

Cottingham Times

and District

Issue 148 - March 2014



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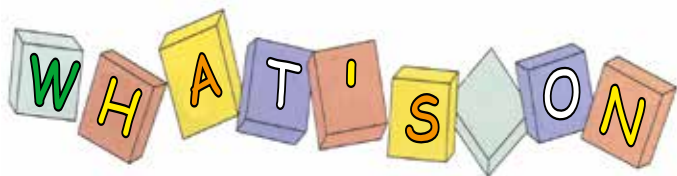


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St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

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.

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.

Front cover picture: Snowdrops pictured in the grounds of Cottingham Parks Golf and Leisure Club.

Photo by Paul Lakin, 9 Dixon Court, Cottingham, HU16 5BN. Telephone 01482 846804.

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 Jon Constable, Club Secretary, telephone 01482 840377, 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. For 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

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

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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.

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. In 2014 we will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at U9, 11, 13, 15 and 17 and all Girl teams at U11 and 13. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm 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.

Cottingham Methodist Church Hall

Card making Class meets every Monday afternoon (except Bank Holidays) 1.30 pm to 3.30 pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

Cottingham Tennis Club

We have offers to play as often as you like until March 31st for £57 - Students/U.23/65+ £25./U18: £20,U12: £10; U8 £3. Plus a new pilot offer for adults to play weekdays 9a.m.-4p.m. for £25. Tel . John Stones 847080

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 4th March 2014 at 7.30pm

Tuesday 18th March 2014 at 7.30pm

Got a digital camera for Christmas and want to know more??

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Haltemprice Art Group

Tuesday 4th March - Drawing Body Parts

Tuesday 11th March - Sketching Night - Pam Outlaw/Jill Hardaker

Tuesday 18th March - Paint a Collage

Tuesday 25th March - Dereliction

Tuesday 1st April - Sketching Night - Maisie Smithson/Dennis Rowley

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 charge is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

The Cottingham Local History Society

Wednesday 5th March - Paul Lever - 'Antiquarians, Frauds and Scandals'. The Society meets every first Wednesday in the month (except January, which is on the second Monday), in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. **Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.**

Cottingham Men's de Luda Society

Wednesday 5th March - John Scotney - A Glimpse of South Africa Part I, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Women's World Day of Prayer

Friday 7th March - The service will take place at Cottingham Methodist Church, Hallgate, Cottingham at 2.00 pm. This year the service has been prepared by Christian Women of Egypt. All are very welcome.

East Yorkshire Embroidery Society

Saturday 8th March - Linda Bellinger - Art Thro' Textiles - 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

Cottingham Catholic Women's League

Monday 10th March, Mr. & Mrs. Richardson - Part II of the talk The Woman who didn't Exist, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 11th March - The Work of the Hull and East Riding Institute for the Blind 'HERIB'. Competition: A sensory item, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Ladies Circle

Wednesday 12th March - Old Houses in Cottingham - Mrs. Pat Elliott, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

East Riding Cricket Society

Wednesday 12th March - Matthew Wood, Ex-Yorkshire CCC Opener, of the Professional Cricketers Association. We meet at King Billy in Hallgate, Cottingham at 7.45 pm. Annual membership £15.00; Guests always very welcome. Entrance £5.00. For further information visit the Society's website at www.ercsoc.blogspot.co.uk or contact Michael Hardwick 861228 or Maggie Summers 01482 861848.

Continued on page eight

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PRESS RELEASE

Cottingham Neighbourhood Plan

The Planning Cooperative, a locally based planning consultancy, in conjunction with IntegreatPlus, from Sheffield, has been appointed by Cottingham Parish Council to produce a Neighbourhood Plan for the Parish.

The plan will be based upon initial research and consultation work carried out in 2013, and on recommendations contained in the Cottingham Community Plan, produced in 2009.

The Neighbourhood Plan will be taking a closer look, from a community perspective at the form of development local people would like to see on the various sites identified for future development in the East Riding of Yorkshire Council's submission allocations document, (January 2014).

This will involve a series of half-day community workshops - including one for each of the allocated development sites - designed to allow local residents and other interested parties put forward their views, ideas, and aspirations for the allocated sites, from which the consultants will produce a series of "concept statements" illustrating (in broad terms) how the local community would like to see the sites developed.

The first of these workshops was held on Saturday 1st March in the rear hall of Cottingham Methodist Church, on Hallgate, to consider future development on the site designated in the Draft Local Plan as "Cot-F" situated at the junction of Castle Road and Willerby Low Road.

For details of subsequent Neighbourhood Plan events please look on the Parish Council's website or ask at the Parish Office.

In addition, the Neighbourhood Plan will draw up a "Design Code", in consultation with local community representatives, to help improve the quality of new development in the rest of the Parish, with a particular focus on the village's conservation area.

The Neighbourhood Plan will not be seeking to alter any of the ERYC's draft allocations or to identify additional areas for development. Rather, it seeks to add value to the planning process and facilitate development of the various sites by feeding in a local perspective to the planning process.

When completed, the Neighbourhood Plan will be subject to examination by a suitably qualified independent person to ensure that it complies with legal requirements and is in line with both national planning policy and the strategic aims of the local development plan(s) produced by the East Riding of Yorkshire Council.

If this is successful, the Plan will then be subject to a referendum within the Parish in which it has to secure over 50% of the vote if it is to be adopted.

The Parish Council would like to have the Neighbourhood Plan adopted by the end of the year, but are mindful of the need to adhere to statutory guidelines and to maintain consistency with the East Riding of Yorkshire Council's own Submission Draft Local Plan which will itself be subject to examination later on this year.

Continued from page six

Beverley Film Society

Friday 14th March – Caesar Must Die (2012)

Cert 12A Drama/Documentary (Italy) Directors: Paolo Taviani, Vittorio Taviani. Berlin Film Festival Winner. Inmates at a high-security prison in Rome prepare for a public performance of Shakespeare's Julius Caesar. As they rehearse, the prisoners, many of whom are lifers convicted of serious crimes linked to the Mafia, find that the classic play has both a striking resonance and contrast to their own lives. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley

Cottingham Memorial Club

Quiz Night every 2nd and 4th Thursday of the Month from 8.30 pm.

Saturday 15th March - Artists Night from 8.00 pm.

Wold Lace Makers

Saturday 15th March - Christine Beaver of the York Broderer who will give us a behind the scenes look as to how the vestments and altar cloths are made for York Minster, in St. John's Newland Parish Church Hall, Clough Road, Hull HU6 7PA, 10.00 am to 4.00 pm. Admission £1.50; non members £4.00.

North Ferriby Gardening Club

Monday 17th March - AGM, Mini Plant show and Members evening, 7.30 pm in the North Ferriby Village Hall..

Hull and East Riding New Stitchers (H.E.N.S.)

Tuesday 18th March - Rag Rugs - Mary Etherington. Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

Cottingham Evening Townswomen's Guild

Wednesday 19th March - AGM, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Men's de Luda Society

Wednesday 19th March - Iris Newbald - Living History - Land Army, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

Diabetes UK

Thursday 20th March - Sharon Cassidy (Diabetes Specialist Dietician). 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

Thursday 20th March - Trevor Millum 'Solving the Problems of Longitude John Harrison, in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

The Inland Waterways Association

Friday 21st March - AGM and presentation about Hotel Boating by Ivor Nicholson. 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

Continued on page 18



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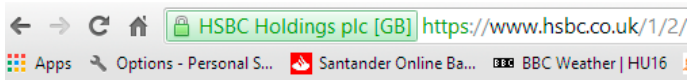


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'Beware the ides of March' . . . and for 'ides' read 'scammers'

This month and any other lets be careful out there! A timely reminder - if you read this article and only mention one thing from it to your friends and family, make it this: Do not speak to anyone who calls and says they are working for Microsoft or any other organization, and tells you that your computer has problems or has been sending out spam. This will be a scam, and will result in you being presented with a large bill to settle by credit or debit card, and potentially fraudulent use. Legitimate computer support personnel never phone around touting for business. And do not click on anything online that says 'check your PC for errors' or 'is your PC slowing down', 'someone is watching you' etc. These are all scams too.

Useful things you can do on your computer. Renew your road tax, it beats queuing up in the Post Office, and will arrive normally in a few days. www.taxdisc.direct.gov.uk Shopping and online banking are of course one of the most popular online time-saving activities, but do ensure your computer has **up to date security**. In addition (not instead of your own) a useful security app that many of the banks offer for free is called Rapport. This monitors addresses of secure sites and where you are inputting your passwords etc. If you see a green shaded area with a padlock shown in the address bar of your browser, you probably already have it installed; as shown here:



Default Browser?? We all know there's lots of 'tech

An advertisement for RDM Computers. At the top left is a small photo of a man's face. To his right, a blue oval contains the text '.....don't get bamboozled by your computer, help is at hand.....'. Below this, the text reads 'Is Your Computer Slow? Short Of Memory? Need a CALL NOW FOR FREE NO OBLIGATION ADVICE (01482) 875666 service?'. Further down, it says 'Is Your PC Secure? We all need Anti-Virus Software..'. Below that, it mentions 'ESET award winning software' and 'Call us for advice or to book an appointment'. To the right of this text is a small image of a trophy. At the bottom, it says 'New Laptop, Tablet or Kindle?.....go wireless'. Below this is a photo of a blue wireless router. At the very bottom, it says 'CALL US NOW ! T: (01482) 875666 M: 07850 105424' and features the RDM Computers logo with the tagline 'technology simplified' and the email 'richard@rdmcomputers.co.uk'.

speak' and abbreviations in the IT business. Here's a couple of explanations. First of all a browser is just a piece of software that gets you online. Most people use Internet Explorer (the blue e) as it has always been included in Windows. But Microsoft are now obliged to tell you that you have a choice. Other popular browsers are Google Chrome, Firefox, Opera and Safari. They are all free to download and use, and the first time you open a different one it will ask you if you it to be your 'default browser'. All this means is that it will then handle anything to do with the Internet, i.e. if you click on a link in an email, that particular browser will spring into action. If you say yes, and then go back to a different browser you can change back again by answering the same question; you are not locked into anything. It is interesting to note that normal meaning of the word default is a negative, as in the failure to meet a financial commitment. Whereas in computer parlance it means to automatically set something as the norm.

Windows 8 hints and tips. A quick way to switch between apps is to point your cursor into the top left corner of your screen and it will display a clickable snapshot of the previous app you were working in. On the keyboard: Alt and Tab does the switch for you. Windows key and E displays file explorer to show all your folders. Windows key and F brings out the search window. In **Windows 8.1** just press Windows key and X and to display a menu that includes Control Panel and the shutdown menu.

Have you upgraded to Windows 8.1 yet? From the Windows 8 start screen, just click on Store, and it should offer you the free update. One of the added features of this is the ability to shut down without using the charms menu (side bar), as mentioned above.

A question I am often asked by concerned computer users is about updates by Adobe, Java etc. When you click to install one of these updates (and you should do), you are told 'the following program will make changes to your computer...', and at this point a lot of users understandably bale out! But fear not, the message will tell you the program that wants to make the changes and if it is the one you are updating, it is safe to agree. Only when you don't recognise the name of the program is it best to opt out.

Office 2013 and 365 – what's the difference? The answer is that Office 2013 is the product you buy and is licenced normally for use on just one computer, whereas Office 365 is a product that you subscribe to annually and is licenced for up to 5 computers, including Macs. 365 also gives you **all the programs in the suite** including Outlook, Access and Publisher.

If you set up a Microsoft account in order to download Office 2013, it is most important to keep the details safe in case you ever need to repair or re-install Office.

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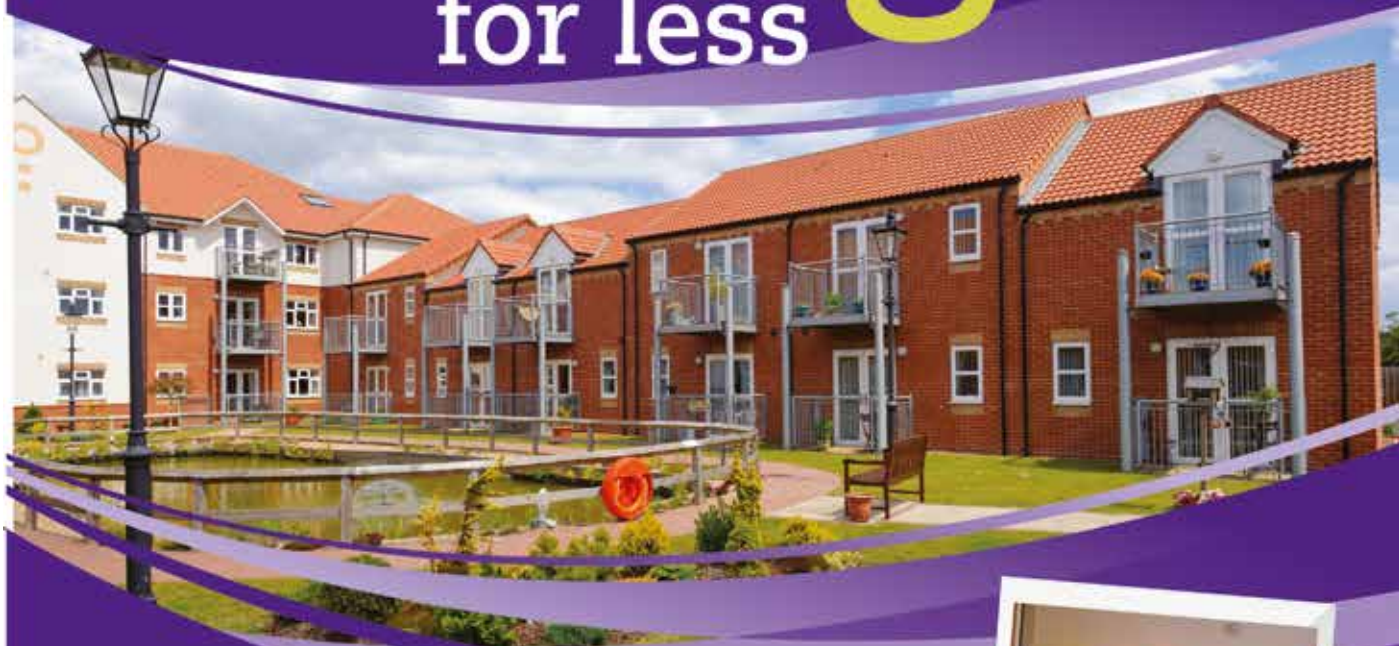
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Wordsearch - Composers

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

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

Find the words in the letters above:

Albeniz, Bach, Bartok, Beethoven, Bellini, Berlioz, Bizet, Borodin, Brahms, Britten, Bruckner, Byrd, Chopin, Couperin, Debussy, Delius, Dvorak, Elgar, Faure, Grieg, Handel, Haydn, Holst, Liszt, Mahler, Mendelssohn, Monteverdi, Mozart, Paganni, Prokofiev, Puccini, Purcell, Ravel, Rossini, Rubinstein, Scarlatti, Satie, Schubert, Scriabin, Sibelius, Verdi, Vivaldi, Wagner.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 86

This is an easy challenge this month - Answer on page 29

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

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MARION OWEN TRAVEL

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2015 is getting closer can you believe we are already in March? Starting with our own tours availability is getting less for 2014 although I have added new tours for Highgrove garden which I have managed to team with Roy Strong's Laskett Gardens. Austria for 11 nights including 5 nights all inclusive offers you a very exciting itinerary (5 countries) plus Elaine Paige's final tour all are selling quickly. Concerts and shows need to be booked quickly as seats are only on hold for a limited time. Also if you take a fancy to a tour don't think you will do it next year as many of our tours are operated just the once. Do pick up the phone and take the plunge book now so you will not be disappointed, single travellers no worries we have a friendly bunch of regular guests travel.

As I write I am adding new exciting destinations for 2015. Keep your eye on our website or simply call or visit our office.

Cruising: 2015 is well on sale now. We have a super list of specials sailing on **Regent Seven Sea's** who offer 6 star all inclusive cruising at its best, all suite accommodation, even includes your excursions, premium drinks and there is no requirement to tip either! You can leave your purse behind plus we pick you up from your door too. Call for full details.

Voyages to Antiquity offer really super itineraries steeped in history, relaxed on board and lots of culture plus low and sometimes nil supplements for single travellers - in 2015 we have a special sailing in the Black Sea.

River cruising with a difference - a Barge hotel! 27th August 2015 via P&O North Sea Ferries our Barge takes just 24 guests. A brand new purpose built barge, full board for 6 nights, all inclusive of house drinks and excursions cruising the Rhine Marne canal this is a stunning itinerary £2350 per person call for details.

In search of the Northern Lights - if you only have a little time to spare this is for you. Just for a night join me on a flight from Humberside airport to star gaze. You receive a pre flight talk, a meal on board and then its time to view - our on board astronomer will show us the skies, generally it is the chap who did the sky at night! **Sunday 23rd March 2014** £199.95 add travel to the airport from Willerby for £10. Don't delay on this one when the seats are full you have missed your opportunity.

Holiday insurance - no longer a sore point. Our UK coach policy has no age limit and does not exclude pre existing medical conditions call for a quote today e.g. a 6 night 7 day holiday just £15. We also have a new policy that covers world wide for travellers with pre existing medical conditions and we are getting very favourable quotes why not pop in to our office for details.

We are a full travel agency here at Marion Owen Travel and you may well be aware tailor made holidays are our speciality. A favourite part of our world is Canada & North America particularly Alaska. In 2015 we look forward to cutting down the flight time to Alaska with new routes plus offering you an even wider choice of itineraries than ever before. Interested then contact Lynne or myself. All of our tailor made itineraries as with any air holiday we book for you is ATOL protected for peace of mind.

Of course we do enjoy booking easy package holidays too, you pay no more than booking direct with an operator and get all of our expertise hassle free, documentation & special requests become our responsibility ensuring you don't have a stressful time and costly phone bills. As travel is our profession, often we can save you money offering you an option you did not know about and we offer a full choice of operators including Riviera, Omega, Great Rail, Travelsphere, Titan etc, the list goes on! Whether you are looking for a short break in this country to a much longer stay in any corner of the world just pick up the phone - it is good to talk and this way ensures we are on the same wave length.

We look forward to hearing from you when ever you need your next travel booking we look forward to organising your escape to relax or a wonderful adventure.

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20 May	Brewery Tour & Lunch - North Yorkshire Moors		£ 49
21 May	Flowers in Bloom - a relaxing short day out		£ 15
22 Jun	Eastbourne	6 nights half board, excursions	£ 399
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09 Jul	Highgrove & Laskett Gardens	2 days half board	£ 195
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18 Sep	Well Dressing & Chesterfield Flea Market		£ 29
21 Sep	Isle of Wight - 5 nights quality half board	special theme walking & non walkers welcome	£ 429
29 Sep	Highgrove & Laskett Gardens	2 days half board	£ 195
08 Oct	Northumbria - Art, History & Gardens	Bamburgh Inn at Seahouses 3 days half board +	£ 265
12 Oct	Elaine Paige 50th Anniversary tour	2 days	£149
20 Oct	Warners Alvaston Hall	4 nights half board	£ 291
17 Nov	Warners Alvaston Hall	4 night Turkey & Tinsel	£ 298
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26 Nov	Thursford Christmas Spectacular	3 days	£ 239
29 Nov	Edinburgh Christmas Market	3 days B&B	£ 149
06 Dec	Thursford Christmas Spectacular	2 days	£ 159
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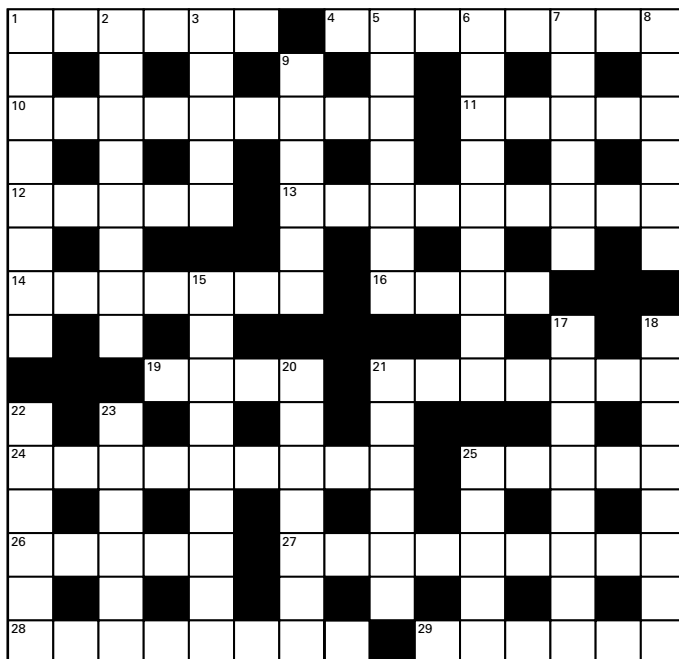
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Crossword – Solution on page 46



Across: 1. A fragrant oleoresin (6); 4. Dubious (8); 10. Luxurious (9)
11. Touches of the tongue (5); 12. Incentive (5); 13. Mixes drinks (9)
14. An easy victory (slang) (7); 16. Breastplate (4); 19. Male cow (4)
21. Swaggering show of courage (7); 24. A reprieve in intensity (9)
25. Trophy (5); 26. A printed leaf or page (5); 27. Substance dependence (9)
28. Freedom from normal restraints in conduct (8); 29. JFK's assassin (6)

Down: 1. An American sport (8); 2. Radiant (8); 3. Initial wagers (5);
5. See (7) 6. Dancer (9); 7. Front of a building (6); 8. Sheen (6);
9. Wholesaler (6) 15. A dwelling on water (9); 17. Cathedral (8); 18. Ruled (8)
20. Away from the wind (7); 21. Befall (6); 22. A severe scolding (6)
23. A light medieval helmet (6); 25. Light kisses (5)

Crossword courtesy of www.crosswordpalace.com



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In the Kitchen



Almonds Origin and History Almonds

Although almonds are thought to have originated in western or central Asia, by 4000BC they had spread extensively and have been widely used for both culinary and other purposes for thousands of years. By the late 700 AD Arab traders who by now had set up regular trade with Spain and Portugal introduced the almond tree to those countries and almonds are still a popular ingredient in both cuisines. They were introduced to Northern India in the 16th century by Persians immigrants who settled in the region and as with Portugal and Spain, almonds are now an established ingredient in some North Indian cuisines in particular the Mughlai style of cooking.

During the Middle Ages, almonds were an important trading commodity in Europe as their consumption in medieval cookery rocketed. Recipes using almond "flour" dating from this period have been found and almond "milk" was used as a substitute for milk on religious fasting days. In the 1700's Franciscan monks transported almond trees from Spain to California and today US almond growers supply more than 75 percent of worldwide production.

Cultivation and Processing Almonds

The almond tree is a very pretty tree and is one of the first fruit trees to blossom in Spring. Because of this, it has been regarded through the ages by many cultures as a bringer of new life and fertility. It's a relatively a small tree growing to about 30 feet high, with the fruit forming singly and in clusters on the branches.

A natural draw-back of the early flowering means that the tree needs a warm dry climate in order to produce well. It will survive in more temperate climates, such as that in the south of the UK although fruit production will be inferior. Almond tree are not self-pollinating so at least two different varieties of trees are necessary. Many almond orchards have beehives in place to assist with the pollination.

Once the fruit set, the hulls start to harden until they eventually begin to split around 4 months later. When the fruit is fully mature, the hulls completely burst open exposing the shell allowing the kernel (nut) to begin drying out. Mechanical tree "shakers" are sometimes utilised to harvest the nuts although hand harvesting is also done by means of knocking the fruit



from the branches with long poles. Once on the ground they are allowed to dry before being taken to a hulling facility where the nuts are removed from the outer casing (hulls). The nuts are then either transported for sale whole or taken for further processing i.e. to be shelled, blanched, chopped or ground.

Chicken Pilaf

Ingredients

- 4 Large Chicken Joints
- Salt and Pepper
- 3 tbsp Olive Oil
- 1 Large Onion, chopped
- 1 Garlic Clove, crushed
- 1/2 teasp Ground Cumin
- 1/2 teasp Ground Cinnamon
- 6 Cardamoms, crushed
- 6 Cloves
- 1/2 teasp Turmeric
- 250g/9oz Long-grain Rice
- 600ml/1pt Fresh Chicken Stock
- 2 Bay Leaves
- 50g/2oz Sultanas
- 50g/2oz Flaked Almonds

Instructions

1. Wipe the chicken and cut each joint into two pieces. Sprinkle lightly with salt and pepper. Heat 2 tablespoons of the oil in a large saucepan and fry the chicken until browned. Remove the chicken.
2. Fry the onion in the same saucepan for 10 minutes, then add the garlic, ground cumin, cinnamon, cardamoms and cloves, and fry for a further 2-3 minutes.
3. Return the chicken pieces to the saucepan, cover and cook over a gentle heat for 15 minutes, stirring from time to time so that the chicken is well coated.
4. Add the rice, stock, turmeric and bay leaves to the chicken; bring to the boil. Cover and cook gently for 10 minutes.
5. Stir in the sultanas and cook for a further 5-10 minutes until the rice is tender.
6. To serve - quickly fry the almonds in the remaining oil for 2-3 minutes, until golden, then pour over the pilaf.





This is an easy to make cake which is made by the all-in-one mixing method

Ingredients

175g/6oz Ground Almonds
The grated rind of 1 Lemon
2 Eggs, beaten
175g/6oz Butter
175g/6oz Self Raising Flour
175g/6oz Caster Sugar

Instructions

1. Preheat the oven to 170C, 325F, Gas mark 3 and grease a 20cm/8 inch cake tin with a little butter.
2. Place all the ingredients in a large mixing bowl and mix well with a wooden spoon or an electric whisk until the mixture is well blended.
3. Transfer the mixture into the prepared cake tin and level with a palette knife.
4. Bake in the oven for 1 hour until risen and golden. Cool on a wire rack

An alternative to ordinary shortcrust pastry which is particularly good when used with apple or pear desserts

Ingredients

50g/2oz Ground Almonds
100g/4oz Plain Flour
25g/1oz Caster sugar
A pinch of Salt
50g/2oz Butter
1 tbsp Clear Honey
1 Egg Yolk
Almond Essence

Instructions

1. Mix together the ground almonds, flour, sugar and salt in a large bowl.
2. Make a well in the middle and put in the butter, honey, egg yolk and almond essence then using a knife start mixing the ingredients until they start to come together to form a dough.
3. Knead until smooth.
3. Wrap the pastry in clingfilm and rest in the refrigerator for 30 minutes before rolling out.

Battenberg Cake Recipe

A traditional English cake recipe which is a teatime favourite.

Ingredients:

225g/8oz Butter
225g/8oz Caster Sugar
4 Eggs
225g/8oz Self-raising Flour
4 tbsp Milk
Red Food Colouring

3 tbsp Apricot Jam
Caster sugar
225g/8oz Almond Paste

Instructions

1. Preheat the oven to 190C, 375F, Gas mark 5. Cut out a piece of greaseproof paper 5cm/2 inches wider than the Swiss roll tin. Make a 2.5cm/1 inch pleat down the centre of the paper and place in the centre of the tin so that it divides it in half lengthways. Brush the paper lightly with oil.
2. In a large bowl, cream together the butter and sugar until pale and fluffy. Beat in the eggs one at a time, then add the flour and gradually fold into creamed mixture with a metal spoon adding the milk and mix to soft consistency
3. Spread half the mixture into one side of the prepared tin. Add a few drops of food colouring to the remaining mixture and beat well so that colouring is evenly distributed. Spread the coloured mixture into other half of the tin. Bake in the centre of the oven for about 40 minutes, or until well risen and firm to the touch. Turn out of tin and leave to cool on wire rack
4. Once cooled, trim edges and cut each cake in half lengthways. Warm the jam in a small pan. Spread one strip of plain cake with jam and place one pink strip on top. Repeat process with the pink strip as the base. Stick two halves of cake together with jam. This should create a chequered effect.
5. Sprinkle caster sugar over a working surface and roll out the almond paste to a rectangle large enough to cover cake. Spread the remaining jam over the outside of the cake, then wrap in the almond paste, sealing the join well. Crimp the edges and lightly score top with diamond pattern using a sharp knife. Serve cut into slices.

Almond Paste, also called Marzipan, is probably best known as a covering on rich fruit cakes before icing is applied. However, it has many other uses such as making decorations, sweets and confectioneries and in desserts.

Ingredients

225g/8oz Icing Sugar
225g/8oz Caster Sugar
450g/1lb Ground Almonds
1 teasp Vanilla Extract
2 Eggs, lightly beaten
1 teasp Lemon Juice

Instructions

1. Sift the icing sugar into a large mixing bowl and stir in the caster sugar and stir together with a wooden spoon until well mixed.
2. Add the ground almonds and mix well.
3. In another small bowl, mix together the vanilla extract and lemon juice into the beaten eggs.
4. Add sufficient of the egg mixture to the almond mixture to make a very stiff paste.
5. Form into a ball and knead lightly until smooth.



Hundreds of electrical items handed to council

Kettles, irons, televisions and toasters were among 600 unwanted electrical goods handed in to East Riding of Yorkshire Council last month.

Recycling officers from the council ran collections points on supermarket car parks in Beverley, Bridlington, Goole, Market Weighton, Willerby and Withernsea.

Councillor Symon Fraser, portfolio holder for environment, housing and planning, said: "What better month than January to make this sort of collection. People had replaced many of these household items at Christmas and were not too sure what to do with the old ones."

"In many cases, these items were in good working order and only needed a new home, which is what they will now get."

Among the collection were 24 kettles, 18 irons, 32 CD players, 23 televisions and 40 toasters. All the items will be sorted and sent for recycling and re-use.

Electrical items can be taken to the council's 10 household waste recycling sites. For the location of the nearest site visit the council's website, www.eastriding.gov.uk.

Swanland Live presents "States of Verbal Undress"

It's official, the world premiere of Rasa Theatre Company's new play, "States of Verbal Undress" will be appearing at Swanland Village Hall on Sunday 11th May. Details still to be confirmed so watch out for next month's *Cottingham Times* or check out online at <http://www.swanlandvillagehall.info/future-events.htm>. This is a not-to-be missed opportunity so be sure to keep informed.



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Continued from page eight

Sainsbury's Sport Relief Mile

Sunday 23rd March - The Cottingham Mile from the King George V Pavilion Fields, Cottingham. Your Mile, Your Choice. Whether you're toddling along with toddlers or hotfooting it like Jonnie Peacock, the Sainsbury's Sports Relief Mile has a distance for everyone. The event starts at 1.30 pm and ends at 6.00 pm.

Friends of Thwaite Gardens

Tuesday 25th March - Talk by Rob Potterton, Pottertons Nursery, Nettleton, Lincs. 'Alpines and Bulbs - from Mountains to Market', in the Methodist Church Hall, Cottingham, 7.30 pm. Entrance £2.00; (No Charge for members who produce their membership card). Plants for sale, refreshments provided.

Cottingham Ladies Circle

Wednesday 26th March - History of Hull's Parks and Gardens - Paul Schofield, in the small hall at the Darby & Joan Hall, Finkle Street, at 7.30 pm.

Wednesday Social Club

Wednesday 26th March - R. Parker - The Home Guard, in the Darby & Joan Hall, at 2.00 pm.

Cottingham Methodist Church

Friday 28th March - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ice and chocolate for sale.

East Riding Flower Club

Monday 31st March - Rachel Poole from Sheffield will demonstrate her interpretation of 'Strip Tease' (she does a lot of work with Willow!). In the Civic Hall at 2.00 pm. Admission £5.00. Further information from Judy Robinson 01482 876279.

The Cottingham Local History Society

Wednesday 2nd April - AGM followed by Geoff Bell - 'Aspects of Cottingham'. The Society meets every first Wednesday in the month (except January, which is on the second Monday), in the Red Hall of Hallgate Primary School, Hallgate, Cottingham, commencing at 7.30 pm. Entrance is via the King Street entrance to the school. **Please arrive before 7.30 pm as the doors cannot be manned once the meeting has started.**

Cottingham Men's de Luda Society

Wednesday 2nd April - Dr. Rob Robinson - Fishing Fleets at War, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

The Maureen Hunters Singers 30th Anniversary Concerts

Friday 4th April and Saturday 5th April (7.30 pm) and Sunday 6th April (3.00 pm) - Pearl Voices in Spring Concert, in the Bricknell Avenue Methodist Church. Tickets £7.50 (including interval refreshments).

The deadline for entries in the "What's On" Section, for the April edition is 20th March.

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Unexpected tales of the archives

Every picture tells a story, and so does every document. It's amazing what can be revealed by simple, unassuming pieces of writing and imagery, as is demonstrated in a new and free exhibition, which began on Saturday, 15th February at the Treasure House, Beverley, and is running until 21st April.

'Tales From The Archives' uses unique, historic documents to follow stories from the lives of seven different characters in East Riding history, from 1391, right through to the present day.

Among these tales include those of John of Arras, a 14th century shirt-maker; 17th century Hull merchant William Dobson; Snowden Dunhill, an East Riding farmer deported to Australia in 1812; John Henry Lonsdale, a 19th century amateur photographer of Hornsea and Private Sid Rippingale, a prisoner of war who escaped to freedom across the Alps during the Second World War.

Local historian, Dr Susan Neave also features, along with her sisters, for their remarkable story of becoming among the first female Freemen of Beverley.

Archives Manager, Ian Mason, said: "The exhibition highlights the stories of just a few individuals, but there are many more tales waiting to be discovered within our archives."

At the Treasure House on 4 March at 6.30pm will be a lecture given by two of the archivists, explaining all about the different tales from the archives.

The lecture will cost £5 per head and seats are available to book now.

For more details about the exhibition or to book your place at the lecture, please call (01482) 392790, or visit the Treasure House, Champney Road, Beverley.

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A Helping Hand

What it is to have a helping hand don't you think? Someone you can turn to when things get a little tough....to tell your troubles to or help out with the shopping and household chores. Sometimes these 'hands' appear from the most unusual circumstances and that is how I met Susan, a lovely lady in her early fifties, who had been in a wheelchair for the past two years, after a dreadful car accident. With no-one at home, she was finding it difficult to adjust to an 'able bodied' way of living. Her bungalow had been customised accordingly for Susan's needs but she still needed that extra pair of 'hands'. At the beginning of the year, Rebecca, a close friend of mine, introduced me to Susan whilst she was visiting the place I was residing at the time.

At first I saw the wheelchair. I suppose it is something we 'able bodied' are always drawn to see but then I saw Susan. On the outside she came across a confident lady but also looked a little in denial that she actually needed an out stretched 'hand'. After all, it was only two years ago when Susan was looking forward to a two week holiday in Spain. It was the being involved in an accident on the way to the airport that took her independence away. As I looked beyond all this and into her eyes, there told a different story....a picture of sadness and a cry for her long lost independence to be regained. It was on this day our bond formed. Here was someone who needed my help, my abilities were

slightly limited...but even so. Over the following months, Susan made the journey to see me once or twice a week until it was time for me to return home.

On returning to Hull, Rebecca immediately took me to see my new found friend. With great pride, Susan showed me around her little palace, pointing out all the useful aids that had been fitted to make it more adaptable and comfortable. The cupboards had been lowered, doors widened and a special ramp had been built up to the front door for her wheelchair. "I know we are worlds apart and so different which may lead to slight frustration and I also have a lot to learn, but do you think you can help me?" Looking into the deep blue eyes I first saw all those months ago, I didn't have to acknowledge...Susan knew from my reaction, we had found a true friendship.

My first challenge came in the morning. I had to help Susan get out of bed, something we all take for granted but for someone who lives most of their life in a wheelchair, it can prove quite difficult. I brought her the training aid I had been shown and with a careful tug, Susan was sitting on the edge of her bed. Her clothes laid neatly on the chair so I took each garment to her marvelling at how she had been able to cope in the past but also hoping I am giving her that extra bit of help and confidence.

Today was also our first day to tackle shopping and it was here that Susan explained that we will see a different side to the 'Human Race'. "It's bad enough being small like you but for someone on their own in a wheelchair, people (some but not all) seem to put me into insignificance" she explained. But on this day, whether it was my presence, things slightly changed along with the help I could give her. Doors were opened by people who were more than willing for this 'unlikely pair' entering the shop. I was able to help take items off the shelves and put them in the basket, which is something Susan had only been able to do with the help of the shop assistant. Payment was also made easier as I 'handed' the bank card to the lady on the till. "You've got a good help there" she exclaimed to Susan. The beam on her face said it all. The next challenge was the cash point. Once again, popping Susan's card into the machine made it so much easier (why the banks don't accommodate wheelchairs I do not know). The only thing I couldn't help with was the pin (for security reasons of course) much to the amusement of the couple standing behind us in the queue.

So the list is endless, from waking in the morning to going to bed at night, I will be there for Susan...as her friend, helping 'hand' and confidant. Someone she can tell all her stories, troubles and future ideas to. Someone who knows, will listen and not criticise. Someone who has unconditional love no matter what the future holds. "Come on, Faye, time for bed". So as I laid my head on the edge of my basket next to Susan's bed, I looked up. Seeing those loving blue eyes and feeling the warmth on her outstretched hand as she stroked my head, I knew I had come home.

CANINE PARTNERS is a national charity who train and then find loving homes to assist wheelchair bound people. KINGSTON VETERINARY GROUP are proud to be a satellite for the said charity and are always keen to find and take on new PUPPY PARENTS. This involves a 'parent' to foster an eight week old puppy and to comply with the charity's training and adapting to everyday events throughout its first year. The puppy will then complete its final training at the charity's Head Office where it will be united with a suitable partner.

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Council budget sees bills frozen for fourth year

Against a background of continuing austerity and national funding cuts, East Riding of Yorkshire Council has set a budget for 2014/15 that results in another freeze on its council tax bills for the fourth consecutive year.

These have not increased since 2010/11.

As well as the freeze on council tax, the council's budget does not involve any major reductions to services, nor closures of any public facilities run by the council, and it maintains annual spending of £23 million with the voluntary and community sector.

Councillor Stephen Parnaby OBE, leader of the council, said: "The council has not been treated any differently to others as far as the national funding cuts are concerned. We have needed to make large savings over the last few years and more will be required for the foreseeable future.

"The challenge is actually greater for the East Riding which starts from a low funding base with national grant well below the average for similar councils.

"However, by adopting a planned approach and focusing on priorities, we continue to provide good services and remain responsive, meeting new demands and managing budget reductions in a measured way that avoids the knee-jerk response to funding cuts common in many other areas.

"I am also pleased that our budget sets aside an additional £2.25 million to invest in highway repairs and flood alleviation measures following the tidal surge in December 2013 and previous floods in the East Riding. Residents again highlighted these issues as priorities at the budget consultation events."

The squeeze on public expenditure is set to continue until 2018/19, which the council estimates will mean further national

funding cuts of £41 million over the next four years. As well as the reduction in national funding, the council needs to plan for increasing costs and unavoidable pressures (eg an increasing number of older people requiring social care services). These additional pressures mean that, over the same four year period, the council needs to make savings of £70.7 million. The budget for 2014/15 identifies savings of £23.7 million. While savings of a similar scale have been made over the last four years from 2010/11, the challenges remain with much still to be achieved.

A very positive feature of the budget is the continued investment each year in the council's capital programme which is separately funded. Some £117 million will be invested in 2014/15 and a total of £225million over the four year period 2014/15 to 2017/18.

Councillor Parnaby said: "The work will result in major improvements to essential infrastructure such as housing, schools, community facilities and local transport.

"Building to improve the East Riding also gives a much needed boost to the local economy, helping to support local contractors and maintain jobs."

Among the major projects in progress are the new Bridlington Leisure World, refurbishment of Haltemprice Leisure Centre including development of a community hub to bring in other key services, and the Beverley southern relief road.

Details of the separate 2014/15 precepts for the Police and Crime Commissioner and the Humberside Fire and Rescue service, together with those for town and parish councils, are announced separately and not decided by the council. It is hoped that the final council tax resolution will be approved at a council meeting on 19 February when these precepts are known.

East Riding of Yorkshire Councils council tax charges for 2014/15 are: Band A - £808.13, Band B - £942.82, Band C - £1077.51, Band D - £1212.20, Band E - £1481.58, Band F - £1750.56, Band G - £2020.33, Band H - £2424.40.

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“The Tooth and Nothing but The Tooth”

by

Chris ‘ Dr. Smile Maker’
Branfield

Dentist Does X-Factor

Hello again, I hope you are well. My word there has been some atrocious weather about. The wind and rain around the country has been incredible. We have been lucky here for the most part this year.



X Factor Finalist?

No, not quite. I gave a presentation to a dental customer care conference a couple of weeks ago. The title of the presentation I was given to do was “The Dental Mavericks “X” Philosophy”.

Referring to Dental Mavericks, the charity organisation that I am trustee and clinical director of.

I had to fill in the blank. I had to think of what this “X” philosophy, or “X” factor as I called it (oh no, I sound like Patricia Hodge as Mirander’s mum).

Anyway, the only thing that I could think of and could not get away from was HUMANISE.

We Are Only Human

As the pop band The Killers said we are only human. I think that all we should do, in all we do, is do the best that you can from one human being to another. Strip it all back to basics. Don’t get up yourself.

My Dad used to tell us growing up “people are people are people, we are all the same, even the Queen”



This is something that has stuck with me all my life. I often quote it to people who come to see me and explain that I am only human but will do the best I can. Simple as that!

Smile – “Peace Begins With A Smile” - Mother Teresa.

A smile is a great way to break down barriers, to communicate that your care and to offer hope to people who need and want help.

Any Road Up, my talk was well received and I met up with some incredible, inspirational people. Oh, that was a bit touchy feely wasn’t it? I know that it wasn’t really dentistry, but it is a really important part of being a dentist, being human.

Down Off The Soap Box Onto The Telly

Oh, I’ve been ribbed a bit this week about being on the Sensodyne advert on the telly. I haven’t seen it yet. You don’t get paid for it you know. It’s strange because from what I can gather, most people think that actors do it and that is not the case. By coincidence I know the last bloke that was on it. By the way, I do reckon that sensodyne repair and protect is THE best sensitive toothpaste out there, honest.

One Final Push

Just 12 games left to go in what has been a fantastic and exciting football season. Come on Hull City keep going and stay up in the premier league.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’s charity work go here now www.castleparkdental.co.uk

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Isn't Life Interesting . . .

by Paul Smith

You advertise for probate, so why don't you write about it?

Because nobody would read it. Most people only read the joke at the end anyway.

How our place names originated

As I'm sure you know, Cottingham was named after a man called Cott or Cotta – "the homestead of a man called Cott". In the same way **Riplingham** is named after a man who lived there called Ripel, **Skidby** after Skyti, **Anlaby** after Olaf, **Tickton** after Tica, **Immingham** after Imma and **Willerby** after Wilheard.

Dunswell the spring of a man called Dun, **Woodmansey** pool of the woodsman, **Molescroft** enclosure of a man called Mul, **Eppleworth** enclosure where apple trees grow, **Walkington** estate associated with a man called Walca, **Bridlington** estate associated with a man called Berhtel, **Beverley** stream frequented by beavers, **Hornsea** lake with a horn-shaped peninsula.

Hessle place at the hazel-tree, **Little Weighton** farmstead where willow trees grow, **Selby** farmstead near sallow-trees, **Bentley** woodland clearing where bent grass grows, Rowley rough wood or clearing, **Brough** stronghold or fortification, **Welton** farmstead by a spring or stream, but Melton middle farmstead.

Thearne the thorn-tree, similarly **Withernsea** lake at the place near the thorn-tree, **Sutton** south farmstead, **Risby** farmstead among the brushwood, **Wawne** quaking bog, **York** yew-tree estate, **Swanland** grove of a man called Sveinn, and **Scarborough** stronghold of a man called Skarathi.

Middle age

Middle age is when your age starts to show around your middle.

My son's first joke

When my son had just started school, he came home one day and told us this joke which he (being only five) found really hilarious. It was:

Which end of a worm is the head?.....The end which smiles....

Why your worst enemies are your best friends

I had a good friend once, but he had awful bad breath. I never told him, because I thought it would hurt his feelings. I wish now I had, because all the girls he went after rejected him and this hurt his feelings much more.

This is why your worst enemies are your best friends. They happily insult you, and by so doing tell you truthful if unpleasant things about yourself which you need to know. I remember years ago a typist where I worked, who was tactless, telling me I was scruffy. I went home, looked at my suit in a full length mirror, and saw to my great disappointment that I really was scruffy. And I thought -

- I wish my friends had told me that years ago.

What is a husband?

A husband is someone who, while curled up in front of the television with a coffee at his side and the inevitable choccie bikkie at the ready, will suddenly pull off both his socks and proceed to pick his toenails and place the discarded items in a meticulous little pile on the arm of his chair, beside the choccie bikkie.

A husband is someone who buys me chocolates when we have a quarrel, then eats them himself.

He thinks it is nothing to have a baby. "Women in India have them by the side of the road", he remarks casually. But one little sneeze and he takes to his bed with all the cold remedies.

The joke at the end

What goes zzub zzub zzub?

A bee flying backwards.

"Men are like fine wine. They all start out like grapes, and it's our job to stomp on them and keep them in the dark until they mature into something you'd like to have dinner with."

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

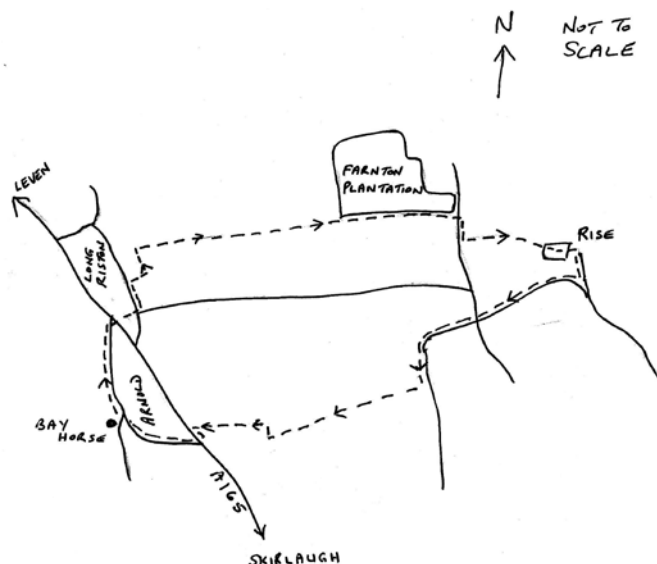
This month his destination is Arnold

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

Map:- EXPLORER 293

**Start at GR. TA126414 North end of Black Tup Lane.
Distance 5.0 Miles.**

Leave the parking area and walk north along Black Tup Lane. Immediately before the main road (A165) bear right and pass under the road using the under pass and then bear right and then left to reach the main



road in Long Riston and then turn left. Immediately after passing the bus shelter on the right, turn right and walk down a wide grassy lane to reach a field. On reaching the field, turn left and then after about 200 metres turn right and walk along a very wide grassy track with the hedge on the left. Pass Farnton Plantation on the left.

On reaching the road, turn right and then after about 200 metres turn left and pass through a gap in the hedge and walk with the hedge on the left. Turn right heading for farm buildings and, after passing the first building on the left, turn left and pass through the farm buildings to emerge onto a road passing various cottages. At the road junction, turn right. At the next road junction, turn right sign posted Long Riston and Skirlaugh. At the next road junction continue straight ahead sign posted Skirlaugh and Hull. About 350 metres after the next sharp left hand bend, turn right and walk along the field boundary with the hedge on the right and eventually with a dyke on the right. Cross this dyke at the end of the field by crossing a grassy bridge on the right and then immediately turn left and walk with the hedge on the left. On reaching the main road (A165) cross over and turn left and then right to follow the road back to the parking area.



Council plans will help local economy

As well as another freeze on council tax, the council's recently agreed budget for 2014/15 is set to bring good news with the launch of proposals that will benefit economic development in the East Riding. These were announced by council leader Councillor Stephen Parnaby OBE at the full Council meeting which set the budget and council tax earlier this month.

Recognising that there is concern about the vitality of the high street, the council is proposing to set up a grants scheme to 'Help Out Our High Streets' and service centres.

Councillor Parnaby said: "During visits to several towns/areas that benefited from what became known as Portas grants, I have seen some real improvements from a relatively small amount of grant money. Communities have become involved and benefited.

"I am now seeking to introduce a similar grant scheme across the East Riding with some form of matched funding to benefit local economies.

"I have asked council officers to look at a scheme and how it could be funded and am confident this can be a good way of giving further support to local enterprises and communities."

A second proposal has also been announced by Councillor Parnaby to establish a regeneration fund to give added impetus to economic development in the area and put the East Riding in a strong position to benefit from national or European funding opportunities where 'matched funding' from the council would be expected or required.

Councillor Parnaby said: "I want the East Riding to be in a position to maximise future initiatives and have asked council officers to look at our reserves with a view to releasing a substantial amount to form a regeneration fund.

"A large part of the fund will be used in the regeneration and delivery of the Area Action Plan for Bridlington, continuing the investment already made and still very much needed."

Councillor Parnaby added that the proposal would need proper evaluation and a figure could not be given at this stage but was likely to be in the order of several million pounds.

In a separate move, councillors at last Tuesday's meeting of the cabinet backed business by agreeing to adopt a scheme to grant Business Rate Relief of up to £1000 on all occupied retail properties in the East Riding with a rateable value of £50,000 or less.



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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

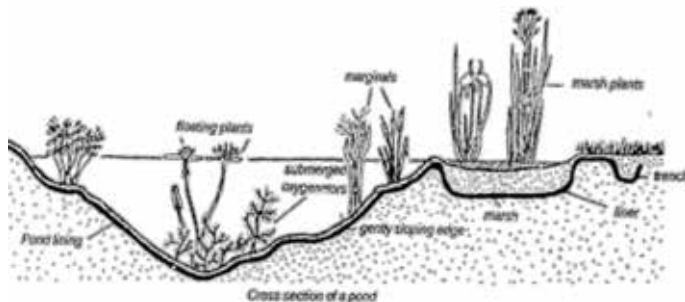
Excavate the area with a spade to the depth of the first shelf. Mark the outline of the shelf with sand or string.

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



10 Jobs for this month

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.

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.

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 watergarden. 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.

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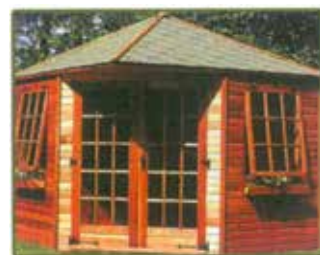


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Your Stars for March 2014

By Kay Gower

Aries (Mar. 21- April 20)

You're always willing to try new things. Whether or not you'll like them isn't the point. The point is that you'll know more for trying. You'll be in the mood to say "yes" this month, then sit back and see what happens.

Taurus (Apr. 21- may 21)

There is strength in practicality. This can be as simple as taking care of your health. You can't go wrong by tending to the care and maintenance of you. Also, if there's something you need to say to someone, do it this month.

Gemini (May 22-June 21)

When supercharged feelings surge through your veins, try to remember that you are not your emotions — a fact that's easily forgotten when these sensations start coming down the pipe. Separate yourself from what's going on and instead witness the experience. Do this, and you'll have greater control.

Cancer (June 22-July 22)

You can control your spending and calorie intake, and when necessary you can control your tongue and any bad habits. But you can't control who you love. Relax and enjoy the quiet time you spend with your feelings this month.

Leo (July 23-Aug 22)

There are times when we all feel like we've been there and done that. Shake off the weary feelings and be willing to see life with fresh eyes. It may very well begin to sparkle again for you in March.

Virgo (Aug 22 - Sept. 23)

Every generation seems to feel that what worked for their parents isn't going to work for them. Sometimes they're right. The world is changing fast. But past generations still have much to offer, so it would be wise listen.

Libra (Sept. 24 -Oct. 23)

Keep your message short and sweet. When your words are to the point yet kind, it makes them easy to remember. Play your cards right this month, and people will move in the way you want them to go.

Scorpio (Oct. 24 - Nov. 22)

Bright shiny objects demand your attention this month, and sometimes it's all too tempting to follow the glitter. The best way to stay on track is to take precautions against distraction. Hide your money and credit cards.

Sagittarius (Nov. 23 -Dec. 21)

You need to get away from the day to day routine even if it's only for a few days. A sense of freedom is important to you this month. Try to manage at least one day to yourself to do the things that you enjoy doing most.

Capricorn (Dec 22.- Jan. 20)

Your body is getting stronger, and because of this you also feel more in control of your emotions than you did last month. There will be a sense that a pressure is off you for now.

Aquarius (Jan. 21.- Feb. 19)

Being able to solve a jigsaw puzzle means you have to have all the pieces. Unfortunately you don't always know what's missing until you're nearly finished. This month try to put everything together at the beginning of March, that way you can work out quickly what more is needed.

Pisces (Feb. 20-Mar. 20)

This month sees you in a thoughtful mood; you'll be inclined to speak only when you know that your words will improve a situation. Sometimes, it's through silence and observation we obtain valuable information.

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Waitrose through the Grapevine

Tom Greef, Wine Specialist, Waitrose Willerby
*Hello everyone and welcome
to my monthly column.*

This month I've decided to bring you some of my favourite beers, wine and spirits. Slightly self indulgent I know, but it's too late to stop me!

I discovered one of my favourite reds when I was preparing for a talk I was giving. I'd never been a huge fan of Portuguese red wine after tasting a couple of dud ones a few years ago and it soured my impression of them, which was of course my loss as there are some wonderful wines from Portugal and this is by far and away the best I have tried. **Waitrose Douro Valley Reserva (75cl - £11.49)** is made in partnership with Quinta de la Rosa who are a small family owned vineyard in Northern Portugal in the heart of the Port growing region. The producers have been making Port since 1815 and it wasn't until the early 1990's that they turned their attention to wine production. This wine is medium to full bodied with rich flavours of plum, chocolate and bitter cherry. It has fine tannins which show it will age well and it has great length to it.

Doing the Wine Specialist courses and qualifications over the years has really helped me appreciate such a huge range of drinks. Before I started the courses, Lagers, beers and ales was something where a pint of Fosters would do me and I thought it was great! Luckily, my eyes were opened and since then I've been able to try a massive amount of different ones (I class it as homework) and the one that stands out the most for me is **Thornbridge Jaipur (500ml - £2.39)**. It's an Indian Pale Ale (IPA to you and I) which is a hoppy style of pale ale, and I find they tend to be a bit lighter and crisper in their taste. This one by Thornbridge is honestly the best I have tasted. It has a really clean flavour, with clear citrus notes, hints of grapefruit and orange with a wonderful hoppy finish. Great stuff!

Tequila often gets overlooked as a spirit. Its reputation of being a drink that young people down with some salt and a lemon wedge is somewhat justifiable (I've been guilty of this more times than I care to admit) however that doesn't mean there aren't excellent examples of it. **Herradura Anejo Tequila (70cl - £38.99)** is one of those exceptional examples. Anejo means the tequila has been aged for a minimum of one year in oak barrels, you'll also see Reposados which are aged for a minimum of 3-12 months and when buying Tequila, you always want to make sure it says 100% Agave on the label. This means it has been made purely from the Agave plant and it comes from Tequila itself. This Tequila is something special though. It needs to be drunk like a fine whisky or Cognac so if you're slicing your lemon wedges and getting your salt out of the cupboard then stop right there. It's got such a great depth of flavour to it. It has a touch of ripe pear fruit, along with cinnamon spice and vanilla all finished off with aromas of caramel. Serve this on its own and enjoy.



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Sudoku Answer from page 12

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



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

Hello once again to all my angling buddies out there. Well I have been caught off guard this month because the printers need my article back a little early, so the date is 18th February. It certainly won't deter me because there are always things in our angling world to talk about.

This month for a change I am going to give you a few tips that might enable you to catch a better bag of Bream than you have ever had caught before. I say this as we all know we all get stuck in our ways and we don't chop and change as we all know we should. The difference between catching one or two Bream and a bag full may be so simple.

One of the things to try is something that I learnt from our friends, the carp anglers. They often come into the shop and tell me they have connected into a lot of bream. This got me thinking, what are they doing differently to me, the answer is this, they use small p.v.a bags around their hook and hook bait. My tip is to fill up your cage feeder as normal with your pellets and ground bait etc, and then make or use a small p.v.a mesh bag filled with pellets and attach to your hook. You can attach the bag by either hooking the bag only or for added security tie a bit of p.v.a string around the bag and your hook length. Note; hair rigged hook baits seem to produce better results. By using this method all you have to do is tighten up, and you know 100% that you have loose offerings very close to your hook.

Another technique which is similar to the above is when you are using the pellet feeder method. Firstly you need to prepare

some 2 – 3mm pellets. Place your pellets in a container and add enough water to submerge them, leave for two minutes then remove all excess water. In a few minutes your pellets will be soft and ready to use. You can do this the night before if you wish, but if you do don't forget to put the pellets in a plastic bag and place in the fridge. The next thing to do is mix a batch of fine ground bait up. I like to use green swim stim or something similar. Mix both your dampened pellets and your ground bait together. Now fill a cage feeder as you usually do with the mix, but instead of having a long hook length, have one that hangs only 2 – 3" below the suspended feeder. Again, a hair rigged bait is normally best, use a hook bait such as corn, a small boilie or a cube of meat. Place your chosen hook bait in the bottom of the feeder and press it in a little. Just as before all you have to do is tighten up a little. By doing this the ground bait swells up and it will push your hook bait out very close to your loose feed.

Finally, sweetcorn, it has always been a good Bream bait. Over time it has been heavily used, and you now need a couple of tricks up your sleeve. Plus it is not just bream this works on (hint, hint).

Firstly have you tried sweetcorn mush, its deadly! All you have to do is chop a load of corn up and put it in your feeder with ground bait or feed it neat into a pole cup. It is brilliant at creating a cloud effect and there will be little in the respect of loose offerings on offer except for your hook bait.

When you are making your corn mush it is a good idea to have a contrasting colour so why not get some bright red sweetcorn and just place a couple of pieces in your swim every now and then, and try a bit as a hook bait as well, I know sweetcorn has a flavour all of its own but sometimes adding a little liquid flavouring can switch Bream on a lot quicker. Personally I like to add liquid additives such as scopex or liquid worm.

I hope some of the tricks mentioned work as well for you as they have for me in the past. Remember it does not have to be broken to be fixed, but by chopping and changing every so often it will give you better results nearly every time.

As the new season approaches please do not forget to purchase your rod licences which are due 1st April 2014.

As far as I am aware there will be no price increases again this year, I will notify you next month if this changes. Below is the cost of rod licences as the prices stand now:

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Hallgate Schools (continued)

by Peter Ralton (Local Author and Historian)
The Year is 1945

Schools opened on Tuesday the 2nd of January and attendance was poor, 85%, and the weather was bad and illness affected pupils and staff alike, plus many pupils who lived on the outskirts of the village could not get into school due to snow and frost and the attendance fell to 77%.

Miss Brimelow retires

On Friday the 31st of the month Miss Brimelow retired after 22 years as Headmistress of the girls' school. During that time the department saw great changes under her leadership as she dismantled the last bits of turn - of - the - century education and quickly introduced modern methods as a whole new look was opened up to the girls, new subjects, new experiences, outside visits, the department entered a new phase of its history and was brought to the brink of the further advances in education heralded by the Butler Education Act of 1944. A well deserved tribute to Miss Brimelow appears in the log book written by Mr. Arnett -

'I have been requested by the School Managers to express their gratitude and deep appreciation to Miss Brimelow for her great and long services performed in connection with the Cottingham Girls' School. Miss Brimelow terminates her services with the school this day. It is generally recognised by the parents that she carried out her duties conscientiously, truly and well and has done much to improve the school and has interested herself in matters beyond her duties for the benefit of the girls generally'.

Chas. Arnett, Manager.

Miss Brimelow received a silver tray from the girls and many letters of appreciation from 'old' girls and their parents. So ended the headship of one of the most popular teachers ever to work in the Hallgate Girls' School.

Miss Freda Stickney succeeds Miss Brimelow

Miss Freda M. Stickney began her duties as Headmistress on the 1st of February. An hour long staff meeting was held on the 7th in order to discuss school affairs and exchange ideas. It was proposed to change the school savings bank from the Yorkshire Penny to Hull Savings and a Mr. Kershaw from the bank called to discuss the changeover with Miss Stickney. For the first time it is recorded that an East Riding Library van called at the school and books were borrowed by the girls, to be returned at the next visit and Miss Brimelow 'dropped in for a cup of tea'...

Ever present threat of air raids

Air raid practices were still held as there was the ever present threat of air attacks - usually hit-and-run affairs, but nevertheless it could happen, as some Hull people experienced to their cost in lives. An appeal was made for toys, games, and books to be distributed to Dutch children who were brought over for medical care and proper feeding and clothing was also required. A large group were housed in Nissen Huts at the former army camp down Priory Road, used later by displaced people from mainly Eastern Europe.

The Dutch children were given a warm welcome and many spent a Sunday afternoon in local homes, including ours on New Village Road: Vim and Yupp were our guests and Vim chattered away in Dutch, but Yupp was very quiet and seemed very nervous as they played with my toys and enjoyed my Mother's cooking.

A Redifusion van brought a loud speaker outfit and installed it in the hall and this was a boon for P.T. lessons or other broadcasts. Five girls left school at 14 to start work and one went to the College Of Commerce after Easter.

The War in Europe is over

At last came the announcement that the war in Europe was over and the school would be closed for two day's celebrations on the 8th and 9th of May. On the next day a service of thanksgiving was held in the hall, with all the girls and staff and helpers and a few parents who could be squeezed in and no threat of disruption by the Luftwaffa ever again to the communal assemblies which were and still are an important part of school life

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Mr. Panke acted as invigilator in the girls' department during scholarship exams in March and Miss Stickney did the same in the boys' school: both departments were closed during the day. On Friday the 20th of April the weekly attendance was 95.5% "the highest percentage since 1939, reflecting the absence of night time air raids and 15 minutes extra playtime was given that afternoon as a reward.

The various Miss Browns

On the 7th of May, Miss B. Brown was injured by a fall of plaster in the staff-room during morning break and went home by taxi; this was the Miss Brown who took the scholarship class, a small lady with ginger hair and glasses and was always known to the boys as 'Ginger Miss Brown'; the other Miss Brown was simply 'Young Miss Brown. The Miss Brown in question used to drive to school in a green, Austin 7 this was quite an event as no other member of staff had a car.

Some of the senior lads waited at the school gates each morning and obligingly opened them for her to drive slowly down the yard and park near the manual room - no boys dared go near her car at playtime - they knew better; Miss Brown was one of those teachers who could control a class with nothing more than withering looks. She returned to school after the two day break for V.E. Day, none the worse for her accident.

Scholarship awarded to 21 boys

Twenty one boys won scholarships to secondary schools that year, perhaps again reflecting the drop in night time raids and the improved ability to concentrate at home work - surnames were Allerston, Ashby, Barley, Barnes, Barnett, Burton, Fairhurst, Forsey, Hooton, Howden, Kemp, Kirby, Padley, Pybus, Robinson, Shields, Shores, Shirliff, Watson, Maclaren, Witty. Four boys were awarded places at Hull Technical College, Peter Mitchel, Fred Drury, Brian Starling and Gordon Rawlinson. These last three all became self employed builders eventually; Gordon was a familiar figure around the village and did much of his work for local people - his son James carries on the family business now.

Schools were closed on the 11th of July as the buildings were used for polling in the general election which saw the Atlee Labour government returned and the end of Churchill's war time coalition. Also that month, Mr. and Mrs. Peckett, school caretakers for 25 years retired and collections received from pupils in the schools were presented in the boys 'hall and £70 was handed over to the Red Cross Fund, money raised in the department since Christmas.

Mr. Bramley was away that month due to an operation on one of his eyes. Mrs. Bone finished at the department at the end of term and was presented with a handbag. Mrs. Bone's right hand often used to collide with my left ear during maths lessons, accompanied by the angry comment "you stupid boy" delivered in a rich Cockney accent - Captain Mainwaring was not the first to reprimand Private Pike that way. When I began my teaching career I vowed never to reprimand a child who struggled with maths - help and patience are the answer, not terrorisation. Mrs Skinner filled the post vacated by Mrs. Bone

After the summer holidays I went into the leavers class taken by Mr. W. L. Wright - my failure at 11+ was amply made up for by being in his class - more of that later. Geoffrey Barker, in my class, fell in the cloak room and broke his leg in November; I remember it happening, Geoff failed to slide around the pegs in the cloakroom leaving the desired trail of sparks behind as his hob-nail boots skidded across the concrete floor and his hand missed the end peg and down he went - perhaps that is his abiding memory of Hallgate Boy's School.

Photograph top: Eight to nine year olds; Mrs.Tether or Mrs Evens class. - Courtesy of Mrs. Ann Vine.

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

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

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My life's passion in owning and re-training ex-racehorses!

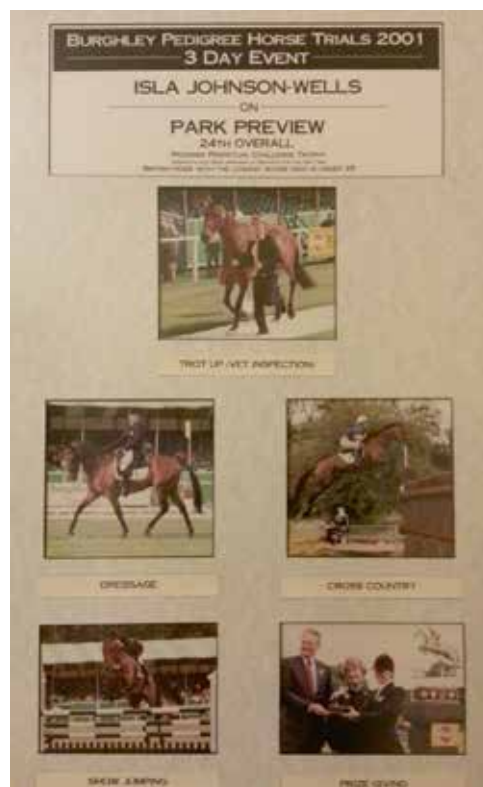
I thought I would say a few words in defence of the much aligned Ex-Racehorse Thoroughbreds which now flood the markets because they are so cheap. Their huge numbers in discard literally feed people in Belgium and France. Racehorses basically "run" for their lives whilst in training.

Readily available through dealer's countrywide, these horses are so often labelled dangerous and that one has to have some kind of a death wish to take on ownership. It is often true that because of their highly conditioned start, many do not get homes knowledgeable enough to help them transition to life outside of racing.....however, many are lucky and do. There is so much help to hand these days with trainers who are empathetic and owners who are willing to invest in that help.

This is Willow (Princess Willow) she was the very first racehorse I bought in business back in 1985! I Open Team Chased her "The Beverley Brigade", "The 4 Pleasant Pheasant Plucker's and finally with the first all ladies team called "Pigs Might Fly".



The next picture was of an extremely complicated ex-Racehorse, we nicknamed "Rigsby" because he was very interested in the ladies and made re-training him very difficult. However, he got the joy in cross country jumping and I eventually sold him to a career in Team chasing in West Yorkshire. I have many tales of intrepid stuff with this horse including him once leaping onto the back of an unsuspecting mare who just crossed in front of him at a show. She shot off with her rider totally confused as to the behaviour of his mount.....very embarrassing as Rigsby gave me no warning at all!



Back in 1989 I found a pitiful little ex-racehorse I called Tom. He was such a poorly looking horse in a field in Wyton; desperately thin, frightened of his own shadow and totally un-rideable. He broke my coccyx in the second week of attempting to stay on him longer than five yards! However, this horse touched my soul and I moved heaven and earth to find the way into his. Over time we became one! I adored him and he came to trust me in a way I never thought would ever become possible. I owned him for three years during which time I established him as an Eventing genius! I discovered his amazingly big heart inside this little frame.

We used to jump every hedge possible (which you could in those days)!. His talent and bravery in cross-country was unbelievable for such a slight and small horseand ultimately he earned his place in the top 100 Event Horse list in 2001 with Isla Johnson Wells. This next picture is of the defining moment in my "Tom"'s life when he won the Under 25's section of Burghley International 2001 Horse Trials, coming 24th overall. He was only put down last year as a very old man who had earned a wonderful, peaceful and loving retirement with Isla. Isla and I have become firm friends so I got to visit him in his Derbyshire home very often.



I found this photo of one of my early events on him in my first year, I remember him dumping me unceremoniously when I went to do the dressage phase! Over the years I have owned and trained 18 ex racehorses, who all went on to wonderful homes, amazing how much contact I still have with the owners all these years later too which is both a rare thing and lovely. Within my business now helping owners to understand these complicated creatures is a big part of what we do..... may it always continue to do so. I am such a Thoroughbred lover!

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It's March and Spring is nearly here (it's great being an optimist)

News from the Kitchen.

Judy and I are grand-parents again. Vicky, my daughter in law and Half Moon pastry chef, who many of you would have met, delivered a gorgeous grand-daughter Matilda Rose. All are doing well with my Son pondering over the prospect of facing the daunting task of bringing up two daughters through their teenage years, best of luck John.

Our two new chefs Phil and Shaun are doing great and with a solid team together it has given our Head Chef Nick the opportunity to get back to creating more of his sumptuous specials, and while keeping all your favourites we will be tweaking our standard menu with a few new items to test your taste buds, ready for March.

News from the Bar

Congratulations to both our Darts & Doms teams for a successful season (shortened this year), with a special mention for the A team as Dominoes Champions. Well done lads, perhaps I should be thinking of a trophy cabinet?

We're very proud of the many comments we receive on the condition of our range of beers and lagers, particularly our Casks; thank you. I wish I could bring an extra guest cask in but with the popularity of our three regular casks, Wold Top Bitter, Black Sheep and T.T. Landlord it would be more than life's worth to change one of them!! Unfortunately, from experience, adding a forth does not bring enough volume to maintain quality at the moment. This month we've also been delighted to receive another quality accreditation this time from Guinness, thank you gentlemen.

News from the Shop

Most customers are aware of the singular but reoccurring problem we have had in the shop and apologise that we have had to lock the front shop door during busy periods in the Pub but please be aware we are delighted to offer a full shop service at the Pub Bar during these times. Arrangements are being planned to enable us to open as usual by April. Thank you for your understanding.

All in all it's been a great start to the New Year, thanks to your continuing support, and there is a high level of confidence in the future which may well result in some investment later in the year in space and refurbishment. I'll leave it at that for now with that tantalising statement hanging in the air, but one thing is certain, the Half Moon is first and foremost Skidby's Village Pub and will remain so.

Cheers from Mike and everyone at Skidby's Village Pub.
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[^] On standard construction properties.

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Tree Planting at Millbeck Fields by the Monday Club Cubs and Beavers

Friday 21st February was thankfully fine but cold as Kim Granger, the Monday Club Scout Leader, and her Cubs and Beavers arrived at Millbeck Fields to help plant 20 young trees. They had come to the aid of The Cottingham Wild Spaces Group who had asked ERYC to replace some inadvertently damaged saplings. The damage happened during clearance of several fallen mature trees last autumn and the community group were desperate to plant replacement.

The ladies of Thwaite Gardens also joined in adding their knowledge on how to do the job properly as well as some 'spade' power. After only one tea break, with chocolate biscuits of course, the whole operation took just over an hour and a half. Gordon Scaife and his Mother Erica supervised the whole operation, which went very smoothly, except for one very bored dog that had been desperate to join in all the fun.

Thanks go to the Thwaite Garden Ladies and the Monday Club who gave up some of their half term holiday to help. The Wild Spaces Group will be at The Dene on Sunday 2nd March starting at 10.00am to give the area a spring clean, anyone is welcome to join us, there'll be a tea break but we can't promise chocolate biscuits!

Ros Jump

Challenge yourself this Spring

Sign up for the Hornsea One Third Marathon
(certificated 8.74miles) April 6th 2014

Whether you are firmly into your fitness regime or thinking about getting fit and challenging yourself this year, the Hornsea One Third Marathon is the perfect race for you. It is also great training for the London Marathon for those experienced runners out there.

The Race is now the Rotary One Third National championship!

It is an annual event and is organised by Hornsea and East Riding of Yorkshire Rotary for charity with proceeds going to Marie Curie Cancer Care.

You can register online at www.ukresults.net or by downloading the postal order form from this address. If you use postal entry, add £1 postal charges. There is opportunity to register on the day but be aware that entries are capped to 450 and they expect advanced registrations to rapidly fill up.

To find out more about how to support Marie Curie Nurses in your local area, call Natalie on 01904 755260 or email natalie.atherley@mariecurie.org.uk. To spread the word and be kept in the loop you can like our Facebook page and follow us on twitter: www.facebook.com/MarieCurieYorksandHumber/ Tweet @MarieCurieNEYrk

Skidby & Little Weighton Methodist Church, Main Street, Skidby

The monthly Soup Lunch will be held on Friday 14th March from 11-30 am onwards, come and enjoy delicious home made soup and rolls and make a donation for a local charity. All welcome.

Friday 28th March Free Family Film Show 3.30pm for 4 o'clock. Tuck shop available. Children accompanied by an adult most welcome.

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Many of our regular customers will know, our business has faced tough times during the last few years, with regards the changes made to North Moor Lane. But with a lot of hard work and determination, we have finally succeeded in getting our business back on track. Ironically, we now feel that the time is right to bow out and semi-retire and try to take it easier.....hopefully!

We currently have no final date as to when we close the doors for a final time, as our heavily stocked shop will take a while to clear, but all goods (aquatic, reptile, gardening products & livestock) are all heavily discounted, so there are lots of bargains to be had!

We have met some lovely people through the shop, over the years and we would like to take this opportunity to say a big **'THANK YOU'** to all of you who have taken the time to shop with us, especially those of you who have supported us since our humble beginning in 2000, it has been very much appreciated by us all.

We wish all of you the very best for the future.

Phil, Pam, Montana, Joe, Craig, Emma and the grandchildren - Maizie, Logan and one on the way!

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Moving Abroad?

A monthly column by Nick Russell

Weather

As I write this in the middle of February the rain is pouring down outside and has been for the last few days. Although not anywhere near the storms in the UK, it is very wet for this part of Spain. Looking at the weather forecasts, it seems that we are catching the tail end of the front that is hitting south west England. It doesn't appear to have caused any major damage around here and our only problem is still a couple of leaks in the casitas roof which, when the rain stops, we can put right.

The long range forecast from mid February to the end of March is mainly sunny and warm with a couple of wet days so lets hope its correct and we can get on working outside, getting the place ready for guests.

The snow on the Sierra Nevadas is laying very thick now and I presume the ski season is well underway. The views from the patio to the mountains are stunning at this time of year when it isn't raining.

Olive Harvest

One of the main problems the wet weather causes is the delay in the olive harvest. No one picks when it is raining (or looks like rain!!) and because of this many trees are still in need of harvesting. What doesn't help is that the wind and heavy rain has put most of the crop on the floor where it starts to deteriorate quickly, therefore losing value.

Fortunately we had three days of dry warm weather last week which meant that all my olives were harvested and taken to the Cooperative for sorting and weighing. I had been to see this operation before so I took my grandchildren down to see it this time. Aiden, the oldest, is doing about the olives at school so it was a timely visit for him to see it happen rather than



Last year the crop was taken to the factory in 4 small trailers, at 50 euros a time, and weighed in at 3200 kgs. This year, because Antonio thought the harvest would be larger, he organised a tractor and a 20ft trailer to take the crop to be weighed which would be easier and cheaper for me. The grandchildren spent the afternoon watching the tractor pick up the big bags of picked olives and emptying them into the trailer. Katie thought it was hilarious when one of the bags with 400 kgs of olives split as it was picked up, and had to be re-bagged!! Both Katie and Aiden were chatting away in Spanish to the guys doing the loading and then at the olive factory. Needless to say the guys thought it was funny that they can speak Spanish and I cant. I am understanding more and getting a bit better at replying but they speak so fast.

Once the olives had been separated from the leaves and debris that gets collected, I was pleased to see that my harvest this year was just over 5100kgs, which is about right for 125 trees. A sample has to be taken away for quality control and then the factory will send me a cheque for the value. This takes about 2 weeks and at the time of writing I don't yet know how much my crop was worth, although I do know it wont make me a millionaire!!

We are all very proud of Katie and Aiden in the way they have adapted to life out here and how they are both very confident speaking the language to kids and adults and translating back into English for us.





World Peace Day

At the end of January Katie and Aidens school celebrated World Peace Day with a big song and dance in the school playground with all the school children taking part. Its nice to see all ages (4-16) taking part and Im not sure it would happen in England, mainly because the schools might be to big. I think there are less than 400 in the school they go to with class sizes around 16 -20 pupils.

The next day they celebrate is on February 28th which is ANDALUCIA DAY and a bank holiday so no school for anyone in the region and all the shops will also be closed. The Spanish love to celebrate their heritage, both cultural and religious, but some might say they just love a day off work and a party. I think it's a bit of both now especially amongst the younger generation.

English TV

We have now lost all terrestrial UK tv stations through Sky now that the new satellite has become operational. We still get a small selection of channels but the main ones are not available now. There has been much talk about this in the English papers down here, with nearly 1 million Brits living in Spain now unable to easily get their fave channels. There are also many companies offering advice and equipment to get these channels, most of them through the internet. After discussions with a couple of Brits in the village we have managed to get the 5 main channels through the internet. The picture is not bad but prone to break up if the internet signal quality drops but at least the girls are happy as they can watch the soaps and I am happy cos I can watch Hull City on Match of the Day.

Casitas

Since the advert for our self catering holiday rental appeared last month, we have several enquiries for more photos, info and prices but no confirmations yet so I am pleased with the response. If any readers want me to send them more details then e mail me on nickruss@hotmail.co.uk and I will do it by return. Also if anyone works in an environment that has a staff or customer notice board I would be grateful if you could put a copy of the advert on it. Thanks in anticipation.

Our Animals

Well five of our six chickens are now laying eggs each day which is really good and saves us having to buy supermarket eggs. Also the fish in the pond seem to be back in abundance after our experience with the heron eating them. We now seem to have about 100 baby goldfish as well as a few adults so hopefully they will continue to thrive through the year.

Its now nearly two years since I started to write this article and I hope those who read it still enjoy it. Whenever I come back to Cottingham people always mention it but if you have any feed back, please contact myself or the *Cottingham Times* with any comments, good or bad.

Thank you for reading each month

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Kormas: Lamb or Chicken £4.50, Prawn £5.50, King Prawn £7.95.

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Esteemed British Mountaineer backs Marie Curie UK Mountain Challenges

Respected British Mountaineer Sir Chris Bonnington, is backing Marie Curie's portfolio of UK Mountain Challenges, and is urging people not to miss out on the opportunity to take on the best of the British outdoors whilst raising funds for the charity.

The events represent the most iconic mountain challenges the UK has to offer: Ben Nevis, Snowdon, Scafell Pike, Yorkshire Three Peaks and the Dartmoor Challenge.

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at www.cottingham-stmary.org

Closing date for applications: 21 March

The challenges which take place between June and October, sees participants scaling the UK's highest peaks along some of the most scenic and iconic routes, including Ben Nevis, Snowdon and the Yorkshire Three Peaks, the toughest of the challenges.

At 26 miles in length, the Yorkshire Three Peaks is the hardest undertaking in the Mountain Challenge series, and covers some of the most challenging terrain in the Peak District, while the Dartmoor Challenge is relatively flat and scenic 10 mile hike.

Aimed at walkers with some experience and those wanting a new and exciting challenge, the events cater for people of different fitness levels offering a worthwhile challenge for all taking part and the full support of experienced Mountain Leaders. So whether you are a weekend walker or a first time challenge trekker, there is an event for you.

Sir Chris commented, "I am delighted to support Marie Curie's 2014 UK Mountain Challenges and would like to encourage people all across the UK to take the opportunity to not only embrace the great British outdoors but to also support a fantastic charity. Every step that you take and every pound that you raise will help Marie Curie Nurses to provide more hands on care and support to terminally ill patients in their own homes".

Registration for the events is now open so to avoid missing the opportunity to take part, register today at www.mariecurie.org.uk/mountain or for more information call the Events Team on 0845 052 4184.

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Cottingham Rangers Football Club promote FA's initiative to encourage girls to play football

Cottingham Rangers Football Club are promoting the FA's initiative to encourage girls into playing football. The club are specifically looking for under 8's (yr 2 & 3) and under 10's (yr 3 & 4) from beginners to experts.

The club can offer participation at their weekly 1 hour football session at Cottingham High School Sports Hall and competitive team matches on a Saturday morning for the under 10's on the school playing field.

An FA qualified coach is in attendance at all the training sessions and matches. They are trained to coach in a safe and fun manner, with the emphasis on enjoyment, deal with child protection; treatment of injuries and are C R B checked. The girls aren't put under any pressure to perform.

As well as providing a healthy lifestyle through sport, the sessions also allow the girls to meet new friends and colleagues.

The Club is building on the success of the current under 12's girls team, who are spearheading the route to establish teams at all age groups. For this to succeed the club need to continually encourage more younger players into the pathway.

The Club has achieved FA Charter Standard and has been in existence since 1972. Further details can be found on the clubs website www.cottinghamrangers.co.uk



Cottingham's Cross Keys FC are getting a kick out of playing in their new Redrow-sponsored kit.

They've even changed their colours to match the homebuilders' red!

Cross Keys FC plays its home games at the King George V playing fields on Northgate, very close to Redrow's Holtby Gardens development.

Paul Lambert, who plays in midfield for the club, has already netted one of the traditional looking homes at Holtby Gardens for himself and was keen to team Redrow up with its near neighbours.

The sponsorship deal scored £500 for Cross Keys FC, which was used to purchase new kits for the first team.

Team secretary Joe Johnson said: "We're extremely grateful to Redrow for the generous sponsorship of the first team. As a 'thank-you' we've changed our home kit colours from blue to Redrow's corporate colour - red.

"This season we were promoted to the East Riding Amateur League's Premier Division and we hope to build on our success with the goal of scoring Humber Premier League status."


With the majority of the club's matches played in Hull and the surrounding area, Redrow was game to provide much-needed support.

Patsy Aicken, sales director for Redrow Homes (Yorkshire), says: "At Redrow we get a kick out of supporting sports at grass roots level and playing an active role in the communities in which we build. The fact that one of our homeowners Paul Lambert plays for Cross Keys FC was an added incentive."

Holtby Gardens, in Cottingham, is in a league of its own, featuring a choice of two, three and four-bedroom homes from Redrow's award winning Heritage Collection.

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Council's cabinet agrees major investment in housing across the East Riding

A massive programme of investment in council housing is set to improve the quality of East Riding residents' lives and boost local jobs and businesses.

East Riding of Yorkshire Council has outlined a plan to build up to 500 new homes and improve thousands of others over the next five years.

As the largest social landlord in the East Riding - with many vulnerable tenants and people on low incomes - the council plays a vital role in improving health and wellbeing, preventing homelessness and encouraging independent living.

The multi-million-pound investment will not only benefit vulnerable families but also improve the quality of life generally in the communities where they live.

The five-year project will also generate new jobs and boost local businesses as part of the council's commitment to supporting the local economy wherever possible.

Councillor Stephen Parnaby OBE, leader of East Riding of Yorkshire Council, said: "I am delighted that the council is able to make such a major investment in improving the quality of life for thousands of our residents.

"We can commit to projects like this because of forward planning and strong financial management and, with this housing investment, a change to the level of contribution the council pays the government in relation to housing stock.

"Despite these times of austerity and economic hardship around the country, East Riding of Yorkshire Council has frozen council tax for the fifth year running and is able to continue investing in projects which bring benefits to our residents."

The council has just under 11,300 dwellings for rent and just over 200 leasehold properties and the new Housing Revenue Account Business Plan aims not only to manage but also to greatly improve and develop its housing stock.

The plan highlights significant financial commitments up to 2019, including:

- * £54m for up to 500 additional affordable and supported dwellings;
- * £17m to remodel and redevelop the existing housing stock;
- * £89m to improve the existing stock (such as re-roofing and replacing windows, and improved energy efficiency); and
- * £40m for ongoing repairs.

Councillor Symon Fraser, portfolio holder for environment, housing and planning, said: "Prudent financial management and visionary forward planning means that the Council is in a strong position to able to invest in new properties and a huge programme of repairs to our existing housing. This new plan is ambitious and will help to provide improved housing for our existing and future tenants.

"This level of investment in housing will help to protect existing local jobs and create new ones, as well as creating exciting new training opportunities."



Swanland Screen presents . . .

To all those readers out there who requested the sing-along version of Grease (and hopefully for those who didn't but still think it sounds like fun) now is your chance to sing your heart out at the March film showing at 7.30 at Swanland Village Hall on Saturday 15th March.

If you were too young the first time round, now is your opportunity - check it out at <http://www.imdb.com/video/imdb/vi1347749657/>. If you saw it before and are young at heart, you're never too old to enjoy it again. Tickets on the door are £4 (adults) and £2 (schoolchildren).

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A Touch of Elegance



A Touch Of Elegance would like to announce that Helena Shaw known as Ellie has joined our salon. She is an award-winning hairstylist in Gents and Ladies Hairdressing, and having had her own salon for 12 years is now glad to be back in her own area of Cottingham.

She is offering something for everyone, Pensioners Day on a Wednesday, **20% OFF colours with this advert**, and a super offer for March/April, have a Wash, Cut & Style and also have your nails shaped and shellac for the amazing price of **£35.99**.

Call Leanne, Sophie or Ellie today on 01482 845472 to book your appointment for the new you !!!!

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

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

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

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

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

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

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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For further information and appointments, telephone 01482 888152 or call in at the Herb Garden, 28 Butcher Row, Beverley.



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Runners hit a high note for charity

SING when you're running! That's the message from locally based Fitmums and Friends who have formed a choir to raise money for the Ellie Mai Fund in Cottingham and the charity Breast Cancer Care.

Now it is racing against time to turn a bunch of runners, walkers and friends into a choir worth listening to. The running and walking group for men and women has clubs in Cottingham, South Cave, Beverley and East Hull and runs Fitmums Juniors (FMJs), who are aged six and over.

Forty enthusiastic people joined the choir with the FMJs also taking part in the concert on March 29, at Cottingham Civic Hall. Rehearsals began on January 12.

Fitmums' founder Sam Barlow came up with the idea of a Gareth Malone style choir made up of Fitmums and Friends members because both causes are close to Fitmums' hearts. One Fitmums' member is fighting her own battle against breast cancer and it is a year since six-year-old Ellie Mowforth from Cottingham passed away from a rare brain tumour. Her family is continuing to raise funds in her memory to help families in similar heartbreaking situations.

Fitmums' run leader Ruth Richards is the musical director putting the Fitmums and Friends Choir through its paces. She has a wealth of experience, but admits this is her biggest challenge yet.

She said: "There are strong parallels between singing and running which means the two activities are mutually beneficial. Running in a group and singing in a choir most definitely make you feel good. The buzz is amazing. Learning to control breathing whilst singing is also beneficial to runners who are learning to control their breathing when running."

And Fitmums' runner and choir member, Nicola Green, explained why she'd joined the choir: "I've always loved singing and I don't think you can beat the feel good factor of singing in a choir. It's very like the buzz I get from running with Fitmums from the mutual support and working to a shared goal. Fitmums is such a friendly and supportive club that it gives you the confidence to try things you've never done before without fear of being judged and you know you'll be supported whether running or singing."

Tickets will be available nearer the time.



Motivation when walking

Figuring out how to keep motivated and to walk on a regular basis is not easy – here are tips to keep the skip in your steps.

One of the best motivating factors is noticing all of the good that walking is accomplishing in your life.

What could these things be?

If you suddenly have more energy and are sleeping better at night then thank your walks for that. How about the fact that you are coping better with stress lately? Or what about the fact that your favourite dress that was feeling awfully snug but now fits just right?

Let's face it, motivation often starts out high when we begin something new but can drop off somewhat as time passes. This can be influenced by anything from your state of mind to how busy you are, to what the weather is like on any given day.

To keep motivated to walk you need to want to remain focused on the task at hand. Being comfortable makes motivation more attainable. When you walk do you wear comfortable clothing that allows your body to move freely? Do you wear clothing that is appropriate for the season? If you answered no to both of these questions then you need to rethink your walking wardrobe. No one will remain motivated to walk if they are wearing clothes that are binding, itchy, too warm or not warm enough!

Always keep this in mind - when you walk in the cooler months, dress in layers, but choose fabrics that breathe. In the warmer months, cooler clothes that are super comfortable are where it's at! Motivation here you come!

In the same way, what you wear on your feet is so important. Wear appropriate shoes and socks to cushion and protect your feet.

If you walk alone then bring some tunes along to keep you motivated. Songs will put a spring in your step and a smile on your face. Purchase a pedometer so you can make note of your progress. This will give your motivation level a tremendous boost!

Do not always walk the exact same route. To keep motivated to walk you need to expose yourself to newness as often as possible! Mix it up a bit for added spice! This will allow motivation to remain high.

Weekly Classes held at:
Darby & Joan Hall, Finkle Street,
Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays

Also at: Sutton Park, Hull
Tuesday at 9.45 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

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