

Cottingham Times

Issue 88 - March 2009

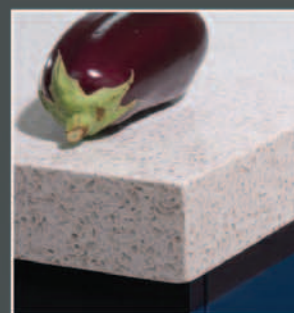


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St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured.

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

Cottingham Women's Institute

Tuesday 10th March, Cottingham Scouts, at 10.00 am upstairs at Cottingham Civic Hall.

Cottingham Green Women's Institute

Thursday 12th March, Mrs. Mary Childs - My Life, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

East Yorkshire Embroidery Society

Saturday 14th March, Syliva Fairhurst - Tambour Beadwork, in the Darby & Joan Finkle Street. at 2.15 pm, Members £1.00; Visitors £2.00 includes cup of tea and biscuit. (Membership £6.00 per year).

The Wold Lace Makers

Saturday 14th March, Quarterly meeting, Demonstration with Joyce Burbank, at the St. Johns Newland Parish Church Hall, Clough Road, Hull. Members £1.00; Non-Members £3.00.

Cottingham Wildlife Watch

Sunday 15th March, 10.00 hours to 12.00 hour, Humber Bridge Country Park, meet at the Information Centre Car Park. Signs of Spring and Making Wild Bird Feeders. Contact Erica 840336, Judy 845440 or Roy and Helen 845665 if you are interested.

North Ferriby Gardeners Club

Monday 16th March. This evening is Members Evening, after a short AGM a mini plant show will be judged and members will have the chance to show some of their favourite garden plants. Meetings are held in the village hall, starting at 7.30 pm. Visitors £1.50 including tea/coffee and biscuits. Annual membership £5.00. For a programme and further information contact Mal on 01482 632282.

Haltemprice Art Group

Tuesday 17th March - One Painting Suits All

Tuesday 24th March - Sketching Pat Ellis/Jill Hardaker.

Tuesday 31st to April 4th - Annual Exhibition, Tuesday handing in (Wednesday to Saturday), Exhibition Open.

Meetings take place at the Cottingham High School, room T9, Harland Way, Cottingham at 7.00 pm to 9.00 pm.

Cottingham Men's de Luda Society

Wednesday 18th March - Have you Met Al? - Mike Thompson, in St. Mary's Church Hall at 2.00 pm.

Cottingham Evening Townswomen's Guild

Wednesday 18th March, AGM and Social, at 7.30 in the Darby & Joan, Finkle Street. Social Evening.

Cottingham Ladies Circle

Wednesday 18th March, at the Zion United Reformed Church, Hallgate, at 7.30 pm. Mr. T. Steadman - talk and slides "The Hull Interchange".

Front Cover Picture: Thwaite Hall Gardens. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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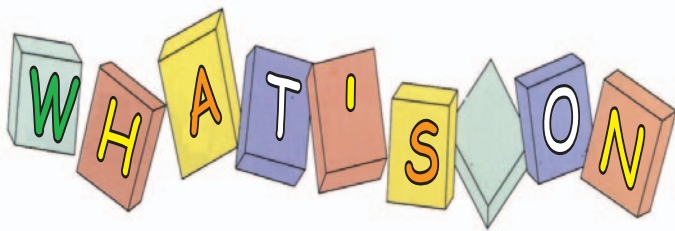
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In Cottingham and District

East Yorkshire Association of the National Trust

Thursday 19th March, Mr. Paul Schofield - Pearson Park and the Avenues, in the Civic Hall at 7.30 pm. Non-members welcome.

Diabetes UK

Thursday 19th March, Mr. N. Griffin East Yorkshire PCT Director, at the Board Room, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

Hull Kingston Lions

Saturday 21st March, Craft Fair, at Civic Hall, Cottingham at 10 am to 4.00 pm. Mother's Day and Easter Gifts with a difference. Refreshments served all day. Entrance 30p.

Cottingham Civic Society

Monday 23rd March, "Discovering the History of Yorkshire Woodlands" - a illustrated talk by Ms. Ronni Hewer. In the Darby & Joan Hall, Finkle Street, at 7.30 pm.

Wednesday Social Club

Wednesday 25th March, at 2.00 pm in the small Darby & Joan Hall, Paul Schofield - Old Hull.

Skidby Village Institute

Saturday 28th March - Easter Fair, with the Skidby Branch of the Yorkshire Countrywomen's Association. 10.00 am to 3.00 pm. Booking forms for tables available from Kelvin Young (Secretary) telephone 843446.

East Riding Flower Club

Monday 30th March, (N) Practice Title: "Natures Garden", Setting up 10.00 am Judging at 12 noon. 2.00 pm Tony Cleaver (Speaker) Slide Talk on Gardens. Visitors £2.00. In the Civic Hall, Cottingham.

Friends of Thwaite Hall Gardens

Tuesday 31st March at 7.30 pm in the Methodist Church Hall, there will be an illustrated talk entitled "Garden Plant Hunters and Botanists, by Mrs. Rose Horsepool. Refreshments available afterwards. Membership of the Friends is £7.00 per annum (£10 per couple). Visitors £2.00. All welcome.

Cottingham Men's de Luda Society

Wednesday 1st April - Bertie Joins the Army - Bertie McCully, in St. Mary's Church Hall at 2.00 pm.

British Sugarcraft Guild

Saturday 4th April - "Swags with Sugar Silk", A decorative technique using fine sugar paste. 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf and Leisure Club.

West End Christmas Lights Prize Bingo

Wednesday April 8th at 7.30 pm at the Darby & Joan Hall, Finkle Street.

Cottingham Green Women's Institute

Thursday 9th April, Patsy Harrison - Wet Women, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Cottingham Wildlife Watch

Saturday 11th April, 10.00 hours to 12.00 hour, Cottingham Beck. Meet at Cannongate Triangle of Northgate. Beck cleaning and water testing. Wear warm old clothes, wellies a must!! Contact Erica 840336, Judy 845440 or Roy and Helen 845665 if you are interested.

Please send us your Society or Pub's information for the What's On column, and let everyone know what's happening in and around the Cottingham area. If people don't know they won't go.

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More value for money travel tips *By Marion Owen*

I have to say, having had my first proper family holiday since last April and wow do I feel better for it. A week of fabulous blue sky, crisp clean air and pristine white snow topped off with good food and company. We had to forget the value of the Euro and not convert back to ££'s or our faces may have not been so happy.

The response from last month's article was great and it is so nice to know many of you enjoy and take the time to read my jottings.

Our aim is to offer good value for money. In today's economic climate, looking at a cheap and cheerful holiday does not always offer the best value if it's not really the holiday you want. When booking the quality of holiday and destination that you are after will prove more enjoyable and you will come home to say that you have had good value. Your holidays are your quality time to be enjoyed.

Hebridean Island Cruises are not a cheap option in fact many look at the prices and say too expensive yet everyone who sails with them on returning home always state what good value their holiday has been.

Well here are a few suggestions. How about a quick weekend a little further a field, it is surprising how far you can travel I am flying from Humberside to Dubai this month out Friday morning back Monday morning giving me two action packed days in the warmer climes yet no more costly than a good hotel in this country. I will report back on how this worked out next month. My flight was a bargain at just £85 plus tax and with reasonable hotels available the weekend can be had for under £400 per person.

Another great option is a **Taj Mahal weekend £150 pp**, to this add flights departing Thursday to Monday and again a fabulous sightseeing weekend.

Closer to home, Madeira 4 nights departing 27th April from Manchester for just £219 pp twin share B&B included flights and transfers too!

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We have a very special offer to visit the **Spa Village Tembok in Bali**. The offer is valid from now until 31st July 2009. This luxury 14 night holiday includes return flights, 1 spa treatment per day, full board (a la carte basis) and transfers £1,900 p/p in a twin or double share.

This is definitely one of the best value deals in the whole of Asia. The resort is 5* and only opened two years ago, it is located on the north east coast which is very unspoilt and incredibly peaceful.

South Africa offers great value at the moment, I had a sneaky look at the 12 Apostles hotel just out side of Cape town, a fabu-

lous beach location with the city very accessible by road (complementary shuttle) and helicopter (bargain at around £30 and a quicker way to travel)

Polar Bear viewing in Churchill Canada, departing late October we have details of a great tour for £1895 at the minute saving around £400 on regular prices – this is one I have not done and have on my to do list!

Cab's coach holidays have a refreshing selection of holidays offering value and quality and everyone is feeding back excellent reports. Especially on their weekend tours, great for a short break £49 upwards. Booking soon Thursford Christmas Spectacular, a nice break to get you in the festive mood!

Christmas in Austria advance information just for you. Sailing from Hull aboard North Sea Ferries £565, 10 days of enjoyment. Half board plus lots of special treats included ~ book now

Disney tickets for Florida: Is a 7 day pass more time than you have to spare if so we have an exclusive offer on 3 day passes giving you a considerable saving, please call for details.

Summer 2010 Cruising on sale this month. **Fred Olsen day Thursday March 19th**, why not come along to our office and make an early booking. Most cruises include complimentary door to door transport, plus, book on the day and receive up to £150 on board spending money per cabin. Full details of itineraries & prices are now available plus new for 2010 all oceans members receive an additional 5% discount. Telephone Marion Owen Travel Cruise Club 211913 and speak to myself or Lynne now

P&O date to be released soon, if you have an idea for your 2010 holiday advance register now and then we can keep you informed.

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Back to The Good Old Days at The Civic Hall, Cottingham on Friday 27th March at 2.00 pm

This classic show contains all the elements for a fun-filled afternoons entertainment. As well as singing along to all the old favourites, you can see excerpts from My Fair Lady, with beautiful costumes, a tribute to the forties and much, much more.

If you can remember when singers could sing, the dancers could dance, the costumes were beautiful and the comedian could make you laugh without offending you, then this is the show for you.

The production will be showing at The Civic Hall, Cottingham on Friday 27th March at 2.00 pm. Tickets are available in person from the Cottingham Customer Service Centre or call the ticket hotline (01482) 392706/392699.



Tim May

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LAT – Haltemprice & Hunsley

Mr Wilds explained the role of the Local Action Team (LAT) and his part in it. Public Services, Fire, Police, Voluntary Section and NHS are all involved to help improve the quality of life of residents. They meet approx every 6 weeks. Meetings are held in public but is not a public meeting; the public do have the chance to discuss issues with partners in the group. Councillors identified two areas that the LAT might wish to investigate; provision of facilities for the Scouts and Guides and the review of the Cottingham Clinic. The next meeting of the LAT group will be held at 10am on Thursday 12 March 2009, venue to be arranged.

Litter Bins

The Parish Council plan to provide six more litter bins and Cllr Abel has arranged a meeting with an officer of the East Riding Council to agree sites.

Seats

Concerns were raised about the state of some of the wooden benches around the village. The Parish Council are responsible for maintenance of the seats they own which are the green slatted metal seats. East Riding Council are looking into a means of adding all other seats to their street furniture register.

Proposed Car Parking Charges

The Chairman and Clerk attended a meeting of the East Yorkshire Town Councils Network where they had the opportunity to put forward the view of Cottingham Parish Council that it does not want car parking charges within the village. Cllr Felicity Temple, Chairman of the Car Parking Review Panel was in attendance and informed the meeting that a public consultation exercise is planned by ERYC although details are not known of where and when this will take place; however it does look like no decision will be made, either way, until at least September of this year.

Cottingham Day 2009

The first meeting of the Cottingham Day Committee has been held and it was felt that the programme of events put in place last year had worked extremely well (despite the weather!) and this would be the blueprint for this year's event. It was decided that the event would begin an hour later but this will be well publicised nearer the day – Saturday 4 July 2009. Once again, if anyone wishes to be involved in the organisation of the event the Committee would welcome any input. The next meeting of the Committee will be held in the Parish Council offices at 6pm on Wednesday 11 March.

8 March 2009 - www.cottinghamtimes.co.uk



Above: Councillors presented a cheque for £250 to Adam Maw (second from right) of the Cottingham Lawn Tennis Club, Junior Committee Member following an award of funds under S137 of the Local Government Act.

Below: The Councillors also presented a cheque to the Haltemprice Hailers Cheerleaders pictured below.



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Westfield Primary School opens extended school provision

Councillor Ros Jump, one of Westfield's governors was proud to officially open the extended school provision on Friday 30th January 2009. The school now offers before and after school care in the 'Bright Beginnings' club which is run by Marie D'arcy, an external provider.

Extensive refurbishment of an existing unused kitchen are in the Key Stage 1 building took place before the Christmas break by The Soper Group and now first class facilities are available for the children in the renamed Rainbow Room.

Pictured left to right: Vikki Garner (School Business Manager) David Hurton (The Soper Group) Allan Wilson (Principal Building Officer) Councillor Ros Jump.

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Handy and helpful Hints when using your computer

Feedback is always welcomed, and from what I have received recently I thought it might be time to do a 'back to basics' feature again. I did this on my last Radio Humberside session and it proved quite popular. There is always someone getting into computers for the first time - maybe pressure from family, particularly children or grandchildren!

There is plenty of computer-speak around, (too much sometimes!) for example ok means yes or I agree, and cancel means no or go away! Default means normal, not a misdemeanour. And if you see a message like: 'you have performed an illegal operation don't worry, it's only Windows complaining about something, you won't get an unwelcome knock on the door!'

The old 'turn it off and turn it back on again' routine really does cure a lot of computer problems, just save any work you were doing first (if possible). It is quite well known that Windows does not like to be switched off (i.e. by pulling the plug), but if all else fails and you can't switch off using the buttons on screen, then press the on button on the tower or laptop for about 8 seconds and the machine will shut down. Another point on that subject is with Windows Vista, when you click the Vista button to close down, there is a button that looks like an off sign, but it is actually a hibernate button. To shutdown or restart properly you need to go across to the small arrow on the right to get the choices menu.

Another question we are often asked is about updates, should you do them? The short answer is yes, because they are normally Windows security updates that are essential. This will be indicated by a small yellow shield that appears in the corner of the screen near the clock, which is known as the 'system tray' or 'notification area'. Many programs will also require updating in the same way, especially of course your anti-virus which is definitely essential, but others may be Java, Real Player, MSN Messenger; all these are ok to do.

Last month I detailed some email tips, on that subject again another topic that often confuses people is that of attachments. But worry not; if you can send an email you can do an attachment! First of all what is an attachment? Quite simply it can be a document, a photo, even a video or music clip. Whatever you want to send must be already saved on your computer (or be on a drive plugged in, like a memory stick). If it is not on yet you can use a scanner to save it on first.

There are two ways of doing attachments. The first is when you have composed your email, click on the paperclip icon at the top and that will bring up a dialogue box asking where you want to look for the attachment i.e. My Documents etc. Go down the list and when you locate it, double click on it and it will attach itself to the message. It is worth noting that this will only be a copy of the item, the original will stay where it is.

The other method that works if you use Outlook, Outlook Express or Incredimail, is to find the item first, then right click on it and from the menu that appears, click Send to, and then Mail recipient. If it is a picture, Windows will ask you if you want to make it smaller or keep the original size. This is useful as pictures can be huge files nowadays. If quality is important, keep the original size, but if you choose the smaller option, the file will be compressed to a fraction of its original size. Windows will then open your email program and attach the file to a new email all ready for you to complete. Either way you can add as many attachments as you wish, size permitting. The maximum size limit for any email with Karoo is approx 7Mb, but don't try that with a dial-up connection though! Try and keep attachments to a smaller size to save time sending and receiving. A really useful tip if you want to send items bigger than this, like technical drawings etc., is to use a website appropriately called: www.mailbigfile.com They offer a free trial where you upload the file to their site and then let it send a message to the recipient advising the file is ready for download - simple!

What about saving webpages? If you just want a picture, right click on it and click Save picture as, and then decide where to save it on your computer and what name to give it. If you want to keep a piece of text only, you just drag your mouse across it to highlight the piece and right click to copy, and then paste it into a program like Notepad or Word, then save. That way you only get what you want and not all the adverts and banners.

Should you think of a topic that I haven't covered before, that would also be of **general interest** - we don't want to get over-technical! Then feel free to email it in for consideration.

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Forthcoming events at Cave Castle Hotel & Country Club

Family Fun Day - FREE ENTRY!

Easter Monday April 13th - 11am - 5pm

Enjoy a great day out in the grounds of the castle with all the fun of the fair, rides, stalls, shows and refreshments

Salsa and Supper Evening - £15 per person

Sunday April 26th - 7.30pm

No partner necessary, two left feet welcome, fun for all ages with buffet!

American Independence Day - £25 per person

Saturday 4th July

Celebrate in true American style, with a feast from the ranch. Take to the floor and move your feet under the watchful eye of our expert. Stay over for an extra £40 per person bed and breakfast

Tina Turner & Rod Stewart Tribute night -

£20 per person - Friday 17th July

Enjoy a night of live music with our two tributes plus supper. Stay over for an extra £40 per person bed and breakfast

Classics in the Park - Saturday 11th July

Check in & relax at the castle, enjoy a glass of champagne & canapes before your departure to Brantingham Park for a delightful evening. Tickets, picnic & return travel with accommodation & breakfast included

Ladies Day & Race Day at Beverley - £99 per person

Wednesday 12th & Thursday 13th August

Arrive in style by chauffeur driven limo, ticket in hand, place your bets and enjoy the day, return for salmon & strawberries, overnight accommodation & breakfast. For the enthusiast stay two nights & enjoy racing both days with return travel & tickets for an extra £85 pp



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Wordsearch - Words & Music

Can you find the hidden words in the puzzle below, they maybe horizontal, vertical or diagonal, forwards or backwards.

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

Find the words in the letters above:

Alto, Anthem, Aria, Ballad, Band, Baritone, Bass, Blues, Choir, Chorister, Classical, Combo, Contralto, Country Music, Duet, Etude, Folk Song, Gospel Music, Group, Opera, Hip Hop, Hymn, Jazz, Karaoke, Lullaby, Madrigal, Musical, New Wave, Pop Song, Psalm, Rapper, Refrain, Rhapsody, Rock, Serenade, Sonata, Soprano, Swing, Symphony, Tenor.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 27 -

This is a medium challenge this month

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

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Make a Note in your Concert Diary for Sunday 26th April

Concert-goers in Cottingham will be familiar with the role played by the Methodist Church in connection with their promotion of music for the younger generation through the annual musical festival, recently concluded for 2009.

It is, therefore, no coincidence that the Concert section, noted for the Sunday afternoon events, has arranged an opportunity for us all to enjoy a foretaste of musicians of the future.

The next concert in the series, will feature Hull University performance students from the music department, who have already 'broken the ice' by way of public performances and will include both instrumental and vocal items. This International group of players will include Fei Fan (piano); Ying-Ying Chan (Soprano); Monika Urbaniak (Cello) and the Marionette String Ensemble.

Although the final programme has yet to be finalised, we understand that pieces will include Britten Simple Symphony and Italian songs from Aria Antiqua to Bellini. As for other composers, we might take a clue from an earlier concert by the group, which included Mozart, Faure, Schumann and Shostakovich. (Full details in the April Edition of Cottingham Times).

This concert takes place on Sunday 26 April 2009 at 2.30pm in the Methodist Church, Hallgate. Tickets available from Gilly's Balloons, Hallgate and the Photo Shop King Street, from 1st March.

The organisers of this event wish to comment that in the field of music, Asian and European artists are highly acclaimed. Shall we witness a future 'Star' at this concert? Please come along and decide for yourself! For further details phone 01482 847122.

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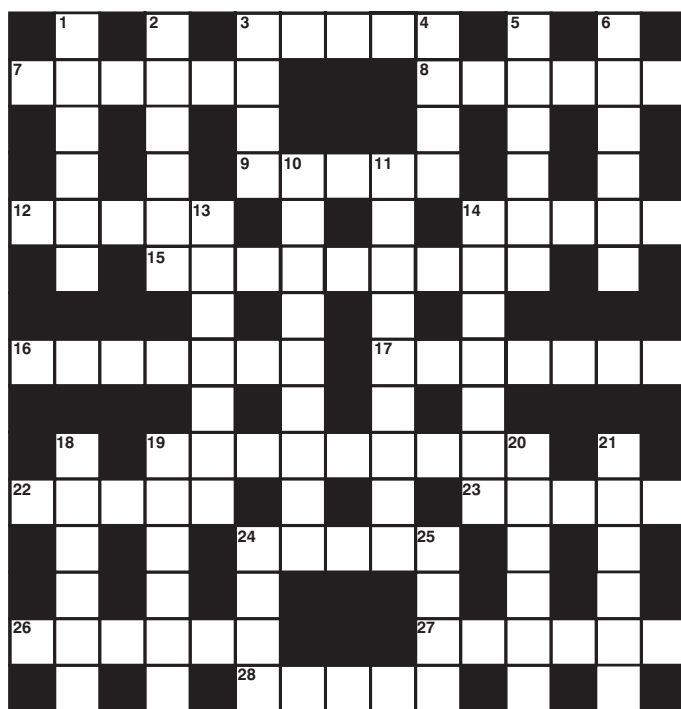
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HERE

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STREET

Crossword - Solution on page 42



Across

3. Female quarters (5)
7. On land (6)
8. Makes up for (6)
9. Musical play (5)
12. Shroud (5)
14. Beneath (5)
15. Forgiving (9)
16. Wave (7)
17. Allowing (7)
19. Alterations (9)
22. Meant to be elected (5)
23. Biting insects (5)
24. Catches (5)
26. Emphasis (6)
27. Funded (6)
28. Santa's little helpers (5)

Down

1. Of the stars (6)
2. Columbian capital (6)
3. Saviour (4)
4. Female relative inf. (4)
5. Adoring (6)
6. Minor (6)
10. Condition (9)
11. Turning (9)
13. Worn away (7)
14. Joining (7)
18. Morals (6)
19. Expensive car (slang) (6)
20. Grab (6)
21. Worker who tends furnace (6)
24. Fill (4)
25. Weeps (4)

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Easter Craft Fair in aid of Bulgaria Aid in the Civic Hall on Saturday 29th March

It will be held in the Civic Hall, The Green, Cottingham on Saturday 29th March and will run from 10am to 4pm. Admission 40p with accompanied children free. There will be approximately 29 stalls, many local crafts people - some of them for the first time at this event. Our volunteers will man stalls selling Cakes, Preserves, Craft items, Books and a super Tombola.

There will be a Raffle and we are sure that the Chocolate Fountain (with fruit or marshmallows) will be popular with children and adults alike. Our popular Refreshment Bar with freshly made sandwiches featuring home cooked meats, cakes, tea, coffee and hot drinks will operate all day.

All money raised at this Event will be used for our work in Bulgaria. At the beginning of March we will be sending another container of Aid to the Rouse region and we hope to visit the region later in the Spring. Last December we did have the pleasure of distributing Shoebox gifts to Elderly disabled people, orphaned children and teenagers and know how much our help is needed and appreciated.

Donations of items for the Tombola or Raffle will be very welcome and may be left at The Pearson Park Hotel, Beverley Road, Hull or a message may be left on 01482 632745. There are still one or two stalls left and volunteers who could help on the day will be very welcome.

Financial contributions towards the cost of transportation will be very gratefully accepted and may be sent to Bulgaria Aid, c/o The Pearson Park Hotel, Beverley Road, Hull. Cheques made payable to BULGARIAN AID.



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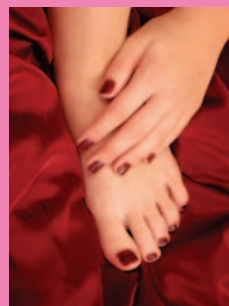
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In the Kitchen



Leeks

ST. DAVID'S DAY

1st March is St David's Day: the traditional day of the Welsh. Dewi Sant as Saint David is called in the Welsh language, was a Celtic monk who lived in the sixth century. The Black Flag with yellow cross is the flag of St. David.

Although not that much is known about him, some information is gleaned from a book written by Rhigyfarch called Buchedd Dewi (the life of David) in the 11th century. He reached the status of archbishop of Wales, and was one of many early saints who helped to spread Christianity among the pagan Celtic tribes of western Britain. Apparently he lived a frugal life, eating mostly bread and herbs and only ever drank water. Dewi died on 1st March 589AD and was buried at St David's Cathedral in Pembrokeshire which became a place of pilgrimage throughout the Middle Ages.

St David's Day dates back to 1120, when Dewi was canonised by Pope Callactus II, at which time March 1st was added in the Church calendar and today St. David's Day is celebrated by Welsh people all over the world and is a time when the wearing of the national emblems of Wales - a leek or a daffodil - is a must.

The Leek Connection

Although the leek has been recognised as the emblem of Wales since the 16th century, its association with the Welsh can be traced back to 633 AD when, at the battle of Heathfield, a monk apparently suggested the Welsh soldiers wore leeks in their caps to distinguish them from their Saxon opponents. Not a bad idea all in all - and they won the battle.

It's also suggested that St. David himself included leeks in his meagre diet. Furthermore, all £1 coins dated 1985 feature the Welsh Leek on the reverse? It was decided that from 1984, British £1 coins would feature different reverse designs representing the four countries of the United Kingdom.

Leek, Potato & Caerphilly Bake

Ingredients

2 Medium Potatoes, peeled and thinly sliced

25g/1oz Butter

75g/3oz Welsh Caerphilly Cheese, grated

1 Large Leek, well washed and thinly sliced (including the green part)

300ml/10fl.oz. Milk

Salt and Black Pepper

A little extra grated Cheese to finish the dish

Instructions

1. Preheat the oven to 190C, 375F, Gas mark 5 and well butter a relatively deep ovenproof dish.



2. Place a single layer of potatoes in the bottom of the buttered dish, sprinkle over a little of the cheese, top with a single layer of leeks and season well with salt and black pepper.
3. Continue with these layers until all the ingredients are used up, ending with a layer of potatoes - remembering to reserve 1-2 tablespoons of the grated cheese for later use.
4. Dot the top with butter, pour over the milk then cover with a double layer of aluminium foil and bake in the oven for about 45 minutes.
5. Remove the foil, test for doneness using a sharp knife. The potatoes should be soft however depending on how thickly you sliced the potatoes, it may need a further 15-20 minutes covered baking.
6. Once the potatoes are cooked, sprinkle the remaining cheese over the top of the potatoes and return to the oven for 15-20 minutes until the cheese has melted and is golden brown. Serve immediately.

Other Food Celebrations in March

17th - St. Patrick's Day

22nd March - Mother's Day (many of you will be sampling the excellent food offered by the local Pubs and Restaurants).

National Noodle Month

National Flour Month

National Sauce Month (US)

March is National Peanut Month

Did you know that c1890 a physician in St. Louis re-invented the ancient recipe for peanut butter as a health food for the elderly? Furthermore, Dr. John Kellogg (of cornflakes fame) patented the process of making peanut butter for patients at his Sanatorium in Michigan. Peanut butter a health food? Well, they are an excellent source of extra protein, vitamins B and E and minerals including magnesium, copper, phosphorous, potassium and zinc.

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The Great Cottingham Push -

Sunday 19th April

helping youngsters in and around East Yorkshire

**It's the GREAT
COTTINGHAM PUSH AGAIN
C'mon Kids from
One to Ninety Three.....**

Do you remember us – we are that group of funny folks whom you saw walking, straggling, gossiping and laughing whilst pushing some fantastic home-made vehicles - some might say contraptions all to raise money for the Cottingham Guide and Scout Building Fund and Seafarers UK.

IT'S A ROTTEN TIME TO RAISE MONEY

Well yes it is - everyone is feeling the pinch. But does that mean we can afford to turn our backs on our kids' future. The Great Cottingham Push is a fun way to say to the youngster of the East Riding – **KEEP GOING – KEEP PUSHING – KEEP ACHIEVING.**

At the final count last year we raised £1,700.00 which was remarkable.

It came in small and large amounts from sponsorship and direct donations. It really says something about the spirit of our young and not so young. So here's what you have to do. **JUST IMAGINE** – what will your vehicle look like? Last year we had everything from superb vintage cars to push chairs. There were beds, operating tables (I think), a pram representing a cricket pitch – 'hows zat' for imagination - that's all it takes and you've fixed it. If you cannot make a vehicle your cabriolet legs will do.

If you want to - dress up, it's not compulsory, but you would be astonished at what turned up last year at the start line. Tigers, buzzy bees, nurses, doctors and a renegade from a local school who looked as if she could be heading for exclusion (sorry Ros - was that your councillor's robe?). And last but not least the cricketers.

Do you get the picture? **CHARM OFFENSIVE** – get ready with the smile and the chat – tell all your friends and relatives what a good cause this is and how much their

sponsorship will be appreciated. Tell them we are determined to forget our troubles and get on with life.

HAVE FUN – now it's your turn. You can enter as a team, a family, any group of people and of course you can go it alone!! **BUT PLEASE COME – IT IS ONLY A SUCCESS IF YOU ARE THERE.**

This is how you join us. The event takes place **ON SUNDAY 19 APRIL 2009 STARTING AT 10.30 AM.** The route will be starting at King George V Playing Fields Car Park where registration takes place. You then move off and the 3 mile route takes you through Cottingham Golf and Leisure Club private land back up Harland Way and finishes back at the Car Park. **SPONSORSHIP FORMS** available from **YOUR LOCAL LIBRARY** And now some people deserve thanks Councillors

Ros Jump and Geraldine Matheson have been in the thick of it again this year as in the last two. Thank you Ma'ms. Now Mrs Jean Dach – who was the first to ring **876630** for a form last year – hope to see you again this year Jean. Thank you to Jane Wiles at Cottingham Parks for the use of their private land. C'mon - its a great way to spend a lovely Sunday Morning.... **AND** wait for it ... we have a **SURPRISE GUEST.....GRRRRRR!!!**



Pictured above a scene from last years Cottingham Push

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THE GREAT COTTINGHAM PUSH

Sunday 19th April 2009 at 10.30 am

This hat-trick year event combines
Seafarers UK with the
Cottingham Guide and Scout Building Fund

We are **PUSHING** for a New Guide & Scout Hut
and to raise money for all the Seafarers



C'mon it's a PUSH OVER !!!!

Get a sponsorship form from your local library - all your friends and relatives will sponsor you. Be at the King George V Playing Fields at 10.00 am to register and off you go!

It's great fun - on your own or in a team - you dress up - find something to push - just 3 miles - last year we had a vintage car, operating table, cricket pitch and buggies

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for a sponsorship forms and a route

By courtesy of Cottingham Parks Golf and Leisure Club



Paws for Thought
*A new regular column by Vet
 Richard Jones of Kingston
 Veterinary Services, Cottingham*

Frodo Baggins was the First to do What in February 2000?

“Eureka”! I thought “for once I know the answer to one of my son’s quiz questions from school.”

Frodo Baggins was a 5-year old pug, which was the first dog to use the Pets Travel Scheme to gain re-entry into the United Kingdom from a European Union country without having to go through the trauma of six months in quarantine.

So what is the Pet Travel Scheme?

The pet travel scheme allows cats, dogs and in some cases ferrets to go on holiday with their owners to European Union countries and return without having to be placed in quarantine.

What do you need to be able to use the pet travel scheme?

To qualify for the scheme your pet must meet the criteria below:

1. Your pet must have a microchip implanted before anything else. For those of you whose pets are not already microchipped this involves injecting a small grain of rice sized, implant under the skin of your pet, a procedure similar to having an injection. This can then be read electronically by a microchip reader giving your pet a unique identification number.

2. Your pet then needs vaccinating against rabies, as long as it is over three months old. Boosters for rabies must be given as recommended.

3. A blood sample must be taken, usually 21-30 days after the vaccination and tested to check that immunity to rabies has been achieved. This is successful in the majority but not all cases.

4. If the blood test was successful then a pet passport can be filled out and you can go abroad 21 days after the rabies vaccination, however you cannot come back into the UK until SIX MONTHS after the successful blood test.

5. To complicate matters your pet will also need to be treated for ticks and tapeworms 24-48 hours prior to embarkment on the return journey to the UK by an official Veterinary Surgeon.

As you can see from the above details it is a strict regime and will take at least 8 months before you can re-enter the UK so forward planning is essential. A small proportion of dogs will fail the blood test and need vaccinating again and this will put another couple of months onto the re-entry time. Pay careful attention in the passport to the expiry date on the rabies vaccination, as miss that date and you and your pet will have to go through the procedure again!

Once abroad however the excitement continues. There are several diseases that your pets will be exposed to that we do not have in this country. Ticks carry two diseases, Ehrlichiosis and Babesiosis, so you should keep regular tick treatment up while abroad.

Heartworm is common in the Mediterranean area and needs treating while you are out there and until a month back in the UK.

Leishmaniasis is a nasty infectious condition carried by sandflies. Sandflies only come out at night, so keep your pet indoors from dusk to dawn and use a special insecticidal collar.

In summary, yes you can now take your pet on holiday abroad with you but do plan well ahead and do contact your veterinary surgeon and DEFRA (www.defra.gov.uk) for advice.

Or as in my case go to the Lake District, where the dog loves the views, enjoys a sip of good British beer and takes her coat for the rain!

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Financial News and Advice

by
Michael Dunn of Accounting
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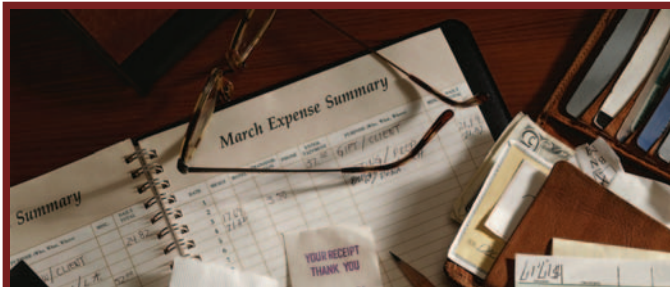
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News from Cottingham Little Theatre

'DANGEROUS CORNER'

Rehearsals are going well and in the next couple of weeks our publicity 'machine' will groan into action to let you all know more about it.

During one of the shows last November, a member of our audience commented that we didn't give enough publicity of our performances. Just to give you an idea of how hard we try, did you know that, in addition to our regular monthly News in the Cottingham Times:

We print over 300 posters. They are displayed in over 100 locations around the village (shops, businesses, council premises and notice boards, Hull University halls of residence and retirement homes. They are also displayed in shops in other local villages and in Hull.

Details are sent to Hull Daily Mail (Ray Rumkee's column), East Riding News, Around the Wolds magazine, Hull in Print, Hull City Information Service, East Riding Tourist Information, St. Mary's Parish Church Magazine, Hull Trains, BBC Radio Humberside and The Big Screen in Victoria Square.

Letters are sent to - All our 'Friends', 38 Ladies Organisations (W.I., T.W.G., C.W.A.), 19 Voluntary Groups in Cottingham and 11 other local Amateur Dramatic Groups

We are very grateful to everyone who displays our posters and who bring details of our performances to the notice of their members and residents of Cottingham and the surrounding district.

If you can think of anywhere else, please give us a ring on Tel. No. 01482 842270. We would be very glad to know.

SOCIAL EVENTS

Because of rehearsals for 'Dangerous Corner' this has been a quieter time socially, but over 60 of us (in 10 teams) really enjoyed the Quiz Night at The Back Room on the 7th February.

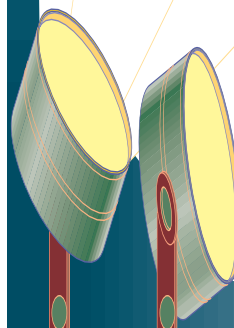
PLAY READINGS

The next Play Reading will be held on Monday 30 March (not the first Monday in April) in The Old Brewery of the King Billy starting at 7.30pm. This is one of the ways in which we find future productions. If you would like more information please ring Sue on Tel. No. 01482 842270.

NEW MEMBERS AND FRIENDS

To join us either as a Member or as a Friend please ring. New Members - Val on Tel. No. 01482 440588 or Margaret on Tel. No. 01482 846796; New Friends - Bob or Kaye on Tel. No. 01482 842270 or have a look at our Website www.cottinghamlittletheatre.co.uk

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News from Cottingham Library

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For the little ones we run a Bounce and Rhyme session every Monday afternoon - starting at 1.30pm.

And for the more mature - we have Family History Advice sessions twice a month.

We are also hoping to run taster sessions for those wanting a very basic introduction to computers - please let us know if you would be interested.

The library is open 5 days a week as follows:-

Monday, Tuesday & Friday 9.30 - 12.30 & 1.30 - 5pm

Thursday 9.30 - 12.30 & 1.30 - 7.30

Saturday 9.30 - 12.30

Please note we are not open on a Wednesday.

Our Recommended Reads for this month are:-

The Island by Victoria Hislop

Lovely atmospheric novel about Crete & a leper colony on the island of Spinalonga.

That's Another Story by Julie Walters

Easy read & as you would expect very funny.

Dead Mans Footsteps by Peter James

Thrilling thriller - stars of as lots of different stories but really there is only one!!

Heart of betrayal by Andrew Britton

'unputdownable' spy story by this new author

Bad things by Michael Marshall

Scary read - keeps you on the edge of your seat

Below: Answer to Sudoku problem No. 26 from the February issue.

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

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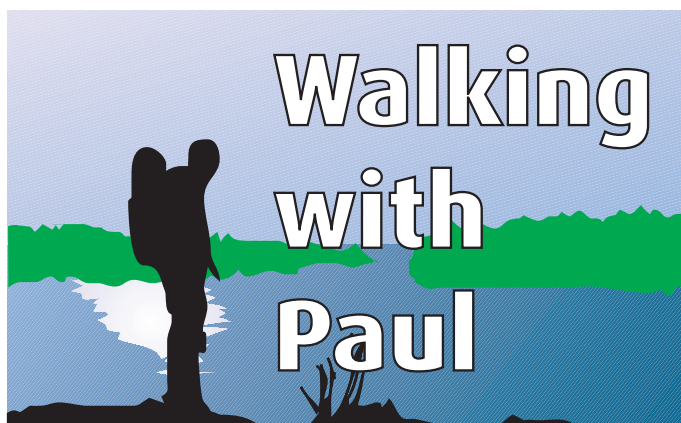
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Here is Paul's thirteenth walk in his monthly column.

This month his destination is Hedon

Maps:- EXPLORER 292 & 293

Start at GR. 187284 Drapers Lane, Hedon.

Distance 6.0 Miles.

Walk in a southerly direction along the grassed area on Drapers Lane and cross a footbridge over Burstwick Drain and then turn left at the Haven Arms. Pass in front of the Inn on the road and follow this road in an easterly direction passing farm buildings on the right. On reaching the main road, cross over and continue walking in the same direction along a tree lined path with allotments on the left.

Ignore a footbridge on the left and continue to walk ahead to reach a small grassed area. After about 200 metres cross a stile and cross the road. Bear right and follow this road to Thorngumbald. Bear left along the footpath after passing Cottage Plant centre and, on reaching the Thorngumbald sign and speed restriction, cross the road and walk down Villa Lane to Villa Farm, pass in front of the house and pass through a small white gate.

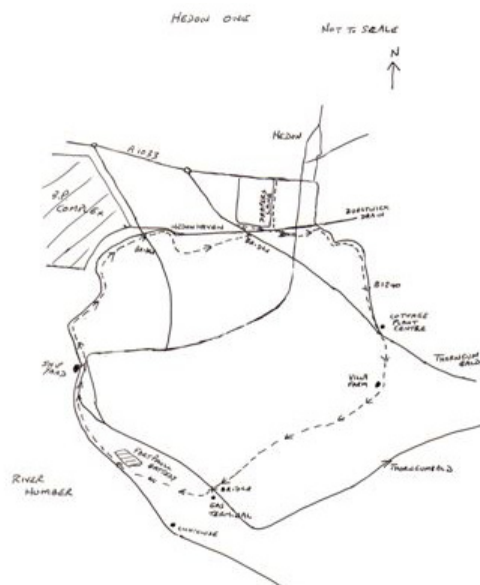
Bear left to the field hedge and walk along the path with the hedge on the left. This hedge first sweeps right and then left, ignore the bridge on the left hand sweep and continue ahead. At the end of the second field, cross a

farm track and continue along the third field with the drain on the left.

On reaching a brick bridge, cross the bridge and immediately turn right and walk down a stone road with the drain on the right and the gas terminal on the left and follow this stone road as it climbs a newly constructed bank. The footpath has been diverted at this point as a wet lands area has been developed. Continue along this track towards Paull.

On reaching Fort Paull Battery, follow the path down towards the river Humber and continue to reach the village of Paull. Walk through the main street and, on passing the Ship Building Yard, climb the river bank on the left and walk along the bank towards the BP complex. Follow this bank as it sweeps inland and follows a drain. On reaching a road, cross this road and continue in the same direction towards Hedon.

On reaching the Hedon By-pass walk under the by-pass and immediately turn left to cross a footbridge. After about 100 metres follow the path as it doubles back and then after a further 500 metres turn left along a grassed area and back to Drapers Lane.



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refer the dispute to its dispute resolution service. An independent person will examine the facts and make a decision.

The protection offered by the above schemes should reassure tenants that disputes relating to deposits will be handled fairly and by an independent person.

Tenancy Deposits

If you rent out a property or are considering doing so, then as of 6th April 2007 new rules were introduced obliging anyone accepting a tenants' deposit to join a special scheme approved by government, this will protect the deposit and provide a way of resolving disputes about who owns the deposit at the end of the tenancy.

Which deposits are protected?

Deposits relating to Assured Shorthold Tenancies (ASTs) are protected by the new regulations. An AST is a tenancy where the annual rent does not exceed £25,000. It is however important to note that deposits only need to be protected on the commencement of a new tenancy. So if a tenancy commenced prior to the 6th April 2007 and a deposit was taken then you need do nothing.

How will the new regulations protect tenants' deposits?

Two types of scheme have been established for the protection of tenants' deposits. The landlord or managing agent decides which scheme to join. The two types of scheme are as follows:

A single custodial scheme - where the deposit is held centrally (ie by the scheme, not by the landlord /agent).

An insurance backed scheme - where the deposit is held by the landlord/agent

In both cases If there is a dispute at the end of the tenancy about who should have the deposit (the tenant or the landlord) the scheme will

Does the landlord have responsibility to advise the tenant of the obligations associated with tenancy deposits?

Yes, a landlord/agent must ensure that a deposit is safeguarded by ensuring it is dealt with by an authorised scheme. Within 14 days of receiving a deposit, the landlord/agent must provide the tenant with information about the authorised scheme protecting the deposit. If the landlord fails to comply with these requirements he will lose the right under the Housing Act 1988 to serve notice for recovery of possession on termination of the shorthold tenancy.

Since the implementation of the new regulations, it is evident that there is some confusion as to how the system works, some landlords / Agents have even taken the risky option of not taking a deposit to avoid the regulations.

One thing is clear, if you take the sensible option of taking a deposit then you should ensure that the deposit is correctly protected in line with regulations as failure to comply in the worst case scenario could be detrimental to removing a problematic tenant from the property and could result in a fine equal to three times the deposit value. There are various useful websites including the governments own website for information and your local property management agent should also be able to give you further advice.

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

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In the Garden



Flower garden

Early spring is an ideal time to plant herbaceous perennials, including Geranium, Astrantia and Oriental poppies. Check that the plants you buy have strong, green shoots and plant them into well-prepared soil.

Hardy annuals can be sown in pots or modules to provide colour in the garden. They are inexpensive and can provide fun activity for children. Suitable examples include Limnanthes, Nemophila, Lobularia and Consolida. Plant summer-flowering bulbs. Prepare the soil first, to ensure that drainage is sufficient to prevent the bulbs rotting. Anemone coronaria tubers need particularly well-drained soils.

Sow summer bedding plants in a heated propagator or under glass.

Plan a continuous crop of cut flowers for this summer. Perennials such as Delphinium and annuals can be grown to produce a useful and beautiful display.

Sweet peas can be sown outside this month in milder areas. Fleece covering can be used to raise the temperature and encourage seedling growth, or they can be started off in pots in a cold frame. Some varieties need chitting (nicking of the seed coat), and/or soaking, in order to germinate.

Place autumn-sown sweet peas in a sunny position, perhaps on a high shelf in the greenhouse that gets plenty of light.

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

Vegetables

Cultivate and prepare seedbeds, covering them with clear polythene or fleece to warm up the soil before sowing.

Many vegetable crops can be sown this month, especially in mild areas



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with light soil, including: broad beans, carrots, parsnips, beetroot, bulb onions, lettuces, radish, peas, spinach, summer cabbage, salad leaves, leeks, Swiss chard, kohlrabi, turnip and summer cauliflower. Be guided by the weather, and sow only if conditions are suitable (as per guidance on the seed packets).

Sweet peppers, tomatoes, cucumbers, aubergines, celery, salads and globe artichokes can all be sown in a frost-free greenhouse. Artichokes and celery can be transplanted outside later in the spring. Tomatoes can either remain in the greenhouse or be taken outside from early summer onwards. Peppers, cucumbers and aubergines do best kept under cover. Salad crops vary - it is best to check the temperature requirements cited on the seed packets.

Plant shallots, garlic and onion sets.

Plant Jerusalem artichoke tubers.

Plant asparagus crowns. A deep, friable, well-drained soil with plenty of organic matter incorporated is ideal.

Chit early and maincrop potatoes. In mild regions, earlies are planted out in the second half of the month. In colder regions, it is better to wait until April.

Pot up tomato seedlings when they develop true leaves above the more rounded seed leaves. After growing on in small pots, they can be planted into larger pots or growbags.

Continue to harvest Jerusalem artichokes, parsnips, spring onions, leeks, winter salads, spring cauliflower and cabbage, Brussels sprouts, chicory, rhubarb, kale and sprouting broccoli. Gardeners in suitable areas, who have got off to an early start by using fleece to warm the soil, could already be harvesting a new crop of radishes.

When spring cabbages are ready to harvest, cut them off the stem and make a cross in the top of the cut stem. Sometimes mini-cabbages, or 'spring greens' will grow from the cut stems.

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2. Protect new spring shoots from slugs
3. Plant summer-flowering bulbs
4. Lift and divide overgrown clumps of perennials
5. Top dress containers with fresh compost
6. Mow the lawn on dry days (if needed)
7. Cut back Cornus (dogwood) and Salix (willow) grown for colourful winter stems
8. Weeds come back in to growth - deal with them before they get out of hand
9. Start feeding fish and using the pond fountain; remove pond heaters
10. Open the greenhouse or conservatory doors and vents on warm days



Cottingham Girl to take part in Marathon of the Roses!

Lancashire V's Yorkshire, in the Premiership, on the Cricket Pitch, and in the Super League yes sport certainly seem to provide to two Counties with more than enough excuses for competition but now the County's have joined forces for the London Marathon 2009! Yes I Claire Mulvenna of Mayland Drive in Cottingham will be joining forces with Joanne Bennett, a proud Lancastrian born and bred in Ormskirk, to compete in the London Marathon for SENSE the leading deafblind charity in the UK.

Jo, a Sixth Form PE and Sport lecturer and myself an FA Tesco Skills Coach are training hard to make sure we are ready for the 26.2 miles of cobbles, blisters and lucazade preparing ourselves by running over 50 kilometres a week and giving up most of any spare time left over away from training to fundraise for Sense.

A lifestyle of pasta, brainstorming sponsorship ideas and training schedules are rule of lives at the moment and week ends are sacrificed to 20 Kilometers runs but we are enjoying every minute and can't wait for Marathon day to come along!

SENSE work tirelessly to improve the lives of deaf and blind people in the UK and we hope to raise over two and half thousand pounds for them by running the marathon. This is a mammoth effort and we are working hard to not only meet this target but surpass it.

Training is going well although fitting in 5 runs a week around playing football, studying for an Open University Degree and making sure all the washing is done is proving difficult! But when one of us isn't keen on training on a dark week day night the other is always there to make sure there is no slacking! We are determined to be ready for the marathon both physically and mentally and we really want to make sure we have all the sponsorship money for Sense.

We would love to have your help and support in our quest to fulfil our sponsorship commitment to Sense and have set up a website where individuals can sponsor us, the web address is www.justgiving.com/jbennettcmulvenna or you can google justgiving and then type our names in to the Just Giving front page! It really is that easy to donate and the impact your donation will have will be huge.

We would be really grateful for any sponsorship you can offer and Sense truly are a worthy charity. As we plough on with our training and run through the wintry February showers in preparation for marathon day we hope you will be able to donate something no matter how small to our bid to raise £2,800 for Sense.

We are determined to stand out when running the London Marathon and are certain to do so in our bright Orange Sense vests and shoelaces, so on Sunday the 26th of April keep watch for the marathon of Roses will be taking place in London and you may just have helped one Yorkshire girl and one Lancastrian girl reach the finish line!

Pictured top: Left, Claire Mulvenna and far right Joanne Bennett.

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Your Stars for March 2009 -

By Kay Gower

Aries - (Mar. 21- April 20)

Relationships are complex this month and will put you to the test. You'll make a difficult choice, although it's hard to say whether it takes more emotional strength to hold on, or to let go.

Taurus - (Apr. 21- may 21)

You're emotionally hardy, and you fair well in tougher environments. Use your true grit to get a "prize" this month. If you don't know what the "prize" is yet, then aim for something difficult. It'll bring out your best.

Gemini - (May 22-June 21)

You have trepidations about some friends. Are they keeping a secret from you, or is it just your imagination? This month you could find out. Be honest about your feelings.

Cancer - (June 22-July 22)

This month the stars give you an extra dose of self-discipline. Use it to your advantage. Don't allow yourself to be rushed into making a decision. Take your time, and be strong. March 17th stands out as being a good date for some reason.

LEO - (July 23-Aug 22)

You no longer need to sacrifice your own comfort to make someone else happy. Those who love you will still accept you. March is your month, Leo, treat yourself to something nice.

Virgo - (Aug 22 - Sept. 23)

You're inventive and sharp all month, but just be careful not to over-do things. Sometimes it's the simple idea that takes off like a rocket.

Libra - (Sept. 24 -Oct. 23)

You may only have two choices in March. Still, the right one is neither obvious nor easy. It's ok to be indecisive, if you're not sure, do nothing. Otherwise, you're just creating problems for next month.

Scorpio - (Oct. 24 - Nov. 22)

Situations will blow over quickly this month, but only if you let them, and this is advised. From opening doors to steering your car, there are a lot of things you just can't do with a clenched fist.

Sagittarius - (Nov. 23 -Dec. 21)

What would you be doing if it weren't for being caught up in so many complications? The answer will inspire you to make your life easier. There are a hundred ways to do this. Make a difference this month, by choosing just one.

Capricorn - (Dec 22.- Jan. 20)

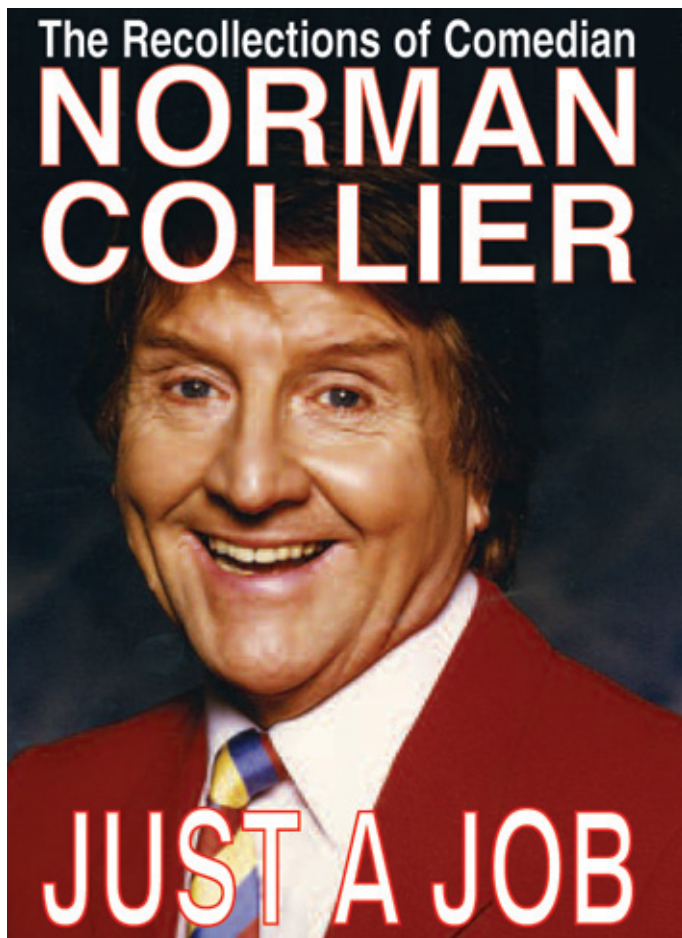
You soon begin to look and feel terrific. Express your new style regardless of who might be around to praise you. Whatever you do for yourself is lucky this month.

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

Everyone has setbacks, but you bounce back incredibly quickly from yours, especially after the 5th. You're more willing to try something new because you know you'll recover from any stumbles that unfamiliarity may cause. Once you get over the first week, the rest of the month will be a doddle.

Pisces - (Feb. 20-Mar. 20)

Recent events, though they may have seemed inconvenient at the time, have freed you. Liberty is not having to say what you don't mean. Your health improves and you begin to relax after 13th.



STOP PRESS

Norman Collier will be signing his book "Just a Job" at Barkers Bookshop on Saturday 14th March between 11.00 am to 12 noon

JUST A JOB... the recollections of comedian Norman Collier, Foreward by Eric Sykes, O.B.E., C.B.E.

Norman Collier was born in Hull on Christmas Day 1925, weighing in at a staggering 15lbs 4oz, the eldest of eight - five brothers and two sisters.

He recollects his early life, schooldays, first jobs and service in the Royal Navy during World War Two before serving his time in local clubland and turning full-time professional.

Norman has appeared in a Royal Variety Performance before Her Majesty The Queen and Princess Anne; toured extensively in clubs and theatres throughout the United Kingdom, America, Canada, Australia, Egypt, Malta, the Far East and most European countries; entertained British Troops in Northern Ireland, Germany, Cyprus, British Honduras, Gaan and Newfoundland, and more recently, he has worked on cruise liners, as well as appearing many times on radio and television programmes over the years.

He is a long-time member of the Grand Order of Water Rats and has raised thousands of pounds for charitable causes through his golf tournaments.

JUST A JOB...the recollections of comedian Norman Collier will be published by Mike Ulyatt Enterprises on March 1st, price £11.95. Norman will also join KateAdie as a guest author at the 48th Hull and East Yorkshire Literary Lunch at the Willerby Manor Hotel on Wednesday 29th April.

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As you are aware from last months article, we at Unique have just completed a course with top Vidal Sassoon stylist Wesley. It was an amazing experience and truly inspirational. We went through all aspects of hairdressing from cutting to colouring (which was with our Wella Regional Colour Technician Karen).

We focused on classic precision cutting work.

What a fantastic time we are having at Unique at the moment - we are preparing for our Summer Launch which will be showcased at Lazaats new Pavillion. The launch is in aid of our appointed charity **The Echoes Foundation**. Our show will be truly innovative and cutting edge. For information contact Cate or Danny on 01482 847111 or 645499.

It's that time of year again when Wella launch their four new trends which are:-
DELUSH - delush celebrates the natural body in all it's glory. feminine curves bring softness and sensuality. Harmony is key. Gentle soft curls and waves set the scene. Hair is to be long and flowing, gentle curls, or sweeping waves. Up-do's provide old fashion glamour. The colours we'll be using to bring out luscious femininity are warm coppers, reds, maroons and darker shades.

INTERSEXION - Intersexion is all about pushing the boundaries and exploring our identities. This new age glam makes gender stereotyping a thing of the past as seduction becomes individual. We will see a combination of round and square shapes in hair as freedom of creation creates a new urban glamour. Dark colours will blend with striking hi-lights in blue or magenta. With styling anything goes, as shiny and matt and curly and straight brings the masculine and feminine together.

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Ben



As a leading salon director and stylist Ben has been involved with major events such as the Wella Roadshow and has trained with the British Hairdressing Team. So make sure you don't miss next months edition of the Cottingham Times for the Unique Hair Guide.

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Hallgate Schools - continued

by Peter Railton, Local Historian

On the 10th June 1915 the Revd. Wolstencroft informed Mr Moorby that he had resigned his post as school correspondent to the managers and that Mr Eyre would take up his duty.

June 14th saw the front playground (boys school) tarred and 'dusted' - to aid setting - and this was a source of great interest to the boys, who crowded around at playtimes and had to be shepherded in and out of the school to keep them off the new surfaces, but no doubt someone would leave their footprint on it - boys!!!

When school re-opened on the 16th August after the summer holidays, 236 boys were present out of the 278 on role. The Head was - "almost inundated by various applications for boys, off; for a day, or two days, or for an hour in the morning, or wanting to leave early, etc., etc."

Winds of Change

This must be accounted for by the fact that child labour was needed on the farms and market gardens as never before in the emergency of the 'Great War'. Requests of this nature were commonplace in the days of the school board as we have seen, and were usually granted by these local men who knew the necessity for parents to withdraw their offspring at busy times, but 'the winds of change' were blowing from County Hall after 1902 seeking to end these arrangements, but war-time needs dictated otherwise.

At the end of August Mr Moorby complains about the slowness of deliveries of school exercise books and other items from Brown's of Hull - "There is not a single pen nib in stock nor ink powder!"

Filling the desk inkwells after mixing the powder with water was a

messy job in unsteady hands and often resulted in splashed books and clothes. More fun was had by dropping the grubby pen, nib down, onto the wooden floor like a spear. Guilty in my turn, years later!

Domestic Science Increasing Important

In the girls' department domestic science was playing an increasingly important part in the curriculum; lessons in home management, cooking, laundry both theoretical and practical, were taught alongside the more traditional pursuits of sewing and needlework and more time was given to these newer subjects. A County Council Scholarship exam was due to be held on Saturday 15th May and there were three candidates; on the 22nd the Labour Certificate exams were held for which there were four candidates - applications for release after so many attendances was no longer allowed. Here were three girls seeking secondary education and four an earlier end to theirs, usually indicative of their social background, but not always, as in some cases children applied for exemption in order to augment family income in times of financial hardship. These two instances bring into focus the changing patterns of life at that time.

Air Raids Change Pattern of Life

Now into these changing patterns of school life came a more sinister change - a war which touched the people at home for the first time - air raids. Mrs Holmes records that -

"On the morning of Monday June 7th and Wednesday the 9th, quite a number of children were absent from school owing to the air raids."

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This was to become an all too familiar pattern in the war and was repeated in the 1939-45 conflict, children waken up from sleep and too tired to go to school the next day, or going in late, or after dinner. In the same week the Wesleyan Sunday School Feast was held and the children from the three departments who were involved finished school at 3pm as they had been doing for years - traditional links with the past and a village routine that defied aggression from the sky.

School exams went on as usual and the results were on the whole satisfactory and Vera Leppington, Margurite Millard and Alice Andrews had all been successful in their scholarship exams, and the Head did not conceal her pleasure in these events. Twenty girls from the infant department were admitted in early July and extra laundry lessons were held in order to complete the course of work before the summer holidays which began on the 9th July and lasted until the 16th of August.

Zeppelin Raids

On the 14th of September Mr Moorby records that - "A number of boys late - Zeppelin Buzzers sounded last evening."

This corresponds to an entry in the infants' log book made by Mrs Moorby - "Children excited this morning because there was a Zeppelin raid over Hull last evening."

It appears that discussion had taken place regarding the traditional Hull Fair holiday, because Mr Moorby seemed to want to justify a break of some sort and the 11th and 12th of October were agreed on with County Hall. - "As otherwise there would be 19 consecutive weeks to Christmas without a break."

On the 11th of November St. VII had a practical lesson on wild fruits in the fields and hedges round the village and returned to school "with a good harvest".

On the 17th of November William Mitchell and Harold Jarvis were withdrawn from school with permission 'for agricultural work' Three St VI boys were punished for fighting outside the school gates; Mr Eyre called regarding the darkening out of the Hall windows and brown paper was proposed as suitable! A teacher, Mr Cooke left to train as an officer with Leeds University Officer Training Corps. and another teacher was off with flu, so the infant department 'lent' Mr Moorby a teacher in December.

Alfred Nichols age twelve and a half of St. V, hired himself to a farmer in Dunsell at Martinmas and went there on November the 8th. This was reported to the attendance officer with the result that the poor lad was back at school on the 10th.

Traditions die hard in 1915 Reg. Longbone and Richard Cox left school that Christmas on request as they had fulfilled the requirements of the Labour exam.

At the end of January 1916, Mr Cooke visited the school to say that he had completed his training and was to join the Motor Transport Section and was a "waiting his turn to go to the front." Another teacher, Mr Hall, went to Beverley Barracks for a day on 29th February and was 'passed' for 'garrison duties only' and was to await call-up.

Mr Vigrass, an HMI, spent two days in the girls' department examining the work of the various classes. The weather made attendances irregular and this was now coupled with the new factor of air raids which increased in March. Children in the village and surrounding areas were affected quite badly by sirens and whistles sounding in the night, rousing families and making further sleep difficult for the remainder of the night and consequently children were often kept at home next day to catch up on their sleep. Raids on the 5th and 19th March resulted in poor attendance and raids on three consecutive nights in April caused great alarm. Mrs Moorby records that - "Last evening's warnings about Zeppelins in the vicinity caused many parents to leave their houses with their children and wander in the fields and lanes till dawn.

Nothing daunted, four rows of 'Gradus' peas were sown in the school garden in April - Zeppelins were not going to disrupt the school's vegetable production!

Footnote

The old school has been acquired by the Northmoor Educational Trust for the education of their children, and so will continue in the purpose for which it was built.

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The colour and diameter of rattan is taken into consideration by rattan gatherers before choosing for furniture making. Rattan differs from bamboo in that it is solid while bamboo is hollow. Cutting of trees to make rattan furniture doesn't cause depletion in any way as rattan unlike wood, replenishes much sooner after being cut.

Rattan furniture appears smooth and seamless. The furniture pieces are crafted through elegant fusion of many a rattan poles. Most rattan and wicker furniture is made by hand.

Cottingham High School "Class of '79" 'Re-union Do' to take place on Saturday 4th July

To coincide with the 30th anniversary of leaving Cottingham High School (unless students stayed on into the 6th form and therefore left in '81), a once in a lifetime 'REUNION DO' will take place on Saturday 4th July 2009.

If you or someone you know falls into this category, and will be aged 46 by the event date, then this relates to you!

The 'DO' will take place at Cottingham Parks Golf and Leisure Club (just down the road from the school), and will include a buffet, disco and late bar.

Make a note of the day, spread the word and get in touch for a ticket.

A night to remember, before the aches and pains of old age take over!

For more details and to buy a ticket contact Judith West (nee Henderson) at Judith.west@tinyworld.co.uk or Carole White on tel no 01481-617910 or via e-mail: carole.white@humber.nhs.uk.



The Cottingham Coureurs Racing Team look forward to 2009

Following a very successful racing campaign in 2008 local cycling racing team Cottingham Coureurs look forward to 2009 having achieved top ranking team status for 2008 in the Yorkshire division and a very creditable 40th nationally.

The regional and national rankings include both professional and semi-professional racing teams. To attain this standing amongst such high quality opposition is a significant achievement for a small team of riders who have full time careers and family commitments. This is a

fitting reward for the sponsors such as NT3 Commercial Chartered Surveyors and Dutch-style cycle importer Tulip Bikes who have supported the team throughout 2008.

Prolific winners in hard track and grass track racing Richard Lambert and Matthew Fenton backed up by strong performances from Amy Willoughby and David Brierley achieved much success throughout the season.

Promising local schoolgirl racing cyclist Jodie Brumhead joins the team for 2009 season which begins early March. The team hopes to build on its 2008 successes with further development of its young squad members and seasoned senior riders.

Pictured above: Back row, left to right: Dave Shackleton, Mike Moss, Ryan MacLachlan, Richard Lambert, Matt Fenton, Nathan Wilson.

Front Row: Left to right: Julian Gromett, David Brierley, Amy Willoughby, Paul Jolliffe.

An Apology from the Post Office

Over the past few weeks, Cottingham Post has been experiencing some technical problems with the computer software.

We thank you for your patience throughout this difficult period and apologise for any inconvenience this may have caused.

Your support is vital to our survival, and we hope we can move forward together, giving Cottingham Post Office and its customers a bright and secure future.

Thanking you for your patience, Gary Michell (Sub Postmaster).

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The Black Dyke Mills Band to Play Charity Concert at Beverley Minster

For the first time ever the Black Dyke Band - the current champion band of Great Britain - is to play at Beverley Minster on Saturday May 9.

The concert is being organised by the Rotary Club of Humberside and is the largest event ever organised by the Club which recently formed a Major Events Committee to look at ways of raising larger amounts for charity.

The money from this concert will be split between three charities - the Dove House Hospice, the Daisy Appeal which is linked to the new hospital at Cottingham for the treatment of cancer patients and Jacob's

Well in Beverley.

Tickets for the concert have gone on sale at the Tourist Information offices in both Beverley and Hull and are priced at £15, £15 and £10. They can also be obtained by calling 01482 848772.

The Club PRO Geoff Hibbert said: "We can accommodate around 800 people in the Minster and the aim is to fill every seat in order to raise as much money as possible for the three charities.

"Normally the events we're involved in are much smaller affairs though we still manage to raise several thousand pounds each year for charity. In October last year we booked the Humberside Police Band for a concert at North Ferriby which was a sell out. Following the success of that we decided to go ahead with the Black Dyke concert.

"We need a great deal of support from the public because it is of course a costly operation to book a band with the worldwide reputation of Black Dyke".

During the day of the concert, members of the Rotary Club will have to transform the seating arrangements in the Minster and erect the concert stage - and afterwards everything will have to be put back to normal ready for the Sunday services the next day.

Any further information from Geoff Hibbert, PRO Rotary Club of Humberside, telephone 01482 655551.

Charity Stalls available at the Cottingham Thursday Market

If any Charity organisation are considering the use of stalls within the Cottingham Market, held every Thursday on the Market Green, Cottingham, they are requested to contact Andrew on 07974 673198 who will supply them with all the necessary information.

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Willerby News Round up

Willerby Library Holding Regular Storytimes for Children under 5

Willerby Library situated on Main Street, Willerby holds a regular storytime for children under 5 from 2.30-3.00 pm on Mondays. For further details and dates please contact 658077.

Room for Hire/Snooker

Are you aware that the Willerby Library is based in the Willerby & Kirkella Parish Institute, which is a charitable trust set up for the use of the local people without regard to age, gender or creed?

There are two full-sized snooker tables on the first floor and also a ground floor meeting room for hire.

If interested please leave your name and telephone number with the Library staff or contact 656931 for more information.

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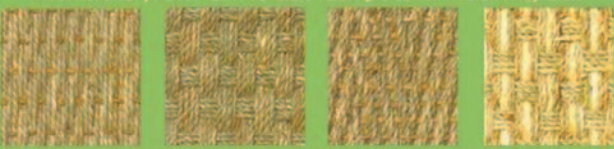


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Results of informal check on Cottingham Parking Numbers

Having read the report of the ERYC Car Parking Review Panel, it is clear that, given the sheer size of the task, several of the recommendations are based on estimates not facts. Readers should be aware that no decision has yet been made to introduce charges, and in the present economic climate, it is not likely to happen in a hurry.

Car parks are not free. They are liable to Business Rates as well as the costs of lighting and maintenance, and all this has to be paid for somehow. Supermarkets are happy to pay for their car parks as a necessary part of their operation. In Cottingham the three public car parks are owned by the council, and since 1996 have been paid for by the charges made in Beverley and Bridlington. The Review Panel's idea was to spread the existing cost wider with any extras costs being met by new charges. Naturally the idea is being welcomed in Beverley and Bridlington, but being fought everywhere that charges are proposed.

The cost of installing pay and display machines, and employing extra traffic wardens is easy to calculate. The difficult bit is to know how much money this would raise. So far, the number of people parking in Cottingham, and how long they park for, has only been guessed at. We don't believe that such an important decision should be made without any hard facts, so we personally paid for a group of students to count cars in all three car parks one Friday.

The students made a note of each car parked at hourly intervals, from 10am to 4pm. A car counted just once could have been there for anything from a couple of minutes to nearly 2 hours and there was plenty of time for more cars to come and go unrecorded. Counting every car all day is a major task, but further surveys will be done for more detail, and for comparison to other days, but the results so far are worth sharing.

The smallest car park is Kingtree, opposite Finkle Street, with space for 67 cars, but used by at least 147 cars of which 27 parked all day, 70 were seen once, and less than 10 others stayed more than half the day.

Market Green is limited to 2 hours, and had at least 366 cars in the 70 spaces. 320 of these were seen once, although one car was there all day! If this becomes the only free car park, you can bet that it will be full of people taking full advantage of the two-hour time limit.

The biggest car park is in King Street beside Somerfield, and has parking for 138 cars. At least 462 cars stopped here, of which 337 were seen once, and 33 stayed all day. 40 cars were counted twice, 19 three times, and 18 cars were seen at four of the hourly counts.

It has been said that 'customers' find it is so difficult to park in the village because of workers parking all day, but this survey has shown that this is not entirely true. The most interesting finding was that the total number of free spaces almost halved each hour from 72 at 10am down to only 5 (mostly the disabled spaces) at 2pm, then rose again to 44 by 4pm. The lesson here is to avoid the village at lunchtime if you can. What was not measured is how many drivers were unable to find a space at busy times and whether they took their business elsewhere, came back later, or gave up altogether. Those staying for a few hours were clearly divided onto morning or afternoon, but the number observed only once was fairly constant at about 100 cars each time, spread evenly across both the hours and the locations.

There are certainly some parking problems in Cottingham, but the blunt instrument of parking charges, especially in our biggest and busiest car park, is not the answer, and parking here cannot be compared to an isolated market town or a tourist area, where people have little choice but to pay. Too many of our residents do not have the luxury of a car at all and would be the ones to suffer most if any shops or services were lost as a result of this proposal. We must also remember that not everyone is shopping - we have the library, adult education centre, doctors, dentists, opticians, churches, Hallgate school and the area's main post office all in the centre of the Cottingham.

So if you see someone with a clipboard making notes about cars in a car park, you will know that it is part of the fight against parking charges, and if charges are eventually forced upon us, we will have the information to direct them to do as little damage as possible.

Geraldine Mathieson & Ros Jump Councillors for Cottingham North Ward.

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If anyone fancies a taste of India, but doesn't fancy the long flight or even a trip out of the village, then the Alishaan Indian & Balti Restaurant on Hallgate, Cottingham has to be the place to visit.

On a wet Thursday night our party of five visited the restaurant (not for the first time) to enjoy the glorious choice of fresh food on offer. As a starter, rather than go for individual starters, we chose to go for a selection of mixed starters to share.

We picked the Tandoori Mixed Special for two, and the stunning Bombay Bash for four. The latter offering six or seven different starters to share, and was really delicious. We also went for a Lamb Tikka as well, more than enough for the five of us! This of course came after the obligatory Popadoms (really fresh) and a selection of pickles.

The main courses took a bit more choosing as the selection is massive and I am sure everyone would find something they fancied,

from Tandoori to Tikka to Curries and Baltis, and even a small selection of English Dishes. We chose Tandoori Fish (perfectly cooked) Chicken Curry (just spicy enough) Prawn Dupiaza (medium strength), Chicken Tikka Masalla (tender chicken) and from the Specials Menu Gost Ohmuri (tender lamb in a Balti style).

Also ordered was a selection of Rices and Nann Breads, all fresh and beautifully cooked.

The food was washed down with several bottles of the excellent Cobra Beer served well chilled.

After that feast non of us could manage desert, so we settled for liqueur coffees and mints to finish the evening off.

Mention must go to all the waiting staff who were friendly and knowledgeable about the menu and they were always smiling.

Total cost of the evening was a tad over £150 for which, the amount and quality of the food was felt by all to be very reasonable. We would highly recommend the Alishaan Tandoori Restaurant and we will definitely go back again soon. *The Mystery Diners.*



Pictured above: Left Mr. John Horsfield of Lot et Garonne in France who was visiting relatives in Cottingham and right Mr. Farouk Miah owner of the Alishaan Indian & Balti Restaurant, who has built an excellent reputation for the restaurant throughout the East Riding.

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

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

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

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

NEW!!! A superb range of new pasta dishes are now available at Gino's. These dishes consist of variety of pastas including such fillings as King Prawns, minced beef, spinach, garlic, mushrooms, fresh cream. Call in Gino's NOW and enjoy these new superb pastas.

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

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

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

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

GINO'S

Superb New Pasta Dishes

Now Available at Gino's

212 Hallgate, Cottingham

849222

Grill Meal
1 REGULAR CHEESE GARLIC BREAD
ANY LARGE PIZZA
MIXED KEBAB, TUB OF CHILLI,
TUB OF GARLIC, SIDE SALAD
£9.99

Mega Meal
1 REGULAR CHEESE GARLIC BREAD
ANY LARGE PIZZA, 5 PIECES OF CHICKEN
1 X POTATO WEDGES, 2 X REGULAR FRIES
1 X TUB OF COLESLAW - 1.5 LITRE BOTTLE OF COKE
£11.99

Fried Chicken

Burger

Kebabs

Pizza

Cottingham Springboard Free Live Music Festival 2009

The Springboard Free Live Musical Festival takes place this year on the weekend of May 29th, 30th and 31st. Well over 200 acts will be appearing over the weekend, with musicians from afar as Seattle and Tasmania coming to play.

The Festival is taking place in six venues over the weekend with eight stages available. The venues this year are King William IV, Hallgate Tavern, The Duke of Cumberland, Cross Keys, Blue Bell and Elliots. The Hallgate Tavern is joining in for a full weekend of quality live music with a special "HARD ROCK" day on Saturday 30th May.

The organisers are also looking for further Sponsorship to enhance the Festivals standing. Sponsorship money is donated by many businesses in the area and further sponsors are needed. If you wish to sponsor any of the venues or stages please contact Ian Kennington on 448892 or 07792 490372 or via email iankj@iankj76.karoo.co.uk.

Cottingham Post Office Deliver Monster Easter Egg "Eggtravaganza"

A monster Easter Egg is being raffled by The Cottingham Post Office, Finkle Street. The winner of the raffle decides which charity receives the money raised.

The Belgian Chocolate monster Easter Egg is 4.5 kg in weight and stands approximately 3ft high (90cm) and has a retail value of £100.00. The Egg is on view in the Post Office window in Finkle Street. Tickets for the Easter Egg Eggtravaganza cost £1.00 each.

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Full installation service, including all plumbing, electrical work and tiling work.

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sales@inputkitchens.co.uk



Display and Sale of Original Art at Cottingham Parks Golf & Leisure Club on Saturday 28th March

Do you fancy owning a piece of unique and original art produced by a local artist AND supporting local good causes?

If so, the place to be on Saturday, 28th March is Cottingham Parks Golf and Leisure Club, Woodhill Way, Cottingham, where a wide range of paintings in all different mediums and subjects, together with three-dimensional art, will be displayed for sale. Prices start at £5 and rise to £2,000.

This event is organised by SPECTRUM, a group of Hornsea-based artists from Adult Education classes who, as well as exhibiting and selling their work at many venues in the area, have over the last year raised over £1,500 for local and national Cancer Charities and the Hornsea Inshore Lifeboat appeal.

At this event SPECTRUM are working together with ERA (East Riding Artists), another organisation which supports and encourages visual artists living and working within the East Riding of Yorkshire through a comprehensive programme of events, opportunities and networking. ERA is a not-for-profit organisation which aims to raise the profile of artists and makers and promote economic growth within the creative community. ERA is supported by the East Riding of Yorkshire Council.

As well as paintings, there will be sculpture, ceramics, jewellery, fused glass, millinery, Raffle and Demonstrations by artists!

Entry is free, but donations for our Charities will be welcomed.

Don't miss this unique and exciting event! Doors open at 10 a.m. until 4 p.m.

Above: From left to right: Barbara Wood, Secretary ERA, Angela Parry and Carol Carter members of SPECTRUM.

Cottingham Gardening Club Closes its Potting Shed

Until a couple of years ago we were known as the Cottingham Horticultural Society, and we had two shows a year in the Civic Hall, the Rose Show in June and the Flower & Vegetable Show in September. Lack of helpers and rising costs meant that we had to stop these events.

Sadly I have to tell you that the above Society met for the last time in February.

I have had the honour to be its President for the last twenty years and I would like to thank - most sincerely all the people who have made it possible to flourish for the last fifty-eight years. Whatever your input - a big thank you. Cups and trophies have been donated over the years, and if any of the families would like to claim them back, please get in touch with me on Telephone 844849.

We have worked hard to give a lot of people pleasure, and I hope we have succeeded. Thank you once again for your support.
Billie Lee (Mrs).

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Alternative Health Matters

by Carole Headley

Vitamins, Minerals and Herbs etc.

The use of vitamins, minerals and herbs is not just nationwide - it is worldwide and in most cases extremely beneficial. However, if your immune system is not functioning at 100% then you will not reap the benefit from whatever vitamins or minerals or herbs that you take. A good healthy eating plan should give you all the nutrients that your body needs. Using local and seasonal food is by far the best way. Before taking any type of supplements, particularly if you are on any medication always consult your doctor or a registered dietician, who would be very knowledgeable about vitamins and minerals.

Why would you need to supplement your 'diet' with vitamins and minerals or co-enzymes to be able to function properly. Mostly because of the use of pesticides and insecticides on the land, our foods are deficient of many of the essential minerals. If essential micro-nutrients are lacking then vital re-generation and repair process can slow down and this can possibly cause -

a. Scaly skin and inflamed gums - this occurs when you are short of Vitamin A, a good source of Vitamin A is liver, meat, oily fish, dairy, cod liver oil and eggs.

b. Poor wound healing and easy bruising can be a shortage of Vitamin C or zinc. A very good source of Zinc is oysters - not everyone's taste or price. An excellent source of Vitamin C is kiwi fruit.

c. Nerve problems occur when your body is deficient of Vitamin B1 and Thiamin. A good source, meat products, especially pork and duck, seafood, fruit, nuts and vegetables, dairy products, eggs, pulses, yeast extract.

d. Mouth ulcers, sore tongue or cracked lips is often a sign of B2, B3, B6, B12, Folic Acid, Vitamin C and iron deficiency. A good source of B2 is yeast extract, liver, wholegrain cereals, eggs, leafy green vegetables and beans. B3 (Niacin) wheat and maize flour, meat, eggs, milk and yeast extract. B6 (Pyridoxine) wholegrain cereal, meat (esp liver) oily fish, soya products, bananas, walnuts, green leafy vegetables, avocados, egg yolk, and yeast extract. B12 (Cyanocobalamin) good for people with skin depigmentation condition, if taken with folic acid and good sources are liver, kidney, meat, oily fish (esp sardines) eggs and dairy products.

e. Folic Acid: When Folic Acid is in short supply, dividing cells become unusually large and when this affects the red blood cells a form of anaemia can result. A good source can be obtained from the following foods, green leafy vegetables (ie spinach, broccoli, brussel sprouts, parsley) wholegrain, beans, soya products, liver, kidney, citrus fruit, nuts, dairy products, eggs and yeast extract. Other vitamins such as E, D and K are essential for a healthy body and mind.

Minerals - Boron, Calcium, Chromium, Copper, Iodine, Iron, Manganese, Magnesium, Phosphorous, Potassium, Selenium, Zinc.

Boron - is a trace element which interacts with several enzymes and thought to be important for normal brain function. It also helps with bone health by improving absorption of dietary calcium (by promoting production of the active form of Vitamin D) this stimulates increased production of oestrogen and testosterone hormones. There are suggestions that a deficiency in Boron is linked to osteoporosis. A good source of natural Boron includes fresh fruit, nuts and green vegetables.

Calcium - is good for healthy bones and teeth, however the absorption of calcium in the small intestines depends upon the presence of Vitamin D. When dietary calcium is in short supply it is leached from the body instead to maintain a healthy heart beat. As a result bone thinning (osteoporosis) can develop when calcium intake is low. A good source are dairy products, such as cheese, yogurt, fromage frais (but not butter), green leafy vegetables (eg broccoli), tinned salmon including the bones, nuts, seeds pulses, white and brown flour (not wholemeal) and eggs.

Chromium:- What does it do? It combines with vitamin B3 and three amino acids to form an organic complex known a Glucose Tolerance Factor (GTF) This interacts with insulin hormone to help control the way cells take up glucose energy. Low levels of chromium have been linked with poor glucose tolerance and increased risk of diabetes. It may also reduce the risk of coronary heart disease by lowering harmful low-density lipoprotein (LDL) cholesterol and raising beneficial high-density (HDL) cholesterol. Best source is found in Brewers Yeast but can also be found in egg yolk, red meat, cheese, fruit and fruit juice, wholegrain, honey, black pepper, thyme and vegetables.

As you can see from the above list there is considerably more to write about but space is limited. The NES Scan can show where there is an imbalance of vitamins, minerals etc., and I would like to inform you that if you use vitamins, minerals and herbs then please be aware that there is a possibility - a strong possibility that they could be banned or illegal to use, recommend or prescribe. If you care about your own health, your family, friends, children, children's children etc. and this planet then please check out a website Google [Codex Alimentarius](http://www.petitions.number10.gov.uk/vitamins). If you don't like what you see then please sign a petition at www.petitions.number10.gov.uk/vitamins.

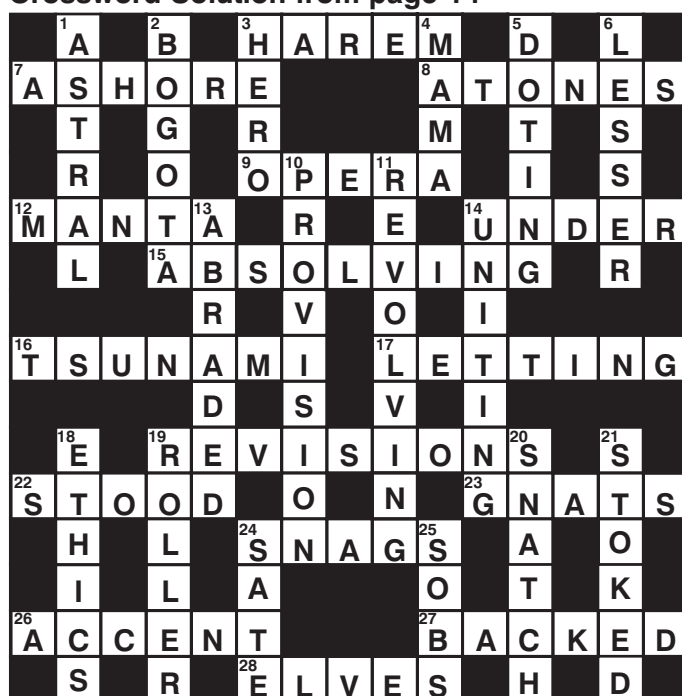
An error in last month's issue. Therapeutic Back Massage will be priced at £20

Other therapies available are, Reflexology, Craniosacral Therapy, Reiki, Ear Candling, Indian Head Massage, Full Body Massage, Therapeutic Back Massage, Nutri-Energetics and Aloe Vera Products may be ordered.

Carole Headley The Healing Hut, 221 Hallgate, Cottingham Tel 01482 842078.

Weekly Classes held at:
Darby & Joan Hall, Finkle Street, Cottingham
Monday 5.30 pm and 7.30 pm and all Bank Holidays
Also at: Sutton Park, Hull
Tuesday at 9.45 am
For Membership details Ring Theresa on 823032

Crossword Solution from page 14



THE HEALING HUT

221 HALLGATE, COTTINGHAM

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Don't Forget Mothers' Day

Sunday 22nd March

Why not treat mum to a gift voucher available upto Friday 20th March

Special Offer for Mothers' Day -

Aqua Detox and Foot Massage for only £20.00

FOR ALL YOUR COMPLEMENTARY THERAPIES

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VILLAGE BATHROOMS & KITCHENS

Don't Move IMPROVE!!!

**Bathrooms, along with kitchens
help to sell your home.**

Do you want a kitchen to live in?

Do you want a bathroom to relax in?

How about a bathroom that makes it easier to bathe?

Here at Village Bathrooms and Kitchens, Steve (showroom manager) understands how a bathroom can make you feel good. He understands how new cupboard doors can breathe life into a tired kitchen.

YOU spend more time in your kitchen than you may think. You may like to spend more time in your bathroom.

We can help you. Bathrooms are specialist subject, and as a starter for ten, we will visit your home and quote you the best possible price for the best quality, from a toilet exchange to creating a downstairs 'loo', we can help.

Mr. P. of Cottingham has had an en-suite built into his hot water cylinder cupboard. He enthuses, "Fantastic, should have done it sooner. It has made our lives a little easier".

Mrs. C. of Cottingham has had her bath removed and a large walk-in shower fitted. "We don't know how we managed lifting ourselves over the bath edge." Our fitters are vetted personally, and you are welcome to speak with our customers. Our suites range from good quality to excellent quality. **Give us a try!**

"How much does a bathroom cost then?"

We get asked this question everyday and everyday we give out the same advice.

The bathroom costs as much as you can afford. We stock bathrooms at £249.00 and they are very usable. We also sell 'P' shaped baths at £800.00. However, we can get a 'P' shaped bath for £300.00

'P' Shower Bath Suites From £499.99 to include 'P' bath, screen and front panel, close coupled toilet, basin and pedestal, taps and waste.

Showers are available at £299.00 for a 900mm quadrant enclosure, yet we sell enclosures at over a thousand pounds.

The fitting of the bathroom is more important than the cost. We only recommend vetted fitters whose order books are full. These same fitters are happy for you to talk to their past customers, as are we.

So how how much does a bathroom cost then? Try us for cost, we try not to disappoint

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All our kitchens are made to measure,
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Lightweight, Quick Drain
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HEPA Filter, 1450 watt
7.8 kg, Ball/Root Technology
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