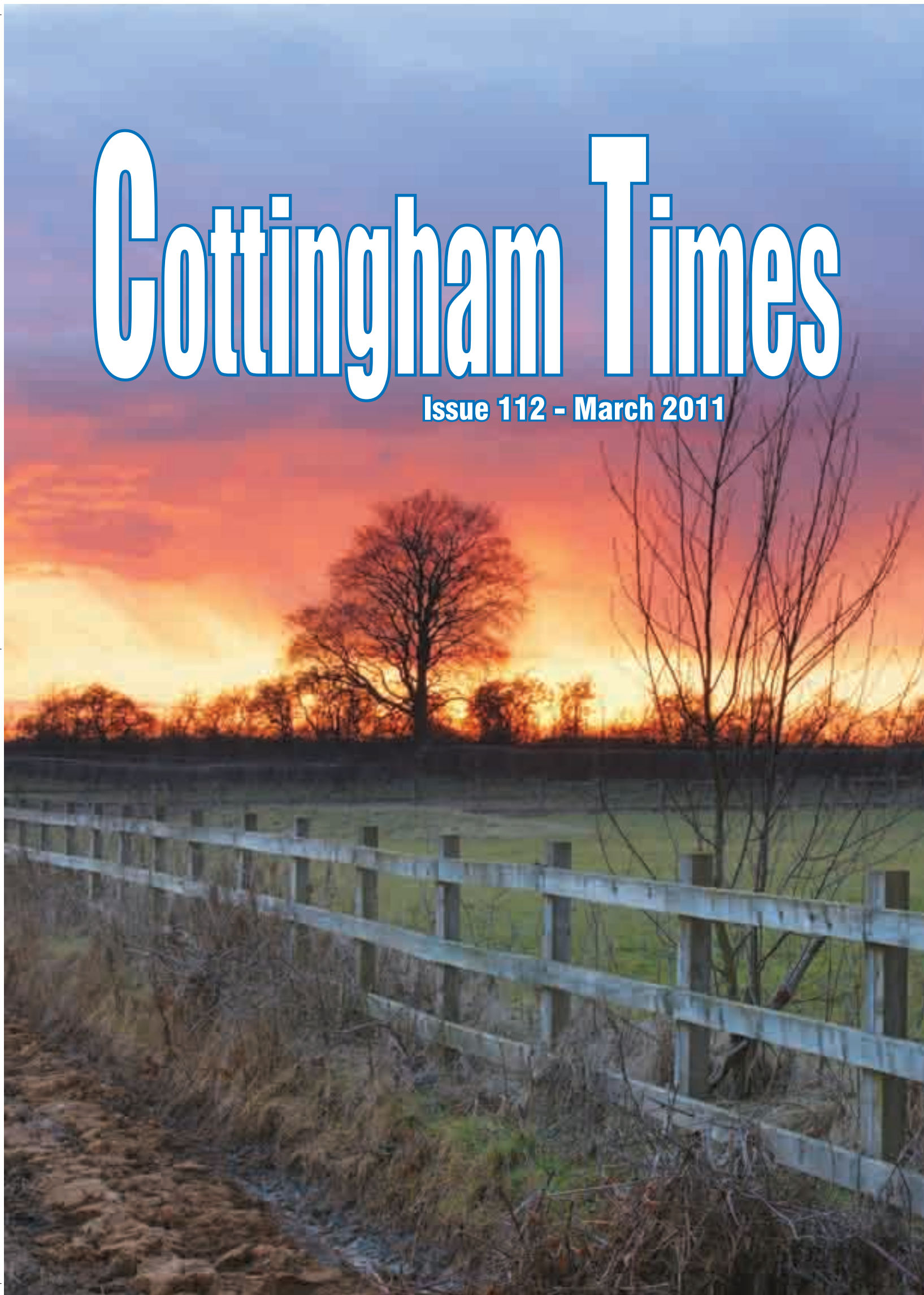


# Cottingham Times

**Issue 112 - March 2011**



# classical gas

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Mrs K. gave up trying to contact her existing provider 4.15am one morning after trying to ring for hours – constantly on hold and trying to get through. She is now a Classical Gas Careplan customer. If she's got a problem she can call in.

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**THE COTTINGHAM TIMES**

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## In Cottingham and District

### St. Mary's Church, Cottingham

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

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

**Mary's Village Pop In - The small hall at the Village Hall, Skidby**  
Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

### 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](http://www.cottinghamrangers.co.uk).

### Zion United Church, Hallgate

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

### Cottingham Local History Society

Wednesday 2nd March, Cottingham Surnames - Peter McClure. The Society meets in the Red Hall at Hallgate Primary School, Cottingham on the first Wednesday of each month from October to April. Entry for all is via the King Street entrance only. The Society meets at 7.30 pm. No entry before 7.00 pm.

### Cottingham Men's deLuda Society

Wednesday 2nd March, Mike Kemp - From Parador to Parador, in St. Mary's Church Hall, Cottingham at 2.00 pm.

### Yorkshire Countrywomens Association (Skidby)

Thursday 3rd March - "A Funny Thing Happened on Stage", Dr. David Pattison, in the Skidby Village Hall at 7.30 pm.

### The Womens World Day of Prayer

Friday 4th March - 2.00 pm at Christchurch, Endyke Lane, Cottingham. This year the service has been prepared by The Christian Women of Chile. All are very welcome.

### Hull and Holderness Sugarcraft Guild

Saturday 5th March - Margaret Morton "Something Floral", at 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club. Visitors are welcome. For more information contact Lesley Davy on 846611 or the Golf Club 846030.

Front Cover Picture: A view towards Skidby.

Photo by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Tel. 846804.

# STEPHEN RICHARDSON



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### Cottingham Women's Institute

Tuesday 8th March - "A Funny Thing Happened on Stage", Dr. David Pattison. Competition: Theatre or Stage Memorabilia, at 10.00 am upstairs at the Civic Hall, Cottingham.

### Cottingham Ladies Circle

Wednesday 9th March, Talk and Slides (another visit by) Mr. & Mrs. B. Elsworth, Through the Eyes of Ben and Margaret, in the Zion United Church, Hallgate, at 7.30 pm.

### Cottingham Green Women's Institute

Thursday 10th March, Members Social Evening "My Favourite Recipe to Taste and Tell". Sales table, cakes, etc., in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### U3A

Thursday 10th March, Captain Charles Anderson, "From Bean Street to Cruise Line Captain and Beyond", in the Hall at the Darby and Joan, Finkle Street, Cottingham at 2.00 pm.

### East Yorkshire Embroidery Society

Saturday 12th March, Kim Thittichai, The Journey So Far, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshment.

### Hull Young Musicians

Saturday 12th March, Craft Fayre, in the Cottingham Civic Hall from 10.00 pm to 4.00 pm. Many varied stalls, tombola, raffles, homemade refreshments. Live music throughout the day.

### Cottingham Wildlife Watch

Sunday 13th March - 12.30 pm to 3.00 pm  
Carr House Farm. Grid Ref. TAO89557.  
Heron and Water Vole walk with Jon Traill to start at approx. 1.00 pm. Side oven bakery for lunch. Directions to Carr House Farm: The Farm/Bakery/Juicer is opposite Cruckley Animal Farm. Take the A165 to Bridlington at Beeford B1249 to North Frodingham, over the Frodingham Beck bridge, at the cross roads turn right to Cruckley Farm, Carr House Farm is on the left.

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**Cottingham Catholic Women's League**

Monday 14th March, Christine Moffatt - To Remain Here with Love, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

**Cottingham Evening Townswomen's Guild**

Wednesday 16th March, AGM and Social Evening, at 7.30 pm in the Darby & Joan, Finkle Street.

**Cottingham Men's deLuda Society**

Wednesday 16th March, Ms. Susan Harr - Living in the Middle East as Single Woman, in St. Mary's Church Hall, Cottingham at 2.00 pm.

**Diabetes UK**

Thursday 17th March, Sharon Cassidy (Diabetes Specialist Dietician), 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 Association of the National Trust**

Thursday 17th March, Mrs. Audrey Hickey, The Victorian Country House - The Builders and Occupiers, in the Cottingham Civic Hall, 7.30 pm. Non Members Welcome.

**Inland Waterways Association**

Friday 18th March - Branch AGM. Followed by "The Seven Wonders of the Waterways". Meetings are held in the Cottingham Methodist Church Hall, at 8.00 pm to 10.00 pm. Non members welcome. £2.00 which includes refreshments. Further details telephone Roger Bromley 01482 845099.

**Skidby Village Hall**

Sunday 20th March - Afternoon Tea, 12 noon to 4.00 pm. in the Skidby Village Hall.

**North Ferriby Gardening Club**

Monday 21st March, AGM - Mini Plant show and Members evening. Meetings are held in the North Ferriby Village Hall at 7.30 pm. unless otherwise stated. Visitors are always welcome. Admission £1.50. Annual Membership £5.00 includes tea/coffee and biscuits. Further information ring Mal on 01482 632282.

**Cottingham Ladies Circle**

Wednesday 22nd March, Talk and Slides by Dr. Chris Blackburn on "The Mercy Ship", in the Zion United Church, Hallgate, at 7.30 pm.

**Wednesday Social Club**

Wednesday 23rd March - Helen Hood, Women's Legal Services, in the Darby and Joan Hall, at 2.00 pm.

**Skidby Primary School**

Thursday 24th March at 7.15 pm. Illustrated talk on Freetown Sierra Leone including the twinning of St. Michael's Church, Skidby with St. Michael's and All Angels, Waterloo, Freetown. Admission Free. Parking available.

**Cottingham Civic Society**

Monday 28th March, "The Compensation Culture - Does it Exist?", presentation by Peter Duffus, Solicitor, in the Darby & Joan Hall, Finkle Street, at 7.30 pm.

**Friends of Thwaite Gardens**

Tuesday 29th March, Talk to be held in the Cottingham Methodist Church, Hallgate, at 7.30 pm. Free entry for members, guests are welcome at £2.00.

**Cottingham Men's deLuda Society**

Wednesday 30th March, Alan Hopper, Fishing at Hull - The Last 150 Years, in St. Mary's Church Hall, Cottingham at 2.00 pm.

**HERIB**

Thursday 31st March, An evening of Clairvoyance with local mediums, from 7.00 pm until 10.00 pm in the HERIB main hall Beverley Road. Tickets £5 can pay on the night.

**Skidby Village Hall**

Saturday 2nd April - Spring Fair, 10.00 am to 3.00 pm. in the Skidby Village Hall.

**Hull and Holderness Sugarcraft Guild**

Saturday 2nd April - Ruth Wyld - "Stencilling", at 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club. Visitors are welcome. For more information contact Lesley Davy on 846611 or the Golf Club 846030.

**Cottingham Singers**

Wednesday 13th April, Will be giving a Spring Concert at Bricknell Avenue Methodist Church. The concert starts at 7.30 pm and consists of a wide variety of music, with several solo items. Tickets for the event cost £3.50, including refreshments, and can be purchased at the door. For further information please call 01482 506643 or 01482 654535.

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## Reminder for Cottingham Day Saturday 2nd July 2011

Just an early reminder to mark the above date in your diary for the 7th annual Cottingham Day. This is now the biggest daytime event in the village calendar and this years is probably going to be the biggest and best yet.

The first planning meeting for this years event has already taken place and the committees aim is to follow the blueprint of last years super event with one or two tweaks but more details will follow over the next few months. Willow Boyle, who has been Chairman for the last 5 years, has decided to stand down to concentrate on her business.

The committee thanked her for her input and efforts over the years which has been one of the reasons the event has grown so much and has been so successful. Thankfully she is still going to be involved in the planning and around on the day.

New Chairman Nick Russell says " We are all hoping that this years event will continue to grow as it has over the previous years. Last years event drew a massive amount of people into the village and many traders in the village had their best day of the year, especially those who did something special for the day. Hopefully more will get involved this year.

We are also looking for volunteers to help set the day up and help out during the day. If you want to get involved please ring me on 07561 529788. Also sponsorship plays a big part in the days success so if you or your company want to sponsor some of the events during the day then please ring the same number."

More details of the event and what is happening will be reported each month in *The Cottingham Times*, so watch this space.

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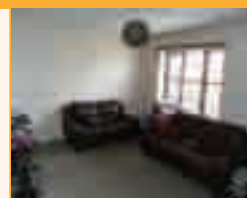


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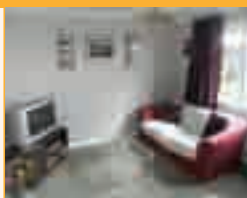


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## Deputy Chairman for Parish Council

Cllr Abel was elected as Deputy Chairman of the Parish Council. Councillors were aware that there was only a short time of office remaining until the Parish Council elections which will take place in May of this year, but felt that it was important this role was filled.

## S137 Grants

The Council was pleased to support the following organisations with funding under S137 of the Local Government Act 1972:

Cottingham Springboard Free Live Music Festival  
Hallgate School – Rock Challenge  
Darby & Joan Building Trust

## Tree Planting

The following sites have been approved by the East Riding of Yorkshire Council for trees to be planted:

(1) Snicket between Southwood Avenue and Southwood Road. Planting on either wider verge on snicket or on triangular pieces of grass at Southwood Avenue end of snicket. Subject to approval from adjacent residents	3 Prunus hillieri spire
(2) Green Lane/opposite The Wolds – in the area of shrubbery recently felled	1 birch 1 alder
(3) Green Lane (opposite 29/31) - in the area of shrubbery recently felled	1 birch 1 alder
(4) Green Lane/Castle Road	1 oak 1 lime
(5) The Parkway – on roadside verge across road from nos 6 and 8.	2 rowan
(6) Snuff Mill Lane – on side verge to left hand side. Planting near large hedge (away from garage wall)	3 Prunus hillieri spire
(7) Hornbeam Drive – within large grassy area which already has trees planted. Opposite Snuff Mill Lane pathway.	1 hornbeam 2 birch

The trees have been ordered and will be planted within the next 6 – 8 weeks.

8 March 2011 - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

## Parish Council Elections – 5 May 2011

Have you ever complained about the decisions made by ‘the powers that be’ or feel that you should have had more say in what is happening in your village! Cottingham Parish Council wants to ensure that the people of Cottingham have a say in their future. We have the opportunity to make a difference.

On 5 May 2011 elections will be held for Parish Councils across the East Riding of Yorkshire. If you feel that you could do more for your community perhaps you could be a Parish Councillor! If you would like more information please call into the Parish Council office.

## Dog Fouling

Our office staff are receiving an increasing number of complaints about dog fouling in the village and we would once again ask that you clean up after your pets. The snickets in the village seem to suffer particularly badly and as they are not always well lit, the problem is spread....

The Parish Council does provide free bio-degradable doggy bags and you can collect them from the office Monday to Thursday between 9am and 3pm. They are also available from The Pavilion at KGV – opening hours 1pm till 10pm Monday to Friday and 12pm till 5 pm Saturday and Sunday.

## Cottingham Day 2011

Just a quick reminder that Saturday 2 July is Cottingham Day and the Committee next meets on Wednesday 2 March in the Parish Council Offices at 6pm.

## Graffiti and Criminal Damage

If you see anyone defacing property or causing damage please report it to Humberside Police either by telephoning 0845 60 60 222 or by e-mail (with a photograph if possible) to [safe.communities@eastriding.gov.uk](mailto:safe.communities@eastriding.gov.uk). You can also use the form at ‘contact us’ on [www.humberside.police.uk](http://www.humberside.police.uk). Many thanks to the Neighbourhood Action Team who during their recent clean up day cleaned off a lot of the graffiti.

## Contact Details

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

Keep up to date with what is happening around the village by visiting [www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk)

Support the advertisers who appear within the Cottingham Times



## Yorkshire Three Peaks 2011

**Could you take the next step and conquer one of our toughest challenges?**

**M**acmillan Cancer Support are challenging walkers to join them on Saturday July 9 2011 for the Yorkshire 3 Peaks Challenge, one of the area's toughest walks.

Walkers will climb over 1600 metres covering 25 miles up Pen-Y-Ghent followed by Wharfedale and finishing with the unforgiving Ingleborough, this is definitely not for the faint hearted!

Mike Lupton, 28, was looking for his next adventure, so decided to take on the Yorkshire 3 Peaks.

'In 2009 I decided to get fit and take on some new challenges. Having never taken part in a charity challenge, I signed up for the York 10K. After the feelings of exhilaration and achievement had subsided I began looking at how I could achieve those same feelings again – and set myself a new fundraising target.

Looking into various events the Yorkshire 3 Peaks was the most appealing due to the stamina required, training needed and the fact that the walk is in one of England's most beautiful areas – the Yorkshire Dales. So I talked some mates into it and signed us up!

The walk was an incredible challenge, much tougher than I had expected but due to this the sense of accomplishment that followed was much greater than I had anticipated – as was the pain in my legs! I would definitely recommend taking part in this event for Macmillan if you need a challenge and something to push you to that next step.'

So far Mike has raised £1,115.00 for people affected by cancer and intends to continue taking on challenges to raise even more for Macmillan Cancer Support, 'they are a great charity where I know the money will be spent wisely', said Mike.

Places are limited so if you think you have got what it takes, don't delay, register now!

Registration is £15.00 and there is a minimum sponsorship of £191.00

You can register on line at [www.macmillan.org.uk/walking](http://www.macmillan.org.uk/walking)

Alternatively you can email your details to [y3p@macmillan.org.uk](mailto:y3p@macmillan.org.uk) or call: 01925 846740.

For groups wanting to register please call: 01924 846740

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### Ladies Night

**Friday 6th May**

**Karaoke and Disco with Supper - £20 per person**

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### Ladies Day at Beverley Races

**Wednesday 10th August**

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### Vegas Night

**Friday 9th September**

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#### 12 May : Belgium Highlights 5 nights £339

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#### 16 June : BBC Gardeners World £45

This full day out also includes the Good Food Show.

#### 17 June : North Wales Port Meirion & Ffestiniog Railroad

3 nights Half Board, a bargain at just £215 per person

#### 27 June : Danube River Cruise 12 nights

Via North Sea Ferries, interesting overnights en route with plenty of leisure time to enjoy, Cologne, Würzburg, Weistaden & Düsseldorf. Joining the ship in Passau for a 7 night cruise on the 4\* river ship Serenity, full board including a selection of excursions, from £1699.

#### 25 August : Paris - August Bank Holiday £329

Via North Sea Ferries, time in Arras & Lille en route. 3 nights B&B in Paris at the Novotel la Defense. Sightseeing in Paris included & free time, plus a day to visit Versailles and Giverny, the home of Monet.

#### 14 October : Beer Festival Weekend £169

Via North Sea Ferries departing Friday night back Monday morning

#### Disneyland Paris - 5 nights (3 nights Disney)

Via P&O North Sea Ferries - no long drive south!

#### 04 September Family of 4 £1195

#### 24 October (half term) Family of 4 £1255

Prices include overnight ferry each way and 3 nts B&B at the Explorers Hotel including a 2 day hopper ticket for the theme parks.

#### 05 November : Orient Express £220

Guy Fawkes - a sumptuous dinner, fine wine & champagne in elegant surroundings aboard the Northern Belle

#### 18 November : Irish Country Music Festival.

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#### 24 November : Christmas Markets - £249 pp

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#### Spectacular 2 days £136 pp single £148

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#### 06 February 2012: Torquay - 4 nights £199

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We are adding new departures all of the time.

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2 sharing unless stated otherwise.



It's so nice to feel spring is in the air, the lighter days certainly help to lift our spirits.

Now I am plunging you back into the darkness! February/March is forecast as the best time of the year for seeing the Northern Lights. On 25 February 2012, we are offering a fabulous opportunity to fly directly from Manchester for a 5 night break in search of the lights. You will enjoy 1 night pre and post in Tromsø plus a 3 night coastal voyage aboard the Midnatsol. Inside cabin £985 or outside cabin £1085 per person twin share. Single supplement from £165. Half board on the ship and breakfast in Tromsø. Transport is available to take you to and from your door.

I am looking forward to my group departure for India. I will love the sights and the warmth will be wonderful. I hope to see tigers up close and will be packing my binoculars in order to do a little twitching, one of my fellow passengers is an addict! I am hoping to tag along on his viewing sessions! Lynne is leading next years group and talks about it every day - I think she will be excited until the day she travels. Her group is filling up, the maximum is 15 guests she now has 8 deposits paid to date. If you wish to join her or want further details, give her a call on 211913.

Today I have been chatting to KCFM about school holiday prices. At first I was reluctant as this topic is hammered to death every year. Of course hoteliers ask more for their accommodation in the high season, this is when they make their money and then in the low season barely tick over. There is an answer, if you feel you are paying over the odds! The Caribbean offers good value in our summer months as it is the low season in this area, as with places in the southern hemisphere that are having their winter time. Mauritius is also good value in the summer, but these places I have mentioned are further away and more expensive to travel to in comparison with Europe. European city stays are not always more expensive in the summer as often business areas are quieter during the holiday period. Hotels in New York and Toronto are often very reasonable but then the airfares from the UK are higher in the summer! The offer for the school holidays below is good and from our local airport too!

**Madeira:** this year there is an opportunity to fly directly from Humberside. This is a lovely island to visit offering quality accommodation. Departing on 1st August for 7 nights, this is a great destination for those of you wanting a break in a place not aimed at families but during the school holidays, with prices from just £499 per person.

As many of you are aware, our portfolio of operators and destinations is vast; however many pages I add, there would never be enough space! Should you have travel ideas of your own that you wish us to turn into reality, let us know.

At Marion Owen Travel we offer holidays for everyone - to all corners of the world. We are experts in cruising and worldwide tailor made holidays but, can also find you everything from a break in the UK to a full blown experience of circumnavigating the world. As the areas totally independent travel agent, our aim is to create the holiday of your dreams. This may be an adventurous or relaxing experience; we want to ensure that your journey is

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Don't forget, we also offer river cruising from Hull via North Sea Ferries including our very own **Danube** departure. Please be aware, this will not be repeated next year.

On the subject of river cruising, we have a special departure sailing from **Budapest to the Black Sea**, departing on 13 August, offering a more unusual itinerary for regular river cruisers. Flying by air from London Heathrow, with transport available from your door. Cruising aboard the *Serenade*, she always receives glowing reports with many repeat guests. *Serenade* is operated by Page & Moy, call for details now.

**China:** This is a fascinating place of incredible sights. We work with a company that offers all inclusive tours, so much is included you need very little spending money. On early bookings they even include your entry visa normally a charge of around £60. There are many tours to choose from, below is just an example, call for further details.

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- Passports numbers, issue & expiry date (6 months validity on return date needed on all cruises)
- Holiday insurance details if you have a policy in place
- Any special requirements e.g. Diet, bed configuration double/twin.

**This information will make your booking process smoother.**

We receive many calls for free advice; we are knowledgeable, but are unable to spend time giving out information to those that have not booked with us. We are here to be of service to **OUR** clients 24 hours a day should they encounter any difficulties whilst travelling.

Just also remember that when you book at Marion Owen Travel, entry visa's, where required, are always organised as part of our personal service.

Don't forget we are a full service travel agency for any travel arrangements you require; check the internet but before you press the buttons give us a call; you may get a very pleasant surprise knowing you will get all of your questions answered. The internet is great until you need it to speak to you and answer your questions..... it's good to talk.

We look forward to talking to you soon.

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## Wordsearch - Writings

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



Find the words in the letters above:

Adaptation, Author, Autobiography, Biography, Book, Chronicle, Composition, Diary, Dissertation, Document, Draft, Editorial, Epic, Epistle, Essay, Issue, Journal, Ledger, Letter, Limerick, Literature, Manuscript, Memo, Memoirs, Notation, Note, Novel, Paper, Play, Poem, Prose, Publication, Record, Script, Scripture, Sonnet, Text, Thesis, Tome, Treatise, Verse, Volume, Writer, Writings.

Wordsearch courtesy of www.puzzlechoice.com

## Sudoku No. 51 -

This is an easy challenge this month

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

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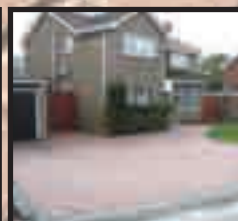
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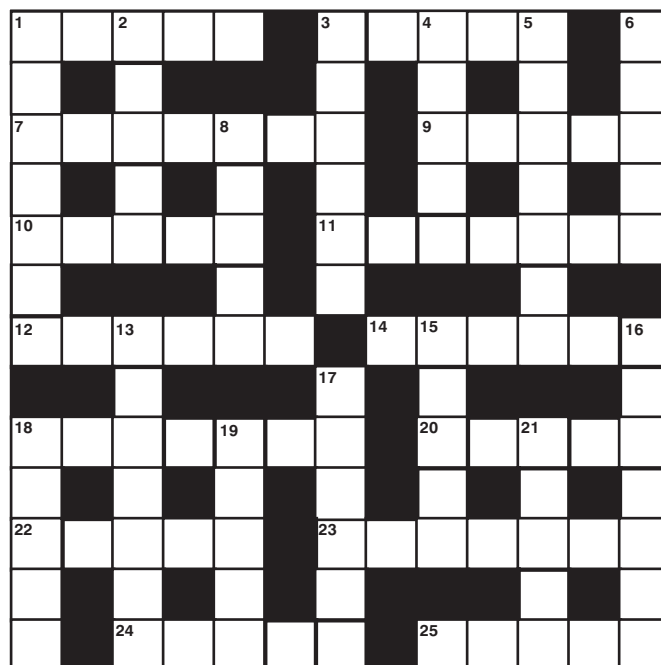
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## Crossword - Solution on page 46



### Across

1. Utensil (5)
3. Path (5)
7. Disregarded (7)
9. Send out (5)
10. Military command (5)
11. Mythical beast (7)
12. Taste (6)
14. Movie house (6)
18. Bet (7)
20. Deduce (5)
22. Awkward (5)
23. Roamed (7)
24. Finished (5)
25. Small boat (5)

### Down

1. Mariners (7)
2. Possessed (5)
3. Boredom (6)
4. Legal excuse (5)
5. Svelte (7)
6. Beer mug (5)
8. Relating to country life (5)
13. Tycoon (7)
15. Dialect (5)
16. Condense (7)
17. Worshipped (6)
18. Forgo (5)
19. Graded (5)
21. Criminal (5)

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



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# In the Kitchen



## Ingredient of the Month - Honey

**H**oney is one of nature's wonders and has been a treasured commodity for centuries. It is produced naturally by bees as a food source for themselves. They do all the work (and there's a lot of it as you'll read further on) then we come along and reap the benefits of their hard labour. In fairness, it should be mentioned that European honeybees, genus *Apis Mellifera*, produce far more than the hive can eat which is why they are found in beekeepers' hives worldwide.

### History of Honey

It is acknowledged that bees have been producing honey for 150 million years, but some of the earliest written references about honey have been found dating back to the 40th Century B.C. in ancient Egypt and it is also referred to in the Old Testament Bible - in particular the well known saying "the land of milk and honey".

Later, when the Spaniards conquered Mexico and central America in the 16th Century, they found that the natives had already developed beekeeping where a distinct family of honey bees were native to the Americas.

European settlers introduced European honeybees to New England in about 1638. North American natives called these "white man's flies." Until the middle of the 17th Century, honey was the most important sweetening agent in the western world, at which time West Indian cane sugar became more affordable to the masses.

### What is Honey and how is it produced?

Basically, honey is nectar with added enzymes. Nectar is the clear liquid that drops from the end of a flower blossom, which is 80% water with some complex sugars.

Honeybees suck the nectar out of the flowers then store it in their "honey stomachs" (they actually have two stomachs). Once their honey stomach is full, they return to the hive or nest. But consider this: Honeybees must visit between 100 and 1500 flowers in order to fill their honey stomachs and when full, it holds almost 70 mg of nectar .....which is almost as much as the bee weighs itself!

Once back at the hive, worker bees suck the nectar from the honeybees' stomachs, then "chew" the nectar for about half an hour. During this time, enzymes are passed into the nectar breaking them down into simple sugars to make them more digestible for the bees. The nectar is then spread throughout the honeycombs where it evaporates into a thick syrup, aided by the bees fanning it with their wings. Once the honey is thick enough, the bees seal off the cell of the honeycomb with wax and there it is stored ready to be eaten.

Whilst bee nests obviously occur naturally, commercially "farmed" honey is usually obtained from man-made beehives. Once the honeycombs are removed from the hives, extractor tanks, or centrifuge machines, whirl the honey-combs around so the honey is separated from the wax comb. This produces a liquid honey.

### What gives honey its flavour?

The aroma, flavour and colour of honey varies quite dramatically depending on the type of flower from which the bee collects the nectar.

Most honey comes from bees feeding on various flowers. These are known as polyfloral. However some plants provide enough nectar during their short flowering season to enable the bees in the area to feed solely on that type of blossom. This honey, known as monofloral, is keenly sought by beekeepers and consumers alike.



Many monofloral honey carry the characteristics of the herb or tree whose flower the bee has visited, such as Orange Blossom or Rosemary and are much sought after for culinary purposes.

### Origin of Honey

There are many types of honey

Important: Honey can contain bacterial spores that cause Infant Botulism and should therefore never be fed to babies under 12 months old.

### Honey in Cooking

What's the difference? Runny or Set

There is no difference in the taste or nutritional value of clear and set honey. Honey can always be restored to a liquid state by standing it in warm water for an hour or so or popping it in the microwave for a few seconds however, avoid extreme temperatures.

### Monofloral or Polyfloral

There is no nutritional difference between blended honey and monofloral honeys. The extraction process is essentially the same for all types and grades of honey. However, use of monofloral honey in recipes can create a dramatic difference in the overall taste, especially in dressings.

### Hot Honeyed Chicken

#### Ingredients

120ml/4fl.oz. Honey  
1 tbsp Hot Red Pepper Sauce  
4 Chicken Breasts

#### Instructions

1. In a small bowl, combine the honey and hot pepper sauce and mix well.
2. Make 3 or 4 diagonal cuts in the chicken breasts, about 1cm/1/2 inch deep then spread the sauce over each chicken breast, making sure the sauce penetrates the cuts.
3. Grill for 15 minutes, basting occasionally, or until the chicken is cooked through. Serve hot and use any remaining sauce as a dip.

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### Honey Nut Biscuits

Makes approx. 36 biscuits

#### Ingredients

100g/4oz Ground Almonds  
100g/4oz Ground Hazelnuts  
2 tbsp Honey  
250g/9oz Caster Sugar  
50g/2oz Candied Peel, chopped  
2 Egg Whites  
For the icing  
4 tbsp Icing Sugar  
1 tbsp Lemon Juice

#### Instructions

1. In a large mixing bowl, mix together all the nuts, sugar, honey, peel and egg whites. Knead into a workable dough then leave in a cool place for at least 30 minutes.
2. Preheat the oven to 170C, 325F, Gas mark 3 and lightly butter and flour 3-4 baking sheets.
3. Turn the dough onto a surface which has been thickly dusted with icing sugar and roll out to 5mm/1/4 inch thickness. Cut into squares or diamonds and transfer to the baking sheets, spacing well apart. Bake in the oven for 25-30 minutes.
4. In another bowl, mix together the icing ingredients and use to cover the biscuits whilst they are still warm. Cool completely before eating.

### Baked Honeyed Vegetables

12 Small New Potatoes, halved  
60ml/2fl.oz. Honey  
3 tbsp Dry White Wine (check manufacture)  
1 Garlic Clove, crushed  
Salt and Pepper  
2 teasp freshly chopped Oregano  
2 Courgettes (zucchini), thickly sliced  
1 Small Aubergine (eggplant), thickly sliced  
1 Red Capsicum (sweet pepper), deseeded and quartered lengthways  
1 large Onion, thickly sliced

#### Instructions

1. Preheat the oven to 200C, 400F, Gas Mark 6. Place the potatoes in a saucepan, cover with water, bring to boil and simmer 10 minutes.
2. Meanwhile, place the honey, wine, garlic, salt, pepper and oregano in a small mixing bowl and mix well.
3. Drain the potatoes and place in a large bowl together with the remaining vegetables.
4. Add the honey mixture and toss thoroughly.
5. Transfer to a shallow ovenproof dish and bake, uncovered, for 25 minutes or until tender, mixing 2 or 3 times during the cooking period. Serve immediately.



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### Chelsea bun recipe

Makes approx 16

#### Ingredients

For the Dough  
450g /1lb Strong White Bread Flour  
A pinch salt  
50g /2oz Butter or Margarine  
50g /2oz Soft Brown Sugar  
1 x 7 g Sachet Fast Action Yeast  
150ml/5fl.oz. Tepid Milk  
2 Eggs, beaten

#### For the Filling

50g /2oz Soft Brown Sugar  
100g/4oz Dried Mixed Fruit  
1 teasp Ground Cinnamon  
25g /1oz Butter, melted

#### For the Glaze:

50g /2oz caster sugar  
2 tbsp Milk  
50g /2oz Butter  
50g /2oz Honey

#### Instructions

- 1 Mix the flour and salt together in a large mixing bowl then rub in the fat until well incorporated.
2. Stir in sugar and yeast then add the milk and eggs and mix to form a dough.
3. Turn out onto a lightly floured surface and knead well for 10 minutes then place dough in a bowl, cover with oiled clingfilm and leave in a warm place for 60-90 minutes until dough has doubled in size.
- 4 In a bowl, mix together the dry filling ingredients and grease two 20cm /8-inch sandwich tins.
5. Once the dough has risen, turn onto a lightly floured surface, roll out to a 35 cm/14 inch square, brush with melted butter and sprinkle over the fruit mixture.
6. Roll up like a Swiss roll then cut up into 16 slices, arrange cut-sides down in the sandwich tins, cover with oiled clingfilm and leave in a warm place until the buns have increased in size again – about 30 minutes.
7. Meanwhile, pre-heat the oven to 200C, 400F, Gas Mark 6. Once risen, bake for 25-35 minutes until golden brown. Turn out onto a wire rack.
8. Make the glaze by melting all the glaze ingredients together in a saucepan, bring to the boil stirring constantly, and allow to cook for 1 minute until the sugar has dissolved. Brush over warm buns and allow to cool before serving.

www.cottinghamtimes.co.uk - March 2011 17



## Cottingham student wins fashion award using old shirts, trousers and curtain netting

East Riding students this morning won awards for their fashion outfits made from discarded net curtains, bras, old shirts and duvets.

They were competing in the pre-worn fashion awards sponsored by East Riding of Yorkshire Council to highlight the 3,000 tonnes of clothes sent by residents to landfill last year. This is equivalent to three million pairs of jeans.

The winner, Madeleine Burn, Churchill Avenue, Cottingham, an art and design student at Bishop Burton College, made a dress and matching bag from two shirts, a pair of trousers and curtain netting.

Runner-up Jessica Neary, Bampton Lane, Flamborough, a fashion student at East Riding College, used men's shirts and T-shirts for her design.

And runner-up, Leonie Atkinson of Woodmansea, Beverley, a part-time fashion student at Bishop Burton College, used 30 old bras, a black T-shirt and a black satin duvet for her winning dress.

Councillor Stephen Parnaby OBE, leader of the council, presented the awards to the winners at the Treasure House, Beverley.

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## Four ex-Cottingham Rangers Girls selected in final 13 for place in Phase 1 National Talent Identification Programme

On 30th October 2010 the Phase 1 National Talent Identification Programme took place. The Eight Centres of Excellence in the North East of England ((Hull, Sunderland, Newcastle, Middlesbrough, York, Leeds, Bradford and Lincoln) were each asked to nominate 4 players.

Out of the 31 under 14 players that attended Phase 1, 13 girls from the North East of England were selected to attend Phase 2 where they were joined by the selected girls from the North West of England. The following four ex-Cottingham Rangers girls were selected in the 13, Chloe Robinson - Defender; Jemma Purfield - Midfielder; Sophie Stamp - Midfielder; Ellie Wilkinson - Forward.

*Pictured above: Back L-R Ellie Wilkinson, Sophie Stamp, Chloe Robinson, Evie Robinson. Front:- Amy Halloran and Jemma Purfield.*

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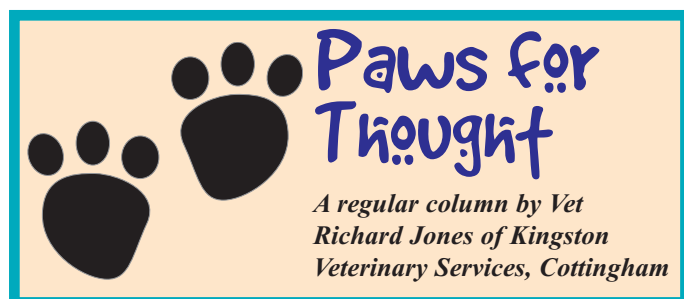
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## Fears for Tears

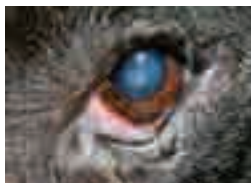
At the practice we have made March Dry eye month.

**D**ry eye or its technical name Keratoconjunctivitis sicca (we'll stick to dry eye) is a very common condition affecting 1:22 dogs where there is a lack of tear production caused by destruction of the tear gland by the dogs own immune system.

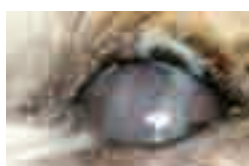
The loss of tears causes the eye to become very dry and uncomfortable. Conjunctivitis, eye infections and ulcers become more common and if untreated the surface of the eye becomes pigmented leading to permanent blindness.

Certain breeds are predisposed to developing dry eye, the English cocker spaniel, West Highland white terrier, Cavalier King Charles Spaniel, Shih-Tzu and other breeds with bulbous eyes.

So if your dog is one of the above breeds or has suffered from recurrent eye infections then you should have a dry eye test done at your veterinary surgery.



Two dogs with varying degree of dry eye



### How to diagnose dry eye?

Testing for dry eye is very simple using a test called the schirmer tear test, a very posh name for placing a piece of filter paper in the conjunctival sac of the eye and measuring how far the tears travel in a minute. If after a minute the tears have travelled more than 15mm then that is normal, between 10-15 mm is borderline and repeat testing in a month will be necessary, less than 10mm and your dog definitely has dry eye.



The Schirmer tear test in action.

### How is dry eye treated?

With the correct treatment dry eye can be managed long term for many years. As already stated the dry eye is caused by the dogs own immune system destroying the tear gland so the sooner this can be stopped the better. The best treatment is to use a topical eye cream containing cyclosporin, a powerful immunosuppressive that acts locally in the eye to stop the immune system destroying the tear gland but also acts to reduce the inflammation.

Usually there is a significant improvement in tear production in 2 weeks although full tear production may take up to 6 weeks. It is always tempting for owners when the eyes improve to stop the treatment however treatment for dry eye is for life and if it is stopped more tear gland destruction will continue and eventually there will be total destruction of the tear gland.

Other medications such as artificial tears and eye lubricants will help but will not tackle the underlying problem.

Occasionally the dry eye will not respond to the cyclosporin cream, usually because by the time the condition has been diagnosed the entire tear gland has been destroyed. In these cases lubricant and artificial tears will help but also there is a surgical option, a parotid duct transposition.

This is a very tricky operation where the parotid salivary duct which carries saliva from the parotid salivary gland to the mouth is diverted to the eye, so saliva lubricates the eye. This operation is far from ideal though as saliva contains a lot of calcium which congregates around the eyelids and must be seen as a last option. So if your dog is one of the at risk breeds or has recurrent eye infections book in for a dry eye test as prompt treatment of dry eye is all important.



Pre-treatment



Ongoing treatment with cyclosporin

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# Things that crop up, and being safe on-line

**E**ver wanted to look up one of the website addresses I often show in this article, (see next item also) but thought it was too long and complex to type? Well the good news is you can open the online version of the article and then just click on the link! Go to: [www.rdmills.com](http://www.rdmills.com) and then click on the *Useful Articles* page and choose the article you want, and click to open it, and then the links shown will take you straight to the website.

**Hyperlink is the term used to show a link to another page or website, and can be found on web pages and in emails as well as articles.** The basic form is a website address, which would be underlined (as shown in the item above). But a hyperlink can be hidden behind a word or a picture. For instance if you receive a sales email from a company, it will often show a picture of a product that when you click on it, takes you straight to their website. These links are often blocked by email programs for security reasons, owing to the risk of being whisked off to a website you may not want to visit. There is normally a banner at the top of any such email telling you can click to unblock the links. If you trust the sender then it is no problem to do this.

**Tip: If a link doesn't seem to work, try holding down the Ctrl key on your keyboard when you click.**

**Is the internet running out of addresses?** This is a story in the news recently saying that the Asia/Pacific region has put in an urgent request for more addresses. All computer devices in the world have to have a unique number, known as an *IP address*, very much like a phone number, which makes it accessible to other computers via the internet. Because of the explosive growth of the internet, the original pool of addresses is running low. Although a new standard exists, it is a case of when it will become widely available.

**Buying online is a massive market enjoyed by millions; but is a real no-go area for some people.** This is understandable when you consider the number of scams and threats that exist on the internet, but it isn't all bad. It is about having confidence and enjoying the considerable benefits of online shopping. If you have never tried it, perhaps you could get a family member or trusted friend to sit with you and guide you through the process. Start with a small purchase like books or CDs to appreciate the convenience. Most banks and credit card companies do offer very good protection anyway, but if you are still unsure you could consider getting a debit or credit card with a low limit solely for online purchases. There is a good website covering all these important issues: [www.getsafeonline.org](http://www.getsafeonline.org)

**Caravanning is no longer solely the domain of those wishing to escape from everyday life.** Many caravanners now take their laptop, netbook or other wireless device with them, knowing that the site they are staying on has wireless internet access, also known as wifi, or a hotspot. However reception inside a caravan can be poor, so an interesting product has hit the market to improve this. It is basically an antenna that is clipped outside with a cable that connects by usb, and boosts the wireless signal. It therefore has other

applications such as outbuildings etc., and I have just tested one of these outside and found it really does work. Contact us for more information

**Talking of life in the outdoors, and another good reason to take your laptop with you! The National Trust** has launched a comprehensive series of walks on its website that has proved extremely popular. See: [www.national-trust.org.uk](http://www.national-trust.org.uk)

**Want to try a jolly simple operating system on your computer, or resuscitate an old laptop.** The answer is *Jolicloud*, a version of *Linux* that works simply just like on a smartphone. Have look at: <http://www.jolicloud.com/>

**Computer parlance is a funny thing sometimes, we talk about users and accounts etc., but one quirky adaptation is the word default.** The literal meaning of failure to perform a task or to do what is required, is transformed into something that is normal or standard. As in a default program or printer, being the one that is normally used.

## Questions and answers section:

**Q: Why has Outlook suddenly appeared as my email program, but I have never used it before?**

**A:** This normally happens if you have just installed *Microsoft Office* which includes *Outlook*, or your computer has installed updates for *Office*. To get back your original program, *Outlook Express* for instance, find it on the Programs menu and open it, and it will normally ask you if you want it to be your default email program. Or go to Control Panel, Internet Options, and Programs to select the correct one from the drop down menu. This also works if your browser has changed from *Chrome* or *Firefox* to *Explorer* or vice versa.

**Q: I used Windows Mail on my new PC, now it has become Live Mail. How did that happen?**

**A:** It will be through *Windows Update*, *Live Mail* is the latest version of the program used in *Windows Vista* and *Windows 7*.

**Q: Whenever I go to print, a window comes up on screen asking me where I want to save the document. Why is that?**

**A:** This can happen if you have changed or deleted your printer. To check, go to Control Panel, Printers, and then right click on the correct printer and click: set as default.

**Q: What is a memory stick and do I need one?**

**A:** Very useful bits of kit these. A memory stick, aka pen drive, usb stick etc., is basically extra storage. You can use one as a backup device to save all your photographs on for instance, or to move data between computers. Very low-cost, and space is pretty massive, starting at 1Gb. That's about the amount you may have had on your first PC's hard drive!

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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile Maker'  
Branfield

### The Beauty of Bonding

Hello again and I hope you are well. I mentioned last time that I was off to a conference on practice development and customer service with a Katie and Charlie from work. I was asked to give a 10 minute presentation on my experience in Morocco to try and get more interest and money raised for the charity. I was racked with nerves at first but they went once I got on with it and I quite enjoyed it in the end. We raised enough money for a couple of field chairs for the next trip at the end of September. I am doing a Rotary club presentation in April on the same subject.

Last month I started on my ramblings about bonding and what a great leap forward in modern dentistry that this is. I thought that I would highlight the benefit with a case presentation for you.

I'm Sure That You Wouldn't Want Your Teeth Ground Down If It Wasn't Necessary

In days gone by if you got your teeth smashed then you either got them taken out or ground right down for crowns. I have even seen the whole top the tooth taken off, the nerve taken out and a post placed. This is sacrilege in my book especially in young people.

### Alex Was In A Road traffic Accident

Alex was really unlucky and was in a road traffic accident and broke the windscreen with his face, poor lad. Anyway, he had three of his front teeth broken. Obviously the first port of call was hospital and thankfully he was generally OK. When he came to see me his lips and face were swollen so I just did some remedial treatment to seal the teeth off to protect them. They were in a bit of a state. Luckily the pulp (nerve) was not exposed so we decided to do some bonding. Alex thought that he would have to lose at least one tooth. The damage was worse than they looked from the front as well.



*Broken Teeth Following RTA*

We did some minimal surface preparation, mainly to remove the grit and then bonded on composite resin, building up in layers. It took about ninety minutes to do.



*Immediately After bonding*

Alex was really chuffed and went to the trouble of writing me a thank you card which is lovely. He was a really good lad and made it easy for me to do so thank you Alex.

### Keeping Teeth For Life, Now Who Would Like That?

As you can see this is a really neat technique and in keeping things so minimally invasive there is a much greater chance of keeping the teeth viable for life. The composite may wear or even break in time but they can be repaired. This keeps the biological insult to the tooth and pulp to a minimum which can only be a good thing.

### Midlife Crisis Continues

I passed my CBT (Compulsory Basic Training) and theory test for motorbikes recently and have booked my lessons and test for the full licence. I went to Germany on the back of a bike last year and the aim is to ride my own this year. I do hope that I pass. Wish me luck.

Hull City are on a roll and moving up the table which is fantastic. I do like this manager. My daughter is playing again tomorrow, if it doesn't snow again that is, I think that we have had enough snow this winter already. They are currently second in the league which, again, is fantastic after last season. They did a bag-pack at M&S last Sunday and have another one planned for Morrison's in April.. Until next time.

*Take care and be good.*

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 18 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. [www.castlepark-dental.co.uk](http://www.castlepark-dental.co.uk)

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## The Darby & Joan Hall, Finkle Street, Cottingham

Cottingham is reputedly the largest village (in population terms) in England and it does not possess a village hall as such. Probably the last time Cottingham had something like a "village hall" was when King Street Rooms was available to hire for functions – and it was demolished in 1978!!

However, the Darby & Joan Hall in Finkle Street, established in 1954, is probably the nearest thing to a village hall as it is the only hall in the village which is a charity run on a voluntary basis and available at reasonable hire costs for all residents of Cottingham.

This is only the third time we have advertised our facilities in the *Cottingham Times*, the last one being in the November 2010 issue, after which we had a good response from organisations wishing to make bookings for one or other of our two halls.

Whilst we do not have a licence for the sale of alcoholic drinks, you can bring your own wine, beer or whatever to share with your other guests.

As part of our plans for the future, we have recently joined the Village Hall Advisory Service, which is run by the Humber & Wolds Rural Community Council, and we will be advertising on their website ([www.ruralcommunitybuildings.org.uk](http://www.ruralcommunitybuildings.org.uk)) to bring to the attention of a wider audience the facilities and classes currently available. We are also investigating the possibility of applying for their Hallmark 1 and Hallmark 2 grading scheme. This award will give positive evidence of the high standards we seek to provide.

Current uses of the halls include sequence dancing, folk dancing, dance classes, fitness classes, yoga, bridge, whist, embroidery, amateur theatre, slimming, women's institute, townswomen's guild, and social gatherings of many kinds including the Darby & Joan Luncheon Club on Fridays.

However, there are still some slots available in our booking timetable, both for regular weekly activities and for occasional functions. If you would like to know more, why not give our Booking Secretary, Jenny, a ring on tel. no. 01482 343609. She will be delighted to talk to you.

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**Here is Paul's latest walk in his series of monthly rambles. This month his destination is South Cave**

**Map :- EXPLORER 293**

Start at GR. 923311 Small free car park on left down Church Street or road side near Clock Tower.

Distance 4.3 Miles.

Leave the cross roads near the clock tower and walk in a north easterly direction on the Beverley road.

After about 400 metres turn right onto a farm track and eventually enter a Willow planted field and take the path diagonally to the left heading for a copse of trees on the hill.

Cross a stile and continue in the same direction passing the copse of trees on the right to another stile which leads into a narrow cultivated field. Cross this field to meet the road, turn right and follow the road as it bends sharp left to Mount Airy Farm.

Pass the farm on the right and pass through a small belt of trees and then immediately turn right and walk with the belt of trees on the right. After about 100 metres turn right and pass through the narrow belt of trees and then immediately turn left. You are now walking with the belt of trees on your left and a small Hawthorn hedge on the right. From this point there are superb views over the river Humber.

Eventually this path begins to descend. Cross a stile and continue to descend on a well defined path. Cross another stile and continue to descend. On reaching the bottom of the hill, follow a well defined path to a kissing gate as you begin to climb. Continue through a metal gate (normally left open) with Woodale Farm on the right. Ignore the path to the left but pass round the farm keeping it on your right. Pass through a metal gate and then after about 20 metres emerge onto the farm road. Turn left and walk away from the farm on this metalled road. Continue along this farm road to emerge onto the Brantingham road at a sharp bend.

On reaching the road continue straight ahead and pass over the A63. On reaching the cross roads continue straight ahead into Ring Beck Lane. You are now entering Ellerker. At the next junction, turn right into Mill Hill and at a sharp left hand bend locate a path on the right, crossing a stream and walking along this enclosed footpath. The path eventually enters open fields with views of Mount Airy to the right. On approaching buildings, bear left and keep the fence and buildings to the right. Cross over a stile onto a farm lane, cross the lane and take the path on the right. Pass a gas complex on the left and follow this path through trees. Climb some steps to emerge on the South Cave slip road for the A63. Cross this junction with care, pass over the A63 and walk back into South Cave.

*Photo: West Burton Falls*

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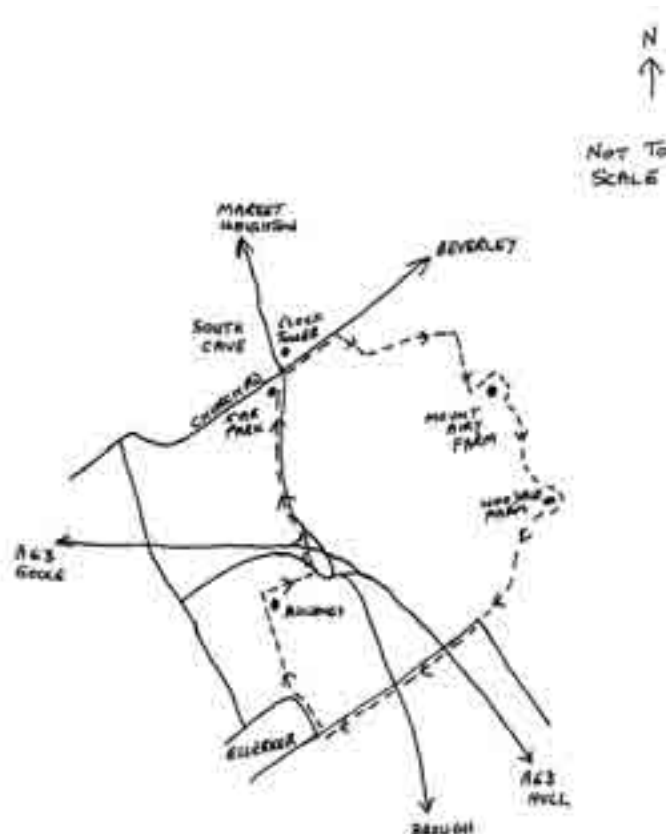


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## Wills - why use a solicitor?

**C**urrently, will writing is an unregulated industry in England. This means that you may be charged a fee for the preparation of a Will regardless of training, supervision, insurance and qualifications.

So, what are the advantages of instructing a firm of solicitors and what key things should you look out for?

All firms of solicitors are required to be registered and regulated by the Solicitors Regulatory Authority ("SRA"). Regulation means that solicitor firms must abide by a Code of Conduct which should ensure that they provide a high level of care to their clients. Solicitor's firms must provide advisors who are properly trained to offer the specific legal advice requested. They must also have appropriate insurance in place for the work that they are carrying out. Should any problems arise, you will have reassurance that the SRA will be able to help you.

Solicitors are required to be upfront and clear about costs. There should not be any hidden surprises along the way. When contacting a firm of solicitors, we recommend that you should always ask for details of cost in advance.

You would advise you to ensure your solicitor is a specialist in Private Client law – not all solicitors prepare Wills regularly. Look out for specialist qualifications such as membership with the Society of Trust and Estate Practitioners (STEP) and members of the Chartered Institute of Taxation (CTA). When arranging an appointment, don't be afraid to ask about the experience of the individual you will be seeing and for details of their supervisor, if appropriate.

Flaws in your Will may only come to light when you are not here to correct the problem. For peace of mind, we would advise you to always check:

- \* the experience and qualifications of your advisor
- \* whether they are regulated by a professional body
- \* what insurance they hold
- \* that you receive a clear estimate of charges in advance

Solicitors not only provide legal advice on individual, family and financial situations, but they are also equipped to provide advice on other issues such as powers of attorney, creation of trusts and care home fee assessments that may arise whilst discussing your Will.

For further details, please do not hesitate to contact Leanne Labrom or Caroline Hepworth on 01482 325242.

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# In the Garden



Spring usually arrives by mid-March and the frequent sunny days provide the opportunity for an increasing range of gardening tasks. It's time to get busy preparing seed beds, sowing seed, cutting back winter shrubs and generally tidying up around the garden.

## Cutting back, pruning and dividing

Cut back ornamental grasses and other perennials left for winter interest, if you have not already done so. Even if they still look good, you need to make way for the new growth.

Cut off old leaves of hellebores that produce flowers from ground level (including *Helleborus x hybridus* and *H. niger*) to expose the flowers and remove possible foliar diseases such as hellebore leaf spot.

Divide and/or plant bulbs-in-the-green, such as snowdrops (*Galanthus*) and winter aconites (*Eranthis hyemalis*), if not done last month.

Divide clumps of herbaceous perennials that you want to propagate, those that have become too large for their allotted space, and those that are flowering poorly or have lost their shape.



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## Top 10 jobs

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

Divide hostas before they come into leaf.

Divide hellebores and polyanthus-type primulas after flowering.

## Propagation

Propagate more dahlias from tubers. Pot them up in multi-purpose compost so that the old stalk is just above the surface. Water and place in a warm, light position or in a propagator. Once the fresh shoots have grown to 7.5-10cm (3-4in), cut them off carefully with a knife. Dust the ends with hormone rooting power and push them into a pot containing cuttings compost. Place back in a propagator or plastic bag until roots appear.

## Sowing and planting

Hardy annuals can be sown in pots or modules to provide colour in the garden. In mild areas you can sow directly outside. Marking out irregularly shaped seedbeds and broadcasting drifts of different seed gives a more natural look.

Sweet peas can be sown outside this month. Place autumn-sown sweet peas in a sunny position, perhaps on a high shelf in the greenhouse that gets plenty of light. Sow summer bedding plants in a heated propagator or under glass.

Early spring is an ideal time to plant herbaceous perennials, including Geranium, *Astrantia* and Oriental poppies.

Plant summer-flowering bulbs. Prepare the soil first, to ensure that drainage is sufficient to prevent the bulbs rotting. *Anemone coronaria* tubers need particularly well-drained soils.

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

When space becomes available in the greenhouse, pot up cuttings of tender perennials taken last summer and at the beginning of this year. Bulk up plant numbers by taking more cuttings from the largest of the new plants.



Indoor forced bulbs that were in the house for winter displays, but which have now finished flowering, can now be planted into the garden, taking care not to disturb the roots.

### General maintenance

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

Deadhead the flowers of Narcissus (daffodils) as they fade, but allow the foliage to die down naturally.

Herbaceous perennials infested with couch grass and other perennial weeds should be lifted so the roots of the weeds can be removed. Improve the soil by digging in organic matter before replanting.

Clear up weedy beds before mulching. Lighter soils can be mulched now, but heavier soils are best left until April, when the soil is warmer. Mulching with a deep layer of organic matter helps to condition the soil, suppress weed growth, insulate plant roots from temperature fluctuations, and conserve soil moisture during the summer.

Bulbs coming up in the rock garden or in containers may benefit from overhead protection from the rain. A sheet of glass or Perspex placed on piles of bricks will do the job.

Top dress spring-flowering alpines with grit or gravel to show off the plants and to help prevent stem rots. Mulch may need replacing after weed removal.

Improve the drainage of heavy soils by working in lots of organic matter.

Perennials putting on plenty of growth may need support by the end of the month.

Check whether containers need watering. Even at this time of year, they can dry out. Pots that are sheltered by eaves or balconies can miss out on any rainfall. If in doubt, check the compost at a hand's depth to see if it feels dry. Aim to keep pots moist, not wet, and don't let them dry out.

Pots and tubs benefit from topping up with fresh John Innes compost. Old compost can be removed and replaced with new if there is not much room for topping up.

Feed borders with a general-purpose fertiliser at the manufacturer's recommended rate.

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## Your Stars for March 2011 - By Kay Gower

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

A choice has been looming in your future, and you're now ready to make it.

You have no idea what you'll encounter if you open a door. The only way to find out is to turn the handle.

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

You really want to please those close to you, but you will be better off pleasing yourself this month.

When you follow your own star, you will end up making others happy, too.

Eventually.

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

You are unravelling a problem piece by piece. That's why your dreams have been so lively lately.

Can you remember them?

The stars tell of wise insights to be gleaned from tracking the journey of your subconscious.

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

You walk the walk. You're capturing the attention of all around you.

During the coming weeks you will be judged as a highly productive person, that's before you even show anyone what you can do!

A great month that gets better after the 7th.

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

You'll meet those who have a rather tenuous relationship with the truth. You're wise to believe only half of what they tell you. The problem is in discerning which half.

On a different note, finances get straightened out mid month, and you triumph over career blocks.

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

Your winning attitude brings outstanding success. Be tough, stay at it, and March brings long-awaited rewards.

Exciting social circles are featured; pursue hobbies to meet the most interesting characters.

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

The emphasis is on financial matters around the time of the new moon, March 4th, plus or minus four days.

This new moon will light your eighth house, nicknamed "other people's money," so you may need to write a cheque to cover a financial obligation, but it is also possible that you'll receive one.

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

Getting started is half the battle this month. If all you do is tackle the first task of a new project, you've won.

Establish communication with someone you've admired from a distance.

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

During the first weeks of March you bring out the spirit of competition in others.

Be aware that a person who feels outdone by you may be outwardly gracious, but inwardly scathing.

Your modesty is crucial to keeping the peace.

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

You've been spending quite a bit of money lately, and whether you wrote a cheque for something big - like the purchase of a house or are picking up many small items like new things for spring, you appear to have made quite a dent in your bank account.

Mars has been the culprit here, and happily Mars has now moved out of your financial area.

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

Plenty of compliments drift your way this month. Most have to do with your fabulous cooking, handiwork or thoughtfulness.

Don't worry about returning the compliments. Just soak it up

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

If you've fallen off the fitness wagon, the new moon on March 4th will help motivate you to sign up for the sports training or gym classes you'll need to look great in the months ahead.

If you want to lose pounds too, for best results, begin your sensible diet on March 19th.

## Swimathon 2011 at venues in the East Riding

Swimmers in the East Riding, who would like to help raise money for charity, are invited to take part in the 2011 Swimathon, a national fundraising event for Marie Curie Cancer Care and the Swimathon Foundation.

Events are taking place at leisure centres in Beverley, Bridlington, Driffield, Haltemprice, Hornsea and Withernsea between Friday, 8th and Sunday, 10th April.

The event is the world's biggest fundraising swim and offers the perfect opportunity start the New Year on a healthy note.

Swimming is proven to be a great form of exercise whatever your ability, relaxing for mind and body and helps to build endurance, muscle strength and cardio-vascular fitness.

A two-and-a-half hour swim session will take place at Driffield Leisure Centre on Friday, 8th April, from 8.00 am.

On Saturday, 9th April there will be two three-hour long session taking place at Bridlington Leisure World, from 5pm, and Haltemprice Leisure Centre, from 3pm.

And on Sunday, 10th April there will be three-hour long swim sessions at the Beverley Leisure Complex, from 9.00 am, Hornsea Leisure Centre, from 5.00 pm, and Bridlington Leisure Centre, from 10.00 am. There will also be a two-and-a-half hour long session at the Pavilion Leisure Centre, Withernsea, from 4.30 pm.

Funds raised will help support Marie Curie nurses who provide free nursing care to people with terminal cancer and other terminal illnesses, in the place of their choice.

To enter the Swimathon go online to [www.swimathon.org](http://www.swimathon.org) or call 0845 36 700 36.

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

**H**ello and welcome again anglers to this month fishing news. It is the 16th Feb. How is your fishing going? Ok I hope. On a personal level my match weights have been steadily improving. When the big defrost came our average winning weights on silver fish waters, such as Newbridge large lake & Tiger Lake, where about the 10lb mark. Now on these same venues, using the same methods and baits, our winning weights are about 30lb plus.

Without being big headed I have won 5 matches out of the last 6 matches. I have been alternating feeder and pole, giving both swims a good rest after about half an hour on each. Even when the bites are still coming I have still switched swims, keeping the bait going in little and often.

The main baits I have been using are bread punch and hemp over liquidised bread. On my feeder line I have used maggots and caster with small amounts of ground bait. In three of my matches I have noticed an odd bonus fish come in on small worm. It would be a good idea to try them as well. A good tip at this time of the year is to stop feeding altogether and go on the bomb instead of casting out any loose offerings. When using this method it is sometimes quite wise to hook a bright

piece of corn, as the fish are not feeding aggressively yet and one piece of corn can entice a fish without spooking them with lots of food on show.

Speaking of our club, we don't officially start fishing for points or trophies until March, but these winter knock ups are great fun and the banter between the lads is great. Our mate Lou is a total beginner, and therefore is expected to win the wooden spoon award for coming last. Yet Dave who is an experienced angler has had his name on the wooden spoon award for the last four matches! He's not happy let me tell you. He keeps saying to Lou, you wait until summer, and then we will see. There is a £30 bet so far on Lou to win this award at the end of the season! It's good to have a laugh among friends.

I have been asked if there are any club places available anywhere, I don't know of any at the moment. So if any of you have any places, or will except riders, can you please let me know at Catchmoore Fishing Tackle 01482 803260 and I will advertise this to all our customers.

Venues that seem to be fishing well at the moment are: River Hull at shipyard with Roach reported to 2lb and bags up to 40lb. Ancholme at Brigg is throwing up regular bags weighing between 20- 30lb of small Roach, Perch and skimmers. Good weights have been reported from Newbridge (all lakes), Sam Hosticks (moat & kingfisher), Tiger lakes, Lambworth lakes (lambworth & tench) and Beverly Beck on town stretch.

Please keep these reports coming in so I can share them with you all. After all a good days fishing is better than a blank, ask Lou or Dave! So let's share these good spots and methods, thank you.

Keep your hooks small and your hook lengths light still. Using light elastics in your poles is still a must. Doing this is a guaranteed way of getting a lot more bites, don't be afraid that you will break off on a bonus fish; they won't fight as hard as they do in the warmer months.

Sea scene: there is still a good number of Cod coming in from Albrough, Rectory, Hillstone, Easington, Out Newton, East Newton and Runnels. Spurn road is producing a few good fish but there is still a weed problem on certain tides. Hornsea and Withernsea seem to be a slower sport but they are producing smaller fish. The best baits are still lugworm and rag worm tipped with either squid, mussel or razor fish. Crab Cart is catching the bonus fish.

Use either a 2 hook Pennell rig or pulley rig; these rigs seem to be the best to use everywhere.

On a final note, if fresh bait is required try to book early in your local tackle shops, as the diggers can only dig so much at a time depending on the tides.

***"Tight lines" from everybody in the Catchmoore Crew.***

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## Cottingham Wild Spaces Group News

**T**he group is holding its Annual General Meeting at the offices of Cottingham Parish Council on Wednesday 23rd March at 7.30pm.

The group has had a busy year carrying out regular litter picks in the Dene and Mill Beck Field and the restoration of the garden areas at Cottingham Railway Station. The group meets on the first Sunday of the month alternatively at The Dene and Mill Beck for about 1 hour an half. Work at the railway station is organised as and when we need to.

The next litter pick will be on Sunday 3rd April at Mill Beck from 10am. We meet at the entrance to Mill Beck Field by the allotment car park. In February more rubbish was collected than usual due to the weight of snow pushing down the vegetation uncovering litter that had been buried for years.

If you would like more information please contact Gordon Scaife email [Gordonscaife301@btinternet.com](mailto:Gordonscaife301@btinternet.com) or telephone 01759 305854.

## KGV Cottingham BMX Dirt Track

**T**he Friends of KGV Cottingham are looking for volunteers to look after the BMX Dirt Track, "We would like some of the youngsters who use the BMX track to help us look after it" said Jan Tweedale the Friends Group member responsible for the track.

The BMX Dirt track was built in 2008 from an original design by the youngsters from Cottingham who used it back then, they have now grown up and its time for a new team of enthusiastic young people to help maintain and keep the track in good condition. "The best people to look after the track are the kids who use it" said Jan, "they know what they want and how to get the best use of the facility and we want to work with them to keep the track safe, clean and fit for use".

If you are a young person and your interested in BMX or Dirt track biking and think this is something that might interest you please contact Ros Jump, the Chairman of the Friends of KGV, on 842272 for more information.

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## Croxby Primary School Awarded Gold Travel Award for Sustainable Travel in National Initiative

We are very proud to have received the prestigious GOLD School Travel Plan Award. Our school is only one of three schools outside the London Borough to have received this Award and acknowledges the hard work and dedication that the pupils, parents and staff have made towards sustainable travel to and from school. We were presented with this Award initially at the East Riding Councillor Chambers and then at a special ceremony in London.

We were even more delighted to be selected from all the Gold Award recipients nationally, as the National School of the Year 2010, with our work and initiatives being recognised as exemplary. Both Awards are a tremendous reward for the superb organisation and hard work of the School Business Manager, Mrs Jo Sims, who has coordinated all levels of the School Travel Plan, supported by Iris Smith, HLTA

The first phase of this initiative began with installing security fencing around the perimeter of the site, which was completed in May 2007, prior to the flood. Once the flood reinstatement work had been completed, then the school, along with their Model Shift Coordinator, Mrs Pauline Miller and their PSCO Mark Bentley began working towards the Bronze Award for Sustainable Travel, gaining accreditation in 2009.

During the last two years the school, with assistance from the Local Authority Model Shift Team has been involved a range of sustainable travel initiatives that promote safer travel to and from school including:

- Installation of 2 Cycle Sheds;
- Installation of 2 Scooter Sheds;
- Year 6 Cycle Training;
- Pedestrian Skills Training;
- Scooter Training;
- 'Park and Stride' arrangement with The West Bulls Public House;
- Appointment of 4 Junior Road Safety Officers;
- Speed Gun initiative;
- Zigzag Parking initiative;
- Sponsored Scoot Round School (raised £1500);
- Pedal Push Day;
- Year 6 Inter-school travel debate in the Council Chambers;

This is indeed a fantastic achievement and, along with our Green Eco Award and Healthy School Award demonstrates the lead role that our school takes in promoting sustainability. In recognition of sustained levels of success by the school, Councillor Grove kindly visited the school to congratulate the pupils and staff and to present the two Awards to the School.



## Give us an hour to Help Paint Cottingham Yellow

**It will help someone in their final hours  
- Appeal for Collectors in Cottingham**

**A**t Sainsbury's Supermarket, 34-36 King Street COTTINGHAM, East Yorkshire HU16 5QE, Marie Curie Cancer Care is launching its flagship annual campaign, the Great Daffodil Appeal by painting the city of Hull yellow with a host of golden daffodils and collections in Cottingham during the month of March.

Local fundraisers are looking for people to get involved in any way they can – perhaps by holding a 'Wear Yellow Day', lighting up a local structure yellow or by sparing an hour or two to help with local collections during March. They hope that everyone will show their support by giving a donation and wearing the charity's emblem of a silk daffodil brooch during the month of March.

Area Fundraising Manager for Marie Curie, Cheryl Barrett said "We've got a role for everyone, from Local Appeal Coordinators who will work with our team to plan the local appeal, to Collection Organisers who will help arrange local street collections and recruit volunteer collectors".

She added "So whether you've got 2 hours or 2 days a week to spare, why not volunteer some of your time to help make the Great Daffodil Appeal a success and help raise much-needed funds so that Marie Curie Nurses can continue caring for terminally ill patients".

The appeal is set to receive a welcome boost from the staff team at Sainsbury's in Cottingham who have adopted Marie Curie Cancer Care as their nominated Charity for two years. They have already been busily raising funds through events such as a bag pack and a barn dance and are looking forward to golden opportunities during the March appeal.

Funds raised will enable the local Marie Curie Nursing Team to provide home nursing care for patients who are terminally ill in the comfortable surroundings of a patient's own home. They not only look after the patient but their families too. They often work shifts, at night, giving carers the chance to take a break, spend quality time with their loved one, or simply get a good night's sleep. Just being there to talk to patients and their families, to put their mind at ease and allay any fears they may have can make all the difference.

If you have an hour to spare or can help in any way, please contact Michael Streets on 01723 378111 or by emailing [Michael.streets@mariecurie.org.uk](mailto:Michael.streets@mariecurie.org.uk).

*Pictured above: Local collectors beginning to paint Cottingham Yellow outside the entrance of Sainsbury's Local Store in Cottingham.*

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Stables with the  
latest of her  
monthly articles**

## Traffic training

In the last article I introduced Fillisin (Fillis for short). She was a 16.2hh big strong Irish bred mare from North Yorkshire who belonged to the most energetic and engaging 70 year old gentleman who you would wish to meet. Fillis is his first ever horse and is the culmination of a lifetimes wish to own a horse.....just goes to prove that it is never too late!

John is a relatively novice rider and bought Fillis in good faith. She has turned out to be perfect in every way apart from an all encompassing fear of any large, approaching vehicle. She takes John hunting, show jumping and gives him such a freedom to roam....apart from on the roads.

Fillis came to me instantly bolting forwards if anything was behind and spinning round and away at speed if anything came towards her. She was so heightened that noises raised alarm and instantly put her into stress. John had followed the advice of many people since he bought her last summer, including the usual forceful ways invariably adopted in the horse world.

The more John tried, the worse she got. When he hit her she exploded, when he used brute strength through her mouth she fought more....pain was making her fear worse which it would do as she was genuinely terrified. He was only doing what he was told to do but was increasingly unhappy that the "monster was getting bigger and more ferocious". He felt that there had to be another way to help him and his horse....rather than bullying, force and pain.

He adores this mare, she is his world. His wife understands and smiles! She is not threatened by his "other woman!" John found me on the internet and we talked endlessly as I came up with a game plan I knew would be the correct way forward.

We took Fillis back to grass roots by using the natural methods and gave her a huge trust in her handler/rider. Where we were represented safety..... thus doing, she stopped bolting away. Her fear was very real and still there, but it gave her the chance to face the horror and eventually the confidence to push it away.

Reverse pressure training meant that she felt she could stay and face, in order to chase it away.... instead of run in opposition. This



technique is profound in its aim and application, and profound in the ensuing results.

There is no cure with some invisible magic wand, but what there is is a method which works by patience and repetition. By having the ability to face that lorry, praise, no pain, praise, feel good factor, safety and technique for the rider, praise, growing confidence in her own skin and trust of her rider, more praise, a titbit (to soften the jaw...which in turn relaxes the mind through chewing), more praise.....then confidence to chase and push the lorry away.

The biggest challenge for the trainer is to stop that instant reaction of instinctive flight....all the rest falls into place, with the rope halter training as the base method throughout. Once the base training and acceptance of these new rules were in place, we set up a scenario in my ménage by bringing in a digger for her to chase. The close contact of that digger in that confined space was way more pressure than a digger on the road. It was potentially an extremely dangerous situation but because the trust in her handler was in place, we turned it all round to our advantage. Rob (staff) sat tight and rode brilliantly, reassuring her the whole time with his voice and his hand.

He simply kept her facing that terrifying piece of kit. She gradually let go of her instinctive panic and bit by bit grew in confidence and trusted Rob enough to start to follow that digger! We gave her plenty of time to stop and relax. This allowed her to keep the power of rational thought. The second day was better than the first to the point of trotting to keep up!

The photo proves the reward. Here she is trotting after a digger on the road, hemmed in by a typically far too close car. There are horses on the opposite side which could have meant a route of escape for her. She ignores all in her quest to chase away that incredibly noisy and visually terrifying object! Fantastic! It was a good challenge which is now paying dividends in the real world out on the roads.

John took Fillis home after 3 weeks with us with a method and a mind set and a real feeling of hope. He keeps me updated with all the victories he is achieving day in, day out. Fillis no longer bolts. She can stay and think and rationalise. John is empowered and safer as a result. They are a team now, trust, patience and positive reinforcement will win through.

I keep trying to convince the horse world in general that these methods work. The traditionalists will always pooch hoo Natural horsemanship and they are all the poorer for it in my mind. A wall is both built and can be knocked down brick by brick. It is my hope that the message is getting through slowly.



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## Demolition of the King Street Clinic in Cottingham begins

"As residents will have seen demolition has started on the old flooded building and it is hoped to have the new Clinic up and running by the end of March or early April. The unexpected delay has been caused by the need for additional planning permission regarding the demolition. After exerting some pressure funding was found at the very last minute, after the original application had been approved.

The opening of the new clinic will signal the removal of one of the last scars of the 2007 flood, and at long last we'll have community health services under the same roof. The services include Consultation, Examination and Treatment facilities, Child Health and Asthma clinics, Community Dental services, Smoking Cessation services, Chiropody services and an Eye clinic.

The medical staff I've spoken to are very excited about returning to their 'home'. Geraldine and I well remember, having vacated her flooded house, standing in our wellingtons surveying a very depressing scene the night of the flood. In my position as a portfolio holder I set about maximising 'pester power' and brought this issue to the top of the PCT's agenda. Had it taken any longer I fear the funding would not have been available, so much so we've all had a few sleepless nights.

The existing services have been farmed out around Haltemprice or found temporary locations in the village, this is not the standard of health care our residents deserve. Residents, both old and young, have been very patient in tolerating this situation, it's just a pity it has taken so long to sort out. But let's be positive and look forward to seeing the clinic return to be the hub of the community, that it once was".

*Pictured above: are the staff of PCT, the Chair of the PCT, two nurses and Ros Jump.*

## Hull Bach Choir to perform "Athalia" at Trinity Methodist Church, Cottingham Road on Saturday March 5th

The Hull Bach Choir will perform "Athalia" (which includes Handel's first Hallelejah chorus), at the Trinity Methodist Church, Cottingham Road (at the corner of Newland Avenue), HU5 2E, on Saturday March 5th at 7.30 pm.

It is one of the most important pieces in the history of choral music. Although Handel had made two previous but tentative steps towards writing English oratorios, it was with Athalia that this immensely important musical genre properly became established.

It is a story of supernatural haunting, fear and bloody revenge, based on historical events - the overthrow of the tyrannical ruler Athalia, daughter of the more famous Jezebel, and the reinstatement of the true heir to the throne.

Rarely performed anywhere and last heard in Hull 36 years ago! [www.hullbachchoir.org.uk](http://www.hullbachchoir.org.uk). Tickets are Adults £11; Seniors £10; Students; children & unwaged £5.00.

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## Opera at the MET! (Methodist Church)!

**N**ow in their sixth year of Sunday concerts, the Cottingham Methodist Church Musical Festival is bursting forth into song for the first time and bringing an Opera-starved Hull and Cottingham the opportunity to savour the delights of popular opera favourites from the comfort of their own 'Met' the Cottingham Methodist Church in Hallgate,

Topping the bill is International Baritone MICHAEL DE COSTA who has recently returned from a Middle East appearance and who is a late principal Baritone of the E.N.O., not to mention his long association with the main London Opera Houses including the Royal Albert and Festival Halls. He has specialised in the Italian Romantic repertoire and worked most of the Verdi operas performing in Title roles. Major overseas engagements include the Odessa State Opera in Russia where he also appeared on T.V and gave Master Classes. At home he runs his own highly successful Academy of Music in York .

His programme will essentially be from VERDI, BIZET AND ROSSINI, the latter including the famous Figaro al Factotum aria when he will be accompanied by his own pianist Matthew Collins.



The trio of singers will be completed by BEN PIEPER , Tenor and SHARON NICHOLSON SKEGGS, Soprano who will render both duets and solo items. Again, the repertoire will be popular opera gems from some of the best loved works including Puccini, Verdi and Mozart. At the time of writing, programme details have yet to be finalised. These two artists will be accompanied by JULIAN SAVORY, no stranger to our audiences. -

Date:- Sunday 27th March 2011 at 2.30 p.m. Tickets £8.50 including programme and refreshments, £4.00 for students in full-time education)

Tickets available from March 7th from GILLY'S BALOONS, The Back Room, Hallgate; THE PHOTO SHOP, King Street or phone 01482 847122 or 01482 842347.

Further details can be obtained from Richard Barton 847122.

*Pictured top left: Michael De Costa. Pictured above: Ben Pieper and Sharon Nicholson Skeggs.*

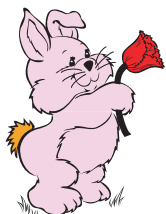
## Skidby Village Hall Events

### Secondhand Book Sale



Skidby Village Hall over the weekend of 18th, 19th, 20th March.  
Friday & Saturday 10.00 am to 3.30 pm with coffee and bisuits available.  
Sunday 12 noon to 4.00 pm with afternoon tea/coffee, sandwiches and cakes available. No charge for admission.

### Easter Raffle



Skidby Playing Field Association are selling raffle tickets (£1.00 each) for their Easter Draw. Prizes include a Fairtrade Easter Hamper, a local Dinner for two, Golf and Health Club Vouchers, Luxury Facial Therapy, Wines, Spirits and Easter Eggs.

**Tickets available from all Committe Members or direct from Promoter and Secretary Kelvin Young (Tel. 01482 843446)**



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

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

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

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

You can now download Gino's Menu from the Cottingham Times website [www.cottingham-times.co.uk](http://www.cottingham-times.co.uk) under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.





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## Hallgate Schools - continued

**The Year is 1927**

*by Peter Railton (Author and Local Historian)*

Schools opened on the 5th of January with 233 boys present in that department out of 252. Colds and 'flu soon began to have their effects and by the end of the month 88 lads were absent and those remaining at school were sneezing and coughing so much that Mr. Brookes recorded that "it was noticeable all through the school", and he was absent for a few days himself.

The County Librarian Mr. Woodfield was in school during March to make arrangements for a library to be established in the schools for the use of the pupils, thus facilitating an expansion of the opportunities for more reading in and out of school.

### School Broken Into

The department was broken into during the last week in March; the board of keys had been taken from the Head's room and cupboards opened in there and the 'contents strewn about the floor.' Classrooms were unlocked and entered and articles stolen, including personal things that the boys had left in their desks. A dozen rubbers were found later broken into pieces inside the yard door of the "Duke of Cumberland Hotel". The case was investigated by Sgt. Taylor of the Cottingham police station in Finkle Street.

### Egg Appeal Reintroduced

Hull Royal Infirmary's war time appeal for eggs was reintroduced and 88 were collected and delivered by Mr. Len Thompson, the Hallgate grocer and worker for the Infirmary, presumably at a time of great hardship for many of Hull's poor and a small but welcome addition to the menu. Empire Day was observed with the usual hymns and prayers, and assembly in the yard, to witness the raising of the flag on the pole.

### On the 10th of June,

"Scholars and four adults - parents and friends of the department - plus teachers, went to Windermere for the day. A most interesting and enjoyable day was spent."

Mr Brookes does not record how many of the boys went - my guess is that the number was probably confined to two classes of older lads.

On the 27th of June, Miss Ethel Warwick was appointed to the Staff: she lived in Grovehill Road, Beverley and, like Miss Hardy, was to teach at the school for many years. She was my first teacher when I went up into the junior school from the infants in 1939 - she was a dark haired lady, wore glasses, had a loud voice, and was very kind. She married a soldier early in the War, becoming Mrs Atkinson and is one of the teachers best remembered by ex-pupils.

### Only the Best and Worst Remembered

It is true that pupils - just the same as teachers - remember the good and the bad and the in-betweens get to be forgotten Over ICC scholars and parents went by buses to Withernsea on the 28th of June to watch or take part in the Holderness Sports Festival: some teachers went too including Miss Sowersby and some staff from the infants' department. Hallgate boys came fifth overall in the sports - not a bad result and Leven School won the Shield that year. Bert Button, Cyril Bickinson and Harold Shepherdson secured scholarships to secondary schools.

### End of Cottingham Feast Day Holiday

Between 1922 and 1926, a half-day's holiday had been given for Cottingham Club Feast. In 1927 it was decided by the Heads and Managers that no holiday would be given - a reflection of the decreasing importance of the event in the village, although schools closed at 3pm to allow pupils to attend the fair in the Green for the occasion; this mid-summer fair was held annually until fairly recent times - a reminder of those pre-state provided health and unemployment services.

Mention is made of William Hall, a student teacher in September - I believe that he became a teacher at the school for many years and lived in Northgate. In the same month the Rev. A. Ferguson,

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Correspondant to the Managers gave, notice that he was to leave Cottingham at the end of the year and a replacement would be found.

Two day's holiday was given for Hull Fair in October and afternoon school times went into 'winter mode', 1.15 pm.to 3.30 pm. Armistice Day was marked in the usual way with services and the two minutes silence. A collection held raised £2.13s.9, seven shillings and sixpence of which was used to purchase a poppy wreath which was laid on the memorial in St.Mary's Churchyard by two pupils, Frederick Nalton and. Harold Smith, who's fathers had perished in the Great War. The remainder of the money was sent to the British Legion Fund.

The new Rector of St. Mary's, Rev. E. W. and Mrs. French were invited to the annual service of carols in the Hall on December the 21st and presented the apple and orange gift to each boy.

#### "Standard" Classes replaced by "Forms"

In the girls' school the Staff for 1927 - 28 were as follows: (note the word 'Form' replaces the traditional 'Standard' now). Form VI. Miss Cleator, Form V. Miss Buttery Form IV.

Mrs. Wrigglesworth? Form III. Miss Buck and Miss Brimelow, Form II. Mrs. Tethers Form I Miss E. Wright, who left and was replaced by Miss Rhoda Wright. There was no Form VII and ex-VII recorded.

Much of the interest in the girls' department occurred during the latter part of the year. On the 7th of October, Miss Brimelow and Miss Buck took the school's Girl Guides to Hull and attended the parade in honour of the visit of Princess Mary (sister of King George VI) to lay the commemoration stone of the new Hull Central Library in Albion Street. Following on from the two day's holiday for Hull Fair, another day off was given in honour of H.R.H. the Prince of Wales' visit to Hull, the future, brief, King Edward VII who was also brother to Princess Mary.

Some of the older girls had entered a competition run by the Daily Dispatch newspaper for good needlework and an Art and Craft exhibition held at Beverley was also entered by nine of the girls and they, accompanied by three teachers, paid a visit there; where one of the girls won the first prize for her garment.

When pupils and staff arrived at school on Monday the 8th of November they found that the boiler had broken down and the school was unheated, so the pupils were sent home and told to return at 1.15 pm by which time the trouble was fixed.

Armistice Day was observed as usual, as in the boys' school. On the following day (12th of November) Miss Brimelow and twelve older girls attended the funeral of Percy Hobson at St. Mary's Church; she records in the log book -

" We all feel we have lost a very dear friend. Mr Hobson was a constant visitor to the school and was always ready to help and advise."

Some of the girls went to Hull Training College on the 26th of November to see a nativity play performed by the students; the College was part residential and part day, but for female students only at that time.

#### Girls' School Held in High Regard

The high regard in which the girls' school was held by many people often appears in the log book; the enthusiasm engendered by Miss Brimelow was caught by her staff and passed on to the girls; an entry on the 26th of November reads -" The Cottingham School Managers held their first meeting since the summer term on Friday last. I am instructed to convey to you and the teachers and the school generally, their hearty congratulations. The continued 'success of Cottingham Girls' School is thoroughly appreciated by the Managers and they have ample evidence that not only in the Village, but in the County, the School has never stood higher in public estimation. I associate myself personally as well as officially with the expression of regard and thanks.

*Believe me, Yours very truly,  
A. Ferguson, Correspondant. "*

The girls' school was indeed held in high estimation and set standards of excellence in all aspects of education which continued until amalgamation with the boys' department over 40 years later.

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## News from the Association of Businesses in Cottingham and District (ABCD)

The next meeting of the ABCD will take place on TUESDAY 8th MARCH 2011 in the BACK BAR of the KING BILLY on Hallgate. This will be the last meeting before the AGM in April, so please try to attend.

We will have two guest speakers at the meeting, Councillor Win Knight, who will talk about COTTINGHAM IN BLOOM and Elizabeth Logan, Head Teacher at Cottingham High School who will bring us up to date on school issues.

Also please remember that Nick Russell will be standing down as Chairman at the AGM so a replacement will be needed!!!! If you would like to nominate someone or yourself then please attend this meeting.

**Yoga/Pilates Classes** (Starting March)

Pregnancy Yoga @ Cottingham Sports Pavilion - Fridays 11.00 am  
 Post-Natal Yogalates @ Cottingham Sports Pavilion - Fridays 10.00 am  
 Adult Yogalates @ Hallgate Primary School - Tuesdays 6.15 pm  
 Advanced Yoga @ Hallgate Primary School - Tuesdays 7.30 pm

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**Below: Answer to Sudoku problem  
 No. 50 from the February issue.**

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

## News from Cottingham Little Theatre

**“Noises Off” by Michael Frayn –  
 Thursday, Friday and Saturday 5th, 6th  
 and 7th May**

Rehearsals are now well under way for our next production, the comedy farce by Michael Frayn, which will be directed by Adele Williams. Performances will be held as usual in the Darby & Joan Hall in Finkle Street, Cottingham, starting at 7.30pm. Tickets will be at the usual prices of £6.00 for adults and £5.00 for concessions and will be available from Barkers Newscentre, Hallgate, Cottingham or from our Ticket Secretary, Kaye, on tel. no. 01482 842270 from early April. More of this next month.

### Social Events

On Friday 28th January we held our Annual Winter Dinner, which was attended by 34 members and guests, at The Millhouse Restaurant in Skidby. Another successful evening arranged by Lynda, our Social Secretary, to whom we say a big thank you.

Keeping the social pot boiling, we held our Winter Quiz evening on Saturday 26th February in The Back Room in Hallgate. This annual event for Members and Friends is very popular and we will let you know the outcome next month.

Our second Poetry and Wine Evening will take place in the small meeting room of the Darby & Joan Hall on Saturday 26th March. This is a Members and Friends event and more if you would like to know more, give Lynda a ring on tel. No. 01482 849655.

### Joshua Wilson - Update

Those of you who came to see our production of “Queen Elizabeth Slept Here” in May 2008 may remember that we held a leaving collection to raise money to help to pay for the grandson of two of our Members to go to America to receive treatment for retinoblastoma (a rare form of eye cancer).

Joshua did go for the treatment, which initially seemed to improve his chances of saving his sight, but unfortunately, just over a year ago, he lost his sight completely. However, we have received an update about Joshua and, because of his courage and determination, he has, in the last year, completed a high wires course including the leap of faith (jumping off a 1' square platform 10' off the ground trying to catch hold of a bar).

He has also been skiing on a dry ski slope, had a donutting birthday party, had the Storm Troopers invade his school for a birthday surprise, successfully completed his “bikeability” at school, (on the back of a tandem bike with Mum on the front), moved up to Scouts, joined a Judo club and taken on swimming lessons to name a few. Whew!!

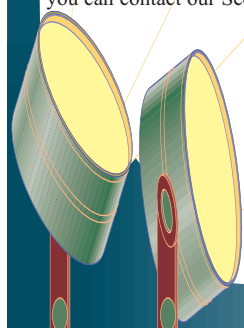
We send our best wishes to Joshua and his family and look forward to hearing more about him in future.

### Play Readings

Our monthly Play Readings go from strength to strength and they are held in The Old Brewery Bar of the King Billy Inn, Hallgate, Cottingham. The dates of the next two evenings are Monday 7th March and Monday 4th April, 2011 and they start at 7.30 pm. These really are open evenings for anyone who wishes to come along and we are always pleased to welcome new guests, either to take part or to just to listen or to find out more about us. If you would like to know more, give Margaret a ring on 01482 846796.

### New Members and Friends

If you fancy joining us, either as a Member or as a Friend, and would like to help us as we move towards our 100th Anniversary, please have a look at our website [www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk) where you can find out lots more about us. Or e-mail us at [clt1920@hotmail.co.uk](mailto:clt1920@hotmail.co.uk) or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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# Test Cricketers from Yesteryear to attend Celebrity Dinner at Ramada Hotel organised by the Haltemprice Lions

The Haltemprice Lions have organised a Celebrity Dinner to be held on Friday, 20th May, 2011 at the Ramada Hotel, Willerby. The theme is based on an exciting cricket season to come during the summer, apart from the World Cup the test match will take place between England and India.

With this in mind the Lions have attracted veteran Mumbai and India Test wicketkeeper, Farokh Engineer to appear at the dinner with former Derbyshire and England batsman, Geoff Miller. Both are excellent speakers and will not miss the opportunity to share friendly banter of times gone by and the current cricket scene.

Tickets are priced at £35.00 each and tables for ten or twelve persons can be arranged. The proceeds are in support of the Haltemprice Lions' major charity, the Hull, Beverley and Humberside Branch of the Multiple Sclerosis Society.

It is hoped a sizeable contribution can be made on the night to ensure the ongoing research into this nasty disease. The Lions are looking for raffle/tombola prizes and special items for an auction. If you require tickets, or can help with donations please call David Whincup, Haltemprice Lions on Tel. 01482847367.

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- (c) Full details can be downloaded from our website:  
[www.skidbyvillagehall.btk.com](http://www.skidbyvillagehall.btk.com)

Ring Kelvin Young (843446) for further details, or call in at  
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## News from the Cottingham Post Office

Hello again,

Well it is coming to that time of year again, New Tax year and Royal Mail are putting their prices up!!

As of going to print, 1st Class Standard are going up by 5p and 2nd class Standard are going up by 4p, so any that you buy now, before the 1st April 2011 you will make a Profit!! Any other prices?, sorry, but we are still awaiting confirmation, so watch this space.

Speaking of new Tax Years, the Post Office Fixed Rate Isa has a new and improved rate, now paying up to 3.60% and you can also transfer in your previous years, so make the most of your tax-free allowance for this current tax year, if you already haven't.

Here's hoping you make a profit

Until next time, Gary

P.S. Any queries please feel free to Ring the Post Office on 01482 843858.

## East Yorkshire Association of National Trust - 'The First Hundred Years of the Spurn Lifeboat Station'

The first meeting of 2011 was addressed by Mr Roy Benfell on the history of the first hundred years of lifeboats on Spurn Point.

Despite the vocal concerns expressed for many years by local people about the serious dangers to shipping, around the mouth of the Humber, it was not until the cause was taken up in 1810 by Holderness landowner Mr Francis Constable (of Burton Constable) that Hull Trinity House agreed to take action in support of his generous initiative in raising money and recruiting men to serve in the first lifeboat, whose master was to run the Life-Boat Inn in converted barracks at the end of Spurn. The volunteer crewmen earned a pittance by loading ships with gravel and cobbles from the beaches at low tide.

The first cottages for the lifeboat men and their families were built in 1830. However, there was no fresh water supply and they were subject to frequent flooding. A terrace of new houses were built in 1857, but there was no piped water supply until World War II! At first, the wives of crew members taught the children in their own homes. It was not until 1890 that the first very basic single-room school house was built, with one of the wives appointed as official teacher by Trinity House on a small salary.

Three years later it became a local authority Public Elementary School, with a certificated teacher. It closed in December 1945.

The school building was also used for religious services, a Sunday School and other community activities. Even in such a remote location, there was open rivalry and disagreements between the Primitive Methodists and the Church of England, who at one stage had to revert to holding their services in the Light House and even stopped them all together for 10 years.

Government legislation in 1907 transferred all responsibility for navigation in the Humber from Trinity House to the Humber Conservancy Board, including the running of the Spurn lifeboat station. Following several years of very low morale among the crew members and increasingly acrimonious relations with the new owners, responsibility for Spurn was eventually transferred to the RNLI on 1 May 1911, marking another milestone for this unique lifeboat station, which had owed so much to the vision of Francis Constable and the dedicated support of Trinity House for 97 years.

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## Northern Chamber Orchestra to perform at Toll Gavel United Church, Beverley on Thursday 24th March

Join Northern Chamber Orchestra on Thursday 24th March 2011 at 7.30pm at the Toll Gavel United Church, Beverley with Artistic Director and Leader, Nicholas Ward and special guests Naomi Atherton, horn and Ben Hudson, bassoon

The Northern Chamber Orchestra was formed in the 1960s and has gained a formidable reputation from its engaging and exciting concerts. The orchestra gives a series of eight concerts at the Heritage Centre, Macclesfield and appears regularly in Blackburn, Skipton/Settle, Tatton Park, Knutsford, Blackburn Cathedral, Parr Hall, Warrington and Gorton Monastery.

With over thirty CDs to its name, the NCO is now known in every continent. The orchestra's long association with Buxton Festival continues in July 2010 accompanying the three main opera productions. The NCO has an extensive education programme and is now 'Orchestra in Residence' of Manchester Metropolitan University. The programme will include:

Mozart	Symphony no 17 in G
Tchaikovsky	Elegy from Hamlet
Mozart	Bassoon concerto in B flat
Walton	Two pieces from Henry V
Mozart	Horn concerto no 4 in E flat

Tickets cost Adults £12, Concessions £10 and are available from Beverley Tourist Information Office (01482) 391672.

## Beverley Lions Car Boot Sale Sunday 13th March

The Beverley Lions Car Boot Sales will be recommencing its monthly car boot sales and the first one for 2011 will be held on Sunday 13th March at the Beverley Grammar School, Queensgate, Beverley from 7.30 am until 1.00 pm.

Pitches will be the usual price of £6.00 each. Refreshments and toilet facilities will be available.

All car drivers are asked to follow the parking instructions of the Lion's Marshalls and not to park on Queensgate. Car parking is free in the School Ground.

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**Thursday 3rd March - Quiz 9.30 pm Start**

**Friday 4th March - Live Music, Raffle 9.15 pm**

**Saturday 5th March - Auction 9.00 pm**

**Sunday 6th March - Car Boot Sale 10.00 am**

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

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

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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## Millers Photography Group to Capture the East Riding

The Millers Photography Group, in Beverley, with the support of Futures +, are pleased to launch their community group contest, as part of The Capturing the East Riding Photography Competition.

The group would like to invite people with learning disabilities to enter their work and the overall winning photographs will be submitted to the main Capturing the East Riding event.

An exhibition of entries will be displayed within Millers and other centres across the East Riding.

Paula Brown, from Millers, is looking forward to seeing the various entries. She said: "The Capturing the East Riding Photography Competition is a fantastic occasion for people to get involved in a positive way in their area".

"The links and networks of The Millers Group have created opportunities in which the themes of inclusion, community and sense of belonging can be achieved for people with learning disabilities."

Karen Helbrow, from Futures +, also enjoyed the launch and highlighted how important the competition was for the service's users.

She said: "By being involved in a high profile event, such as the Capturing the East Riding Photography Competition, service users at The Millers will gain a sense of achievement and equality within their community."

Councillor Richard Harrap, cabinet portfolio holder for adult and carer services at East Riding of Yorkshire Council, is delighted with The Millers involvement.

He said: "The Capturing the East Riding Photography Competition is an excellent opportunity for photographers to be creative and more and more individuals and groups are setting up competitions to take part.

"The works on display by The Millers Group will provide a reflection of the diversity and uniqueness of the East Riding."

For further information about taking part in The Millers Group's competition, contact Karen Helbrow on (01482) 391510 or Paula Brown on (01482) 869002.

*Above: Millers Photography Group Competition Launch (from left to right) Paula Brown, senior programme worker at Millers, Richard Bates, Suzie Pipes, MBE, Karen Helbrow, assessment officer at Futures +, Adrian Lanham and Annabel Hanson, leisure, tourism and culture policy officer at East Riding of Yorkshire Council.*

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## A Huge "Thank You" to the Staff at Castle Hill Hospital

Last Friday, I completed twenty days radiotherapy at Castle Hospital. I feel I must write and say how excellent was the care and kindness shown to me by all. This included the nurses in the CL units, the nurses who bandaged me up after treatment, the specialist (Dr Sprindley) and her team, and all on the administration side of things.

I will also make mention of the kindness (and the good food) from the restaurant, where, on seeing that I was disabled, brought my food to my table for me. I think that if all hospitals were as good as Castle Hill, there would be no complaints from anyone about the NHS.

*Charles Quinn, Grimsby*



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### Number Ladder Solution from page 29

$10(x2)=20(-5)=15(x3)=45(x4)156(-7)=149(x5)=737(x6)=4422$

4422
737
745
?
156
39
?
15
20
10

### Crossword Solution from page 14

1	S	P	O	O	N		3	T	R	A	I	L		6	S	
	A		W					E		L		I			T	
7	I	G	N	O	8	R	E	D		9	I	S	S	U	E	
	L		E		U			I		B		S			I	
10	O	R	D	E	R			11	U	N	I	C	O	R	N	
	R				A			M					M			
12	S	A	13	M	P	L	E		14	C	I	N	E	M	16	A
			A					17	A		D					B
18	W	A	G	E	19	R	E	D		20	I	N	F	E	R	
	A		N		A			O		O		E				I
22	I	N	A	P	T			23	R	A	M	B	L	E	D	
	V		T		E			E					O			G
	E		24	E	N	D	E	D		25	C	A	N	O	E	



## Improve Your Immune System

It's the cold and flu season and if you're feeling a little run down then you're in good company. You've probably got so much to do and yet your energy is at a dangerously low level.

What can you do to improve your health forecast for the weeks and months ahead? The answer is to get your immune system humming with health and vitality.

Here we look at some of the most significant ways to boost your immune system.

Eat lots of fruits and vegetables and keep eating them often. Do not allow yourself to tire of eating all of the natural good stuff that is full of nutrients and antioxidants. Find ways to make your vegetable and fruit intake more exciting. For example, try making a parfait out of low fat or non-fat vanilla yogurt, a variety of fruits such as berries, grapes and peaches and then add bran cereal or flax seed powder.

Keep your water content high so you don't become dehydrated. Your immune system needs lots of liquids to keep it strong and healthy. Water is the most important beverage for you to consume. You should also add herbal tea to the list. Drink it often. Experiment with different types to find the one that is most enjoyable to your taste buds.

You need to get your beauty sleep each and every night. Something many people do not know is that when you constantly short-change yourself on sleep this renders your immune system less effective.

In fact your immune system will be reduced in effectiveness by as much as 50 percent. An occasional night of tossing and turning is one thing but lots of nights of not enough sleep can lead to insomnia and can also make you less alert and focused in the daytime and make the potential for getting sick much greater.

When you are going through a particularly stressful period in your life your immune system has greater demands placed upon it. This is when you are more susceptible to getting sick.

Do what is necessary to reduce your stress load. You should also give your immune system a helping hand by taking a well-balanced vitamin and mineral supplement.

Your health and well-being can benefit tremendously from a supplement. When you are feeling stressed you are less likely to be eating as healthy which is another reason why a supplement is a very wise choice at this point in time.

Follow these simple suggestions and you'll immune system will soon kick back in top gear and get you through the cold season to spring fever.

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