

Cottingham Times

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Issue 136 - March 2013

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THE COTTINGHAM TIMES

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Telephone: 01482 840035

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Published Monthly by: The Cottingham Times

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In Cottingham and District

St. Mary's Church, Cottingham

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

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

Mary's Village Pop In - The small hall at the Village Hall, Skidby

Tuesdays and Fridays 10.00 am 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

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 other services available. 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 Wilson, Club Secretary, telephone 07904 803739, or visit our website 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.

Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

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 Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. www.fitmums.org.uk

Play Badminton

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

Front Cover Picture: A view of Snowdrops.

Photo by John Dewing, 6A Queens Close, Cottingham.

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Cottingham Bridge Club

Every Friday evening at the Darby and Joan Hall. Duplicate Bridge, for more information telephone 845873.

The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. From 2013 the club will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at Under 9, 11, 13, 15 and 17 as well as an all girl team. Training starts in January with Indoor Nets at the new Thomas Ferens Academy for all age groups on a Tuesday evening and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessle on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

Women's World Day of Prayer

Friday 1st March - St. Mary's Church, Hallgate, Cottingham. 2.00 pm. This year the service has been prepared by Christian women of France. All are welcome.

Welsh Society of Hull and East Riding

Friday 1st March - Rowley Manor, Little Weighton 6.30 pm for 7.00 pm. St. David's Day Dinner. Details and tickets 01482 869800.

The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 2nd March, "Something Floral" - 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.

Welsh Society of Hull and East Riding

Sunday 3rd March - St. David's Service at 9.30 am in the Methodist Church, West End, Walkington. Details and tickets 01482 869800.

Haltemprice Art Group

Tuesday 5th March - Painting without Brushes

Tuesday 12th March - Sketching - Linda Naylor/Jill Hardaker

Tuesday 19th March - Short Poses

Tuesday 26th March to April 2nd - Easter

Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

Cottingham Methodists Photography Club

Tuesday 5th March - Club meets at 7.30 pm in the Cottingham Methodist Church Hall, Hallgate, Cottingham.

Cottingham Local History Society

Wednesday 6th March - "The History of Newland Homes - Alan Richards. 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.** Meeting Fee: Members £1.00; Non-Members £2.00.

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	<p>Mothers Day Lunch Sunday 10th March Open 12 noon last serving 2.30 pm £12.95 per adult £6.50 per child under 12 Give mum a rest and treat the whole family to a delicious 3 course lunch with musical entertainment. FREE gift for mum!</p>	<p>Wedding Open Day Sunday 24th March 11 am till 3 pm Come along and see the Hotel dressed to show our rooms to their full glory. Our team will be here to help you plan your special day. FREE entry</p>
<p>Fish & Chips Friday 29th March £15.00 per person Traditionally Good Friday is when we enjoy fish, so we have added a twist! Fish, Homemade Chips, Mushy Peas with a glass of Prosecco. Served in our Brasserie.</p>		<p>Easter Sunday Lunch Sunday 31st March Open 12 noon last serving 2.30 pm £12.95 per adult £6.50 per child under 12 3 course family lunch served in our brasserie, with an Easter egg hunt for the children. Why not make it a break and stay over? Ask for further details.</p>
<p>That's What We Call 80's Saturday 13th April 7pm till 1am £15.00 per person, includes a 2 course hot & cold buffet and disco. Don those ra-ra skirts and leg warmers and be taken back in time to a fabulous musical era!</p>	<p>Blues Brothers Tribute Saturday 11th May 7pm till 1am £20.00 per person, includes a 2 course dinner, entertainment and disco. "Everybody" come along and join us for an evening of live entertainment with the Blues Brothers.</p>	

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Continued from page five

Cottingham Ladies Circle

Wednesday 6th March - The Life and Times of Joyce Grenfell - Mrs. Hazel Barnes, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda

Wednesday 6th March - Philip Brock - My War whilst at Market Weighton, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

Beverley Film Society

Friday March 8th - **The Salt of Life (2011)** Director - Gianni Di Gregorio, Cert (12A), Italian, Comedy. Gianni is a decent, dutiful retiree, who has become invisible to his wife, daughter and outrageous, nonagenarian mother. In response, he tries his best to generate some kind of extramarital love life with the help of his best friend.

Little Weighton Village Hall

Friday 8th March - MPG singing and playing songs from the 60's, and 70's. Raffle. Bring your own wine and nibbles. Tickets £5.00 from the village shop, at the door, or telephone 01482 844171 to book.

East Yorkshire Embroidery Society

Saturday 9th March - Eliza McClelland - FAB Beads on Fabric. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

Wold Lace Makers

Saturday 9th March, AGM - talk - "Well Suited the Colony" by Maureen Bromley. The Church Hall, St. John's Newland Parish, Church Hall, Clough Road, Hull HU6 7PA. 10.00 am to 4.00 pm.

Cottingham Catholic Women's League

Monday 11th March, Mr. Teanby - A Practical Demonstration of Pottery and other Stuff, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 12th March - Easter Chocolate, Sugar 'n' Spice Cakes Demonstration. Competition: A small dolls Easter Bonnet, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham. **PLEASE NOTE NEW VENUE.**

Cottingham Green Women's Institute Evenings

Thursday 14th March, Jean Major - Herbs; Sue Whittaker - Quilts. Competition: Crafty Creation, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 14th March - Chris Watson - What Really Happens when a Stately home runs out of money, at 2.00 pm in the hall at the Darby Joan Hall, Finkle Street, Cottingham.

Hull Alpha Probus Club

The Hull Alpha Probus Club will be meeting at the Pearson Park hotel in Hull on the following dates:-

14th March coffee morning

28th March lunch

Lunches are from 12.00 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards.

If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information.

2nd Willerby Arts Festival

Friday 15th to Sunday 17th March - Willerby Methodist Church is hosting this Festival from Friday 15th to Sunday 17th March 2013. Free viewing of Exhibits of art work, sculpture and photography from Friday 2-8pm, Saturday 9.30am- 5.00pm and Sunday 12 noon - 5pm. On Saturday there are also free workshops in Art, Sugar-craft and Flower Arranging, followed by a Concert "Celebrating World Music" by Open Doors at 7.30pm. (Tickets cost £5 and £3 under 16's). The Festival Service is held on Sunday 10.30am. Further information from the Church or willerbyartsfestival@dnahome.karoo.co.uk.

Continued on page nine



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Celebrating ten years in business, Office 2013 and be careful to whom you give your personal information



Well time flies, and I am delighted to say that it's 10 years ago this month that RDM Computers set up in business! Back then a new PC had just 256Mb of ram and an 80Gb hard drive; and if you wanted one of these new-fangled flat screen monitors, a small 15" model would set you back around £225! Now you can get a much larger wide-screen for about £100 less, and Computers, even Laptops, come with hard drives and ram at least 8x times the size. Now, in such a fast-moving business, what will be quoting in 2023?

Office 2013 (Word, Excel, PowerPoint etc) has now been released and is available as a purchased licence, or for the first time as an annual subscription called Office 365. Neither version comes with a disc anymore, only as a download. (For those that prefer to have the 'physical product', we can still order Office 2010 on disc until supplies have run out).

Office 2013 comes in Home & Business versions, and the starting price includes the three products mentioned at the top, going on up to the Professional product which includes Outlook, Publisher and Access. However on the 365 subscription model, you can get all these premium products for just £79.99 per year. It is somewhat confusing I admit, so call us for details or see www.microsoft.com/office



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We now subscribe to ISL Light Remote Access software. This means that when a customer has a problem that needs looking at, we are able to (only with their permission of course!) take control of their computer online right from our office and sort it out. There is no security risk as any session is a one-off with a unique ID and leaves nothing on the owner's machine. This can be a very cost-effective solution in many cases as we are currently offering this new service from only £15.

Cookie Policy is something you will have seen appearing on most reputable websites. This is just designed to warn the computer user that the website being visited will plant a cookie on their system. This is normally a quite innocuous procedure that just identifies the computer to the website on the next visit. It can also store information about preferences and likes. So if you look at a particular type of book or music on Amazon for instance, next time it will offer you similar titles. If you don't want this information stored then clear out your cookie folder regularly. For Internet Explorer, go into Control Panel, Internet Options and you can choose to remove them all. For Chrome, click on Settings, Tools and Clear browsing data. Remember this will usually remove stored website passwords too.

Many internet users quite rightly worry about how much data is being stored online about them. Remember that data is a valuable commodity of course and lists of names and addresses, and email addresses change hands for money all the time. So do be careful how much information you give away online (or on the phone), and to whom. Reputable websites will only ask for the minimum amount of information, unless of course you agree to being informed of updates and special offers (look out for the little tick box that lets you opt in or out if you don't want to be overwhelmed by regular emails).

Here are a few hints and tips to help you along:

Q: A McAfee or Norton security scanner icon has appeared on my Desktop, how did that get there?

A: These normally get downloaded along with another application or update like Adobe or Java. Look out for a little tickbox that mentions these when. You can safely uninstall them anyway.

Q: How can I get back the 'File Menu' at the top of a Program

A: Press the Alt key on the keyboard for it to appear again.

Q: I don't have Word or Excel on my computer, how can I read an email attachment?

A: Microsoft offers a free reader for both Word & Excel documents (and PowerPoint too)

Q: I have a WiFi tablet with its own browser, are there any other alternatives?

A: Yes, try the Dolphin browser, or of course Chrome.

Many thanks to all my loyal customers and avid readers for the last 10 years of business, and here's to an exciting future in the next 10 looking after your computer needs, whatever they might be!

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*Continued from page six***Inland Waterways**

Friday 15th March - Branch AGM followed by a presentation about the Driffeld Navigation by David Hamilton. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

Welsh Society of Hull and East Riding

Friday 15th March - Beverley Arms Hotel 7.45 pm for 8.00 pm. Call My Bluff Antique Style. Details and tickets 01482 869800.

Macmillan Easter Fair

Sunday 17th March - In the Skidby Village hall, 10.00 am to 3.00 pm. Vintage Tea Room, lots of stalls selling handmade and vintage items, tombola. Free entry. This event will be supporting MacMillan Cancer Support.

North Ferriby Gardening Club

Monday 18th March - AGM - Mini plant show and members evening. Meetings are held in the North Ferriby Village Hall at 7.30 pm. Visitors are always very welcome - admission £2. Annual membership £6.00, Includes Tea/coffee and biscuits Further information ring Mal on 01482 632282

Cottingham Evening Townswomen's Guild

Wednesday 20th March - AGM, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 20th March - The Fate of the Eight - Mrs. Kay Richardson, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda

Wednesday 20th March - Paul Schofield - Blue Plaques, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

Diabetes UK

Thursday 21st March - Professor S. Atkin/Lisa Baldwin (Diabetes Research), Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (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

Wednesday 21st March - John Bernasconi - The Art of the University of Hull, in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

Swanland Village Hall

Saturday 23rd March - "I wish I were a dancer", an evening of poetry with Catherine Scott. Tickets £4.00, telephone 01482 842979 to reserve seats.

Cottingham Civic Society

Monday 25th March - "Human and Natural Features of Venice and its Lagoon", an illustrated talk by Dr. Anita Franco of the University of Hull, in the Darby and Joan Hall, Finkle Street, at 7.30 pm. Members are requested to contribute £1.00 for each for every meeting attended. Non-members are welcome to attend at a charge of £2.00 each. Refreshments are served at a nominal charge.

KGV Cottingham Pavilion

Easter Sunday 31st March - Easter Egg Hunt with Easter Bonnet and Decorated Egg Competition. 11.00 am. £2.00 per child.

St. Mary's Church Tower Tours

Easter Monday April 1st - 10.00 am. Tel. Ian Booth 848041.

Cottingham Men's De Luda

Wednesday 3rd April - David Smith - History of Paull, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

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Why is it that people constantly seem to have problems with their insurance in the event of a claim?

'There are two main problems – firstly, arranging a policy correctly is not anything like as easy as people think, the second problem is inertia,' explains Christine. 'Whilst people will search endlessly for the right car, TV or a laptop, few people expend the same amount of energy on ensuring that their insurance is even adequate for their needs. I believe that if you have a nice home and nice things and you accept that you need to insure them – why not do it properly? I recommend that people put in the work up front to ensure that any claim they need to make will be a formality rather than a struggle?'

A lack of attention to detail when arranging a policy can cost you very dearly in the long run' she continues 'Insurers get bad press for not meeting claims but, in reality, it's people not insuring themselves adequately, not taking the time to read the paperwork, or failing to fill in applications accurately or truthfully that are the real problems. Insurers always pay valid claims.'

So how do customers make sure that their cover is arranged correctly? 'Any good broker worth his (or her) salt should be able to help you arrange a policy to cover your basic needs, such as: providing the right amount of cover and they should be able to explain to you the key areas of cover, any exclusions and excesses that apply - before you agree to proceed. However, most brokers will fail to pick up any special circumstances that may apply unless you mention anything that is out of the ordinary.'

'This could be that you don't have items 'specified' that should be' explains Christine 'For example, how many people who receive a new piece of Jewellery will immediately think to contact insurers to add the item to their policy, and if they did, would they know its value?'

But, if they fail to specify items they will probably run into problems in the event of a claim.

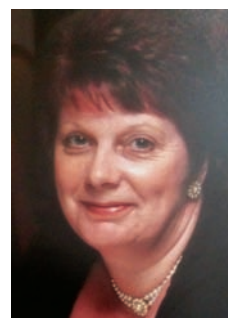
'We heard of a lady recently who had her £6 000 engagement ring stolen during a mugging on her doorstep. It wasn't a 'specified item', it wasn't stolen from inside her property and it exceeded her 'personal belongings' limit on the policy, so the insurer – which wasn't one that we deal with - didn't pay out anything at all!'

Another thing that people need to consider is what effect the recent surge in the value of gold and gemstones has had on jewellery values. 'It is not unusual for the replacement value of a piece of Jewellery to have doubled in the last 5 years – how many people will have acted upon that?' Christine points out.

Christine has made her name, in recent years, as the broker of choice for what is called 'Mid to High Net Worth' insurance - a clumsy term, but it describes perfectly what she does – she provides a bespoke service for those who want the best protection for their possessions.

She takes care of everything. From visiting your home and assessing your possessions, she will advise if your current cover is adequate - or not. She will advise on the best way of insuring expensive items or collections and will assist with the obtaining of insurance approved valuations and take photographs for the file.

Christine works with a portfolio of specialist insurers who understand the needs of her clients better than the mainstream insurers. 'The kind of people I deal with will go to great lengths to ensure that their valuables are correctly documented and values agreed. They also look after their possessions, keep their properties well maintained and usually put in place security measures to keep their things safe.' Explains Christine 'They are, therefore, very good clients for the insurance firms who reflect this in the premiums and way that they approach claims.'



One insurer faced with a claim for a very expensive watch which was lost in a lake agreed that it would better if the client could have the original watch back (which had high sentimental value) and so sent divers into the lake to find the watch which was duly recovered, in working order much to the delight of the customer.

Another customer who lost a precious diamond and sapphire ring in a burglary, a golden wedding anniversary present from her late husband, was similarly delighted that the insurer went to the effort of having a near identical ring crafted by a master jeweller rather than just making a 'meaningless' cash settlement.

Finally, following the floods of 2007, one of Christine's insurers sent a Fortnum and Mason Hamper round to one of her clients who was still out of their home at Christmas – having already given them £500 in cash as an 'emergency payment' within days of their claim!

So what are the best things to do to keep yourself properly insured and watertight? Following a few simple rules will improve the effectiveness of your insurance, and if you are one of the many people who are inadvertently 'overinsured', perhaps even save you money.

Begin by assessing the values of your home, vehicles and possessions. Compare these figures to your current sums insured which should be given on your policy documentation. Check all the paperwork you are given, particularly the sums insured on policies and if you do have anything that is a little bit 'special' or that would be hard to replace – take photographs, get a professional valuation and observe any security requirements laid down by the insurance company.

Two final tips are : (i) be alert at renewal to advise your insurer of anything valuable you have purchased during the policy year which you have neglected to advise them of previously and (ii) mark your valuables in some way, so that if all of your security measures fail and you do suffer a robbery – there is a chance that if the police do recover the goods, they may come back to you.

'Anybody who has been burgled knows that one of the first things that police will ask you is whether the stolen property was marked. If it isn't, be prepared for them to roll their eyes and put their notebooks away as they know that you have barely any chance of recovering any item. The police have warehouses full of goods recovered from criminals that they cannot repatriate because the goods are not marked.'

So what does Christine recommend as an effective marking system? 'Anything is better than nothing, but I recommend Alpha dot to all my clients as they are an effective way to protect almost anything. Put simply, tiny dots with unique numbers printed on them are suspended in a glue solution and homeowners just put a small dab on their possessions and register their number with the firm. It works well on all but very small items and as it is an approved marking system has resulted in millions of pounds worth of goods finding their way back to their owners via the police.'

As a special promotion for *Cottingham Times* Readers, Hedon Insurance have obtained 50 Alphadot Home Protection packages (which retail at £25 each) to give away free to readers taking out Home Insurance policies with Christine through the Cottingham Office. She will even provide full instruction on how to use and register the product – so get in touch now!

Christine Green can be seen at Hedon Insurance's office at 195 Hallgate, Cottingham by appointment. She can be contacted anytime on 707 800. Further details of her service can be found on the website www.hedoninsurance.co.uk & further details on the alphadot security system can be found at www.alpha-dot.co.uk.

We'll not just get you a great premium on your home insurance - we'll help you to protect your property too!

If you are burgled, have items stolen whilst you are away from home or even if you just lose something - if you report it to the police the first question they will ask you is : 'was your property security marked?'

The harsh reality is that if you don't security mark your possessions there is very little chance of you ever getting them back. How would the police know what was yours?

We can't stop these things happening unfortunately, but we do want to give you the best possible chance of having your valuables returned to you.

We have therefore teamed up with Alpha Dot, one of the leading security marking firms, to offer for a limited period, free home security marking kits worth £24.99, to customers who mention the 'Cottingham Times' when taking out a new home insurance policy through our Cottingham office (terms and conditions apply)

Exclusive Cottingham Times Readers' Offer

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Wordsearch - Explorers

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

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

Find the words in the letters above:

Amundsen, Barbosa, Bass, Boone, Burke and Wills, Cabot, Cartier, Columbus, Cook, Cortes, Dias, Drake, Eriksson, Fawcett, Flinders, Frobisher, Gray, Hawkins, Heriolfsson, Hudson, Kingsley, Livingstone, Magellan, Marco Polo, Park, Raleigh, Scott, Shackleton, Sturt, Tasman, Tenzing, Vancouver, Vasco Da Gama, Vespucci.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 75 -

This is an easy challenge this month - Answer page 29

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

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Our new website should now be live with our tours (opposite) now bookable on line! Just fill in your details and then we contact you for payment and check you have the correct requirements - it always helps to talk through arrangements to dot the I's and cross the T's. We look forward to you giving it a try - www.marionowentravel.com

Canada is one of our favourite country's here at Marion Owen Travel. Scenery, culture & wildlife; this is a vast country offering it all. One of the most well known annual events is the Calgary Stampede. Did you know Canada is also the home of the world's biggest Jazz Festival? Montreal plays host to the event this year, from 28th June to 7th July; entertainers perform from over 30 countries at 1000 concerts and 2 thirds of the performances are free with venues varying from concert halls to al fresco stages!

Caribbean holidays: we have a new selection offering a week all inclusive from £825 and a family holiday for four at £3019 - so perhaps you can afford to travel further afield after all?

Dubai can be a very expensive destination for eating and drinking; how about an all inclusive break? Enjoy 5 nights from just £899 per person.

Highgrove Gardens: this summer we have a tour that has been sold without any advertising - if you would like to know about our next departure, register your interest today and you will have first refusal for the next date we offer.

Warner's Hotels, just for adults can vary. Thoresby Hall for example, offers pure escapism: relax, enjoy the super spa or go walking in the countryside. The historic suites that are available as an upgrade are a real luxury, suitable for couples of all ages wanting to recharge their batteries for a few days. Of course, there is plenty going on if this is what you are looking for otherwise, maybe enjoy a reading a book sitting in the grandeur of the Great Hall? Open year round and just over an hour away, it's an ideal destination to have a quick break.

Alvaston Hall is a very different property. This hotel is not just intended for the relaxing style of holiday and has the additional benefit of being just a short bus ride from Nantwich, if you fancy some retail therapy. During the day you can enjoy golf & bowling on site and in the evening the show appears in front of you in their unique cabaret diner. There is always plenty going on at this location! Call for further information and bookings for all dates, including our special departures with transport to your hotel.

Last month I mentioned what a tonic it was having enjoyed a little bit of sunshine in the winter. Well, next February why not join me on this wonderful cruise to Burma? Not only will the weather be kinder, it will be a most fascinating experience. This is a wonderful small ship with a relaxed ambiance - ask for more details today.

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11 Oct	St Albans & Winsor weekend half board	£ 129
22 Nov	Thursford Xmas Spectacular 3 day	£ 229
Hurry	Thursford limited seats for 2 days 26 Nov, 28 Nov, 30 Nov & 12 Dec	£ 149
05 Dec	Putting on the Ritz - 2 days half board	£ 85
11 Dec	Chatsworth at Christmas - just for the day	£ 35
13 Dec	Antwerp & Christmas Market weekend	£ 179
19 Dec	Andre Rieu - Leeds Arena	£ 110

POTTERS Bowling 2014 now on sale too!

Prices are per person based on 2 sharing unless stated.

River cruise & continental tours cabin upgrades available. Please ask for single prices & 3rd person sharing



Not sure where you would like to go for your next holiday? Decide when you would like to travel, how long you can go for, what budget you have, your ideal climate, perhaps even incorporate a hobby! We will be happy to give you suggestions. On the other hand, if you just want to book a simple package holiday or brochured tour, pick up the phone or call in for a chat - rest assured, when booking with us, your money is safe and you know exactly who you are dealing with. We pride ourselves on our honesty, wanting you to enjoy your experience and return to book with us many times in the future. We look forward to being of service.

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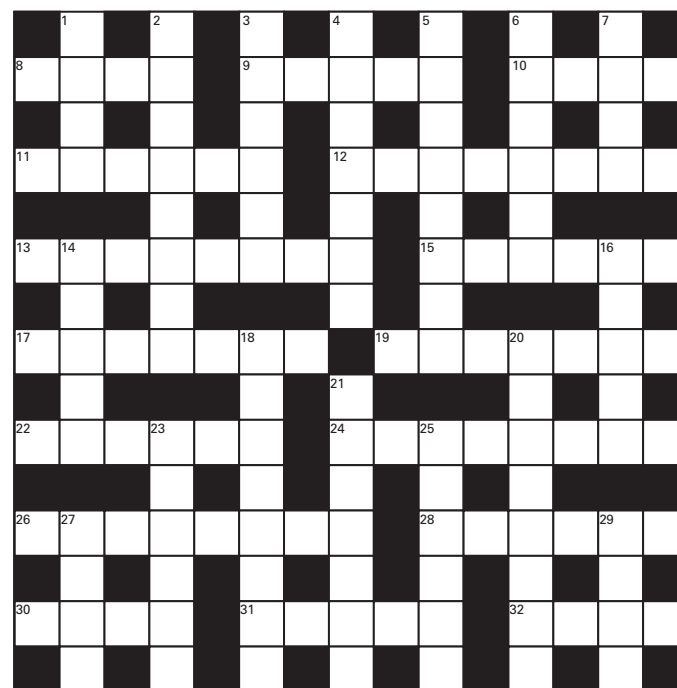
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Crossword - Solution on page 54



Across

8. Cry loudly (4)
9. Shot from a bow (5)
10. Fake (4)
11. Zodiacal twins (6)
12. Ability to read and write (8)
13. Remembrances (8)
15. Adorned (furniture) (6)
17. Anagram of "Deserts" (7)
19. Self-importance (7)
22. Pre-built (6)
24. Imagines to be true (8)
26. Bells in a tower (8)
28. Difficult to detect (6)
30. Final (4)
31. The mountain of the Ten Commandments (5)
32. Heroic (4)

Down

1. Ebb (4)
2. Chicago's state (8)
3. Large North American deer (6)
4. Uncultured (7)
5. Hitting swiftly (8)
6. Stellar (6)
7. Ketch (4)
14. Mistake (5)
16. A small picture inserted within another (5)
18. Occlusion of a blood vessel (8)
20. Shook (8)
21. Inane (7)
23. Swoons (6)
25. A yellow-and-black Eurasian finch (6)
27. At a distant place (4)
29. Placed (4)

Crossword courtesy of www.crosswordpalace.com

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Beverley Garden Centre

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In the Kitchen



Chips or Fries

Chips or fries are a favourite in many parts of the world, but so much so in the UK. Unlike some other countries, we make and eat our chips in a variety of ways - from thick to thin, as an accompaniment or on their own, with vinegar, brown sauce, tomato ketchup and more recently mayonnaise (comme les Belges) and not forgetting one of our most traditional of meals, fish and chips. Below are some interesting facts relating to our long term love affair with the humble chip.

Interesting facts about Chips

1790s - The first chips or 'pomme frites' are thought to have been served in France.

1860s - Fish and Chip shops started to open in the UK

1920s - There were around 35,000 fish and chips shops in Britain

1960s - Frozen chips first hit the shops in the UK in the 1960s

1980s - Oven Chips are introduced for the health conscious

1980s - Microwave chips become fashionable as a time saving "instant" convenience

Did you know.....

1 in 4 of all British Potatoes consumed in Britain are eaten as chips

Chips are eaten by 80 per cent of all UK households

There are now around 8,500 fish and chip shops in the UK (quite a drop from the 1920s)

Over 277 million portions of chips are sold in UK fish and chip shops per year

Best types of potatoes for chips

For chips, a floury potato is the best option as they have soft, dry textures when cooked. All-rounders such as King Edward, Maris Piper, Romano and Desirée potatoes are suitable for making chips or, if you can get them, specialist types such as Estima, Pentland Dell, Maris Bard. If you are unsure what type of potato you have just mix one part salt to 11 parts water



in a jug and put the potato into the solution. If it's floury it should sink to the bottom if it's waxy it should float....well that's the theory anyway.

Cheesy Grilled Haddock

Ingredients

675g/11/2lb Haddock Fillet
A little Oil
40g/11/2 oz Butter
3 level tbsp Flour
360ml/12fl.oz. Milk
100g/4oz Mature Cheddar Cheese, grated
Salt and Pepper

Instructions

1. Preheat the grill to medium hot. Skin the fish and cut into 4 portions. Place on the grill rack, brush with oil and cook for 7-10 minutes on each side depending on how thick the pieces are.
2. Meanwhile, melt the butter in a pan, add the flour and cook for 1-2 minutes, stirring, then remove from the heat. Pour in the milk gradually, stirring all the time then return the mixture to the heat and bring to the boil. Cook until thickened.
3. Remove from heat then add 75g/3 oz of the cheese and season to taste. Place the fish in a serving dish and cover with the sauce. Sprinkle with the remaining cheese and brown under the grill.

Baked Tuna

Ingredients

4 Tuna Steaks
100g/4oz Butter
4 Garlic Cloves, crushed
6 Fresh Tomatoes, chopped
100g/4oz Fresh Basil, chopped



Salt & Black Pepper
1/2 teasp Sugar
2 tbsp Lime Juice

Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4.
2. Melt half the butter in a medium sized saucepan, add half the garlic and sauté until soft.
3. Add the tomatoes, basil, salt, pepper, sugar and lime juice, bring almost to the boil then reduce the heat and simmer very gently for 15 minutes.
4. Meanwhile, place the remaining butter and garlic in a small pan and melt over a medium heat. Cook over a low heat for 5 minutes until softened.
5. Arrange the fish in a shallow ovenproof dish then pour the butter and garlic from the small pan over the top.
6. Bake for 7 minutes, then turn the fish over and bake for a further 7 min
7. To serve - spoon the tomato mixture over the fish. Serve immediately.

Scottish Herring in Oatmeal

Ingredients

8 Herrings, cleaned, gutted and boned
1 Egg, beaten
Coarse Oatmeal to coat
Salt and Black Pepper
Olive oil for shallow frying



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Instructions

1. Make sure the fish are well scaled and cleaned
2. Season the beaten egg with plenty of black pepper and some salt then dip the fish in the egg.
3. Place the oatmeal on a plate and use to coat the herrings on all sides, pressing the oatmeal firmly into the fish.
4. Heat the oil in a large frying pan until hot then fry the fish, skin side up first for 4 minutes on each side until cooked and lightly browned.
5. Drain the fish on kitchen paper and serve immediately.

Haddock and Spinach Pasta

Ingredients

225g/8oz Short cut Pasta e.g. conchiglie (shells), Spirals,

Bows

450g/1lb Smoked Haddock, skinned
Salt and Black Pepper
15g/ 1/2 oz Butter
450g/1lb Baby Spinach Leaves
150ml/5fl.oz. Sour Cream
2 level tbsp freshly chopped Chives
1 tbsp Lemon Juice

Instructions

1. Bring a large saucepan of water to the boil, add plenty of salt and the pasta and cook for 8-10 minutes until just tender.
2. Meanwhile, season the haddock with salt and pepper.
3. Melt the butter in a large frying pan, add the haddock and sauté over a medium heat for about 2-4 minutes on each side until just cooked through. Remove from the pan with a fish slice, flake into large pieces then cover with foil to keep warm.
4. Add the spinach to the frying pan and cook for 1-2 minutes, stirring from time to time until just wilted.
5. Drain the pasta well then return to the saucepan together with the flaked haddock, sour cream, chives, lemon juice, salt and stir gently over a low/medium heat until well mixed and heated through. Serve immediately.



www.cottinghamtimes.co.uk - March 2013 17

Skidby resident Carl Bevan to climb to Everest base camp in memory of Andrew Drew and Cancer Research UK

In March 2012 I climbed Mount Kilimanjaro in Tanzania raising money for The Alzheimer's Society.

Enjoying it far too much, I decided that I needed to do something similar again!

With the sad loss of Little Weighton resident and Skidby Cricket Club's Andrew (Drew) Swindlehurst to cancer last year gave me a huge incentive to raise some money for Cancer Research UK.

On March the 14th I will be flying to Lukla (The most dangerous airport in the world!) via Kathmandu to spend 18 days with 36 work colleagues trekking to Everest Base Camp.

I grew up reading about expeditions to the Himalaya and have always had Doug Scott and Sir. Chris Bonington as inspirational people I have admired.

I am looking forward to the experience, from the sights and hussle and bussle of Kathmandu to seeing how the Sherpa people live in this beautiful but tough mountain environment.

I will be fulfilling dreams and ambitions and whilst I do not look forward to the inevitable effects of altitude the views and outstanding scenery will outweigh any suffering.

Anyone wishing to donate any money and supporting me will help me get to base camp and you can join me in remembering Drew, gone but never forgotten!

I encourage anyone who get's the opportunity to climb to base camp or Kilimanjaro to grab it firmly with two hands. It is a big and beautiful world out there and waiting to be explored!

Carl Bevan. www.justgiving.com/carlbevan

Top Welsh Male Voice Choir to perform in Beverley

One of Wales' finest and oldest male voice choirs, Côr y Penrhyn, is coming to Beverley in April to perform a repertoire that reflects the traditional values of male voice singing but which will include new and equally challenging music that stands alongside the old favourites.

The concert, to be held at Toll Gavel United Church at 7.30pm on Saturday, 13th April, has been organised by the Welsh Society of Hull and East Yorkshire and it is anticipated that a large audience will come to hear the delights of male voice choir singing of the highest quality that 40 members of the choir will bring to the East Riding of Yorkshire.

Côr y Penrhyn, whose history can be tracked back to the 19th century, is based in Bethesda, a slate quarrying village in North West Wales but nowadays its members are drawn from a large area of North Wales. The choir, directed by the highly talented Owain Arwel Davies since 2004 has performed all over the world, including many trips to festivals in the United States and to Canada, Finland and Hungary as well as across the United Kingdom and Ireland.

Nesta Merrells, Chair of the Welsh Society of Hull and East Yorkshire says "It is a great honour to be able to welcome Côr y Penrhyn to Beverley and I hope that anyone who appreciates good quality choral singing will make the effort to come along to Toll Gavel United Church on 13th April to hear them perform. I'm sure that the appeal of the concert goes far wider than just to those with Welsh roots.

As in the past, we have nominated a local charity to benefit from the proceeds of the concerts we arrange. This year, we have nominated Age UK East Riding as the charitable benefactor and we hope to raise as much money as possible to help the charity to deliver its highly valued support for older East Riding residents."

Tickets for the concert are priced at £10 each and may be obtained in person from the Beverley Tourist Information Centre at 34 Butcher Row, or by phone on 01482 391672.

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Buying and Selling A Home

Buying and selling a home means different things to different people. For the young first time buyer it's an exciting time; for some experienced movers it's a necessary evil; for a widower moving into a care home it may be a very emotional time, tinged with sadness.

At Jane Brooks Law we have property law professionals who can respond to the different needs of all our clients to ensure that their transaction is dealt with sensitively and in accordance with their needs.

Meet the Team.

Stephanie Sadofsky is a solicitor and a director of the company, having formed Brooks Law Limited with co-director Jane Brooks in 2011. Based in Cottingham, Stephanie has over 20 years experience in conveyancing in the East Riding of Yorkshire area. Stephanie's work is directed more towards commercial matters these days, but she has a loyal following of clients who still instruct her in residential conveyancing matters.

Neil Oakes is a solicitor and is Head of Residential Conveyancing, based at our Cottingham office. A recent recruit from another local practice, Neil has some 27 years' experience in all aspects of residential conveyancing and in his career has probably encountered every problem that can arise during the course of a house move – and knows how to solve them.

Lindsay Burdett has worked at our Hedon office since its opening in 2007 and has worked in residential conveyancing for 25 years. Lindsay is experienced in all aspects of the conveyancing processes and prides herself on her friendly approach whilst offering a quick and efficient service.

Sophie Rogers is a graduate Legal Executive based in Cottingham. She joined the company in 2012. Sophie has worked in residential conveyancing in the East Riding for 25 years. She has experience dealing with residential and leasehold sales and purchases including new build properties and property portfolio work. Sophie is dedicated to making what can be one of the most difficult times of a person's life smooth and stress free. She is extremely approachable and always on hand to give straight forward legal advice when needed.

Sheila Vicker is the principal assistant to the conveyancing team. Sheila has worked with Jane Brooks for over 30 years and is well known in Hedon and the surrounding villages.

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Why choose Jane Brooks Law?

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We believe that our modern approach to conveyancing, embracing all the benefits that technology can bring, coupled with traditional standards of service make Jane Brooks Law an ideal choice for your next house move.

With our locations in the thriving market town of Hedon and England's largest village of Cottingham we are ideally placed to serve communities in Hull and the whole of East Yorkshire. Clients don't need to travel into Hull, with its traffic jams and parking problems, to access a first class legal service.

Jane Brooks Law is a panel member of all major lending institutions – in fact we carry out work for local solicitors who are not on some lenders' panels – and as the company is a member of the Law Society's Conveyancing Quality Scheme which recognises excellence in conveyancing services you can be assured that our office procedures and practices have passed a rigorous audit to ensure compliance with best practice.

So let's go back to the clients mentioned above: the first time buyer, the experienced mover and the aged widower and ask:

How can we help you?

The first time buyer can often be carried away by the excitement of buying their first home. We want to help them fulfil their dream – but also guard against it turning into a nightmare. We can lend a steadying hand, sharing our clients' enthusiasm whilst at the same time ensuring that all legal procedures are correctly carried out. We can assist clients in arranging a mortgage and a survey – something which is often overlooked by first time buyers who may have fallen in love with the home of their dreams and as a result fail to spot that suspicious crack in the brickwork!

The experienced movers have done it all before. They want, and we provide, a quick and efficient service with the minimum of fuss. Where required we can report to clients by email with all the documents for signature, though we will always recommend a face to face meeting to discuss a home purchase where this is practicable.

The widower moving into a care home needs a completely different kind of service. It may not be possible for him to come to the office – so a home visit can be arranged. Above all, he needs to be dealt with sensitively and this may mean that a longer than usual appointment is required. This is no problem – and comes at no extra cost.

Contact us

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Neil Oakes
Solicitor and Head of
Residential Conveyancing



That's nearly an arm full!

As Tony Hancock once exclaimed in his Radio show titled 'The Blood Donor', "That's very nearly an armful!" If you have ever given a pint of blood, it certainly does feel like that after lying on the bed for 15 minutes or more but one thing that does amaze me, you do not feel a thing.

Well I say not but the needle going into the vein in your arm may just sting a little. After that.....nothing. It's just a relax on the bed followed by a cup of tea and a biscuit. What better gift can you give someone in such a short space of time and at no cost involved to you at all? A PINT OF BLOOD! If it wasn't for the marvelous, generous donors along with the incredible hospital staff, I am sure there would be less people surviving serious accidents and illnesses.

So what makes us think that animals are exempt from this 'luxury'? Well it may surprise you but they are not, as they too are able to receive a blood transfusion. With increasing technology in the Veterinary field we can now administer blood to a patient before, during or after surgery as a result of an acute



Kate Maguire with Samson one of our blood donors

illness or a serious accident. Where does the supply of blood come from? Unlike humans, there are few blood banks around, if any, so a supply of 'instant blood' is crucial. This is where the Canine Blood Donor Register comes in. Here at KINGSTON, we have such a register and its so easy to apply. I shall take you through each stage as not every one of our canine friends will be eligible, just the same as humans.

- 1: Firstly, our friend must like going to the vets. I know this may sound strange but it's easier to take blood from a pet who is happy to be with us than one who will be made far more stressed than when we started. We may need to sedate your pet if they are slightly nervous because the needle is inserted into the neck and not the leg (unlike Tonys armful). If this is the case, then we will keep our canine friend in until we are happy that they can go home. My beloved Tammy was very laid back and sat quite proudly for the duration whilst she donated her blood but not all our friends are the same.
- 2: They must weigh over 25kgs, be over the age of 1 year and fit and healthy.
- 3: They must never have been abroad and all their vaccinations be up to date.
- 4: With all the above taken into account, your pet must firstly come in to the surgery, to give a sample of blood (free of charge) so that we are able to 'type match' ready for future recipients.
- 4 : You, as owner, should be willing to come in at short notice day or night, due to the blood not being stored and therefore will be transferred from pet to patient within minutes.
- 5: You must have your own transport. Time is of the up most importance.

So there we have it, quite simple really.....and what's in it for our canine friend?

Well there is the drink and biscuit afterwards. Why should humans have all the treats!

If we are happy with them after approx 50 minutes (longer in large dogs) then they will be allowed to go home.

Finally, we are offering a booster free of charge, to all successful registered donors.

What more can I say? I was always so proud of Tammy but more so during her term as a blood donor. Seeing the patients she had helped, bound into the surgery for their post operative check ups just said it all.

You can register onto the donor list by calling our Cottingham surgery on Tel: 01482 843210 and you do not even have to be an existing client of KINGSTON.

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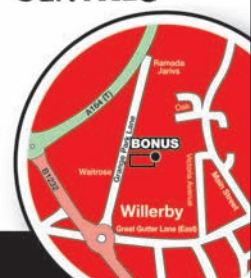


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"The Tooth and Nothing but The Tooth"

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

Getting Long in the Tooth

Hello again. Well, we are into March already! It'll be Easter in no time.

I got out of my comfort zone last month and gave an hour-long presentation to a group of dental practices. All went well and the feedback was good so there is another box ticked. There was also a fund-raiser evening for our Dental Mavericks charity. There was a Las Vegas Theme. In fact it was called Viva Las Leeds and we were told to come as 50's film stars.

I was really chuffed to be awarded fund-raiser of the year for the Mavericks. We raised over £1400 on the night and this will fund a nurse to go over to Morocco to help on one of our projects.



Long In The Tooth. Isn't That To Do With Horses?

I was asked to write a bit on dentistry for the aging person. Getting long in the tooth is phrase about getting old. I was

interested to see its origin. Apparently, horses' gums recede as they get older. So you can tell a horse's age by how long their teeth appear to be; that is, how much of the tooth is exposed.

The phrase "don't look a gift horse in the mouth" has the same origin. If someone gives you a gift of a horse, it's impolite to check its age right off; if someone gives you something with no strings attached, don't check to see if it's good enough for you

The truth is that a lot of mammals get natural gum recession with age and humans are no different. This can be exaggerated and speeded up by gum disease. Some people are genetically more prone than others for all sorts of reasons.

So What Is The Relevance Then?

There is quite a bit. One thing is that with gum recession there can be more nooks and crannies to clean and this can be a bit difficult. It can be even more difficult if you have arthritis or struggle with manual dexterity for any other reasons.

Here, electric toothbrushes can be a real help. They have thicker handles to grip and do quite a bit of the movement for you so it reduces some of the wrist movement that you would need with a manual toothbrush.

Dr "Smile Maker" Top Tip: Anyone For Tennis?

If it becomes difficult to grip a toothbrush due to arthritis, stroke or any other reason then you may consider a tennis ball. WHAT? Have you gone mad?

No, if you cut a small cross into a tennis ball and insert the handle of a toothbrush in it then this can make a real difference because it is easier to grip. You can do the same sort of thing with some pipe lagging. Cut a small length and tape it onto the handles if you need to. This could be put on an electric toothbrush as well if necessary.



Another great device is a waterflosser. There is a cordless one but this is a little bit trickier to use than the corded one. The "nano" model is the newest model and is smaller. It acts like a mini jet washer for around your teeth and gums. I don't think that Karcher do one yet. It is a good bit of kit and we have seen some fantastic results.

City Riding High

Hull city are back up to 2nd in the championship as I write. Come on lads keep pushing to the end and you can get promotion. I think that it will be a really exciting finish. 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 20 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. www.castleparkdental.co.uk.



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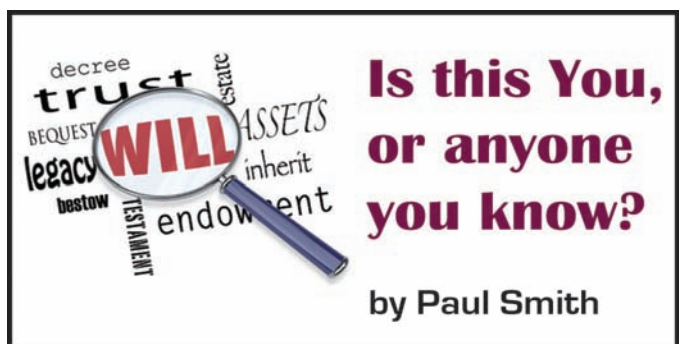
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If you have a spare room in your home you can rent it out. The first £4250 is tax free.

Rents average about £400 a month. The taxman calls it the rent-a-room scheme. You can do this even if you live in a council house or a rented house, but you should check first with the council or your landlord. You can take a lodger for a fixed term. Look at spareroom.co.uk for a guide of the rent in our area that you could get.

However, you need to tell your insurers as they may increase your premium, the room must be furnished, if you live alone you must tell the council because you will lose the 25% single person discount from council tax (unless you rent the room to a student), you need to get your gas appliances checked every year, you should vet your lodger first by asking for personal and work and credit references, and you should get a contract detailing the rent, when it is due, the length of the letting period, how you will share the bills, the notice period and guests. Go to www.gov.uk/tenancy-agreements.

Almost a million homeowners now let their spare rooms in order to pay their mortgages and debts.

Bliss – the telephone preference scheme

I remember years ago being plagued by phone calls selling me double-glazing, conservatories etc, so I joined the telephone preference scheme and I'm glad I did. That was 14 years ago and I have hardly had a junk phone call since. Once you join, the telephone selling companies are not allowed to ring you. I do still get calls from overseas, because the scheme only applies to the UK. To join, just ring 0845 070 007. It's free, it's an automated phone call so you just press the numbers they ask you on your phone to join, and it only takes a minute. If you prefer go online to www.tpsonline.org.uk.

I am told over ten million people have joined. I'm not surprised.

Would you bet if you had a 1 in 24,000 chance of winning?

No you wouldn't. But that's the odds of a £1 premium bond winning a prize each month. The rate of interest on premium bonds is 1.5% a year. (This is because premium bonds pay out 1.5% of the total amount invested in them as prizes each year.) They say you get the "excitement" of the chance of a big win. The best ISAs are presently

paying 2.35%, and unlike premium bonds, where you hope you will win a prize, you are definitely guaranteed to get that.

Premium bonds are only for people who pay 50% tax.

Do you remember the many adverts in the newspapers for ostrich farms?

All those adverts were just a scam. ("Ostrich meat is healthy and you will double your money almost immediately".) There were only about 20 animals and all the victims who fell for the scam owned those same birds. The scammers just needed a few animals for the photos in the adverts. Nobody got a penny of their money back.

Scammers are often well-educated, well-spoken, likeable and very convincing, promising large rewards if you send them a cheque to invest in their exclusive, guaranteed, limited time available, big discount if you sign now, wonderful quick big profit opportunity. You lose every penny you send them.

Older people tend to be targeted because they are more trusting.

The plant and the dog

There is a house where they have a plant and a dog. The plant hates the dog. Plants and trees have to force water upwards from their roots to their leaves, which is the opposite of gravity. To solve this problem they use a system of pressure to get the water upwards. You can measure this pressure. Every time the dog goes near the plant, the pressure in the plant shoots up. That's how they know – the plant hates the dog.

The above suggestions are intended to be helpful. Opinions are the author's own. Everything is described in very simple terms, so before taking any action you must take appropriate professional advice, and the author and publisher cannot accept liability for any loss incurred as a result of relying on the above.

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

This month his destination is Lund.

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

Maps:- EXPLORER 294

Start at GR. SE971481 Roadside parking in Lund.

Distance 6.0 Miles.

This walk can also be started at GRSE983475 which is on the Bracken Road where adequate parking is available in a large lay by or on wide grass verges.

Leave the centre of the village and take the Lockington road. Just before the end of the speed limit, turn left and pass through a small wooden gate walk diagonally across the field towards the

end of a hedge. On reaching this continue in the same direction aiming for a belt of trees. On reaching the trees, pass through the hedge and turn right and walk to the end of the wood.

Pass through the hedge and follow a clear track to emerge on the road and turn left. Immediately before the entrance to Lund Moor Farm cross a stile on the right and walk across a short paddock to a kissing gate, pass through the kissing gate and turn left to walk through the farm. At the end of the farm yard continue in the same direction with a fence on the left. At the corner of the field turn right and walk with a hedge on the left. At the end of this field, bear left and walk along a track to emerge on a road. Cross this road and take a tarmac lane keeping a belt of trees to the right.

At the end of this lane, pass through a small gate and continue walking in the same direction, cross a stile and foot bridge and then turn right. Cross a plank bridge and continue walking with trees on the right. Follow the path as it swings right then left, pass through a hedge and then turn right keeping a dyke to the right. After a short distance locate a finger post and turn right (Signed Minster Way), cross a bridge over the dyke and walk down a wide track. Emerge on the road in Kilnwick and turn right and follow the road passed the church and walled gardens. At the cross roads cross straight over and follow the road towards Lockington.

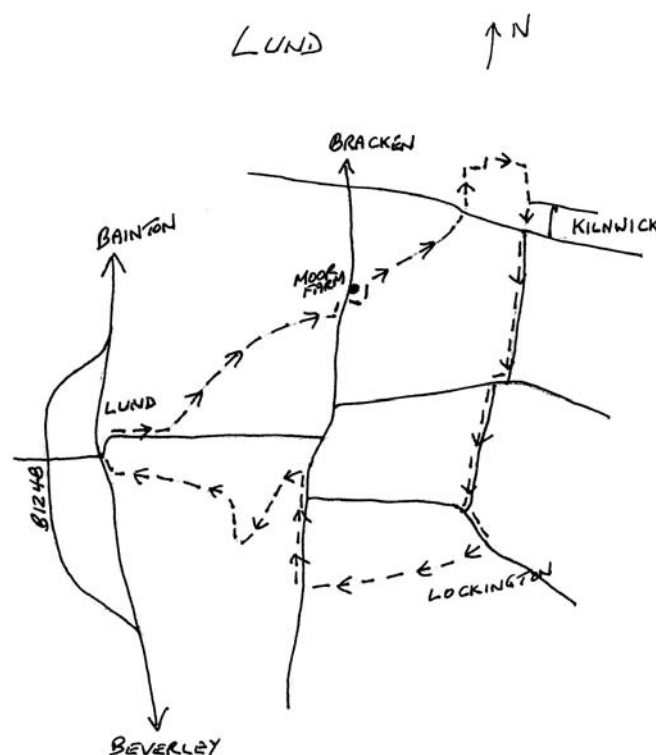
At the next junction turn right and then turn left at the second junction, again signed for Lockington. On reaching the "T" junction in Lockington, turn left and then immediately before the slight left hand bend turn right and either cross the Ford or footbridge and walk down the lane. On reaching a bungalow on the left, locate a kissing gate on the right and pass through this into a field and then walk diagonally to the left across this field aiming for a kissing gate half way along a fence (not visible at first). Pass through this kissing gate and again walk diagonally to the left to the end of a hedge then turn left and keep the hedge on the left. Cross a foot bridge and continue walking with a ditch and hedge to the left.

After the third field emerge on a road and turn right and walk down this road and passed the Lund Road on the right. Shortly after this junction and just before the road bends to the right, turn left onto a foot path keeping the hedge to the left. At the end of the field pass through the hedge and turn left, then cross a foot bridge and turn right. Pass through a small gate and head towards houses in the distance. Continue ahead at the next field and on reaching gates pass through these and walk down a tree lined lane to emerge on a road. Turn left and then at the next junction turn right then right again down a narrow lane and back to the centre of Lund.

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Spring usually arrives by mid-March sometimes a bit earlier sometimes a little later. 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. One of the most beautiful sights in March is the appearance of all the bulbs. It's nice to have colour back in the garden and kick starts the want to be back in the garden and adding to its beauty.

Ponds are probably the single most important wildlife feature that can be added to a garden, attracting a host of creatures from birds, to frogs and beneficial insects. A pond can be anything from a small barrel to a large lake style. The wildlife that a pond brings to the garden is truly exciting and one can spend many an hour just watching the joys that a pond brings.

Before you start

It's easy to create a simple pond in your own garden. Always consider the following:

- The view of the feature from every angle of the garden and house.
- The type of pond - will you use a liner or a preformed pool?
- The size of the pond.
- The type of plants you wish to grow. Different plants require different depths of water.
- Avoid shady areas, especially near deciduous trees.
- Seek professional advice when constructing complicated designs and using electricity to operate pumps. Our staff will happily give you advice and tips in regards to watergardens, ponds and waterfeatures.

What to do

You will need

- Craft knife
- Hose - for marking out shape
- Plank - long enough to reach over pond
- Spade
- Spirit level
- Wooden pegs
- Butyl liner
- Pond insulation liner or old carpet
- Canes
- Paving or turf for edging
- Soft building sand

Marking out

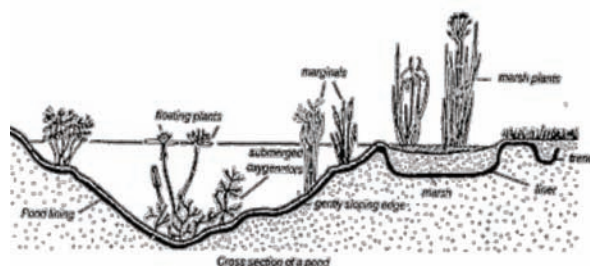
- Define the perimeter of the pond, either with string, a length of hosepipe, or by trickling a layer of dry sand through your fingers.
- Remove the turf from the area and stack neatly away from the working place.

Digging

- Excavate the area with a spade to the depth of the first shelf. Mark the outline of the shelf with sand or string.
- Dig out the centre of the pond and either add additional shelves, or dig until the required maximum depth has been reached.
- Check each shelf is level.

Wildlife in mind

- Move the dug-out soil to another area of the garden.
- Check the sides of the pond following the profile you intended. It's a good idea to give one side of the pond a gentle slope to offer animals, such as hedgehogs, a means of escape if they fall in.
- Pond profile- ideal for Wildlife



A pond which is ideal for wildlife will have:

- a minimum area of 4 to 5 square metres;
- a minimum depth of 80 centimetres (2 feet), so that at least part of the pond does not freeze over in winter;
- a shallow sloping area, to allow birds and other animals easy access;
- a range of depths, to provide appropriate positions for different plants;
- a marsh or bog area;
- an area of hard paving for access to the pond.
- If you do not have the space, then a smaller area or small containers may still be useful to wildlife. For example, old sinks or half barrels may still provide a home for aquatic insects, and breeding areas for dragonflies. Formal ponds will do the same. A shallow container can provide a birdbath.

Pond plants

Pond plants divide into several categories:

- Oxygenators are usually submerged plants.
- Floating plants. The leaves of these plants float on the surface. Some of the plants may be rooted, but others float freely. The floating leaves provide shade for the water below, thus reducing build-up of algae. They also act as platforms for viewing, courting or mating for a variety of insects.
- Emergent plants have erect stems and leaves, which emerge above the water's surface. These are important for dragonfly nymphs to crawl up before they become adult flying insects.
- Marginal plants need to grow at the shallow edges of the pond. Some need to be permanently in a few centimetres of water, while others will tolerate periodic drying out.
- Marsh or bog plants are wetland plants that grow near the water's edge. Their requirements vary from those that must be in permanently wet soil, to those which need moisture retentive soil, but do not tolerate being waterlogged.

Top Ten Tips

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.

Lining the pond

- Remove any lumps or sharp stones from the hole. Then spread a 3cm (1.2in) layer of soft builder's sand over the area. This will help protect the butyl liner being punctured.
- A layer of pond underlay or old carpet above the sand will provide additional protection.
- Get a friend to assist in unfolding the butyl liner. Spread it evenly over the hole taking care not to damage it by dragging it on the ground. Secure the sides of the liner with bricks.

Filling up

- Start filling the pool with water and pull the edges of the liner so that it fits neatly over the contours of the pond.
- Continue filling the hole with water until the pond is full.
- Trim the sides of the liner leaving a 30cm (12in) overlap around the sides of the pond.
- Cover these with paving slabs, or if you want to create a more natural effect, lay turf up to the water's edge.
- The liner should be covered to prevent sunlight causing it to perish. Position plants and add oxygenators. If you want to add fish wait six weeks until the plants are established.

Throughout March we have great offers on everything you need to build or add to your watergarten. If you don't want a pond but would like to add a smaller amount of water to your garden why not try a water feature? Many are reduced exclusively through March. Once they're gone they're gone.

Plant of the month Forsythia

The spring garden would be a much duller place without the bright yellow flowers of forsythia. F. x intermedia 'Spectabilis' is a vigorous variety that is covered in large deep yellow blooms in early to mid-spring. Plant in sun or partial shade, ideally in moist but well drained soil, although the plants are not very fussy. For the best blooms and to avoid your plant becoming too big, cut back the branches that have flowered back to a pair of strong buds just after they have finished blooming.

This shrub will grow to a maximum of 2.5m high by 2.5m wide.

Events and Promotions at Coletta & Tyson garden centre

Mother's Day Special - 4th - 10th March. Treat you mother in our Oasis Cafe this Mother's Day. Come for a delicious roast dinner in the cafe and all Mothers get a free cupcake. Served from 11.30 am until 4.30pm.

Garden Re-leaf day 8th March - is going to be celebrated nationally to launch the first day of the Spring gardening season. The aim of this day is to help raise money for Greenfingers.

We will be holding a quiz at 1pm in our Oasis Cafe. It will be £1 per entry with all proceeds going to Green fingers charity. Plus we will be selling cupcakes with a donation given to charity from each one. The winner of the quiz will win a £30 voucher to spend in our garden centre. There will also be a 2nd place prize and a booby prize. Get swatting for our quiz- you've got to be in it to win it.

East Yorkshire Vegetable Society 16th March- We are delighted to welcome the East Yorkshire Vegetable society to our garden centre to demonstrate how to Grow your own potatoes.

Growing your own fruit and veg is very rewarding and an enjoyable pastime for young and old. You can not beat the taste of your own grown produce. This year we are starting our grown your own demonstrations with potatoes. The East Yorkshire Vegetable society are experts in growing their own fruits and vegetables and will be here to demonstrate how easy it is to do yourself. They will be here between 10.30 am until 2pm. Throughout their time here they will be available to offer advice, guidance and tips and secrets that only experienced growers know.

On the 23rd and 24th March- La Hacienda and Livingstone will be here to demonstrate their outdoor ranges. With a wide variety of Pebbles & patios to Chimeneas & patio heaters to keep you warm. Discounts will be available exclusively for that weekend.

East Yorkshire Vegetable Society 30th March We are delighted to welcome the East Yorkshire Vegetable society to our garden centre to demonstrate how to Grow your own brassicas (cabbages).

We are very pleased to welcome back The East Yorkshire Vegetable Society for their second visit of the year. On 30th March they will be here to tell you everything you need to know about Brassicas! To you and me that's cabbage and other leafy veg. There will be someone on hand between 10.30am and 2pm to answer any questions you may have. Why not make use of their expert knowledge & grow the best veg in your own garden this year.

Coletta & Tyson garden centre is a horticultural family company established for over 70 years. They offer quality, value and service with many of their plants grown here in east Yorkshire. Support your local garden centre.

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Your Stars for March 2013 - By Kay Gower

Aries - (Mar. 21- April 20)

If you really hate what you're doing, then perhaps you should stop telling yourself to hang in there. Your first duty is to 'you'. These are the days of your life. Spend them happily.

Taurus - (Apr. 21- may 21)

You may make a house move this month, or begin a major renovation project. March 17th would be a good day to get down to basics, whether your plans are to move or just have a spring-clean.

Gemini - (May 22-June 21)

March marks the beginning of an exciting period, so broaden your horizons and take any opportunities for change that are coming down the pipe. It may also be a good time to consider whether certain hopes and dreams should be changed as well.

Cancer - (June 22-July 22)

Something new is beginning.

Right after your initial wave of enthusiasm your two close buddies "fear and apprehension" come galloping over the hill. They're both valid feelings, but in spite this unease, keep going!

The sense of achievement will be worth all the trepidation you're feeling right now.

LEO - (July 23-Aug 22)

Your guardian angel will be working hard so the least you can do is give it a hand - soon it will become obvious that your good luck is going to hold firm. Your way with words will be magical this month.

Virgo - (Aug 22 - Sept. 23)

Events in March offer financial opportunities. Your ideas this month are as good as gold, but that's only if you act on them!

Libra - (Sept. 24 -Oct. 23)

Stay light hearted. Relationships are moving along nicely. Instinct points you in the right direction, and plans begin to come together in a brilliantly fitting manner.

Scorpio - (Oct. 24 - Nov. 22)

I want you to be aware that there is jealousy around you. I see it in, and around the workplace. Refuse to be held back or in any way squashed by others.

Sagittarius - (Nov. 23 -Dec. 21)

Making snap judgments based on how others are behaving should be avoided if at all possible. Listen to your inner wisdom - your gut feelings. Try to keep your actions and words as loving and generous as possible. You won't regret it.

Capricorn - (Dec 22.- Jan. 20)

There is a huge risk of boring yourself. Good habits, firm decisions and healthy meals can all be overdone. Luckily, you possess enough good sense to make sure you take a few days off this month. Balance.

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

Take life at a slower pace and remember that you are not responsible for other people's bad moods, this way you'll retain your sanity as well as making some progress over the coming weeks.

Pisces - (Feb. 20-Mar. 20)

You're about half a dozen steps away from success, so rally the troops and march to the finish line!

While you're at it, delete the words 'maybe' and 'perhaps' from your vocabulary.

Council announce increase to car parking charges

After forgoing an increase in charges for council-run on-street and off-street parking last year, East Riding of Yorkshire Council will be increasing charges by 10p per hour from 8am on Thursday, 28 March.

The charges form part of a balanced budget announced by the council earlier this month, which included, for a third year running, a freeze on council tax. The increase will allow investment in the area's transport infrastructure.

The increase means that to park all day in the East Riding at council-run on-street and off-street car parking will cost £5.40, which compares favourably to neighbouring authorities.

Residents and special group permits, which have been kept at the same level for 10 years, will be increased by between £1 and £5 per annum and scratch cards for visitors/hotel guests are to be raised by £5 per book.

Annual standard permits will increase by £50, which will be introduced over two years at £25 per year, and coach parking will also increase by between 50p and £1 per hour.

Councillor Stephen Parnaby OBE, leader of East Riding of Yorkshire Council, said: "As part of the budget setting process, all of the council's business operations were reviewed and, to ensure a balanced budget was set, it was decided that car parking charges should be increased.

"Car parking charges are never popular, but serve an important purpose in providing safe and sensible parking for motorists and allow for a regular turnover of spaces to support local commerce.

"Contrary to popular myth, car parking charges are not a means for councils to 'make money', as all of what the council receives goes back into the area's transport infrastructure.

"The robust financial planning by this council has meant that charges in the East Riding have not changed since August 2010 and, even with the proposed increases, will now not need to change again until at least 2016.

"Even with the increases, charges in the East Riding compare favourably to those of neighbouring authorities in the Yorkshire and Humber region."

Beverley


As well as increasing charges by 10p per hour, the council has undertaken a review of its car parks and has re-banded Butcher Row and Spencer Street, in Beverley, to spread use between car parks and improve traffic flow.

These car parks will operate under a new price structure that is free for the first half hour, short stay only, and then £1 for an hour, £2 for two, £3 for three and £4 for all day.

Sudoku Answer from page 12

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

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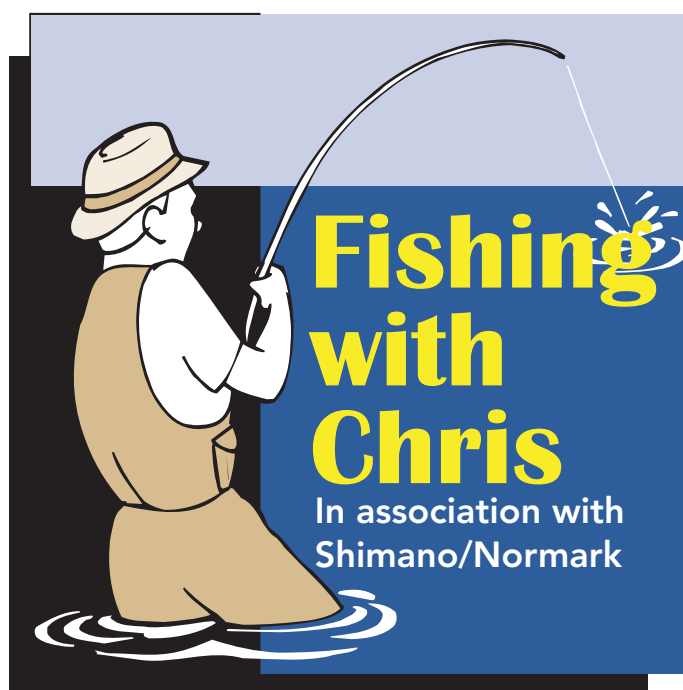


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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Hello and welcome again fellow anglers to this month's fishing news. We hope you are all well and are enjoying your winter fishing; what's that I hear you say? No! Just remember the old saying, there's no such thing as cold weather but there is the wrong clothing. Seriously you can still really enjoy loads of our local waters in winter as long as you are warm. Today's date is 11th February.

Today I would like to talk about targeting our winter fish such as Roach, Perch and Skimmers. First of all feed; there are plenty of ground baits on the market but on a personal level I would look for one that either tells you it has been mixed specifically for silvers or choose a dark ground bait, for example Black Secret or Turbo Black. You may wish to mix this with your favourite ground bait. This is OK to do as long as you mix all your dry ingredients thoroughly before adding any liquid. The reason for using dark ground baits is it has been proven that most fish during winter feel more confident feeding over dark rather than any light coloured ground baits. Once again remember the golden rule, do not over feed, feed little and often as you can put more in but you can't take it out.

Hemp and caster is deadly bait at this time of year, with caster on the hook this usually attracts the better size Roach, and

if you add a little chopped worm to this mix I have found this attracts Perch and Skimmers as well. On the subject of Skimmers, if you are at a venue where they are your main target then I would always add a small amount of micro pellet or fish meal to my ground bait. From personal experience this brings the Skimmers into my peg even quicker.

Some people do not like targeting perch, but I say you're daft as more often than not they are in shoals which in turn mean you catch more fish. Nearly every time you start catching, shall we say 3 – 5 oz fish, the big bonus fish have a tendency to be in the same shoal, so you can build a good bag very quick. A good tip is if you are targeting Perch is put a worm on as your hook bait and twitch it regularly. This can bring more fish to the net a lot quicker than static bait. As I have mentioned before if you are targeting Roach don't forget bread. I would like to talk about this brilliant bait, but look back in your Cottingham Times issues and re-read all my bread tips for a brilliant days fishing on this versatile bait.

Now then have you noticed that most of our waters are fairly clear at this time of year? Yes, well why are some of you still using your pole? Put them away and go back to rod 'n' reel, either feeder or waggler tactics. Set both rods up from the start, because if you don't you will probably not only regret it, you will find that because it is winter once you have started fishing you cannot be bothered to set up your other rod.

Top feeder fishing tip; whether you are fishing a fixed paternoster rig or a sliding rig, put a snap link swivel on the line to attach your chosen feeder. Then should you want to change from a block end to a cage or a bomb or just to change the size of your feeder you can do so very quickly and easily.

Top float fishing tip: once you have shot your chosen float correctly, rather than setting the depth with a plummet try using a bb shot squeezed on the hook instead. This you will find is easier to cast and it also does not sink into soft silt as much as a plummet would, therefore your finished presentation on a hard day is a lot more accurate.

If you are a bit stuck on where to go for winter fishing pop in the shop and I will be very pleased to help you out with advice on where to fish and advice on the best way to fish the winter venues as well.

Anyway until it gets warmer i.e. summer (God, I hope we get one this year, don't you?) dig out your warmer clothes, boots and hats and surprise yourself. Catch fish, it's a lot more fun than being stuck in the house watching repeats on the telly!!

We have loads of new 2013 stock arriving very soon in store, pop in and check out what's new, get yourself a warm drink whilst you browse, and if can't see what you are looking for just ask and we will be more than happy to help you.

Take care, so until next month "tight lines" from everyone at Catchmoore Tackle.

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Music Lovers Make a note



Michael De Costa is Back!

OPERA AT THE 'MET' (Methodist Church) resumes on Sunday 17th March with popular Baritone Michael De Costa and friends, here for their third consecutive March visit.

The much-loved lead of this group, who has worked with the E.N.O. has appeared in opera houses in London, Russia, and other international venues, brings with him faces old and new, including Ben Pieper, bel-canto tenor, Andrea Campbell Mapplebeck, mezzo and two new contrasting sopranos, Rosie Wilkes and Jo Moy.

The varied programme of popular opera favourites from Bizet, Donizetti, Mozart, Puccini and Verdi will include the Rigoletto Quartet, 'Casta Diva' from Norma and the final love duet from La Boheme. Rossini is also certain to be involved in this repertoire.

Matthew Collins, from Howden Minster, will as usual be responsible for the piano accompaniment. Do not miss this rare opportunity to see opera at its best in Cottingham.

Time left for booking tickets is in the last remaining days and are available from Stroud's Handbag Shop, Hallgate, also The Photo Shop, King Street. By phone telephone 01482 847122. Prices are £10.00 and £5.00 for students including programme and refreshments. The concert starts at 2.30 pm in the Cottingham Methodist Hall, Cottingham.

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Hallgate Schools - continued

by Peter Railton - Local Author and Historian

The Year is 1939

School reopened on the 9th of January in that fateful year of 1939 with 259 boys and a full staff, but Mr. Brookes went off soon after the start of the new year suffering from 'flu and a chest infection and was away until the 13th of February. Mr. Clarke was in charge during his absence.

On the 24th of February Rev. Dakin presented the school museum (glass cases mentioned earlier, down the Senior corridor) with a South Sea Islands shark tooth spear. Gordon Dearing, a former scholar of Hallgate and Trinity House and then an apprentice on board H.M.S. Ganges, visited the school on the 3rd of March and the Head and several members of staff were pleased to see him and congratulate him on his appointment to his ship.

Illness struck the department in April, Mr. Clarke, Mr. Bailey and Mr. Wright had time off, then Miss Brown, Miss Warwick and Miss Rennie. Empire Day was observed as usual and the Union Flag flown from the pole near the 'woodwork room' this ceremony had always been keenly observed in the schools, but never with as much significance as in that year.

Glorious weather again blessed the Cottingham Schools Sports Festival held on the Ellerman's ground on the 25th of May. As usual, 'houses' competed with each other in separate boys and girls events and the total number of points for each 'House' in all departments were added together. Livingstone House were the winners wearing yellow team bands, Shackleton second wearing green team bands, Wellington third in red bands and Nelson fourth in blue bands. Races for 'old scholars' rounded off the proceedings and Trophies were presented by Mrs. Halliwell the wife of a local doctor.

On the 10th of June another excursion took place - this time to London again. Much the same route was covered as two years previously but with the addition of the Tower. Rain fell heavily during the morning (it always seems to rain more heavily in London when it does rain - especially on school excursions!) It had cleared up by lunch time and the rest of the day was very enjoyable; it was a long day as usual, 5.10am. start from Cottingham Station, returning at 1.45am - next morning.

A significant entry in the Log Book reads,

"7th. July. Two gentlemen from County Hall visited the school today re. provision of Safety to Children in School in the event of raids by hostile aircraft."

All three departments were visited and one of the men was my cousin Len. I was still in the infant's department then and I remember going up the slope from the cloakrooms into the hall and seeing Len at the top, just inside the doorway, a tall dark haired young man smiling down at me. That was the last time I saw him - he was killed in the Middle East in 1941.

In September 1939 I 'went up' into the juniors and into Miss Warwick's class, a kindly person with a rather a loud voice. This coincided with the outbreak of the second world war, and the entry in the log book reads -

"The outbreak of war between Germany and the Allies France and Britain which occurred on Sunday 3rd. September, resulted in all schools in the Kingdom being closed for at least a further week, the closure of the Boys' Department here being until Wed. 13th. due to the redecoration of the department not completed. Every effort is being made to make the cloakrooms and main corridors bomb splinter proof so that those scholars who in the event of an air raid are unable to run home in 5 - 7 minutes and will consequently remain in school will be protected and made safe as possible. Windows and doors are being, sand bagged after being bricked up and wire netting and plywood have been fixed to the windows. An air raid practice dismissal has already been held and others will follow from time to time."

Similar precautions were being put in place in the other departments as we will see, but the essential work of the schools went on regardless. Miss Brimelow and Mrs. Wrigglesworth were both away ill and a supply teacher had to be brought in when the girls' school opened on the 9th of January. Three students from the College arrived for their



three week's teaching practice, and visits were paid to Wilberforce House by girls in Sts. 5 and 7 with their teachers and the students. Miss Cumberbirch descended on the department and declared herself very satisfied with the school and her students.

The Rev. Dakin went to the schools on the 27th of February to say goodbye to all as he was leaving the district - a popular and enthusiastic supporter of Hallgate Schools. Mr. Arnett 'found everything correct' on the 6th of March when he examined the registers.

Sports days came and went, with a mixture of successes and failures. The violin orchestra came second in the class that year at Hull Music Festival - just one point behind the winners of the Shield. The school closed on the 16th of June as most of the pupils and teachers were on the London excursion. Three girls gained scholarships - Lorna Blades, Edna Davidson and Dorothy Hill; three girls competed at Craven Park in the County Sports and one of them was to jump in the All England Sports, a great honour for the school - was Bessie Dyson and she had broken a record for the high jump at the sports held at Malton by clearing 4ft. 8ins.

The summer holidays were set to start on the 3rd of August and school to re-open on the 5th of September, but an addition in the Log Book reads -

"The school was closed for another week, until Sept. 11th because of the war."

Week ending Sept. 15th, 1939. School re-opened on Monday Sept. 11th. All week the joiners have been at work in the passage putting wire netting to the windows and blocking the glass of the doors. Many unofficial evacuees have been registered and many girls have left the district to go to safer areas. At the end of the week there were 294 on roll, 89%. Work is carried on as far as is possible as usual. The gas masks have been examined and a test of time given for those who live near school to see how quickly they could reach home if an alarm for an air raid was given." The joiners and builders continued work well into October. Brick screens were erected just outside the main entrances to all three departments to guard against blast, and sticky brown tape attached criss-cross to all windows to prevent glass flying through blast. More evacuees arrived from Hull schools and the number on roll rose to 301.

On Tuesday morning 17th of October at 11am., the air raid siren sounded - the rising and falling wailing sound sent a shiver down one's spine and T.V. films and documentaries still have the same effect on me now. Cottingham's siren was on top of the Council Offices on Market Green and this was the first 'real' alert of the war as far as Cottingham was concerned and the well practiced dispersal procedures were put into operation with great success. Those who could get home quickly were allowed to go and those staying filed quietly to their allotted places in the cloakrooms and sat on the forms in there - a relay radio was often switched on to music while the raid lasted; cloakrooms were not the ideal places - the youngest pupils went to the far end amidst much head banging on the coat pegs - shouts of 'I can't breath' or 'stop shoving me' and the teachers trying to sound reassuring at all times; what a weight of added responsibility then rested on their shoulders.

The 'all clear' (one single prolonged wail) sounded at 11.50am. and each department had around 50 absences that afternoon as children were kept at home. A start of the disruption to come.

Pictured above: Mr. Wright and the 1939 - 40 football team.

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Above: TUTU looking well but very shaggy. (Its very hard to work horses with big thick winter coats because they sweat and stay wet for hours afterwards.)



Above: TUTU looking very smart sporting a blanket clip. (Opening up all the sweaty areas so that he will stay dry and not catch a chill....Rugs replace the coat for warmth)



Above: Greenaway Bay becoming a Dressage horse. (Such a beautiful horse who became an EVENT horse for a new career).

Below: BAILEY leaning how to simply stand still! (Ex race horses need to learn to take a "chill pill" and learn that it is okay just to relax without a care in the world).



Above: A very typical style of jump from an ex racer who is used to jumping big "National Hunt" hedges!!! Poor Carlie!

Below: Better style from another!





Bara Lawr - Simnel Cake – Colcannon - Hot Cross Buns- Chocolate Eggs:

It must be March!

Bara Lawr

March 1st **St. David's day** will bring an early glance of Spring with the interior of the Half Moon awash with **Daffodils**, while on the specials board you will find **Welsh Rarebit** and Bara Lawr (laverbread) for you to sample with a guest cask ale from Brain's "**Bread of Heaven.**"

Simnel Cake

March 10th **Mothering Sunday** is a very special day when we simply say thank you to a special lady, Mum. The Half Moon has a fabulous **menu** choice with some **special Mum specials** on the board (no washing up involved) including the classic Mother's Day cake. Make sure you **book early on 843403.**

Colcannon

March 17th **St. Patrick's Day** will bring a specials board of classic **Irish dishes** including Colcannon (cabbage and potato), **Lamb Stew** and thick cut Bacon. Is there something I've forgotten? Of course, Guinness the **black and white nectar** is in prime condition, extra will be ordered.

Hot cross buns

March 29th **Good Friday** the beginning of the Easter weekend and traditional associated with the partaking of Fish, so besides our Haddock and Chips, which has gained quite a reputation, our chef will be **creating** a few fish specials to **tempt your palate.**

Chocolate Eggs

March 31st **Easter Day** and would you believe the start of **British Summer Time**. Therefore as the weather is going to be **fantastic!!!!** we are hoping to put on some **Family** events, even if it means a thick woolly and wellies may be required to search for the **hidden Easter Eggs**. I'll keep an eye on the weather forecast and put a notice up **closer to the day.**

News in Brief

The **little shop** addition is still in plan for **May**, however, our **meeting room** upstairs has had to take a **backseat** while we check on some structural issues.

Many thanks to everyone who has visited us following our **Kitchen refurb** and dining room uplift and for all the comments received, they make it all worthwhile, thanks. And finally but not least to the **Half Moon team** who have coped **amazingly** well. The Half Moon has part time **Vacancies** for bar and waiting staff, give me a ring on 843403.
Cheers, Mike

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Hull and East Yorkshire Hospitals NHS Trust

14th February 2013

OFFICIAL PRESS RELEASE

Hull and East Yorkshire Hospitals NHS Trust has submitted the outline planning application to the East Riding of Yorkshire Council for mixed use development of hospital-owned land for the delivery of much needed housing, employment opportunities and local community services on land to the south of Castle Road, Cottingham.

Hull and East Yorkshire Hospitals NHS Trust aspirations:

The Trust's aspirations for the development of their land includes for family housing, key health worker accommodation, older persons' accommodation including extra care facilities, a primary school and the potential for some small commercial elements such as a public house and small convenience store. Plans also include extensive community use areas of green open spaces, sports pitches, allotments and an orchard.

The land is currently in agricultural use and lies immediately opposite Castle Hill Hospital at Cottingham. All monies raised through the sale of this land for development purposes will be reinvested into patient care and services.

Why Now for a Planning Application?

It has always been the intention of Hull and East Yorkshire Hospitals NHS Trust not to submit a planning application in advance of East Riding of Yorkshire Council's Sites Allocations Development Plan Document. Given the Council commenced consultation on the Draft Strategy and Allocations DPD on the 5th February 2013. The time is now right to submit an application.

The application more importantly sits within directives from central government, which are:

- To bring into use surplus land owned by Government Agencies, for example, NHS Land.
- To significantly increase house building to assist the 'kick-start' to the economy and get 'Britain Building'.

Background:

The Council has over the past three years been involved in the process of preparing a new Local Plan for the whole of the East Riding. During the early part of the Plan's preparation, the Council sought expressions of interest from landowners to put forward parcels of land available for development to meet ever growing housing and business needs. Land at Castle Hill Park was one of the sites submitted which has been reviewed by the Council and accepted as a site containing very few barriers for development. In other words the land is suitable and available and, subject to an appropriate layout and design, would make a sustainable extension to the settlement of Cottingham.

Over the last 12 months the Hull and East Yorkshire Hospitals NHS Trust have undertaken detailed consultation with the Ward Councilors, Parish Council, Cottingham Civic Society and the local people of Cottingham to present and explaining the evolving proposals. Residents will now have the further opportunity to provide comments upon these proposals direct to the Council during the Council's usual public consultation period.

Finally:

The Hull and East Yorkshire Hospitals NHS Trust would like to thank Ward Members, Cottingham Parish Council, Cottingham Civic Society and the community of Cottingham for taking the time to contribute and share their ideas and concerns in order to refine development proposals.



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A helpful solution is to take out a Funeral Plan which allows you to outline the arrangements you wish to make. Many Funeral Directors require a large deposit before the actual funeral has taken place so arranging for costs to be covered in advance makes sure that grieving family and friends won't have to bear the responsibility.

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Funeral Plan checklist

- Is your money safe - is the plan provider Funeral Planning Authority (FPA) registered? Look out for the logo
- Check exactly what is guaranteed by the plan so to avoid any costly surprises
- Paying by instalments? Check the total cost and what penalties may arise if you can't keep up payments for any reason
- Find out your rights if you change your mind, what is the cancellation policy, is there a fee?
- What funeral director services and external costs are covered by the plan?
- Check what funeral directors are included in the plan? If you relocate is the plan easily transferable to another funeral director?

If you would like help planning for funeral expenses and arrangements in advance and would like to know more about the Age UK Guaranteed Funeral Plan, please visit www.ageuk.org.uk/funeralplan

Written by Gillian Banks Trading Manager, at Age UK East Riding

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Moving Abroad?

A monthly column by Nick Russell

Olives

Our harvest of olives was completed over the last weekend in January. I was getting a little concerned as wet and windy weather had blown half the olives from the branches onto the ground and I wasn't sure how they were dealt with. Usually large nets are placed around the base of each tree and the olives are knocked off into these, but as so many were already on the floor, this wouldn't be possible. So when the four pickers started, I was quite interested in the whole operation and to see how they dealt with the olives already on the floor.

One of the pickers used a motorised tree shaker and two others used long wooden poles to knock the remaining olives from the branches. As they finished each tree, the fourth guy used a huge leaf blower to blow all the olives together into a couple of piles and then scooped them up onto a trailer ready to be taken to be weighed.

As this was our first experience of an olive harvest, I had asked if I could go with them to the olive co-operative to see what happened next. When they had a couple of trailers loaded up, I followed them to the co-operative in the town of Huetor Tajar, which is used by many of the local olive growers. Basically, you turn up with your load of olives and tip everything into a hopper in the ground-leaves, stones, soil, branches and the olives- ready for the sorting process to begin.

Firstly they go along a conveyor belt to the first sifting machine, which takes out all the soil and leaves, then up to another machine which removes all the stones and rocks and finally to the weighing machine. When it gets to this point you can view the net weight of your crop on a computer screen in the control room. The olives then complete the last part of the process to the huge storage hopper. As they leave the weighing machine a small sample is taken for acidity analysis at a lab and the result of this test can affect the end price. The higher the acidity, the better the price. All this process was carried out on machinery open to the elements and on this particular day it was really cold and chucking it down so I was quite glad when it was over.

Once your load has been weighed, a receipt is printed off and a copy is given with the weight you have processed that day on it. We



had to make three trips over the next couple of days before all my harvest had been weighed and I had all my paperwork. After the last load I had to go to the office to register all my details and this is when a lack of Spanish is a real problem. None of the pickers spoke English but fortunately Antonio, our head picker had realised this and organised for one of the office girls, who spoke a little English, to come over to help explain what happens next. Irene managed to explain that my olive samples would be sent away for analysis and once the results were back, the value of my harvest would be worked out and I would receive a cheque. This would take about three weeks, which I have since learnt is very quick.

The whole process of picking, transporting, sorting, weighing, and grading is very manual, a bit dated and archaic. Even the price for lab fees is still quoted in pesetas but it seems to work so why change it.

As the co-operative only handles and grades the olives, I wasn't able to see how the raw product was turned into oil. This process takes place at a plant near Granada, so getting my own oil is virtually impossible.

On a volume note, Andalucia produces 80% of the world's olive oil and, of course, if you ask any Spaniard it is also the best in the world.

At the start of the harvest I had asked Antonio how many kilos of olives I might get from my 125 trees and he estimated around 2,500 kgs. As it happened we actually ended up with over 3,200kgs, which I am hoping to improve on next year as a mature, well looked after tree should give around 40kg per harvest.

On one of my visits to the office, Irene asked me if I was willing to help her improve her English, as her job involves dealing with customers all over Europe, who all speak English. Not having been a teacher, I said I was willing to give it a go, so she now comes over to our house for a couple of hours a week when we talk and do a few written tests, and as I help her, she helps me with a bit of Spanish so it works out well.

Olives are a major part of life in Andalucia so a good harvest is very important but because of the lack of rain in 2012, this year's harvest is pretty poor. It looks like there could be a shortage of



olive oil so prices will rise in the shops. The hopeful spin off for the growers is that next year the value of olives will go up from the current value of around 50c/ kilo as about five years ago the value was over 2 euros /kilo.

Spanish lessons

After 10 months of living in Spain, we have decided its time to have Spanish lessons and learn the language. Our grandchildren already have lessons at home as well as learning Spanish at school so we asked their home tutor, Eva, if she would help us. We now have an hour a week with her and, although its fun, it is quite difficult but it has to be done. Hopefully for me , with the extra help from my pupil Irene, I might improve a bit quicker.

Building work

Building work continues on the ground floor of the casitas but at a slow pace. We are still waiting for our builder to get back to us with prices for a septic tank, gas boiler and plumbing work. All the electrics are now in and just need the electrician to connect up to the main PCB. My son Tom has started plastering the walls and we have ordered the front door from a local business as it is not a standard size and will have to be made to measure. Despite the holdups we are still working towards having the two bedrooms and bathroom ready by the end of April for any guests who might want to come out during the summer but on a B&B basis. We also have the two bedrooms and bathroom in the house as well, so we can sleep up to eight people in total. E-mail nickruss@hotmail.co.uk for more details

The first floor is a different matter as we are still waiting for the architect to produce a drawing for the roof and to apply for planning permission, so that will happen as and when.

The garden

The weather has been perfect for gardening over the last few weeks. Its been sunny and warm most afternoons with plenty of rain falling at night so my wife Rita and daughter in law Adel have been busy planting rows and rows of vegetables in the allotment. I have managed to prune and cut back nearly all the trees and bushes around the pond and garden as well as build and lay a 60 metre path through the garden and re-stone the path around the pond. Rita and Adel have sown some grass seed to try and get some grass to grow back in the garden. In preparation for the summer, I have also started to lay out a watering system for the garden to try and keep it alive during the hot weather.

Next visitors

At the end of February, we are expecting our first visitors of the year. Our daughter Nicola, her partner Andy and our grandson Jack are coming out for a week and hopefully it will be warm and sunny. They will be followed by our friends Dawn and Steve, who are also coming out for a week.



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Cottingham's first Notary Public for at least a generation, Neil Oakes, is open for business in George Street. Notaries make up the oldest and smallest branch of the legal profession and generally deal with clients who are involved in transacting legal matters abroad. Neil is delighted to have moved into Cottingham after many years practising as a solicitor/notary in Hull. Neil's office is within, but is independent from, Jane Brooks Law Solicitors at 2/4 George Street. Among the services that Neil offers are:

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World class tango artist Martín Alvarado to perform in Cottingham on March 23rd

Argentina's finest and most significant tango vocalist, Martín Alvarado, will be performing in Cottingham, East Yorkshire, as part of his 24th international tour.

His performance, at Cottingham Methodist Church, on Saturday, March 23, will see the globe-trotting tango troubadour

perform with an outstanding pianist and bandoneonista from Finland, Mikko Helenius.

The concert, at 8pm, is part of Alvarado's fourth UK tour during which he will also be singing in Wales for the first time, in Cardiff, London, Liverpool, Harrogate, Essex, Nottinghamshire, Derbyshire, Warwickshire, Devon, Lincolnshire and Rutland and coincides with his nomination in the Latin UK Awards.

Tickets for the concert are £10 on the door or £8 in advance from www.musicglue.com/ltangopromotions or from Barkers Newsagents, Hallgate, Cottingham.

Alvarado said: "I am so happy to be coming to Cottingham as part of my UK tour. I love having Mikko with me when I sing because he is a great musician and has written some beautiful new arrangements. We also have a lot of fun on stage together."

Helenius, with whom Martin is recording his next album, is a classically trained pianist from Helsinki and studied bandoneon from some of the instrument's Argentine maestros in Paris. The button accordion, which is central to the tango sound, is renowned for being an extremely difficult instrument to play. Helenius is thought to be unique in the world for having mastered the ability to play both the piano and bandoneon simultaneously.

As a live performer he is known for his powerful emotional connection with his audience which transcends the language barrier and leaves a last and moving impression. In Buenos Aires, where his music has daily airplay on tango radio stations, Alvarado engenders much national pride for the way, in 23 international tours over the past ten years, he has become something of a cultural ambassador for Argentina's rich musical heritage.

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The Railway in Cottingham celebrates "Runner-up" award in the CAMRA "Pub of the Year Awards" 2012

The Railway Pub in Cottingham has been awarded the "Runner-up" award in the Hull & East Yorkshire CAMRA's Pub of the Year 2012 competition.

Maggie is proud to have put The Railway back on the map and make it part of the community of Cottingham again. Serving a superb selection of real ales, which change on a regular basis, and is pleased with all the hard work her staff have put in, to make the pub the success during her first year in charge. The Railway is a great place to meet have a meal and meet friends and enjoy live music.

Pictured above: Maggie pictured at the bar with her "Runner-Up" plaque presented by CAMRA.

Cottingham Parish Council



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5. Saturday **18th May** *Food*
6. Saturday **8th June** *Childhood*

All sessions are **10am to 2pm**. You don't have to attend them all. For further information, and to book your place, contact: **Ros Jump** on **842272** or

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Council launches Energy Switchover scheme for households in the East Riding

East Riding of Yorkshire Council is pleased to announce the launch of YORSwitch, energy switching scheme open to all East Riding households, with registration online open from Friday, 15th February.

Last month, the Department for Energy and Climate Change awarded the council and its partners £428,750 to support the scheme, which will see the council and its partner organisations work to reduce gas and electric bills of interested households.

The scheme works by households in the East Riding registering their interest followed by an online auction between

energy suppliers, with the winning supplier's best offer made available to residents.

For anyone not online, from Thursday, 21 February, information about how to get assistance is available by calling (01482) 393939 or in person at a customer service centre.

The closing date for registrations is Monday, 8 April, with the online auction, between energy suppliers, taking place on Tuesday, 9 April.

Following the auction an offer letter will be sent out to those who registered detailing the winning energy supplier's offer. Residents then have time to consider the offer and decide if it is right for them. If it is, then all the resident needs to do is respond to the offer letter and then the energy supplier will set up their new energy deal which lasts 12 months.

Councillor Symon Fraser, cabinet portfolio holder for environment, housing and planning at East Riding of Yorkshire Council, said: "Switching energy suppliers is something that many of us never get round to doing or it can seem too daunting and complicated.

"The YORSwitch scheme makes switching energy suppliers really easy so that we can all start to save money on our gas and electric bills.

"It's easy to get involved either on line or in person and the more people that get involved the greater the buying power of YORSwitch."

For further information about YORSwitch, visit www.eastriding.gov.uk/yorswitch.

Pictured above left to right: YORSwitch ambassadors James Brooke, Samantha Rowley, John Fuller and Pete McKillop will be providing assistance for the energy switchover scheme to interested households.

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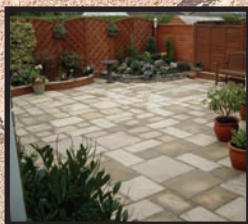
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Marie Curie are presented with a cheque for £8,300 by the De la Pole branch of the RAOB

The De la Pole branch of the Royal Antediluvian Order of Buffaloes (RAOB) has been fundraising for Marie Curie Cancer Care for the last 12 months, and presented a cheque for the magnificent sum of £8300. This money will be used in our area to provide free nursing care to those patients who are terminally ill and who wish to remain in their own homes. The amount they raised will pay for 46 full nights of nursing care and grateful thanks go to everyone who helped in any way.

Marie Curie Cancer Care's biggest fundraising event, The Great Daffodil Appeal, takes place during March, and it is hoped that many people will make a donation and wear a daffodil pin badge. When the proper daffodils emerge the Daffodil Field of Hope at Hallgate Primary School can be seen from the far end of the car park behind the clinic. These daffodils were sponsored by many Cottingham residents in memory of loved ones.

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Wills - why use a solicitor?

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

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

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

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

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

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

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

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

We believe the information contained in this article to be correct at the time of going to print. While all possible care has been taken in the preparation of the information, no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by the firm or the authors.

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Dunswell Primary School

This little school is still thriving today, providing education for the children of the hamlet and nearby areas. It has changed hardly at all at the front, but there have been additions at the back in more recent times to cope with demand.

Unlike most of the buildings in this survey of Victorian village schools, Dunswell was not founded by subscription or affiliated to the religious bodies; it was built by the Cottingham School Board in the 1890's to accommodate some 50 children, most of whom can be seen on the photo with the Master and two female pupil teachers.

The land upon which the school is erected was bought from a local farmer for the princely sum of two shillings and six pence a square yard - 12.5 pence in today's money - and built by Thomas Croats whose tender for the work was £429 4s 0d, just beating that of Robert Wilkinson's of £492 5s 0d, but a big saving then.

During the Second World War, an air raid siren stood on top of the school roof at one end - the base is all that is left now.

(With thanks to Peter Railton Local author & historian)

However, this thriving little school may become a casualty of restructured Government School Funding. With just under 100 pupils, and an unofficial catchment area that covers Kingswood, this school along with other small schools throughout the East Riding, are all under the microscope. Dunswell School is financially healthy and is oversubscribed; it also contributes to the community by hiring the local Community Sports Hall and consequently has a much better facility than many other primary schools. Foundation Years children have access to the Play Group, based at St Faiths, and that income helps to finance the church. The loss of the school would have a far reaching impact on the whole village. If anyone is interested in expressing a view on this possible closure then please contact either Geraldine Mathieson: tel 847276 e.mail cllr@mathieson1.karoo.co.uk or Ros Jump: tel 842272 e.mail ros.jump@rosandsue.karoo.co.uk.

Text and photos from Peter Railton's "The Victorian Village Schools of East Yorkshire. Copies are available from Peter Railton on 01482 841851 or Barkers Newsagents, Hallgate, Cottingham for £4.00.



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Need a place in the BUPA Great North Run?

Why 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 15th September 2013 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.

Hearing Dogs for Deaf People have been 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 for 30 years. There are 750 hearing dogs currently in operation across the UK bringing independence, confidence and companionship to deaf people.

Lucy Ward, 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. With fundraising advice, chance to visit our training centre 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 2013 please contact Lucy Ward on 01759 322255 or lucy.ward@hearingdogs.org.uk

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Hallgate School boy

scoops award

Two young pupils who train at the Rhythm and Dreams Dance Centre were successful recently in the under 10's section at "The Champions of Tomorrow 2013" competition held at the Winter Gardens in Blackpool.

Hallgate School boy Lewis Tutty (9) from Cottingham and his partner Emily Jenner (9) from Hessle impressed the judges with the standard of their dancing at this prestigious national competition in January. They reached the finals in the Ballroom Section and were awarded 5th place. They also reached the semi finals in the Latin Section. The Dance Schools Principal, Vicki Smith, was delighted with these results and hopes that the youngsters will now have the confidence and enthusiasm to build on this success and take their dancing even further.

Emily began dancing at the age of three and Lewis at the age of five. In his first regional competition in April 2009, Lewis won the Classical Solo Section which Emily had also won in October 2008. They first started dancing together two years ago and during their first six months they won 13 trophies. Last year was even more successful. In the Spring and Autumn "North East England Championships" they won five trophies at each of these competitions. In the Scarborough Dance Festival last November they entered eight sections and reached all eight finals attaining 1st places in both Ballroom and Latin sections as well as four 2nd places, a 3rd and a 4th place. On the strength of these results a decision was made to enter them into a national competition where judges would be assessing the competitors to see whether they had the ability and technical expertise to become future champions in the world of dance.

Dancing in the beautiful ballroom at the Winter Gardens was an amazing experience for Emily and Lewis. Although nervous, they took to the floor, remembering all that Vicki had taught them and danced impressively. They soaked up the atmosphere - dancing amongst top dancers from all over the country who were all equally eager to claim a coveted place in the finals. Lewis described the experience as "awesome".

As well as a lesson for competition dancing and a practice night to polish up his skills - Lewis attends lessons for examinations each week. Vicki and her staff have taught him a wide spectrum of ballroom, latin and classical dancing ensuring he perfects the technique required to take examinations twice a year. In 2012, Lewis gained six Honours results for the six examinations taken that year and was awarded the Special Award for gaining the highest marks on both occasions.

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Important changes to Council Tax Benefit

At a full council meeting on 9th January, East Riding of Yorkshire Council members agreed the new local council tax support scheme that will replace council tax benefit in the East Riding from 1st April 2013.

On 1 April 2013 the current council tax benefit scheme will be abolished by the Government. This benefit is awarded to customers in low or no income households to help them pay their council tax. It is currently a national scheme paid for and regulated by the Department for Work and Pensions (DWP).

All local authorities have been required to design their own local schemes to support their residents who need help with their council tax from 1st April 2013. Pensioners are protected from these changes and will not see any changes to their benefits. The new scheme applies to working age residents only.

The government is reducing the funding it gives to local authorities to support working age residents who need help with their council tax and East Riding of Yorkshire Council's funding will reduce by £2.2 million. The council therefore had to decide whether to reduce the level of support offered to working age residents or find the savings from other services. The difficult decision was taken that the new council tax support scheme should limit the amount of help that working age residents can receive to 75 per cent of their council tax bill. The new scheme means that no one of working age will receive 100 per cent support towards their council tax, and every working age household in the East Riding will have some council tax to pay.

Councillor Stephen Parnaby OBE, leader of the council, said: "As the budget the council receives to pay council tax support will be reduced by £2.2 million from April, the council has to make difficult decisions to reduce the amount of help people can have towards their council tax bills.

"Even after limiting the amount of help that working age residents can receive to 75 per cent of the council tax bill, the council will still have to find £1.2 million to fund the scheme.

"I must stress that the changes to council tax benefit are entirely the result of Government policy and not anything decided locally by this council.

"The council has consulted closely with many people and groups about the changes. The general view has been that it is difficult to treat one group who may be vulnerable in a more or less favourable way than another, so a reduction in benefit across the board is the fairest way to proceed. The East Riding's 15,500 pensioners are exempt from the changes and will not see any reduction in their entitlement."

All existing customers will be automatically transferred on to the new scheme from 1st April 2013 and will receive notification letters and council tax bills in March 2013 showing how much they will have to pay.

Residents are urged not to ignore their council tax bill. It is important that payment is made as the bill specifies, or that contact is made with the council to discuss repayment options and how we can help.

If you wish to find out how the new changes will affect you, you can call into your local customer service centres, telephone the benefit section on (01482) 394799 or visit www.eastriding.gov.uk. If you are worried about paying your council tax, you can contact the Benefit and Money Advice team on 0800 915 0381.

New Gym to open above Fulton Foods on King Street, Cottingham

Cottingham Health & Fitness is due to open soon in Cottingham shortly. It is situated above Fulton Foods at 86a King Street, Cottingham.

For further information please telephone 07741 482832 or see the advertisement on the left.



Cottingham WI members visit Hornsea Inshore Rescue station

Recently members of Cottingham W.I. enjoyed an outing to Hornsea Inshore Rescue. The excursion included a fish & chip lunch with mushy peas, bread and butter, tea/coffee and biscuits in a comfortable dining room.

Sue Hickson-Marsay (chair person) gave a talk explaining that the service became a registered charity in 1994 following public support for an independent rescue facility. Hornsea lost its former patrol boat prior to this during a review of the coastguard services. A video was shown explaining that the team went operational in 2010 from a new boathouse and education centre and was formally opened by the Princess Royal.

Neville Metcalfe (vice chairman) gave the ladies a tour of the lifeboat house with a demonstration of what volunteers needed to wear before setting to sea. There was the opportunity to have a first-hand inspection of the lifeboat, after which the ladies visited a small gift area selling souvenirs.

Hornsea Inshore Rescue is part of the Yorkshire Ambulance - volunteers are trained as first responders. In the last five years they have been instrumental in over 500 incidents. In 2011 six volunteers received awards for their bravery after a couple, walking their dogs, had to be rescued from the sea. Insisting that their dogs were saved first, the couple were rescued by jet ski.

The service, run by volunteers, relies on contributions. Visitors are welcome with lunch provided for up to 50 people at £7:00 per head.

Visit www.hornsearescue.org.uk tel: 01964-537340.

Household recycling permits can be renewed from March 18th

Residents needing permits to use the council's 10 household recycling sites need to renew them in the next few weeks.

The permits enable residents to use their commercial type vehicles to take household waste to the sites. Commercial waste is not accepted at any of the sites.

The permits can be renewed from 18 March and a maximum of six are allocated for the next 12 months. Unused permits for the current year cannot be carried over after 1st April.

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Visit the council's website www.eastriding.gov.uk for further information, to renew online or download a form. Hard copies of the forms are available at the sites and customer service centres.

Those renewing permits for the same vehicle do not need to resubmit a copy of the V5 with their completed form.

Springtime is just around the corner

Springtime Variety is a new production from Tony Peers of Scarborough, containing all the elements for a perfect afternoon's entertainment.

A wonderful cast will take you on a musical journey through laughter, song and dance. Featuring Michael Buble songs and excerpts from the smash hit musical Jersey Boys. Tribute will also be paid to the legends of Frank Sinatra, Sammy Davis Jr and many more.

This show will have you singing along, tapping your feet and going home with a spring in your step.

The production will be showing at The Civic Hall, Cottingham on Friday 15 March at 2pm. Tickets £5.50 are available in person from Cottingham Customer Service Centre 01482 393939 or call (01482) 395320 Book online at www.events.eastriding.gov.uk.

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

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These fun sessions enable people to get fit and meet new friends, regardless of their skill level, for £2 per session.

Sessions take place in Beverley at Longcroft School every Sunday from 10.30-11.30am; Cottingham at King George V Playing Fields every Tuesday from 3.20-4.20pm and The Lawns, Harland Way every Thursday from 5-6pm.

For more information call Pauline Hardy, netball development officer on 07540 126591 or email pauline.hardy@englandnetball.co.uk.

New exhibition titled "Life on the Land" now open at the Skidby Windmill

The exhibition is called "Life on the Land" and it explores aspects of life for ordinary farm workers, including the Hiring Fairs, the work of the horse boys and the role of women and children. It is on display in the Village Life Gallery from now until the end of June.

Skidby Mill is open every day between 10am and 5pm. For further details please telephone 01482 848405.

News from Cottingham Tennis Club

We have a great pre-season offer as the skies brighten again. New members only £10 to play any number of times in March. Children £5. Coaching also available. Contact John Stones 01482 847080



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"The Artist"

Swanland Village Association's March film - The Artist - was awarded five Oscars, including the one for "Best Motion Picture of the Year". If you missed it, now is your opportunity to see the film described as "Marvellous; one of the best movie experiences you'll ever have", with reviewers saying "This film is an absolute marvel - charming, witty, surprising, moving, clever and beautiful.", "The cinematography is ravishing in luminous black and white.", "The acting is flawless, extracting emotion and humour from a simple but classic storyline.", "The Artist is one of the most enjoyable movie experiences I have ever had."

If you are tempted, please join us at 7.30pm on Saturday 16th March at Swanland Village Hall. Tickets (at the door) cost £4 - adults and £2 - schoolchildren. The film is rated PG 13. For further details see www.swanland.info/future-events.htm.



Jazz comes to Swanland Village Hall in the form of The Jay Phelps Quartet

From Ronnie Scott's Jazz Club in London to Swanland Village Hall - we look forward to seeing The Jay Phelps Quartet.

Trumpeter Jay Phelps is at the forefront of the young and creative generation of jazz musicians in the UK, with an instantly recognizable warm and projecting tone and has recently been appearing in Stephen Poliakoff's BBC2 drama "Dancing on the Edge", as one of the jazz band whooping the establishment in 1920's music scene.

A Vancouver-born Canadian, Jay was tutored by the city's top jazz and classical trumpeters and distinguished himself early on as the youngest band-leader in the Vancouver International Jazz Festival's history. Jay went on to create and co-lead the young and hip jazz sensation Empirical, where he spent two years touring major festivals and events, while gathering worldwide media attention and recently appearing at Ronnie Scott's Jazz Club.

Doors open 7pm for 7.30pm start on Saturday 2nd March
Tickets cost £8 adults (£7.00 SVA members paid in advance) £4 schoolchildren.

For further information contact Yvonne on 01482 634863 or see <http://www.swanlandvillagehall.info/future-events.htm>.

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Controlling Stress

Stress and anxiety is very real and there's no escaping it entirely. The key isn't to try to rid stress and anxiety but to find ways to manage it effectively.

Here we look at the top 10 ways help you control anxiety and stress better so you don't feel so overwhelmed and drained.

1. Eat healthy foods:

Eat foods rich in vitamins, minerals and antioxidants. It is also important to consume fiber and essential amino acids. Consume fruits and vegetables, whole grains, legumes, nuts, low fat dairy products and fish. Stay yourself away from foods that can do you nothing but harm.

2. Exercise on a regular basis:

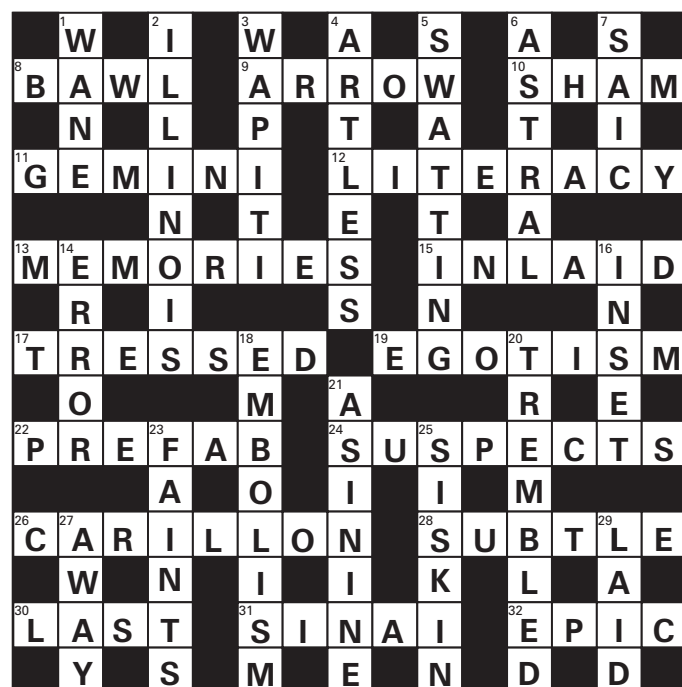
Exercise is good for more than just keeping your heart strong and



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Crossword Solution from page 14



keeping your body in shape. Exercise is excellent for relieving stress and anxiety. Look for opportunities to add more physical activity to your life. Not only will exercise help to relax you but it will also help you sleep better at night. For those who feel they're so far out of shape or don't have time consider a program like the Pace 12 Minute Fitness Revolution Program.

3. Meditate your stress away:

Meditation involves a state similar to sleep where the body and mind are quieted and become completely focused on a person's internal world. Meditation is a type of inner consciousness where you must block out everything in your surroundings in order to concentrate on your breathing.

4. Add yoga to your life:

Yoga is a physical and mental discipline that is an amazing stress/anxiety reliever. Yoga is a set of exercises made up of stationary poses as well as a variety of movements. It also combines deep breathing to lend itself to a manner of relaxing the mind, body and soul. Use this Ancient Practice to Create Harmonious Living in Your 21st Century Life.

5. Be mindful of the present:

Mindfulness is all about living in the present moment and relishing it with no thoughts of the past or future intruding on your mindset. Mindfulness as stress relief can be as simple as going for a walk and focusing on every step you take, to the exclusion of everything else. Mindfulness is often thought to be a type of meditation.

6. Use EFT for stress reduction:

EFT stands for Emotional Freedom Technique (or Emotional Freedom Tapping). It is an alternative treatment with psycho-therapeutic roots that is based on a theory in which stress and negative emotions disrupt the body's energy field and therefore need to be released. The release comes by way of tapping the fingers on specific points of the body. Discover more about EFT Tapping and How to Train Your Fingers to Perform Therapy

7. Visualize a calmer state:

Close your eyes and focus on a particular scene in your mind. Imagine yourself placed in a stressful situation where you remain calm, cool and collected. The power to visualize yourself being relaxed and able to cope well with stress is not easy to do but it can become easier the more you work at it. Visualization can help you to imagine stress disappearing from your life!

8. Try deep breathing exercises:

Deep breathing comes from deep down in the abdomen as opposed to more constrictive breathing that comes from the chest. Deep breathing is a stress buster that can bring instant stress relief. The good thing about deep breathing exercises is that they are easy to learn and they can be practiced anywhere. You can find more information about Breathing for Meditation here.

9. Relax with progressive muscle relaxation:

Progressive muscle relaxation involves tensing and relaxing the different muscle groups throughout the body, just not all at the same time. Begin with your face muscles. Tense them and hold the muscles in place for approximately 10 seconds and then allow total relaxation to set in for 10 seconds. Continue to do the same thing as you work your way down your body. This is a very basic way to let tension go.

10. Be realistic about the realities of life:

Be realistic about what you can and cannot do. It is easy to become overwhelmed if you say yes to everything that is asked of you. Practice the art of saying no. Don't take on more than you can handle as this can lead to a tremendous stress overload.



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