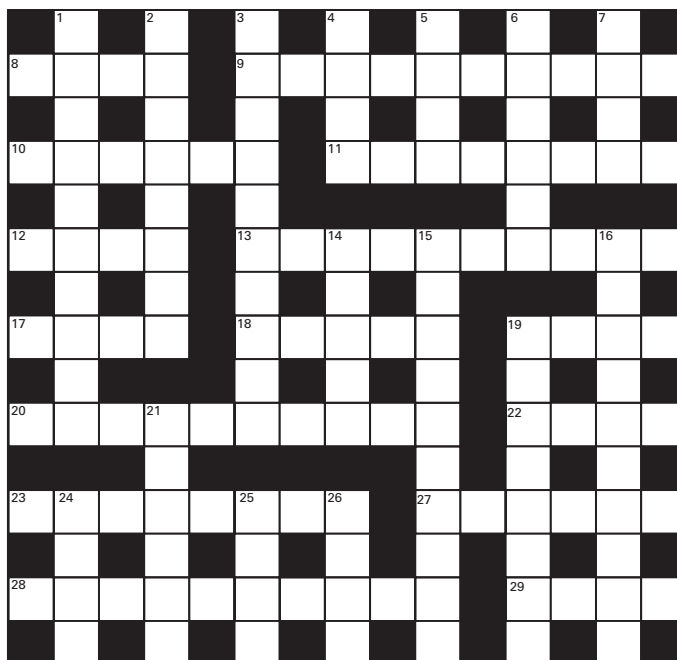
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# Crossword - Solution on page 46



## Across

- Faithful (archaic) (4)
- An event (10)
- Bordello (6)
- Tidyness (8)
- Wise men (4)
- Urgently demanding attention (10)
- Make a melodic noise (4)
- Reddish brown dye (5)
- Closely confined (4)
- Area around the south pole (10)
- Smell (4)
- Felon (8)
- Women of refinement (6)
- The point at which anger is expressed (10)
- Cashews, for example (4)

## Down

- Amends (10)
- Sowing (8)
- Characterized by massiveness (10)
- Glance over (4)
- Murres (4)
- Propellor cap (6)
- Fifth book of the New Testament (4)
- The mountain of the Ten Commandments (5)
- Icicle-like rock projection from cave floors (10)
- Accordance (10)
- Poking (8)
- Not quite (6)
- Bun (4)
- Short sleeps (4)
- Fifty-seven in Roman numerals (4)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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# IT'S LIKE MARMITE

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**It's a no-brainer.** Our current offer, limited to the first 30 to sign up, is: join now until the 1st August for just £350 and get a free upgrade to include health club membership. Remember, we are here to help you!

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**Cottingham Parks**  
golf and leisure club



# In the Kitchen



## Soy and Honey Duck Breasts with Spiced Red Cabbage

- Preparation time: 15 minutes
- Cooking time: 90 minutes
- Total time: 1 hour 45 minutes
- Serves: 4

### Ingredients

- 1 tbsp sunflower oil
- 1 small onion, finely sliced
- 1 tsp ground coriander
- ½ tsp ground cinnamon
- 1 small red cabbage, finely shredded
- 25g Waitrose Wholesome Dried Apple
- 4 tbsp cider vinegar
- 2 tbsp soy sauce
- 2 tbsp Waitrose Acacia Honey
- ¼ tsp Chinese five spice powder
- 4 Waitrose British Free Range Duck Breast Fillets

### Method

1. Heat the oil in a large heavy pan, add the onion and cook for three minutes until softened. Stir in the coriander and cinnamon and cook for another minute. Add the shredded cabbage and stir to coat in the spices, then stir in the apple, vinegar and 4 tbsp cold water. Season and bring to the boil then cover and simmer very gently for 1–1½ hours, stirring occasionally, until really tender and the liquid has evaporated.

2. While the cabbage is cooking, preheat the oven to 190°C, gas mark 5. Mix the soy sauce, honey and five spice powder and brush over the duck breasts, reserving ¼ of the sauce. Place on a wire rack in a roasting tin and cook for 40–45 minutes until the skin is crisp and golden and the meat is thoroughly cooked through. Leave to rest for 5 minutes. Stir the remaining sauce into the cabbage and return to the heat for a couple of minutes. Serve the duck on plates on top of the red cabbage.

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

## Sweet and Sour Pork with Noodles and Sesame Seeds

Celebrate Chinese New Year with this quick stir-fry dish, which cooks in just 10 minutes. Serves: 2

### Ingredients

- 1 bunch salad onions, washed and trimmed
- 3 tsp oil
- 300g pack Waitrose British Pork Stir Fry
- 2.5cm piece fresh root ginger, peeled and cut into thin strips (optional)
- 150g pack trimmed mangetout peas, halved lengthways
- 350g jar Waitrose Perfectly Balanced Sweet and Sour Sauce
- 2 tsp sesame seeds
- 300g pack Waitrose Egg Noodles Fresh To Wok

### Method

1. First prepare the salad onions. Cut each one into 4 lengthways, then into long thin strips. Heat 2 teaspoons of the oil in a large wok or nonstick frying pan until very hot, then add the pork and ginger (if using) and cook over a high heat for 3–4 minutes until lightly browned, stirring often. Add half the prepared salad onions with half the mangetout and stir-fry for 2–3 minutes.

2. Pour over the sweet and sour sauce, stir well, then bring to the boil and simmer for 2–3 minutes, or until the pork is thoroughly cooked through.

3. Meanwhile, place the sesame seeds in a small frying pan and lightly toast over a medium heat for 30 seconds to 1 minute, stirring all the time. Remove from the pan.

4. Heat the remaining oil in the frying pan. Add the rest of the mangetout and salad onions (reserving a few strips to garnish) and stir-fry for 1–2 minutes. Add the noodles and continue to stir-fry for 2–3 minutes until piping hot. Carefully combine with the pork mixture, sprinkle with the sesame seeds and garnish with the reserved salad onion. Divide between 2 plates to serve.



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## Easy salmon fishcakes

- Preparation time: 20 minutes
- Cooking time: 30 minutes
- Total time: 50 minutes. Serves: 4

### Ingredients

500g floury potatoes such as King Edward or Maris Piper, peeled and cut into cubes  
 300g salmon fillet  
 4 salad onions, trimmed and sliced  
 1 tbsp creamed horseradish sauce  
 2 tbsp chopped fresh parsley  
 2 tbsp plain flour  
 2 medium Waitrose British Blacktail Free Range Eggs, beaten  
 60g Cooks' Ingredients Breadcrumbs  
 Sunflower or olive oil spray

### Method

1. Place the potatoes in a large pan, cover with water, bring to the boil and simmer for 10-12 minutes until tender. Drain very well and mash until smooth, then tip into a large bowl.

2. Meanwhile, place the salmon in a small frying pan and cover with boiling water. Simmer gently for 5 minutes until cooked through. Drain and discard the water, then break into large flakes, discarding the skin.

3. Preheat the oven to 200°C, gas mark 6. Stir together the mash, salad onions, horseradish and parsley. Fold in the flaked fish, then season. Shape the mixture into 8 even-sized cakes – the mixture will still be warm, so leave to cool a little if necessary.

4. Dust the cakes in flour. Place the egg and breadcrumbs in separate bowls. Dip each cake first in the egg and then in the breadcrumbs, making sure they are evenly coated. Transfer the fishcakes to a large non-stick baking sheet and spray lightly with oil. Bake for 20 minutes until crisp and golden brown. Serve with peas.

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## Rhubarb and ginger cheesecake

- Preparation time: 20 minutes
- Cooking time: 60 minutes, plus chilling
- Total time: 1 hour 20 minutes. Serves: 10

### Ingredients

150g gingernut biscuits  
 75g unsalted butter, melted and cooled  
 500g curd cheese  
 200g cream cheese  
 150g caster sugar  
 2 eggs, lightly beaten  
 1 x ½ tsp vanilla extract  
 1 x ½ lemon, zest and juice  
 170g soured cream  
 75g granulated sugar  
 400g rhubarb, cut into 3cm lengths  
 1 piece stem ginger in syrup, finely chopped, plus 2 tbsp syrup.

### Method

1. Preheat the oven to 150°C, gas mark 2 and line the base of a 20cm spring-form cake tin with baking parchment. Place the ginger biscuits in a freezer bag, seal and bash with a rolling pin until crushed. Tip into a bowl and mix with the butter. Press into the base of the tin; set aside to chill.

2. Beat together the curd and cream cheeses, caster sugar, eggs, vanilla and lemon juice until smooth and creamy. Tip into the cake tin and bake for 1 hour until the cheesecake just wobbles in the centre.

3. Turn off the oven and leave the door ajar, allowing the cheesecake to cool in the oven for 30 minutes. Remove from the oven and spread the soured cream over the top. Once cooled completely, chill for at least 4 hours or, ideally, overnight.

4. To make the rhubarb topping, put the granulated sugar in a pan with 2 tbsp water. Place over a low heat and allow the sugar to dissolve (stirring occasionally and gently). Add the rhubarb, lemon zest, stem ginger and syrup, bring to the boil, then simmer, covered for 3 minutes. Turn off the heat, uncover and leave to cool completely. Strain through a sieve set over a pan; reserve the rhubarb. Simmer the juice until reduced by half, then pour over the rhubarb and chill until ready to serve.

5. Serve slices of the cheesecake with the rhubarb and syrup on the side.

*Reproduced by kind permission of [Waitrose.co.uk](http://Waitrose.co.uk).*



[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - February 17



## ON THE GRAPEVINE

## WITH ROY WOODCOCK

## The BAFTA's 2016 Wine Competition



The 2016 film awards season is in full swing, having been kicked off with the announcements of the Golden Globes in Beverly Hills in mid-January. Next up, of course, are the BAFTAs, when *The Revenant*, *Bridge of Spies*, *Carol*, *Spotlight* and *The Big Short* will be slugging it out for top honours.

The occasion, of course, is a glittering affair at the Royal Opera House, Covent Garden, and I've already been given a sneak preview of the wines the stars and VIP guests will be enjoying once the serious part of the evening is over.

Champagne, of course, in this case Champagne Taittinger, and, with those enjoying the post awards dinner, Villa Maria

wines. And this month, the *Cottingham Times* is inviting you to sip with the stars . . .

As the official Champagne and wine partners to BAFTA, Champagne Taittinger and Villa Maria wines from New Zealand are giving readers the chance to win a bottle of Taittinger Brut Réserve NV, a bottle of Villa Maria Private Bin Sauvignon Blanc 2015 and Villa Maria Private Bin Merlot Cabernet Sauvignon 2013, as served to the glittering guests at the awards.

Adding extra sparkle to the awards, Taittinger is the only leading Champagne house to remain owned and actively managed by the family named on the label. Taittinger is widely available. Visit [www.taittinger.com](http://www.taittinger.com).

Villa Maria has been New Zealand's most awarded winery for over 30 years and remains proudly family-owned. Villa Maria wines are widely available in all good retailers. Visit [www.villamaria.co.nz](http://www.villamaria.co.nz)

I've named Taittinger as my favourite Champagne on a number of occasions and when tasted, it's not hard to see why. With 40 per cent Chardonnay in the blend for delicacy and finesse, this fizz has a fresh appealing nose with hints of biscuit and brioche. The palate is light and elegant with delicate but persistent bubbles. It is available from most major outlets, with a recommended price of £39.95.

The Villa Maria Sauvignon Blanc (£7.50 at Tesco until February 9, instead of £9.50) has vibrant grapefruit and nettle notes and a crisp backbone of acidity. The Merlot/Cabernet Sauvignon (most supermarkets, £12.99 or less if offers apply) is a delicious red with a rich mouth feel, soft tannins and a wonderfully long finish.

To win, all you have to do is name the two other grape varieties often, but not always, blended with Chardonnay to produce Champagne and send your entries to: **Wine Competition, Cottingham Times, 1 Forge Place, South Rise, Skidby, HU16 5UL**, to arrive no later than first post on Monday, February 29, 2016. The first all-correct entry drawn after the closing date will receive the prize.

Entrants must be 18 or over. Entrants must provide a mainland UK address and telephone number for delivery. Visit [www.bafta.org](http://www.bafta.org) for more information.

\* I was interested to learn that discount supermarket Aldi has launched an online wine shop in the UK, including both its in-store range and internet exclusives, as it seeks to be more competitive in the wine retail sector.

More than 90 wines will be available online and customers will be able to choose a case of six wines or order a ready-mixed case from a selection of regions.

In the UK, discount supermarkets such as Aldi and Lidl have been increasing in popularity over the past few years and have begun expanding from food sales to wine. Aldi is one of the fastest growing retailers in the UK and is now the country's sixth largest supermarket.

One in every 13 bottles of wine purchased in the UK is already from Aldi.

The retailer said its online exclusive offers would include a Central Victoria Shiraz and a Châteauneuf du Pape, which it said uses all 13 of the appellation's permitted grape varieties.

There will also be existing strong sellers, such as the Veuve Monsigny No. 3 Rosé Brut Champagne that was commended at the Decanter World Wine Awards 2015.



## BEST BUYS


**Norton Winemakers Reserve Malbec**

**Where:** Waitrose

**When:** Now, until February 16

**Why:** Argentina has made the grape variety Malbec its flagship red and this is a good example, with flavours of ripe black fruit, violets, spices and tobacco and a long and complex finish. Best matched with stronger flavours like chargrilled steaks and slow-roasted meats.

**£8.79 (Was £10.99)**


**Yalumba Organic Shiraz**

**Where:** Waitrose

**When:** Now until February 16th

**Why:** I enjoyed a bottle of Yalumba's Organic Merlot recently on the recommendation of our editor; here's another winner from the same stable. An elegant wine that, again, works well with red meats. Suitable for vegetarians and vegans.

**£7.49 (Was £9.99)**


**Casillero Del Diablo Chardonnay**

**Where:** Tesco

**When:** Now until February 9th

**Why:** A fresh, medium bodied Chardonnay packed with pineapple, citrus and white peach flavours with a hint of vanilla spice. Perfect to savour on its own or with fish, white meat, and pasta with a creamy sauce.

**£6.00 (Was £8.00)**


**La Vieille Ferme Blanc, 2015**

**Where:** Co-op

**When:** Now, until February 2nd

**Why:** You'll have to be quick to take advantage of this offer. The wine is a triumph - medium to full bodied with a palate of peach, honeysuckle and a touch of minerality, its ideal with a variety of chicken, pork or seafood dishes.

**£5.99 (Was £6.99)**



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**or our advertisement on page four**







## Only just a cough????

As responsible owners, we vaccinate our pets yearly, apply flea treatment monthly and worm them every 3 months and up to recently this was enough. Yes, we should still do the first two but we at Kingston are now advising our clients to increase the worming dose to EVERY month. Why? You may ask and what has suddenly changed?

**LUNG WORM!** Only until recently, it had been wiped out in this area but we have had first hand experience of its return.

### I shall let one of our vets explain.....

Vet Nuno Neves said: "Ironically, the case involved a dog owned by one of our own vet nurses. We also know of another confirmed case in Pocklington and we are concerned that more cases may come to light."



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"Before we had the confirmed cases we advised owners to worm their dogs every three months with a recommended product. This was fine for parasites such as roundworm and tape worm but with lungworm now in our area we are recommending increasing this to monthly worming. This is because the lungworm larvae takes 40 to 50 days to develop," he added.

Shannon Wiles, a vet nurse at Kingston Vets Park Street Surgery, is the owner of Lily, an English Bull Terrier that has now recovered after contracting lungworm.

Shannon said: "Lily developed a dry tickly cough and was very wheezy, particularly when she was exercising. She was given antibiotics for a week that seemed to help but within a day of stopping the medication the cough returned. She then had a chest x-ray that showed large patches on her lungs. Samples of fluid from her lungs were also taken and the results came back as lungworm."

"Thankfully Lily's lungworm was caught early. We gave her wormer on a daily basis for almost a month and this got rid of the lungworm and cleared the patches on her lungs," she added.

Lungworm is a parasite that dogs pick up by taking in the larvae or by licking or eating slugs and snails. Once hatched, the worms live in the intestine and migrate to the heart and lungs, causing breathing problems and abnormal bleeding. Left untreated, lungworm can result in death.

**We are offering a promotion on worming treatment, so please ring any of our 6 KINGSTON VETERINARY GROUP surgeries where our reception and nursing staff will be happy to discuss this with you.**



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## Do You Know Your Local Community Sports Centre? . . .

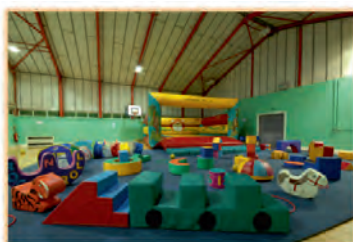
**No! Then read on . . .** Cottingham Pavilion or 'the Rec' was closed in 2006 following an arson attack. In 2009, KGV Cottingham Community Trust was formed as a social enterprise, and in 2012 took over management of the Pavilion from East Riding Council.

The charity currently has seven trustees, and is also a limited company, reporting to 'shareholders' at the AGM each June. New 'shareholders' will soon be invited to join - no money needed, as this is for putting the 'community' into Community Trust. New trustees are always welcome for election or co-option, especially those with the professional skills needed to support the manager and staff in running a successful business.

The main goal of the Trust is to support the local community by providing sports and leisure facilities for hire by clubs, societies and individuals as well as services for people using the park. The centre is also popular for children activities and birthday parties.



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So if you would like to get involved with running your local Community Sports Centre please contact the Chairman, Geraldine Mathieson on 847276 or [cllr@mathieson1.karoo](mailto:cllr@mathieson1.karoo).

[co.uk](http://www.cottinghamtimes.co.uk), or have a chat during our Open Day on 21st February (see posters for detail) ..... we would love to hear your ideas! See our timetable of sessions on our website

[www.CottinghamSportscentre.co.uk](http://www.CottinghamSportscentre.co.uk)

### Friends of KGV Playing Fields

Established in 2005, the Friends group is made up of residents and facility users, who share a passion to enhance and promote this community facility. They meet every 1st Monday of the month at 7.30pm at the Sports Centre to plan for the coming months. Recent funding from Friends events such as Easter Egg Hunt, Party in the Park & Family Fun Day has enabled us to purchase Benches, De-Fib and a Patio Area, so thanks to all those who have supported these events. We are a small group of volunteers and as these events become more popular we need extra help, so even if you can just spare an hour on the day, please email [kgvfriendsgroup@gmail.com](mailto:kgvfriendsgroup@gmail.com) and let us know how you would like to help.

### 2016 Event dates for your diary;

Easter Egg Hunt Sunday 27 March

Party in the Park Saturday 11th June

Family Fun Day Weds 17th August

Halloween Hunt Saturday 29th October

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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile Maker'  
Branfield

## More Blasts from the Past

Hello again, I hope you are well and have settled into 2016 nicely. Hull City have. Four wins on the bounce and 6-0 against Charlton. Great stuff.

### Imaginative, Creative and Ingenious

Last time I delved back in time a bit to see how the problem of missing teeth was tackled way back when. We mainly looked at replacing missing teeth with implantations of different sorts. Some were very imaginative, creative and ingenious and sometimes a bit mad.

### A Bridge Too Far?

Dental bridges are not new, not by a long way. There have been bridges discovered dating back to the fourth or fifth century B.C. One such bridge was found in Sidon, chief city of ancient Phoenicia. The Phoenicians were a people



contemporary with the ancient Egyptians and Hebrews and lived in what is now modern-day Lebanon.

The bridge had four natural human incisor teeth with two carved ivory teeth between them. These 'teeth' were bound together with gold wire. The Etruscans also were very adept in the art of dental prosthesis.

Here again there have been dental findings dating back to 500 B.C. Soft gold bands were fitted around natural teeth. The false teeth were fastened to the bands with rivets. The false teeth (pontics to use the dental jargon) were made up of human teeth with the roots cut off or more often oxen teeth. In some cases a groove would be made down the middle of a wide ox's tooth to make it look like two teeth. Absolutely ingenious. These guys must have had some time on their hands, not like the 100 miles an hour of 21<sup>st</sup> century living, eh?



### Elephant, Hippopotamus Or Walrus, The Choice Is Yours

Over the years dentures have been made out of different materials including ivory, gold, stainless steel, cobalt-chromium, vulcanised rubber and acrylic. The teeth on the denture made from ivory, natural teeth, porcelain and acrylic. The ivory that was meticulously carved came from different sources. Namely elephant, hippopotamus or walrus. Each type of ivory had its own characteristics in terms of grain and texture. There is evidence of ivory being used for dentures as far back as Roman times.

### Would You Like Springs With That Sir?

One famous denture wearer was the American President George Washington. He was plagued by toothache and abscesses for many years and only had one tooth left by the time of his inauguration. (He doesn't look a happy chap). He had several dentures made by the best people of the time and had them made from the whole range of materials available. His last set was made by John Greenwood. The upper palate was swaged from a sheet of gold and had ivory teeth riveted to it. The lower denture was carved from a single block of ivory. The two dentures were fastened together by a steel spring! I bet that took some getting used to. I also bet that you can't get them on the NHS. How much do you think that would cost now?



So there you go, another little jaunt back in time to dental practice of bygone eras.

### Conference Time Again

We are off to a patient care conference this week. It's the first time in 4 years that I won't be a speaker.....and relax.

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 23 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](http://www.castleparkdental.co.uk)

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

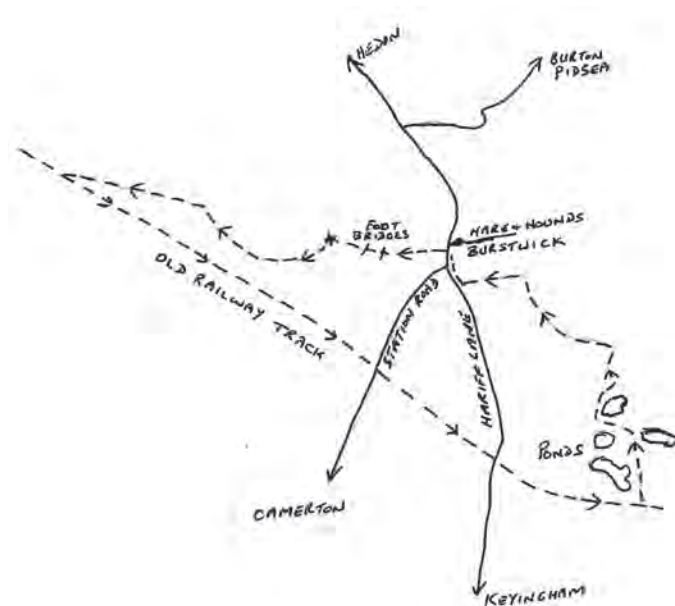
## This month his destination is Burstwick

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

Map: EXPLORER 292

Park near the Hare & Hounds public house .(Entrance to Woolam Hill)  
GR TA229278. Distance 5.5 miles.

Cross the main road to walk up Pinfold Lane. At the end of the lane continue straight ahead between a wooden



fence on the left and a hedge on the right. Pass through two kissing gates into open fields and walk with the hedge on the right which eventually disappears to leave a dyke on the right.

Cross a wooden foot bridge and walk straight ahead across the next narrow field and then cross a wide foot bridge with metal hand rails. Immediately after crossing the bridge turn left and walk with a drain on the left. Continue straight ahead across three fields keeping the drain and, at times, a hedge on the left.

Eventually leave the field onto the old railway track and turn left. Follow this railway track across two roads (Station Road and Hariff Lane) which both lead back into Burstwick on the left. After crossing the second road, continue ahead for about 0.5 miles and then turn left to pass a large pond on the left. After passing the pond continue ahead and eventually walk with a wood on the left and a wire fence on the right.

At the end of this path emerge onto a surfaced track and turn left. Follow this track as it sweeps right passing another pond on the left. Pass through a barrier near Sangwins Yard and immediately turn right onto a muddy track which shortly becomes a grass track.

On reaching a junction of tracks, turn left and walk with a deep drain on the right. (East Carr Drain) At the end of this surfaced track emerge onto a road and turn left. At the "T" junction turn right and walk back to Woolam Hill.

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[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - February 25





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.



## 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

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

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

### Growing tips

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

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

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 £2.49.

### Plant of the moment Camellia

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

#### Site and soil conditions

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

### Watering

Tap water, especially in hard water districts, often contains too much calcium for camellias, reducing the acidity around the



roots over time. Rain water is ideal for watering camellias. If rain water runs out, tap water is satisfactory for a month or two in summer.

### Feeding

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

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

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## Your Stars for February 2016

By Kay Gower

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

You can only drift with the tide and wonder where the water will take you for so long. This month you must decide on a destination - and then begin to paddle.

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

At last it's a 5-star month! The cherry on top of the cake is that there are people around who are so happy for you. You're thrilled that progress is coming as quickly as you wanted it to come.

### Gemini (May 22-June 21)

Gather up your best ideas. You'll soon get an energy boost that will help you put all your big dreams into practice. There are things that you tolerated in 2015 that you will no longer put up with this year.

### Cancer (June 22-July 22)

Laughter can sometimes be a cover for sadness. Reading between the lines is one of your specialities. You are like an editor eliminating useless information. This helps you reach the very essence of the message people are sending you.

### Leo (July 23-Aug 22)

Don't be afraid of being the 'outsider'. This position can sometimes give you a wonderful advantage. You see all kinds of things from the outside that you could never see if you were right in the thick of it.

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

Protect yourself from negative people. Create a large buffer zone between you and other's problems. By the middle of the month the storm will have passed.

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

Look back over the past couple of months and pay particular attention to what you have recently let go. Something new is about to drop into the void so it would be a good idea to know how you'd ideally like to fill it.

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

Your tendency to be a bit suspicious will pay dividends this month when you make a satisfying discovery. The moon in your 12th house around the 24th Feb. makes you feel moody, try to stay on an even keel although you may have to bite your lip.

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

Someone is counting on you to show up, and it's obvious when you arrive that they're looking to you to take charge. Step into the place like you own the joint - even if you don't.

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

You're quite unique, and others can't figure you out. There are some who will claim that you're psychic, when really you're observant. You understand that the wise listen more than they blab - especially to what goes unsaid.

### Aquarius (Jan 21 - Feb 19)

Family could besiege you with problems especially during the first two weeks. Taking on the role of workhorse gets old fast, so if you get the chance this month - spoil yourself.

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

Some say that words are power and they can be used to help heal - or harm. This will be especially true about the words you use when speaking to yourself this month, so choose your words wisely.

*Continued from page seven*

### Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 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](http://www.fitmums.org.uk)

### 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.

### English Country Dancing

Every Tuesday at the Darby & Joan Hall, Finkle St.. Cottingham. 8.00 pm until 10.00 pm. Beginners welcome. For further information please ring Fred Smith on 01964 550297.

### Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2016 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Wednesday evening 6.00 pm till 8.00 pm and at Cottingham High School on Saturday from 12 noon to 2.00 pm. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. 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 Hessele on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

### The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 843253 - 07531 762593 or 473042.

### Cottingham Methodist Church Hall

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

### The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: [www.greengingergarland.com](http://www.greengingergarland.com) or team leader Jenny Pittock on 01482 657778.

### Writing Circle

A friendly and supportive group of aspiring writers. This is not a teaching class, but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journalling. No Charge. We meet Mondays 10.30 a.m. to 12.30 pm, at the Al Fresco Cafe at Worklink on Eppleworth Road. Contact: Lynne 07866 850400.

*Continued on page 36*

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## See our BAFTA Wine Competition on page 18



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### Sudoku Answer from page 12

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

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## Beekeeping with Neil Gower - Neil continues his quarterly review of the calendar of a beekeeper

Winter...that quiet time of deep snows and warm fires. A time of waiting for another Spring.... And as we are now in February the spring really is almost upon us, according to the Met. Office and is always a time of anticipation. During the winter I've caught up on quite a few tasks, I've cleaned out my spare hives and equipment, managed to read all the beekeeping related articles I put off earlier in the year and made my plans for the forthcoming season.

Like all livestock, honeybees suffer from a number of diseases, some of which can be caused by their very social nature; they share food, transfer nectar from mouth to mouth and live in close proximity as part of a colony which encourages the spread of spores or germs. Beekeepers can minimise the risks of disease by exercising good housekeeping and everything must be kept clean, from the bee-suits that we wear to the tools that we use when inspecting our bees as well as the hives and their surroundings. Poorly maintained equipment spreads bacteria and disease and the modern day honeybee has enough to contend with without the beekeeper adding to its plight.

Most Beekeepers follow a pest and disease management strategy, and as part of mine over the past few months I've scorched and scraped all the inside surfaces of my wooden hives with a blowtorch to kill reluctant germs; my polystyrene hives have been thoroughly scrubbed with a solution of washing soda and disinfectant and all have been

stacked in a clean, dry environment ready for the time they will be needed. My tools are cleaned during and after every inspection but the container I keep them in and any ancillary equipment receives special attention at this time of the year.

Another tool available to us as part of our strategy is the application of licensed treatments and this is particularly important in our ongoing battle against the parasitic Varroa Destructor Mite. Around December or January we would normally trickle a solution of Oxalic Acid over the bees which kills any mites present on their bodies. It is administered only when the queen has stopped laying eggs and there is no brood present in the hive. At the time of writing there was brood present in all my hives so the treatment has not been administered and I'll apply other measures against Varroa later in the season which I'll refer to in a later article.

Last year I shared with you my philosophy on changing out at least half the frames in each hive annually and those I removed in the spring have been destroyed after removing the wax for recycling. I cut out the sheets of wax from the frames and put them in a device called a solar extractor. As its name suggests this homemade insulated box with a glass roof uses the power of the sun to melt the wax at high temperature which is collected and can be used to make new sheets of beeswax foundation, candles, polish and we also use it in the making of homemade soap. As well as being ecologically sound this also helps to keep down the running costs of beekeeping.

The poor summer of 2015 resulted in a low honey harvest and I decided to leave much of the honey they had made in the hives to help feed the bees during the winter months. We test the weight of the honey in the hive by using a technique called "hefting" in which you gently lift one side of the hive off its stand and experience gives you a good indication as to whether or not the bees have enough stores.

At the end of the autumn they were still well stocked but I've been keeping a closer eye than normal on my colonies this winter as the mild temperatures in December and early January meant that they were flying out of the hives and searching for forage. Normally they would be clustered in a ball around the queen and the problem is that this activity makes them hungry and they tend to consume their food stocks much quicker.

I've been supplementing their own stocks with bakers fondant which is a sugary food that they can easily digest since mid December which is earlier than normal; and I will continue with this until the spring flowers and tree blossoms come into bloom and I can see them bringing pollen and nectar into the hives.

Springtime is an interesting period in the beekeeping calendar as activity in the hives builds up and it brings with it expectations of what might be achieved in the forthcoming season, but it also brings its own challenges. Like with gardening and many other activities the weather plays its part so we can only hope that there will be an improvement on last year. My next article is due in the May edition when each colony should be expanding, spring flowers and fruit trees should be providing pollen and nectar and the swarming season will be upon us and I will look forward to updating you.

If you think you might be interested in finding out more about beekeeping and might like to enroll on a course or a 'Taster Day', then please visit the Beverley Beekeepers website at [www.beverleybeekeepers.co.uk](http://www.beverleybeekeepers.co.uk)

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## Open Exhibition Launched

The Spa Bridlington have today announced the start of the highly anticipated Open Exhibition as part of the ArtWaves 2016 festival taking place in May. ArtWaves is a visual art festival celebrating the life and colour of East Yorkshire bridging traditional art forms with digital, contemporary and urban art.

Following the theme of 'Journey', entries are sought capturing a wide variety in both context and art forms with submissions showcasing 'journey' in the East Riding.

The festival is offering a total of £2,000 in cash prizes with the winner being featured in Leisure Painter and The Artist, both national magazines.

2014 Open Exhibition winner, Carol Davidson said, "I really enjoyed the festival. It was good to have the opportunity to exhibit and of course as a prize winner it raised my profile as an artist."

Lauren Frost, Festival Director, added "We are proud to include a children's exhibition alongside the Open Exhibition. We are running a children's version with age categories and prizes for each group.

"By doing so we are allowing the younger generation to actively contribute to the festival and get creative in the process; acknowledging the importance of expressionism at a younger age and we're excited to see the works produced."

The festival is being run by East Riding of Yorkshire Council as part of the ongoing investment in culture and heritage across the East Riding. It is hoped that the festival will attract new visitors to the area whilst providing low-cost, fun activities for local residents.

Councillor Richard Burton, Portfolio Holder for Civic Well-being and Culture said "This is a fantastic opportunity to showcase artists and the very fabric of the East Riding.

"Entries will be publicly displayed in The Spa Gallery for the duration of the festival and we look forward to receiving entries capturing visual representation of movement, time, travel or other interpretations."

Details of how to enter will be shortly announced and made available from The Spa Bridlington website in due course. For further information go to [www.TheSpaBridlington.com](http://www.TheSpaBridlington.com) or call the (01262) 678258.

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<b>Dublin &amp; Wicklow</b> Monday 4 <sup>th</sup> April – 5 days only <b>£425.00</b> 4 nights at Glen View Hotel Delgany Includes guided train journey, cruise on the River Liffey entry to Powerscourt House	<b>Arnhem &amp; The Dutch Bulbfields</b> Friday 22 April – 6 days from <b>£469.00</b> 2 nights on board P & O Ferries from Hull 3 nights at BW Haarhuis Hotel, Arnhem Full excursion programme
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## Chinese New Year The Year of the Monkey begins on February 8th

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

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



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

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

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

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

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

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

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

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



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## 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.

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

[www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk)

## Fear of attack and possible death - How to make the changes in the environment needed for success.

I was recently asked a question about horse behaviour which got me thinking about our behaviour. The question was all about fear behaviours in an otherwise quiet, calm and content gelding. He lives on a yard where there are quite a few stallions. One stallion in particular was scaring her horse while riding exercise in the school. He spins, shakes, tries to bolt off in any direction away from this particular stallion. He is nervous and spooky and very unsettled. He spends his whole time keeping an eye on the stallion and where he is in proximity to himself, ready to flee at any time. She finds it impossible to gain any relaxation or even attention from him. Her question was what could she do to train her horse how to not be scared of this stallion and be calmer all round in this situation.

My first question to her was why is her horse in the same proximity to stallions in the first place, alongside asking how this particular stallion behaves with her horse or any other horse in its proximity. To my mind this description would go a long way into explaining her horse's emotions and behaviours.



Apparently her gelding is not nervous in any other circumstance. She hacks him out happily, which he enjoys and they enjoy together. His ground manners are lovely and calm and he gets lots of time out in the fields simply being a horse.

The yard itself houses several Dressage stallions which all have to be exercised of course, however, one in particular openly dislikes her horse. It displays aggression and threatening behaviour towards him despite being in the control of a rider. I may have perceived some of her story wrong but it would appear, on balance, that the stallion owner/rider shows little or no consideration to other school users. It would appear that she expects everyone to keep out of her way rather than choosing to exercise her volatile Stallion well away from others or at totally different times altogether. I cannot understand this way of thinking at all because it is encouraging and reinforcing a totally wrong set of emotions and behaviours in the stallion. This is madness to my mind and an accident waiting to happen, never mind the fact that he must feel quite tortured in his life. Where is his fun? When does he get calm, relaxed exercise or schooling time outside of his stable?

So what behaviour needs changing here and in whom? Is it realistic or even possible to try and change the fear (of death) in the gelding or simply eliminate the cause? It would not be realistic to try to train the gelding in the presence of the stallion... it is in fact very harmful to both horses.

Fear inhibits learning in us all and elicits the release of cortisol and adrenaline. These hormones are needed for survival and produces flight behaviours and an acute awareness of minute movements or changes to the immediate environment. Little things may cause huge fear/flight behaviours - a flapping pigeon becomes a pterodactyl or a moving flower becomes a triffid!

I have advised that she must never put her lovely horse in that situation again. There is a high risk of serious accident to all concerned, and her horse will lose trust in her for forcing him to face these innate fears. The pity is that her horse is not the cause of the problem but he suffers as a result all the same. It should really be the Stallion owner who should never put anyone else in a compromised position but can she not see this herself? Presumably there are other owners who feel the same way.

No one should be ostracized here. It would be lovely if there could be quiet communication between owners so that everyone could find how to use the facilities for the betterment of their horses and their relationships and in group harmony. This is not about training the horses but changing their humans behaviour.

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There I was preparing festive menus, planning party tables, organising New Year 's Eve celebrations; **have I missed it?** And where did January go!!!! The ever accelerating passage of time speeds on and I'm thinking - Valentine's Day and Easter, even next Christmas is only 11 months away. But what really made me question time recently was the passing of David Bowie, we were born in the same year and yet being enthralled by Ziggy seems but a few moments ago to me, a brilliant artist sorely missed.

So "back to the future" (how long ago was that??) We started a new menu in January maintaining all the Half Moon favourites plus an additional page bringing a new selection of starters, mains and puddings every week to bring continuing variety. Within this weekly menu, a "World Cuisine Theme" will run through one of each of the courses enabling Chef to create a three course meal from a particular region of the World or Country for you to enjoy. Our first week involved a trip to the orient:-

#### **Platter of Chinese Appetisers**

Chicken & sweetcorn soup, duck spring roll, prawn crackers and Sichuan meatballs

#### **Steamed Sea Bass**

Served with egg noodles, water chestnuts, bamboo shoots and oriental mushrooms

#### **Pineapple Fritters**

Rings of pineapple deep fried with a sweet batter, served with orange blossom syrup and stem ginger ice cream

My wife, Judy would not believe that the choice of pineapple fritters had nothing to do with me, menu choice is entirely Chefs responsibility, as it should be!

Call in to find out which part of the Globe we're travelling to that week.

Valentine's Day falls on a Sunday this year, so we are changing our normal Sunday opening hours of 12 – 6 to our week day hours of 12 - 2 and 5 - 7.30. So treat your Valentine and book a table with us for a candle lit dinner in the evening. Tables for two are in short supply so maybe arrange a foursome or more-some party in a Valentine atmosphere with table treats and a few special occasion items added to our menu.

Closely following February and before the next *Cottingham Times*, will come March 1<sup>st</sup> when the Pub will be awash with daffodils to celebrate St David. The refreshing splash of bright yellow, for me, heralds the start of spring and new beginnings with the hope for a hot and sunny summer.

Talk about Time passing quickly; in one short paragraph I've managed to banish winter, and zoom through spring. I'm in summer already. Better start painting the picnic tables!!!!

Many thanks

Cheers from Mike and everyone at the Half Moon

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While many enjoy its taste, hard water has a high concentration of minerals such as calcium and magnesium. These minerals are naturally added to the water supply as it's filtered from the ground through layers of limestone and chalk. These minerals can have a drying effect on the skin, which is why many believe hard water is the reason that their eczema isn't improving or is getting worse.

Another reason is that households in hard water areas tend to use more soap and detergent when washing clothes and bathing - products we know inflame the skin of eczema sufferers.

Water softeners have an 'ion exchange' system which removes the calcium and magnesium salts from the water, thus completely eliminating the hardness thus needing less soaps and detergents and making rinsing clothes and bedding more effective too.

To test this theory, the University of Nottingham looked at over 7,500 children to see whether hard water had an effect on the condition in children. They found eczema was 44 per cent more common in primary school children living in hard water areas than in those who lived in areas where the water was soft. Similar conclusions were found from studies in Japan in 2002 and Spain in 2006.

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### Hull and East Yorkshire Happiness Group

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### Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

### Cottingham Tennis Club

Plenty going on at the Club in the winter months, including a new in-club competition for all skill levels. New members welcome at discounted rates. Find us off Hull Rd. next to Overland Rd. John Stones 847080 or Paul Holtby 07785543258 for coaching.

### 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.

### Loudhailer Acoustic

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors are 7.00 p.m. music at 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

### Hull Zingari

Hull Zingari, the city's longest-established cricket club, hold their indoor net practices every Wednesday at Sirius North Academy Sports Hall on Hall Road from 8.00 pm until 9.30 pm each week. The club will field senior sides in the York and District Senior League Premier Division and the Holderness Division Two as well as a Sunday side. Cricketers new to the area or those looking to join a progressive club and play in a higher standard of cricket will be very welcome. More info at [www.hullzingari.play-cricket.com](http://www.hullzingari.play-cricket.com)

### Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on [philme79@gmail.com](mailto:philme79@gmail.com) for further information.

**The deadline for entries in the March 2016 "What's On" section, is the 18th February.**

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## Issued on behalf of Safer Roads Humber: Installation of average speed cameras on A1079 to begin in February

Work will start on Monday 1 February to install state of the art average speed cameras on a stretch of the A1079 between the Shiptonthorpe roundabout and the Dunswell roundabout.

The existing cameras on the Market Weighton bypass and on Arras Hill near Market Weighton and on sections of the Beverley bypass will be replaced by the new equipment.

The new average speed cameras will be designed and installed by national contractor Vysionics at their recommended locations on behalf of Safer Roads Humber, a partnership which includes East Riding of Yorkshire Council, Humberside Police, and Humberside Fire and Rescue Service, and the installation is scheduled to take approximately eight weeks. It is not anticipated that the installation work will cause significant delays for traffic using the route.

The existing twelve cameras - dating from 2006 - are being replaced because they are life expired and still rely on wet film in the cameras which has to be developed in the traditional manner. The first of the new cameras that motorists will see will be located at the Shiptonthorpe roundabout, with other cameras located at new locations between there and the Dunswell roundabout, ensuring that the speed limit can be enforced along the whole route.

The new cameras are costing Safer Roads Humber a total of £890,000, which covers the costs of installation, and maintenance

for the next eight years.

Councillor Andy Burton, portfolio holder for planning, highways and transportation, said : "We want roads in this region to be as safe as they can possibly be; in other areas of the country, the installation of average speed cameras has helped to reduce casualties on the roads. We want motorists to keep to the speed limits on our roads, which will help keep them and other road users safe and keep accidents to a minimum. We are confident that this new equipment will help to achieve these aims.

"Before the installation of the current cameras, the A1079 was classed as a medium to high risk road by Euro RAP ( the independent international system for rating roads across the continent). Between 2002 and 2004, there had been 71 crashes along this section of road, resulting in 138 people being injured, of whom 36 were seriously or fatally injured. Since the cameras were installed in 2006, the number of injury crashes and the severity of injury have been greatly reduced. We want to maintain these greatly improved statistics, which is why it is essential that the current outdated cameras are replaced by modern equipment."

PC Simon Carlisle, casualty reduction officer for Humberside Police, added : "Average speed cameras allow motorists to manage their speeds considerably better. They prevent what we call 'camera surfing', where motorists speed up after passing a known camera site, but equally they prevent the triggering of an old style camera by a brief lapse in concentration. Motorists will be able to maintain a more constant, steady and safe speed."

Safer Roads Humber is reminding motorists that all existing speed limits on the A1079 will remain the same as they are now, including the 60mph limit on the climb up Arras Hill. The stretch of road involved will see clear signage erected at regular intervals, to remind motorists of the average speed cameras.

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**Friday 15th April - Abba & 70's Night**  
**Friday 13th May**  
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**Friday 3rd June - Ed Sheeran**

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# Property News from Martin English of Homelink

## Landlords and the Immigration Act 2014

The recent Immigration Act 2014 will have significant repercussions for landlords and letting agents. The new provisions will require landlords (and by implication, agents) to carry out immigration checks on all tenancies starting after the introduction date. A limited rollout across five areas in the Midlands (Birmingham, Walsall, Sandwell, Dudley and Wolverhampton) began on 1 December 2014 and a full roll out in England commenced on 1st February 2016.

### What action is required?

The new rules require landlords to check the immigration status of all new tenants. The new rules affect you if you are:

- Renting out accommodation for people to live anywhere in the UK (including taking in a lodger)
- A letting agent who provides a service for landlords by finding people to live in rented property
- A hotel or guest house, or provider of similar accommodation and you take in guests who stay for three months or more.

Responsibility for completing the checking process will primarily lie with the landlord unless this responsibility has been transferred to a letting agent.

All private landlords and letting agents will be required to make simple checks on the migration status of new tenants in order to make it more difficult for illegal migrants to live in the UK. Before renting accommodation, landlords will ask prospective tenants to produce evidence (from a checklist of documents) of their permission to be in the UK. Landlords and agents should check this evidence and keep a copy for their records. The exact nature of these checks is detailed in Government guidance.

When a prospective tenant cannot provide the landlord with any

of the documents required under the checks, then the landlord must request verification of a 'right to rent' from the Home Office's Landlords Checking Service using an online form. Where a landlord does not have access to the internet, a request can be made by telephone. The Landlords Checking Service will respond to the landlord with a clear "yes" or "no" response within 2 working days.

### Penalties

Where a landlord has authorised an adult to occupy a property without a legal 'right to rent', he may be subject to a penalty of up to £3,000 for any breach under the Act – so it is something that landlords will be advised to familiarise themselves with. If you are in any doubt a reputable agent should have robust processes in place to safeguard your responsibilities as a Landlord and you should seek there advice.

### Guidance

The following detailed guidance is currently available on the main government website –

[www.gov.uk/government/publications/right-to-rent-landlords-code-of-practice](http://www.gov.uk/government/publications/right-to-rent-landlords-code-of-practice)

- Code of Practice on illegal immigrants and private rented accommodation
- Code of Practice for Landlords - Avoiding unlawful discrimination when conducting 'right to rent' checks in the private rented residential sector
- Right to rent information leaflet

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

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- White bathroom suite with shower over bath
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- Well presented neutral décor throughout

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## Wanted! - Poolside Attendant for exercise/relaxation classes in hydrotherapy pool

Can you spare one hour a week for a good cause?

**A**lternative Aquatics is a local charity affiliated to the national charity BackCare. We provide gentle exercise and relaxation for people with back pain and associated mobility problems. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School, Inglemire Lane, Hull.

We are in need of a volunteer Poolside Attendant. Someone to sit on the poolside to keep an eye on the people in the water and raise the alarm in the event of anyone having a problem. Should you wish to do more, being able to swim and having First Aid experience would be helpful, but is not essential. Training (and a First Aid course) would be available if required.

If you think you can help us, please ring Karen on 01482 807072 for more information"

## Parents across the East Riding encouraged to get Sugar Smart

**A** new campaign was launched recently encouraging parents to get 'Sugar Smart' and take control of their children's sugar intake.

The Change4Life campaign follows revelations that four-to-10 year olds consume an estimated 5,500 sugar cubes a year, weighing 22 kg - the same weight as an average five-year-old.

Currently, 22% of four to five-year-olds are overweight or obese in Yorkshire and The Humber, increasing to 33% in 10 to 11-year-

olds. This means they are more likely to become obese adults who are more prone to a range of serious health problems, such as heart disease, some cancers and Type 2 diabetes.

A new Sugar Smart app has been launched to help parents to see how much sugar there is in everyday food and drink. The free app works by scanning barcodes of products and revealing the amount of total sugar they contain in cubes and grams such as:

**six cubes of sugar in a 43g chocolate bar**

**five or more cubes in a 200ml juice drink**

**nine cubes in a can of cola - instantly taking children up to or over their recommended maximum for the day.**

Change4Life has created an eye-opening short film, which warns parents about the health harms of eating and drinking too much sugar, including becoming overweight and tooth decay. The film brings to life the excessive amount of sugar consumed by the average child per year; currently three times more than the new maximum recommended daily amount.

Dr Tim Allison, Director of Public Health at East Riding of Yorkshire Council, said: "Healthy eating is extremely important for children and young people in the East Riding, to give them the best start in life. Levels of childhood obesity locally continue to be a cause for concern.

"Children aged five shouldn't have more than 19 grams of sugar per day - that's five cubes, but it's very easy to have more. That's why we want parents to be 'Sugar Smart'. Public Health England's easy to use app will help parents see exactly where the sugar in their children's diet is coming from, so they can make informed choices about what to cut down on."

Five million Sugar Smart packs will be given away to primary school children and their families through schools, local authorities and retailers.

Download the Change4Life Sugar Smart app to find out how much sugar is in the food and drink your family consumes every day and search 'Change4Life' for lots of free support, tips, ideas and recipes.

## Law firm offers Legal Advice Clinics to help people understand changes to Inheritance Rules

**L**eading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters. In light of major changes to rules surrounding inheritance, even more clinics are planned across the region.

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly as the intestacy rules - the rules concerning the estate of a person who dies without a will - changed on 1st October 2014.

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs."

For more information about the legal advice clinics or to book an appointment, contact: Jo Pearman in confidence on 01482 325242 or email [legalclinics@andrewjackson.co.uk](mailto:legalclinics@andrewjackson.co.uk)

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## Mrs Stella Northcott (nee Lancaster) - Passed away 17th December 2015, aged 95

Stella was born in Hull to George & Stella Lancaster on 15<sup>th</sup> June 1920 and had an older brother, George.

In 1924 the family moved to Australia but unfortunately had to return to the UK a few years later due to her mother's home sickness.

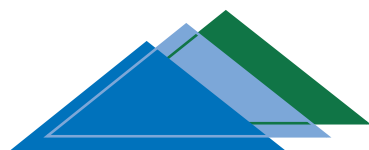
Stella suffered some major knocks in her life - the death of her mother when she was only 5 years old, losing her brother George during the Second World War and also her husband Harold who died at the age of 44. However out of this came a resilience, strong will and independence.

She eventually moved to Skidby in 1974 and entered fully into village life. She was a member of the Village Hall Committee, being the Secretary for many years and was eventually given the role of Life President. She belonged to many groups such as the Yorkshire Country Women, the Embroidery Group, the Gardening Club and the Little Weighton Fellowship. She also enjoyed singing and playing the piano, performing in entertainment groups over the years.

She continued to play the organ for Skidby Methodist Church until early 2015.

Her funeral was held at Haltemprice Crematorium on 29<sup>th</sup> December 2015 at which a collection was taken in her memory for her most loved charity, the R.N.L.I.

A cheque for £400 to go towards the R.N.L.I. Humber Kit Appeal was presented by Stella's eldest son Geoff to Dave Steenvoorden, the Superintendent Coxswain of the Humber Life Boat at Spurn Point on 13<sup>th</sup> January 2016.



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## The Cottingham Darby & Joan Luncheon Club has vacancies for new members

The Darby & Joan Luncheon Club has some vacancies for new members. The Club meets every Friday in the Darby & Joan Hall in Finkle Street for a two course lunch, freshly cooked on the premises by our two excellent cooks.

This is followed by a cup of tea and time to socialise before some entertainment or bingo. If you are interested in joining, please ring Mrs. Hodge on 849077 any time, or on a Friday on 845819. Alternatively why not call in on a Friday and see us in person.

## Hull CHA Rambling Club

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The party splits into two groups each with an organised leader  
A party 12 - 14 miles B party 8 - 10 miles

### Sunday 14 February

A: Bishop Wilton to Goodmanham  
B: Millington to Goodmanham

### Sunday 28 February

A: Basin Howe to Scalby  
B: Basin Howe to Scalby

For more information ring Jan 07538 951112 or email [jan\\_c\\_558@outlook.com](mailto:jan_c_558@outlook.com)

## Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers, a very friendly walking group with walks on Sundays. The coach picks up on Ferensway Hull then through to Cottingham Green leaving Cottingham at 9.20 a.m. Coach fare £10. Three levels of walks:

- A Group 8-10 miles
- B Group 5-7 miles
- C Group The Strollers - Very leisurely 3 miles or so.

### Sunday 14 February

Hornsea followed by a Fish and Chip Tea.

### Sunday 28 February

Goole Riverside walk.

For further information please ring Dulcie Hartley 01482 509000.

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## Cottingham's traders starting to benefit from East Riding Council's Shop Frontage Small Grant Scheme

Cottingham's traders starting to benefit from East Riding Council's Shop Frontage Small Grant Scheme.

Cottingham Parish Council is administering the fund and Cllr Ann Abel chairman of the Parish Council, along with Cllr Ros Jump chairman of the Parish Sub-Committee, presents a cheque to Guy Smith proprietor of the Baker's Dozen.

One shop that has already benefited from refurbishing their shop front is the Baker's Dozen and there are several other recipients in the pipeline. This work has inspired several other businesses located nearby to make changes to their shop fronts and this makes an important contribution to the appearance of our high street. They also make the village feel more welcoming to local residents and visitors, and encourage a greater number of shopping visits.

A vibrant village will also attract new businesses so it's a 'win win' for everybody. We want to improve the shopping experience for everyone and we are looking forward to presenting more cheques over the next few months.

*Ann Abel & Ros Jump*

## Nearly 8,000 responses received to libraries consultation

The first phase of the public consultation about the future of the library service in the East Riding closed on 21 December, 2015. East Riding of Yorkshire Council received 7780 responses by the closing date.

Darren Stevens, the council's head of culture and information, said: "We are absolutely delighted with the volume of responses we have received, and would like to thank everybody who took the trouble to give us their thoughts and views on the future of the library service in the East Riding.

"We are now going to take some time to analyse every single response and then determine what, if any, proposals, we want to put forward for the future of the service. We will want to decide whether the library service can contribute to the high levels of overall savings that the council has to make, whilst providing a library service which is flexible, modern and relevant to today's and future customers.

"We will be in a position later this year to bring forward any proposals, and would consult further with the public on them."

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## Please get behind the Daffodil this March

Marie Curie is appealing for people in Cottingham to 'get behind the daffodil', by volunteering to collect donations for the charity's annual Great Daffodil Appeal this March.

The charity needs volunteers to encourage people in the local community to give a donation and wear a daffodil pin. The money raised from the Great Daffodil Appeal will help Marie Curie Nurses provide care and support to people living with a terminal illness and their loved ones at home in Cottingham. The appeal is now in its 30th year and has raised more than £73million since 1986.

From Whitby to Withernsea and Cleckheaton to Cottingham, people across the country are signing up to volunteer. It's easy to sign up, whether you have taken part before or you're doing it for the first time – and families, friends and workmates can sign up to volunteer together.

Natalie Atherley, Community Fundraiser for Marie Curie in East Yorkshire said: "The Great Daffodil Appeal is our biggest annual fundraising campaign, making it possible for Marie Curie Nurses to give care and support when people need it most. Every year millions of people across the UK show their support for our work by simply giving a donation to wear a daffodil pin. This year is the 30th year of the appeal and we are hoping to raise £8.5million, so we can continue providing this vital care for local people."

We are specifically looking for volunteers to help at our Cottingham Street Collection on Saturday 5th March this year. This is a well-known collection in the heart of Cottingham that is really well organised by volunteer host, Gail Jarvis who turns Cottingham yellow every year for Marie Curie's Great Daffodil Appeal.

To volunteer to collect for Marie Curie and support the Great Daffodil Appeal call Natalie on 01904 755260 or Gail on 01482 849361 or email [natalie.atherley@mariecurie.org.uk](mailto:natalie.atherley@mariecurie.org.uk).

## The Lions' Table Top Sale - Saturday 7th May

The members of Haltemprice Lions have organised an indoor Table Top Sale again at the Civic Hall, Cottingham on Saturday, 7th May, 2016, open to the public from 10.00 a.m. onwards.

We would welcome applications from potential stall holders - especially other charities, to sell suitable unwanted goods to the public. Tables (approx. 6'00" space including table) costs £12.00.

Availability is limited, therefore, early application is recommended, send your details to David Whincup, email address: [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk) or Tel. 01482 847367 for application form.

## Hull and District Cats Protection cat Homing show on Saturday 27th February

Hull and District Cats Protection will be holding a Cat Homing Show on Saturday 27th February in the Darby & Joan Hall, Finkle Street, Cottingham from 11.30 am to 1.30 pm.

Come and meet the cats who are looking for loving, permanent homes. Stalls will include cakes and jams, gifts, cat accessories and a tombola. Refreshments will be available. For information please ring 01482 790284.

Neutering vouchers available for those on benefits, low incomes by calling 01482 657650.

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## Sunday 14th February Normal À la Carte Menu being served



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Fri 18th March - 3 Days, 2 Nights at the Derwent Hotel D/B/B £221.00  
Mon 11th April - Comedy Weekend at the Toorack Hotel D/B/B £224.00  
Fri 17th June - 3 Days, 2 Nights at the Derwent Hotel D/B/B £229.00  
Fri 23rd September - 3 Days, 2 Nights at the Derwent Hotel D/B/B £224.00  
Edinburgh & Britannia - 2 Days, 1 Night D/B/B £129  
Sat 14th May; Sat 9th July; Sat 17th August; Sat 10th September  
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Sun 17th July; Sun 25th September **Durham-Lindisfarne-Alnwick Gardens**  
3 Days, 2 Nights D/B/B at the Holiday Inn, Washington £168.00

Fri March 18th - Mon 21st - 5 Days **Love Yorkshire** - 4 Nights D/B/B £139.00  
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Sun 3rd July - 5 Days; Sun 25th Sept - 5 Days; Sun 13th Nov - 5 Days  
Torquay Riviera £239 (July); £235 (Sept); £231 Nov - 5 Days D/B/B

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Monday 23rd May - "Last of the Summer Wine" taking in Holmfirth and  
Guided Tour of the "Threesome Friends", return via Denby Dale - £57.00  
Sunday 12th June - Burnby Hall and Gardens including entry fee,  
return via Huggate with inclusive meal at the "Wolds Inn" Huggate - £31.00

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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## Swanland Screen to show 'Selma' on Saturday 20th February at 7.30 pm

Swanland Screen will be showing the Oscar winning film, "Selma" at 7.30pm on Saturday 20th February in Swanland Village Hall. The unforgettable true story chronicles the tumultuous three-month period in 1965, when Dr. Martin Luther King, Jr. led a dangerous campaign to secure equal voting rights in the face of violent opposition.

The epic march from Selma to Montgomery culminated in President Johnson signing the Voting Rights Act of 1965, one of the most significant victories for the civil rights movement. Director Ava DuVernay's "Selma" tells the story of how the revered leader and visionary Dr. Martin Luther King, Jr and his brothers and sisters in the movement prompted change that forever altered history.

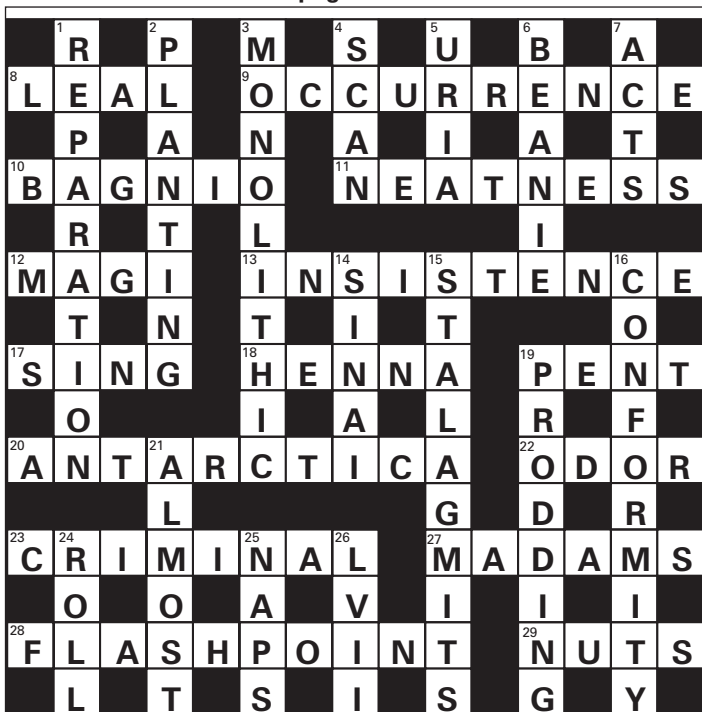
No booking in advance is necessary. Tickets on the door cost £4.00 for adults and £2 for schoolchildren. Doors open at 7.00 pm. Refreshments served at the interval.



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**Monday 5.30 pm and 7.30 pm and all Bank Holidays**  
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*For Membership details Ring Theresa on 823032*

### Crossword solution from page 14



## The Benefits for Your Health of Having a Pet to Love and Care

Those who have pets can attest to the many benefits they bring to their lives. Animals are often prone to silly comical behaviour that can elicit smiles and laughter from their owners.

If you are not a pet owner and you think of owning a pet as a lot of work you do not need then for the sake of your health you may want to reconsider. Many people believe that having a pet (or pets) to love and care for is beneficial to their health. Now science is beginning to lean in this direction as well.

Is there a relationship between animal companionship and improved health and emotional well-being in human beings? While the jury is still out on how therapeutic it is to share your life and home with a pet more and more people are becoming believers.

### One – Dogs help to prevent obesity:

A study that looked at 2,000 adults found that dog owners who walk their pets on a regular basis get more physical activity than those who do not have dogs and therefore are less likely to become overweight or obese. Those who love their dogs know that they need to be exercised so when the pet gets exercise so does the owner.

A similar study found that walking a dog leads to a greater level of mobility within a home.

### Two – Heart attack victims benefit from having pets:

Researchers looked at 420 people who had suffered a heart attack the previous year. Some of the subjects owned dogs while others did not. They found that dog owners were more likely to be doing better and feeler better, regardless of how bad their heart attack was. Non-dog owners were found to be doing worse and some did not survive the year.

### Three – Pets help to teach love, understanding and empathy:

It is not just adults who feel that their pets in part contribute to their emotional and psychological well-being. Children can be taught valuable life lessons by having pets in their lives. Animals can help children to develop empathy for others, as well as love. This can also provide a source of comfort when the child is feeling down.

Many children (and adults alike) talk to their pets when they are feeling sad, discouraged or upset.

### Four – Pets keep people socially connected to each other:

Walking a dog will not only keep you trimmer but you are likely to come across other people on your walks and strike up conversations. Animals open the door to greater communication which helps to keep their owners more socially connected than those who do not have dogs to walk. This can lead to greater longevity and a lesser degree of physical and mental decline as you age.

None of these benefits have been proven for a certainty but those who own pets do not have to be convinced. Other studies have pointed to the fact that having pets can lower stress, fight depression, reduce health care costs and lower blood pressure.

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