

Cottingham Times

Issue 100 - March 2010





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THE COTTINGHAM TIMES

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Age Concern East Riding of Yorkshire

Every Friday 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and make bookings with our Fix-It-Teams. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Ecclesley, Club Chairman on 01482 840367 or visit our website www.cottinghamrangers.co.uk.

Cottingham Men's deLuda Society

Wednesday 3rd March - John Fewins - Maximise Your Memory, in St. Mary's Church Hall, Cottingham, at 2.00 pm

The Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 4th March - Heather Peacock (History of Fashion in Hull). Meet the first Thursday of each month in Skidby Village Hall at 7.30 pm. As well as speakers, we have outings, luncheons, coffee mornings and join in regularly with inter-branch activities across Yorkshire.

Womens World Day of Prayer

Friday 5th March, 2.00 pm at the Holy Cross Church, Carrington Avenue, Cottingham. This years service has been prepared by the Christian Women of Cameroon, Africa.

Hull Kingston Lions

Saturday 6th March - Hull Kingston Lions Easter Craft Fair, Civic Hall, Cottingham, 10.00 am to 4.00 pm. Mother's Day and Easter Gifts for the discerning. Refreshments served all day. Entrance 30p.

British Sugarcraft Guild

Saturday 6th March, "Bead work for Cakes" - Karen Clark, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Cottingham Catholic Women's League

Monday 8th March, Francis Ramsden "The City that Never Sleeps", in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Front Cover Picture: Daffodils. The photograph was taken and supplied by Paul Lakin, 9 Dixon Court, Cottingham. Telephone 846804.

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Haltemprice Art Group

Tuesday 9th March - Drawing Workshop, Neil Helyard and Model
 Tuesday 16th March - Fine Articles in Glass and Silver
 Tuesday 23rd March - Sketching, Jill Hardaker/Pat Ellis
 Tuesday 30th March to Tuesday 6th April - Easter

Cottingham Ladies Circle

Wednesday 10th March, Mrs. Shirley Waters, Talk on her visit to Swanland School in Nairobi, Kenya, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Cottingham Green Women's Institute

Thursday 11th March, Brian Fairfield, Driffeld Town Crier, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 11th March, Diana Sandy, Transition Town, in the Darby & Joan Small Hall, Finkle Street at 2.00 pm.

East Yorkshire Embroidery Society

Saturday 13th March, Alysnn Midgelow-Marsden (Draycott) Babies, Beetroot and Bunsen Burners, in the Darby & Joan Hall, Finkle Street, Cottingham. Members £1.00; Visitors £2.00 (includes cup of tea and biscuits). (Membership £6.00 per year).

North Ferriby Gardening Club

Monday 15th March, AGM - Mini plant show and members evening. Anyone wishing to become a Committee Member, please see the Chairman. Bring any potted plants you have for the Mini Plant Show. Meetings are held in the village hall starting at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 17th March, AGM and Social Evening, at 7.30 in the Darby & Joan, Finkle Street.

Cottingham Men's deLuda Society

Wednesday 17th March - Mr. B. Crowther - Hull and Barnsley Railway, in St. Mary's Church Hall, Cottingham, at 2.00 pm

Diabetes UK

Thursday 18th March, Professor E. Kilpatrick, Consultant Chemical Pathologist, 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.

East Yorkshire National Trust

Thursday 18th March - Mr. Allen Hopper, "East Yorkshire Fishermen in Iceland in the 15th Century", at 7.30 pm in the Civic Hall, Cottingham.

Inland Waterways Association

Friday 19th March, AGM with members slides, in Cottingham Methodist Church Hall, 8.00 pm to 10.00 pm. Non members welcome.

Cottingham Wild Spaces Group

Saturday 20th March - 10.00 am to 12 noon, Cottingham Beck, meet at Cannongate Triangle, off Northgate. Litter pick and water testing, finishing with the usual Duck Race. Old clothes and wellies, and a dry set of clothes for the more adventurous Watch Members!.

Cottingham Civic Society

Monday 22nd March - "John Philip Sousa - the March King and Novelist". A presentation by Norman Staveley (with audio effects), in the Darby & Joan Hall, Finkle Street, Cottingham, at 7.30 pm.

East Riding Flower Club

Monday 22nd March. A Demonstration by Janet Hayton "Inspired by . . .", in the Civic Hall, Cottingham, commencing 2.00 pm. Price £5.00 at the door. For further information contact Judith Robinson 01482 876279.

Continued on page 18

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Property News from Martin English of Homelink



Property Investment Strategies

The question I am most often asked by investors who are keen to embark in the property market is "What is the best property to invest in?". At the risk of not giving a definitive reply, put simply, there is no right or wrong answer. An investment property should be chosen very carefully and some key principles apply when choosing a property, none more so than 'LOCATION, LOCATION, LOCATION'. It is no coincidence that one of the leading TV programmes has captured the expression donned by property experts for decades.

I would suggest that if a property is clean, well presented and maintained, then in most cases there is absolutely no reason in today's market why any property should not let in a reasonable time frame – providing it is priced realistically for what it is and where it is.

A great example is an investor may only get a return of £400 per calendar month for a property purchased at say £75,000. Another investor may get a return of £550 per calendar month, a much better monthly return on the face of things. However for this increase in return, it may have cost the investor £125,000 almost double that of the previous investor. In theory the first investor for a little more could have bought 2 cheaper properties giving a return of £800 for a similar investment as the second investor, achieving a significantly greater return on investment.

The debate doesn't end there; by enlarge an investment property should be an informed decision that suits the needs of the individual. Clearly on a monthly basis the second investor appears to be worse off than the first investor, or so it may seem. Although we have seen a slump in property prices over the last couple of years, historically over time the general trend for property prices has always been an upward one.

Such is the composition of property price increases, that if prices in a region increase on average by 20% in 5 years, generally speaking, properties of greater value and more so in popular locations will be the properties that hit and exceed this growth rate, and generally lower priced property tends to see lower increases, meaning that potentially the second investor realises a greater capital growth over a 5 year period than that of the first investor, which could mean a greater net and capital gain than that of the first investor despite receiving a lower monthly rent for the money invested in the property.

These investment scenarios are often referred to as 'Cash Cow' and 'Trophy Asset' investments, it is only the individual and their long term investment plan that can determine what suits the individual best, as there are lots of differing reasons and motivations for someone wanting to invest in property.

One piece of advice I would give the would-be investor is, do your homework and speak to an expert. At Homelink we offer a Free service whereby we will give advice, in some cases view a property on the investors behalf, to give a Free appraisal on the likely return on the property, and importantly the let ability of the property. Engage a reputable expert before you make possibly one of the biggest investments of your life and draw from their expertise, which could result in you avoiding costly mistakes.

In my next column I shall be covering more on investing in property, the do's, and the don'ts.

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

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Karoo has been tweaking its broadband packages again recently, and at prices from just £5.99 now is the time to get onboard. And here's a tip. If you have been a broadband customer for more than a year or two, call them and check what is best for you. You may find you can change to a different plan, save a few £'s and get a new router! This is definitely the thing to do if you still have a Speedtouch modem (a small black box with just two green lights on it), as they are not capable of giving you the higher speeds available on the network now. At the time of writing, one of the discounts was only available until March 8th; so get on the phone and review that plan!

iTunes the popular (and legal) entertainment download site from AppleMac, is as I write this, heading for its 10 billionth download!! So someone may have already won the \$10,000 iTunes gift voucher. But if you have used the site recently, check to be on the safe side! www.apple.com/itunes

Music downloading is often in the news for all the wrong reasons. Usually court wrangles between the music industry and illegal download sites, that work on a file-sharing system, which basically means getting music from someone else's computer for free; thereby depriving the record labels of their earnings.

To many people however, this music downloading business will be a whole grey area that may appear of little interest or seem too confusing. But of course most people buy music at least occasionally. Certainly CDs have come down in price and you can often pick them up in stores for around £10, or even half that for older collections. But suppose you just want one particular track? Well how about 79p and you don't even have to move from your computer! Yes that's right, there's been quite a bit of competition in the market for a while now, and the big boys of the online shopping world have moved in, Amazon and Tesco to name but two. I mentioned in a previous article that when Amazon launched its service, I managed to download a good few tracks at only 29p each and even a whole album for only £4.99. They are currently offering 49p specials, so it's always worth a look. You don't even need a special music player to benefit. Think maybe it is an area worth considering now? For that reason I will be doing a future help feature on 'music & entertainment on your computer', see details in our advert below.

The Computer Help Feature we have been running since last December has proved very popular. In the first 3 issues we have covered Files & Folders, Internet, and Email. We have also decided to leave the introductory price unchanged for the next three issues, at just £9 for 3 by email, or £12 for 3 by post. At just £3 per issue that's about the same a computer magazine, but without all the adverts! They are all written in Plain English and no gobbledegook! Why not try it out? Many people want help, but don't want to go to a class, so this is the ideal alternative.

On my visits to customers, and during my phone-in feature on Radio Humber, I get asked a variety of questions. Here is a selection, along with the answers:

Q: Where can I find the history of all the websites I have visited recently?

A: In Internet Explorer, you can either click the small down arrow to the right of the address bar (where you type in the www address), that will show the whole list. Or if you prefer a keyboard shortcut, type Ctrl, shift and H at the same time. To close the history click the small x in the corner of that column.

Q: I sometimes have problems with Internet Explorer, and you mentioned Google Chrome as an alternative web browser. How do I get it, and is it free?

A: Just go to www.google.com/chrome and click on the download button. If you see a security warning asking if it is ok to run click yes/ok. It will then install and be ready to use in a few moments. And yes it's free and will use your existing Internet connection settings and even import your favorites if you wish.

Q: How do I change the font so it stays the same every time I type an email in Outlook Express?

A: At the top of the Outlook Express window, click Tools, then Options, then Compose, then Font Settings and change to the font style and size you require.

Q: I sometimes receive email attachments that I can't open, what do I do?

A: Last month I mentioned .pdf files that require Adobe reader to open. Just go to www.adobe.com and download the free reader. Another popular file format is .pps which requires PowerPoint to open. You can also obtain a free reader, this time from Microsoft. Go to www.microsoft.com/downloads and search for PowerPoint Viewer 2007. Also available from the same site is a viewer for Excel spreadsheets (.xls file type)

Q: I have Windows Vista, and whenever I click to shutdown the computer/laptop just goes into hibernation, why?

A: The red icon that looks like an off button, actually just puts the computer into hibernation. To shut down properly, click on the right arrow next to it, and then from the menu, click shut down (or restart etc)

Q: Can I upgrade my computer from XP or Vista to Windows 7?

A: Yes you can. From Vista to Windows 7 (provided the computer doesn't have any existing problems) is a straight upgrade, meaning you can keep all your data and programs etc. But from XP, it can only be done a 'clean install' which means saving all your data first, as the hard drive will be wiped. You will also need to install all your programs again. Windows 7 does need at least 1Gb of Ram, so if your computer is a few years old, it may not be upgradeable. Then there is the cost to consider also.

Q: Whenever I insert changes into a word processing document, it erases the next words also, how do I stop that?

A: Just press the Insert key on your keyboard (which is next to the backspace key), and it will insert the new text and push the existing words along.

Lastly, the race to be on the Internet wherever you are at the time continues unabated with news that the number of mobile devices used to go online will exceed one billion by 2013. The staggering statistic was revealed by analysts IDC recently, who also said that currently there are around 450 million mobile devices used to access the Internet. The term 'mobile device' includes laptops, netbooks, pda's and of course mobile phones. With some mobile phones now even offering SatNav for free, other companies in that market have some serious competition.

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Subjects like making the most of the Internet, how to easily send photographs and other attachments by email, creating and arranging files & folders, and looking after your computer, to name but a few.

Yes you can go out and buy a magazine or a book, but sometimes they are not easy to follow and can be full of adverts.

Everyone who signs up will get a free glossary of computer terminology (techno-speak!) and what it all means; and an explanation of what to look for in a computer, or even understanding your own. We are pleased to announce that we intend to keep the introductory price open for the next three months at just £9.00 for three issues, delivered by email or £12.00 for three issues by post. Payment can be made by cheque.

To take advantage of this, or for a free sample feature to demonstrate how you could benefit, just email us with the subject line: computer feature; and we will email straight back.

Cottingham Parish Council



CCTV Group

The Parish Council took over ownership of the CCTV system in the village in April 2009 and is in the process of upgrading the recording equipment. The CCTV Group is an organisation that manages the system on behalf of the Parish Council. This Group is looking for interested residents who would like to be involved. If you feel that you would be interested in being involved please contact the Parish Council offices (847623) for more information – we are particularly interested in hearing from you if you are involved in the licensing trade or perhaps a retailer.

Pedestrian Crossing – Bricknell Avenue

You will have noticed that the pedestrian crossing outside Croxby School is being altered; this follows representations from the School, parents and the Parish Council as the original crossing was not requested or agreed. Hopefully the new style crossing will be much more useful.

Cottingham Day 2010

The next meeting of the Cottingham Day Committee will be at 6pm on Wednesday 3 March in the Parish Council office. The first meeting was very well attended and ideas are flowing for a bigger, better day. Volunteers are always welcome – as is sponsorship in any form.

Litter Bins

The Parish Council intend to install more litterbins in the village – we have compiled a list from residents' suggestions but you are welcome to let us know if you have any additional sites. If they cannot be included this year we may well be able to install them next year.

Tree Planting

Sites have been agreed with the East Riding of Yorkshire Council and Hull City Council and 13 trees will be planted in the next few weeks. We intend to plant 8 Hawthornes, 2 Oak trees and 3 Purple Plums.

£137 Grants

The Parish Council awarded a grant of £300 to the Cottingham Cricket Club to aid the provision of helmets for their junior members. (*Below: Cllr Abel presenting a cheque to Rob Rhodes of the Cottingham Cricket Club*).



Age Concern East Riding of Yorkshire holds Positive Planning Day for Peace of Mind

Age Concern East Riding of Yorkshire is holding a Positive Planning Day at 16 North Bar Within, Beverley, HU17 8DG on Friday 5th March from 10am – 1pm., to offer local customers the opportunity to discuss their plans for the future.

The event will provide guests with the chance to receive information on a broad selection of products and services, all designed for later life. These range from products such as Funeral Plans, Wills and Independent Financial Advice, to issues such as how to remain independent, how to plan for the future and how to put your affairs in order for complete peace of mind.

This positive, practical and friendly approach ensures customers are fully informed of the issues around planning for the future and can be confident that they are making the right decision for them without any pressure.

Age Concern has teamed up with local companies, Andrew Jackson Solicitors and The Insurance Partnership to offer this advice to their customers.

Age Concern staff will also be on hand to discuss funeral planning. Taking out a Funeral Plan is more worthwhile now than ever before, due to increasing funeral costs and low interest rates on savings. Taking out an Age Concern Guaranteed Funeral Plan guarantees that the –funeral costs covered by the plan are met in full and at today's prices, meaning less worry and financial strain for all involved. Customers who take out a Funeral Plan before 31 March 2010 will receive a £30 discount.

For further information about Age Concern East Riding of Yorkshire's Positive Planning Day, please call Age Concern East Riding of Yorkshire on 01482 861065 or visit them at 16 North Bar Within, Beverley, HU17 8DG.

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£30 discount if you buy before 31st March.

Pop into your local event and find out more.

Please join us at:
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 16 North Bar Within
 Beverley, HU17 8DG
 Event Date: Friday 5th March
 Time: 10am - 1pm
 Telephone: 01482 861065
 Open: Mon to Fri 9.30am - 4pm
 Sat 9am - 12pm

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Lowest Ever East Riding Council Tax Agreed

The council has today set a budget for the next financial year (1st April 2010 to 31st March 2011) of £269 million, which requires a council tax at Band D of £1,212.20, an increase of £17.91 or 1.5 per cent.

The council tax increase is the lowest ever set by East Riding of Yorkshire Council and will mean that the increase for an average household will be less than £16 per year.

Although Band D is used as the benchmark national average council tax charge, more properties in the East Riding fall into the lower bands B and C. The council tax at these bands will be £942.82 (Band B) and £1,077.51 (Band C).

Councillors had as a basis for discussion a budget prepared by the council's corporate management team which indicated a 3 per cent rise in council tax. However, this increase has been halved by taking money from various reserves and budgeting for a half per cent pay rise, which is in line with national expectations, and not from front line services.

As in previous years, setting a budget has been a challenging task, with the council needing to balance budget pressures, mainly arising from existing commitments or from legislation, against the requirement to make savings in other areas. Among the budget pressures are the costs of caring for vulnerable children and adults - in particular the large and growing elderly population in the East Riding - and the need to meet the Target 45 goal for the percentage of waste generated that is recycled by the year 2015.

Schools are funded separately through a specific and ring-fenced government grant. As part of its existing commitment, the government is ensuring that schools will receive a minimum 2 per cent increase in their budget. The actual amount for each school is determined by pupil numbers and these are still to be confirmed to calculate individual school budgets.

Councillor Stephen Parnaby OBE, leader of the council, said: "I believe this is a responsible budget based on sound principles and the council's record of excellent financial management. It protects essential services while taking account of our residents and their ability to pay. We all work hard to limit the council tax increase, especially in these difficult economic times, but we face issues that are outside the council's control. While the costs of providing services in a large but quite sparsely populated area like the East Riding are high, the level of national grant, which makes up the bulk of the available money, is low compared with other councils - around £100 per person below the national average and more than £300 per pupil below average for schools.

"Together with the inequitable way some £7.7 million of our

grant settlement has been 'clawed back' by the Government, the result is that East Riding residents are having to pay more than they should and are in effect subsidising other parts of the country that do better through the national funding system.

"Notwithstanding the financial challenge, I shall be working to deliver a similar or hopefully even lower council tax increase next year."

Councillor Parnaby also warned that future funding for local government, as for all the public sector, was likely to be significantly reduced as a consequence of the fall-out from the global banking crisis and particularly as a result of the huge government debt.

He said: "Our budget for the forthcoming financial year is protected as part of a three-year government deal for local authorities, but for the future I am in no doubt that there will be reduced levels of public expenditure and we face challenging times."

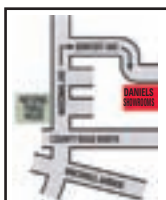
An extremely positive outcome of the 2010/11 budget is that the council will be carrying out its biggest ever building or 'capital' programme, with £148 million to be spent on improving essential infrastructure like roads, housing and schools. The programme has been boosted and accelerated by the fiscal stimulus of £100 million approved last year which is resulting in the council bringing forward many schemes to assist the local economy and support local businesses.

In addition, the council is undertaking a £33 million programme over the next year which will see the first new council homes in the East Riding for many years. Some 275 properties are to be built and more will follow as a result of additional funding that has been secured. This building programme will also help support local businesses and especially the construction industry.

The East Riding of Yorkshire Council council tax figures for 2010/11 are set out below (2009/10 in brackets) to which needs to be added the precept requirements of the Humberside Police and Fire authorities, town/parish council precepts and any special expenses. The Police and Fire precepts are due to be set in the next few days. These will be reported to a meeting of the Council on 24 February when the final council tax resolution will be approved.

Band A	£808.13	(£796.19)
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Wordsearch - Celebrities

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

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

Find the words in the letters above:

Al Pacino, Brad Pitt, Britney Spears, Bruce Willis, Cameron Diaz, Cher, Dolly Parton, Drew Barrymore, Elijah Wood, Ewan McGregor, George Clooney, Halle Berry, Harrison Ford, Hugh Grant, Jennifer Lopez, Jodie Foster, John Cusack, Johnny Depp, John Travolta, Keanu Reeves, Kevin Spacey, Kurt Russell, Liv Tyler, Madonna, Mel Gibson, Tom Hanks.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 39 -

This is an easy challenge this month

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

“Wills, plain and simple”

Most people over 55 years old know they should have a Will.

They know that a Will ensures that when they die, the people they have chosen will take care of their estate and benefit from it.

Yet many still have not got around to making a Will, often because they are put off by the costs involved, and understandably so.

A Will is an important legal document. If the price is too low, people wonder whether the adviser has adequate knowledge or expertise; too high, and people wonder whether their Will requires the level of expertise the price implies.

The result for many is that they never get around to sorting out their Will.

That is why Andrew Jackson Solicitors have launched the Wills, *plain and simple* scheme for the over 55's.

Under this scheme, the price of Wills are fixed at £150 plus VAT for a couple. For a single person the price is just £100 plus VAT.

Additionally, if you attend our Wills clinic at Cottingham then we are offering a free initial consultation with no obligation if you decide you do not want to proceed at the end of the appointment.

The *plain and simple* label indicates that this scheme is aimed at clients whose requirements are straightforward.

You will still benefit from being advised directly by a solicitor, but provided your requirements are uncomplicated, the price will be in line with the *plain and simple* scheme.

If your requirements go beyond the limits of the scheme, for instance if you need tax advice, or your Will needs to include trusts or more complicated arrangements, we will tell you so and let you know what the cost will be for the Will before we start work.

This means that you will always know the maximum cost of your Will.

No surprises - *Wills, plain and simple*.

We also have a *Lasting Powers of Attorney plain and simple* scheme – contact Leanne Labrom on 01482 325242 for more details.

Andrew Jackson
Solicitors

Wills
plain
and
simple



We are holding Wills Clinics at
Civic Hall, Cottingham Green
from 12 noon - 5pm on;

Wednesday 24 March 2010
Wednesday 21 April 2010
Wednesday 19 May 2010

FREE INITIAL CONSULTATION

For further details or to book an appointment, please contact
Leanne Labrom or Caroline Hepworth on
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Due to popular demand, we are also holding Wills Clinics
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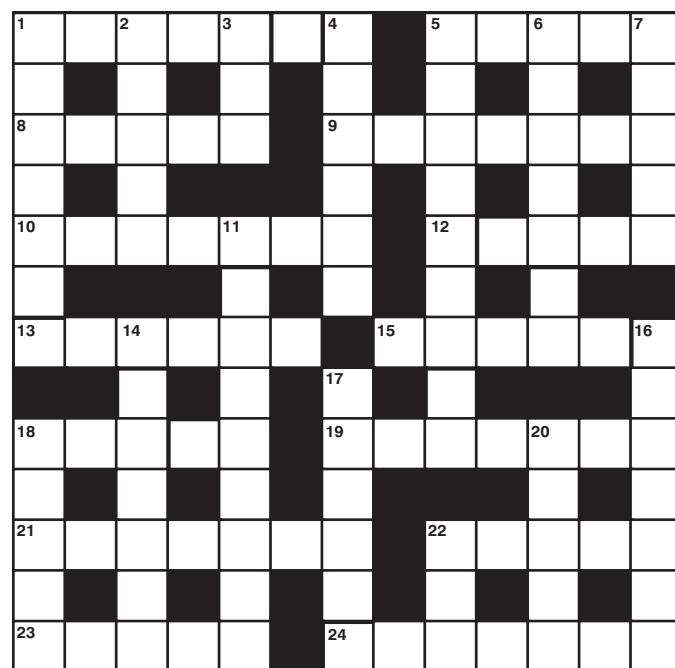
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Crossword - Solution on page 46



Across

1. Afternoon nap in Spain (6)
4. Wide street (6)
9. Coherent (7)
10. Speak (5)
11. Playing Card (3)
12. Exactly the same (9)
13. Not as strict (6)
15. Armed thief (6)
19. Set up or found (9)
21. Australian flightless bird (3)
22. Stories (5)
23. Chosen by vote (7)
24. Fervid (6)
25. Basement (6)

Down

1. Save from destruction (7)
2. Bird of prey (5)
3. Haptic (7)
5. Strongroom (5)
6. Observed (7)
7. Join up (5)
8. Hints (5)
14. Resolved (7)
16. Sports contestant (7)
17. Booming noise (7)
18. More judicious (5)
19. Additional (5)
20. Large shaggy bovid (5)
21. Exalt (5)

Crossword courtesy of www.puzzlechoice.com

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In the Kitchen



Mother's Day Treats

If your mother doesn't like eating breakfast in bed, why not treat her to this wonderful smoothie instead. Serve it in a champagne flute to make it even more special on Mother's Day.

Serves 1

Ingredients

1/2 Large Banana
5 Strawberries
120ml/4fl.oz. Vanilla Yoghurt
2-3 teasp Honey
2 large Ice Cubes, crushed
1 Whole strawberry to garnish

Instructions

Cut the fruit into bite-sized pieces, place all of the ingredients in blender and blend until smooth.
Pour into a tall glass and garnish with a fanned strawberry.

Roast Chicken with Tarragon

Ingredients:

1 x 1.6kg/3-1/2lb Oven Ready Chicken
Salt and Black Pepper
50g/2oz Butter, softened
4 tbsp Fresh Tarragon, chopped
120ml/4 fl.oz Fresh Chicken Stock
120ml/4fl.oz White Wine
1 teasp Cornflour
Watercress to garnish

16 March 2010 - www.cottinghamtimes.co.uk



Instructions

1. Preheat the oven to 220C, 425F, Gas mark 7. Place 25g/1oz of the butter inside the chicken together with 3 tablespoons of the fresh tarragon and plenty of salt and pepper.
2. Smear the remaining butter over the top of the chicken, sprinkle with the remaining tarragon, salt and pepper and roast in the oven for 1 hour 15 minutes, turning and basting occasionally.
3. At the end of the cooking time, remove the chicken to a carving dish, cover with foil and keep warm whilst you make the gravy. Set the roasting pan over a medium heat and stir in the wine and chicken stock, scraping up any sediment. Bring to the boil and boil rapidly for 4- 5 minutes to cook off the alcohol.
4. Blend the cornflour with a little water and add to the roasting pan, stirring all the time and cook until thickened.
5. To serve - Pour the gravy into a gravy boat and garnish the chicken with watercress. Serve hot.



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White Chocolate Truffles

Ingredients

225g/8oz Good Quality White Chocolate
50g/2oz Butter
50g/2oz Icing Sugar
1 teasp Almond Extract
1 Egg Yolk
75g/3oz Chopped Almonds, lightly toasted
Icing Sugar

Instructions

1. Break the chocolate into small pieces and place in a heat proof bowl together with the butter. Place the bowl over a saucepan of very hot water and stir until melted.
2. Remove from heat. Add the sugar, egg yolk and almond extract and beat with an electric mixer until smooth.
3. Transfer to a shallow dish, cover and leave to cool until the mixture has set enough to roll into balls.
4. Dust your hands lightly with icing sugar then shape mixture into 2.5cm/1 inch balls. Roll each ball in the chopped almonds and place on a flat tray which has been dusted with icing sugar. Cover loosely with clingfilm and refrigerate at least 8 hours. Serve at room temperature.

To give as a gift

Place each truffle in a petit four case or small foil cup. Place a large piece of cellophane wrap in the bottom of a tin or box, leaving enough to bring it up and over the top of the truffles before closing. Place the truffles in one layer on top of the cellophane, cover over with the excess cellophane and close the tin/box. Wrap with a gold ribbon and a matching gift tag.



French Leg of Lamb

Ingredients:

1.8kg/4lb Leg of Lamb
2 Cloves of Garlic
1 teasp Crushed Rosemary leaves
Juice of half a Lemon
50g/2oz Butter
Salt & Pepper

Instructions

1. Heat the oven to 230C, 450F, gas mark 8.
2. Cut the garlic cloves into slivers. Make small slits all over the lamb with the point of a small, sharp knife, and insert the garlic slivers deeply into the slits.
3. Combine the crushed rosemary leaves with the lemon juice, butter and salt and freshly ground black pepper to taste. Spread the mixture evenly over the lamb and place the meat on a rack in a roasting pan.
4. Place the meat, uncovered, in the oven for 20 minutes. Reduce the heat to 170C, 325F, gas mark 3 and continue to roast for 25-35 minutes per kg/12-20 minutes per lb, or until done to your liking.
5. When cooked, transfer the lamb to a heated serving dish and let it stand for 15 minutes before carving.



Bananas with Fudge Sauce

Ingredients

4 Large Bananas
1 tbsp Sugar
For the sauce
1 x 170g/6oz tin Evaporated milk
50g/2oz Butter
75g/3oz Soft Brown Sugar
25g/1oz Good Quality Plain Chocolate, chopped

Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4. Peel the bananas, place in an ovenproof dish, sprinkle with the sugar and bake for 20 minutes.
2. Meanwhile place the evaporated milk, butter and brown sugar in a saucepan and cook over a low heat, stirring, until the sugar has dissolved and the mixture is well blended.
3. Bring the mixture to the boil and continue to boil for 2-3 minutes.
4. Remove the pan from the heat, stir in the chocolate and mix well. Keep warm until ready to serve poured over the baked bananas.

Three Cottingham children raise £212.00 for Haiti Earthquake Appeal

Three Cottingham children, Ellie Windas (10), Rachel Cooney (11) and Ruby Smith (11), raised £212.00 for the Haiti Earthquake Appeal by holding a Jumble Sale outside of Somerfields Supermarket in Cottingham on the 30th of January 2010.

They would like to thank everyone who gave so generously on the day for the victims of the earthquake.



New Vet joins the Kingston Veterinary Surgery in Cottingham

The Kingston Veterinary Group has expanded the resources at its Cottingham surgery by appointing Joanne Black as an additional vet.

Joanne has come to Cottingham from a practice in Darlington. She qualified as a vet in July 2008 after completing the five-year veterinary course at the University of Edinburgh's Royal (Dick) School of Veterinary Studies.

At Cottingham she is working alongside fellow vet Mayleen Cook and a core team of Margaret Thompson, head receptionist, and Ruth Bryant, veterinary nurse.

Kingston Veterinary Group Director Paul Atkinson said: "I'm



In Cottingham and District

Continued from Page Five

Cottingham Ladies Circle

Wednesday 24th March, Ms Susan Harr, Talk "It Shouldn't Happen to a Landlady", 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Wednesday Social Club

Wednesday 24th March - Qwen Staveley - Site of High Endeavour, in the Darby and Joan Hall, at 2.00 pm.

Skidby Village Hall

Saturday 27th March - 10.00 am to 3.00 pm. Easter Fair. Quality refreshments on sale, admission Free. Booking forms for tables available from Kelvin Young (Secretary) 01482 843446.

Cottingham Men's deLuda Society

Wednesday 31st March - Mrs. Michelle Beadle, "Flight of Disaster R38 Crash", in St. Mary's Church Hall, Cottingham, at 2.00 pm

Cottingham Wild Spaces Group

Sunday 4th April - 11.00 am to 1.00 pm, Millbeck Nature Area, Meet at the allotment carpark. Litter pick and Easter Egg Hunt and Games.

Cottingham Methodist Church

Saturday 10th April, A Handicraft Fayre, is to be held on Saturday 10th April, 10.00 am to 4.00 pm. On hand will be the Cottingham Lloyd's Chemist, who will be doing a free diabetic test for our community. Part of the takings will be donated to our local Diabetic Youth Charity. Anyone interested in having a table at the Fayre please contact Keith Gibson 01482 842597 or email gibl@supanet.com.

delighted to welcome Joanne to our Cottingham surgery. We have had a practice in Cottingham for over 40 years, and Joanne's appointment highlights our continuing commitment to providing the highest levels of service in the village."

The Cottingham surgery, on New Village Road, has operating and dental suites, three consulting rooms, and facilities for "puppy parties".

Pictured above left to right: Mayleen Cook and Joanne Black.

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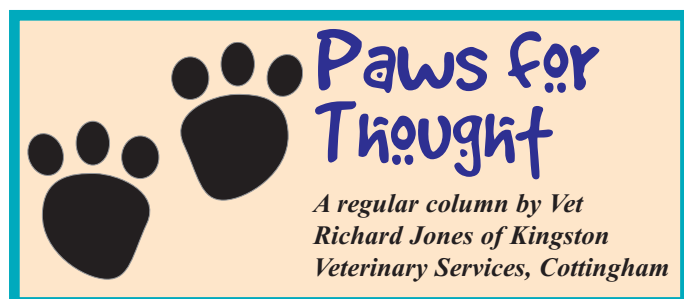
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“Well that's another fine mess you have got me into Teal” I groaned under my breath. Teal is my best buddy on the field. Our Dads meet up once a day to walk through the woods which back onto the park. We have so much fun and exercise, playing hide and seek from each other amongst the long undergrowth, but especially enjoy hiding from our Dads. Sometimes this can go horribly wrong as this day had turned out to be.

Teal was there one minute, then WHOOSH! Gone. I ran around looking for him barking at the top of my voice, but nothing. I seemed to be going for hours, wasn't that long really, but enough time to be found by a lovely lady who took me to Kingston, the nearest veterinary practice.

“Please not again!” I barked, “I only had a booster done last week!” I squealed.

We were standing in one of the rooms with the nurse wielding a very strange machine over my neck and shoulders. “I found him wandering in the middle of the road playing chicken with the cars”, the lovely lady explained.

Chicken? Chicken? I didn't see any chickens.....maybe that's what Teal was chasing.



Pictured above, Grouse a dogged reader of the Cottingham Times, safely back home with his dad.

“Well it's OK, wearing a collar but with no identity disc attached it is useless, and he certainly isn't identichipped, I have just checked with the scanner. I am afraid the dog warden will have to collect him,” explained the nurse.

So that is how I have ended up at the stray kennels. The kennels for unwanted dogs.....the kennels for street dogs.....the kennels for unloved dogs.....I start to whimper.....then cry.....HOWL HOWL!!!!

“I am sorry, Mum, Dad, and even Teal...I won't go running off again, I'll stay by your side all the time – I promise!!”

As the night drew in, I grew more tired. The coldness of the kennels made my fur stand up on end, and the intermittent tremble of my body, along with the crying of my fellow 'in mates' kept me awake most of the night. The little sleep I had, I dreamt of back home, laying alongside the roaring fire after having a feast of my favourite tea! The rattling of the outer gates woke me from my slumber....I hadn't dreamt it.....I am still here!

Then I heard footsteps...closer and closer....

“No....it isn't him” said the voice coming from a shadow in the dimly lit corridor. The voice started to cry and then fade away along with the footsteps. Hours passed and then more steps.....

“It's him!!!! It's Grouse!!!! Now then lad, where have you been? We've been searching all through the night!” It was Dad followed by Mum, weeping tears of joy. I couldn't believe it! Mum and Dad had found me.....WHEY HEY!!

“As a last resort this morning, I popped into Kingston and asked if anyone had handed a stray dog in” Dad began to explain to the dog warden. “They had said a lady had brought one in, but with no ID chip, so they called you.”

“If only owners would have their pets ID chipped, it would make our jobs a lot easier” the dog warden said, “not forgetting the re-homing centres, where come 'so called' strays are kept, then re-homed to new owners, leaving the grieving ones behind, not knowing the outcome of their loved ones. My job never ceases to amaze me!”

And now??? I am back home, in front of the roaring fire, having just eaten a dish of my favourite food, but not before making a detour to Kingston Vets, to have an ID chip done. It is one injection I didn't mind happening!

As for Teal??? He didn't have an adventure at all.....he was found wandering the streets, then taken to another vets for a brief stay until his family turned up. So the chip really does work.

For a small amount you can have your pet identichipped by a nurse at any of our four surgeries (appointment necessary).

Please ring today, so your pet is not a stray.

This month's article is by Margaret Thompson.

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East Yorkshire National Trust members receive presentation on "The Growth of Goole"

Meeting of the East Yorkshire Association of the National Trust at Cottingham Civic Hall. Thursday January 21st 2010. Mrs S. Butler on "The Growth of Goole"

Mrs. Butler covered the changes in Goole over many centuries. Beginning with a 14th Century map showing the area surrounded by three rivers, the Trent, the Ouse, and the Don which in its final stretch divided in two to make the area virtually an island.

Goole began as a small fishing village, on low lying land liable to flooding, drainage was improved in the 17th C by Dutch engineers digging a canal. Most of the growth came when in 1823-4 the Aire and Calder Canal Company decided to build docks at Goole to give itself access to the sea.

Their scheme for the integrated development of the town and docks was an early example of town planning. One of the first buildings erected was the Lowther Hotel, used as a base by the Directors of the Canal Company. Two docks were built, first a barge dock and then a ship dock, together with the houses and facilities needed for the expansion of the time.

In 1826 their canal was opened with great celebration and their clock tower was built, still there today though in a different location. A unique feature of the houses built by the Company was their corners, instead of the usual right angle they were curved to make it more convenient for carts to turn. The level of the land was raised by allowing some areas to silt up, then using the silt to raise other areas. This gave some houses the unique feature of having two stories at the front and three stories at the back!

The coming of the railways resulted in the railway dock being

built in 1846. In 1848 the church and vicarage were built. By the 1860's ships captains were having their own private houses built in the town so both Company and private development was going on. Mrs Butler has gathered together a large collection of early photographs so we were able to see developments and changes up to the present day. A zeppelin raid in 1915 damaged the Lowther Hotel but was repaired.

The Police Station became a Hospital and then a pub, "The Jailhouse". The Primitive Methodist Chapel was replaced by a Library. Initially Goole was cut off from the East Riding by the river, the only access being the ferry, shown by a photograph of it carrying a vintage car (then probably the height of fashion). It was replaced by the Boothferry Bridge in 1929.

The extension of the railway to Gilberdyke provided an alternative route to the East Riding. Mrs Butler was thanked warmly for her beautifully illustrated talk on the town.

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Life Changing Dentistry – Tooth Whitening

Hello, how are you doing? I hope that you are doing better than I am today. After six years of enjoyable family camping I decided to move on to a caravan. We had one wash out too many in the tent. I ordered the caravan three weeks ago and there were a few modifications to be made and we agreed today was to be the day. I had built myself up for it as I have never towed before.

I'm getting it from Leeds so I phoned up just to make sure just before I was to set off. I knew something was wrong when they had to phone me back. It wasn't ready. I had taken the morning off work as well. Nobody has got back to me to organise another date either.

I know it's not the end of the world and it really isn't good caravanning weather at the moment. So, ho hum let's just get on with it. I do keep cheering myself up by recalling a guy called Graham, who I saw yesterday, saying that having the dental implants is the best decision he ever made. Great! I love it when we can make a difference.

So, Go On Then, How Do We Whiten Teeth?

I get asked a lot about the tooth whitening toothpaste. Most of the "tooth whitening" toothpastes available help remove and keep down surface staining. They will not remove heavy staining and really are best at keeping on top of things after proper professional clean. The majority work through abrasion. The rule of thumb is that the gels are less abrasive. Some of the smokers' toothpastes are much more abrasive and this in itself may lead to a rougher surface that takes up more stain. There is a toothpaste that works using natural fruit enzymes to help break down staining. On the whole though most toothpastes do not actually lighten a clean tooth significantly or at all.

To whiten the body of a tooth we need something that will penetrate and be left in contact for period of time and be safe. Most whitening gels use active oxygen to penetrate and break down internal staining compounds. The gels usually come as hydrogen peroxide or carbamide peroxide in different concentrations. The carbamide peroxide breaks down to hydrogen peroxide and urea. Is anybody other than chemists falling asleep at this stage? Some brands may contain other ingredients to help eliminate or reduce sensitivity and some to improve surface-lustre.

Never Mind The Chemistry Stuff, What Do I Have To Do?

Well this depends on which method you go for. Professional tray whitening has been around for many years now and has been refined, well documented and studied. It is a safe and relatively straight forward and cost effective way to give you some pearly whites.

What you have done is simply have impressions (moulds) taken of your teeth. From these plaster models are made and then custom well fitting flexible trays. The trays are quite thin and are comfortable to wear. Sometimes reservoirs are left between the tooth and the trays to leave space for the gel. However, studies have shown that having a closer fit gives the same results and possibly less chance of sensitivity. This is a real bonus as you use less gel at a time so it goes further so you have more left for top ups. So here is the nitty gritty stuff. You give your teeth a good thorough clean, put a small amount of gel into the tray, dry your teeth and put the tray in. Now most people will sleep in this so it does not interfere with normal life. Others will wear it during the day for approximately 40-60 minutes. You can mix and match this. It is advisable to stay clear of things that stain teeth e.g. curry, red wine, tea, coffee and smoking. Obviously this not a full set of instructions.

Come On How Long Does It Take Then?

Well this varies because there are so many variables. I am not trying to be wishy washy, honest, it's just how it is. How dark are your teeth to start with? How susceptible are they to the whitening gel? How white do you want them? Do you use it on consecutive days? It's a bit like pushing a car in that it's easier once you get it going. The average is about 2 weeks all being fair but it can take as little as a couple of days to over a month.

The beauty of this technique is that it is very flexible. You can fit it in when it is most convenient. As it is a steady procedure it tends to give really stable results and you have the kit to top up at your leisure. If you run out of gel you can buy extra without breaking the bank. You may be able to tell but I like this technique. There are other techniques of "power whitening" but that's it for now.

My daughter's football team did well at the weekend. They lost but only by one goal at 4-3. They are starting to come on a bit. Roll on the warmer weather though, us parents and the poor substitutes are all nithered on the touchline. Nithered, that's a word I learned in the East Riding. Until next time.

Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry.
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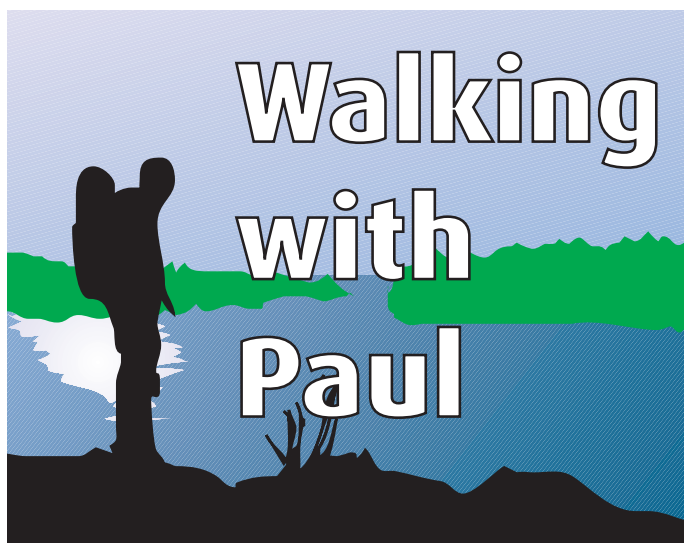
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Here is Paul's latest walk in his series of monthly rambles. This month his destination is Hedon

Maps:- EXPLORER 292 & 293

**Start at GR. 187284 Drapers Lane, Hedon.
Distance 5.0 Miles.**

Walk in a southerly direction along the grassed area on Drapers Lane and cross a footbridge over Burstwick Drain and then turn left in front of The Haven Arms and continue along this lane passing farm

buildings to the right.

On reaching a minor road, cross straight over and continue along an enclosed path/lane with allotments to the left. After a short distance, follow the track sharp right ignoring a foot bridge ahead, and then enter a grassed area. Walk to the main road, cross a stile, cross the road and continue straight ahead with the drain on the left.

Cross the next foot bridge and then turn right and keep the drain on the right. At the end of the houses continue straight ahead again keeping the drain on the right. Pass through a hand gate and follow the path to a second gate and emerge on the old railway track. Double back to the left and follow the railway track back towards Hedon. Cross a minor road and continue ahead on the railway track.

At the next main road (Hull Road) again cross over and continue down the track passing the old Hedon railway station on the left. After a short distance leave the railway track by a gap on the left and walk with the hedge on the left, cross over a drain and turn right.

After a short distance, cross the drain by a foot bridge and pass through a metal gate and then pass through a kissing gate and emerge on the road. At the end of the road, cross a grassed area diagonally to the right and then join a tarmac path and continue to emerge on the main road.

Turn right and after passing the bus stop, cross the road and walk along the grassed area with the drain on the right and housing estate to the left. Continue in this direction and pass through a gate and immediately reach Burstwick drain ahead. Turn left and keep the drain on the right to eventually reach the grassed area at the end of Drapers Lane. Turn left to return to the start.

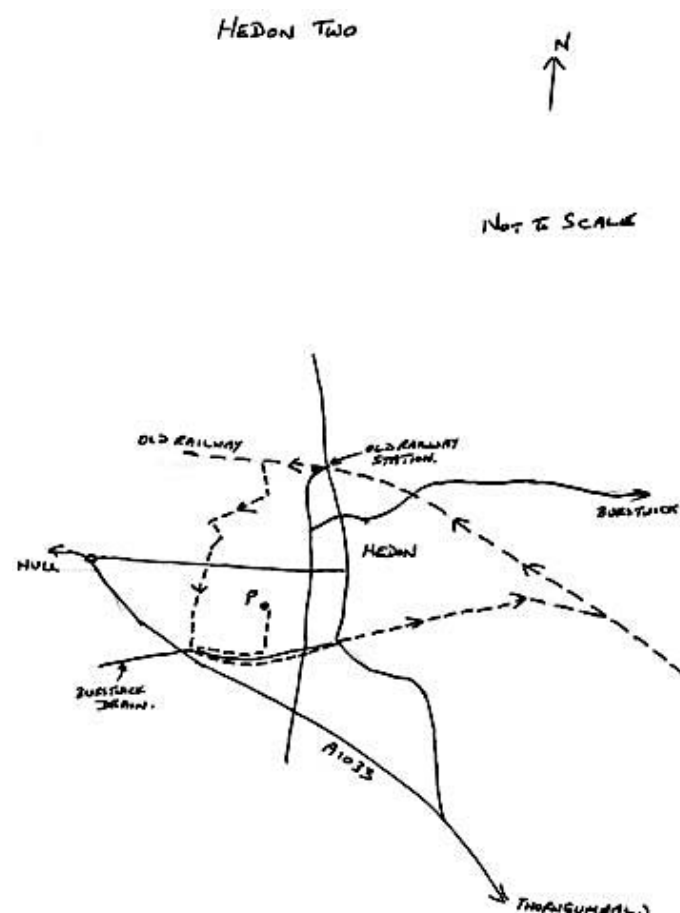
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A family pass is also available costing £38. It is valid for up to two adults and three children.

The passes allow unlimited access to the hall, zoo and gardens throughout the year.

Season pass holders also benefit from 10 per cent discount on items in the hall's gift shop and menu items at the Clock Tower Tea Rooms.

Golf season passes are also available and cost £85 for adults, £55 for over 60s and £42.50 for children aged between three and 15 years old.

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Application forms for any of these passes are available from the Sewerby Hall and Gardens estate office or via the website at www.sewerby-hall.co.uk

Once completed they can be sent with payment by post.

Anyone renewing a pass who wants to avoid the rush before the season starts can bring their existing pass and payment to the estate office between 9am and 3pm where it will be processed smoothly and quickly.

More information is available on the website or from the estate office on (01262) 673769.

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In the Garden



This month there are signs of the approaching spring, with bulbs appearing and birds and wildlife waking up as light levels and temperatures increase. There's plenty to do indoors this month, all in preparation for the season ahead. Outdoors, the garden is coming to life again, and its time to prune shrubs, such as Wisteria.

A changing climate could have consequences for all gardeners. Weather Damage

Most trees and shrubs have a few leaves that suffer damage or disfigurement during the growing season. Often our first thoughts are attack by pest or disease, but many times it is due to the weather.

Signs of weather damage include:

Brown leaves:

Scorched leaves: Indicate water is being lost from the leaves faster than it is being replaced. This usually happens to plants situated in positions that catch the sun all day, or those in exposed sites.

Physical damage: Leaning, tearing, breakage or abrasion is normally due to wind exposure or mechanical damage.

Top 10 jobs

1. Prepare vegetable seed beds, and sow some vegetables under cover
2. Chit potato tubers
3. Protect blossom on apricots, nectarines and peaches
4. Net fruit and vegetable crops to keep the birds off
5. Prune winter-flowering shrubs that have finished flowering
6. Divide bulbs such as snowdrops, and plant those that need planting 'in the green'
7. Prune Wisteria
8. Prune hardy evergreen hedges and renovate overgrown deciduous hedges
9. Prune conservatory climbers
10. Cut back deciduous grasses left uncut over the winter



Creased leaves: This type of stop-go growth happens where temperatures and soil moisture fluctuate.

Bud and leaf drop: Caused by lack of moisture, fluctuating growing conditions, frost or wind damage at any time between bud formation until flowering.

Dieback of shoots or whole plants: Browning of shoots suggests that something is preventing moisture reaching the affected leaves. Waterlogging and drought may be involved, but pests and fungal root diseases are also often to blame.

When all leaves uniformly turn yellow or brown, the cause is most likely to be one that affects roots and water, or nutrient, supply.

A single weather event can cause damage, such as a storm, snow or frost. But sometimes worse damage is by prolonged weather events such as drought or waterlogging. And new plants often are more susceptible than established plants

Unfortunately the symptoms of weather damage are often similar to those caused by pest, disease or nutrient deficiency. And in some cases, the symptoms from weather damage might take weeks (or months) to show up in a plant.

When faced with brown leaves, wilting or dieback, do consider the weather over the past 12 months, as well as looking for signs of pest, disease or nutrient deficiency.

Drought: In dry spells, roots cannot gather sufficient water to sustain the foliage. Leaves start to wilt first, followed by leaf and bud loss, and ultimately die-back of shoots or whole plants. Parts of the plants furthest from the roots are usually affected first and most severely. Newly planted climbers, shrubs and especially trees are at extra risk because their root system takes several years to develop to the point where they are drought-proof. Do remember that root diseases cause similar symptoms.

Sun: As well as water loss, excessive sunshine can lead to scorched areas of leaves, typically on the sunny side of plants and not on the lower leaves, those within plants or on the shaded side. Woodland plants such as *Acer palmatum* are especially vulnerable to sun damage. Water on leaves can act as a lens that concentrates the light leading to burnt patches.

Flooding: Soil filled with water contains too little air for plant roots to thrive. In winter when plant roots are dormant they can survive quite long periods of flooding, but in summer when the water demand of roots is high, even short periods of a few days can be fatal.

Heavy rain: Tends to affect the top of plants with rain damage breaking delicate shoots and flowers. However it is soil saturation and flooding that causes most harm.

Frost: Also tends to affect the top of plants where the freezing is most intense. Lower leaves and areas inside the leaf canopy are less affected. Frost can damage plants randomly in an affected area with some plants losing buds, foliage, flowers and fruits and others being unaffected.

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Snow: As well as freezing damage, mechanical damage is caused by the weight of snow breaking branches.

Hail: Causes bruising and abrasion and occasionally defoliation or loss of fruits. Hail causes tiny scars on young leaves and fruits that become very noticeable as the plants develop. Hail damage mainly affects the top of plants.

High winds: Cause damage to the upper and windward sides of plants. In severe cases plants can be uprooted. Windy weather also dries out leaves leading to browning, scorching and loss of buds, flowers and leaves.

Do:

Make long-term plantings of trees, shrubs and hedges that are drought tolerant.

Plant long-term shelter to protect the garden from stormier weather.

Improve soil with grit, gravel and organic matter to ensure drainage and nutrients; additional drainage may have to be installed before planting long-term plants.

Build water collection and disposal measures into new hard landscaping, greenhouses and sheds.

Invest in water features and ponds - they will benefit wildlife and will be appreciated in hotter, drier summers.

Don't:

Make long-term plantings in areas liable to flood.

Clear established vegetation from slopes, but work new plants into existing growth.

Devote extensive areas to plants that suffer in wet winters and summer droughts - including lawns on dry soil.

Remove long-established trees and shrubs - these often have extensive root systems that can withstand drought and protect soil from erosion.



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Your Stars for March 2010 - By Kay Gower

Aries - (Mar. 21- April 20)

With Venus in your first house this month friends will find your special charm completely irresistible. The new moon on the 15th could open a door that has previously been barred.

Taurus - (Apr. 21- may 21)

Break out of old routines this month. If single, you could meet someone who truly charms you, even long-term partnerships get a breath of change and energy.

Gemini - (May 22-June 21)

You would be best served by keeping a low profile. Attend to matters that are strictly your own concern. Try to stay away from deep decision making, and instead concentrate on the superficial in life. This isn't your usual style as a rule, but if it works this month then don't knock it.

Cancer - (June 22-July 22)

This could be a rather frustrating and disconcerting month for you. You may be confronted with a difficult choice that places you on territory that's totally unfamiliar. Be guided by the advice of others. Remain flexible and open minded.

LEO - (July 23-Aug 22)

Learn and teach. Become both student and guide and look through the events of this month from a base of spirituality and your own personal life philosophy. Plans for the future are empowered if you try out new ideas.

Virgo - (Aug 22 - Sept. 23)

The actions of others could irritate you midway through the month. Don't hold a grudge, you can afford to let minor annoyances pass by.

Libra - (Sept. 24 -Oct. 23)

Expect plenty of goodwill, and opportunities as the month progresses. The question now is: Where do you go from here? In your heart you know what is true and right for you. You also know what to do.

Scorpio - (Oct. 24 - Nov. 22)

Your world will feel deeply emotional as the weeks roll on. Feelings turn to passions, and passions compel you to understand their purpose, finding purpose only leads to searching for truths. Be comfortable for now with 'what is.'

Sagittarius - (Nov. 23 -Dec. 21)

A successful month when you are able to put your ideas over in a way that ensures they get the green light. Be ready to grasp opportunities, this is an excellent time for future success in all areas.

Capricorn - (Dec 22.- Jan. 20)

Prepare for a month that turns out better than you expect - if you are prepared to compromise! Someone close may have a lot to say, try to open your heart and mind to what is being said. No one can change the direction of the wind, but you could always adjust the sails.

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

We can never truly know what others are thinking or feeling, or what their motives are. Still, over the next couple of weeks, what you see and feel is what is real, for would take a lot right now for someone to fool you.

Pisces - (Feb. 20-Mar. 20)

The full Moon on the 30th would be a good time to tell others about an important decision, or to confess your feelings. March and very early April is a time of completion for you - reflect and develop your intuitive abilities.



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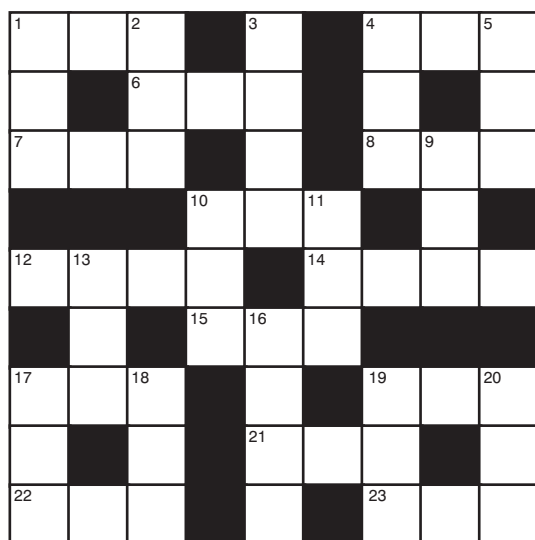
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Across

- 1, 8 across doubled
4. Months in nine years
6. Seconds in three minutes
7. 12 across divided by six
8. 17 across plus ten
10. 7 across plus two
12. Minutes in three years
14. 22 across doubled
15. 20 down plus a dozen
17. 6 across minus eighteen
19. Months in eleven years
21. Six times 4 down
22. 19 down times five
23. Months in ten years

Down

1. 18 down plus fifty-two
2. 1 down plus sixty-three
3. 1 across times three
4. 4 across minus seven
5. 9 down plus 161
9. 21 across plus 115
10. 5 down minus 180
11. 15 across minus forty
13. 2 down minus twenty-four
16. Five times three down
17. 19 across plus six
18. 11 down plus eighty-three
19. 23 across plus forty-one
20. Minutes in four hours

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Cottingham Wild Spaces Group

The members from the Friends of The Dene and Mill Beck Wildlife Group decided in Spring 2007 to join together to form the Cottingham Wild Spaces Group.

The group is supported by Cottingham Parish Council and exists to develop wildlife projects in the village and has completed successful programmes at Mill Beck, King George V Woodland and at Dene Wood. Successful grant applications have been made to the National Lottery, these have helped the group to achieve many of our aims including the installation of the sculptures in King George V woodland and the production of leaflets for Mill Beck and the purchase of equipment for the litter picks.

The volunteers carry out a litter pick on the first Sunday of each month starting at 10.00 am alternating between The Dene and Mill Beck, King George V Woodland. There are 17 active members, of which two, are our East Riding ward councillors, but we are always looking for new members to share in our activities.

Litter picks are followed by refreshments and a chance to discuss future projects. We are currently working with the Yorkshire Wildlife Trust on developing a new project to raise the profile of the important wildlife sites of Snuff Mill and Priory Fields. The objective being to have them designated as Local Nature Reserves.

100 trees have been planted on Mill Beck and in King George V woodland over this winter to continue the enhancement of these sites for wildlife. The group organises guided walks and practical days often in conjunction with Yorkshire Wildlife Trust and Cottingham Wildlife Watch Group.

We welcome new members and volunteers to help us with our work.

The next meeting is on Sunday 7th March at 10.00 am in The Dene, followed by a meeting on Sunday 4th April (Easter Sunday) at Mill Beck. There may be small Easter Eggs for volunteers who attend meeting in the allotment car park at 10.00 am. They will be joined by members of the Cottingham Wildlife Watch Group at 11.00 am.

Pictured above in the snow are members at a litter pick held on Sunday 3rd January.

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Hallgate Schools - continued

January to December 1921

by Peter Railton (Author and Local Historian)

On the 3rd, of January 1921, Mr. Ness the Attendance Officer called at the schools regarding certificates necessary for employing boys and girls under 13 years of age after school delivering newspapers, as errand boys, helping on the land and so on. Staff shortages and illness persisted and on the 15th of January Mr. Moorby records that,

"It has been desperate work - short of staff - it is a great strain." Then he fell ill again and his wife stepped into the breach once more, but she had to keep leaving St.V to their own devices periodically to attend to the doctor and the parents of infants who were being examined over a couple of days. Mr. Moorby returned to school on the 21st, but was so ill that a doctor had to be called to the school and he was taken home, but returned to school later on the 24th, when another teacher fell ill.

Merry-go-Round of Teachers

This state of affairs persisted until February, with a merry-go-round of teachers appearing then vanishing; classes were often combined - there was no alternative. It still happens occasionally when a teacher is suddenly absent, say for half a day and the Head is unable to step in, but a supply teacher is usually called in for longer periods of a teacher's absence. It certainly must have been a great strain for everyone concerned.

It was Mr. Moorby's birthday on the 2nd. of March and -

"Information leaked out and no end of boys offered congratulations -both by word of mouth and by letter."

- an example of the esteem in which Mr. Moorby was held. Miss Cumberbirch of Hull Training College on Cottingham Road, wrote to him regarding the placing of more of her students on teaching practice in the boys' department, and eight female students arrived in due course and were distributed among the various classes in May; no doubt the Head would have appreciated these arrangements a few weeks earlier.

At the end of May, Mr. W. Richardson the school caretaker retired after 26 years at the school and was presented with a 'suitable memento'. A total of £7.00 was subscribed by the pupils of the three departments. Mr. Arthur Sewell, an old scholar who had started his school days under Mr. Moorby in 1882, was appointed in his place.

Sunday School Feasts

The various Sunday School Feasts were held and the schools closed early as appropriate. Cottingham Clubs Feast was held in July for the first time since 1914 and the schools were closed for the day; the event was celebrated in great style with the usual parades, food stalls, swings and roundabouts, dancing on the green - a return to local traditions after the traumas of the Great War.

Several scholarships were awarded that year - to Wm. S. Hall, Henry Padget, Reginald Skinner, Basil Nias, and Arthur Bullivent. Horace Ashton of St. VII had reached the age of 14 and left of his own accord on his birthday; this was contrary to directions from County Hall and he was brought back to school until the end of the term.



COTTINGHAM BOYS SCHOOL—1920-21

BACK ROW—H. Tunley, T. Grant, L. Lickiss, T. Potter, C. Burton, C. Benson, R. Waslin, W. Gardam, L. Medford
—, H. Longbone, E. Hatfield, G. Rodgers, Teacher—E. Lacey. MIDDLE ROW—A. Horsley, S. Peacock, L. Reeve
—, W. Rogerson, E. Andrews, H. Allan, A. Walker, J. Garside, G. Fussey, A. Small. FRONT ROW Seated—
Nicholson, W. Grantham, P. Hodgeson, L. Welbourn, J. Stephenson, H. Acham, S. Ashton, H. Scott, H. Wray, J. Ramsde

Teachers and Pupils Struck Down with Flu

In the girls' school, the redoubtable Mrs. Holmes was struck down with the flu in March, along with some of the girls who had been affected by illness in their school as well as the boys' and infants' departments, which was understandable as brothers and sisters passed the 'bugs' between them, then on to the teachers - or vice versa.

Doris Scott and Doris Fussey were granted Conditional Exemption Certificates and left school after the Easter holidays in April. Tuesday the 24th of May was Empire Day and was as usual, observed by all the scholars; flags were flown, patriotic songs were sung and much marching up and down was the order of the day, and a half day's holiday was given in the afternoon. The significance of Empire Day was redoubled after the First World War and was always observed in the schools.

Martha Scott was granted an Exemption Certificate and Mrs. Holmes records that -

"St. VII is now a very small class indeed."

Mrs. Peak began duties as a supply teacher at the end of June and took St. I. A Miss Cleater commenced duties as a certificated teacher in July, and thirty four little girls 'went up' to the 'big girls' after the summer holidays and were in the charge of Miss Wright in St. I.

Dental Examinations

A dental examination took place in October in all the departments, and back in the girls' school there was a display of gymnastics and dancing to parents, which was under the direction of Miss Wolstenholme from County Hall. Lessons had to be suspended due to the fact that most girls were involved and consequently there was a great deal of coming and going in the corridors and the classrooms were used for changing anyway; the venue is uncertain but these events could have been held in the infants' hall because it was bigger than the girls' hall - just a guess; 'Drill' classes were held every Friday by Miss Wolstenholme and at other times by the teachers. Nurse Ward paid regular visits to the school-checking on the health of the girls.

Clearly there was a tremendous effort directed towards the general health and well being of the girls and this was mirrored in the boys' department and was part of a drive undertaken by local authorities and the government to improve the health of children after the Great War, which had shown up many lamentable cases of poor health and physique among service personnel.

H.M.I.'s paid regular visits to the departments to check on exam results and local inspectors were frequent visitors along with the Rev. Lowndes from the Board of Managers - health, progress and administration were carefully monitored. It can clearly "be seen that great strides forward had been made in all aspects of children's education and health in those few years after the end of the war in 1918. It is to the credit of the three head teachers and the staffs of the departments that they usually had terms like "very satisfactory", "great improvements", etc. appended to reports on the schools.

In December, Sts. VI and VII wrote essays on -
"How we can help our disabled soldiers and sailors"

Very significant locally as well as nationally and was also taken up in the boys' school, where Mr. Moorby - ever enthusiastic about Gilbert and Sullivan - taught the song 'The Merry Maidens and the Tar' from H.M.S. Pinafore to the older boys. The school gardens were 'cleaned up' and the last of the potatoes dug up in October - Arron Comrade did well it seems. On November 17th, three coats were taken from one of the cloakrooms between 9.00 and 10.45 a.m. They belonged to B. Reeves, G. Gardham and H. Foster and they were never found; Mr. Moorby told the school that he had informed the police as a deterrent to any future thefts.

Boys in the upper standards did some paintings to adorn calendars for 1922 to be sold for the "Hull Bootless Bairsns" fund - an indication of the poverty experienced by many families, especially after the death of the 'bread winner' during the Great War. Schools closed at 12 noon on the 23rd of December 1921.

Photograph: Many familiar Cottingham names here. The bottom four names were unclear when I was given the photo.

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

Last Chance Alley

Now that the big freeze has abated, I have been able to pick up the training side of my work, three horses have come to me...two from Rugby and one from Bury near Manchester. Their desperate owners have travelled far to bring these animals to me to see if we can turn them around.

The mare from Bury is called Kiera and she has a significant problem....she is unrideable! Bless her, she suffered a severe trauma to her spine and has had extensive treatment from her owners vets and physio's. The end result is that the mare has known pain and therefore expects pain, which is why she displays severe resentment to being saddled even, let alone allowing a rider back on board.

We do know that she is no longer in pain which gives me, and

everyone else who deals with her, the confidence to now ask her to let go of her habitual fear and her habitual protective behaviour. We have had her two weeks now and in that time we have gone about her training, by making her face her fears and let go of the panic. We repeat and repeat the exercises, always giving her positive reinforcement. Little by little Kiera has started to think instead of panic, rationalise instead of reacting and she is really coming round nicely.

In this short space of time we are now able to saddle her without tension or reaction and are just nicely sitting on her without the desperate and violent reactions of before. It is not much fun sitting on a horse which wants nothing more than to dump you unceremoniously at the first opportunity!

Her owners have been trying for over a year to turn her round and she has been to another trainer who did not manage to help. Yesterday Kiera started to walk round the school on her own volition, no resentment, no fear and no violence....fingers crossed for our continued success with winning her back from the brink.

The next horse is Abby. She is a beautifully bred Dutch horse with amazing movement and energy. Her problem is that she is so stressy that she has lost the ability to think, let alone concentrate on her work. The end result of this is an incredibly erratic horse who is not safe to ride. She has only ever been in indoor schools so has never faced the big wide world of traffic, objects in general (ie Bins, prams, dogs, children or people on pavements), all the outside influences of noise and weather conditions etc. As she is only 5 years old, this time with us must work. She should have a career in competition ahead of her if only we can teach her to cope with "Life".

She has become very attached to another horse as a result of her fragile disposition and suffers from separation anxiety when taken away. Again, lots of repetition and positive reinforcement, alongside exposure to all things in a controlled way, will hopefully turn her round as she has the potential to be worth a lot of money as a future Dressage horse. We will see!

The third horse is the most worrying to me. You may have seen me working her on BBC 'Look North' not long back. Her name is Star and she is aggression personified. This mare has gone over the edge and I really don't know if, in her own heart, she is capable of trusting anyone being on top of her again.

Yet again, as a result of having suffered severe pain in her back, she will not so much as let you attempt to get on her, let alone ride. In the beginning she started threatening us by being defensive and sharp in her stable, quick to turn her hind legs round at us (all very protective and threatening) now she is relaxed on the ground, in all ways too rugging, brushing, feet picked out feeding etc.

The trouble started in earnest when we attempted to start any work in the school. She simply attacks you any way she can and with her being very much taller than me to start with, we have had some wary moments!! I have had to start breaking down those barriers in her head which led her to be so defensive. We can now lunge her round us on a long rope...this was not possible before as we were warned that she would suddenly lunge at you with her front legs up in the air, ears laid flat back and teeth bared. And "Oh boy"...did she!!!! I do have to say that as a party trick in sheer intimidation, she was very good at that one!!! If that failed to gain her ground, then she would spin in mid air and let drive with both hind legs...my head height!!! Not nice. One seriously angry horse I have to say, which in reality is so sad.

However, for the most part, she now feels that she can stop doing all that and in so many ways she is very much quieter and happier in her own skin. We are doing a lot of close contact work with her now, where she could get us at any time, only she is happy not to. At no point have we hurt her or harmed her in any way and we are constantly praising and stroking her face first to show that we are actually a nice place to be. However, we are quick to send her backwards or away at the first sight of intimidation.

Now we are at the nitty gritty stage.....trying to get her to allow us back on board. If you stand sideways on to her (as if to mount) we get bitten in front and "cow kicked from behind. If you move to avoid one, the other gets you! For my part, I have chosen repetition....going over and over the same exercises with soft praise in order to give her the chance to change her mind.

Will we win? I simply have no idea. If we don't then she will have a very uncertain future. She is not a candidate to breed from because of this aggressive side to her personality. I do hate having to be "last chance alley".

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Potted History of the Wolds Lacemakers

Wolds Lacemakers was set up in March 1985 by the founder Chairman Maureen Bromley, who with some of her lace colleagues, felt that there was a need for a Lace Society in the area.

The Society originally met at Halls around the area of Hull and East Yorkshire (which was then known as Humberside) for the first year, but it was decided that it would be better if the group met regularly in one place.

The meetings were then held at Swanland Village Hall, but when the hall became too small to hold the members wishing to attend, it transferred its meetings to its current venue of St John of Newland Church Hall Clough Road Hull.

The meetings are held four times a year and a variety of talks and workshops are offered. A supplier is in attendance.

There is a newsletter which is issued four times a year which contains articles, details of upcoming events, details of the committee, patterns and a competition. A prize is awarded for the competition at the next meeting after the magazine has been issued. The Society also now has a website, www.woldslacemakers.co.uk which contains further information about the Society.

The Society's annual Lace Day is currently held at Hessle Town Hall, but the Society's first Lace Day was held at the Church Hall Chanterlands Road Cottingham Road Hull. Subsequently, the Lace Day was then transferred to the Army Transport Museum at Beverley for a number of years before being moved to the current venue at Hessle. Speakers vary from the antidotes of a bobbin maker to talks on antique lace. Suppliers are also in attendance.

There is an annual lace competition which is held in May, named the Elma Collier Lace Competition, after one of the members of the group, when those attending the meeting vote on their favourite piece of lace entered by putting money into a box. The piece of lace that has the most money on is the winner who receives a pair of bobbins inscribed "In memory of Elma Collier Competition". The money raised is then donated to the Charity of the winner's choice.

The Society entered the "Rings & Roundels" competition in the mid eighties with the then committee members designing patterns which were then made into a mobile. Unfortunately the lace did not win.

After that the Society then decided that it would ask the members to make a 3" square in lace. There were enough squares to make a banner which is displayed at all the Society's events. All the lace pieces are square, apart from two pieces, one is the Lincolnshire Imp and the other is a circular piece of lace in Milanese which is of a fish. The Society logo is also on the banner.

All are welcome to attend both the meetings and the Lace Day.

Hull Folk Dance Club have moved to the Darby and Joan Hall, Finkle Street, Cottingham

After 39 years of meeting at Bricknell Primary School, Hull Folk Dance Club have moved to the Darby and Joan Hall on Finkle Street, Cottingham with effect from 23rd February.

The move means the club, which recently celebrated its 90th anniversary with a very successful dance at Hessle Town Hall, will now meet from 8.00 pm until 10.00 pm every Tuesday.

The club specialises in English Country Dancing and anyone interested in trying English Country Dancing, which is as popular in the USA as it is here, is invited to come along any Tuesday evening when they will be made very welcome. This form of dance has its origins in the 17th Century but new dances varying from waltz time to lively, form the nucleus of most programmes.

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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.

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Cottingham Clean-up Day 20th March -

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If you did, then you may realise, in conjunction with the Streetwise team from the council, the parish councillors, police and the Cottingham Neighbourhood Action Team (NAT), that the churches have a regular village clean-up day.

Everyone is welcome to join us, we meet at the library where we are kitted-out with high visibility jackets, litter pickers, bin bags, paint brushes, graffiti cleaning kits or whatever else is required and sent out in teams to improve our neighbourhood.

We have tasks for people of all ages, and everyone finds it extremely satisfying to tidy an area of our village. We would love it if more people from our community joined us, you would be very welcome, just turn up on the day in your work clothes.

Rev Andy

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March 2010

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Whether its this year or next year's holiday, I hope that my news letter inspires you, or intrigues you into asking more questions. Wherever in the world you want to travel and by what ever mode, if we at Marion Owen Travel cannot do it, no one will be able to! Remember, we are an independent, award winning travel agency, here to offer good service and value to you - our valued clients.

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If you have already booked your main holidays for this year, take a look at CAB breaks; the hotels used are good quality - it would cost more to go away for a few days in your own car! The Thursford Christmas Spectacular is a great hit. The 19th November is completely full and we have limited availability on 5th & 26th November....at £199 per person sharing a twin room, 3 days half board at the lovely Barnham Broom hotel. CAB have been working with us for 2 years and offer a great selection of gardening holidays plus many holidays with no single supplement.

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26 Jul	Rhine to Switzerland	10	£969	£1284
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04 Sep	Moselle & Saar Valley	10	£929	£1244
30 Oct	Heidelberg & Black Forest	8	£599	£ 814
18 Nov	Tinsel & Turkey	6	£399	£ 574
25 Nov	German Christmas Markets	5	£339	£ 494
22 Dec	Christmas Rhine	6	£499	£ 674
29 Dec	New Year Rhine	5	£549	£ 704

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4* Rome & Italian Adventure	11 days: 10 September	from £839 pp
4* Tuscany & Florence	11 days: 01 October	from £769 pp
Summertime in Austria	9 days: 01 September	from £399 pp
Black Forest & Switzerland	8 days: 09 September	from £369 pp

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Eppleworth Road residents await planning decision on proposed housing development

On Tuesday 9th February 2010 the Western Division of Planning Committee met at County Hall, Cross Street, Beverley to discuss the erection of 15 Affordable Houses on Eppleworth Road.

Representations were made against the proposal by Mr Bryon Caley for the residents and members of the committee. After some discussion there was no agreement. It was therefore proposed that a Site Meeting would take place and this was carried by 6 votes to 4.

This Site Meeting at Eppleworth Road will take place on Monday 1st March. The very next day 2nd March, at County Hall, Beverley at 2.00 pm the committee will review and discuss the issue.

Over 50 local residents, anti- the development attended the initial meeting which demonstrates the concern felt about the possible re-occurrence of flooding on that day in June 2007.

Hopefully we can get the same attendance at the meeting on Tuesday 2nd, to once again show our anxiety.

Please attend if you can. *Nick Foord.*

Photo: Courtesy of Richard Mills.

Below: Answer to Sudoku problem No. 38 from the February issue.

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

News from Cottingham Little Theatre

'Breath of Spring'

May 6th, 7th and 8th 2010

Plans are now well advanced for our May production, which, as previously announced, will be another comedy, 'Breath of Spring' by Peter Coke. As usual, the venue will be the Darby & Joan Hall and performances will start at 7.30pm.

Unfortunately we have had to increase our ticket prices because of rising costs. The tickets will now be £6.00 (Concessions £5.00) and our publicity machine is gearing up, so watch out for more information in the near future.

90th Anniversary Production

We are planning to really celebrate our 90th Anniversary in November with a very special production from way back in our history. Keep watching for more details as we finalise them.

Play Readings

Our next play reading will be on Monday 1 March, 2010 at 7.30pm on in the Old Brewery Bar at the King Billy Inn in Hallgate, Cottingham. Everyone is welcome to come to these Open Sessions and learn more about us. For more information give Sue a ring on 01482 842250.

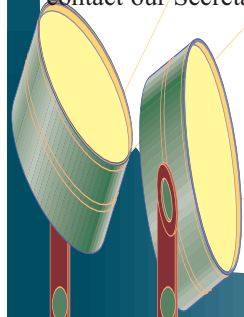
Please make a note that our April Play Reading will actually be held on Monday 29 March at the usual time and venue.

Social Events

The quiz night on 20th February was a great success. About 60 Members, Friends and guests, making up 11 teams (including two teams from our friends at Willerby Methodist Drama Group), enjoyed the quiz questions and the buffet supper provided for us by The Back Room team. Thanks to Val, Sue and Lynda for a really enjoyable evening. Definitely an event not to be missed next year.

New Members and Friends

If you fancy joining us, either as a Friend or a Member, have a look at our website www.cottingham-littletheatre.co.uk where you can find out lots more about us. Or e-mail us at clt1920@hotmail.co.uk or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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Mother's Day

Sunday 14th March

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Accompanied by pianist Morris Williams

£22.50 per adult (children under 10 half price)

Family Fun Day

Easter Monday 5th April

A great day out for all, charity stalls,
fairground rides, bouncy castles,
competitions, games, races and prizes!

Sunday Showtime!

Sunday 11th April - 'Weekend Breaks' by John Godber

Sunday 16th May - 'Fanny Hill' by John Cleland

Join us for an afternoon at the theatre in
Cave Castle Hotel.

Enjoy a two course lunch, followed by our
Theatre Production.

Tea/Coffee and cakes served at the interval.

Lunch served at 12.30 pm with
approximate finish time 4.00 pm.

£19.95 per person

Get Down & Motown

Saturday 8th May & Saturday 2nd October

Revival night, listen and dance to music
from this classic era with
'The Soul Providers'

£19.50 per person including supper

**Call 01430 422245 for further information
Cave Castle Hotel & Country Club, South Cave**

Malcolm Gold Lettings presents a cheque for £1,500 to Kinderland Play Centre, Priory Park, Hessle. From left: Kinderland Director Sam Dabbs, Malcolm Gold Director Steve Austin and Kinderland Director Julia Dixon.



Malcolm Gold Lettings supports community

Malcolm Gold Lettings has been a name synonymous with the property management and lettings market within Hull and East Yorkshire for the past 13 years.

Based in Hull's Freetown Way, the business behind the highly-recognisable "to let" and "for sale" signs has seen some exciting changes in the past two years.

Malcolm Gold Lettings' new owner Steve Austin has developed the business to be a strong part of the community as well as continuing to deliver a first-class service to landlords and tenants.

Steve has plenty of enthusiasm and passion behind his goals to deliver an excellent service to his existing and new clients.

He said: "Our aim is to ensure people coming into our office feel confident their property or their property search is in the best possible hands."

"In the recent trying times, being able to listen to our clients' needs has become even more paramount. People's requirements are continuing to change and here at Malcolm Gold Lettings, we can help at every step of these changes."

The most recent development has seen Malcolm Gold Lettings announce its association with iLet homes, based in Willerby Road, Hull.

This gives a wider range of properties available for potential tenants who are secure in the knowledge they will be

Community Matters

receiving the same great service which Malcolm Gold Lettings has been delivering for many years.

Steve has also begun work in partnership with Waitrose, in Willerby, part of the John Lewis Group, to deliver a number of community projects that will make a difference to children and their families here in Hull and East Yorkshire.

Jo Jackson, marketing manager at the Willerby branch of Waitrose, is looking forward to continuing the great work that was started in late 2009.

She said: "Waitrose prides itself in being a huge part of the community, from supporting local sporting teams to delivering educational projects in schools across Hull and East Yorkshire."

"Our partnership with Steve Austin and his team at Malcolm Gold Lettings has enabled us to begin work on some great projects that will have a huge impact on the local communities."

One such project is their joint investment into specialist sensory equipment at the recently-opened children's play centre Kinderland, based in Priory Park, Hessle.

The partnership will also be putting its



Highly-recognisable: Malcolm Gold lettings office in Freetown Way.

best foot forward on June 27 in joint sponsorship of the Humber Bridge Half Marathon.

Steve said: "Our joint support for the marathon will help ensure more funds

raised from the event will go directly to the chosen charities for 2010."

For more information, call Malcolm Gold Lettings on 01482 327122 or visit www.malcolm-gold.co.uk

East Riding of Yorkshire Council's - Bring Sites

East Riding of Yorkshire Council has up to 140 bring sites for recycling near community amenities. The banks enable residents to recycle those items which can't be put in their blue bin, such as glass and textiles. The bring sites are sited on car parks close to supermarkets, leisure centres and public houses so that residents can shop, socialise and recycle at the same time.

The East Riding also has 10 household waste recycling sites which provide facilities to recycle more than 25 different materials, such as mobile phones, small electrical items, like hairdryers and white goods, for example, fridges.

The councils recycling website www.target45plus.org.uk includes information about the locations of the bring sites and household waste recycling sites, as well as which materials can be taken here. Alternatively you can call the councils recycling hotline on (01482) 395586.

The council welcomes any suggestions for locations of new bring sites to give increasing numbers of residents the opportunity to recycle near to their homes. For your suggestions or for any queries please call us on (01482) 395586.

Your local bring sites



Places	Address	Banks
Cottingham	Somerfield HU16 5QS	Glass Cans Textiles
Cottingham	Hallgate Primary HU16 4DE	Cans Paper Plastic Textiles
Cottingham	The Parkway HU16 5DG	Paper
Cottingham	Zion Church, Hallgate HU16 4BB	Textiles
Willerby	Waitrose Grange Park Road HU10 6EB	Glass Cans Paper Plastic Textiles Shoes
Beverley	Tesco Car Park	Tetra Pack (cartons)
Household Waste Recycling Site	Humberfield Hessle	Tetra Pack (cartons) and all other materials including cardboard

Cottingham Singers looking to recruit new members

The Cottingham Singers, an Adult four part mixed voice choir, are looking to recruit new members, especially altos, tenors and basses. If you enjoy singing please come and join us for rehearsals at 7.30pm every Wednesday evening at Bricknell Avenue Methodist Church, where you will be made very welcome.

There is no need to live in the Cottingham area to join us. We perform several concerts a year for charity, singing a varied selection of songs. Please ring Pat on (01482) 506643 for more details.

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Cottingham Memorial Club present cheque for £1,000 to Macmillan Cancer Support

Members of Cottingham Memorial Club have raised £1,000 for Macmillan Cancer Support through draws, raffles and quiz nights. A presentation was made to Macmillan at a recent Quiz Night. This follows a very successful coffee morning last September when over £500 was raised for Macmillan.

The Club Management Committee have pledged to continue the Coffee Morning effort on an annual basis on the last Friday of September to coincide with Macmillans national coffee morning effort which raised a total of £7 million last year.

The presentation photograph shows Club Secretary Graham Stroud (left), with Robyn Mountain Wade of Macmillan, receiving a cheque for £1000 from Club Chairman Pat Hannan (right).



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Little Weighton Village Hall

Little Weighton Village hall stands right in the middle of the village and has been central to the social life of the village for over 100 years. It started out as a church reading room, became the village school and now is run as a charity for the people of the village (and others) to hire.

To celebrate the hall's centenary a few years ago, villagers brought maps and photos to show how the village used to be in past times and a recent survey showed how much the presence of the hall is valued. A branch of South Cave GPs' surgery has been built on the end and during surgery times the hall is used as the waiting room.

This has been a real boon for those without a car, as there is no bus service to South Cave. Regular events include the Thursday morning coffees, the toddlers group, a LEA art class, the Yorkshire Country Women, Christian Fellowship and Gardeners' Club. A keep fit class has just started up, which it is hoped will continue.

The walls used to be lined with books for the library, but now the travelling library visits the car park on Tuesdays, and the fish and chip van comes on Mondays.

The hall has also been the scene of many good dances and parties as it is licensed for music. There is a little patch of land to the rear where there is a small car park and where a wild-flower meadow is being developed. Prue Campbell, the Bookings Secretary says that she is pleased that the Committee of Trustees has been able to keep the cost of hiring the hall down to £10 for a morning, afternoon or evening and thinks that this is amazingly good value. Prue can be contacted on 01482 844461.

Pictured below: Members pictured at the 2009 Yorkshire Countrywomen's Christmas Dinner, to which members of Skidby and other YCA Groups were invited.





The illustration shows a group of people in silhouette, holding up four large signs against a blue sky with white clouds. The signs read: 'HELP OUR KIDS TO A HEALTHIER FUTURE' (in red), 'SLIM FOR LIFE' (in black), 'let's beat it together!' (with 'let's' and 'together!' in black and 'beat it' in red), and 'LOSING WEIGHT, CHANGING LIVES!' (in blue). Below the signs, a red circle contains the text 'Let's Beat it Together!' in yellow. At the bottom, there is a text box with membership details and the Slimming World logo with the tagline 'because you're amazing'.

HELP OUR KIDS TO A HEALTHIER FUTURE

SLIM FOR LIFE

let's beat it together!

Join our community weight loss challenge

LOSING WEIGHT, CHANGING LIVES!

Let's Beat it Together!

**For Membership details
Ring Theresa on 823032**

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because you're amazing



News Updates from Cottingham Post Office

Due to recent incorrect press reports, I would like to confirm that I am to become the new sub-postmaster of the Hessle Post Office from 7th March 2010.

I shall be dividing my time between Cottingham and Hessle Post Offices and striving to give the people of Hessle, the same excellent service as the customers of Cottingham receive.

I believe in the Post Office and its products and by taking another post office on, it will give the residents of Hessle and Cottingham valuable peace of mind and stability.

Thanking you for your continued support in the future.
Gary

Stamp Increase: 1st Class Stamp up 2p to 41p

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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

1	S	I	E	S	T	A		4	A	5	V	E	N	U	7	E
	A		A		A		8	C			A		O			N
9	L	O	G	I	C	A	L		10	U	T	T	E	R		
	V		L			T		U		L		I				O
11	A	C	E			12	I	D	E	N	T	I	C	A	L	
	G					L		S					E			
13	E	A	14	S	I	E	R		15	B	A	N	D	I	17	T
			E					18	W		T					H
19	E	S	T	A	20	B	L	I	S	H		21	E	M	U	
	X		T		I			S		L		X				N
22	T	A	L	E	S			23	E	L	E	C	T	E	D	
	R		E		O			R		T		O				E
24	A	R	D	E	N	T			25	C	E	L	L	A	R	



Did You Know?

- 30 Million adults in Britain - 62% are overweight or obese.
- Being overweight or obese can cut nine years off your life.
- It touches all our lives - every year 40,000 people die from weight related illnesses.
- One million of our children are obese, storing up health problems for the future
- Obesity puts huge pressure on our local GPs and hospitals, costing the NHS over 34 billion a year
- It affects our working lives too - 18 million working days a year are lost due to weight related illness
- Losing just 10% of your weight reduces your risk of high blood pressure, heart disease and diabetes.

So What is the Solution?

Eat a balanced diet and cut out processed foods that contain chemicals and pesticides. Some chemicals like MSG which is a flavour enhancer encourage us to eat more. Ever opened a packet of biscuits and ended up eating all of them, or a packet of sweets and doing the same. It radiates a feel good factor which cheers us up for a time, but also adds the extra inches.

Exercise is of course very important, especially if your job entails sitting at a computer for most of the day. Walking, swimming, cycling or any sport, dancing can get all the body moving and burn off the calories. You do not have to exert yourself, as long as exercise is done regularly each day, it benefits everyone.

People put on more weight in the winter months when it is cold and miserable and it is a comfort to settle in front of the TV and forget the weather outside. Reach out for a snack or two or a few chocolates, it would be much more beneficial to go out for a brisk walk.

We forget about the coming summer months when we want to look our absolute best in the sunshine, will that bikini still fit this year?

There is another way as well as exercise, why not join Slimming World's Community weight loss Challenge? - You can easily lose up to 10% of your weight and you'll reap health benefits including more energy, and reduced risk of diabetes, high blood pressure and heart disease. Slimming World are worlds apart from the typical image of dieting.

At the warm, friendly groups, you will find out how to switch to a healthier way of eating, without ever feeling hungry or deprived, and the support of the group will keep you motivated all the way to your weight loss goal. Also you will make many new friends. Classes are held in the small hall at the Darby & Joan, Cottingham, so call Theresa on 823032 and Make That Difference.

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