

# Cottingham Times

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Issue 160 - March 2015

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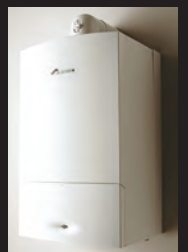
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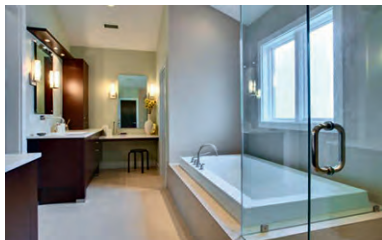
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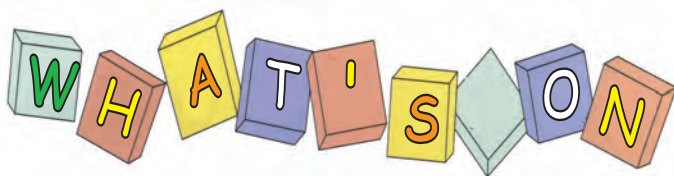
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## In Cottingham and District

### St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

### AgeUK East Riding

The first Friday every month, from 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

### Cottingham Bridge Club

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

Front cover: Cottingham Memorial Gardens  
Photo by: Paul Lakin

### 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 Dean Banyard, Club Secretary, telephone 01482 840924, or visit our website [www.cottinghamrangers.co.uk](http://www.cottinghamrangers.co.uk).

### Zion United Reformed Church, Hallgate

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

### 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.

### 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](http://www.fitmums.org.uk)

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### 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 2015 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. 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 Hessele 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.

### The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 843253 - 07531 762593 or 473042.

### The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: [www.greengingergarland.com](http://www.greengingergarland.com) or team leader Jenny Pittock on 01482 657778.

### Writing Circle

A friendly and supportive group of aspiring writers. This is not a teaching class, but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journalling. No Charge. We meet Mondays 10.00 am, at CC Coffee, King Street, Cottingham. Contact: Lynne 07866 850400.

### Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Wednesday each month at 6pm to 8.00 pm. No Charge. Contact: Lynne 07866850400 or Pam 07966091513 [heyhappinessgroup.weebly.com](http://heyhappinessgroup.weebly.com)

### English Country Dancing

The fun way to keep fit and make new friends. Every Tuesday at Darby & Joan Hall, Finkle St., Cottingham from 8pm till 10pm. Beginners welcome, no previous experience necessary. Additional sessions for beginners only will be held some afternoons by arrangement. Either come along on any Tuesday or for further information please ring Fred on 01964 550297.

*Continued on page six*

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## Cottingham Singers

**Singers Wanted!** The Cottingham Singers meet every Wednesday at Bricknell Methodist Church, Bricknell Avenue, from 7.30 pm to 9.30 pm. They are looking for, Altos, Tenors, and Basses to join. The Singers covers a variety of music including Folk Songs, Spirituals, Choral Works, Songs from the Musicals and they perform a concert at Christmas and in the Summer, as well as concerts for different charities if asked.

## Cottingham Tennis Club

Members are still playing through the year on our all-weather courts, warding off any winter-weight gain. New members are very welcome to join at reduced subscription rates: Adults £60; over 65's £50; under 23 £40; under 18 £25, to play until the end of April.

## Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 11.00 am to 1.00 pm at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

## Haltemprice Art Group

Tuesday March 3rd - Workshop with Barry Whiting

Tuesday March 10th - Lucky Dip

Tuesday March 17th - Sketching Night (G. Stansfield/  
P. Outlaw)

Tuesday March 24th - Appraisal Evening with Rick Adams

Tuesday March 31st to April 7th - Easter Holidays

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.

## Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 3rd March at 7.30 pm

Tuesday 17th March at 7.30 pm

Tuesday 31st March at 7.30 pm

Want to learn more using your digital camera? Why not give our friendly group a try? New members welcome. Why come along and give us a try? Contact for further details - John Tel No: 842169 or [john@jcmhome.karoo.co.uk](mailto:john@jcmhome.karoo.co.uk)

## Cottingham Men's de Luda Society

Wednesday March 4th - A Glimpse of South Africa (Part II) - John Scotney, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

## Cottingham Local History Society

Wednesday 4th March - Alan Richards "Mary Fowler's Holderness Road". Meetings monthly at 7.30 p.m. at Hallgate Primary School, entrance via King Street. Please arrive before 7.30 p.m. as the doors cannot be manned once the meeting has started.

## Women's World Day of Prayer

Friday 6th March - At Holy Cross Church, Carrington Avenue, Cottingham, at 2.00 pm. This years service has been prepared by the Women of the Bahamas. All are very welcome.

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### Skidby and Little Weighton Methodist Church

Friday 6th March - **Women's World Day of Prayer**, prepared by the Women of the Bahamas. Refreshments will be served after the service. All are very welcome.

### Wold Lace Makers

Saturday 7th March - Lace Meeting and AGM. Speaker: Irene Tomlinson Honital Lace, Past and Present. 10.00 am to 4.00 pm in The Marist Hall, Church and Parish House, 119 Cottingham Road, car parking available.

### Cottingham Methodist Church

Saturday 7th March 2015 - Craft Fair and Coffee Morning - 10.00 am to 3.00 pm including Chocolate Tombola. Further details - Ann on 07932833578.

### Cottingham Catholic Women's League

Monday 9th March - Nicky Russell of the Alzheimer's Society, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

### Cottingham Women's Institute

Tuesday 10th March - Clinique Cosmetic Demonstration. Competition: Favourite or unusual cosmetic bag, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

### Cottingham Ladies Circle

Wednesday 11th March - Mr. D. Leeson to give a talk and show entitled "The Beautiful Scenery of Tennessee, Glazier Park, Montana and the Canadian Rockies", in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### St. Mary's Mother's Union

Thursday 12th March - Will be holding their Lent service in St. Mary's Church, Hallgate, beginning at 2.15 pm. Everyone welcome. Tea and biscuits afterwards in the Church Hall. Contact Sheila for more details on 01482 840834.

### Cottingham Green Women's Institute Evenings

Thursday 12th March - Angie Beckett and Jenny Mordew - The Life of a WPC. Competition: Draw a Daffodil. Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

### U3A

Thursday 12th March - Michael Wood - Town Crier, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

### Skidby and Little Weighton Methodist Church

Friday 13th March - Soup Lunch from 11.30 am onwards.

### Beverley Film Society

13 March 2015 - The Square (2013)

Cert 15, Documentary/Drama/History (Egypt) Director: Jehane Noujaim Oscar nominated, atmospheric account of what it's like to be plunged into the revolutionary maelstrom of Tahrir Square: a world of passionate dedication and confusion, transporting the viewer into the personal stories behind the news, in an inspirational story of young people claiming their rights. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Membership costs only £30 for the whole season, that's £3 per film for a 10 film season, Sept to June. There is also a bar so it is a perfect meeting place for a drink and a film with friends. Members can join online at [www.beverleyfilmsociety.org.uk](http://www.beverleyfilmsociety.org.uk), on a film night or by contacting the Membership Secretary T: 01482 870751.

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*Continued from page seven*

### East Yorkshire Embroidery Society

Saturday 14th March - Wendy Dolan - Art, Architecture and Texture, at 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

### Cottingham Branch of the Royal British Legion

Saturday 14th March - Spring Sequence Dance at the Darby & Joan Hall, Finkle St, Cottingham. Tickets £4.00. From 6.30 pm to 10.30 pm. Raffle, Tea or Coffee, cakes, etc. Excellent Music, come and enjoy yourselves. Ring Allen on 01482 841604. Tickets also at BARKERS, Hallgate, Cottingham.

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

Tuesday 17th March - Show and Tell. 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.

### Hull and East Riding Antiques and Fine Arts Society

Tuesday 17th March - 'Staffordshire Portrait Figures and the Theatre: Buy my Image' by Frances Hughes, at 10.45 am in the Pavilion Suite, Willerby Manor Hotel. Guests/non-members welcome.

### Cottingham Evening Townswomen's Guild

Wednesday 18th March - AGM, at 7.30 pm in the Darby & Joan, Finkle Street.

### Cottingham Men's de Luda Society

Wednesday March 18th - Paul Schofield - The Elwell Trail of Beverley, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### Beverley Decorative and Fine Arts Society

Tuesday 18th March - **Anthea Streeter\* Thomas Heatherwick: "The Leonardo da Vinci of our Times"**. Anthea has studied Art in London and Harvard. We meet at the Willerby Manor Hotel (just beyond the Waitrose roundabout), on the third Wednesday morning of each month at 10.30 am. Coffee available from 10.00 am.

### Diabetes UK

Thursday 19th March - Karen Wilson/Linda Wilkinson (Diabetes Specialist Nurses). 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 19th March - Charles Trafford and Mike Wasling 'Barton to Rutland Water on the Viking Way, an illustrated talk with music, in the Cottingham Civic Hall, 7.30 pm. Non-members welcome.

### Cottingham Methodist Church

Thursday 19th March - Musical Memories from 1.45pm to 3.15pm. Do you live alone, are you a carer and looking for an opportunity to meet with other people or do you just fancy an opportunity to sing your favourite songs. We are offering an afternoon where you can come along and sing your old time favourites.

*Continued on page 15*

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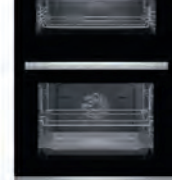
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- A-20% Rated
- 67 Litres Capacity, With Slide & Hide Feature
- Multifunction Oven with Electronic Clock
- 1 x Telescopic Shelf for Easy Access
- Dimensions: H59.5xW59.5xD55cm

GREAT  
PRICE

£479.<sup>99</sup>



2 YEAR  
WARRANTY

Model No: U12S53N3GB

### Built In Double Oven

- Exclusive
- A-20% Rated
- The Unique Circo therm Fan Cooking System
- Multifunction Oven with Electronic Clock
- 1 x Telescopic Shelf for Easy Access
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PRICE

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2 YEAR  
WARRANTY

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- Quick Start Function
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## Cloud, in The Cloud, Cloud storage etc., ever wondered what it's all about?

First and foremost the simplest way to think of it is 'somebody else's computer'. The 'somebody' normally being a large company that owns a datacentre full of servers (parlance for a huge office full of big computers charged with saving data). Security is of course the main issue and I met one entrepreneur who made a living from buying up old nuclear shelters, refurbishing them into datacentres and selling or leasing them to big corporations.

The idea is that instead of all your valuable data being stored on your own computer's hard drive with the risk of it being crashed or stolen, lost in fire or flood etc., it all gets saved to one of these remote servers, and is always available to whatever device you are using at the time. A good basic example of Cloud service is Gmail, Hotmail or Ymail - when logging in you are actually viewing your email on a remote server that could be anywhere in the world, and likewise you could also be using any device from anywhere!

When you save data to Google Drive or Microsoft OneDrive this is the same, and if you have an iPad, all your data is saved to iCloud, which will be on Apple servers. Most of these providers allow you a reasonable amount of storage for free, with an option of upgrading to a larger amount.

**'Google chief, Dr Vinton Cerf, has urged computer users to print out their most treasured photographs, or risk losing them..'** What! Wait a minute with all this cloud storage, how does that work? Well what he was actually saying is that as operating systems and software become more sophisticated, documents and images stored using older technology will become increasingly inaccessible. He went on to say that 'our dependence on technology could lead to the 21st century being a new dark age in history, with any evidence of our culture lost in a digital 'black hole'. What a frightening thought, that there could be more information left over in the Pyramids or on the Dead Sea scrolls than we have amassed with all our technology. Perhaps we should all exchange our tablets for stone ones!

**ESET special offer - 25% free in March! Buy a new ESET security product and get an extra 3 months on a one year, or an extra 6 months on a 2 year licence. Valid on all new licences**

**purchased until March 31<sup>st</sup>. Call us for pricing.**

**ESET also offers an online scanner.** This means that even if you don't use one of its excellent products at the moment and you are concerned about a possible threat to your computer, you can run a complete scan & removal utility by going to: <http://www.eset.co.uk/Antivirus-Utilities/Online-Scanner>

**How do bank authenticators work?** You know, one of those small calculator-like devices from your bank that you use to generate a unique series of digits that are different each time. Well the device is set up with two or more pieces of data, an algorithm relating to your account (known only to your bank) and the current date/time. When you press the button and type in your passcode, it then calculates a unique number based upon those bits of data. And because of the time element, if you're not quick enough entering the digits, you might have to do it again.

**\*Top Tip:** Check your computer date & time are correct, if not you won't get access to secure sites online.

**PAYM – mobile banking. Have you signed up for mobile banking yet?** If you normally use online banking, you can do most of the same functions on a smartphone. It's handy to be able to check your balance and make payments whilst out and about, but even more useful is the ability to make payments to friends and family just using their mobile number. As long as they are signed up with their bank, and they are in your contacts list, you can just ping them a payment!

**Ever had a dream about a lift travelling sideways?** Well that could be a reality soon as German company *ThyssenKrupp* is proposing a self-propelled lift that can travel both horizontally and vertically through large buildings and skyscrapers. The system operates without cables and uses magnetic levitation technology similar to that used on some train networks.

**HP has developed a PC that has no keyboard or mouse**, not touch screen, but instead uses a mat that has the graphics beamed onto it, that you can 'touch' to move around. Objects can also be placed on the mat to be scanned in, and then manipulated as 3D models.

**Flying cars.** We could all be living like *The Jetsons* soon, as a firm in Boston, USA hopes to have a commercial version on sale by 2016! <http://www.terrafugia.com/>

### L Computer annoyances & ironies J

PC start up message: *No keyboard detected – press F1 to continue...*

Plugging in new mouse: *Installing new device – click here for details*

*Windows has encountered an unknown error, and will now close Troubleshooter could not fix the problem – do you want to start over?*

*When you click on a picture or news story online, and it goes to a completely different one, probably full of adverts...*

**\*Top Tip** If you missed an article or know someone outside the *Cottingham Times* distribution area who you think might be interested just go to: <http://www.rdmcomputers.co.uk/news/>

**Another security reminder: the 'telephone scam' is still ongoing so listen out for that.** Legitimate computer support companies NEVER phone around touting for business. **Don't do it, don't let them into your computer** and NEVER give them a credit card Keep your passwords complex and safe (try not to use the same one!). For other tips on staying safe and secure visit: [www.getsafeonline.org](http://www.getsafeonline.org)

**Richard Mills**

**RDM Computers, Cottingham**  
01482 875666 or 07850 105424

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## Wordsearch - A Work of Art

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

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

Find the words in the letters above:

Abstract, Brush, Canvas, Ceramics, Drawing, Easel,  
 Engraving, Etching, Gallery, Landscape, Light, Masterpiece,  
 Mosaic, Oil Painting, Painting, Pastel, Perspective, Portrait,  
 Pottery, Scale, Sculpture, Seascape, Shade, Sketch, Still Life.

Wordsearch courtesy of www.puzzlechoice.com

## Sudoku No. 98

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

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

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# MARIONOWENTRAVEL

Isn't it great that spring is appearing, we have enjoyed our snowdrops tour and looking forward to our Dutch bulbfields!

**Cruising** : As specialists this is our crazy time of the year when Lynne & myself start dashing around for the launch of new ships! As you read we will be exploring P&O's new ship Britannia, which is swiftly followed by the naming ceremony of Magellan the latest acquisition by Cruise & Maritime. Then next to be ticked off the list is AMA Waterways / APT's AmaSonata - this is our favourite river cruise line at the luxury end of the scale.

Remember with 1st hand knowledge of over 150 ships you can rest assured that we advise you with truth & clarity, we are real cruise specialists!

I love cruising the Norwegian Fjords and have found a very different itinerary including Brevik, Telemark & Haugesund, ideal for 1st timers or regular cruisers. A relaxing cruise offering stunning moving scenery as the ship glides through glassy waters, towering cliffs and tumbling waterfalls. Why not join me? 1st June 7 nights, travel from your door, all food & entertainment, gratuities & drinks inclusive. A twin cabin with a sea view starts at just £1070 per person.

For early bookers, holidays for 2017 are creeping in, if you have an idea in mind why not advance register with us for details and we will keep you informed?

**Burma** 14 nights along the Irrawaddy departing March 2017. I secured my cabin immediately. In the past I have looked at Burma and did not want to be packing & unpacking plus having to take internal flights. This holiday just fits the bill following the river on a purpose built ship taking in all the sights in a relaxed manner. Call now for full details and take advantage of the early booking discount.

**TOP TIP:** Are you thinking of travelling to Russia? If you are visiting on a Baltic cruise you can take the ships organised tours without a visa. If you are taking a River cruise or a general holiday you do require a visa. On top of the required paperwork you also now need to visit the embassy in person to have your finger prints taken!

When booking a holiday with us anywhere in the world you do get free advice and guidance with any visas required as part of our service.

If you asked me today where is the most popular place being booked I could not say as we seem to be covering all corners of the world at the moment, it is rather exciting! Bookings are mostly tailor made itineraries including rail to Europe, a great option for those not wishing to fly but not the cheapest way to travel.

**Canada in a nutshell?** travel from Vancouver to Toronto, this 4 night sleeper journey offers diverse scenery from Mountains to vast flat plains. Call for more details.

We look forward to booking your next escape where ever in the world it may be.

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25 Mar	Northumbria with "historian Fiona Irwin"	3 days HB	£ 269
25 Apr	Harrogate Spring Flower Show	just for the day	£ 39
19 Apr	Blackpool inc. Afternoon Tea at the Tower Ballroom	3 days	£ 159
26 Apr	Keukenhoff Bulb Fields - 2 nights North Sea & Entry	from	£ 129
04 May	Warner's Alvaston Hall	5 days singles no supp	£ 289
10 May	Isle of Arran, Castles & gardens of Ayrshire	5 night tour Inc. Dumfries House, Culzean & Brodick Castles & more...	£ 525
22 May	English Battlefields	day out with "Historian Fiona Irwin"	£ 45
08 Jun	Warner's Thoresby Hall & Spa	5 day midweek break	£ 321
09 Jun	Flowers in Bloom	just for the day at Walkers	£ 15
10 Jun	Dirty Rotten Scoundrills	best seats matinee in Sunderland	£ 70
13 Jun	BBC Gardeners World & Summer Good Food	at the NEC	£ 43
21 Jun	"Best of Ireland"	8 night fabulous tour half board, super hotels & sights, historic Kilkenny, Killarney, Galway & Dublin	£ 895
06 Jul	Warner's Alvaston Hall	5 days half board	£ 310
12 Jul	Liquorice Festival	just for the day	£ 24
14 Jul	Dutch Dash with a twist - Hollands oldest Town	Dordrecht	£ 99
19 Jul	Blackpool Tower Ballroom & Afternoon Tea	for the day	£ 59
17 Jul	Warner's Thoresby Hall & Spa	3 night weekend break	£ 279
26 Jul	RHS Tatton & Cheshire Halls & Garden's	3 days HB	£ 279
09 Aug	Edinburgh Tattoo - 2 nights B&B & good seats	(4 seats)	£ 269
15 Aug	Rhine & Moselle River Cruise, a 9 night holiday includes	from fabulous ports each afternoon and no night sailing	£1199
27 Aug	Barge Hotel Strasbourg & the Alsace Rhine/Marne canal	8 nights via P&O North Sea Ferries this all inclusive newly built barge opens up new waterways in style and comfort	£2350
21 Sep	Jersey by sea 7 days half board	(3 seats)	£ 499
16 Oct	WW1 Ypres & Diksmuide with Historian Fiona Irwin		£ 275
20 Oct	Millstones	just for a day fun, food & dancing	£ 35
27 Oct	NCL's new Mega Cruise ship - 2 days inc. Oxford	from	£ 169
02 Nov	Warner's Alvaston Hall Turkey & Tinsel	5 days	£ 289
18 Nov	Thursford Christmas Spectacular	2 nights HB & top seats	£ 249
25 Nov	Thursford Christmas Spectacular	1 night HB & top seats	£ 169
13 Dec	Dutch Christmas Markets	Dordrecht & Keukenhoff	4 nights £ 269
14 Mar	2016 Torquay, Exeter, Plymouth & Devon Cream Tea dance		£ 329
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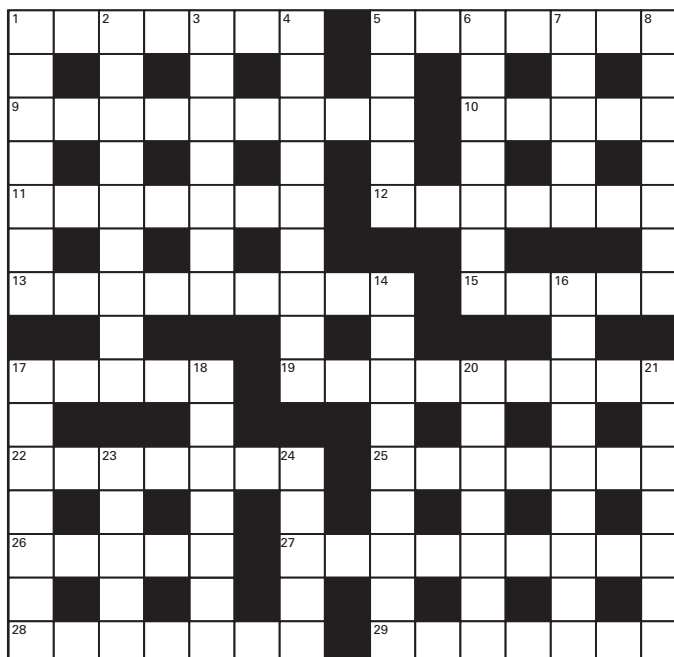
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## Crossword - Solution on page 46



### Across:

1. High school certificate (7)
5. Spoke in ignorance (7)
9. Bellicose (9)
10. San Antonio fort (5)
11. A writer of laments (7)
12. Cloths used in mending (7)
13. Very irritable (9)
15. Coarse files (5)
17. Not yesterday (5)
19. Teachers (9)
22. Find innocent (7)
25. Acquired the knowledge (7)
26. City in Viet Nam (5)
27. Grape plantations (9)
28. Jagged (7)
29. Inhabits (7)

### Down:

1. Haggles (7)
2. Struck with a fist (9)
3. Applause (7)
4. A Greek philosopher (9)
5. Pup (5)
6. Praise dishonestly (7)
7. Averse (5)
8. Snoozes (7)
14. Matings (9)
16. Villain (9)
17. Instructs (7)
18. Sharp high-pitched dog cries (7)
20. One who examines processes (7)
21. They inflict pain for pleasure (7)
23. Spanish for "Mister" (5)
24. Emissary (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)  
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### **The Inland Waterways Association**

Friday 20th March - AGM and Social Evening including a medley of entertainment presented by our regional chairman and chairman of West Riding, Peter and Elaine Scott, at 8.00 pm to 10.00 pm in the Cottingham Methodist Church Hall, £2.00 including refreshments.

### **The 3rd Willerby Arts Festival**

Friday 20th to Sunday 22nd March - Willerby Methodist Church. Free viewing of exhibits of artwork, sculpture and photography on Friday 2.00 pm to 8.00 pm; Saturday 10.00 am to 4.00 pm and Sunday 12 noon to 5.00 pm. Tickets £5 and £3 under 19's. Further information from the Church or [waf@willerbymc.org.uk](mailto:waf@willerbymc.org.uk).

### **Fitmums and Friends**

Saturday 21st March - Charity Choir Performance, at 6.30 pm at Cottingham High School. Tickets: Adults £5; Children £2.00; Under 5s FREE. In aid of our chosen charities Abbies Fund and Marie Curie Cancer. Tickets available in advance only. Please see [www.fitmums.org.uk](http://www.fitmums.org.uk).

### **Cats Protection League**

Saturday 21st March - Come and meet the cats looking for caring, permanent home. Stalls to include: Cakes and Preservatives, Gifts, Cat Accessories and Tombola. Refreshments available. From 11.30 am to 1.30 pm in the Darby and Joan Hall, Finkle Street. For further information about this or cats available for adoption please call 01482 790284. Neutering vouchers available for those on benefits by calling 01482 657650.

### **Cottingham Ladies Circle**

Wednesday 25th March - Mr. P. Walker to give a talk entitled "You Couldn't Make It Up", in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### **Skidby and Little Weighton Methodist Church**

Wednesday 25th March - Film Afternoon starting at 1.30 pm. Refreshments will be available for a donation.

### **Wednesday Social Club**

Wednesday 25th March - Speaker: M. Gamble, Yorkshire Air Ambulance, in the Darby & Joan Hall, at 2.00 pm.

### **Cottingham Methodist Church**

Friday 27th March - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ices and chocolate on sale.

### **Cottingham Men's de Luda Society**

Wednesday April 1st - Michael Wood - The Life of a 21st Century Town Crier, in the St. Mary's Church Hall, Hallgate, starting at 2.00 pm.

### **North Ferriby Gardening Club**

Thursday 14th May - are holding a demonstration at North Ferriby Village Hall by **Jonathan Moseley** on Thursday, 14th May, 2015 at 7.00 pm for 7.30 pm. This is an Open Meeting and all are welcome Tickets are £10 and can be obtained from Margaret Hobson Tel: 01482 634114 preferably after 4 pm. Jonathan is a well known Flower Arranger and is Florist to Chatsworth House and is appearing as a Judge on the BBC 2 programme "Allotment Challenge".

**The deadline for entries in the April "What's On" section, is Friday 20th March.**

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## **Harry Forth of Cottingham celebrates his 100th birthday with family and friends**

Celebrations were held at the Hull University in January 2015 to celebrate Harry Forth's 100th birthday.

A resident of Cottingham since 1965 Harry could be seen in the Green, with his late wife Irene often, and was known as the man with the walking stick with badges.

Having lived through two World Wars (serving in the army in the Second World War) Harry has seen many changes.

On Saturday 31st January all his family (three children, three grandchildren and five great grandchildren) were together with friends and family gathered to celebrate, a great time was had by all.





# In the Kitchen



## Cream of Mushroom Soup

### Ingredients

- 25g/2oz Butter
- 1 medium Onion, chopped
- 225g/8oz Fresh Mushrooms, roughly chopped
- 960ml/32fl.oz. Fresh Vegetable Stock
- 2 teasp Cornflour
- 240ml/8fl.oz. Single Cream
- Salt and Pepper

### Instructions

1. Heat the butter in a large saucepan until melted then add the onion and mushrooms and sauté gently for about 5 minutes, turning from time to time.
2. Add the stock, salt and pepper, bring to the boil then reduce the heat, partially cover and simmer for 15 minutes.
3. Allow to cool a little then transfer to a liquidiser or food processor and process until smooth. You may have to do this in batches. then return the soup to the saucepan.
4. Mix the cornflour with the cream then add the cream mixture to the saucepan, adjust the seasoning if necessary and reheat gently without boiling, until slightly thickened. Serve hot.

## Garlic Thyme Chicken

### Ingredients

- 4 Boneless Chicken Breasts, halved
- 2-3 tbsp Olive Oil
- 2-3 Garlic Cloves, finely chopped
- 2 tbsp Fresh Thyme Leaves
- 2 tbsp Freshly Chopped Oregano
- Salt and Black Pepper
- 4 tbsp Water
- 1 teasp Worcestershire Sauce

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



### Instructions

1. Place the oil, garlic, thyme, oregano, salt and pepper in a shallow dish and mix well.
2. Add the chicken and coat with the oil and herb mixture, rubbing it into the chicken on all sides with your fingers.
3. Heat a large frying pan until very hot then add the prepared chicken together with the oil and herbs and cook for a few minutes on both sides until well browned.
4. In a small cup, mix the water with the Worcestershire sauce then add to the chicken, reduce the heat, cover and cook over low heat for 10 to 15 minutes, turning once, or until the chicken is cooked through.

## Homemade Egg Pasta

### Ingredients

- 3 Eggs, lightly beaten
- 4 tbsp Water
- 1 teasp Salt
- 450g/1lb Plain Flour

### Instructions

1. Place the eggs, water, salt and a quarter of the flour in a large mixing bowl and beat until smooth. Add the remaining flour and, using your hands, mix to a dough.
  2. Turn onto a well floured surface and knead for 10 minutes until smooth and elastic. Cover with a damp cloth and leave to rest for 20 minutes.
  3. Divide the mixture in half and roll each piece out into very thin sheets, turning and sprinkling with extra flour frequently to prevent sticking and tearing until so thin as to be almost transparent.
- For Lasagne** - dust the sheets well and cut into strips 7.5cm/3inches wide by 17.5cm/7inches long. Leave to dry out for 30 minutes before using. After this period, drop into boiling salted water and boil for 4-6 minutes. Remove from the pan and drop into cold water. Drain and use as required.

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**For Tagliatelle** - dust the sheets well and roll up loosely. Cut into 6mm/1/4inch strips then gently unroll. Leave to dry out for 30 minutes before using. After this period, drop into boiling salted water and boil for 4-6 minutes.

**For Cannelloni** - dust the sheets well and cut into rectangles 7.5cm/3inches x 10cm/4inches. Leave to dry out for 30 minutes before using. After this period, drop into boiling salted water and boil for 4-6 minutes. Remove from the pan and drop into cold water. Drain and use as required.

**For Tortellini** - Cut into 5cm/2inch circles. Place a teaspoon of the filling of your choice in the centre of each circle then fold over so one edge is slightly short of the other edge. Bring the two ends together, curling the pasta around your finger then press the two ends together, sealing well. Allow to dry out for 30 minutes then cook in boiling salted water for 4 minutes.

## Amaretti Peaches

### Ingredients

Butter for Greasing  
50g/2oz Amaretti Biscuits  
4 Peaches, halved and stoned  
1 Egg Yolk  
25g/1oz Butter  
25g/1oz Sugar  
150ml/5fl.oz. White Wine or Sugar Syrup

### Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4 and lightly butter a shallow ovenproof dish.
2. Place the biscuits in a medium sized bowl and crush.
3. Remove some of the centre flesh of the peaches, making



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the hollow a little deeper and add the removed flesh to the crushed biscuits together with the egg yolk, butter and half the sugar. Mix well.

4. Place the hollowed out peach halves in the prepared ovenproof dish and divide the biscuit mixture each peach, pressing it into the hollows.

5. Sprinkle with the remaining sugar then pour the wine over the top and bake for 25 minutes. Serve hot or cold.

## Russian Apple Dumplings

### Ingredients

3 Apples, peeled, cored and finely chopped  
4 tbsp Lemon Juice  
2 tbsp Finely Grated Lemon Rind  
100g/4oz Sugar  
2 Eggs, beaten  
50g/3oz Fine Breadcrumbs  
Water  
Icing Sugar

### Instructions

1. Place all the ingredients (apart from the water and icing sugar) in a mixing bowl and mix well. Cover with clingfilm and chill in the refrigerator for 30 minutes.

2. After chilling, remove from refrigerator and form into small balls about the size of a walnut.

3. Bring a large pan of lightly salted water to the boil, reduce the heat so the water is bubbling steadily then drop the apple balls into the water, cover and cook for 15-20 minutes.

4. Remove with a slotted spoon and drain on kitchen paper.

To serve - dust with icing sugar. Can also be served with a fruit syrup.



www.cottinghamtimes.co.uk - March 17



# Tourism awards shortlist announced

**A**fter a record number of entries and hours of painstaking deliberation, Visit Hull and East Yorkshire (VHEY) are excited to announce the shortlist for the sixth annual Remarkable East Yorkshire Tourism Awards (REYTAs).

The hotly anticipated list features some of Hull and East Yorkshire's finest attractions, restaurants, cafes, pubs, hotels, accommodation providers and tourism experiences. The winners will be announced at a glittering awards ceremony at the KC Stadium in Hull, on March 19th.

The REYTAs honour the brightest and best in this region's tourism industry and celebrate the enormous achievements of businesses across Hull and East Yorkshire. Tourism is a vital part of this area's economy, contributing £757 annually. The REYTAs help to support the industry by raising awareness of the superb quality we have to offer visitors.

Andy Gray, tourism manager of Visit Hull and East Yorkshire, said: "We have been setting records ever since the awards began and this year is no exception. Both the numbers and quality of entries have been amazing."

He said the creation of new categories, including those rewarding both food producers and food providers, better reflected the vibrant tourism market in Hull and East Yorkshire, which continues to attract more and more visitors. "Equally, having categories for events both large and small allows the awards to better highlight the fantastic range of attractions, festivals and arts events across the region," Mr Gray said.

"We've had more first-time entries this year, which is extremely pleasing, and all of the categories have been keenly contested. The judges have had a really tough job short listing but I firmly believe the awards really do showcase the very best of what Hull & the East Riding has to offer the visitor.

"Congratulations and good luck to everyone who has made the shortlist. This is a wonderful opportunity for everyone involved in Hull and East Yorkshire's tourism industry to join us at the KC Stadium in Hull on March 19 to celebrate the fabulous offering in the region."

The REYTAs have been generously supported by some of Hull and East Yorkshire's leading organisations, who have committed to be major sponsors of the awards, including: The Deep, Classlane Media, St Stephen's, Wykeland, Strawberry, the Hull Daily Mail, and the Hull and Humber Enterprise Partnership.

Tickets for the awards evening are available, individually or tables of ten, at £45+ VAT per head. Details of how to buy these can be found on the website [www.visithullandeastriding.com](http://www.visithullandeastriding.com).

## Remarkable East Yorkshire Tourism Awards Finalists 2015

### Remarkable Bed & Breakfast

Village Farm Bed and Breakfast, Skipsea  
**The Toll Cottage, Cottingham**  
Dunedin Country House, Patrington  
Newbegin House, Beverley  
The Wold Cottage, Wold Newton  
Wolds Village, Bainton

### Remarkable Conference & Meeting Venue

Holiday Inn, Hull Marina  
Mercure Hull Grange Park Hotel, Willerby  
Mercure Hull Royal Hotel, Ferensway, Hull  
The Spa, Bridlington  
Tiger Events - KC Stadium, Hull

### Remarkable Cuppa

Drewton's Farm Shop, South Cave  
Kardomah94, Alfred Gelder Street, Hull  
Wolds Village, Bainton  
T C Patisserie, Beverley  
Vanessa's Delicatessen & Cafe, Beverley

### Remarkable Food Producer

T C Patisserie, Beverley  
Wold Top Brewery, Hunmanby Grange  
Great Newsome Brewery, South Frodingham, near Winestead  
Staal Smokehouse, Long Riston  
Mr Moo's Real Dairy Ice Cream, Skipsea

### Remarkable Pub

The Black Boy, Hull  
**The Railway, Cottingham**  
The Black Horse, Little Weighton  
Lion and Key, Hull  
Goodmanham Arms, Goodmanham, near Market Weighton  
Wrygarth Inn, Great Hatfield

### Remarkable Food Provider

William's Farm Kitchen, Freeport, Hornsea  
Hull Pie Limited, Hull  
Drewton's Farm Shop, South Cave  
Yorkshire Wolds Cookery School, Southburn, near Driffield  
Vanessa's Delicatessen & Cafe, Beverley

### Remarkable Hotel Accommodation

Village Urban Resort, Hull, Priory Park, Hull  
Beverley Tickton Grange, Tickton  
Mercure Hull Grange Park Hotel, Willerby  
Mercure Hull Royal Hotel, Ferensway, Hull

### Remarkable Large Tourism Event (over 20,000 people)

Freedom Festival, Hull  
Humber Street Sesh, Hull  
Summer Exhibition 2014, Ferens Art Gallery, Hull  
Driffield Show  
Hull Veterans Weekend  
Beverley Festival of Christmas

### Remarkable Small Tourism Event (under 20,000 people)

Christmas Festival of Food & Drink, Beverley  
Adelphi 30th Anniversary, Hull  
Follow the Herring community arts event, Hull  
Beverley Georgian Festival  
Beverley Puppet Festival  
Beverley Races Ladies' Day

### Remarkable Restaurant of the Year

1884 Dock Street Kitchen, Hull  
The Nancy Inn, Burton Pidsea  
The Star, Sancton  
Hide Restaurant, Beverley Tickton Grange, Tickton  
Wolds Village, Bainton

### Remarkable Self Catering Provider

Estate Escapes, Hotham  
Wolds Edge Holiday Lodges, Bishop Wilton  
Broadgate Farm Cottages, Walkington  
Raywell Hall Country Lodge Park, Raywell  
Field House Farm Cottages, Sewerby  
High Barn Cottages, Bampton

### Remarkable Sustainable Tourism Award

High Barn Cottages, Bampton  
Broadgate Farm Cottages, Walkington  
Wolds Village, Bainton

### Remarkable Visitor Attraction/Experience

Burnby Hall Gardens and Museum, Pocklington  
One Stop Golf, National Avenue, Hull  
Ferens Art Gallery, Hull  
Bondville Model Village, Sewerby  
Sewerby Hall and Gardens

Also presented on the evening will be the Remarkable East Yorkshire Passion award -Selected by the Visit Hull and East Yorkshire Board to honour the person who, in their view, has made the greatest contribution to tourism in our region in the previous year.

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The name may be the same, but everything else about The Olive Garden in Cottingham is different. And owner Ben Bazmi is on a mission, it seems, to create an eclectic mix of a chic daytime destination with evening fine dining.

He's the first to admit the Hallgate venue has had something of a chequered past in its previous guises as the Purple Cow and then the Village Café Bar. There had been a period when it closed altogether and even latterly, when it reopened as The Olive Garden under a different owner, Ben says it failed to capitalise on its full potential.

A passionate foodie and lover of fine wine, he's now driven to get things right and says he wants The Olive Garden to be the sort of place people will be happy to visit during the day to chill out, relax, and meet friends or business colleagues, and then revisit in the evening for a meal to remember.

"Everything is changing. We have thrown away the old menus and want to deliver something of real quality, whatever the time of day," says Ben. "Before it was all about pasta, pizzas and sizzling dishes which, frankly, you can find anywhere. We want The Olive Garden to be known as offering something really special.

"During the day, I want it to have this feel of a cool bistro, somewhere you'd want to be seen and where mums can meet up for coffee and cake after taking their children to school, or where businessmen can take time out for a meal at lunchtime or enjoy a working lunch," he said.

Come evening time, it's all change again with a fine dining menu that wouldn't look out of place at any of the region's best restaurants. "We're determined to make this a 'must visit' destination," Ben says.

Dishes will change to reflect the seasons but current starters on the evening menu include, for instance, black cod tempura with sweet paprika,

creamy aubergine and a reduction of orange and fried noodles.

There's also a Moroccan lamb tagine with crispy artichoke, tomato comfit and quail's egg or steamed prawns with zucchini salad, ginger and films of balsamic vinegar.

Mains include fresh smoked lobster with thyme, white gazpacho and crispy fennel; duck breast with cream of asparagus and crispy onions with orange zest; and beef fillet, with ash almond, sautéed potatoes and winter berries.

Ben says the inspiration for his menus comes from classic French and Italian recipes that have been given a modern twist by The Olive Garden's newly-appointed Italian chef, whose previous experience has included working in a two-star Michelin restaurant.

To round off your evening meal, dessert courses include dishes such as tiramisu and coffee panna cotta with orange sorbet.

As a special opening offer, for a limited period, diners can choose any three courses for £20, although lobster and beef fillet dishes will carry a £7 supplement. In addition, there's an option to choose wines matched to each course for £15 per person for four glasses.

"We only moved in in December and there's been such a lot to do to get things right. But I am confident that if people give us a try they will enjoy the experience," says Ben. "I very much want to listen to what local people say and want."

The L-shaped room, with its cream walls, tiled floors and leather-backed chairs, certainly has a modern, relaxed, feel. And the big picture windows looking out on to Hallgate make it the perfect place for people watching.

With armchairs in one corner, to sit and sip a coffee and read the paper, The Olive Garden is perfect for those lazy, relaxing mornings, and come spring and summer it boasts an outdoor front terrace to soak up the sun and watch the world go by.

**\* The Olive Garden at 218 Hallgate, Cottingham, is open from 9am on Fridays and Saturdays, 10am the rest of the week (including Sundays). It closes at 5pm on Mondays and Tuesdays, 6pm on Sundays and 10pm the rest of the week. Call 01482 876333 for more details or visit The Olive Garden's Facebook page: [www.facebook.com/olivegardencottingham](http://www.facebook.com/olivegardencottingham)**



Head chef: Giovanni







As a family, we have had numerous cats over the years, the first being a tabby kitten called Suiki. She was a feisty little thing (maybe because her mum was a farm cat) and ruled the roost, even taking on Brandy, the dog we had at the time. She was well respected amongst the 'Animal Kingdom' and was definitely Top Cat. So when Bisley, you remember him...my one and a half eared cat, came along to join our ever increasing family, emotions ran high. Hissing and spitting first which was then followed by an abundance of fur and of course, Bisley came off worse!

Over a period of time they learnt to respect each others territory that was UNTIL Jaffa arrived, the most beautiful ginger tom kitten I had ever seen. Once again we were back to square one, hissing, spitting, fur flying and not forgetting the odd woof and growl coming from Tammy, our cross bearded bitch we got as a puppy after we sadly lost Brandy. Now, at the time, we thought that the feline species get on with each other, just like their counterparts the canines, and that they enjoyed being a member of a pack. To one or two cats this maybe true but surprisingly to the majority, they are solitary...enjoying their own company combined with their owners affection.

#### Here is a scenario:

I have bought a new kitten Simba to keep my other cat Theo company. I think Theo is jealous of Simba. He doesn't sit on our knees any more but hisses and runs away if we try to stroke him. He hardly ever comes down from the top of the kitchen cupboards and he will



not use his litter tray any more. Instead he is spraying (urine) on the furniture and curtains.

Simba is very good, always using the litter tray and is happy to sleep in the cats bed. She loves being stroked, nuzzling and rubbing her head as we do so. I don't know if we can keep Theo as the smell is awful. I haven't been letting him out since we lost his brother on the road but there have been moments when I have been tempted to risk it.

#### LET'S HEAR IT FROM THE 'CATS WHISKERS'.....

"Hi, My name is Theo. My territory has shrunk to the top of the kitchen cupboards and I am TOTALLY stressed out. I was purrfectly happy sharing my territory with my brother but now??? Unfortunately he crossed the main road once too often and then I quickly settled down to life on my own. I like my own company and like most cats am not overly sociable with others of my own kind. I want to hunt the prey on my territory, not share it. I was quite content even though I was kept inside most of the time - a little dull but tolerable.

Then CATASTROPHE! Two weeks ago a young kitten TOTALLY invaded my territory. How would you like it if a total stranger moved into your home uninvited, started sleeping on your bed, eating off your dishes and even using your toilet!! Fine if you are a dog.

Clearly, scent marking my territory from my facial glands is not sufficient. The boundaries need stronger defences so I have begun spraying on the curtains and furniture. I feel a bit safer when there is plenty of my scent in the air. Good news on the toilet front too. When IT is asleep, I sneak down and I have found a quiet corner behind the chair to use instead of the litter tray followed by scratching my claws into the stair carpet on the way back. Fortunately, IT is unable to get up there. My owners are of no help, allowing IT on my things. They then try to touch me when they stink of IT. That really does tick all the wrong boxes - I cannot bear them to touch me! If I could just get outside again and put a bit of space between me and IT, I would have something else to think about."

Cats hunt small prey and often live solitary lives other than when reproducing and caring for their young. Siblings may share parental duties, but go hunting separately. There is no advantage to hunting together. There is benefit in holding a territory to hunt in and avoiding physical conflict through scent marking and respecting other cats boundaries.

The introduction of a new cat into the household IS possible and there are ways of conducting the introduction to give the best chance of having two happy cats living together. This may vary from pheromone sprays/diffusers to relax the atmosphere, to positioning and increasing the number of litter trays.

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## East Riding residents invited to save an average of £233 on energy bills

East Riding residents are again being offered exclusive, market-leading\* rates on energy prices thanks to the YORSwitch scheme.

East Riding householders who signed up for this round of YORSwitch could save an average of £233 each on their annual energy bills following an auction between energy companies.

In total, 99% of people who registered in the East Riding will save on their energy bills if they choose to make the switch.

The council again partnered with iChoosr, the UK's leading expert in collective energy switching, and together they were able to deliver market-leading\* tariffs.

More than 1,300 households in the East Riding registered for the YORSwitch scheme and these were combined with a number of other similar initiatives around the UK to create a collective of 30,000 households from more than 100 local authorities.

iChoosr has decided that, because the tariffs achieved by the auction are such good rates, it is re-opening registration for the scheme until Monday 16 March – so people who had not already registered their interest before the auction can still do so.

East Riding of Yorkshire Council organises YORSwitch as part of the Big Community Switch and you can register your details, without any commitment, by visiting the website [www.eastriding.gov.uk/yorswitch](http://www.eastriding.gov.uk/yorswitch)

The highest average saving is for dual fuel online customers who stand to save on average £251 per year.

Councillor Symon Fraser, portfolio holder for environment, housing and planning at East Riding of Yorkshire Council, said: "Once again the YORSwitch facility has produced a winning price for energy supplies for our residents.

"This helps East Riding households to contain their costs and keep warm and it's great that we are able to offer this service."

Filip Vissers, UK country manager for iChoosr Ltd, said: "As

our collective switching schemes become better known, we are attracting more 'big six' and smaller, independent suppliers to compete more aggressively for people's custom.

"There were two winners in this auction - E.ON and Scottish Power - who will supply a range of contracts.

"All of the tariffs are market leading\* and exclusive to scheme members. These rates are not available direct from the suppliers or via price comparison services.

"Households should not be lulled in to a false sense of security by news stories about suppliers cutting their standard rates. There are significant savings to be made against these standard tariffs which are being reduced."

Residents will soon get their personal offer letters or emails letting them know if they will be saving against their current deal – and, if so, how much money will be going back into their pocket.

There is no obligation for people to accept their personal offer but, if they do accept, it is an easy and straightforward process and the new provider will take care of the whole process.

Offer letters and emails were being sent out from Friday 13 February.

If people have not received their offer letter or email by February 24 February, they are advised to check the following:

1. Email spam folders
2. [www.eastriding.gov.uk/YORswitch](http://www.eastriding.gov.uk/YORswitch) for any updates
3. After doing the above, contact the iChoosr helpline phone number 0800 0488285

The last day to request a new letter is Tuesday 10 March.

The deadline to accept the offer – or to register and then accept the offer – is Monday 16 March.

People can register their interest by visiting [www.eastriding.gov.uk/yorswitch](http://www.eastriding.gov.uk/yorswitch) and leaving their contact details.

Help sessions are being organised and will take place on Tuesday 10 March at:

Brough Petuaria Centre, from 9am–noon  
East Riding Leisure Beverley, from 2–5pm.



**The Gillettes**

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### Saturday 14th March

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**Tickets are £5.00 or it's £6.00 on the door.**





## “The Tooth and Nothing but The Tooth”

by

Chris ‘ Dr. Smile Maker’  
Branfield

## Toothaches, Face-aches and Migraines

**H**ello again. I’m glad to say that my talk to an audience of 150 people at a Unique Customer Care Conference in Liverpool about dental lasers went well. I was on last so had the “graveyard” shift. I livened it up though and got some good feedback. We also won an award for “Uncommon Patient Service. We are really chuffed with this!! As I write I have just got to Chepstow, South Wales. I’m doing even more advanced straight teeth training. I know I’m an anorak when it comes to my job.

### Not All Toothaches Are Toothaches

Eh? Has Branfield lost the plot or something?

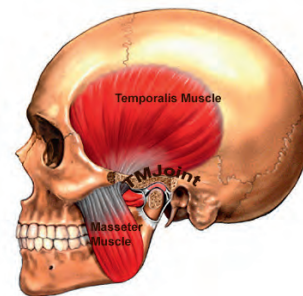
Well no and please bear with me. After seeing loads of people over the last 22 years in practice I am convinced that there has been a lot of dentistry done i.e. drilling and filling when it has not been absolutely necessary. I came to this conclusion ages ago. You see not all toothache is to do with the tooth or filling per se.

You see, a lot of toothaches are to do with overloading the teeth with excessive or prolonged clenching and/or grinding. This is so-called “Bruxism”.

Not only can a tooth or a number of teeth become sensitive to temperature changes or tender to pressure but also the side of the face or head or ear all of them ache. You can even get head, neck and shoulder pain because of it sometimes.

### We Are Not Built For It

Now, your teeth are only really supposed to meet for up to 20 minutes a day. They touch at the end of the chewing cycle once you broken down the food ‘bolus’ (technical term thrown in there for a change) and briefly when we swallow. Any more than that and we can start to overload the system. Teeth, muscles and jaw joint. Have a look at the picture that shows the main 2 clenching muscles and the jaw joint (Temporo-Mandibular Joint or TMJ, oh, I’m getting really tetchy today). If these muscles are overworked you can see where you might get face-ache. Also by clenching you can force the part of the jaw to the back of the joint (this is posterior fulcruming, which means pivoting at the back and is not good) and this is just in front of the ear so can cause earache. Sometimes the headaches are called migraines but these are not true migraines. I’m a bundle of joy today aren’t I?



### To Drill Or Not To Drill, That Is The Question

So, if there is pain but the tooth looks OK and the filling or whatever restoration look OK but there are signs of clenching or grinding or both then drilling and filling may not sort out the problem so we need to be careful on that score.

I see loads of this going on all the time. There things that can help and I’ll go on about this a bit next time.

### More Challenges

Last year I rode coast to coast from Barrow-in-Furness to Whitby to raise much needed funds for Dental Mavericks. Now, we are all self funded for the trips out to Morocco to get the kids out of pain so this is 100% charity and I wouldn’t have it any other way. In May this year I go on my 7<sup>th</sup> Dental Mavericks expedition to treat the kids. Straight after my son and I will be climbing Mount Toubkal to raise funds. This is the highest peak in the Atlas Mountains at 4167 metres. Mount Snowden is only 1085 metres. It will be a challenge and my fear is altitude sickness. Thanks to all who have supported us. If you like to offer some support it would be greatly appreciated. Some of these kids have abscesses that can lead to septicemia if not treated. <http://uk.virginmoneygiving.com/castleparkdentalcare> or Call Gillian 01482 846335

*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 22 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](http://www.castleparkdental.co.uk)



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soys Elizabeth

Chris ‘Dr Smilemaker’ Branfield GDC 68346  
Castle Park Dental Care is a Private Independent Practice and is the trading name of Castle Park Limited Registered in England, company number 06703803

## Haltemprice Art Group's Annual Exhibition to be held in the Cottingham Civic Hall from Thursday 23rd to Saturday 25th March

The exhibition will be officially opened and prizes presented, on the evening of Wednesday 22nd April at 7.30pm, by the Chairman of the East Riding of Yorkshire Council, Councillor Patricia O'Neil. The adjudicator for this year's exhibition will be Shirley Goodsell.

The exhibition will be open to the public for the official opening and from 10.00am-5.00pm Thursday 23rd and Friday 24th April. Then 10.00 a.m. until it closes at 4.00pm on the afternoon of Saturday 25th April.

The exhibition, which has free admission, disabled access and a public car park outside, will include; - framed and unframed pictures and, a selection of handmade cards produced by the members of the group. Most of the items will be available for purchase.

In addition to the main exhibition and following on from last year's section entitled "Cottingham Life"

We hope to include, a display of unframed pictures entitled "Around the area." These will be very reasonably priced and will cover: - small businesses, local landmarks, and other local events and scenes.

the Early Music genre. Ruth Holton and Claire Bessent -- sopranos; Pam Waddington-Muse - contralto; Stephen Muir - tenor and Quentin Brown - bass will be joined by Chris Watson - tenor from The Tallis Scholars.

This is only the second performance in the UK of this splendid work which includes some superb pieces for double and six-part choir.

It is from the last years of Monteverdi's life, published in 1650, after his death. The texts of all the psalms found in the 1610 Vespers are included in new settings, as are a number of solo motets. Some of these pieces include accompaniments for sackbuts, so the performance will share with the 1610 Vespers much of its sumptuous orchestral sound.

Included is the Magnificat by Monteverdi's distinguished successor Cavalli. Some of the solos are also by other contemporaries of Monteverdi as are choral settings of texts not found in the 1610 Vespers.

The concert is on Saturday 14 March 2015 at 7.30 pm, at the Trinity Methodist Church, Cottingham Road, Hull HU5 2EJ, (at the corner of Newland Avenue)

The concert, with an interval, is expected to conclude by 9.45pm.

TICKET prices: Adult £14 (2 for £25); Students & Jobseekers £5; Accompanied children £1. Tickets to be bought at the door or reserved in advance by phoning (01482) 654567. [www.hullbachchoir.org.uk](http://www.hullbachchoir.org.uk)

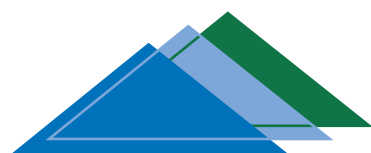
## Hull Bach Choir to perform Monteverdi's Vespers (1650) on Saturday 14th March

Hull Bach Choir will perform Monteverdi's Vespers (1650) with the English Cornett and Sackbut Ensemble integral.

The fabulous English Cornett and Sackbut Ensemble are making a welcome return to accompany Hull Bach Choir. Five of the 6 soloists have also accompanied Hull Bach Choir before and all are established performers of

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

**This month his destination is Beverley Road/Mizzen Road to Wawne via Marsden Landing and Kingswood Bridge**

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

**Map Explorer 293**

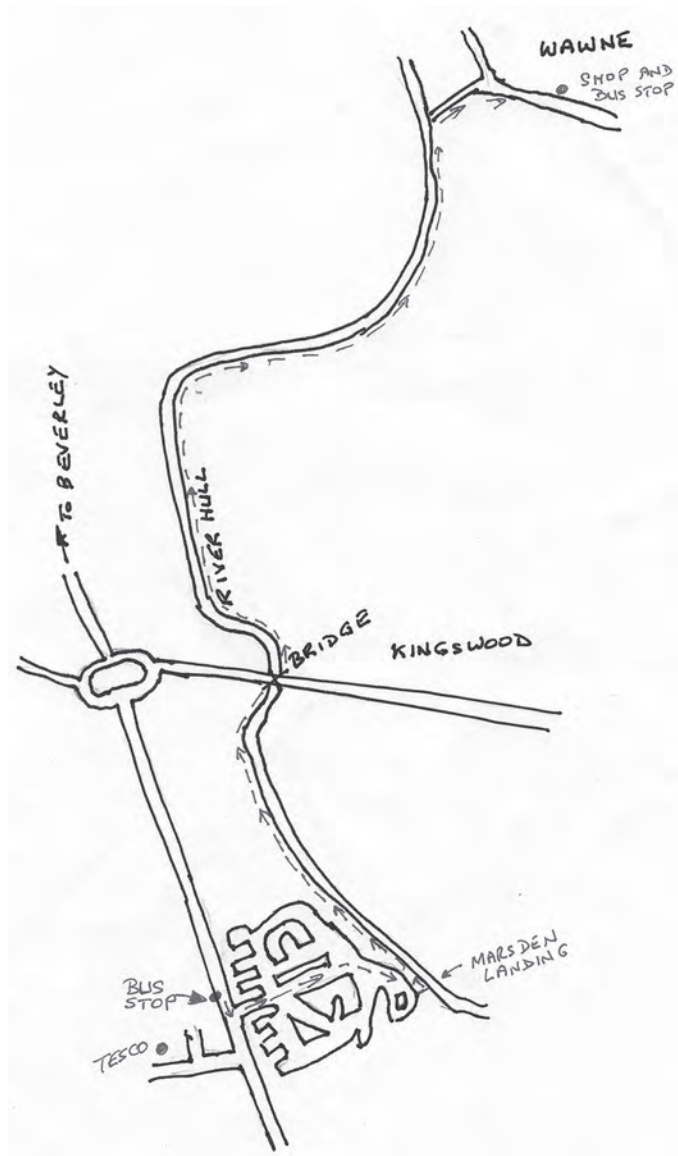
**Distance 3.1 miles.**

**S**tart on Beverley road and walk down Mizzen road, left into Compass road and then immediately right into Capstan Road. At the next junction turn right into Compass Road then left into Sextant Road. After the last house on the left and next to an open space, turn left

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and ascend the steps onto the river bank and turn left.

Follow the river bank to the bridge at Kingswood, leave the river bank and cross the road and then cross the bridge and take the path on the opposite bank of the river and follow this path to Wawne. About  $\frac{3}{4}$  mile from Wawne there is a small nature reserve on the right (without access) with various varieties of wild fowl present. On approaching a barrier across the path, turn right and leave the river bank and walk down a narrow lane into Wawne. The bus turning point is as you reach the main road.

Turning right and walking along the main road for a short distance is the village shop and an alternative bus stop.

#### HOW I DID IT.

Depart Hull Interchange at 10.05am on Bus No. X46.

Alighted from bus adjacent to TESCO store on Beverley road and started walk at 10.25 am.

Completed the walk at 12.10 pm and boarded Bus No. 30W at 12.27 pm back to Hull Interchange, arriving at 1.19 pm.

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## The YORhub 4 Good Fund is now open to applications from local groups for up to £10K funding for their community projects

Local community groups across Yorkshire and the Humber are now invited to submit applications for funding of up to £10,000 for their community projects from the YORhub 4 Good Fund. Funding may be in the form of cash or benefit in kind (e.g. materials or labour) or a combination of both.

The 4 Good Fund is one of YORhub's ways of delivering social and economic regeneration in the communities of public sector organisations using its frameworks. To qualify for funding, projects must be locally sourced, engage small to medium enterprises (SMEs) and encourage self-sufficiency, empowerment and sustainability. The YORhub 4 Good Fund is open to applications sponsored by users of the YORbuild and YORcivil construction frameworks. For a full list of potential sponsor organisations please see the application pack.

The deadline for return of applications to the fund is Thursday 2nd April 2015.

Following this deadline, the 4 Good Fund Panel will evaluate all bids against set criteria that reflects the framework's strategic themes, these being efficiency, employment and skills, social and economic regeneration, environment and sustainability and local supply chain engagement. Bids will be assessed by the 4 Good Fund panel in April and applicants will be advised of the outcome. It is anticipated that the next round of bids will be in March/April 2016, with further rounds to follow at yearly intervals.

To apply to the fund, applicants should download an application pack from the YORhub website at <http://www.yorhub.com/what-we-do/economic-regeneration/>. The pack includes guidance notes on completing and submitting applications. Fergus Aitken, YORbuild Framework Programme Manager and chair of the 4 Good Fund Panel, commented, "We are delighted to be able to support economic regeneration in local communities through the 4 Good Fund and would like to extend our thanks to YORbuild and YORcivil framework contractors for their generous contributions to the fund. This year we are pleased to be increasing the maximum grant available from £5,000 to £10,000 which we hope will enable projects supported to have a greater community impact"

Keith Gilson, 4 Good Fund Panel member and Commercial Director of YORbuild Framework Contractor Geo Houlton & Sons Ltd commented, "Social and Economic regeneration is at the heart of the YOR frameworks and we are extremely pleased to make a real difference through our support of the 4 Good Fund."

Lynn Smith, project manager at Whirlow Farm based in Sheffield, one of the projects which received backing from the Fund in 2014 to purchase and build a 'Goat Mountain', commented, "Whirlow Hall Farm Trust's students, volunteers, staff and animals are delighted to be working with the 4 Good Fund on development and construction of our new 'Goat Mountain'. As well as giving a memorable experience for children and young people involved in the building project, the finished item will enable our many varied visitors to engage and interact with our goats in new ways – giving a stimulating and fun time for all (goats included!)."

For all enquiries about the YORhub 4 Good Fund please contact Tina-Louise Phillips at [tina-louise.phillips@eastriding.gov.uk](mailto:tina-louise.phillips@eastriding.gov.uk)

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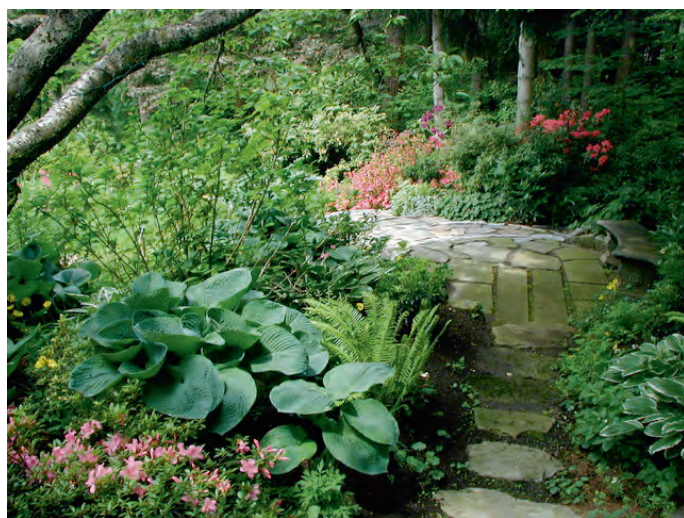
Spring is on the horizon and we should soon be enjoying some beautiful spring bulb displays of daffodils if they haven't sprung already. The improving weather is the first sign that we will be able to sit out and enjoy our gardens once again. There is a myriad of tasks to undertake in the garden to spruce it up ready for summer; from simple pruning to filling borders or even choosing large specimen plants for a focal feature.

Before choosing any plants it's always a good idea to assess the plot and look at a range of conditions;

Sunlight  
Temperature  
Exposure to wind  
Moisture  
Soil type

For example, if the plot is in shade for most of the day and the soil tends to be moisture retentive a variety of Ferns may be best.

Similarly, if the plot gets a lot of sun and the soil dries out quickly you should consider a drought tolerant plant like Lavender or Hebe.



### Sunlight

The overall amount of light your entire garden receives depends on the direction it faces. A North-facing garden will get the least light and can be damp whereas South-facing gardens will receive the most light. An East-facing garden will receive the most light in the morning and a West-facing garden will get afternoon and evening light.

Shade loving plants will thrive in a North-facing garden. Ferns do great in moist and shady areas but you've

also got a great choice for colours. Consider Vinca (Periwinkle) as groundcover; this evergreen plant is hardy and has beautiful purple-blue flowers. For height, Mahonia is an excellent choice and has year round interest. It is a hardy evergreen shrub with attractive spiky leaves and yellow flowers in winter. Camellias also thrive in shade and are frost hardy meaning they will need little protection in the winter months. They also have beautiful spring flowers and can be grown in a container of ericaceous compost to brighten a patio.

For South-facing gardens prone to a lot of light it's best to pick sun-loving plants. Helianthemum (Rock Rose) is ideal for a gravel garden or a dry stone wall, ideal for summer colour.

A bulb ideal for sunny positions is Allium, or the Ornamental Onion. This unique looking plant with star-like flowers is frost hardy and dries well for floral arrangements. The foliage is a silvery grey and looks beautiful in a border or container.



### Temperature

In the North East of England we are prone to cold, wet and windy weather. This January we saw heavy snow, frost and very low temperatures meaning our gardens got a bit of a battering. Town gardens tend to be warmer than rural ones because of the shelter provided by buildings, however check your garden for potential frost pockets caused by cold air becoming trapped by the house or hedge.

When taking a look at your plot you should consider where the most sheltered points are in your garden or if

## 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. Buy young bedding plants for the greenhouse.
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.



you can improve them (hedging is an ideal windbreaker).

Choose your plants based on the minimum temperatures they can survive;

Hardy: - Can survive to  $-15^{\circ}\text{C}$ . They can stay in the ground all year and survive.

Frost Hardy: - Can survive to  $-5^{\circ}\text{C}$  but will need protecting during particular cold winters.

Half Hardy: - Can survive to  $0^{\circ}\text{C}$  will require winter protection

Tender: - Protect below  $4^{\circ}\text{C}$  and they cannot survive outside during winter so will need to be brought inside.

### Wind

Long term, winds can deform plants – (think of sideways growing trees in coastal areas) - and sudden gales can snap branches and stems. Colder winds can scorch your plants but there are ways you can protect your garden from winds.

Use canes to support plants.

Surround the garden in a 'shelterbelt' by adding hedging or 'open' fence.

These shelterbelts work because they are porous and will slow the wind down. Attempting to block the wind with a wall will force the wind up and over, creating vortices that will still damage your plants.

Coniferous plants like Thuja and Leylandii are the perfect wind protection as the thick and dense foliage can act like a wall without the damage.

### Moisture

The amount of water in the soil is influenced by a number of factors; local annual rainfall, time of year, soil type, aspect and the water table. Shady or north facing corners often have damp soil and south facing beds tend to be dry.

Test your garden's drainage by digging a hole (30cm wide and 1ft deep) in your plot and fill with water. Then leave it to drain away naturally. If it takes more than 24 hours to disappear the drainage is poor.



### Soil Type

By digging deep into your plot you will be able to find what's beneath the top, looser soil. This subsoil can cause problems for your plants if not improved. Heavy, clay soils can retain moisture and become water logger in winter. Sandy or chalky soils can become dry in the summer causing dehydration.

Well rotted organic manure or products like Gro Sure

Farmyard Manure can help improve most soil types and improve quality and drainage.

To work out what kind of soil is in your garden you will need to get your hands dirty. Get a handful and feel it. Clay soils feel slimy and sticky, and can retain its shape when moulded. Sandy or gravelly soils feel gritty and will crumble apart. Peaty soils feel spongy and loam and slit soils feel smooth.

All soils can be improved with organic matter, as well as by digging in multi purpose compost or horticultural grit (which will improve drainage in clay soils).

Once you know what factors are in your plot you can decide on whether to improve the conditions or choose the plants best suited to those conditions. The choice is yours.

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## Your Stars for March 2015

*By Kay Gower*

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

Hold fire, Aries.

A fabulous idea at the beginning of March may prove to be unwise by the end. Think through your strategy before you make a bold move.

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

You have such an innovated approach to even the most boring and routine matters that others will be asking for your secret. Just tell them that it's all written in the stars – and smile.

### Gemini (May 22-June 21)

Perhaps time will prove that you indulged yourself in what turned out to be an unreasonable expectation. But surely it's better to have expectations and live up to them, than to have doubts and live down to them.

### Cancer (June 22-July 22)

March is the time for action. Time is moving on and reminds us that we are but players on the stage of life – and so we may as well be playful. Change does not have to be a serious matter.

### Leo (July 23-Aug 22)

The new moon in Pisces on the 20th pushes for beautiful transformations and opportunities. This month you benefit from the wealth of others – it's a time of bounty. Accept the generosity extended to you.

### Virgo (Aug 22 – Sept. 23)

Signs of spring will surround you wherever you go. It's almost as though you're the one making the flowers bud and the birds sing. There will be highlights to this month that will stay with you for a long time to come.

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

Your choice of language will make a difficult conversation more palatable. You have a beautiful way with words which makes you attractive to others.

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

When someone's body language and words don't match you are right to be concerned. You'll wisely believe the body language - and then make your moves accordingly.

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

You begin the month full of ideas, many of them good but only one of them will be possible. Be wary of adding too many new projects to your life – they'll take over in unexpected ways.

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

Time for yourself feels like a luxury this month, but it shouldn't have to be this way. Initiate small changes as you look ahead, block out some chunks of time that you can dedicate to those things that you enjoy.

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

It would be unwise this month to finish absolutely everything you start. When you get to the stage where you know the rest is going to be a long, fruitless slog, then perhaps it's time to jump ship.

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

You don't always choose an easy path for yourself, but it's a beautiful path and an important one. The time and effort you put in to all you do this month will give you a sense of pride.

## Graham and Rosen solicitors secures top accolade from national Law Society

Graham and Rosen solicitors of 14-16 George Street Cottingham has secured the national Law Society's law management quality mark, Lexcel.

Lexcel is developed specifically for the legal profession. It is an optional, recognised accreditation scheme for law firms which gives assurance that a practice meets client care and business management standards.

To gain and retain Lexcel accreditation, a practice must undergo a rigorous initial application and assessment process. This includes conducting background checks and an on-site visit from an experienced, trained Lexcel assessor.

Alex Green, managing director of Graham & Rosen, said "While we are proud to have secured Lexcel, it is our clients and staff who are the main beneficiaries. They can be assured that the way we manage our practice has their interests at heart and runs efficiently. Being Lexcel accredited demonstrates our commitment to client care and best practice."

Andrew Caplen, president of the Law Society of England and Wales, said "Gaining and maintaining Lexcel is no mean feat. There are many facets of being a Lexcel accredited law firm, including client care. A commitment to customer service in today's ever more competitive legal services market is vital.

By undergoing the rigorous Lexcel application and assessment process Graham and Rosen has shown the positive steps they are taking to help clients in the increasingly complicated legal services market.

The scheme is a beacon of quality to clients and potential clients alike."

01482 634691, 07831 354687 or email [chair@swanlandvillagehall.info](mailto:chair@swanlandvillagehall.info)

For hall bookings contact: Martin Peel, Bookings Secretary, Swanland Village Hall, 01482 634409 [bookings@swanlandvillagehall.info](mailto:bookings@swanlandvillagehall.info)

Or log on to [www.swanlandvillagehall.info](http://www.swanlandvillagehall.info)

## East Riding residents urged to register to vote

With the elections less than 100 days away, residents across the East Riding are being reminded they need to register in order to vote.

On Thursday, 7 May, voters will go to the polls to elect their Member of Parliament while local elections are also taking place on the same day.

Over the next month, East Riding of Yorkshire Council will be sending letters to every household giving details of who is currently on the electoral register for that property.

Anyone who is eligible to vote is urged to make sure they are registered so they can have their say on issues that affect their lives.

If someone's name is not on the letter and they are eligible to vote, they can register online by going to [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote)

Residents can also request a paper copy of registration form by contacting the electoral registration office at East Riding of Yorkshire Council on (01482) 393311; (01482) 393322 or (01482) 393313.

## Prestigious quality award for Swanland Village Hall

Swanland Village Hall has been successful in being re-awarded the ACRE (Action with Communities in Rural England) quality standards Hallmark 1 and Hallmark 2.

Hallmark is a national quality standards scheme for community buildings run by ACRE. It operates throughout England and is open to any community building management committee.

Hallmark 1 focuses on the management and administration of the community building.

Hallmark 2 focuses on health and safety, security and licences.

Swanland Village Hall was originally awarded Hallmark 1 and 2 status a number of years ago but, as the award is for a fixed period of time, it was necessary for the hall to be re-assessed.

The re-assessment was undertaken recently and Swanland Village Hall has been successful in being re-awarded these prestigious and sought after quality standards.

The chairman of the trustees of Swanland Village Hall, Godfrey Burley, said:

"The trustees of Swanland Village Hall are absolutely delighted that the hall has been re-awarded the ACRE Hallmark 1 and Hallmark 2 national quality standards. The award demonstrates to the inhabitants of Swanland village that their village hall is operated to the highest standards and that it is an excellent and attractive venue for social, entertainment, recreational, educational and other community activities."

For further information contact:

Godfrey Burley, Chairman, Swanland Village Hall,

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### Sudoku Answer from page 12

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

[www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk) - March 29



## First Hull Trains direct service from Beverley to London

For some reason, this new service does not stop at Cottingham, and we feel that this is a missed opportunity. We therefore arranged to have a full and frank, but informal, discussion with First Hull Trains (FHT) and representatives of Hull & East Riding Rail Users' Association. As a result, we each have a better understanding of each other's perspective, and of the rules surrounding train operations.

FHT are willing to stop their service at Cottingham, but must first demonstrate that this is good for all aspects of rail business, and not stealing someone else's passengers. Consequently, in agreement with FHTs, we've volunteered to survey readers of the *Cottingham Times* to see who would use this service. Answers from other similar questionnaires are all being collated, to gather as much useful information as possible, this will then be forwarded to HFT.

Monday to Friday trains leave Beverley at 6.02am, calling at Hull, Brough, Howden, Doncaster, Retford, and Grantham, arriving in London King's Cross at 9.16am. Return journeys in the evening follow the same route, leaving London at 6.50pm and reaching Beverley at 9.46pm.

For this service to stop at any other stations HFT need a significant show of serious interest. You can contact either of us, by either phone or e-mail or by using the special information box at Barkers (Newsagent/Stationers) on Hallgate, Cottingham, replies by the end of March please.

Please supply the following information:

- Your post code,
- The station where you normally start your train journey,
- How often you would use the service,

- Your reason for travel (i.e. work, leisure, visiting family)
- Whether you would use the car park at Cottingham station
- Any other information you think may be relevant

If you'd like us to contact you, please include your contact details.

Cllr Ros Jump, Tel 01482 842272 or [ros.jump@rosandsue.karoo.co.uk](mailto:ros.jump@rosandsue.karoo.co.uk)

Cllr Geraldine Mathieson, Tel 01482 847276 or [Cllr@mathieson1.karoo.co.uk](mailto:Cllr@mathieson1.karoo.co.uk)

## Temporary closure of Finkle Street, Cottingham from Monday 23rd March until 17th April

Notice is hereby given that the East Riding of Yorkshire Council intends, not less than seven days from the date of this notice, to make an Order, the effect of which will be to prohibit any vehicle from proceeding along Finkle Street, Cottingham (part) from outside number 30 to number 167, commencing on Monday 23 March 2015 to enable the installation of an electric cable the length of the street on one side.

The road closure is necessary to enable the works to be carried out in a manner consistent with ensuring the safety of the public. The Order is valid for 18 months, but it is anticipated that the works will be completed by 17 April 2015.

The alternative route for traffic affected by the road closure will be via the remaining part of Finkle Street, King Street, South Street, Baynard Avenue and West Green, Cottingham. The road will be open at all times for resident's access, pedestrians and the emergency services.

Further information can be obtained from Streetscene Services (Highways), telephone number 0845 600 1666, Ref. JS

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## Twelve Years a Slave to be shown at Swanland Village Hall

**T**welve Years a Slave (PG 15) is the film to be shown at 7.30pm on Saturday 21st March in Swanland Village Hall. Based on a true story of one man's fight for survival and freedom. In the pre-Civil War United States, Solomon Northup (Chiwetel Ejiofor), a free black man from upstate New York, is abducted and sold into slavery.

Facing cruelty as well as unexpected kindnesses, Solomon struggles to stay alive and retain his dignity. In the 12th year of his odyssey, Solomon's chance meeting with a Canadian abolitionist (Brad Pitt) will forever alter his life. Tickets (at the door) £4 adults £2 schoolchildren. For details call Yvonne on 01482 634863.

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# HALLGATE TREE CARE

## *A cut above the rest!*





## Hallgate Schools - continued

by Peter Railton (Author and Local Historian).  
The year is 1951

There were many absences with colds and 'flu when the new term began, but visits to the *Hull Daily Mail* offices and works, Hull Law Courts and Anlaby House were repeated during the term and became very popular with the girls.

In April, a new type of outing took place - to the Hull docks and in particular to go aboard the merchant vessel '*Melrose Abbey*' in Humber Dock and be shown round by members of the crew.

This exciting trip was accorded to senior 4 along with Mrs. Hyde and Miss Blades. Humber Dock and the former Railway Dock are now Hull Marina and along with Princes Dock were bustling hives of activity, with ships and barges tied up all around the dock sides and often occupying much of the surface, awaiting their turn to load or discharge cargoes onto the quaysides of what was known as the 'Town Docks'.

The girls would have encountered lorries, and horses and carts, men pushing hand-carts, dodged cyclists, saw railway wagons rumbling and clanking their way along the rails which ran around much of the dock sides, picked their way among the boxes of fruit, flowers and vegetables outside the wholesalers on the dock sides, with wrappers off oranges and apples blowing about all over; a noisy, smelly, untidy journey, but a wonderfully exciting one.

We tend to overlook the fact that rationing was still with us in 1951 and certain commodities were scarce. The following passage from the log book written by Councillor Arnett reminds us -

"In carrying out this duty, I found the Headmistress most obliging and helpful, also her Staff. I was very pleased to

notice that the children of the different classes and ages all appeared to be very happy and contented. Taking into account the difficult times in which we are living in, from the rationing point of view, the children looked well nourished.

Chas. Arnett. School Manager"

Mention has been made of the variety of nationalities coming and going in the village - allied soldiers, German and Italian P.O.W.'s, Dutch children, displaced persons and their families, and in 1951 a group of German children and their teachers arrived and stayed in the homes of Hallgate children for two weeks and attended various functions in Hull plus the Holderness Schools Sports at Hornsea, and spent a day on the North Yorkshire Moors. It was deemed a great success and was seen as a contribution to the healing process of the immediate post-war years.

The end of term saw the retirement of Mrs. Tether, who had taught at the school since 1906, mainly the junior classes; she was presented with a handbag, gloves and a notecase by the staff and pupils.

The 24th of October was United Nations Day, it is significant that Empire Day received, little or no recognition by the early 1950's at the school, reflecting changes in national politics. The 25th was General Election Day and was greeted with enthusiasm by the pupils, who got a day off school due to the building being used for polling.

'The base of the pupils' education was broadening rapidly; out of school visits increased, more people came into the school to talk to the children about their job or their country. Entries to sports competitions, to Hull Music Festival for choir and instruments, schools broadcasts, visits to other schools, to York, to Flamborough, to Hull Guildhall and meeting the Lord Mayor and attending Council Meetings, cultural visits to the theatre and City Hall - a glimpse into their futures in a world outside school.

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Road Safety quizzes were held in each class to select representatives to take part in an inter-school Road Safety Competition aimed at increasing awareness of the dangers as the volume of traffic even on local roads was increasing rapidly.

The junior Christmas Party was held on the 17th of December and the senior one two days later. On the evening of the 18th and the 20th, Christmas concerts were given to parents and friends; the hall was packed on both occasions and everything was a great success with pupils and staff working hard to produce the shows. The school sent a gift of £5 to Hesslewood Orphanage out of the collections made, and closed on the 21st for the Christmas holidays.

On the 8th of January Mr. M. Hyde and Mr. G. B. Reynolds commenced duties in the boys department; Mr. Hyde was the new Deputy Head in succession to Mr. Bailey. I taught in Mr. Hyde's class in 1967 when I was on my first teaching practice as a student at Hull College of Education on Cottingham Road.

A spate of illness overtook the staff - Miss Brown, Mr. Mathews and Mr. Nicholson, all being off with 'flu; Mrs. Panke filled in as supply. The 6th of March saw Mr. Panke invigilating at the 11+ selection exams in the girls' department, while Mrs. P Fletcher was acting in the same capacity in the boys' department.

Mid-April saw an inspection by H.M.I's, Miss Middleton and Mr. Royle, and Dr. Walker conducted medical examinations in the boys' department in early May. Five boys were successful in the Technical College Building exams scholarships - T. Storry, A. Brockhuizen, D. Bunton, T. Butler, and G. M. Stroud, and ten boys won scholarships to Beverley Grammar School - W. Brockhuizen, G. Smith, M. A. Akrill, J. D. Atkinson, D. N. Grimston, A. G. Hussey,

B. W. Norfolk, K. Raper, D. A. Whittaker and D. A. Wray.

On the 31st of May, the East Riding Senior Sports were held at Beverley, T. Page won in the high jump, clearing 4ft. 10ins., and came second in the long jump at 16ft. 10ins, B. Norfolk was third in the half mile race. In June, T. Page became the Yorkshire County Champion high jumper at the Yorkshire Schools Sports held at Leeds, and covered himself in more glory at the Festival of Britain Sports at Hessle in July, winning the high jump, the hurdles, and coming second in the 100 yards flat race and F. Atkinson, B. Norfolk and W. Richards also contributed to Hallgate School's success.

After the summer break there were 349 boys on the roll; one extra class was housed in the hall with Mrs. Panke in charge, this was of course a reflection of the immediate post-war 'bulge' working its way through the school, as in the girls' department and every other school nationwide, which accentuated the need for more school building, while the opportunity was undertaken for the bringing into being of the terms of the 1944 Education Act creating secondary modern schools, of which Cottingham High School was a product.

A new piano was delivered from Gough and Davy's in Hull - this probably replaced the one in the hall that I remember when I was there as a lad. Mr. Nicholson was appointed Head of Bishop Wilton School and, was replaced by Mr. D. G. Howe. On the 14th of December, a Carol Service was held in St. Mary's Church and £7.10s. was collected and sent to the Sailors Children's Society Homes on Cottingham Road.

*Photograph on the opposite page shows the girls in a cookery class, 1951.*

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

[www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk)

### A chance to learn

### Clicker training with horses . . .

I am planning on doing some courses this summer to help anyone who is interested to learn this new skill. The thing about coming over to work with these horses of mine is that it is not even really about them....it is all about you. When you get into the science of how animals

learn, it touches into how we perceive the world around us, our on family/friend/workplace relationships and how we interact with each other.

It makes us explore our own life experiences and how those experiences have helped to shaped who we are and why we feel the way we feel about certain situations, certain types of people, and certain environments.

In order to train animals (or children) we need to have a handle on our own emotions. Quick to frustration or quick to temper in its own right will get you nowhere and can cause damage to the relationship you are trying to build. Self-evaluation is a powerful tool. It can be quite an emotional journey for you as well as the horse.

With the horses we are trying to shape behaviours, change associations and knit strong trust into the mix. If you ever come into the presence of a horse then you are training it in some way.....even if you never lay a hand on it.

I find it all absolutely fascinating and I really enjoy training people and giving them the tools to take forward. Behavioural analyses sounds so boring yet it is massive. It encompasses every reaction the animal or the trainer, handler or owner has in any situation. There are so many influences to success as well as failure.

Understanding how the basic brain systems work, innately in the back ground and understanding their influence. ....all this is thrown in with genetic variations, the effect of the different environments as well as past associations.

The training is great fun believe it or not! The horses benefit because the training is so ethical and makes huge differences to their emotional wellbeing. You benefit because you learn how to make brilliant evaluations and come away with fantastic tools for any future.

For further information please ring **07720758425** or [melanie@instinctivehorsetraining.co.uk](mailto:melanie@instinctivehorsetraining.co.uk)

**Facebook page for the business....**

**Melanie.S.Watson.**







## March already, heralded in by St. David's Day with the Pub festooned with Daffodils, a hint of Spring around the corner

**W**e have an exciting start to the month with work, now confirmed, to start behind the scenes on the new food prep area and cellar entrance giving us the ability to offer an excellent snack and sandwich menu during the warmer months when outside tables are available. A couple of downsides are that we will have to close for food service March 2<sup>nd</sup> to 4<sup>th</sup> and section off part of the top Bar area reducing our capacity for food service during the first two weeks of March my apologies for any inconvenience. Secondly the timing has scuppered my early March holiday plans, sorry Judy.

Unfortunately our talented young chef Sean will be leaving us soon to start a new life in Norfolk. I've tried to explain to him about Global warming and how, on the edge of the Wolds, we are quite safe here from increasing sea levels, but with no avail. Working alongside our wonderful head chef Nick, Sean has made a significant contribution to the success of the Half Moon, thank you Sean. Obviously this leaves a full time vacancy here for which we are interviewing. In addition we are looking for part time Kitchen assistants to back up our chefs on preparation of fresh food and to assist them during busy service periods.

Skidby's Village Pub is not just about our food offering, our Pool Table is to be re-clothed in the next week or two, giving no excuse for missing that crucial shot on the black. As previously mentioned plans to improve the service in our little shop are underway and I should be in a position to be more specific in next month's article. While in the Bar we are looking towards the warmer weather, increasing the range of bottled drinks both soft and alcoholic and investigating some new local real ales to add variety to tempt your taste buds. We have already increased our range of wines last month.

Many thanks to customers and staff, it's you who create the atmosphere of Skidby's Village Pub, for which I am for ever grateful, yes I'm still loving it.

*Cheers, Mike*

**The Half Moon, Skidby. Tel. 01482 843403.**

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## Haltemprice Lions

### "Flea Market"

**T**he Haltemprice Lions have organised a "Flea Market" to take place at the Cottingham Civic Hall on Saturday 9th May. For those unfamiliar with such events, a "Flea Market" is an opportunity to sell to the public any items, new or used which can be sold legally. Tables cost £10.00 each and the "Flea Market" will be open to the public from 10.00 a.m. to 2.30 p.m. (approx.). To reserve a table please apply for an application form to: [dwhincup@dwhincup.karoo.co.uk](mailto:dwhincup@dwhincup.karoo.co.uk) or telephone 01482 847367.

## Have you thought of joining the Haltemprice Lions as a member?

**W**e are a charitable organisation supporting local, national and international causes.

Recently the Haltemprice Lions members have organised Band Concerts, Craft Fairs, a Sportsmen's dinner – all to raise funds. We have performed service activities to help local people and donated to other groups for instance, the Hessle Scout Group, a Walkington project to help disabled people, and service activities to help the blind etc. Apart from our fundraising and service activities we have a programme of regular social activities. If you are interested to learn more please use the above contact.

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## Design a flower bed competition 2015 at Sewerby Hall and Gardens

To coincide with the Tour de Yorkshire, the subject for the annual design-a-flower-bed competition will be themed accordingly. The flower bed itself will include an actual bike and the design should be centred around it.

As in previous years, children from all of the East Riding of Yorkshire schools will be invited to submit a design which will then be translated into planting the flower bed located in front of the Orangery, to reflect this unique event and its ties to the local area.

In previous years, this bed has seen designs based on the 300th anniversary of Sewerby Hall, the Olympics, the Diamond Jubilee and the 900th anniversary of Bridlington Priory and complements the more formal aspect of the flower beds located elsewhere in the estate.

Marie Gascoigne, facility manager at Sewerby Hall and Gardens, said: "This competition has proved very popular with school children in past years and we always get a lot of fantastic entries. This year we are looking for something extra special to help us celebrate this important regional event."

The closing date is Tuesday, 31 March and entry forms can be collected from the Welcome Centre or downloaded from [www.sewerbyhall.co.uk](http://www.sewerbyhall.co.uk)

For more information please call (01262) 673769.

## The Windmill Walkers schedule for walks in March

If you would like to try a walk with us or require further information, please check our web-site [www.windmillwalkers.org.uk](http://www.windmillwalkers.org.uk). At this web address, you will find our 2015 Wednesday walk programme showing the start location of each walk. There is also a link to contact our Secretary if you need further information.

For those without internet access, our schedule of March walks is shown below.

Day/Date	Time	Start Location	Grid Ref.	Distance
Wed 04 March	10:00am	Skidby Half Moon Pub	TA 018 337	5 miles
Wed 11 March	10:00am	Weel village	TA 065 393	6 miles
Sun 15 March	10:00am	Hedon Church	TA 188 287	9 miles
Wed 18 March	10:00am	Bridlington, Lime Kiln Lane Car Park	TA 194 678	6 miles
Wed 25 March	10:00am	Drewton, Nr quarry Swinescaif Road	SE 927 326	5 miles
Wed 01 April	10:00am	North Cave Car Park opp. church	SE 896 327	5 miles

## Choose the Hornsea Third Marathon as your challenge this April

Whether you are in the process of choosing your challenges for the year or you are new to running and want to set yourself a target then the Hornsea Third Marathon is for you.

The run is organised by The Rotary Club of Hornsea and has become an annual event on the calendar that is growing bigger every year. It is taking place on Sunday 12th April this year and you can register your place at [www.hornseathirdmarathon.org.uk](http://www.hornseathirdmarathon.org.uk).

By registering to run the Hornsea Third you will be supporting your local Marie Curie Nurses who care for and support people and families living with a terminal illness in the comfort of their own homes. In 2014 the run raised £2000 and funded a vital 100 hours of Marie Curie Nursing care. We also had runners who chose to join our Daffodil Team and raise extra sponsorship for Marie Curie.

£20 pays for one hour of care from a Marie Curie Nurse so your donation really does matter.

Michelle Cooke from Hull is taking part this year and knows first-hand how important Marie Curie Nurses are; "My father in law died of cancer a couple of years ago and was lucky enough to be supported by Marie Curie nurses to die with dignity at home with his loving family."

For more information about this event or to find out how to support Marie Curie in other ways please call Natalie on 01904 755260 or email [natalie.atherley@mariecurie.org.uk](mailto:natalie.atherley@mariecurie.org.uk).

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## The Cottingham Branch of the Royal British Legion say “thank you” to the businesses and people of Cottingham

Cottingham Branch of the Royal British Legion wish to sincerely thank everyone who helped to raise £8,068.45p for the 2014 poppy appeal,

These include Schools, Castle Hill Hospital, All local businesses, Mr. & Mrs. Bob Minors, Hull Ladies Choir, Cottingham Little Theatre, St. Marys Church, Swifts Caravans, etc, Special thanks to Cottingham Army Cadets, Volunteer Collectors, and the generous offer of a table in the Co-operative store King St. Cottingham. Last but not least, gratitude to *Cottingham Times* for their continued support & generosity.

## Great Together - Encouraging businesses to commit to taking an apprentice

East Riding of Yorkshire Council is looking to grow the number of businesses it works with by taking part in the Greater Together campaign.

The council is taking part in the initiative, supported by a partnership of local training providers and the National Apprenticeship Service. The Greater Together campaign aims to encourage as many employers as possible to commit to taking on an apprentice from now until 27 March 2015.

Sara Arnold, employment, education and skills group manager, said: “The council is proud to support local businesses with their apprenticeship training programmes.

“Apprenticeships are a great way for businesses to benefit from

having a keen member of staff with exactly the right training and qualifications to help move the business forward. We are really proud of the way we match our candidates to the businesses and businesses tell us that we are one of the training providers that gets this right time after time.

“We’re currently working with a number of local businesses to provide their apprenticeship training and we are looking to increase that number from now right through to National Apprenticeship Week in March.”

Councillor Jane Evison, cabinet portfolio holder for economy, investment and inequalities, said: “Now is the time to apply for apprenticeship vacancies and for businesses to recruit an apprentice, as there is a huge pool of talent out there.

“The council is proud to again be supporting National Apprenticeship Week, which will provide a platform to showcase the range of services on offer to people considering applying for apprenticeships and information about available opportunities.

“Apprenticeships allow people to earn-while-they-learn and develop the necessary skills to forge a career in their chosen field.”

The council currently works with around 80 local employers. It offers apprenticeships and advanced apprenticeships in business administration, customer service and IT.

Employers interested in working with the council to recruit an apprentice should contact the employment, education and skills team on (01262) 674968.

If you want to get involved in this year’s initiative, you can follow the campaign on Twitter [@BeGreatTogether](#) where you will find more information, or you can visit [www.greatertogogether.co.uk](http://www.greatertogogether.co.uk)

The National Apprenticeship Service is also looking for existing apprenticeship employers to nominate a fellow company who they think would benefit from taking on an apprentice. You can do this by using the unique hash tag #EmployerNominate

To find out more about apprenticeships, go to [www.eastriding.gov.uk/business/business-advice-and-start-up-support/finding-staff-and-apprentices-for-your-business/](http://www.eastriding.gov.uk/business/business-advice-and-start-up-support/finding-staff-and-apprentices-for-your-business/)

## Law firm offers legal advice clinics to help people understand changes to Inheritance Rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters. In light of major changes to rules surrounding inheritance, even more clinics are planned across the region.

Solicitor Deborah Gilpin, who specialises in this area of law, explains: “Family arrangements are becoming increasingly complicated, particularly as the intestacy rules – the rules concerning the estate of a person who dies without a will - changed on 1st October 2014.

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It’s a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It’s much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future.”

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, “Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs.”

For more information about the legal advice clinics or to book an appointment, contact: Jo Pearman or Jayne Lowde in confidence on 01482 325242 or email [legalclinics@andrewjackson.co.uk](mailto:legalclinics@andrewjackson.co.uk)

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## An Evening of Asian Culture at Swanland Village Hall on Saturday 14th March at 7.30 pm

**D**ue to popular demand, another evening of Asian entertainment is being provided at Swanland Village Hall starting at 7.30 on Saturday 14th March, this time with the aim of raising funds for HEART UK, the cholesterol charity.

The evening will provide entertainment around a three course healthy Asian meal (meat and vegetarian dishes on offer) with tickets available from Yvonne (01482 634863) at £15 per head (students £7). Please bring your own liquid refreshment and glasses.

As willing volunteers are having to purchase the food in advance, it would help if we knew numbers attending by 7th March so, as numbers are limited, please be sure to order your tickets as soon as you have read this article to avoid disappointment. If getting dressed up appeals to you, come along in ethnic dress – definitely a good idea.

## Group Skydive Day - 11th July 2015

**A** local charity is looking for daring people to take to the skies and dive from 10,000 feet to help raise vital funds. Dove House Hospice is calling all daredevils to sign

up and join them on their Dove House Skydive Day on Saturday 11th July 2015. To take part in this once in a life time experience the hospice need a deposit of £50 and are asking that you raise at least £450 sponsorship.

Amanda Ashburner, fundraising coordinator at the hospice, said:

“We are looking for 20 brave individuals to get involved and take on this challenge. We’ve had people skydive in aid of us before and they’ve told us what an amazing experience it is. This is the 5th time we have organised a group jump and we really hope that some courageous people rise to the challenge and decide to take part.”

If you are interested in taking part in the Dove House Hospice Skydive Day please contact the fundraising team on 01482 785743 or email [fundraising@dovehouse.org.uk](mailto:fundraising@dovehouse.org.uk) for an information pack.

## From little acorns . . . learn how to grow your business

**A**n inspirational event for people to put their questions to some of our region’s most successful business owners will be held at Beverley Art Gallery on Tuesday 17 March from 6.00 pm - 8.30 pm.

Representatives from four East Yorkshire businesses, Mr Moo’s, Get Extra, GOLGV Training Services and Wold Top Brewery, will discuss their experiences of business growth at the event, which is being co-hosted by East Riding of Yorkshire Council and ProVerb (The Professional Voice of East Riding Businesses).

The evening will feature video footage summarising each company’s journey to success followed by a question and answer session giving guests the opportunity to hear first-hand accounts of their owners’ experiences. The event also includes special guest and compere Kate Sweeting from BBC Look North.

Councillor Jane Evison, cabinet portfolio holder for economy, investment and inequalities at East Riding of Yorkshire Council, said: “The East Riding is home to a number of business successes and we hope that, by showcasing their story, they can help inspire others.

“There are more than 12,500 businesses operating in the East Riding, with 87 per cent of these (11,125) classified as micro-firms, with 0-10 employees, and a further 9.5 per cent (1,208) identified as small firms of between 11-49 employees.

“By hosting events with highly-knowledgeable and inspirational guest speakers, the council aims to provide a forum where small businesses can access practical advice and support which is vital in helping them flourish and prosper.”

Kate Crawford, owner of marketing consultancy and services company, Clear ComPosition, added: “Because micro-businesses like ours account for such a huge proportion of businesses in our area, we were clear when we formed ProVerb that we wanted to provide them with a voice and mutually supportive network.

“By showing how other business owners have overcome similar challenges to achieve success from humble beginnings, we hope to inspire people at whatever stage they are in their own business journey.”

Tickets for the event are free, but are limited to 60, and the council would advise people to book early to avoid disappointment.

To book, visit <http://tinyurl.com/p2d4mpr>

For further information about this event, call (01482) 880460.

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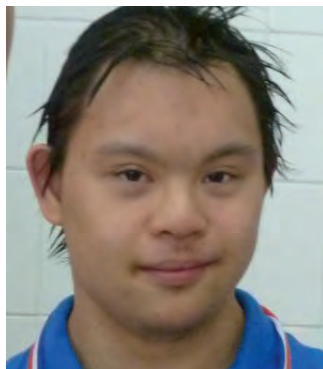
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## Special Olympics City of Hull - 2015 Swimming Gala

Special Olympics City of Hull Swimming Group held its 14th Annual Swimming Gala at the Beverley Leisure Complex, on the 28th February, 2015

This was the 7th year that The Beverley Leisure Complex has been the venue for the Gala. There were 108 entries with athletes from the Yorkshire & Humberside region coming from City of Hull, Pontefract, Sheffield, Pudsey, Kirklees, North Lincolnshire, York, Bradford and Wakefield. Three athletes from Gateshead and Lincoln are also joining them.

Our Race Officials who have run our Gala for many years – Mike & Tracy Crabbe, Jean Philipson, & Greg and Susanne Clarkson were once again poolside.

All the participants have been in regular training for this gala and they are keen to see their efforts rewarded with improved times or better still a medal! For many this will be their first gala of the year.

Among the 21 local Hull swimmers taking part in this Gala is Natalie Moon, who has progressed through her Special Olympics achievements to being a member of the British Disability Swimming Squad. Natalie represented Special Olympics Great Britain at the 2014 Special Olympics European Summer Games, held in Antwerp, Belgium last September, where she won individual Gold & Silver Medals and a Bronze in the Relay.

Also this year the four swimmers, who will be part of the 2015 Special Olympics World Summer Games Team GB Swimming squad, will be competing – using the Gala as further training and experience, in preparation for the Games which will be held in Los Angeles in July. Head Coach, Yvonne Anderson, said “it would be a fantastic help”.

The programme includes 100, 50 & 25 metres freestyle, backstroke and breaststroke and races and 6 relay races. Entry times in many events are extremely close with some tight finishes anticipated.

**The Rotary Club of Hull are the main and only sponsors of the Gala and once again, and for the 12th year running, are bringing a team of six Special Olympics swimmers from GJVW Schiedam Netherlands, (thanks to sponsorship from the P & O Shipping Company) to compete in our Gala, and giving it a truly international flavour!**

The City of Hull Swimming Group started in January, 1999 and now boasts 23 members who all swim and train regularly each Saturday afternoon at the East Hull Pools, in Hull. The Group held its first Gala in 2002, with 35 entries. In 2003 The Rotary Club of Hull became involved, and the event has grown to its present number of entries and popularity.

Special Olympics is the world's largest sports organisation for people with learning disabilities, providing year round sports training and competition in over 23 Olympic-type sports for people aged 8 and over. Founded in 1968 by the Kennedy family, it held the first International S.O. Games in Chicago with over 1000 athletes. Since then it has grown and spread worldwide, coming to the UK in 1978.

The Rotary Club not only sponsor the event, it also provides the Time Keepers and all the Medals, which will be presented by the Official Guests, who include the Chairman of East Riding of Yorkshire Council, Councillor Pat O'Neil & Consort, Mr. James Holbrough. Mr & Mrs Malcolm and Eileen Smith, Lions Club Representatives and Corrie de Winter & Marlies van Troost, from the Rotary Club of Botlek, in the Netherlands

This promises to be a GREAT Gala – all are welcome to come and enjoy a full afternoon of exciting competitive swimming!

Issued by the Special Olympics City of Hull Swimming Group.

For more information contact Judy Burdass on 01262 470201 and/or Janet Nolan on 01482 871 349

*Pictured are of Adam Loubani and Timothy Wong who both live in Cottingham, and both were competing in the Swimming Gala in Beverley.*

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## Swanland establishes a Heritage Centre

The Heritage Centre's first fund-raising event of the year is on Saturday 14th March, when a Coffee Morning will be held in the North Vestry at Christ Church by the Pond from 10.00 am with a cake stall and a book stall.

Swanland has a long history and has now established its own Heritage Centre. The core collection consists of copies of records that were gathered when a group of villagers wrote three books on the history of the village. It includes maps going back to before the enclosure of the open fields and a wide variety of documents going back as far as mediaeval times.

However, since the inception of the project, other records and photographs have been donated and work on comprehensively cataloguing the holdings is well under way. The full catalogue will be eventually accessible via the website.

The Centre is housed in the old library in the middle of the village by the pond and from 6th March will be open twice a week: 2 – 4 pm on Fridays and Saturdays. Full details are on its website <http://swanlandheritage.info> which also holds a collection of 1800 photos (and growing!) of the village and its inhabitants. Also see the Centre on Facebook. Help is wanted in identifying some of those in the older photos so, if you come from the area, perhaps you can recognise faces in the "unknown people" section. Also see the Centre on Facebook.

For more information contact:

Mr G Collier, Swanland Heritage Centre

Tel: 01482 634411

Email: [gc@colliersend.karoo.co.uk](mailto:gc@colliersend.karoo.co.uk)

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## Residents in Cottingham and Market Weighton to be surveyed on possible property flood protection scheme

Following the flash flooding experienced by some towns and villages in summer 2014, East Riding of Yorkshire Council is considering the introduction of a scheme to help householders and small businesses make their properties more resilient to flooding. The scheme – if adopted – would provide funding for simple measures such as air brick covers, flood resistant doors and door guards, and treatments for floors and walls.

The council wants to assess the level of potential interest in such a scheme before possibly introducing it across the East Riding and is looking at running a pilot in Cottingham and Market Weighton, two areas which experienced flash flooding last year.

As a precursor to the proposed pilot scheme, the council is surveying around 5300 households in Cottingham and Market Weighton, who will receive a short survey through the post, to be completed and returned to the council by 27 March. The survey asks whether householders feel their property is at risk of flooding; whether it has flooded before; whether they would be prepared to pay to 'top up' any funding provided by the council to protect their homes; and who they would prefer to carry out any flood protection work (council staff or contractors).

Councillor Chris Matthews, portfolio holder for infrastructure, highways and emergency planning, said: "Although there is no guarantee at this stage that the council will pursue such a scheme, we are keen to assess the level of potential interest. The introduction of a pilot scheme in Cottingham and Market Weighton – and any future rollout further across the East Riding – will depend entirely on the level of interest we receive from these two pilot areas at this stage, and what budget may be available to fund the scheme in the future."

"I would encourage residents in Cottingham and Market Weighton to complete and return their short questionnaires, which will allow the council to make a realistic assessment of the level of interest, and so in turn inform future decisions about possible funding for a scheme of this nature."

The results of the survey will be considered by the council in summer, 2015.

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## Young poet's prize launches for 2015 in the East Riding

Wordquake, East Riding Libraries and The Philip Larkin Society are delighted to announce the launch of the East Riding Young Poet's Prize for 2015.

Now in its third year, the category is open to anyone between the ages of 13 and 19 who lives in the East Riding. Entry is FREE - with a prize fund of £100.

This year's award will be judged by acclaimed poet Jean Sprackland, the winner of the Costa Poetry Award in 2008 and the Portico Prize for Non-Fiction in 2012. Her books have also been shortlisted for the Forward Prize, the TS Eliot Prize and the Whitbread Award.

Speaking about the 2015 Young Poet's Prize, Jean commented:

'Writing a poem can be about so many different things: the pleasure of experimenting with words, saying something important, putting powerful thoughts and feelings onto paper. Your poem can be on any subject, and written in any form - the important thing is that you enjoy writing it. Be more than just a consumer - be a creator too!'

Bridlington Poetry Festival Artistic Director Antony Dunn continued:

'The Young Poet's Prize is a fantastic opportunity to showcase the young writing talent we have here in the East Riding - and win £100! Last year brought us a wonderful winner with Alex Constable's beautiful take on Alice in Wonderland, so we're really looking forward to seeing what comes our way from local young poets in 2015. Thanks to the Philip Larkin Society for their generous support.'

The closing date for all entries is Friday 10 April, 2015. Winners and commended poets will be invited to read their poems in the company of some of the UK's finest poets at Bridlington Poetry Festival (19-21 June 2015), including this year's judge.

For more information on the 2015 line-up and to download a competition flier, visit [www.bridlington-poetry-festival.com](http://www.bridlington-poetry-festival.com) or call the box office on 01482 392699.

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## Walking netball session is launched

East Riding of Yorkshire Council's Sport, Play & Arts Service is launching a new walking netball session in the East Riding, following the recent success of its walking football session.

The free session is launching on Thursday, 5 March, indoors at Haltemprice Leisure Centre in Court 10 from 10-11am, and will be the first walking netball session to take place in the area.

The weekly sessions are free of charge and are supported by England netball development officer, Pauline Hardy. She said: "Come along and try this new session which is a great way to get a little fitter and enjoy the sport of netball".

Targeted for ladies over 50, the sessions aim to provide fun, sociable netball games and skills on a reduced sized court with adapted rules and are ideal for those who may want to improve their fitness or are unable to play running netball.

The sessions will be led by Jenna Leach from the sport, play & art service who will provide casual, organised walking netball games and accommodate various fitness levels. Jenna will provide low to mid-intensity matches ideal for those who haven't played for a long time or would just like to get a bit fitter and meet new people.

Skill and fitness levels are not an issue and anyone interested in this type of sport is strongly advised to try walking netball.

For more information, or to book on to the session on Thursday, 5 March, please call Jenna Leach (01482) 392529 or email [jenna.leach@eastriding.gov.uk](mailto:jenna.leach@eastriding.gov.uk) or contact Sarah Johnson on (01482) 392526 or email [sarah.johnson@eastriding.gov.uk](mailto:sarah.johnson@eastriding.gov.uk)

## Sign up for the Marie Cure Swimathon in the East Riding

Three East Riding Leisure facilities are hosting swimathons in aid of Marie Curie Cancer Care in April – and are looking for participants.

East Riding Leisure Beverley, Bridlington Sports Centre, and East Riding Leisure Withernsea are taking on the Swimathon challenge and encouraging swimmers in the East Riding to take on Swimathon distance challenges as a team or as an individual to raise funds for Marie Curie.

Held over the weekend of 17-19 April, Swimathon 2015 is expecting thousands of swimmers to take on the challenge and go that extra length to help support Marie Curie provide care for people with terminal illnesses across the UK with hours of health care and professionals to support themselves and their families go through those tough times.

After a year away, Marie Curie is returning as charity partner for Swimathon 2015 with the aim to reach even higher fundraising numbers than in the past. The involvement of Marie Curie with Swimathon goes back to 2007, reaching the incredible sum of over nine million pounds raised from then until 2013.

Registration is now open. Participants should register at [www.Swimathon.org](http://www.Swimathon.org) to enter, or call 0845 36 700 36 for more information.

Councillor Richard Burton, portfolio holder for civic well-being and culture, said: "Swimathon is a fantastic way to bring the community together, to raise money for charity, and provide a great challenge to work towards for our dedicated swimmers."

At East Riding Leisure Beverley, the swimathon will take place from 4pm-6pm on Saturday 18 April (for teams), and Sunday 19 April from 9am - 12pm.

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## King Billy in Cottingham is Hull & East Yorkshire CAMRA's Village Pub of the Year 2014

**T**he King William IV (King Billy) in Cottingham has been named 'East Yorkshire Village Pub of the Year 2014' by the Campaign for Real Ale (CAMRA) – Hull & East Yorkshire Branch.

Five pubs were nominated for the prestigious title, and a panel of judges then individually visited each nomination and scored them against strict criteria: Quality of Real Ale, Community

Focus, Atmosphere, Campaigning, Style/Decor, Service and Welcome, and Value for Money.

The King William IV is run by Martin Green and Amanda Robinson. They took over the license for the pub in April 2011 and in that time have increased the number of real ales from four to seven as well as introducing a real cider.

The pub is featured in the new CAMRA Good Beer Guide 2015 and described as: "Village-centre pub with a traditional bar and lounge; free of music. At the rear a former brewery has been converted into a function room offering live music and special events. The pub hosts weekly quiz nights and an annual music festival. The beer garden and side courtyard have covered smoking areas. Excellent-value meals are served in large and small portions."

A framed certificate was presented to Martin & Mandy on Sunday 25th January in front of locals and a group of CAMRA members.

Martin said, "We are absolutely delighted to receive this award and to be recognised for the efforts we have put in during the last 4 years. We regard this as one of the highest accolades as it is an award that is voted for by CAMRA members who really know their ale."

Runner-up this year was the Goodmanham Arms, Goodmanham, owned and run by Vito & Abbie Loggozo, which was a previous winner of the competition in 2011 & 2012.

Branch Chairman, Stewart Campbell, said "This years competition was a hard fought one with some excellent pubs in contention with only a few votes separating the winners and runners-up. Congratulations to Martin, Mandie and their staff in winning the competition, having been finalists in previous years. The drinkers of East Yorkshire are lucky to have dedicated licensees serving quality real ale and cider in pubs of distinction in our area."

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

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### Internal:

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

### Men's Problems:

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## Rotary Club of Humberside concert at Hull City Hall on Wednesday 25th March

The Rotary Club of Humberside has so far raised £7,500 towards its target of £12,000 to provide more bursaries for talented young musicians in the Hull area.

Another seven bursaries will be presented at a Spring Concert to be held at the Hull City Hall on Wednesday 25th March which is organised by the Hull Music Service in conjunction with the Rotary Club of Humberside.

These will add to a similar number of bursaries presented a year ago which go to children who have shown they have musical skills that would benefit from continue tuition.

Hull's finest young musicians will be on show at the concert. The aim is to raise more money for the scheme. So far this year £7,500 has been received from local businesses and charitable trusts.

The concert will feature the City of Hull Youth Symphony Orchestra, the City of Hull Brass Band, the SymphonicWind Band, the Youth Jazz Orchestra and the Youth Percussion Ensemble.

The chairman of the Rotary Club's Major Events Committee, Paul Lees said; "The aim of the bursary scheme is to help young people to realise their musical potential. Their newfound confidence and enthusiasm for music will lift their whole educational experience".

Tickets for the concert are priced from £5 to £7.50 and can be obtained from the Hull City Hall booking office.



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### Crossword solution from page 14

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## Laughter Therapy

**H**a! Ha! Ha! If you keep laughing like that, you just might find yourself getting ... healthier!

If you enjoy laughing and find as many occasions as possible throughout the run of a day to be jolly, then you will be filled with glee to know that this can lend itself to a happier and healthier human being.

Laughter is good in so many ways but studies have shown that as adults we simply do not do enough of it. If you have children then you probably have noticed that they giggle about everything, from a spilled glass of milk to a funny cartoon character on television, to something their best friend said to how mommy put their shirt on inside out when they were getting dressed in the morning.

Children know how to laugh and enjoy life and it shows. Research has shown that despite our maturity and (hopefully!) wisdom from our life experience, adults could learn a thing or two from the younger set. The average child laughs as many as 400 times a day. 400 times! On the other hand, the average adult-wait for it- laughs only an estimated 15 times on a given day, or in some cases, less.

### Can you believe it?!

Did you think that adults would rate higher on the laughter scale? As we age we become bogged down with the business of work and responsibilities and an array of details. What this means is that the lighter and more humorous side of life is often lost to us. We practice being serious until it becomes an art form. We are afraid that we will not be taken seriously if we don't appear as such. People who laugh too much are often perceived as not being on the same plain of life (and sanity!) as the rest of us.

### Know what I mean?

The thing is that laughter has so many benefits. In brief, these benefits include:

- Lowers blood pressure
- Exercises the heart (which is why it is sometimes called "an internal jog")
- Provides a workout for the diaphragm (which is cleansing for the lungs)
- Improves the work of the immune system
- Reduces the level of hormones that cause stress
- Controls as well as reduces pain in the body
- Relaxes the muscles throughout the body

Have you ever noticed how you feel after a hearty laugh? It feels good, doesn't it? That is another benefit of laughter therapy. There is an emotional and physical release from it that does every part of you good. Your skin will be a little pinker than it was before but it will glow with life and your eyes will be bright and shiny. So go ahead- laugh as often as possible because it is a form of therapy that is most enjoyable and entertaining!



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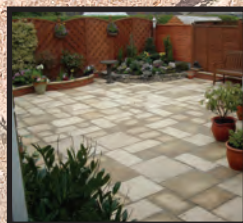
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