

# Cottingham Times

and District

Issue 124 - March 2012

## STEPHEN RICHARDSON



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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.

### AgeUK 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 Reformed Church, Hallgate

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

### Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Philip on 658247 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham.

### Fitmums and Friends Running and Walking Club

The club meets at the Pavilion, King George V Playing Fields Wednesdays at 7.00 pm; Fridays 6.15 pm. Buggy Run: Thursdays 1.00 pm. Mondays at the Blue Kangaroo, Finkle Street, Cottingham at 9.45 am. Suitable for men and women of all ages (over 18) and fitness levels.

### Women's World Day of Prayer

Friday 2nd March - This year's Women's World Day of Prayer service will take place on Friday 2nd March at the Zion United Reformed Church, Hallgate, Cottingham at 2.00 pm. This year the service has been prepared by Christian women in Malaysia. All are very welcome.

### The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 3rd March - 'Spring Flowers' A demonstration by Margaret Morton. Meetings are held once a month at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham, between 2.00 pm and 4.00 pm. New members and visitors welcome.

Front Cover Picture: Daffodils down Green Lane.

Photograph by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Telephone 846804.

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**Skidby Village Hall**

Saturday 3rd March - Skidby Playing Field Fundraising Sale. Crafts, Table Top and Bric-a-Brac, homemade refreshments.

**Haltemprice Art Group**

Tuesday March 6th - Demonstration by Steve Dove, E. R. Landscape with a Modern Twist  
 Tuesday March 13th - One Picture Suits All - Gerry Wilks  
 Tuesday March 20th - Sketching Jill Stansfield/Mavis McGowan  
 Tuesday March 27th - Modern Abstract Painting

**Cottingham Ladies Circle**

Wednesday 7th March - Mr. John Fewings - Maximise your Memory, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

**Cottingham Local History Society**

Wednesday 7th March - Martinmas Hirings - Harry Book. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.

**Cottingham Men's De Luda Association**

Wednesday 7th March - Oh Dear Me! - Gwen Staveley, in St. Mary's Church Hall, 2.00 pm.

**Half Moon Pub, Main Street, Skidby**

Wednesday 7th March - Bingo Night from 7.30 pm. Anyone welcome. Proceeds to Skidby Playing Field Association.

**Cottingham Green Women's Institute Evenings**

Thursday 8th March, Speaker: Steve Elvidge "An Australian in the UK", in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

**U3A**

Thursday 8th March - Paul Schofield - Hull City Centre. In the hall at the Darby Joan Hall, Finkle Street, Cottingham.

**East Yorkshire Embroidery Society**

Saturday 10th March, Fashion with Stitch - Sue Rangeley, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.50; Visitors £2.50 including refreshments. Yearly membership £6.00.

**The Wold Lace Makers**

Saturday 10th March - Design your own Lace with mainly lace, in the Church Hall, St. John's Newland Parish, Clough Road, Hull. 10.00 am to 4.00 pm. Members £1.50; Non member £4.00.

**Cottingham Catholic Women's League**

Monday 12th March, A talk by Sue Edgar on the Children's Society, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

**Cottingham Women's Institute**

Tuesday 13th March - Howden Soap Company - talk and demonstration. Competition: An unusual soap dish, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

**Diabetes UK**

Thursday 15th March, Sharon Cassidy (Diabetes Specialist Dietician), Meetings held in the Board Road, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.00. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

**East Yorkshire Association of the National Trust**

Thursday 15th March - Mr. Peter Asquith-Cowan 'Myths and Legends of Ye Olde White Hart', in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

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*Continued from page five*

### Inland Waterways

Friday 16th March - AGM together with a presentation from Roger Yorke - From the Residential Boat Owners Association. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

### Skidby Village Hall

Saturday 17th March - Spring Fair. 10.00 am to 3.00 pm. Refreshments on sale. Admission FREE. Proceeds to the Skidby Village Hall. Booking forms for tables, telephone Kelvin Young (Secretary) 843446.

### North Ferriby Gardening Club

Monday 19th March - AGM. Mini plant show and members evening. In the Village Hall, North Ferriby at 7.30 pm.

### Cottingham Evening Townswomen's Guild

Wednesday 21st March, AGM and Social Evening, at 7.30 pm in the Darby & Joan, Finkle Street.

### Cottingham Ladies Circle

Wednesday 21st March - Mrs. Clappison - The Sykes Family, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

### Cottingham Men's De Luda Association

Wednesday 21st March - John Morris - Charles I, Hull and Gordon Brown, in St. Mary's Church Hall, 2.00 pm.

### Viewfinder Photographic Society (Skidby)

Thursday 22nd March - An evening with Joe Cornish the world famous landscape photographer. Cottingham Civic Hall, Market Green at 7.30 pm. Tickets (£8.00 Adults; £5.00 under 16s, available from Viewfinder Photographic Society tel. 876370.

### Cottingham Civic Society

Monday 26th March - "Brain Injury and the work of Headway; Dominic's Story", a talk by Mr. Bill Hurley (Chairman of Headway, Rotherham), in the Darby and Joan Hall, Finkle Street, 7.30 pm. Members are requested to contribute a £1.00 each for every meeting attended. Non-members are welcome to attend meetings at a charge of £2.00 each. Refreshments are served at a nominal charge.

### Friends of Thwaite Gardens

Tuesday 27th March - Trevor Nicholson - Head Gardener at Harwood House 'The Gardens of Harwood House - Past, Present and Future, at 7.30 pm in the Methodist Church Hall, Hallgate, Cottingham. Non-members welcome, small charge of £2.00. Refreshments available.

### Cottingham Local History Society

Wednesday 28th March - AGM followed by an illustrated talk - Geoff Bell. The Society meets every first Wednesday in the month, in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.

### Wednesday Social Club

Wednesday 28th March - David Leeson - Beyond the Grand Canyon, in the Darby and Joan Hall, at 2.00 pm.

### Skidby Village Hall

Friday 30th March - Flower "Eggstravaganza", proceeds to Skidby Village Playing Field Association. Demonstrations by Libby; Angela (Orange Grove); Lucy (Orange Blossom). £5.00 including glass of wine, raffle. Tickets from Mary at the Pop-In, Kelvin 843446, Pauline 845507.

### MacMillan Cancer Care

Sunday 31st March - Easter Bazaar at Skidby Village Hall, wide variety of Homemade Crafts on sale, plus a charity tombola. Tea, Coffee and cake will be for sale in our vintage tea room.

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## Council Tax frozen for third year

The ERYC council tax charge will be frozen for the third consecutive year (1st April 2012 - 31st March 2013) following decisions taken by elected members at a meeting of Full Council on 9th February.

Councillor Stephen Parnaby OBE, leader of the council, said: "I am very pleased that we have again been able to freeze our charge. This is the right thing to do and a recognition that council tax is a significant outlay, especially for pensioners and others on fixed incomes.

"I believe it is fairer for people to pay for any cost increases in services they use, which we have generally kept in line with inflation, rather than hitting everyone with a higher council tax bill."

Councils which choose to freeze council tax in 2012/13 are getting additional funding, which for the East Riding amounts to £3.6 million, but this funding is not available next year and the council has still had to find £2.2 million of additional savings to keep its charge at the current level.

The council also receives around £100 per person less funding than the average for similar authorities as a result of the government grant formula.

The council needs to make savings of approximately £43 million over the next three years 2012/13 to 2014/15 as a result of the Government funding reductions and increasing costs (for example caring for the increasing number of older people). The council's early action in planning for inevitable changes to public funding following the global financial crisis enabled £13.7 million to be placed in a fund to help cushion the impact of cuts over the next few years.

In addition, the council has implemented a business transformation programme to review the way services are delivered. To date, nearly £10 million of the target £14 million target savings have been identified through finding different ways of delivering services, better use of buildings and more effective procurement of goods and services.

For the current financial year 2011/12, the council is on target to achieve base budget savings of £9.4 million which is on top of savings of £9.5 million achieved the previous year. These are sustainable savings and not just one-off underspends.

Concillor Parnaby said: "It is a very challenging time for local government but I would stress that we are achieving reductions in a planned way.

"Unlike the situation in many other councils, our budget proposals do not involve the closure of any council facilities like libraries, leisure or day centres and the annual spending of £22 million with the voluntary and community sector will continue."

A very positive outcome of the budget is that the council will again be undertaking an extensive programme of work to improve the East Riding's infrastructure and facilities such as schools, housing and roads.

Now worth more than £600 million across all years since the council's inception in 1996, this investment in the capital programme is possible through successful bidding for funding and efficient use of the council's resources.

Among the schemes proceeding in the coming year, with the help of Government funding, are the A164 Beverley/Humber Bridge improvements and the Beverley southern relief road.

Councillor Parnaby said: "As well as bringing about major improvements, the investment supports many local contractors and jobs and is a big boost to the local economy."

**NOTE** - The 2012/13 council tax will be formally determined at the Council meeting on 22 February after the Humberside Police and Fired authorities have set their separate precepts. Town/parish council precepts are also added to the council tax.

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### Cottingham Emergency Plan

Who could forget that dreadful day in June 2007 when many parts of Cottingham were flooded and dozens of residents had their homes ruined by the flood waters. The memories of that day will be with all of us for a very long time.

It is the responsibility of the local councils to have Emergency Plans for such events and, in our area, the main responsibilities lie with the East Riding of Yorkshire Council.

However, each of the parish and town councils in the County also has a role to play, albeit a much smaller and more local responsibility.

Cottingham Parish Council has now set up a Working Group to prepare a plan for Cottingham to come into being in the event of any major emergencies, whether it be flooding, or major failures in the supply of electricity, gas or water or similar problems.

In the smaller villages of the East Riding the plans can be very local as, in many cases, the residents know virtually everyone. However, in the largest village in England, Cottingham, this just cannot be the case, so we are looking at how we can interact with the East Riding of Yorkshire Council's Emergency Plan without duplication.

Of course, the Emergency Services, (Police, Fire, Ambulance and Coastguard Services) have their own very specific roles and we would not wish to in any way interfere with these. So the first thing we have to identify is just what role the Parish Council can actually play.

The first step in this investigation is a meeting with the East Riding of Yorkshire Council Emergency Planning Officer and this is scheduled to take place during the first week in March. From this meeting we hope to move forward to prepare a local plan for Cottingham with information to our residents as probably the most important piece in the jigsaw. These could include who to contact if there is an emergency, what to do in the immediate aftermath of such an event and/or the provision of emergency shelter for anyone who is unable to continue to live in their homes.

There may well be a need for volunteers to help in putting any plan into action, either as passers-on of information or with specific roles. Over the coming weeks we will be considering all our options.

We will keep you informed of progress.

### Salt Bin Sites

As previously reported the Parish Council applied to ERYC for, and was successful in obtaining, a severe weather grant to allow the Parish Council to provide additional salt bins around the village for use by residents in the event of bad weather. The bins will be installed within the next few weeks at the following locations:

Epplsworth Road	junction with Dene Road
Hallgate	outside St Mary's Church
New Village Road	junction with St David's Close
Castle Green	outside shops
Kingtree Avenue	
Wanlass Drive	
Mill Beck Lane	snicket with Queen's Drive
The Parkway	Nr Southwood Garden Shop
Canada Drive	
Travis Road	junction with The Parkway
The Parkway	junction with Yeddingham Walk
The Parkway	junction with Ganton Avenue
Beechdale	

### Car Parking Charges for Cottingham

The Council is pleased to report that at the recent ERYC Council Meeting it was agreed that car parking charges would not be implemented in 2012. The Parish Council, along with others around the Haltemprice Area, continues to support the abolition of this policy as the introduction of car parking charges can only have a negative impact on the village.

### Cottingham Day 2012

The Cottingham Day Committee has met to kick off this year's event which will take place on Saturday 7 July 2012. Without your support this event could not take place – whether that takes the form of being on the Committee, helping on the day itself or just attending and enjoying yourself, the Parish Council thanks you. Obviously if you feel you could lend a hand on the day or be more involved in the organising itself please contact either Judith or Tina in the Parish Council office (details below).

### Free Buses – Asda & Tesco

A few residents have contacted the Parish Council Office for details of the free shopping buses run by Asda & Tesco. The details are as follows:-

#### Every Wednesday – Service AS3

Kingsway	9.20am
The Parkway	9.23am

Arrives Asda Bilton at 9.55am - Returns at 11.00am

#### Every Thursday – Service TE6

Castle Hill top	9.32am
Burton Road	9.35am
The Parkway	9.36am
Market Green	9.38am

Arrives Tesco, Hall Road at 9.55am  
Returns at 10.55am

The above details were correct at the time of going to print but please check with BusCall (222222) to confirm these times and dates.

### Graffiti and Criminal Damage

On the same theme - if you see anyone defacing property or causing damage please report it to Humberside Police on 101 (this is the new non emergency number, which replaces 0845 60 60 222) or by e-mail (with a photograph if possible) to [safe.communities@eastriding.gov.uk](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 those unpaid volunteers who carry out unofficial cleanups around the village!

### Contact Details

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

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





## Take on a 10k for Macmillan

**M**acmillan Cancer Support are calling for runners of all abilities in East Yorkshire to pull on their trainers and help to raise money for people affected by cancer in 2012.

Whether you have been running for years, or whether you have never taken part in a run before, Macmillan are looking for people to join their green team in the Run For All series and take part in the Hull 10k on 3rd June, the Leeds 10k on 8th July, or the York 10k on 5th August.

Sally Millington, Fundraising Manager for Macmillan in East Yorkshire explains, 'these 10k runs are such good fun and a perfect way to keep fit for the summer months. It's a good distance for all abilities. If it's your first ever run, it's a brilliant goal to work towards and a fantastic achievement. If you're training for a longer run it's a good way to try running with a large number of people and good to check your timings. If you've run before, it's a chance to try and beat your personal best! Of course it's also the Olympic year which can be a real inspiration, so this could be your own personal Olympic challenge'

'We hope that people will sign up to run with the Macmillan team, there's a real sense of camaraderie on the day. The support from the crowd is also fantastic and really helps to get you round the course and make it so much fun.'

Running for Macmillan will help to raise essential funds for people affected by cancer, as Sally says, 'By taking part in one of our runs, and raising as much sponsorship as you can, you will help us to be able to reach more of the people who need us and make a big difference to their lives.'

Cancer is the toughest fight most of us will ever face. If you or a loved one has been diagnosed, you need a team of people in your corner supporting you every step of the way. That's who we are.

We are the nurses and therapists helping you through treatment. The experts on the end of the phone. The advisers telling you which benefits you're entitled to. The volunteers giving you a hand with the everyday things. The campaigners improving cancer care. The community supporting you online, any time. The fundraisers who make it all possible.

When the time is right, you can do something to help. We can all be part of the team. We are Macmillan Cancer Support.

Every bit of sponsorship that you can raise really does make a difference,

**£100** could pay for a Macmillan Grant that buys fresh bedding for a person with cancer who is dealing with nausea, night sweats or incontinence because of their treatment.

**£191** could pay for a Macmillan nurse for a day, helping people living with cancer and their families receive essential medical, practical and emotional support.

**£400** could pay for an equipment grant for a Macmillan professional, enabling them to buy specialist equipment to make things easier for the people they look after. For example, they could buy a recliner chair or stair lift.

To find out more about any of the running events for Macmillan, please visit [www.macmillan.org.uk/running](http://www.macmillan.org.uk/running) or contact 020 7840 493.

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## For starters, how about a few numbers to conjure with....

**20,000** – the number of separate wireless frequency assignments estimated to be needed for the London Olympics (including cameras, microphones and security communications)

**500,000** – the number of headsets sold by HMV in December; one every 2 seconds!

**4 billion** – the number of YouTube clips played daily; according to owner Google.

**10 billion** – the likely number of mobile devices existing by 2016 – nearly 3 billion more than the estimated world population at that time!

**Tablets (like the iPad) are still the big sellers in the IT world, with PC sales reportedly down.** But then again, as brilliant as tablets are, they don't replace a PC or Laptop, most people will still want to be able to sit and type documents and do other office-type tasks.

**Barclays Bank has released a money transfer app** that at its launch attracted 20,000 applicants in the first two days. 'Pingit' is basically an easy way of transferring money between mobile phones. Once registered and security verification has taken place, one user can 'ping' up to £300 per day to another person's account via their mobile. You need to be a Barclays account holder at the moment, but the bank is planning on rolling this out to other financial institutions.

**Windows 8 'Consumer Preview'** Recent press releases point to a preview version of the new operating system being available for download by the time you read this. Microsoft seem very keen to get as much consumer input and feedback before the official launch of the new product in the Autumn. One thing we have all become used to over the last 17 years or so with Windows will apparently be missing however – the Start Button! It will be interesting to see how everyone cope without it...

**Mobile broadband is something I am often asked about.** So if you don't know your dingle from your dongle, this is the lowdown. A dongle is a small plastic USB device that looks a bit like a memory stick, and acts as an aerial. In other words, whereas most of us get our broadband service down the telephone line and through a router; with mobile broadband it is distributed over the mobile operators' networks and therefore your computer or laptop needs a means of picking up that signal. Generally in my experience, mobile signals are not of great

quality in this area, so mobile broadband will never be as fast or stable as a wired connection. But if you travel around a lot with your laptop or just take it away with you on holiday, then it is a good means of staying connected and of course the speed will be dependent on the area you are in at the time. Dongles are available on contract from about £10 per month or even on pay as you go.

### Questions and answers section:

**Q: My ESET anti virus is expiring soon, what can I do?**

A: Just phone us for the discounted renewal figure, and we can action it for you. You have up to 30 days from the expiry date to renew.

**Q: My computer tells me there are some Windows Updates to do, is this safe?**

A: Yes definitely, these will be security updates that Windows requires to stay secure. Just click to agree and let them install. It is quite normal also for your computer to take longer than normal to shut down and to flash a message saying 'do not power off your computer' while updates are being installed.

**Q: What is System Restore?**

A: This is a very useful utility built into Windows that takes a regular 'snapshot' of your computer's operating state and files it away. The idea being that if you ever run into trouble and Windows is not running as it should, you have the option of going into System Restore and telling it to go back to a previous restore point when you knew it was working properly. Just like going back in time! You'll find it under Accessories and System Tools on the Programs menu. Or just click Start and type system restore into the search bar.

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## Make money whilst the sun shines

In the January issue of the *Cottingham Times* we wrote about a warm home being a happy one. Now that we're approaching spring and summer, thoughts will be turning towards warmer weather and, hopefully, sunshine.

The sun is an incredible source of energy and can be tapped in many and various ways to provide electricity, light and heat and in this issue we want to talk about all three.

Solar photovoltaics (PV) for electricity generation has enjoyed a fast rise in popularity due to a rebate scheme that allows the owner to make money from the electricity it generates. Despite the government's recent reduction in the tariff, solar still makes financial sense. Currently the rate paid is 21p/kWh generated, so on a standard sized system of 2.5kW (approx 10-12 panels) you would expect the system to generate 2084kWh of electricity annually giving you an income of £437. In addition to this you can expect the system to save you approximately £135 annually on electricity you would otherwise have had to buy (using a typical price of 13p/kWh). A further £32/annum can be made on 'exported' electricity giving you a total 'saving' each year of £604 over 25 years. On a system costing £7000, this represents a return on investment of approximately 8% with a payback in year 11 and will most likely add value to your home when

you come to sell (although the system could be taken with you and installed on your new home).

Solar thermal converts the sun's energy into heat and is used primarily for the free production of hot water. Estimates show that a typical property owner will reduce their costs of hot water production by up to 70%. It will also be eligible for the forthcoming Renewable Heat Incentive due in later this year whereby the homeowner will receive an annual rebate similar to the solar PV scheme. Solar thermal is also cheaper to install than you might think.

And finally, do you have south-facing windows that let in a lot of sunlight which cause furniture, carpets and paintings to fade? We have the answer in the form of UV-protection window film which can be applied retrospectively and reduces the UV ingress by 99%. Although no rebates are available for this, it has been shown to significantly reduce glare and fading.

For further information on any of the above, feel free to contact our local Cottingham-based office on 01482 846005 or email us at: [info@purerenewables.co.uk](mailto:info@purerenewables.co.uk).



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## Wordsearch - Rivers

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

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

Find the words in the letters above:

Amazon, Arkansas, Colorado, Congo, Danube, Elbe, Euphrates, Ganges, Hudson, Indus, Jordan Limpopo, Loire, Mekong, Mississippi, Missouri, Murray, Nile, Orinoco, Rhine, Rio Grande, Seine, Shannon, Thames, Tiber, Tigris, Volga, Yangtze, Yukon, Zambezi.

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

## Sudoku No. 63 -

This is an easy challenge this month

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



# MARIONOWENTRAVEL

Haven't we had some awful weather? Fortunately, I missed a portion of it on our 'winter warmer' to Torquay; it really lived up to being the English Riviera! Ohhh...did we have a good time? Not only the weather, but our hotel, food and good company were first class. We enjoyed a fabulous break and free time in Gloucester on the way down & Cheltenham on our return - much nicer than motorway services! We are repeating this 15 April 2013, 5 days full board and a free bar! £295 per person and singles just £15 supplement.

I do not always have time to chat for long in the office - my pile of work is always so big, but when I am away with a tour (I escort every departure) it gives me a great opportunity to catch up with everyone; the conversation always seems to flow. Bringing home a happy crowd always prompts me to get on with developing new tours.

New this month you will see we have a tour to Lille; this is during the Braderie Market weekend and sounds a hoot! We will have plenty of space for all your bargains purchased too! The Isle of Man is also in the pipeline for 24 April 2013. Call me for more details.

Floriade is almost full so hurry. For flower lovers I have a new tour to Lahr in Germany's Black Forest for the Chrysanthema Festival, which departs 4th November 2012 for 5 days.

**Panda's** - who can resist these fabulous looking bears? We have lots of options for you to experience them for real! We can offer a 5 day China experience from just £995 - great for those of you who like short breaks. Or better value if you have more time - a 10 day tour in pursuit of Pandas from £1390. Alternatively, August 2013, we are visiting Edinburgh Zoo!

**China** is a fascinating place and if it is on your "to do" list, I can recommend our exclusive departure, which will take in the magnificent sites in 21 days. Departing 06 October 2013 at the special price of £2990, this includes all sight seeing, meals, your visa and travel from Hull to Manchester Airport. Call for full details - we have limited space.

**Alaska** in summer is a great destination for wildlife and scenery. Silversea cruises, which are top quality and all inclusive are also fabulous value e.g. 15 August, 1 night hotel, 7 night cruise from £2648. This includes your flights too, which are a saving around £1000! Plus \$500 cabin credit to spend on board. Please ask for other dates.

**Day's out with a group of friends** or creating your own tour? Give me a call; I will happily tailor anything you require. For example, we have a group visiting the Beamish Museum for the day shortly.

**Single travellers:** Due to demand I also have produced a dedicated leaflet; please call for a copy, which can be quickly emailed or posted out to you; it will be updated bi-monthly.

**Fred Olsen Cruise Lines** delayed their brochure launch; these are being distributed as you read - if you would like a copy hot off the press, please telephone or send an email to me at [info@marionowentravel.com](mailto:info@marionowentravel.com). Here is a taster of the new cruise itineraries for 2013. 13 January we have an escorted fly cruise for 11 nights taking in Cape Verde, Gambia & Sierra Leone - flying from Manchester to Tenerife.

17 July - Canary Islands cruise, 14 nights, sailing from Liverpool

14 August - Iberia & Mediterranean cruise, 12 nights, sailing from Liverpool

11 November - none flying Caribbean cruise for 32 nights on the Balmoral.

24 November - a really different cruise taking in St. Petersburg in the winter - 12 nights

**Northern Lights** viewing has been fabulous this spring. We have just launched two very special offers for later in the year—hurry, these will fill quickly.

08 November a 12 day coastal voyage cruise, full board from £1299 per person

08 December a 5 day cruise, half board at £1095 - both options flying from Manchester.

Canada is a little farther to travel but we have some super ideas for you, e.g. 9 days from £1299, allowing you time in Fort McMurray at the Aurora viewing site along with Banff, Lake Louise, the spectacular Ice Fields Parkway and Jasper in the Rockies as well as the opportunity to shop till you drop in Edmonton before returning home! Various dates from late September through till March 2013.

I hope you have enjoyed my jottings, why not keep up to date with daily snippets from me on the following links: **Twitter** <https://twitter.com/#!/MarionOwenTCC>

**Facebook** <http://www.facebook.com/pages/MarionOwenTravel/317971871551151>

We look forward to sending you on your travels or even joining me on one of our own tours. We have destinations and prices to suit everyone and book all tour operators.

Myself, Lynne, Kayleigh & Sarah look forward to being of service. Please call for more information and to book your next escape.....

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Staying in the heart of the forest in Lyndhurst. Singles £375

**02 May: Isle of Wight 7 days** half board £440

A leisurely holiday for the discerning 1 night pre/post 4 nights on the Island. Includes sightseeing or choose to just relax.

**11 May: Titanic, Giants Causeway & Bushmills**

4 days full board + free bar 6pm - 9pm £315 singles £355

**27 May: Gardens Cruise & Tour - Eden Project**

1 night DBB in Exeter & a 4 night cruise aboard the Arion sailing to Scillies, Honfleur Oostend to Hull from £499pp

**07 June: Garonne River Cruise 12 days** £1445

Please ask for details this is now on request.

**16 June: BBC Gardeners World** day out £49

**28 June: Normandy's D Day Beaches 7 days** £475

includes visits to many famous sites 2 nights North Sea Ferries & 4 nights B&B at the Novotel in Bayeux

**20 July: Thoresby Hall 4 day weekend** £259

Half board, entertainment inc. Tribute to Simply Red

**30 August: Lille - via Dover Calais 5 days** £384

Celebrate 62 miles of market stalls in a carnival atmosphere.

**09 September: World War 1 - 6 days** - £389

An opportunity to see many of the important historical sites

**16 September: Floriade 4 days** £295 almost full

Includes a 2 day ticket & 1 night half board in Venlo!

**12 October: Blackpool Lights weekend** £169

3 days dinner B&B and sightseeing - Swallow Hotel Preston.

**19 October: Ypres, Antwerp & Beer Festival**

Weekend tour 3 nights £169 a great little weekend break

**23 October: Top Hat & London 2 days** £125

Dress circle tickets for this fabulous show of music & dance

**27 October: Orient Express full day** £345

Edinburgh Explorer brunch out and dinner on the return.

**29 October: Oban 5 days** half board £229

Many special extras. Excursions to Inveraray & via Glen Coe to Fort William. Limited single rooms price £265

**04 November: Chrysanthema 5 days** £325

2 nights North Sea Ferries 3 nights half board in the Black Forest: Time to enjoy the Chrysanthemums and more.

**16 November: Thursford 3 days** £215

All dates

**23 November: Thursford 2 days** £145

almost full.

**8 December: Thursford 2 days** £145

Links Country Park Hotel includes: dinner B&B, late night tea & mince pies after show. Limited singles plus £10 per night

**25 November Manchester 2 days** £79

Enjoy the Christmas Markets & Glasshoughton 1 night DB&B

**30 November: Cologne Christmas Market** £159

Friday - Monday our hotel is in the centre of Cologne B&B

**14 December: Andre Rieu in concert** £89

**07 March 2013 - Kerela, 10 days India** £1995

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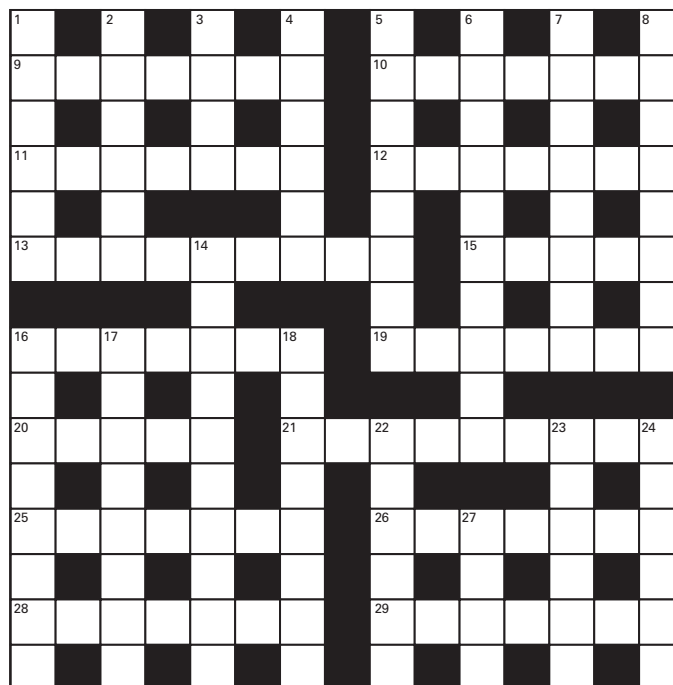
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## Crossword - Solution on page 46



### Across

9. Fortified wine (7)
10. Boorish (7)
11. Collective farm (7)
12. Commit (7)
13. Card game (9)
15. Fifty-eight in Roman numerals (5)
16. Photographic equipment (7)
19. Not the sixth (7)
20. Form of Japanese poetry (5)
21. Never stopping (9)
25. Hotel employee (7)
26. Having passed (7)
28. Found in mouths (7)
29. Easing of tensions between nations (7)

### Down

1. Cigarettes (slang) (6)
2. Pertaining to a clan or family (6)
3. Hawaiian island (4)
4. Japanese cheer (6)
5. Night-time footwear (8)
6. European country (10)
7. Relating to Sicily (8)
8. Nagging (8)
14. From first to last (10)
16. Lives together (8)
17. Not on an island (8)
18. Person who is habitually sullen (8)
22. Religious doctrines (6)
23. Crazy (6)
24. Contraptions (6)
27. Fifth book of the New Testament (4)

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

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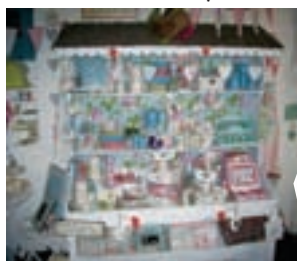


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# In the Kitchen



This month's recipes are all from the Cottingham Croxby Primary School's "All Star Recipe Book". This is just a small sample of some of the recipes donated by celebrities which appear in the book. The recipe book is available from Dolly's Larder, King Street, Cottingham, The Purple Cow, Hallgate Cottingham and also available from the school.

## Sir Tom Courtenay's Italian Peppers

### Ingredients

2 red peppers  
3 or 4 tomatoes, quartered Basil leaves  
2 cloves garlic, thinly sliced (if liked) 2 anchovy fillets finely chopped Olive oil

### Directions

Half the peppers, scoop out the seeds, and place flat on a baking tray. Fill each half with the quartered tomatoes, sliced garlic and chopped anchovy.

Drizzle about a dessertspoonful of olive oil over each filled pepper.

Roast in a pre-heated oven at 200C for 45/55 mins.

Scatter with torn Basil leaves

Good Hot or Cold

**Our thanks to...Sir Tom Courtenay**

**Thanks to Olivia**

## Fern Britton - The Cottingham Croxby Wrap

Serves 4

### Ingredients

School grown lettuce, Tomatoes, Cucumber etc. (gx your own)!  
1 doz crispy grilled bacon rashers  
Hellman's mayonnaise  
4 large wraps (Tortillas, soft)

### Instructions

Spread mayo to taste, all over wrap  
Fill wrap with crispy lettuce and slices of tomatoes and cucumber etc.  
Add bacon  
Wrap Wrap! And Eat!

Our thanks to...Fern Britton

**Thanks to Tumi!**

## Burnsy's Morning Show

### Easy Vegetable Stir Fry

This is healthy, cheap and if you're a rubbish cook like me, easy to do!

It's healthier still if you pop out of the house and walk to the local supermarket and get

### Ingredients

1 packet of egg or rice noodles  
1 packet of mixed stir fry vegetables - get one with bean sprouts in it for extra authenticity  
1 packet of oriental stir fry sauce. Sweet and Sour is my favourite  
A splash of oil for frying  
A dash of soy sauce

### Equipment

A Wok or frying pan. A spoon or spatula for frying.

### Instructions

Heat the oil in the pan to a high heat

16 March 2012 - www.cottinghamtimes.co.uk



Put in the vegetables. Stir and fry for 2 - 3 mins depending how crispy you want them.

Add in the egg or rice noodles. My favourite are the egg variety. Fry for 2 mins.

Keep stirring.

After 1 min add a dash of soy sauce to taste.

Finally add the stir in sauce and cook for 2 mins until heated through.

Put into a bowl or onto a plate and serve. Try eating with chopsticks.

**Our thanks to...Burnsy**

Morning Show presenter (and Hull City reporter)

BBC Radio Humberside

## Dolly's Troot Risotto

Serves 4 Prep 15 minutes

Cook 1 hr. 5 minutes

### Vegetarian

### Ingredients

500g fresh beetroot  
knob of butter  
2 tbsp. olive oil  
1 finely chopped onion  
1 finely chopped garlic clove  
250g risotto rice  
150ml white wine  
700ml hot vegetable stock  
handful grated Parmesan  
4 tbsp. creme fraise  
handful chopped dill

### Instructions

Heat oven to 180C fan/gas mark 4.

Peel and trim the beetroots and cut into large wedges. Place on a large sheet of foil in a baking tray.

Toss with 1 tbsp. olive oil, season, then cook in the oven for 1 hour until soft.

Whilst the 'troot' is roasting, heat the remaining olive oil with the butter in an ovenproof pot with a lid.

Add the onion and garlic and cook for 3-5 minutes until pale.

Stir in the rice until well coated with the butter and oil.

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Pour in the white wine and let the mixture bubble for 5 minutes. Stir well, then pour over the stock. Stir again, cover and place in the oven.  
Cook for 15 minutes until the rice is soft.  
Remove the 'trout' from the oven.  
Puree a quarter of the 'trout' and chop the remainder into small pieces. Stir in most of the Parmesan, the beetroot puree and chopped beetroot through the risotto, until wonderfully pink in colour and rich and thick in consistency. Serve with a dollop of creme fraise and a sprinkle of both dill and the remaining Parmesan.

Enjoy....

***Our thanks to...Phil & Robyn Mountain Wade At Dolly's Country Larder, Cottingham***

### **Darren Holmes, Purple Cow**

Goosey Chocolate Pudding

#### *Ingredients*

100g unsalted butter, plus a little extra to grease  
100g caster sugar  
100g plain chocolate which must be at least 70% cocoa solids  
2 large eggs  
20g plain flour

#### *Instructions*

Preheat the oven to 200°C. Grease 4 ramekins with that extra bit of butter.  
Break the chocolate into small chunks and melt with the butter in a heatproof bowl over a pan of hot water but make sure the bottom of the bowl doesn't touch the hot water.  
Remove the bowl from the pan and leave to cool for 5 minutes.  
In another bowl whisk the eggs, caster sugar and flour together until smooth. Gently fold in the chocolate mixture and pour into the ramekins.  
Put the dishes on a baking tray and bake in the oven for about 12-15



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minutes are set on the outside but they should still be a bit runny in the middle.

Turn the puddings out and serve straight away maybe with a bit of vanilla ice cream

Our thanks to...Darren Holmes, Purple Cow, Cottingham

### **Mrs Shaw's Mum's and Grandma's Currant Bread**

This is an old and simple recipe used and enjoyed by my whole family.

#### *Ingredients*

4 oz. margarine  
12 oz. fruit (this is usually currants, but you can include raisins or peel)  
4 oz. sugar  
Cup water  
8 oz. self raising flour  
1 beaten egg

#### *Instructions*

Simmer margarine, fruit, sugar and water in a pan for 20 minutes, until mixture is well blended.

Allow to cool.

Slowly stir in flour and egg.

Line a small loaf tin with greaseproof paper, pour in mixture.

Bake at Gas 1-2 for 1/2 hours.

Test by inserting a metal skewer into the bread, the skewer should be fairly dry to the touch when removed from the bread.

When cool, spread with butter, enjoy with cheese if desired.

Our thanks to...Mrs Shaw's Mum and Grandma.

### **Alan Titchmarsh's Citrus Kebabs**

#### *Ingredients*

4 chicken breasts fresh mint sprigs, to garnish orange, lemon or lime slices, to garnish  
For the marinade  
finely grated rind and juice of 1/2 orange and lemon or lime  
2 tablespoons of olive oil  
2 tablespoons clear honey  
2 tablespoons chopped fresh mint  
1/4 teaspoon ground cumin  
salt and freshly ground black pepper

#### *Instructions*

Cut the chicken into 1 inch cubes

Mix the marinade together in a large mixing bowl, add the chicken, cover with cling film. Allow to marinade for at least 2 hours overnight in the fridge.

Thread the chicken onto metal skewers and cook on a medium grill for 10 minutes, turning frequently. Garnish with mint and citrus slices.

***Our thanks to... Alan Titchmarsh  
Thanks to Oliver and Katie!***

## Cottingham Croxby Primary School publishes an “All Star Recipe Book”

Cottingham Croxby Primary School have recently published an “All Star Recipe Book” with recipes donated by celebrities from Stage, Screen and Television and local restaurants.

Recipes were sent in by David Cameron, MP David Davis, Sir. Tom Courtenay, Nigella Lawson, Rick Stein, Anthony Worrall Thompson, Alan Titchmarsh, Julia Bradbury, Delia Smith, Burns from Radio Humberside, Harry Hill, and the Tiger’s Darren Robert to mention but a few.

The idea for the recipe book came from two of the teachers, Julie Bushell and Sue Shaw, who help run the school’s gardening club. They talked to the children who were soon writing to various celebrities as part of their literacy classes asking for their favourite recipe. Each letter written by the children was accompanied by a covering letter explaining what was required. Very soon they many replies and a total 63 recipes were received.

The proceeds from the sale of the recipe book are to allow the school to purchase a Polytunnel for the school garden which was created eight years ago and now produces a variety of fruit and vegetables, with school-grown potatoes, onions and salad leaves.

The school has already built a greenhouse out of 1,500 plastic bottles and the polytunnel will allow the children to produce more fresh produce.

The launch of the recipe book in February held in the school hall with many of the delicious recipes there for the tasting was enjoyed by children, teachers and parents alike. Over £400 was raised during this event.

The recipe books are for sale £4.50 and are available from the school in Bricknell Avenue, The Purple Cow in Hallgate, Cottingham and at Dolly’s Larder in King Street.

For further information regarding the recipe book, please contact the school reception on 01482 846171.

The recipe book was printed by IT@Spectrum who enjoy a close working relationship with many of the regions Schools by helping them to manage, archive and print their documents. As well their business relationship they were approached to support deserving projects and pupil awards; so they were delighted to be of assistance when Croxby Primary School asked them to assist in the production of their recipe book. The pupils at Croxby Primary School have clearly worked hard, to get so many celebrities to contribute, and they wanted to do one of the things they do best in ensuring that the finished article was professionally presented in a high quality colour booklet for them.





## Free Legal Advice Clinics

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

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

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

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

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

**Contact Jayne Andrews on 01482 325242 now to book your FREE Options™ appointment at our Cottingham Legal Clinic.**

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Wednesday 14 March 2012

Wednesday 18 April 2012

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How lucky and fortunate am I because I can honestly say I enjoy my job. It's not only very different, varied and sometimes very demanding but with having a passion for animals and an ability to 'chat' (something all women have, I can hear you agree), then what better job than a Veterinary Receptionist? It's with this ability to 'chat' to clients, we are often asked on numerous occasions, "I can imagine you see some strange things in here". So with this in mind it was what prompted me to write this next article.

It is always lovely to mention our little friend Mac, a gorgeous West Highland Terrier who is adamant not pass our door until he has popped in for his regular treat (which can prove to be difficult when we are closed on a Sunday). On one most recent occasion, it wasn't Mac's owner taking him for a walk. How did we know? From the many words of encouragement coming from outside the surgery, to make him move by our entrance.

Funnily enough, the next incident involved another Westie. He was rushed into the surgery by his owner who noticed he couldn't open his jaws and wondered if he had suffered some sort of trauma to the mouth. After a thorough examination by our resident vet, Jo Black, it was discovered this little chap waits eagerly for the post each morning to then attack each envelope as it hits the mat. The glue on the envelopes had softened and stuck the teeth together. After gentle easing by Jo and very calm cooperation from our little friend he was soon released much to relief of his owner, and went quite happily on his way. Imagine



to our surprise, only a week later, there in the waiting room stood a little Westie with her mouth glued tightly shut and we were even more surprised to learn this was a totally different dog. Luckily it was Jo on duty and soon realised what to do straight away and our little friend was soon released from her silence.

Now, you would think having a cat's nails clipped would be a simple task and normally it is..... until you meet Sophie. She is one of the most beautiful rescued cats I have ever seen. With white long hair and very affectionate, she likes no more than to sit on your lap and be constantly stroked. That is until she comes into the surgery!!! It is usually a nurse appointment but knowing what a struggle it can be, her owner booked in for a vet and yes.....it was Jo. So Sophie came in for her manicure and went quietly into the consultation room. Then it happened! It wasn't only the commotion coming from inside the room that said it all but also the sight of a bloody scratched hand..... Jo had finally met Sophie!! They have met once or twice since, but now we are prepared. With the agreement of the owner, we give her a small sedation before we attempt to do any clipping. It is so strange to see the most placid and affectionate of cats, suddenly turn into a monster at the sight of a pair of clippers. Why am I allowed to call her a monster? Because my mum is the owner!!!

One of our more recent new members of staff is Jess, a qualified vet. Moving to Hull from Aberdeen she thought adopting a kitten would be company and was immediately attracted to Annie, a black and white kitten who came into our Park Street surgery. Over the weeks they formed a bond then Jess booked her in at the Cottingham surgery to be spayed by Jo. All went well until Jo noticed something strange happening so with Jess's permission, what was supposed to be a routine spay turned into something else. After performing the 'spay', Jo turned her attention to Annie's stomach.

Imagine to her amazement, when on investigation, she produced half a ballpoint pen from inside. This had obviously happened before Jess adopted Annie but more strange, how can a little kitten swallow such a long object. The only things Jess noticed about Annie's behavior before the surgery, was that she hadn't had a fantastic appetite and also didn't like jumping across furniture as most cats do. This has all now changed and a new energetic, always hungry Annie has emerged with no 'ill effects'. AMAZING!

Finally.....I cannot finish before mentioning the progress of Teal. It has made a wonderful change knowing because Teal hasn't got up to any of her 'antics' this month, BUT to my delight her weight is slowly going down! So far she has lost another 1kg so that makes a total loss so far of 4 kgs since Christmas. We only have another 5kgs to go. As for myself..... keep watching his space!

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## Feel the Warmth

**A**n East Riding charity has launched an urgent campaign to help older people to stay warm in the bitter cold weather, and combat the effects of rocketing heating bills.

The Feel the Warmth project launched by Age UK East Riding aims to help people aged over the age of 50 across the county who are suffering fuel poverty.

Recent rises in fuel costs have left many older people, who are often on low incomes, facing a choice between keeping warm and eating proper meals.

The charity has received grant funding from the Two Ridings Community Foundation to provide a practical support package for people who are most at risk.

The campaign will include free confidential information and advice on issues including fuel options, understanding fuel bills, methods of payment, benefits advice and information about crisis loans.

The charity is also working in partnership with East Riding of Yorkshire's Health Through Warmth scheme and refers clients with health-related issues for assistance with replacement heating systems, loft and cavity wall insulation.

To help support them during the referral process, the charity will provide a free Feel the Warmth pack. The packs will contain a blanket, hat and scarf, vacuum flask and packet soups as well as support and advice to help them keep warm.

Figures from National Energy Action show that 19.3 per cent of households in the East Riding are living in fuel poverty, in which fuel bills account for more than 10 per cent of household income.

Many elderly people are particularly at risk, among them pensioners in rural areas of the East Riding, who may be socially isolated, without ready access to information.

Liz Pullen, Information and Advice Co-ordinator for Age UK East Riding, said fuel poverty is a major threat to older people in the area, and the charity is currently receiving many enquiries from clients who are struggling to cope.

"We have clients, often long-term sick and on low incomes, seeking help with fuel or replacement costs, following breakdown of existing heating systems," she said.

"We have even had cases of individuals living without heating or hot water for two, even four years before making contact with Age UK East Riding."

Staff and volunteers from the charity are launching an intensive six-week campaign to raise awareness of the help which is available, working with older people's organisations and groups and partnership agencies.

For more information about the campaign, please ring Age UK East Riding on 01482 869181, or email [info@ageuk-eastriding.org.uk](mailto:info@ageuk-eastriding.org.uk).

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## A local charity is calling on all high-flying business people to take on a Skydive Challenge

**H**ERIB is appealing for local companies to take to the skies on Saturday 28th July 2012 at special skydive day being held at Hibaldstow Airfield in North Lincolnshire.

Angela Gregory, fundraiser for HERIB said: "Doing a skydive is an amazing once in a lifetime experience, after which you feel a massive sense of achievement – an achievement that feels all the greater in the knowledge you are helping a good cause."

"For companies, taking part in one of our skydive days is a great way to bring staff together in a unique team building opportunity, to fulfil your corporate social responsibility aims, and it also gives you something amazing to tell people about!"

Imagine..... You are standing at the edge of an open doorway in an aircraft flying at 15,000 feet - the noise of the engines and the wind ringing in your ears with only the outline of distant fields below.

Now lean forward out of that doorway and let go! - falling forward into the clouds, diving down through the air as you start freefalling at over 120mph!

Imagine the peace and quiet as the canopy opens, the steering toggles come down either side of you and you begin a tranquil parachute descent from a mile up in the air, steering yourself back down to the centre of the drop zone below.

You can do this for FREE whilst harnessed to a professional freefall parachute instructor and at the same time being able to help a worthwhile charity!

For more information and to request an information pack, contact HERIB on 01482 342 297 or by email at [mail@herib.co.uk](mailto:mail@herib.co.uk).

For more information about HERIB and its services please visit [www.herib.co.uk](http://www.herib.co.uk).

**Mothers Day**  
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## "The Tooth and Nothing but The Tooth"

by

**Chris 'Dr. Smile Maker'  
Branfield**

### Teeth in a Day - The Eat Steak Challenge

**H**ello there, I hope that you are fit and well. Well, we didn't get away with it did we? We got some snow and ice. Compared to last year it was almost nothing though. As I write it is almost half term. This year our half term in the East Riding is a week later than the rest of the country. The advantage of this is that Center Parcs is a load cheaper. I think that half of Beverley is going!

#### What On Earth Is This Eat Steak Challenge?

First of all let me apologise if you are vegetarian it is just that eating steak seems to illustrate things nicely. Imagine a situation where you have lost your back teeth and your upper remaining six teeth are a bit loose and you are struggling to eat anything never mind a steak. Your upper teeth don't look right because they have splayed out a bit and your confidence is at an all time low.

Now this is a situation that I see quite a bit. Wouldn't it be great if we could remove the remaining, failing upper teeth and then place a

fixed in, teeth replacement all in one day so that you could go home and eat you tea without any bother? Guess what? We can. We can do it with both upper and lower teeth. From struggling to eat without a blender to chewing on steak with no denture.

#### Here Is A Great Story For You

I saw a lovely lady who was struggling with a situation like the one above. To make things worse she was really upset, bless her, and very nervous of dentists. She could not tolerate a denture so that was a no-no. So what did we do?

We got things healthy before making a denture. Now you are thinking, hang on a bit you said that she couldn't tolerate a denture. I know, I know. Here is the really good bit. At 9 o'clock in a morning we gently removed the remaining upper teeth (all pain free) and then placed a few dental implants straight away. My dental technician came to us at the practice to work his magic by converting the denture into a bridge with no plate that could be fixed to the dental implants.

At 2 o'clock in the afternoon the bridge was fitted and it looked great. I was chuffed to bits, as too was my patient who had been on quite a journey and was quite overwhelmed. Hugs all round!

#### Let The Steak Chewing Commence And More Hugs

So there you go from a struggle to eating what you want. The improvement in confidence and quality of life is immense, absolutely massive. After about three months we made a more definitive bridge and made a few tweaks here and there. The original same day bridge can now act as a spare wheel if, God forbid, anything should happen to this new one. Both my nurse and I got another big hug and the words "you don't know how much you have changed my life" will be with me forever. It is at times like these that I feel privileged to do what I do. Dental implants are just one option but as you can see can have a massive impact on quality of life.



#### The Dental Mavericks Have Done It

We have only gone and been granted full charity status and have been registered as such. I am proud to be a Trustee and will continue with the team to go on our third trip to Morocco to help people without dental health care provision. At a recent fund-raiser I met Andy Jong who is Chief Executive Officer of Dentaaid. Dentaaid is a charity that helps dental charities in their endeavours at home and abroad. Dentaaid made the field chairs that we took last time and are working on a new prototype chair for us this year.

*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 19 years and has a special interest in life changing dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk)

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## HELP!

**H**ELP - The Cottingham Darby & Joan Lunch Club is in desperate need of someone to help with the cooking of lunch every Friday from 9 am to 12 noon on the Club premises in Finkle Street, Cottingham.

This is a paid position. Please ring Mrs. Hodge at any time on 849077 or at the Club on 845819 on a Friday.

## Reduced price swimming - 60 plus swim for health

**B**everley Leisure Complex offers discounted swimming sessions for the over 60s. These take place Monday to Friday 2 - 4pm term time and 10 am - 12 noon during school holidays. The cost per swim is only £2.40 per session.

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Exercise programmes, particularly strength training, have been shown to be highly effective in reducing the subsequent incidence of falls in older people.

Coby Kemp, senior assistant facility manager, said: "Swimming is a great activity for people of any age to have fun, improve their health and to meet socially. We hope that our 60+ customers will take advantage of this offer and take time out to enjoy a relaxing swim."

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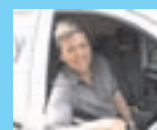
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Here is Paul's latest walk in his series of monthly rambles. This month his destination is South Cave. The map is for a guide only, please use an Ordnance Survey Map or similar if possible when walking.

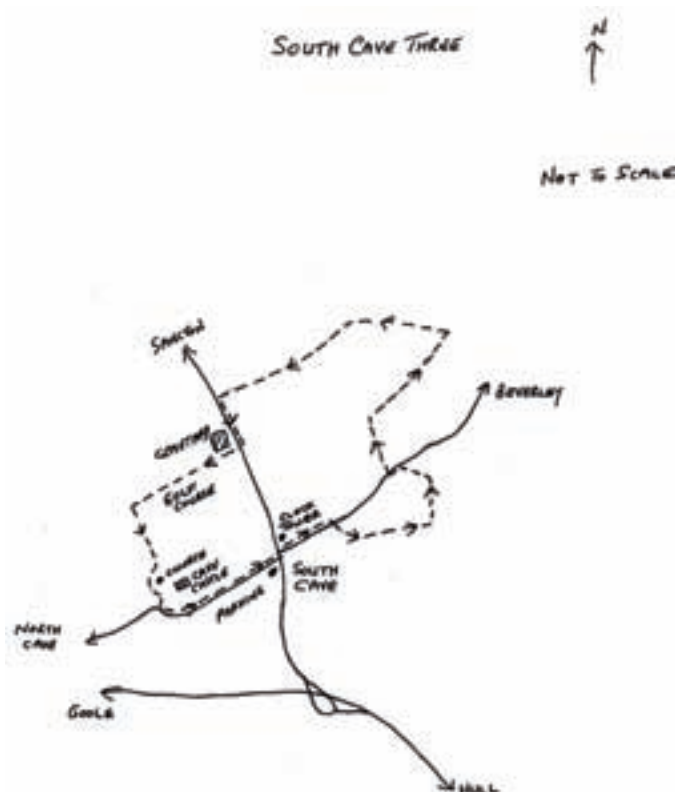
Map :- EXPLORER 293

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

Distance 4.5 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 left and follow the road down hill to meet the Beverley road again. Turn left and after a short distance, cross the road and follow the Wolds Way sign passing a bungalow on the left. Cross a foot bridge and continue walking up hill to reach a track at right angles, here turn right and continue walking up hill through the belt of trees.

On reaching another track at right angles, turn left and follow a wide track passing the quarry on the left. This eventually becomes a surfaced road and meets the South Cave to Sancton road. Cross this road and turn left and after passing the cemetery, pass through a kissing gate on the right. Follow a distinct path which eventually leads onto the Golf Course. Cross the golf course along a line of trees to reach a stone track. Turn left and follow this track which becomes grassy.

On approaching a large building on the left, cross a stony track and continue on a grass path passing through a kissing gate leading into a small paddock. Continue in the same direction and locate a kissing gate on the left. Pass through this and immediately turn right and walk down the surfaced road leading into South Cave.

Pass the Church and the entrance to Cave Castle Hotel on the left and on reaching the main road turn left and walk back to the centre of South Cave.



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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.

## 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.

## 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.

Divide hostas before they come into leaf.

Divide hellebores and polyanthus-type primulas after flowering.

## 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



## 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.







Perennials that are showing new shoots from the crown can be propagated via basal stem cuttings. Shoots 7.5-10cm (3-4in) high are cut from the parent plant with a sharp knife. Sometimes a piece of root can be taken with the cutting (which speeds establishment), but stems can be cut without root, and then dipped in hormone rooting powder before striking into growing medium, as for softwood cuttings.

#### 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 March, 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.

It is best to get supports in early, so that the plants grow up through them, covering them discreetly. Adding rigid supports afterwards usually looks unattractive and results in bunched stems lacking sufficient ventilation. Criss-crossing strings from hidden or decorative posts work well, allowing stems to grow up in the gaps between strings.

In mild areas, you should remove winter coverings of fleece, straw, polythene etc, to prevent new shoots being damaged. In cold areas, you are best waiting until the risk of frost has passed.

#### Planning ahead

You may wish to get your sweet pea wigwam growing supports ready. In mild areas, you can transplant young plants to the feet of the wigwam, using a light twine to tie them in.

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## Your Stars for March 2012 - By Kay Gower

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

You are probably itching to get something accomplished but it might not be as easy as it seems. Though people are saying yes to your face, they are thinking no. Eventually you'll make some important changes. Just don't expect them to happen this month.

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

An exercise improves your life so start a new regime. In the next five weeks, a special relationship thrives. Late March early April you will focus on balancing work and pleasure. You'll find more effective ways of supporting your hobbies and leisure time.

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

This month you will be inspired to try to do what you never thought you could do. It will take time and practice to succeed in this endeavour, and eventually you will. But not this month. Don't worry about the mistakes you make. A joyful life is filled with mistakes. There is no thrill in living without risk.

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

You have always been sensitive to the feelings of others and you take care to make them feel comfortable around you. When someone new enters your realm, you'll immediately initiate a connection. Through your example, you'll teach good manners to an ill-mannered world.

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

You'll rehearse certain things that others wouldn't take the time to practice. That's because you see the value in the way you present yourself.

In the past, you've said "yes" when you wanted to say "no." You've since learned your lesson. You will get the chance to prove it this month as you make the choice that's right for you.

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

With most people you meet for the first time, you're able to decide whether you like them or not in about 5 seconds flat. In March you'll meet someone who deserves a much longer deliberation process.

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

Simplicity is an ideal that is usually much more difficult to attain than it looks. Your ability to sense what matters and stay on track will be in high demand this month. You'll make other people's lives easier.

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

As the sign of transformation, you have a certain natural grace when it comes to making changes. The plan for March will be to concentrate on who you are becoming and let go of the rest.

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

You have an idea for increasing your income. However, it will cost time, energy and money to get it off the ground. Are you willing to compromise your relationships to make it work? Mull this over for a while longer.

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

Worldly success means nothing to you unless you have personal success with the people you love. You'll move on from outworn duties this month and take on new responsibilities. Late March and early April shows increased social power. A dietary change ushers in excellent health

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

You know how to tell the truth in a way that is fair and constructive for all involved. Your honesty earns you a place of respect in the hearts, minds and actions of your peers..

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

You deeply appreciate the small joys that loved ones bring to your life, and this month you will be favoured with a gigantic stroke of luck — a birthday present from the universe. March brings a remarkable and unexpected turn of events.



## Anyone need a place in the BUPA Great North Run?

**W**hy the sad face? Just found out that you didn't get a ballot place in this year's BUPA Great North Run? Well here is something to make you smile.

It is not too late for you to join the Hearing Dogs team giving you the chance to not only take part in the world's biggest half marathon but to change the lives of deaf people at the same time.

Hearing Dogs for Deaf People have a number of Gold Bond places available for BUPA Great North Run on Sunday 16 September 2012 from Newcastle to South Shields.

We would love you to run for Hearing Dogs for Deaf People and all we ask for in return for your place is for you to raise a minimum of £300 in sponsorship.

With no government funding, we rely on people like you raising funds on our behalf. Every penny you raise in sponsorship will help us to give deaf people the confidence to leave behind the isolation the deafness can bring.

This year Hearing Dogs for Deaf People are celebrating 30 years of excellence in training dogs to alert deaf people to specific household sounds and danger signals such as the doorbell, telephone or smoke alarm in the home, workplace or in public buildings. There are 750 hearing dogs currently in operation across the UK bringing independence, confidence and companionship to deaf people.

Lucy Nalton, Community Fundraising Manager for Hearing Dogs says: "Our Gold Bond Places are filled on a first come first served basis so if you would like to join the Hearing Dogs team please get in touch as soon as possible"

Once you have signed up Hearing Dogs will support you every step of the way. From fundraising and training advice to the chance to visit our training centre in Bielby East Yorkshire to meet some of our hearing dogs in training and a post race reception at the Charity Village with refreshments and sports massage.

To secure your place in the BUPA Great North Run 2012 please contact Lucy Nalton on 01759 322255 or [lucy.nalton@hearingdogs.org.uk](mailto:lucy.nalton@hearingdogs.org.uk).

### Below: Answer to Sudoku problem No. 62 from the February issue.

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

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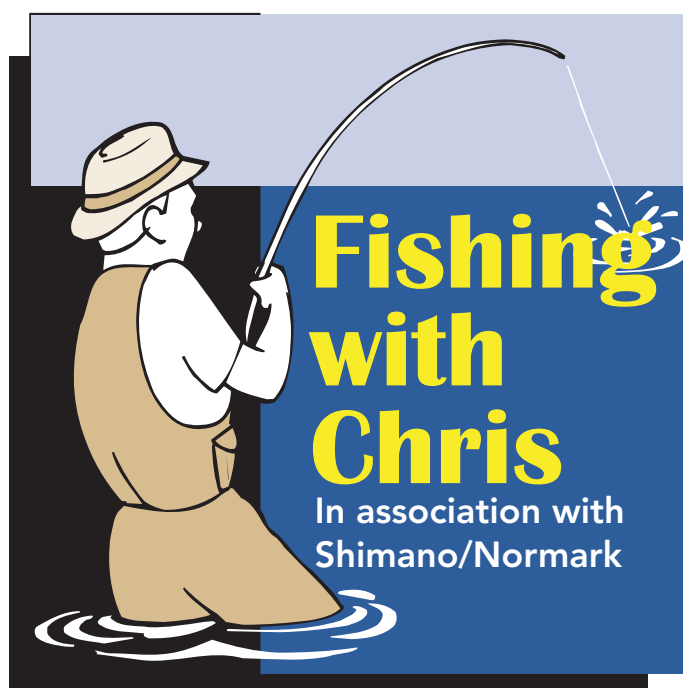
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**Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing**

**H**ello and welcome again fellow anglers to this month fishing news. The date is 10th February, and as I sit here writing this it is still white with snow outside, but the Catchmoore Crew cannot wait until another of our Sunday matches this week. We are going to Sam Hosticks this week, on Island Pond. It is fishable as Sam has been keeping the ice at bay with his pump. If you are like myself, and enjoy fishing through the winter season you have to put that extra effort in to find venues which are not frozen.

Hopefully by the time you come to read this article the snow will have dissipated and we will have lots of nice days ahead to look forward too. Don't forget this month the clocks go forward bringing lighter nights again, finally!

I would like to put forward some reminders on what you should be doing in the next couple of weeks. First of all for all those which have not had their gear out for a while, now is the time to get it out and check it over. Check your elastics in your top kits, make sure your reels are working efficiently, especially the drag on your reel, is it in full working order? Plus, is it about time to change the line on your reel? How are

your hooks? Rusty? If so discard them.

It is a good idea to do these things now, rather than everything going wrong whilst you are on the bank. Go and have a look in your sheds and check your nets and bags etc, just in case our little furry friends have been living among them all winter. The little s\*ds have just eaten my spare boot liners; don't laugh yet unless you have checked yours! Finally 'please do not forget your rod licence is due on the 1st April'. Now that you have completed all your checks, we hope you all have a great new fishing season this year. Please, if you do have any questions you would like answering, just pop in to the shop, and if I can help I will with pleasure.

Thank you to all of you that have kept me informed about how our coast, the Humber, rivers and still waters have been fishing. Please keep this up so I can share this with all of you.

For all you pole anglers out there, have you got enough rigs made to last you the new season. If your reply is no, here are a couple of tips for you, to help make life a bit easier. Firstly slide the required float onto your chosen main line; about 2ft (60cm), then attach the required silicone sleeves. Now it is time to attach the shot, but before you do this tie your loop for your 'loop to loop' for your hook length.

This enables you to now place your bulk shot near the loop, avoiding having to move your bulk shot later. I always undo shot just a little to enable fine tuning whilst on the bank. As the float is only 2ft (60cm) up the line it is easy to swing in and out if you have made your rig about 10ft to start with. Another good tip is to always make two rigs exactly the same, and then if you get snapped off, you can carry on fishing with confidence with an identical rig.

Below is a rough shotting guide for you, we do have this shotting guide on the reverse of our business cards which you can pick up in store:

Float Marking	Shotting Pattern	Float in Grams
4x10 2	no8	0.14
4x12	3no8+2no11	0.26
4x14	5no8+2no10	0.40
4x16	7no8+2no12	0.50
4x18	9no12+2no10	0.68
4x20	17no8+3no10	1.24
5x20	20no8+6no9	1.55

If you do not have time to pop into the shop you can visit our website at [www.catchmoorefishing.co.uk](http://www.catchmoorefishing.co.uk), we still have some great offers online.

***Till next month "tight lines" from the Catchmoore Crew.***

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## Cottingham's Queen's Diamond Jubilee Celebrations

### Monday June 4th

Cottingham's own celebrations of the Queen's Diamond Jubilee will take place at the KGV Playing Fields on Northgate, on bank holiday Monday 4th June. The event is being organised by the KGV Cottingham Community Trust with the support of Cottingham Parish Council.

#### Come and see the Jubilee Beacon lit

The climax of the celebrations will be the lighting of an official Jubilee Beacon between 10.00 and 10.30 p.m. This will be one of many Diamond Jubilee Beacons spread across the country, along with the National Beacon in London, which will be lit at 10.30 p.m. by Her Majesty the Queen.

#### Come and join in activities during the Day

The lighting of the beacon will come at the end of a day of activities at the Pavilion and playing fields. – competitions, treasure hunt, races, sports activities, craft activities. The detailed programme will be published nearer the time throughout the village and on our website [www.kgvcottingham.org.uk](http://www.kgvcottingham.org.uk).

#### Cottingham 60 years ago – Cottingham now

There will also be an exhibition of photographs and memorabilia of Cottingham in the early 1950s. Do you have:

- photographs of Cottingham and its residents taken in the 1950s?
- coronation souvenirs?
- old school books, records of events?
- memories that you could write down?
- toys
- anything from the early 1950s?

that we could put in the exhibition. Original photographs and paper records would be copied and returned to the owners.

Please contact Katrin McClure, KGV Cottingham Community Trust, 47 West End Road, Cottingham HU16 5PW  
Tel: 845734 e-mail: [diamondjubilee@kgvcottingham.org.uk](mailto:diamondjubilee@kgvcottingham.org.uk).



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## Slumdog Millionaire showing on Saturday 17th March

On Saturday 17th March, Swanland Screen is showing the award-winning film *Slumdog Millionaire*. The story of a Mumbai teenager who grew up in the slums, became a contestant on the Indian version of "Who Wants To Be A Millionaire?" He is arrested under suspicion of cheating, and while being interrogated, events from his life history are shown which explain why he knows the answers.

You are invited to join us at Swanland Village Hall for a 7.30 start.

Tickets cost £3.50 (adult) and £1.50 (accompanied schoolchildren).

For further information please call Yvonne on 01482 634863 or Ian on 632800.



## International jazz singer Juliet Kelly to perform at Swanland Village Hall on Sunday 25th March

Swanland Village Hall is the place to be at 7.30pm on Sunday 25th March. Once again you will have the opportunity to experience an international star just a short distance from your own front door. The international jazz singer and composer, Juliet Kelly - accompanied by jazz pianist Kate Williams has been booked to perform.

Juliet's sound perfectly encapsulates the glamour of the jazz divas of a bygone age, with a modern, sassy twist. Sophisticated music for stylish people. Check her out at [www.julietkelly.com](http://www.julietkelly.com).

In 2011 Juliet was part of the Divas of Jazz UK Tour; performed at a charity event attended by Prince Charles; gave a speech (sharing the stage with MPs and the actress Maggie Steed!) for the Lost Arts initiative; gave four sell-out dates in Kuala Lumpur; signed two licensing deals in Spain/Portugal and Singapore/China; made four festival appearances on a Greek Islands tour with Dimitri Vassilakis; made a debut performance at an historic venue in Moscow; had two gigs at the London Jazz Festival; gave a debut performance in Hong Kong and a return to Moscow and fished the year with two gigs in Athens over Christmas where she also managed to finish 8 new songs!

All that and now at Swanland Village Hall, where you are invited to join us with tickets available at £7.50 (or £6.50 for SVA members); £3.50 for accompanied schoolchildren. We provide the nibbles; you bring your drinks and glasses. For further information call Yvonne on 01482 634863 or Ian on 632800.

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## Start limbering up! Sport Relief is back and it's coming to Cottingham

The Sainsbury's Sport Relief Mile is back – and it's coming to Cottingham! Fitmums and Friends, a local running group, are set to host the village's first ever Sainsbury's Sport Relief Mile on Sunday 25 March, and need local people to come together and show their support by entering now at [www.sportrelief.com](http://www.sportrelief.com). As one of the UK's biggest fundraising events, Sport Relief brings the entire nation together to get active, raise cash and change lives, so it's time to dust off those trainers and enter right now.

With a route around King George V playing fields, the Cottingham Mile is set to be a splendid event. Entrants don't have to be sporty to take part, but can choose to complete one, three or six miles knowing that all the money raised will help to change the lives of people living unimaginably tough lives right here on our doorstep, across the rest of the UK and in some the

world's poorest countries.

Sam Barlow, founder of Fitmums and Friends, said: "The Sainsbury's Sport Relief Mile in Cottingham is here and it's your time to shine. From little kids with their mums and dads, to super sprinters up against the clock there's something for everyone on the big day. This is the first Sainsbury's Sport Relief Mile in Cottingham and it's set to be a great event. So come on, pull your Sport Relief socks up, enter the Mile and do something amazing!"

Sport Relief has a unique history of dedicated people doing extraordinary things to rise to the challenge. Last September, David Walliams started Sport Relief off with an epic splash when he completed The BT Sport Relief Challenge: Walliams vs The Thames. Despite battling a nasty bacterial bug and biting cold water, David swam a staggering 140 miles and has so far raised over £1million for Sport Relief. And that's not all; there will be even more amazing celebrity challenges to get the whole nation geared up for the Sport Relief weekend!

The Sport Relief Weekend kicks off on Friday 23 March when everyone gets active, has fun and raises cash at home, at work or at school; before settling down to watch a night of top Sport Relief TV on BBC One. There will be even more BBC radio, online and TV coverage throughout the weekend to keep you entertained. By the end of the weekend everyone will be raring to go, when the whole nation comes together to take part in the Sainsbury's Sport Relief Mile on Sunday 25 March.

To enter the Cottingham event, visit [www.sportrelief.com](http://www.sportrelief.com).

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**Melanie Watson of  
Skidby Livery Stables**  
with the latest of her monthly articles  
[www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk)

## Twisting Fate.

Last August I hurt my left ankle in a silly way. When we “back” horses....a term used when you are teaching horses that it is okay for them to allow us to sit up on their backs and ultimately be ridden....we go through a process of lying over them, touching and rubbing where we can reach. We do this on both sides of the horse so that he will completely accept the whole concept.

After a jockey can be legged up and the horse remains completely comfortable with the actual feelings and no longer feels that this is some sort of invasion of his personal space or anything to fear.....we move the process forward to wriggling around, bumping up and down, swivelling about and generally de sensitising the horse to the whole scenario.

We will start to rub the haunch with our foot and scratch the tail, swinging our leg up and down in a very obvious and up front way. The recipient should not feel intimidated or scared as all this is done calmly, quietly and with constant praise.....but it does feel strange to a young horse and terrifying to a damaged horse and their natural reaction is one of flight, fear or anger....we make it all nice! Little bits at a time is always the way forward, calmly executed and always for positive reinforcement.

What comes next is a planned move which is not as easy as it seems....you get legged up on one side then swivel across his back and jump down on the opposite side, missing out an actual sit position. The trick in the early stage of this manoeuvre is to not catch his back with your legs and to complete the whole movement in one sweep.

Not always easy and it does not always go quite to plan. In my case on this particular day I expected the ground to meet my feet sooner than the reality. I landed hard with all my weight on the left foot first.

I was aware that it hurt but carried on with the exercise until the horse in question was quite settled and accepting. We were quite busy at the time so you tend not to make a fuss and simply just get on with all the work in hand. A couple of weeks or so later my ankle gave way sideways whilst in the school ground working a young horse.

Now this time it really did hurt. I hobbled for days and went to see my doctor. An MRI scan was organised.

As life throws cogs into wheels with monotonous regularity.... my head girl broke her toes doing nothing wrong. Carlie was riding a young horse out through the gateway onto the road. She was intending to go right, the horse decided half way across the road that it wanted to go left. This instant and very juvenile decision on the part of this young horse caused a loss of balance for both horse and rider. The horse did a nasty sort of buck/leap resulting in an unavoidable fall which caught her toes. Bless her, she was ambulated away and was duly potted up, returned home and there Carlie stayed for the next three months.

I ran the yard with all the associated training to carry on with my other full time member of staff. I temporarily employed a new groom too who stepped into the breach and we managed well. I did not book any more jobs in, simply finished the horses in situ but unfortunately with one little pony just starting to be broken in.

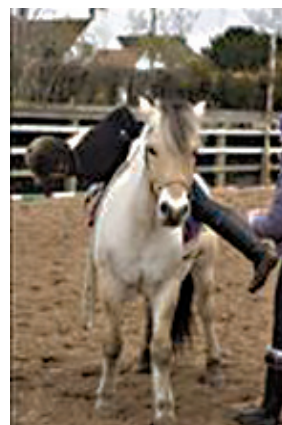
Those other young horses were ridden away and sent home...Little Indie pony progressed nicely but my ankle was proving a real trial. I could no longer walk fast; I hopped along holding my heel in the air. I could no longer step back without a searing pain shooting through the joint. I could no longer ride.

The job out in Italy, which you may have already read about, proved to be very difficult for me especially as I received a massive kick trauma to my upper thigh on the same bloomin’ leg! Insult to injury springs to mind! ?

Just as Carlie started to come back to work for short periods of time, I had to face the inevitable outcome of ignoring significant injury and undergo surgery.

Hence I have become as skilled as my head girl and mastered the art of non weight bearing on crutches for the last 6 weeks. The wheel chair, however, is a different matter altogether.... I have been tangled up in trouser rails in Next and my son has performed hand brake turns round the isles in Morrisons! He has proved to be somewhat zealous whilst pushing his poor old mum precariously balancing a basket of shopping on my lap!

I will very soon be back up and running as the saying goes....pun intended! Six weeks have passed quickly. The spring will yield the start of young horse training again and a trip back to Italy in May. I am really looking forward to getting back up and going.



I would like to add at this point my gratitude to everyone who has helped me through these weeks....to those who have been there to help me on a personal level as well as those who have kept my business and horses well cared for and safe. The world is full of good people....it takes a time like this to recognise who the very best are.





## Join the Daffodil Squad

The local Marie Curie Fundraising Team are poised for action as hundreds of thousands of daffodils will arrive this week in time for their annual Great Daffodil Appeal. Cheryl, Kyla, Michael, Matthew, Charlotte and Joe are appealing to local people to volunteer their time to help make the appeal even more successful than previous years.

Each year the Great Daffodil Appeal raises much-needed funds by inviting people to show their support of local Marie Curie Nurses by wearing a daffodil brooch in return for a donation. Volunteers are needed to distribute boxes of daffodils across the town or lend a hand at a local collection. Funds raised by the appeal will support the local

Marie Curie Nursing team, enabling them to care for more local people with terminal cancer and other illnesses.

Area Fundraising Manager, Cheryl Barrett said "With lots of collections taking place over the next few weeks, there's bound to be one near you; we'll supply everything you need including collection tins and daffodils, so it couldn't be easier and it's such a rewarding way to volunteer."

She added "Donating your time to the appeal will help Marie Curie Nurses to provide more free care for local families. We've got a role for everyone so, whether you've got a couple of hours or a couple of days a week to spare, please get in touch".

Join your local team of volunteer collectors by calling Marie Curie Cancer Care now on: 01904 436624 or visit [www.marie-curie.org.uk/daffodil](http://www.marie-curie.org.uk/daffodil).

## West End meets Broadway at the Civic Hall, Cottingham on Friday 16th March

Tony Peers Productions of Scarborough will make a welcome return to the Civic Hall, Cottingham on Friday 16 March 2012 at 2pm with a show to delight audiences of all ages.

The show will contain all the elements for a perfect afternoon's entertainment. From the moment the show begins you will be transported through a cavalcade of song and dance from some of the most famous West End and Broadway musicals

Tickets £5.50 available in person from Cottingham Customer Service Centre or call the ticket hotline on (01482) 392699

For further information please contact Christine Lison, Arts Development Worker, East Riding of Yorkshire Council, 01482 392654.

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Arrive on Friday and join us for a thriller weekend, watch the murder unfold and unravel who dunnit! Two night's dinner, bed and breakfast plus all the fun!

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## Mother's Day Lunch

**Sunday 18th March**

**3 course lunch £22.50 per person**

**(Under 12 years £13)**

## 70's Night - Supper & Disco

**Friday 27th April**

Where were you in the days of flower power, flares & afro hair?

Catch up on the good times and dance to your old favourites

**£20 per person**

## Ladies' Night

**Friday 25th May**

**Karaoke, disco & supper £20 per person**

**Hen parties welcome. Stay for £80**

(two sharing double/twin B&B) relax in our pool,

Jacuzzi, sauna and steam room

or pamper yourself in the Castle Spa

## Charity Family Fun Day

**Easter Monday 9th April 11am - 5pm**

If you support a charity take a stall FREE OF CHARGE and raise funds! Lots to do and see, including Birds of Prey,

Vintage tractors, children's rides, races,

competitions, dog shows, exhibits, stalls and much more!

**Call 0844 686 2235 for further information**  
**Cave Castle Hotel & Country Club, South Cave**

## Building society backs Beverley film

One of the UK's oldest building societies is backing local film. The Beverley Building Society has added its support to the Beverley Film Society by making the volunteer led group its chosen community initiative of the month.

This is welcome news for the film society which has had a busy year fundraising for new projection equipment. The film group provides regular screenings of films from across the world, shown in the town's Masonic Hall and.

Chair of the Beverley Film Society, Kenneth Flowers, said:

"Since it began over five years ago the film society has grown into more than just a film club, it is now a place where single and groups of people from the local area and further afield feel they can come to and be amongst friends.

"To have the support of local businesses and members of the community is both welcome and essential to our success. We are incredibly grateful for the donation from the Beverley Building Society, which will help us in our fundraising aims, and would like to thank all involved."

Peter Myers, chief executive of Beverley Building Society, said:

"Our focus is on helping local people and businesses. We have successfully grown the building society to offer services nationally but having been based in the town for 145 years our roots are firmly grounded in Beverley. Supporting the local community is at the heart of everything we do which is why we are delighted to help and promote the Beverley Film Society to our members."



## Music Lovers Last Call Opera at the 'MET' ! Sunday 11 March

Methodist Church, Hallgate Cottingham Tickets sales are well underway for the eagerly awaited return visit of International Baritone MICHAEL DE COSTA and friends who will perform opera favourites from Bellini to Verdi. Popular pieces will include the well known quartet from Rigoletto.

The concert commences at 2.30 pm and tickets (£10) can be purchased at the door although early booking is recommended and are available from THE PHOTO SHOP, KING STREET OR STROUD'S HANDBAG SHOP IN HALLGATE.

Further details on 01482 847122.

Opera lovers will not wish to miss this unique opportunity in Cottingham!



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Gino's have not increased their prices despite the increase in VAT in January, so come and enjoy a superb takeaway at really value for money prices.

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

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

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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## Easter draw in aid of Skidby Playing Field Association

An Easter draw is taking place in aid of the Skidby Playing Field Association on Tuesday 3rd April at 12 noon in the Skidby village hall.

The Skidby Playing Field Association is a voluntary committee who maintain the day-to-day running of the field.

Apart from the booking fees paid by their Sports Clubs, they have no regular source of income. Fundraising is, therefore, essential to continue the operation of this village facility.

Tickets £1.00 each are available from committee members or from Mary's Pop-In situated in the village hall. We thank you in advance for purchasing tickets and Good Luck!

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with guest performers and any aspiring  
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## Lucky 13th is Lions golfing gift to Marie Curie

Haltemprice Lions Club officials met to launch their 13th Annual Golf AM AM which is to be held at the recently refurbished Burstwick Country Golf Club on Friday 15th June, 2012 to raise funds for the local Marie Curie Nursing Service. Over the last 12 years, many thousands of pounds have been raised from the Lion's annual event and Golf organiser, Lion John Dickins is keen to extend a very warm welcome to all golfers to join them for an even more successful, and enjoyable golfing day in 2012.

Teams of four can enter the 'stableford' competition for just £130 which includes a scrumptious bacon roll before teeing off, refreshments at the halfway house and celebratory 2 course evening meal to rejoice the day's highlights and round off the event in style.

Funds raised from this event will be used in the local area to support the East Yorkshire Nursing Appeal, by providing more hours of specialist Marie Curie nursing care for patients who are terminally ill.

Area Fundraising Manager for Marie Curie, Cheryl Barrett said "We are absolutely delighted to have the Lions Annual Support, their achievement over the years is simply incredible and reflects the huge amount of effort that John and the Lions team put into ensuring that all those who take part have a thoroughly pleasurable day". She added "Our sincere thanks go to everyone involved in this event."

For more information about the event, please contact John Dickins on 07970 130728 email: [jdickins@jdickins.karoo.co.uk](mailto:jdickins@jdickins.karoo.co.uk).

If you would like to support Marie Curie Cancer Care in some other way, please contact the Fundraising Office for North and East Yorkshire and South Teesside on 01904 436625.

## 'A Night Out with Dancing Divas'

The group 'Dancing Dynamics' are presenting a show organised by the Haltemprice Lions to support 'The Orchid Charity - fighting male cancer'

The entertainment will include Burlesque Dancing and will take place at the Inglemire Club, Inglemire Lane on Friday, 13th April, 2012. Some may think this is an unlucky day but the Lions are hoping their luck is in and they will have a large audience to support the worthy charity. Tickets are priced at £5.00 each and can be obtained from the contact below. Tickets are now selling for the Lion's band concert to be held later the next week - Saturday,

21st April - when the East Riding of Yorkshire Band will be in concert at St. Mary's Church Cottingham, tickets are priced at £7.50 each (concessions £6.00), once again the proceeds will be supporting local charities. Tickets for both events are available from David Whincup, Tel. 01482847367 or email - [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk). Thank you for your support of our other activities, as a result we have been able to support a 14 years old Cottingham girl purchase an all-terrain wheelchair (as well as other worthy causes). Golfers please note our Charity Golf Match will take place in June at the Burstwick Golf Course, East Yorkshire - we are already having teams applying for their place, if you are interest please book now.





## Early Music Ensemble comes to Hull

A rare opportunity to hear one of the country's leading early music ensembles in a performance of Monteverdi's *Vespers of 1610*.

The English Cornett and Sackbut Ensemble will be appearing with Hull Bach Choir on Saturday 3rd March 2012, 7.30 pm at Trinity Methodist Church, Cottingham Road, Hull HU5 2EJ. This virtuoso period instrument ensemble is at the forefront of the Early Music scene and it will be joined by professional soloists and the Hull Bach String Ensemble.

Since its formation in 1993, *ECSE* have performed at many major music festivals in the UK and abroad. It regularly accompanies leading professional chamber choirs and ensembles, often in performances of the Monteverdi *Vespers*. Individually, the players perform with groups such as the English Baroque Soloists and The Orchestra of the Age of Enlightenment as well as providing music for the plays at the Globe Theatre on London's Bankside. "Wonderful stuff!" - 5 star award from Classic FM.

Hull Bach Choir is one of the leading music-making groups in this area and is well known for its stylish, regular performances of some of the the greatest items of the choral repertoire. Monteverdi's *Vespers* is certainly one of these.

HBC's Conductor, Anthony Ford, says "Monteverdi's work is a joy to perform and to hear. Its rich and varied textures and its clear use of spatial effects combine to delight and move the listener. It is a truly uplifting piece, which has wide appeal."

Tickets: Adults £12, Students/Unwaged £5, Accompanied school age children £1 - at the door or reserved in advance (01482) 654567.

## Top Local Brass Band coming to Cottingham!

The East Riding of Yorkshire Brass Band, acknowledged as being one of the best in the East Yorkshire area, has agreed to perform a concert for the Haltemprice Lions. The award winning band will playing in the evening of Saturday 21st April at the St. Mary's Church, Cottingham. Tickets are £7.50 (£6.00 concessions) and available by telephoning 01482 847367.

All proceeds are in support of the Haltemprice Lions work in supporting good causes both locally and nationally. Tickets are expected to be in demand, order yours now.

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	<b>70/80's Party Night</b> £18.50 per person 7pm till 1am Friday 2nd March Boogie the night away with a 2 course hot & cold buffet & dancing till late.	
<b>Wedding Fayre</b> Sunday 25th March 11 am till 3.30 pm Over 35 exhibitors Free entry with a glass of sparkling wine and enter a prize draw.		<b>Mother's Day Lunch</b> £15.95 per adult £8.00 per child Give mum a rest and treat her to a 3 course carvery lunch with a gift for mum. 12pm till 2.30pm
	<b>Easter Sunday</b> £15.95 per adult £8.00 per child Enjoy a relaxing 3 course carvery lunch with a Easter egg for each child 12pm till 2.30pm	

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## Hallgate Schools - continued

by Peter Railton - The Year is 1933.

It was fortunate that the two students, Miss Locking and Miss Naylor, were in the boys' department in January because a wave of sickness affected the staff: Mr. Brookes, Mr Bramley, Miss Hardy, Miss Warwick were all away at various times which meant that the students had virtual control of their classes. Either the Head or one of the teachers would go into the classroom at times to see that all was well, but it gave the two ladies the opportunity to get on in a 'sink or swim' situation and was a steep learning curve which could decide if the profession was for them.

I had the same experience on my first teaching practice at Hallgate in 1967, but all went off satisfactorily.

Two boys, George. F. Key and Kenneth Marshall had won scholarships to Trinity House School and started there in the February. Rev. French examined the registers and signed the log book on 14th of March, and Rev. Dakin followed him on 10th April and was:-

"able to testify to the good fellowship that quiet evidently exists between Mr. Brookes and his Staff and to the good work that is being done at school in general. The boys respond eagerly and capably to the questions asked and are happy in school as one would expect them to be."

The school House Sports Festival was held on the Ellerman's ground at 6pm on the 1st of June with the Revs. French, Dakin and Holm in attendance, plus Councillors Dixon and Jackson, Capt. Grindell and Mr. J. Darby. The four colour teams each had the name of a national hero - the Blue team were the Nelson House, Greens the Shackleton, Yellow the Livingstone and Reds the Wellington. Livingstone House were the winners and were presented with the Holtby Cup by Mrs. J. C. Jackson of Harland Rise. A Silver Medal was presented to Sidney Longbone who had scored 50 goals for the school in matches played during the previous season. Councillor Dixon spoke at the close of the events and stressed the athletic part of the curriculum as of being very important in the future development of the pupils at Hallgate Schools. John Graham Hall won a scholarship to Pocklington School as a resident that year.

On Friday the 16th of June, an excursion to Liverpool took place. This was a coordinated exercise with over 350 pupils, teachers and parent helpers from Hallgate Boys', Beverley Minster Boys', Dunswell mixed, Kirkella C of E mixed, North Ferriby mixed and Easttrington mixed. They were to visit Liverpool Docks, the Cathedral, and the newly opened Zoo, plus a visit to the White Star Liner 'Britannic', and a ferry across the Mersey to New Brighton. A full schedule demanded an early start and the Hallgate contingent en-trained at Cottingham Station at 4.28 am, the 'Special' having already picked up the Beverley group, the Dunswell and Kirkella groups joined at Paragon, the Ferriby group at their station and the Easttrington people at Goole. Liverpool Central was reached at 9am.

The weather was fine and all went to the Gladstone Docks and looked around the 'Britannic', then on to the Cathedral, the Zoo for 11/2-hours with a break at the cafe, then by tramcars to Pier Head and the ferry across to New Brighton where an hour or so was spent on the - sands and promenade plus a look round Port Perch (built in Napoleonic times), then the lighthouse before returning across the river for another tram ride to Messrs Lewis's Cafe in Ranelagh Street for tea. Then came that most important part of any school trip - the spending of cash for souvenirs to take home, and the multitude took train for the return journey at 8.35pm - Cottingham was reached at 1am.

What an enormous amount of preparation must have gone into that day's outing, not only as far as Cottingham was concerned, but coordinating times with other schools, the provision of transport here and in Liverpool - times and places for meals - looking for toilets - the mind boggles! It is hectic enough arranging and putting into operation a day's excursion for one school, let alone six of them. Many letters of appreciation were sent to Mr. Brookes and the Staff - they deserved, them,

Withernsea Schools won the Lambert White Trophy that year but boys and girls from Hallgate acquitted themselves well in the East Riding Sports held at Welton and were part of the Holderness Division which won the Bickersteth Trophy which was presented by Sir Godfrey McDonald of the Isles, and was shown for a while in the Hallgate Schools.



The girls' school opened on the 10th of January with a full staff and only 19 girls absent; however, attendance began to slip and by the end of the month it was down to 78% with many cases of 'flu being reported. Mrs. Evans and Mrs. Wigglesworth were stricken, along with ever more girls. Four students from Bull College started their teaching practice in Sts. 1, 3, 4 and 5 and one of them was taken ill shortly after as the virus spread relentlessly through the department.

A significant entry appears at this time -

"This is the third week when Soup has been provided on Tuesday and Friday for the children of the unemployed."

This was a wretched time for many of Cottingham's poorer residents; unemployment affected a lot of homes and parents were put into the invidious position of accepting the charity of soup for their children - boys were included too. We cannot begin to compare unemployment in our village with that in Hull and it was even worse in many other towns and cities, especially in the North of England, but nevertheless the sting was felt. More inhabitants were thrown on to 'Relief'; a "Relieving Officer" was responsible for assessing the needs of individual families in the village and determining 'their cash benefits'. The term 'Relief' comes from the Victorian system of either entry into the workhouse or 'Out Door Relief', i.e. payments to the needy without the ignominy of going into the workhouse, of which there were many, including two in Hull. The local relieving officer, Mr. Robinson, lived in Newgate Street in one of the houses between Carrisbrook and Carrington Avenues and the cash came from the rates.

The SOUP was prepared, by the wife of Mr. Peckett the caretaker, who made 'bone broth' for the dinner children, plus pieces of bread set out on tables in the halls'. Other pupils brought sandwiches - usually the staple bread and jam - and in the girls' department Miss Brimelow bought crockery for dinner girls to eat off and provided cocoa at one penny a cup.

So what with unemployment, sickness and worsening weather with frost, snow and heavy rain, gloom descended on the village that January of 1933 - but these events were to be overshadowed in a few years time - Hitler was elected Chancellor of Germany.

On Saturday the 9th of March, 80 girls accompanied by some staff went to see 'Peter Pan' at the Alexandra Theatre. Rev. Dakin examined the registers on the 5th of April and declared himself pleased with all he saw. The girls of the violin group did well at the Hull Music Festival in May and became the proud recipients of the 'Holder Challenge Cup'; the firm of Holder Brothers were suppliers of musical instruments and gramophones in Hull and encouraged many young musicians.

The netball team were successful that year with victories over Hornsea and Northumberland Avenue Schools. Barbara Ashton, Violet Walker and Joan Hibbons won places at Beverley High School.

A new class, St.7b, was formed after the summer holidays and Miss Padget was put in charge and Miss Margaret Shepherdson began duties with St.2. Four day's holiday was given for Hull Fair in October and school times were changed from the 1st of November for the winter period; those living a long way from school left at 3.30pm the rest at 3.45 with the afternoon session, starting at 1.15 after lunch.

All departments closed for the Christmas holidays on the 22nd of December.



*Do you remember - Miss Ginger Brown, Miss Brimelow, Miss Warwick, Mr. North, Miss Hardy, Mr. Bramley, Miss Jefferson, Mr. Brookes and Councillor Dixon.*

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## The Royal Philharmonic Orchestra to return to The Baths Hall, Scunthorpe on Thursday May 10th

Following a wonderful performance in November, The Baths Hall is delighted to announce the world famous Royal Philharmonic Orchestra will return to Scunthorpe for a very special performance on Thursday, 10 May.

Presenting a programme of all-time favourites, British conductor Simon Wright leads the Orchestra for Smetana's sparkling Overture to The Bartered Bride, Sibelius' atmospheric Finlandia and Beethoven's immortal Symphony No.5, which begins with perhaps the most famous bars of classical music ever written. Rising star Alexandra Dariescu takes to the stage for the concert's popular centrepiece – Grieg's dramatic and lyrical Piano Concerto in A minor.

The Royal Philharmonic Orchestra made their debut in Scunthorpe in November as one of the first performers at North Lincolnshire's newest and most exciting entertainment venue. Such was public demand for their performance the Orchestra is making a quick return to The Baths Hall.

Dan Harris, General Manager of The Baths Hall, said: "I am delighted the Royal Philharmonic Orchestra is to return to The Baths Hall just a few months after their last appearance. As anyone who attended their November show will remember, the Orchestra put on an incredible show and it will live long in the memory. A number of people spoke to me after the event asking when they would return and I am looking forward to hosting them again in May."

Tickets, with prices starting at just £15, are on sale now from The Baths Hall Box Office, [www.bathshall.co.uk](http://www.bathshall.co.uk) or telephone 0844 854 2776.

## Moving Abroad?

A monthly column by Nick Russell

Five years ago, Nick Russell (ex Spectrum Video) and his wife Rita decided that, by the time they were 55, they would like to live and work in a sunnier part of Europe. The plan was to try and buy somewhere big to live in and earn an income from letting rooms on a Bed & Breakfast basis or self catering accommodation. Their search started in France but after a couple of years searching for the right property, it became apparent that to get a suitable property, both in terms of size and location, was going beyond their budget.

So a couple of years ago the search moved to Southern Spain - Andalucia to be exact. It is an area they know quite well as they have had a share in a house on the Costa del Sol for the last 30 years which has been used regularly for family holidays. This is the first part of their story of the ups and downs of trying to buy a dream property in the sun. The second part will follow in next months issue. If you would like more information, please email Nick on [billnickruss@billnickruss.karoo.co.uk](mailto:billnickruss@billnickruss.karoo.co.uk).

Well we have finally gone and done it. On October 20th 2011 at 2.00 pm in a Notaire's office in Antequera, Spain, we put pen to paper, spent all our savings and bought our dream home - in the sun. From start to finish, it has taken over five years to find the property which we hope is our future in a foreign country. We are not the first to do it and certainly won't be the last so we thought if we put our experiences in writing, it might help anyone who might be considering doing the same thing.

At times it has been fun, frustrating and a pain, but ultimately we hope it has been worth it.

Anyway this is our story. We hope you find it interesting and maybe a help, but if you don't, then thank you for taking the time to read it.

The decision to move abroad was not taken lightly by either of us. The list of things to consider seemed huge - language, healthcare, cost of living, location and of course leaving the family and friends behind, as well as the actual physical move with all our belongings. Then we had to decide which country to move to. The choice was between France and Spain, two countries we both love.

As it happened we were due to go to France in the Spring of



A view of Nicks new home in Spain.



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2007 so we thought we would make the first sortie into the French property market during the holiday.

We went without any real thought or plans as to what we wanted to look at, or exactly where we wanted to look, and that was a big mistake.

We did not do enough research, make any bookings or contact any estate agents. Instead we just picked an area, visited local agents and tried to spot properties that suited what we wanted in our price range. The hope was that we could arrange viewings there and then. This proved to be very hit and miss, mainly because of strange opening hours, non-English speaking agents and limited visiting opportunities. We did manage to see a few houses but none ticked the right boxes. We wasted a lot of time and drove miles and miles. France is a big country even if you pick a region, you can waste a lot of time. As a result of this trip we decided the next visit would be planned a lot better. The next trip was planned for the Autumn of 2008 so we had eighteen months to plan it!!

This trip was to the South West corner of France, around Bordeaux and Bergerac. We rented a house as a base, booked viewings with English speaking agents whom we had contacted via the internet,

limiting the number of viewings to 2 or 3 a day. This worked out much better and we saw some nice houses, which on the internet looked like they would suit our purpose. We were looking at houses with five bedrooms, a swimming pool, outside space, close to rail, road and airport. Near a village with shops and bars, all within our budget.

Normally at that time of year, the weather down there is pretty good, warm and sunny. Unfortunately for the two weeks we were there, it rained nearly every day so not ideal to go looking at properties. None-the-less, we went viewing armed with our printouts from the internet, of choices which fitted our criteria. It quickly became obvious that in the flesh, some of these houses do not match their internet description. Simple things like 'connected to electricity' in one house meant one socket loaded with adaptors and cables, feeding the whole house. 'Rooms to be converted' can mean anything from animal pens to wooden sheds. The swimming pool at one house was just a concrete water storage tank!!

We viewed houses in deserted villages, at the side of motorways, up dirt tracks or in the middle of fields. We did however see one house that ticked all the boxes but it was well above our budget and what it was worth, and that house is still for sale now at the same price as five years ago!!

On returning home we were totally disillusioned with the way our viewings in France had gone and decided to forget France.

Early in 2009 we decided to change our search area to somewhere we knew quite well - Southern Spain. We have had some great holidays down on the Costa del Sol and touring around Andalusia and love everything about it. The weather, the people, the wine and the scenery are all fantastic, but we did decide we wanted to live in rural Spain, rather than an ex-pat community on the coast. Also because the Spanish property market is in a bit of a recession we felt we might get a bit more for our money. so we re-wrote our list of wants. The wants ended up as six to seven bedrooms, three bathrooms, large living space, pool, outside space, rural location but close to a village, no building work and within one hour of an airport. A very tall order or so we thought.

So using the lessons we had learnt from our French trips, we started to compile and research information from the Internet ready for our house hunting in Spain.

*To be continued*

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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:

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### Women's Problems:

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### 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.

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### Mental and Emotional:

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## The Northern Chamber Orchestra to perform at the Toll Gavel United Church, Beverley on Thursday 22nd March

A welcome return by the Northern Chamber Orchestra at the Toll Gavel United Church, Beverley on Thursday 22nd March at 7.30 pm, with world-renowned oboist Nicholas Daniel who plays one of the greatest oboe concertos and a 20th century gem by Samuel Barber. The two concertos are sandwiched between two Classical symphonies – favourites and masterpieces.

Haydn	Symphony no 26 in D minor 'Lamentation'
Richard Strauss	Oboe concerto
Barber	Canzonetta for oboe and strings
Mozart	Symphony no 40 in G minor

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

## Sounding the Deep will be landmark occasion in the region's musical history

The first performance of the extraordinary contemporary music project Sounding the Deep takes place at Hull City Hall on Saturday March 17 (7pm).

Celebrating the 10th anniversary of The Deep submerium, it brings together Hull Philharmonic Orchestra and six 'shoals' of young musicians from the East Riding, Hull and Lincolnshire. In a further strand, laptop musicians will capture the sounds of the deep, such as Arctic Ocean narwhals and seabed volcanoes.

The Hull Phil has commissioned the piece from composer Nigel Morgan, who is at the heart of the contemporary music concert scene.

Andrew Penny, musical director, said it would be a landmark occasion in the region's musical history.

"Setting up this unique project about promoting protection of the marine environment is giving the orchestra a chance for greater involvement with businesses and schools and the wider cultural community.

"There is a lot of wonderful music in the world, but it is always exciting to take up the challenge of the new."

Nigel Morgan hopes that the work will reach a global audience in raising awareness of the world's oceans.

"My aims include fostering an understanding of orchestral music and to promote an awareness of the ocean and its history with the younger generation," Mr Morgan said.

"The performance is sure to be outstanding. The Hull area has always been a home for artistic endeavour and in many cases has been ahead of its time."

New technology has been a continuous thread in Nigel Morgan's output and he has enlisted assistance from the University of Hull and Hull College for the performance.

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Sounding the Deep is inspired by the history of the exploration of the ocean depths, particularly the experiences of William Beebe, now known as the David Attenborough of his day, off Bermuda in the 1930s.

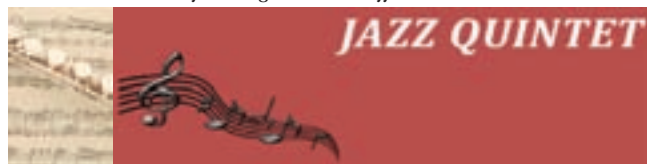
Part of the libretto, to be performed by the Welsh baritone James Gower, is taken from Beebe's live broadcast during his record-breaking descent in a bathysphere.

Financial backing from the St Hugh's Foundation set the project under way. BP Chemicals is the main commercial sponsor and the Hull Phil is also grateful for the support of Kingston Communications and Hull Grants for the Arts.

Detailed progress of the Sounding the Deep composition can be found on [www.soundingthedeep.co.uk](http://www.soundingthedeep.co.uk).

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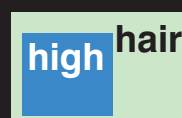
## Mother's Day Offer

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## Abseil from the Humber Bridge

**D**ove House Hospice is looking for daring people to abseil from the Humber Bridge on Saturday 26th May 2012 to help raise vital funds for the local charity.

This is a unique opportunity for those taking part, as this will be the first abseil from the Humber Bridge in over six years. Participants will abseil 110ft from the roadside of the bridge onto Hessle Foreshore. In exchange for a place the hospice requests a deposit of £30 and that each participant raises at least £150 in sponsorship.

Becky Baynes, fundraising coordinator at the hospice, said:

"We are excited to offer 40 places for this fantastic opportunity to take on a new challenge in 2012. Our skydive day last year was a huge success and everyone who took part said how good it felt to rise to new heights and support a great cause. We hope this will be a new way for supporters to have a day they will never forget".

If you are interested in taking part in the Dove House Hospice Abseil Day please contact the fundraising team on 01482 785743, email [fundraising@dovehouse.org.uk](mailto:fundraising@dovehouse.org.uk) or visit [www.dovehouse.org.uk/abseil](http://www.dovehouse.org.uk/abseil).

The Abseil Day is taking place with the kind permission of the Humber Bridge Board, Wheldon Homes and Lovel Developments.



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 Monday 5.30 pm and 7.30 pm  
 and all Bank Holidays  
**Also at: Sutton Park, Hull**  
 Tuesday at 9.45 am

*For Membership details Ring Theresa on 823032*

### Crossword Solution from page 14

1	S		2	T		3	O		4	B		5	S		6	Y		7	S		8	S
9	M	A	R	S	H	A	L		10	L	O	U	T	I	S	H						
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The Goji berries pack an unbelievable amount of nutrition into such a small package. They contain an amazing 18 amino acids, including all eight essential amino acids. They contain 12% protein, contain 21 trace minerals (including iron, zinc, copper, calcium, germanium, selenium, and phosphorus) and have the richest source of carotenoids of all known foods on the planet! Goji berries also contain vitamins B1, B2, B6, and vitamin E. They are fun to eat as an in-between nibble instead reaching for biscuits, chocolates or sweets.

The dried Goji berry is about the same size as a raisin, its very sweet and tastes similar to a raisin. The therapeutic dosage is 10-30 grams per day.

## In a league of their own

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The famed Chinese herbalist and Daoist master, Professor Li Ching Yuen, who apparently lived to the age of 256 years, consumed Goji berries daily. The life of Li Ching Yuen is the most well-documented case of extreme longevity known. Professor Yun died with all his own teeth and hair. Those who knew him say that he looked about 50 when he was already over 200. He outlived 23 wives and had 11 generations of descendents during his lifetime.

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## Events in March



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- We are holding a 'Tea and Talk' in the Oasis Cafe. With talks from our Horticultural manager & Martin Jenkins a Westland expert plus a potting demonstrations & industry secrets. There will also be a raffle with some great prizes and lots of special offers.



TUESDAY 13TH MARCH 2012

### Pet Week 19th-25th March

- Between Mon 19th- Fri 23rd of March we are offering an amazing 10% off everything in '4pets'. Then on Sat 24th Noah's Ark Pet parties will be here giving talks at 1.30pm, 2.40pm, 3.50pm & 5.00pm. Animals include a Pigmy hedgehog, Marmoset Monkey & an Eagle owl.



### Planteria Re-launch 24th-25th March

- We will have special guests cutting the ribbon on Sat 24th at 11am. Plus every loyalty member who comes into the planteria on the 24th or 25th will receive a FREE plant.
- There will be potting demonstrations throughout both days. Plus Special offer plant kits to get your garden into shape.
- This weekend will also see the launch of our 'Plant a Tree For The Jubilee kit', which has everything you need for just £15



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