

Cottingham Times

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Issue 172 - March 2016

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In Cottingham and District

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 1st March 2016 - 7.30 pm

Tuesday 15th March 2016 - 7.30 pm

Tuesday 29th March 2016 - 6.30 pm - outside visit

Interested in photography? Why not give our friendly group a visit? New members welcome. All levels. Contact for further details - John Tel No. 842169 or john@jcmhome.karoo.co.uk

The Cottingham History Society

Wednesday 2nd March - The Sam Allon Collection - Demolition in the Hull Area - Rob Haywood, in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

Cottingham Men's de Luda Society

Wednesday 2nd March - Hollywood - Michael Wood, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

Front cover: A view from Hallgate towards St. Mary's Church.

Photo: Paul Lakin.

Skidby & Little Weighton Methodist Church

Friday 4th March - The Women's World Day of Prayer Service will take place at St. Peters Church, Rowley at 7-30pm. The service this year has been written by the Christian women of Cuba and the theme is 'Receive Children, Receive Me' Everyone is welcome to attend and many local people will be taking part in the service.

Women's World Day of Prayer

Friday 4th March - Annual Service will take place on Friday 4 March 2016 at 2.00 pm. at the Methodist Church, Hallgate, Cottingham. This year's service has been prepared by the women of Cuba. All are very welcome.

Skidby & Little Weighton Methodist Church

Mothering Sunday 6th March at 10-45am. A service of favourite hymns and readings and a short talk about the work being done in this area for local women followed by refreshments.

Cottingham Ladies Circle

Wednesday 9th March - Mr. Leeson to give a talk entitled "The Canyon Country", to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

East Riding Cricket Society

Wednesday 9th March - Howzat! The 'Six Sixes' Ball Mystery: journalist Grahame Lloyd & ex-Glamorgan cricketer John Parkin lift the lid on the murky world of sporting memorabilia. Meeting in the Brewery Bar, King William IV, 7.30 p.m. for 7.45 p.m. All welcome. Spring special - sample a meeting for free! (Normal guest entry £5). For more information visit ercsoc.blogspot.co.uk or call Maggie Sumner (01482 861848).



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Cottingham Women's Institute

Tuesday 10th March - Jane White - You don't have to be a model to look good. Competition: A favourite scarf. 10.00 a.m. to 12 noon, in the Methodist Church Hall, Hallgate, Cottingham.

U3A

Thursday 10th March - Travels and Tales of a Celebrity Chef - Alan Lavender, at 2.00 p.m. in the hall at the Darby and Joan Hall, Finkle Street.

Skidby & Little Weighton Methodist Church

Friday 11th March - Soup Lunch. Delicious home made soup and rolls will be served from 11-30am onwards. This month donations are for the work being done in this area for local women.

Beverley Film Society

Friday 11th March - Leviathan (Russia) 2014 Cert 15 Drama. Oscar-nominated story of a man fighting the corrupt mayor in his home town, a remote coastal location often visited by whales, to save his house from demolition, with his old friend, an attorney. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Members: £30 for whole season. Guests (of members): £4.50 per screening.

Cottingham Methodist Church, Hallgate

Friday 11th March - Free Film Night - 6.40pm for 7pm. Popcorn, ices and chocolate on sale.

East Yorkshire Embroidery Society

Saturday 12th March - Nicola Hulme, RSN - Take Inspiration, to be held in the The Darby and Joan Hall, Finkle Street at 2.15 pm. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. www.eyes-embroidery.co.uk.

Wold Lace Makers

Saturday 12th March - Lace Meeting and AGM. Exhibition of the Margaret Title Collection, by Denise Vickery, in the Marist Hall, Church and Parish House, 119 Cottingham Road, at 10.00 am to 4.00 pm. Members £1.50; Non-members £4.00.

Cottingham Catholic Women's League

Monday 14th March - A talk by Rita Barton "The Year of the Bee by a Beekeepers Wife", in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 p.m.

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

Tuesday 15th March - Collectables, speaker Brenda Stapleton, at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Jean Ellis on 01482 845415 or www.hullandeastridingnewstitchers.weebly.com.

East Yorkshire Woodturners.

Tuesday March 15th - 6.45pm: Demonstration by professional turner, Richard Findlay. Meetings are held every third Tuesday each month at Skidby Village Hall. Visitors are welcome, £3.50 on the door. For more information please contact David Taylor, Secretary, 876702. cotters@cotters.karoo.co.uk

Cottingham Evening Townswomen's Guild

Wednesday 16th March - AGM, at 7.30 pm in the Darby & Joan Hall, Finkle Street.

Continued on page six

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Cottingham Men's de Luda Society

Wednesday 16th March - Geoff Ogden - Safeguarding Children, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

East Yorkshire Association of the National Trust

Thursday 17th March - Chris Mead "It's a load of old bollards", History and Humour in the Streetscape, in the Cottingham Civic Hall, 7.30 p.m. John Scotney 'Hull and Hull Civic Society since 1964'. Non-members welcome.

Inland Waterways Association

Friday 18th March - Branch AGM followed by lighthearted entertainment from Peter and Elaine Scott. From 8.00 pm to 10.00 pm in the Methodist Church Hall, Hallgate.

Hull Macular Society

Friday 18th March - The third Friday of the month is when the The Hull Macular society meet at HERIB on Beverley road in Hull to support anyone living with central eye sight loss. This month we have guest speaker Judith Richardson Rehabilitation officer for East Riding sensory team. Come along to our next meeting you will assured of a warm welcome refreshments available. From 10.30 am until 12.15pm, cost £2.00. For more information contact Clive Skinner 01482 656714 (chairman)

Friends of Thwaite Gardens

Tuesday 22nd March - A talk by Dr Robb Robinson: Maritime Historical Studies Centre, the University of Hull. "Botanists, Explorers and Sailors: from Hull and Cottingham to the Ends of the Earth", at 7.30pm in the Methodist Church Hall, Cottingham. Refreshments. Members free. Non-members very welcome £2.

Cottingham Ladies Circle

Wednesday 23rd March - Mr. Richards to give a talk entitled "Hull Blitz", to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 p.m.

The Cottingham History Society

Wednesday 23rd March - AGM followed by 'Hull to the Somme', the diary of 15-year-old Private James Tait - Geoff Bell, in the Red Hall, Hallgate Primary School, Cottingham starting at 7.30 pm. Meeting fee, Members £1.00; non-members £2.00. Contact Peter McClure 01482 845734.

Skidby & Little Weighton Methodist Church

Wednesday 23rd March - Film afternoon commencing at 1-30pm. Refreshments will be served for a donation.

Wednesday Social Club

Wednesday 24th March - Mr. Trevis - Slides, in the small Darby & Joan Hall, at 2.00 p.m.

Friends of KGV

Easter Sunday 27th March - Easter Egg Treasure Hunt at 11.00 am - 1.00 pm. Come and join us on a hunt through the woods for clues that will lead you to the chocolate treasure. Prize Competitions for Under 5s, 5 - 9-year-olds and Over 10s. 12.30pm Judging for Easter Bonnets/Crazy Hats/Decorated Eggs.

St. Mary's Church Tower Tours

Bank Holiday Monday 28th March - Tower Tour, St Mary's Church, Cottingham, at 2.00 pm. Places can be reserved by calling Ian Booth on 01482 848041 or email bells@ianbooth.karoo.co.uk



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Cottingham Men's de Luda Society

Wednesday 30th March - David Smith - Cadet to Captain, in the St. Mary's Church Hall, Hallgate, starting at 2.00 p.m.

Hull and District Cats Protection

Saturday 2nd April - Cat Homing Show, in the Darby and Joan Hall, Finkle Street, from 11.30 am to 1.30 pm. Come and meet the cats and kittens looking for loving, permanent homes. Stalls include cakes and jams, gifts, cat accessories and a tombola. Refreshments will be available. For information please ring 01482 790284. Neutering vouchers are available for those on benefits or low incomes by calling 01482 657650.

Alcoholics Anonymous Meeting

If you think you may have a problem with alcohol which is costing you more than money, and want to stop drinking, you will be most welcome at the meeting at Cottingham Methodist Church (side entrance), every Friday night at 8pm. For more information call 01482-830083. Free-Confidential-Advice

Men in Sheds - Hull

We are a charity organisation and we meet every Tuesday and Thursday at 101 Greenwood Avenue, Hull, between 10.00 am and 4.00 pm. Drop in for a chat over a brew and biscuits. Our friendly shed is a place where like-minded people gather together to socialise, share skills and learn new ones. With a variety of activities on offer, we really to think there's something for everyone and we're always open to suggestions! Our shed is very much guided by our members and will naturally evolve as it develops. For further information drop in or telephone Baz Wharf on 01482 803940 or 07934 879657 or visit our website www.meninshedshull.org.

ALANON Meetings

Thursday evenings at Holy Cross Church, Carrington Ave Cottingham HU16 4DU. The meetings start at 7.30 pm until 9.00pm every Thursday evening, it is an open meeting for relatives or friends of the alcoholics and who are being severely affected by someone else's alcoholism. This fellowship is an International one, there are no dues or fees for joining all new comers will be told that they will remain strictly anonymous and anything they share at the meeting would not be discussed elsewhere. Any further information on 01482 508231

Alternative Aquatics

Alternative Aquatics is a local charity and self-help group. We provide gentle exercise and relaxation for people with back pain and associated mobility problems, in wonderful warm water and a friendly atmosphere. We meet on Thursdays at 5-6 pm during term time, at the hydrotherapy pool at Frederick Holmes School on Inglemire Lane, Hull, and the cost is £39 per school term. We have a few places available so if you would like more information, or would like to come along for a free trial session, ring Karen on 01482 807072 or Ann on 572011.

The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held outdoors in the summer months and indoors in the winter months. Club competitions and social gatherings form an important part of the Club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev2@revtrev2.karoo.co.uk

Continued on page eight

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Continued from page seven

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

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

Cottingham Rangers AFC

Cottingham Rangers AFC was founded in 1972 and is one of the biggest football clubs in the area. We have a total of 28 teams (17 Boy's teams at under 8 to under 18 level, 4 Girl's teams at under 10, 12 and 14 level, 2 Men's teams, 2 Veteran's teams and 3 Ability Counts teams), as well as an academy for 4 to 7 year olds and a Walking Football section for those of a more senior age! For more information please contact the Club Secretary, Dean Banyard on 01482 840924 or visit our website www.cottinghamrangers.co.uk

Zion United Reformed Church, Hallgate

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

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.

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 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

Cottingham Bridge Club

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

The Alzheimers Society

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

English Country Dancing

Tuesdays 1st to 22nd March, at the Darby & Joan Hall, Finkle St., Cottingham. 8.00 pm until 10.00 pm. Beginners welcome. For further information please ring Fred Smith on 01964 550297.

Continued on page 29

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Should you require legal advice in the above fields or any other area of law, please contact our Cottingham office (14-16 George Street, HU16 5PQ law@graham-rosen.co.uk) on 01482 840201 or the Hull office (8 Parliament Street, HU1 2BB law@graham-rosen.co.uk) on 01482 323123



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KC Lightstream – faster than a speeding bullet, well that's what it seems like when downloading big files or movies etc on the fibre optic broadband service from KC. Not just speed but reliability too, because the fibre optic cable comes right to your property, and the next best thing about it is the price, for most people only about £5 per month more than they are currently paying. Its been around for a while now but unfortunately not available in all areas yet. In Cottingham the next on the installation list are roads around Northgate and Park Lane. Go ahead and can check your area and register your interest in the service here: <http://www.kc.co.uk/products/broadband/lightstream-roll-out/>

Windows 10 - Over 200 million worldwide users have now upgraded. But don't let that pressurise you! Following last month's article many of my readers have taken the plunge, and some have asked me to carry out the upgrade for them. As mentioned you still have until July to decide if you want to go ahead. If you missed that article you

can find it on my website here: <http://www.rdmcomputers.co.uk/news/>

iCloud is the storage medium used by iPhones and iPads. If you find your device is reporting that it hasn't been backed up for a while, it is often because you have used up all your free storage allowance. 5GB is the free amount, which sounds a lot, but when you have lots of photographs and music that soon goes. However, it only costs 79p per month to upgrade your storage to 50GB. All you have to do is go Settings and iCloud and Storage on your device and tap Change Storage Plan. If iCloud is not operative, it probably means you have not entered your Apple ID and password. A word of advice on that, once you have signed up for an Apple ID, don't forget the password as it can be tricky to get logged in again. If you have a problem with this go direct to the website: <https://appleid.apple.com/uk/> to manage your Apple ID and change passwords and other details. From a security point of view don't follow any links in emails purporting to from Apple saying your account has been locked.

A few other security warnings. The phone scam is still ongoing, so if someone cold-calls you saying they are from Microsoft or Windows and tells you that you have problems with your computer and they can fix it, tell them you're not interested. **Microsoft don't call anyone**, and no other reputable computer support company would go touting for business this way either. Lots of emails are circulating with attachments such as 'unpaid invoice', 'remittance advice', 'undelivered parcel' and of course 'tax rebate'. Unless it is from a company or person you know (unlikely!) then delete them. And in the case of tax, HMRC direct you to the gov.uk website for any under or overpayments.

On the subject of HMRC, the website <https://www.gov.uk/> is a very useful resource for everything from benefits to tax, education to driving. Virtually all Government department websites have been merged here.

Apps, Apps everywhere! The word Apps stands for Applications or in old-speak Programs. On the Windows 10 Start Menu you will see All Apps which is what used to be called All Programs. So this is the same alphabetical list that we used to have, but you can now scroll up and down it. So if you think you've lost something after the upgrade, just have a look on here. If you want to download or purchase any new Apps you click on the Store icon, you will need a Microsoft account to use this (Hotmail, Live etc.). Of course if you have a tablet or smart phone, all the icons on your screen are Apps. If you want to get more you tap on the App Store on Apple devices, and Google Play Store on Android devices. Many Apps are free and the paid for ones show their price upfront. Before downloading check the user reviews to make sure it does what you want.

Apple App Store – Everyone will have their favourites but some very useful ones in my opinion are BBC News & Weather Apps. Amazon and eBay. Some really good and easy to use travel related ones are Jet2, EasyJet & Ryanair, TripAdvisor, Booking.com for hotels, and What's the Rate (currency rate app from Thomas Cook), Google Earth and Maps. And to bring out the inner plane spotter in you, try Flightradar24, it plots every known flight, and you can even point your device at high flying aircraft to view the airline, number and its destination. Try it in the skies around London and your screen will be covered in overlapping flights!

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Wordsearch - Game Hunter

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

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

Find the words in the letters above:

Baccarat, Backgammon, Bingo, Blackjack, Bridge, Checkers, Chess, Cribbage, Crossword, Darts, Draughts, Fantan, Halma, Jigsaw, Keno, Lotto, Ludo, Mahjong, Marbles, Monopoly, Noughts and Crosses, Pachisi, Paper Chase, Pinball, Poker, Roulette, Scrabble, Slider, Snakes and Ladders, Tangram, Tic-Tac-To, Treasure Hunt, Whist.

Wordsearch courtesy of www.wordsearch-puzzles.co.uk

Sudoku No. 110

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

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

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MARIONOWENTRAVEL

As I write the snow in the Alps is just superb, thinking about skiing? We have a wide choice of availability to offer you.

When spring arrives you would not believe how quickly the vegetation recovers and the snow clad slopes become spectacular colourful meadows.

Austria or Switzerland are available fly from Humberside on 03 July for 7 nights. We can offer a range of hotels from just £599 per person B&B £659 half board. See the beauty of the mountains in the summer for yourself.

The Channel Isles ~ we have Guernsey, Herm & Sark by sea this May half board plus your excursion are included.

Jersey by air for those who fly we are offering 3 exclusive departures from your door. 7 nights half board 28 May £699, 27 August £725* & 17th September £689* per person twin share. *Limited single rooms £25 supplement.

Lido di Jesolo on the Venetian Riviera is a spot you don't see advertised too often these days. Flying from Humberside on 27th August you can enjoy 7 nights, half board £699 per person twin share. This is a great way to tick Venice off your bucket list as access to the city is very easy by public transport.

Costa Rica a world of nature awaits... a new escorted tour departing in January 2017. Why not come along and find out more on Tuesday 8th March at 6pm. Call today for details and we will send you an invitation.

Regent Seven Seas enjoy a value cruise, the very best of all inclusive luxury cruising with prices from £2399 per person for a week. Very tasteful, fabulous food, plus excursions and you can drink champagne as often as you want YES all of this is included and more, you can leave your purse at home. Incredible quality at incredible prices. Ask for details.

AMA Waterways have a selection of May & June river cruises for just £1399 per person twin share. Cruise along the Douro, Danube, Garonne, Rhone and more in 5* comfort. Solo travellers prices are reasonable at around £1999. Wine with meals & excursions are all included.

Highgrove Gardens we have a tour departing 12th July. Enjoy two exciting days and 2 gardens £199 per person twin share, single supplement £20. We have just 26 places on this tour, deposit £75 to secure your place.

Our special departures do not always fit your calendar or be what you are looking for. Please ask about other options available. We sell all holidays by land, sea & air.

2017 - brochures are now being launched, if you know what you are planning why not talk to us and we can keep an eye out to ensure you get your early booking discount.

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22 Jun	Luxembourg & 4 countries superb tour includes travel to the continent overnight from Hull & 4 nights half board in Vianden	£ 499
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15 Aug	Kettlewell Scarecrows, day outing	£ 30
28 Aug	Efteling Theme Park, 3 full days in the park family of 4 only	£1256
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07 Nov	Warner's Alvaston Hall - 5 day Turkey & Tinsel	£ 289
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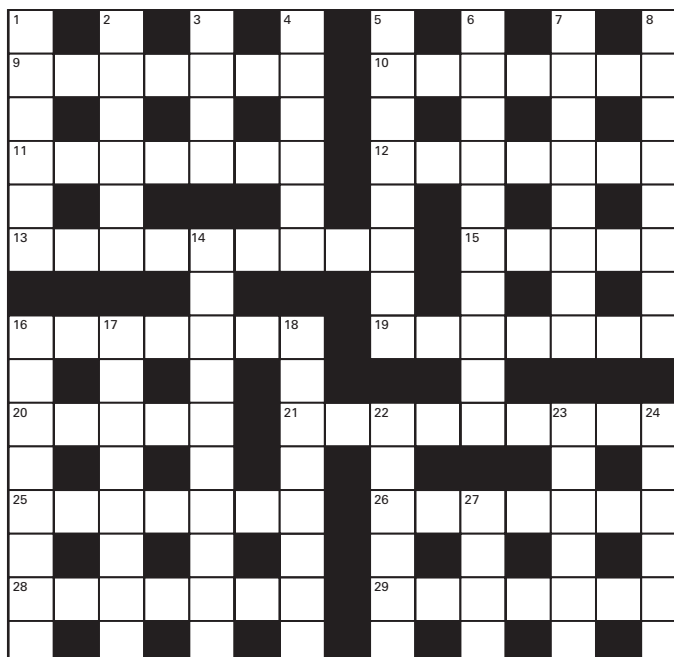
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Crossword - Solution on page 46



Across

9. Gave off (7)
10. Stretchable (7)
11. Engages for work again (7)
12. Beseech (7)
13. An expression of criticism (9)
15. Breadth (5)
16. Japanese warrior (7)
19. Mocks (7)
20. Horrible in savagery (5)
21. Most nauseous (9)
25. Hunting guide (7)
26. A wise king of Israel (7)
28. The _____ Falcon (7)
29. Ennoble (7)

Down

1. Listener (6)
2. Senior church official (6)
3. Sun (4)
4. City in south central Ukraine (6)
5. Protected (8)
6. Ramparts (10)
7. Was present at (8)
8. Whiskies (8)
14. Exposes to radiation (10)
16. Being the exact same one (8)
17. Senior generals (archaic) (8)
18. Asks (8)
22. Christian holy holiday (6)
23. Hostility (6)
24. Kindling (6)
27. Permits (4)

Crossword courtesy of www.crosswordpalace.com
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In the Kitchen



Moroccan lamb tagine

The great thing about this dish is that, like all spicy casseroles, it actually benefits from being made the day before and reheated, making it perfect for entertaining.

- Preparation time: 30 minutes, plus soaking time
- Cooking time: 2 hours 5 minutes
- Total time: 2 hours 35 minutes, plus soaking. Serves: 8

Ingredients

100g dried apricots, halved
 3 tbsp olive oil
 4 x 340g packs diced leg of lamb
 1 large onion, finely chopped
 2 garlic cloves, thinly sliced
 1 tsp ground cumin
 1 tsp ground coriander
 1 tsp ground cinnamon
 400g can Waitrose Italian Cherry Tomatoes In Rich Natural Juice
 300ml lamb stock
 Pinch saffron
 3 tbsp ground almonds
 4 large courgettes, cut into large pieces
 1 butternut squash (approximately 500g) peeled and diced
 4 tomatoes, skinned and quartered
 2 tsp harissa paste
 2 tbsp fresh parsley or mint, chopped
 500g pack Waitrose Couscous, prepared as directed on the pack

Method

1. Place the apricots in a bowl and cover with 150ml boiling water. Leave to soak for 2 hours.
2. Preheat the oven to 180°C, gas mark 4. Heat 2 tbsp of the olive oil in a flameproof casserole over a high heat. Brown the lamb in batches then set aside. Add the remaining oil and the onion and cook gently for 10 minutes until soft and golden. Add the garlic and spices and cook for a further 2 minutes then return

the lamb to the casserole.

3. Add the apricots and their soaking liquid, the canned tomatoes and stock. Stir in the saffron, ground almonds, and some seasoning. Heat to simmering point, cover and cook in the oven for 1 hour.

4. Add the courgettes, squash, tomatoes and harissa with a little extra water if necessary and cook in the oven for a further 45 minutes. Season to taste adding extra harissa if desired, then scatter over the parsley or mint and serve with couscous.

Cooks tips

The couscous can be prepared in advance. Before serving, dot with butter, cover and reheat in the oven or in a microwave.

The tagine can be frozen for up to 3 months. Defrost fully and reheat thoroughly before serving.

LOVE life tuscan-style winter veg soup

- Preparation time: 15 minutes
- Cooking time: 30 minutes
- Total time: 45 minutes. Serves: 4

Ingredients

Olive oil spray
 1 onion, roughly chopped
 1 large carrot, diced
 1 tsp fennel seeds, roughly crushed
 400g can Waitrose Chopped Tomatoes with Olive Oil & Chopped Garlic
 750ml vegetable stock, made with Kallo Low
 Salt Organic Vegetable Stock cubes
 3 sprigs fresh rosemary, leaves picked and chopped
 1 essential Waitrose Savoy cabbage, halved and shredded
 400g can essential Waitrose Borlotti Beans, drained and rinsed
 4 slices Waitrose LOVE Life Heyford Sliced Bloomer



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Method

1. Spritz the bottom of a large, heavy-based pan with olive oil spray. Add the onion and carrot and cook over a medium heat for 8–10 minutes, stirring occasionally, until softened. Add the fennel seeds and cook for a further minute.

2. Pour in the tomatoes and stock and bring to a simmer. Stir in the rosemary and cabbage, cover and simmer for 15 minutes. Add the beans and simmer for a further 5 minutes.

3. Meanwhile, preheat a griddle pan until hot. Lay the slices of bread on it and cook for 1–2 minutes on each side, until charred. Ladle the soup into bowls and serve with the griddled bread.

Cook's tip

This soup is ideal for freezing. Portion into single servings and freeze in suitable containers. Defrost thoroughly and reheat until piping hot.

LOVE life Healthy chicken casserole

Total time: Ready in 45 minutes. Serves: 3

Ingredients

- 1 tsp olive oil
- 6 essential Waitrose British Chicken Thigh Fillets
- 2–3 cloves garlic, finely sliced
- 400g pack Waitrose Trimmed Leeks, thinly sliced
- 400g can Epicure Organic Haricot Beans, drained and rinsed
- 3–4 sprigs fresh thyme
- 1 fresh bay leaf
- 150ml dry white wine or chicken stock

Method

1. Heat the oil in a non-stick sauté pan and cook the chicken thighs over a high heat until browned on all sides. Drain on kitchen paper and keep warm.

2. Add the garlic and leeks to the pan and cook over a low heat for 3–4 minutes until softened but not browned. Add the beans, thyme, bay leaf and wine or stock and simmer for a further 4 minutes.

3. Arrange the chicken thighs on top of the beans, cover the pan and cook over a low heat for 15–20 minutes until the chicken is cooked through.



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Apple and cinnamon crumble cake

- Preparation time: 15 minutes
- Cooking time: 1 hours
- Total time: 1 hour 15 minutes. Makes: 12 pieces

Ingredients

For the crumble topping:

- 125g plain flour
- 1 tsp ground cinnamon
- 50g slightly salted butter, cold, cubed
- 125g demerara sugar
- 50g roasted chopped hazelnuts

For the cake:

- 250g plain flour
- 2 tsp baking powder
- 125g slightly salted butter, softened
- 150g golden caster sugar
- 1 tsp vanilla bean paste
- 150ml milk
- 2 large Waitrose British Blacktail Free Range Eggs
- 6 Cox apples
- Juice 1 lemon

Method

1. Preheat the oven to 180°C, gas mark 4. Grease and line a 28 x 22cm rectangular cake tin with baking parchment. For the crumble topping, place the flour, cinnamon and cold butter into a large bowl and rub together with your fingertips until the mixture resembles breadcrumbs. Stir in the sugar and nuts then transfer to the fridge.

2. For the cake, sift the flour and baking powder into a bowl and set aside. Using a mixer or electric hand-held whisk, cream the butter, sugar and vanilla until pale and fluffy. In a separate bowl, whisk together the milk and eggs. Gradually beat a little flour into the butter mixture, followed by a little of the milk and eggs, alternating until they're all mixed in. Spoon the cake mixture into the prepared tin and level with the back of a spoon.

3. Peel, core and halve the apples, then slice thinly and toss in the lemon juice. Arrange on top of the cake mixture then sprinkle the chilled crumble over the top.

4. Bake for 1 hour or until a skewer inserted into the centre of the cake comes out clean. Transfer to a wire rack to cool then cut into 12 pieces. Great with a spoonful of Waitrose Caramel Sauce, or whipped cream.

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www.cottinghamtimes.co.uk - March 17

ON THE GRAPEVINE

WITH ROY WOODCOCK

Wine tastings a great way to enjoy a glass or two

Wine dinners, tastings or get-togethers are a great way of celebrating and increasing our knowledge of something we all enjoy... a lovely glass (or two!) of vino. And thankfully there are many opportunities to indulge our passion in East Yorkshire.

One of the longest-established groups is the Yorkshire Guild of Sommeliers, which was founded as far back as the early 1960s. Don't be put off by the rather grand-sounding title; they are a welcoming bunch with events throughout the county, including lots locally because Hull is one of the Guild's sub-branches.

As they say on their website: "We warmly welcome anyone with an interest in wine, whether a complete beginner or passionate wine enthusiast. No prior knowledge is ever assumed as the Guild (through its sections) aims to teach /inform members all they need to develop a love of wine."

The Hull section is one of nine making up the Yorkshire Guild and meets on the second Monday or Tuesday each month at the Kingston Theatre Hotel in Hull. The March meeting is scheduled for Monday March 7, when Ben Drury, of Alpine Wines, will be the guest speaker, talking about Swiss wines.

That is followed on Tuesday April 12 with a talk on New Zealand wines by Stuart Vass. More information for anyone interested is available by email: hullsommeliers@yorkshiresommeliers.co.uk

The Guild produces a magazine three times a year.

Elsewhere, Beverley wine merchants and delicatessen Roberts & Speight hold regular monthly events. Last month it was the turn of Duncan Brown, European sales and marketing manager of leading Australian wine company Brown Brothers, who guided the audience through a tasting of nine of his company's wines at an event at the Beverley Arms - based on personal experience these are always hugely enjoyable occasions and highly informative - as are the staff at the shop. Keep an eye on their website (www.robertsandspeight.co.uk) for forthcoming events - I'm not sure what's happening this month but I do know about their major annual spring tasting planned for Longcroft Lower School in Molescroft on Wednesday May 11 (6.30pm to 9.30pm).

For the price of a ticket (£10) you'll be able to navigate your way around the 20 or so representatives present, trying more than 100 wines, beers and some food in the process.

House of Townend's excellent Cellar Door outlet on the Melton Business Park also holds regular events as well as in-store tastings, again backed up by highly knowledgeable staff, but they do tend to sell-out fast.

This month, for instance, a Champagne event on the 18th, is already sold out but tickets (£5) are still available for their spring portfolio tasting and 5th birthday tasting on Thursday March 3 (5.30pm to 9pm). More info from their website (www.houseoftownend.com)

Majestic in Beverley also hold regular tastings and events and often run free courses on wine and beer, so it's always worth a look at their website, too (www.majestic.co.uk/beverley)

Talking of Majestic, the company has cut the price on over 500 single bottles of wine, four months after removing the six-bottle minimum that they say was acting as "a barrier" for potential customers.

* The Wine and Spirits Trade Association (WSTA) is ramping up its campaign for a cut in wine duty by highlighting the vast difference paid by consumers in the UK compared to Italy, which if the same would save the average Brit £287 a year.

UK consumers currently pay 55 per cent tax on an average priced bottle of wine at approximately £2.05 per 75cl of wine, the second highest rate in the EU. For sparkling wine duty is 28 per cent higher at £2.63 per bottle. For spirits this rate jumps further still to £7.26 per average priced 70cl bottle. Overall, the average Brit pays around £333 in alcohol tax every year, according to the WSTA.

In comparison Italian consumers pay no duty on wine although VAT is 22 per cent compared to our 20 per cent. If Britain enjoyed the same duty rates as Italy, total tax paid on alcohol by consumers could drop to just £46, saving £287 a year, according to the WSTA.

* The April edition of the Cottingham Times will reveal the winner of last month's wine competition.



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Where: Waitrose

When: Now until March 15

Why: Ripe cherry and berry flavours with a layer of gentle warming spices. Rich and spicy, it displays all of the qualities you would expect from a top producer, while also offering exceptional value for money. Serve with red meats, casseroles or stews.

£13.99 (Was £20.99)


**Chateau Pey la Tour,
2012**

Where: Waitrose

When: Now

Why: Who ate all the pies?

Me, especially during British Pie Week (March 7 - 13). This Merlot-dominated blend is brimming with fresh, black fruit aromas and is soft and supple on the palate. Perfect with a steak and kidney!

£9.99


**Monastier Cabernet
Sauvignon, 2014**

Where: House of Townend

When: Now

Why: A sample winged my way during the month and was new to me, although I have previously enjoyed the same label's Shiraz. From the Languedoc region in the south of France, this is a juicy, full-bodied, red to be enjoyed with game and all red meat dishes.

£7.99


**Co-operative Prosecco
NV**

Where: Co-op

When: Now, until March 15

Why: Looking to spoil mum on Mother's Day (March 6)? This fabulous Prosecco is bright pale straw-yellow colour with plenty of fizz. On the palate, it is very well balanced and appealing, with an extremely delicate almond note.

£6.99 (Was £9.35)

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Cat friendly

As you may hopefully already know, as a small animal practice, we pride ourselves on our friendliness and willing to help in making each visit to the surgery a calm and less stressful time for both pet and owner. We have always taken great care on achieving this but recently more so. After many months of rearrangements at the surgeries and then an inspection we are proud to announce we have just been credited a CAT FRIENDLY CLINIC.

Now, you will be correct in thinking "If its always been friendly...what difference will this make?" I shall explain.....

We are currently the only veterinary practice in East Yorkshire to receive accreditation for our excellent standards when caring for cats. The accreditation has been awarded by International Society of Feline Medicine (ISFM) who is the division of International Cat Care

(Icatcare). Icatcare is a charity dedicated to improving the health and welfare of cats worldwide and they understand that there are unique difficulties in bringing a cat to a veterinary clinic, such as:

- Cats do not travel well and feel unsafe away from their home
- They are highly sensitive to new sights, sounds and smells
- Most cats prefer quiet, solitude and are highly susceptible to stress
- Most cats are highly stressed by nearby dogs in the vet clinic

The ISFM Cat Friendly Clinic scheme means that accredited clinics have reached a higher standard of cat care in that they:

- Understand the needs of cats and have made vet visits more cat friendly
- Understand how to approach and handle cats gently and with care
- Have good knowledge and equipment to manage the care of cats

Over the past few months we have had dedicated staff working on reducing stress for our feline patients and also their owners. We understand that bringing your cat to the vets can be highly stressful. Therefore, we would like to give you the peace of mind that we are striving to minimise stress whilst providing the highest quality care.

We have been awarded this for our high standards of feline care, such as:

- A separate cat waiting room or waiting area
 - High raised stands to place your cat with carrier covers, if your cat is particularly stressed *
 - Separate cat and dog wards *
 - Providing hospitalised cats with hiding places and keeping noise to a minimum
 - Gentle handling
 - Most procedures carried out in a calming environment of the cat ward to reduce stress *
 - Advanced equipment such as : oxygenated kennels capnographs, ultrasound, x-ray
 - A dedicated 'Cat Advocate' (Gillian Railton)
- (*These are in process of being implemented at our Cottingham surgery)

We have a dedicated team to answer any questions relating to your cats behaviour along with any concerns about visiting our Cat Friendly Clinic. Gillian Railton, one of our qualified nurses has taken on the role of the Cat Friendly Advocate. The aim of this role is to ensure the cat friendly standards are adhered to and assist you with any worries about bringing your cat to **KINGSTON VETERINARY GROUP**.

Gillian can be contacted either by phoning our Park Street surgery or emailing catfriendlyadvocatekvg@outlook.com





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or our advertisement on page four**





"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker' Branfield

Put a lid on it!

Hello, I hope that you are well. It's been another busy month with Castle Park at two fundraisers for our Dental Mavericks Charity. The first was in Leeds and we were all dressed as pirates. The week after we had our own 70's Boogie Night at Armstrong's in Beverley. Thanks Sally Anne, this is a great venue. Thanks also to all our amazing sponsors who donated prizes. We raised just over £1000 on the night. Amazing. 100% goes to the charity with "Nowt Taken Out", just like the Hovis advert.

Mucky Toilet Talk

Now, I don't want put anybody off his or her breakfast, lunch or tea/dinner, but I'm going to talk toilets.

It's very common these days to have a bathroom with a toilet close to the washbasin and, therefore, your toothbrush. It has been shown that



when you flush the toilet with the lid up that is, a great big aerosol or spray like the toilet sneezing.

It has been suggested that a toothbrush should be a minimum of six feet away. That may be quite difficult or even impossible unless it is kept in a different room. My en-suite shower room is compact to say the least so no chance of a six foot distance.

Nasty Beasties

You can imagine that there are a lot of nasty beastie bacteria in the toilet bowl. One such beastie is *Enterococcus Faecalis* (pictured right). Sometimes a root canal treatment on a tooth can fail and research has shown that this can often be due the bacteria species *Enterococcus Faecalis* and this is a difficult bacteria to get rid of in a tooth. The bacteria is not naturally in the mouth so must have come from somewhere. One obvious way to get there is from toilet to toothbrush. So what can you do?

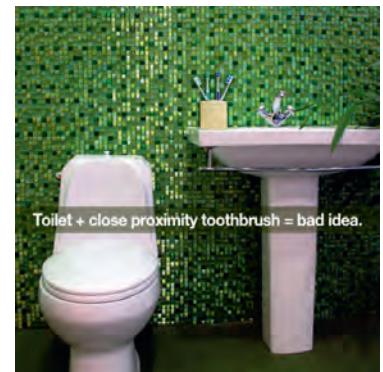


"Dr. Smile Maker Top Tips"

Put the lid down on the toilet before you flush. This not only helps keeping the tooth brushes clean but also think about towels and everything else. You really don't want to breath in those aerosols.

If you have a cupboard maybe put the brushes away. Or you can put a travel cover on the toothbrush. Keeping the toothbrush in a different room is ideal but a bit of a faff.

All food for thought though, eh?



Feng Shui

I worked with a nice lady years ago who was into Feng Shui. Apparently the area of the house on the far left from the entrance is the money or wealth area. If the toilet is there then you could be flushing your money away. This is another reason to put a lid on it!

C'mon You Hull

The football is getting exciting. As I write Hull City are top of the League but have played an extra game. Keep going lads you can do it.

Until next time. Take care and be good.

Chris

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What a difference my treatment has made to my life. I can now eat, chew and do all the things I had difficulty with. Many, many thanks to Chris and his team. E Day, Beverley

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West Hull: 943 Spring Bank West, Hull HU5 5BE **Tel: 01482 503655**

Beverley: Unit 4b Belprin Park, Swinemoor Lane, Beverley HU17 0LN **Tel: 01482 862015**

Hedon: New Road, Hedon, Hull HU12 8EN **Tel: 01482 891754**

Hornsea: Unit 12 Hornsea Freeport, Rolston Road, East Yorkshire HU18 1UT **Tel: 01964 204305**

Walking with Paul

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

This month his destination is Wassand Hall to Hornsea

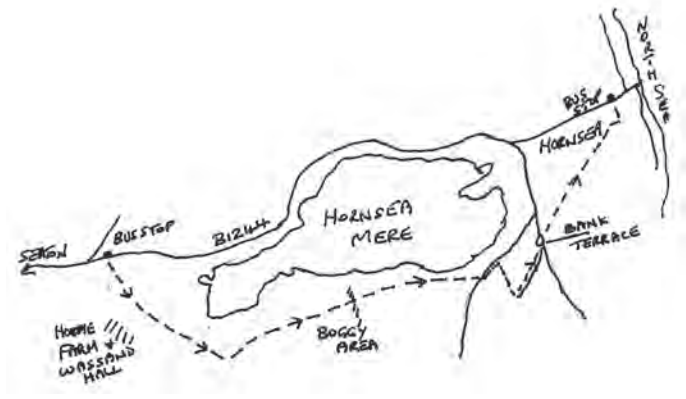
The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Map: EXPLORER 295

Start walk at GR TA171468 Seaton Road near Wassand Lane/Wassand Hall.

A light from the bus, cross the main road and walk down a tree lined lane known as Wassand Lane towards Wassand Hall.

Continue along this road passing Home Farm on the right and



pass through three wooden gates. After passing through the third wooden gate, immediately turn left and pass through a kissing gate. Cross a field and pass through another kissing gate, cross a footbridge and then immediately pass through another kissing gate and then aim for a gate, pass through this kissing gate and again aim for a gate diagonally to the right.

Pass through this gate and then walk with a hedge on the right. Continue across two fields keeping the hedge to the right. At the end of the second field cross a boggy area and enter a third field again keeping the hedge to the right and aim for a gate. Pass through this kissing gate keeping a wooded area to the right and the Mere close by on the left. Pass through a further wooden gate, cross the field and pass through a wooden gate to emerge on the road (Hull road).

Turn left and then shortly after passing Lindale Avenue take a path on the right and pass through allotments to emerge on Marlborough Avenue and turn left. Walk down the Avenue to the roundabout which cross and also cross Bank Terrace and then immediately turn right and take the course of the old railway line (now surfaced) and follow this into the old Railway Station, turn left and aim for the bus stop next to Sullivans Fish & Chip shop for the return bus.

How I did it.

Depart Hull Interchange at 10.15am on Bus No. 240

Alight at Wassand Lane end at 11.05am

Complete walk at 1.00pm and boarded return bus No. 240 at 1.18pm for Hull Interchange.



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Hull CHA Rambling Club

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The party splits into two groups each with an organised leader

A party 12 - 14 miles B party 8 -10 miles

Sunday 13 March

- A: Lion Inn, Blakey Ridge circular
- B: Lion Inn, Blakey Ridge circular

Sunday 27 March

- Easter car ramble
- Warter circular

For more information ring Jan 07538 951112 or email

jan_c_558@outlook.com

Phoenix Walkers

If you like walking in the countryside/a social day out then why not join Phoenix Walkers, a very friendly walking group with walks on Sundays. The coach picks up on Ferensway Hull then through to Cottingham Green leaving Cottingham at 9.20 a.m. Coach fare £10. Three levels of walks:

- A Group 8-10 miles
- B Group 5-7 miles
- C Group The Strollers - Very leisurely 3 miles or so.

Sunday 13 March

Revellie Valley, West Yorkshire

Monday 28 March (Easter)

Nettleton, Lincolnshire

For further information please ring Dulcie Hartley 01482 509000.

Wykehykers Walking Club

We are a friendly long established local group who enjoy Sunday outings by coach once a fortnight.

We have planned visits this season to many scenic areas of Yorkshire, Derbyshire and Lincolnshire starting at 8.30am and usually home around 6pm. Each trip provides optional guided 8/10 mile or 4/5 mile walks.

Our 2016 season starts 21 February and fortnightly thereafter until 27 November. Coach fare is £10 and we pick up from Ferensway to Beverley via Beverley Road when Northbound or Beverley High Road, Ferensway, Anlaby and Boothferry Roads when Westbound.

Take your first step by calling Keith or Alan on (01482) 782917 or 850997 for further details.

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The Argy Bargo Poets to appear at the Ellie Mai Tea Room on Thursday March 10th at 8.00 pm

The Argy Bargo Poets, John Fewings, Catherine Scott and Clint Wastling will be performing their fun and fearless poetry at The Ellie Mai Tea Shop in The Duke of Cumberland Pub on Thursday March 10th at 8.00 p.m.

The second half will be opened up to the audience for a spoken word open mic session, so bring either your own poem/s or a personal favourite to share.

This is a fund raising event for the Ellie Mai Charity. Admission is £2.00.

The lovely landlord John has offered to provide light refreshments. This will be a light hearted evening for a very good cause please come along, support and have fun.

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Heartbeat Country - Yet another favourite! Inclusive Fish & Chips lunch at the infamous "Trenchers Restaurant"
Friday 18th March; Saturday 16th April; Friday 20th May; Saturday 25th June; Friday 15th July; Saturday August 20th - **£39.00**

Malton "Food Festival" - Enjoy a great day of "Gourmet Foods" and wines, includes meal at Beansheaf Hotel; Saturday 28th/Sunday 29th May - **£28.00**

"Springtime Lunch" and Wonderful Entertainment with 'Jim Stark'
Monday 11th and Friday 22nd April at the Wainstones Hotel, fully including Lunch
Monday 20th June and Friday 1st July "Henry Fawcett" - Two great singing artistes, followed by Tea & Biscuits prior to departure - **£43.00**

Friday 8th April; Friday 17th June; Friday 19th August
Harrogate & Skipton - Two day break with one-night D/B/B. An afternoon in Harrogate followed with your evening meal.

Saturday onto the Market town of Skipton, Departing late afternoon
Friday 13th-14th May; Friday 15th-16th July; Friday 19th-20th August;
Friday 16th-17th September - **£108.00**

Sandringham House: Saturday 14th May; Saturday 12th June; Sunday 17th July; Sunday 21st August. Includes Entry Fee - **£49.00**

Althorp House & Gardens:
Sunday 3rd July & Monday 1st August - All inclusive **£48.00**

Love Yorkshire "The Tour" - Four day tours of Yorkshire's Best!
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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. At Coletta & Tyson we always find March one of the most exciting months of the gardening season as we can start making our garden look stunning again. Whether that be re-painting a fence or planting bedding plants ready for our hanging baskets in the Summer. There is a myriad of tasks to undertake in the garden to spruce it up ready for summer. Simple pruning is a good task to do in March and tidy everything up a little, filling borders where you may now have gaps after winter or even choosing a large specimen plant 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 ground cover; 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 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°C . They can stay in the ground all year and survive.

Frost Hardy: - Can survive to -5°C but will need protecting during particular cold winters.

Half Hardy: - Can survive to 0°C will require winter protection

Tender: - Protect below 4°C and they cannot survive outside during winter so will need to be brought inside.

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. 6 for £5 at Coletta & Tyson
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.



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 2016

By Kay Gower

Aries (Mar. 21- April 20)

You set out to do one thing and wind up on an entirely different path by the end of the month. Allow these changes to happen without complaint or resistance. What may seem like a detour is in fact your main road.

Taurus (Apr. 21- May 21)

Take some time to reflect and let your mood run its course. The month end brings a determination to succeed. You may find yourself burning the midnight oil and loving it.

Gemini (May 22-June 21)

The new moon on the 9th March falls in your 10th house; this provides you with a window of opportunity. If you have recently been interviewed for a new job, you could soon be hearing good news.

Cancer (June 22-July 22)

Your body and mind need care and maintenance. Take a long break. Breathe deeply and rejuvenate your spirit. Try not to become involved in other people's problems, at least for this month.

Leo (July 23-Aug 22)

Leave others to their own devices this month and get creative. If you have recently had a falling out with someone, the new moon on the 9th March, will allow you the opportunity to resolve issues.

Virgo (Aug 22 – Sept. 23)

March may see you beginning to loosen the bonds of a relationship or perhaps an activity that was once important. Something is coming to an end. Look forward to a new and exciting phase in your life.

Libra (Sept. 24 -Oct. 23)

Have some fun this month, but draw the line if someone tries to fast talk their way into your heart. A long discussion could be in order if you need to clear the air.

Scorpio (Oct. 24 - Nov. 22)

Everything will start falling into place this month. A family situation will be resolved by the end of March. The end of the month is also your chance to make plans to go somewhere you have always dreamed.

Sagittarius (Nov. 23 -Dec. 21)

Burn up energy this month and you'll burn yourself out! Do a slow burn instead – it's much better for the body, and for the weeks ahead.

Capricorn (Dec 22.- Jan. 20)

You'll like the hand life deals you this month. It will be an odd collection of characters and circumstances, but together it all works to make this game called life an interesting one. You'll play your cards like a winner.

Aquarius (Jan 21 - Feb 19)

A gift or a prize of some sort land in your lap this month, the problem is that everyone else wants it, too! It's like a football team of 6 year olds. Luckily your maturity prevails.

Pisces (Feb. 20-Mar. 20)

March is the time to take care of you. Your body has its own intelligence, and it's deep and even more intuitive than your mind. Your health improves quickly after the 17th.

Continued from page eight

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2016 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 Wednesday evening 6.00 pm till 8.00 pm and at Cottingham High School on Saturday from 12 noon to 2.00 pm. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

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

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.

Cottingham Methodist Church Hall

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

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 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 10.30 a.m. to 12.30 pm, at the Al Fresco Cafe at Worklink on Eppleworth Road. 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 Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 heyhappinesgroup.weebly.com

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 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.

Cottingham Tennis Club

Plenty going on at the Club in the winter months, including a new in-club competition for all skill levels. New members welcome at discounted rates. Find us off Hull Rd. next to Overland Rd. John Stones 847080 or Paul Holtby 07785543258 for coaching.

Continued on page 33

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The Friends of Hallgate Primary School's Nearly New Sale for Baby & Toddler items on Sunday 20th March

The Friends of Hallgate Primary School are organising a Nearly New Sale for Baby & Toddler Items on Sunday 20th March 2016 at Civic Hall in Cottingham, 10.30am – 12 noon.

Plenty of opportunities to come along and grab a bargain – all buyers are welcome.

There will be good quality prams/buggy's, maternity items, toys, clothes, books, equipment and everything you could possibly need for children aged 0 to 9 years old. There is a separate larger items gallery to view all large items in one place.

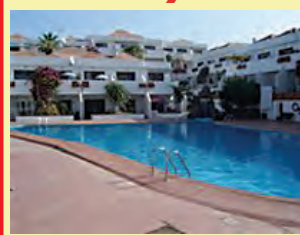
Refreshments will also be on sale to help raise funds for the school.

Do you want to raise some extra cash and clear out your lofts/cupboards – please get in touch with us at hallgateprimaryfriends@gmail.com or ring the school on 01482 846136 about hiring a table for this event. Tables cost £9.50 and are approximately 1m x 2m.

Admission is £1 per person with children under 16 free.

The Friends of Hallgate look forward to seeing you on the day and offering your support.

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for more information and photographs.

Sudoku Answer from page 12

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

www.cottinghamtimes.co.uk - March 29



Tourism Awards shortlist announced

After a record-equalling number of entries and hours of painstaking deliberation, Visit Hull and East Yorkshire (VHEY) today announces the shortlist for the seventh annual Remarkable East Yorkshire Tourism Awards (REYTA's).

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 Spa, Bridlington, on March 17th.

Regarded as the tourism "Oscars", 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 £771 million annually. The REYTAs help to support the industry by raising awareness of the superb quality on offer to visitors.

In total, finalists in 13 categories are being announced today with a fourteenth award, the Remarkable East Yorkshire Passion Award, being given on the night to the person considered to have made a significant contribution to tourism in the region.

Vying for the honour of the best large tourism event - one that attracts more than 20,000 visitors - are Driffield Show, Beverley Food Festival and Hull Veterans Weekend, which has been held annually in East Park for the past 11 years, while there are no less than seven finalists battling to be named best visitor attraction or experience.

Andy Gray, tourism manager of Visit Hull and East Yorkshire, said: "Once again we have been staggered by the number and quality of entries and the level of support we receive from local businesses in terms of sponsorship, which allows us to organise this prestigious event.

"We have been particularly pleased by the number of first-time entries and the response to the new categories we have introduced," he said. These included the Remarkable Newcomer Award and the Remarkable Taste of East Yorkshire.

VHEY also reinstated a category for the best holiday park or caravan park in Hull and East Yorkshire; the result being a record number of entries. A total of six have been shortlisted through to the finals.

"The value of tourism to Hull and East Yorkshire continues to rise year on year and the quality of the visitor experience, including accommodation, is what makes us so successful," said VHEY tourism manager Andy Gray.

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**Friday 13th May
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Friday 3rd June - Ed Sheeran

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"I travel the length and breath of the county and I know from first hand experience that we have some fantastic parks and sites, both large and small," said Mr Gray. "That's one of the reasons we decided to reinstate the category this year."

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, Strawberry, Lloyd Dowson Chartered Accountants, the East Yorkshire Local Food Network, Hull Daily Mail, the Local Enterprise Partnership, East Yorkshire Events, Guestlink Tourism Solutions, Bridlington Spa and Yorkshire Regional Newspapers.

Tickets for the awards evening are available, individually or tables of ten, at £49+ VAT per head. A downloadable order form is available on the VHEY website (www.visithullandeastyorkshire.com)

REMARKABLE EAST YORKSHIRE TOURISM AWARDS FINALISTS 2016

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Dunedin Country House, Patrington
The Wold Cottage, Wold Newton
Trinity Guest House, Beverley
Highfield Farm Bed & Breakfast, Southburn, near Driffield

Remarkable Conference & Meeting Venue

Mercure Grange Park Hotel, Willerby
Village Hotel, Hull
Hallmark Hotel, North Ferriby
University of Hull
The Spa, Bridlington
Tiger Events/KC Stadium, Hull

Remarkable Cuppa

Drewton's Cafe, South Cave
T C Patisserie, Beverley
Wolds Village, Bainton
Vanessa Deli & Cafe, Beverley
Folly Lake Cafe, Walkington
Lempicka Cafe and Bistro, Beverley

Remarkable Holiday Park/Holiday Village

Thorpe Hall Caravan & Camping Site, Rudston
Burton Constable Holiday Park & Arboretum, Sproatley
Blue Rose Country Caravan Park, Brantingham
Sand le Mere Holiday Village, Tunstall
Far Grange Park & Golf Club, Skipsea
Raywell Hall Country Lodge Park, Raywell, near Cottingham

Remarkable Hotel Accommodation

Village Hotel, Hull
Mercure Grange Park, Willerby
Hallmark Hotel, North Ferriby
Beverley Tickton Grange
Mercure Royal Hotel, Hull

Continued on page 32

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www.cottinghamtimes.co.uk - March 31

Remarkable Large Tourism Event (over 20,000 visitors a year)

Veterans Weekend, Hull
Beverley Food Festival
Driffield Show

Remarkable Newcomer

Just Beverley magazine and website
Platform Festival, Pocklington
Cocoa Chocolatier & Patisserie, Hull
Field & Forage, Thornholme, near Driffield
Boxtree House Boutique B&B, North Newbald
Go Dutch Pancake House, Hull

Remarkable Restaurant

Millhouse, Skidby
The Star, Sancton
Hide Restaurant, Beverley Tickton Grange
1884 Wine & Tapas, Hull

Remarkable Self Catering

Wolds Edge, Bishop Wilton
High Barn Cottages, Bampton
Field House Farm Cottages, Sewerby
Broadgate Farm Cottages, Walkington
Nordham Cottages, North Cave
Estate Escapes, Hotham
Choose Amuse, Walkington

Remarkable Small Tourism Event (under 20,000 visitors a year)

Heads Up Festival, Hull
Hull Trinity Festival

Christmas Festival of Food & Drink, Beverley
Bridlington Northern Soul Weekender
Ladies Day, Beverley Racecourse
Great Bridlington Seafood Festival

Remarkable Taste of East Yorkshire

Drewton's Farm Shop, South Cave
Vanessa Delicatessen & Cafe, Beverley
Great Newsome Brewery, South Frodingham
The Yorkshire Wagyu Company, Tibthorpe
Colemans Cider Company, Kilham
Side Oven Bakery, Foston on the Wolds

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Yorkshire Coast Nature (various locations)
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RSPB Bampton Cliffs
Living Seas Centre, South Landing, Flamborough
Golf Coast Passport, Bridlington
The Yorkshire Belle, Bridlington
Hull Truck Theatre

Remarkable Pub

The Butcher's Dog, Driffield
The Minerva, Hull
Wm Hawkes, Hull
The Old Star, Kilham
The Black Horse, Little Weighton
The Duke of Cumberland, Cottingham

For press enquiries, please contact Roy Woodcock on 077300 52727 or email@roywoodcock.co.uk, or Andy Gray, VHEY Tourism Manager on 01482 391526 or andy.gray@vhey.co.uk

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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.

Associate 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 in confidence on 01482 325242 or email legalclinics@andrewjackson.co.uk

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.

Loudhailer Acoustic

All welcome to Loudhailer Acoustic, a friendly welcoming all acoustic open mic night of music and spoken word, with a great attentive audience. Expect a fabulous range of acoustic music, quality song writing and some familiar classics from a host of different performers. The Back Room in Cottingham on the first Thursday of every month. Doors are 7.00 p.m. music at 7.30 p.m. £2 entry. For more information visit <http://loudhailer.net/loudhailer-acoustic-nights/>

Hull Zingari

Hull Zingari, the city's longest-established cricket club, hold their indoor net practices every Wednesday at Sirius North Academy Sports Hall on Hall Road from 8.00 pm until 9.30 pm each week. The club will field senior sides in the York and District Senior League Premier Division and the Holderness Division Two as well as a Sunday side. Cricketers new to the area or those looking to join a progressive club and play in a higher standard of cricket will be very welcome. More info at www.hullzingari.play-cricket.com

Humberside Steppers Square Dance Club

We meet at the Marist Social Hall, 119 Cottingham Road, Hull on a Thursday evening from 7.30 pm. and are hoping to recruit some new members to our fun activity!! Everyone is welcome and get the first two weeks free entry. Please email Philip on philme79@gmail.com for further information.

The deadline for entries in the April 2016 "What's On" section, is the 18th March.

Scoop that poop . . .

I have been approached as a Councillor by residents with concerns regarding dog fouling around Cottingham, although, sadly a problem that seems to be increasing everywhere, however, not just within our village. Unfortunately it is a small minority of irresponsible dog owners who give all responsible dog owners a bad name. Picking up after your dog should be a priority when out dog walking and all dog owners should be responsible for clearing up after their dogs.

It is not just the upset of walking it into your home and having to clean it up and get rid of the smell, it is the dangers associated with dog fouling. A serious disease called *Toxocara canis* can be picked up by children, who unknowingly run through or come into contact with the mess left in grassed areas or on pavements, making them very unwell, and in severe cases causing blindness. Owners who have not picked up after their dogs and are reported can be given a fixed penalty fine of £80. If you know of dog walkers who are not picking up after their dogs please contact ERYC who will advise you. Please do not approach them yourself.

However, although the dog is leaving the mess, it is the owner who is at fault and should be cleaning it up, we want Cottingham to have clean pavements and be walker friendly.

So please clean up after your dog.

Councillor Ann Abel.

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

www.instinctivehorsetraining.co.uk

Sensible advice on buying a horse or pony.

The hardest part of buying your first or next horse is keeping your heart out of the equation. Falling in love with the beautiful face and ignoring the warning signs! Seeing some outwardly stunning animal and dreaming of being up there with the whole world being seemingly jealous of your new purchase... **just always remember the golden adage of buyer beware!**

I have done a lot of work as acting Expert witness in various courts over the years for unwary buyers who have fallen foul of the unscrupulous dealer or devious private seller. It can happen to the best of us I promise.

Now that I am involved in yet another one, I thought I would write this article to try to help prospective purchasers before it's too late and the wrong choice is made.

1. Find out if the seller is private or a dealer (Someone who makes all or part of their living through the sale of horses.) The security or impact of the Sales Act law affects the buyer in different ways depending on the route sourced!

2. Ask all about the guarantees of honest description which are in place and what the seller deems as rules for returning the animal if needed. A printed copy is perfect, signed and dated by the seller, with a full description of the animal.

3. Ask to see the Passport then and there! If there are excuses for its non-appearance, then walk away. So many horses come without passports (which is illegal) or with copy passports with absolutely no detail of the horse's life's history: so therefore will cast huge doubts as to the story being told of this particular animal's past.

4. Ask all about both the strengths and the weakness of the horse. Ask what frightens it. Ask what it enjoys doing the most. Ask how it is when handled by others eg the vet, farrier, being clipped. Ask how it is to travel and load in wagons and trailers. **ASK, ASK, ASK!**

5. It can even go wrong when buying direct from the breeder. Find out as much as you can about the person you are potentially buying from. Facebook is a very useful tool these days. You can see comments made about a particular horse, both good and bad, if you go back far enough on a timeline. Google should provide a competition history if the horse has been competing at Affiliated level or Riding club events.

6. There are name and shame Dodgy Dealer sites on Facebook where valuable information about an individual can be

sourced. The more you know the better the possible outcome!

7. **Forums!** They are out there! The Horse and Hound Magazine has a good one where you can post an innocent question on information re a dealer. You may get really good feedback and therefore be more confident in paying them good money for the horse of your dreams.

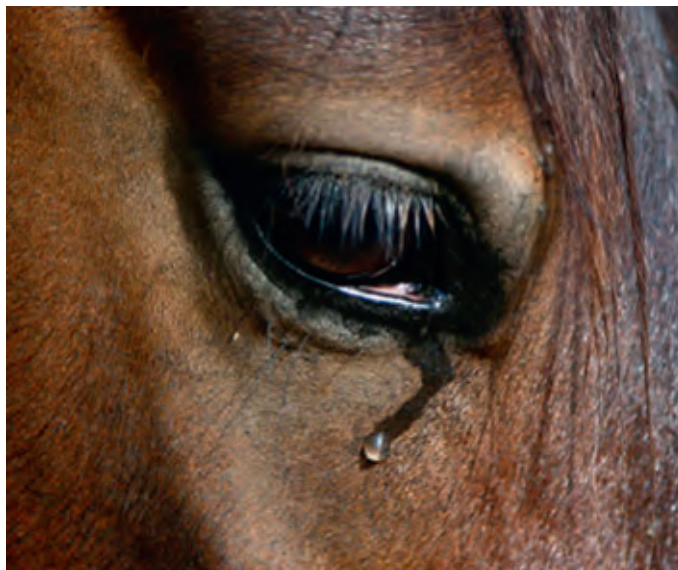
8. Try the horse more than once. Do not be pressured in any way as to putting money down straight away. Perfect scenario is to go out and catch the horse. Lead it in away from other horses and un-rug it, groom it, handle and pick out its feet etc. That way you will get a very good picture of how relaxed or otherwise it is as an individual. Tack it up yourself! **Never go near a horse which is waiting already tacked up for you.** It may well be girth shy or cold backed or have spinal damage hidden underneath. I promise you I have seen and heard it all over all my years in this industry.

9. Always have the seller ride the horse first, in front of you. Assess how strongly they hold the reins or fix their hands against the horse. Watch to see how relaxed, or otherwise, the horse looks and behaves. Ask to see the horse in canter and over jumps if needed. Unless you are completely happy about how the horse is responding to the rider and looks in general, emotionally and well as physically, do not get on nor put your child up. Harsh or strong riding by the person who knows it well is only likely to give you a rough time back home. See it ridden in traffic and out on its own, unless they state that this is not okay with this particular horse.

10. **Buying a horse "unseen" over the internet.** More and more people are buying horses, out of Ireland especially, without actually going to see and try them. This is a whole new concept and strategy these days and one I am very uncomfortable with. Seeing a video of it being trotted round does not in any way show you the emotional makeup of the horse. I am acting as Expert Witness at present over just such a scenario, where an experienced horsewoman did exactly as above and ended up with a broken back the first time she mounted..... after giving the horse a full week to settle into its new surroundings/school/stables and fields. The horse is in all ways in direct polar opposite of what was asked for, promised and bought!

11. **Does it stand quietly for mounting at a mounting block?** Is it relaxed on the roads in traffic? You can be told anything but the proof is in the pudding. Basic things like having a horse calm and relaxed at all times? Now that would be too perfect really! Certainly nothing is proved by some scratchy video of basic movement.

Do not get lulled into a false sense of security because of the fact that once that horse is in your care, custody and control, the



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whole game changes. Personally I would not dream of buying an unseen horse nor would I ever recommend anyone to, even if the seller is known to you. Each horse is as individual as you are and some will simply not suit you nor you them. Unless you try them, work with them and handle them you will never be able to judge its character and mind set.

12. Take someone with you who has good experience with horses (like a proper trainer or a BHS qualified instructor) who can assess more of what they see and feel when riding the horse themselves. This is not instead of having the horse vetted but it is an extra layer of security and may just save you that money anyhow. The expert will see evidence of old injuries you would likely miss. They will be more critical of the Horse's conformation and how it is put together. **Having someone else with you is an enormous help if it all goes wrong too because they have barred witness to the story telling seller!**

13. There are some lovely people out there selling lovely horses for very genuine reasons. It is just when it all goes wrong that the proverbial can of worms is opened. It is very hard to work through the courts with no guarantee of winning. Building your case with witness statements etc can often simply be a case of "he said, I said" and that has to be proved. Once injured you may have to live with that for all the rest of your life. Keep safe, make sensible decisions and get as much information and proof of such before you hand over that money.

14. 5 stage vetting will not necessarily help. The vetting is your choice and is basically the opinion of the health of the horse on that day. It does not encompass much in the way of behaviour. To know that the animals heart and eye sight is in a good state and that there is no obvious lameness apparent is essential if you are spending money however unless the vet sees it getting tacked up and the vetting is ridden, all sorts of things can be missed by the vet, and that is not his fault. I think all vetting's should have to be ridden if it is not an un started youngster.

You can insist on that part yourself and refuse to carry on if the seller "did not have time to ride or forgot to bring the tack to the vets". (as happened recently to a local lady) This particular pony reacted badly to girthing, which they did not know about and has bucked her child off and then proceeded to bronc her off twice, resulting in an injured arm on her and a terrified child..... and now an unwanted pony.

15. Behaviour is more often why horses are returned. It is an emotive subject because there are a million factors as to why a horse feels the way it does. The move to a new yard can be horrendously frightening to some horses in its own right, so proving that behaviour is old, revisited behaviour is extremely difficult and why so many bad sales result in bad outcomes.

I am sorry if I paint a bad picture, but all I suggest is that you are very thorough in the trials of any new horse and get paper work off the seller, which lays out certain guarantees and contains acceptable rules for return of horse and return of money. That way everyone knows where they stand and you have some sort of recourse.

I hate selling horses. I hate that I am handing over an animal I have invested in to someone I truly hope will care for it on the same level. Most do, I have to say. Some inevitably don't. **It's the horses who suffer the most in all this. Everything which happens to them is not of their choice.** They get damaged emotionally and get passed on Everything happens to them and not always because of them. Being responsible for the life of any animal is a serious role to play. I wish the world was a kinder place in all ways.

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A day in the life . . .

The swishing of mops, the hum of the vacuum cleaner and the clattering of tables and chairs starts each day off as the pub is cleaned from top to toe ready for the day ahead. Thursday morning adds new sounds with the phut – phut of hissing gas turning pumps as the beer lines are cleaned and rinsed ensuring beer quality for the week ahead. In the background knives are busy clicking on chopping boards, pots have started bubbling on the hobs, and the occasional thud of pastry hitting the work surface can be heard as prep gets underway in our kitchen.

At 9.00 the click of the key in the door opens our little shop, and the whir of the washing machine and tumble drier heralds the washing of the mound of tea towels and clothing generated from the day before followed by the crash and rattle of coins being counted as the tills are cashed up and made ready. Whoosh and the salt is added to the water softener as the glass washers and dish washers are cleaned and set up.

A cheery greeting of "Good morning Mike" can be heard as the Landlord eventually arrives on the scene, if I'm honest my normal reply is "Is the coffee machine on yet" - I'm not a morning person!!!

The clatter of bottles as bar fridges are restocked, the clunk, clink of filling the ice bucket, knives scratching the granite chopping board as fresh lemons and limes are sliced.

Open the diary, plan the table layout, are there any large parties today? More clattering of tables and chairs, napkins folded, salt and pepper pots filled "Achoooo", the rattle of forks and knives, the silence as they're polished. Tables all laid, time for the hiss and clatter of the coffee machine again, more caffeine needed. Quick check of e-mails, trip advisor, facebook.

Are we finished? Now for the enjoyable part.

Good morning sir, pint of Carling? Good morning madam table for four, certainly.

Lunch time service over, washing up done.

Click, click of knives prepping more salad for tonight, woosh, woosh as the batter is mixed and stinging eyes as smoke of hot oil from the oven heralds the start of another batch of giant yorkies. More clattering of tables as a new layout is arranged to suit the evening bookings in the dining room, the hum of the Hoover, again the rattle of knives and forks, as tables are relayed.

The hiss and clatter of the coffee machine, more caffeine needed!!!!

Are we finished? Good evening sir, good evening madam

Evening service over. Clatter, crash, whoosh, scrape as the kitchen is cleaned and fridges and freezer doors open and close making everything ship shape ready for the next day.

More clattering and clinking as front of house finish washing up and plates and cutlery are put away.

Late evening customers are served at the bar, crash, tinkle oops where's the dust pan and brush?

Ding a 'Ling a 'Ling, last orders please, swish, whoosh, gurggle gurggle, hiss, clunk clatter as the bar is cleaned, glass and dish washers are drained and the coffee machine cleaned.

Click, click of light switches and door locks. The final click of the final door. PEACE

See you all tomorrow for another noisy day at the Half Moon
Cheers, Mike

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The Lions' Table Top Sale - Saturday 7th May

The members of Haltemprice Lions have organised an indoor Table Top Sale again at the Civic Hall, Cottingham on Saturday, 7th May, 2016, open to the public from 10.00 a.m. onwards.

We would welcome applications from potential stall holders - especially other charities, to sell suitable unwanted goods to the public. Tables (approx. 6'00" space including table) costs £12.00.

Availability is limited, therefore, early application is recommended, send your details to David Whincup, email address: dwhincup@dwhincup.karoo.co.uk or Tel. 01482 847367 for application form.

People in the East Riding to walk and run themselves proud for Sport Relief

The Sainsbury's Sport Relief Mile is back - and it's coming to Sewerby. The village is set to host its third Sainsbury's Sport Relief Mile on Sunday 20 March, and needs local people to come together by entering now at www.sportrelief.com.

Local heroes from across the East Riding of Yorkshire will be walking and running themselves proud during the Sainsbury's Sport Relief Mile to raise life-changing money for Sport Relief 2016.

The colourful, cheerful and eager Milers will be doing their bit to make a difference to people living across the UK and the world's poorest communities.

The event which is organised by East Riding of Yorkshire Council's Sport, Play & Arts Service, and Sewerby Hall & Gardens, will set off from Sewerby Hall & Gardens and move along the Sewerby Cliff Top before finishing in the beautiful grounds of the stately home.

Three events will take place as follows:

A six mile run from 11.00am

A three mile run at 11.30am

A one mile family fun run at 12.00 noon.

Participants are encouraged to run in fancy dress, with a family annual pass to Sewerby Hall and Gardens on offer as a prize for the best dressed runner on the day. Additional family activities will take place, including archery, volleyball, table tennis, footgolf and putting.

To pre-book a place on any of the races, participants are encouraged to log onto www.sportrelief.com and click 'find an event near you' followed by 'Sewerby' before following the online instructions. Participants will be able to book on the day; however, to avoid possible queues pre-booking is advised.

Adam Toes, of the council's Sport, Play & Arts Service, said: "The Sainsbury's Sport Relief Mile in Sewerby is here again and we would love to see a great turn out on the day to support such a wonderful charity. Whether you want to have a bit of fun or if you are a more serious runner up against the clock, there's something for everyone to make themselves feel proud on this special day. We look forward to welcoming all ages and standards of runners and hope to create a unique community celebration."

Sport Relief is back from Friday 18th to Sunday 20th March 2016 and there are more ways than ever for local people to take part, change lives and feel proud. Whether you get sponsored to enter an event at the Sainsbury's Sport Relief Games or fundraise with friends and family at home, work or school, you'll help people living incredibly tough lives. In fact, half of all the money raised by the public is spent right here at home in the UK, with the other half used to make a difference in the world's poorest communities.

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Entertaining evening with cricketer David Steele at East Riding Cricket Society

East Riding Cricket Society was delighted to welcome former England Test star and BBC Sports Personality of the Year David Steele on 10 February, after Test umpire Dickie Bird was forced to cancel by illness. David claimed Dickie was his favourite umpire as the Yorkshire favourite never gave him out LBW. A stream of anecdotes entertained a big crowd of members and guests at the King Billy, while the highlight of the night was David's impromptu batting display featuring the night's star raffle prize - a bat signed by 2015 County Champions Yorkshire CCC.

The last meeting of the season on Wednesday 9 March (start 7.45pm) will be a 'Spring Special' - an open invitation to sample an East Riding Cricket Society meeting for free (normal guest entry £5).

Just head to the King William IV's Brewery Bar, for

a fascinating evening with journalist Grahame Lloyd and ex-Glamorgan player John Parkin - lifting the lid on the murky world of sporting memorabilia as they try to uncover the truth about the historic Sobers 'Six Sixes' ball, auctioned (or was it?) for a world-record £26,400 in 2006.

'A spell-binding and exhilarating evening' (*Herefordshire Cricket Society*)

'We have had some great speakers over the last 50 years - none better than Grahame Lloyd & John Parkin' (*Lincolnshire Cricket Society*)

Plus prize raffle: win tickets to watch County Champions Yorkshire CCC in any LV County Championship or RL 1-Day Cup match at Headingley in 2016.

For more information visit ercsoc.blogspot.co.uk or call Maggie Sumner (01482 861848).

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Clean for The Queen on Saturday 5th March

'Clean for The Queen' is a campaign launched by Country Life magazine to clear up Britain in time for The Queen's 90th birthday later this year. The idea is to mobilize an army of volunteers across the country to clean up their local areas and will include a special clean-up weekend on March 4th-6th 2016. With the full backing of Keep Britain Tidy, the campaign has attracted the support of well-known national organisations with a total membership in excess of 1.5 million, as well as individual ambassadors.

Now it's up to all of us to show our support for the campaign—so all the Cottingham WI Groups are linking up with Cottingham Wild Spaces and invitations are also extended to other voluntary groups and individuals, to join us on Saturday 5th March, 2.00 pm in the courtyard at the library, on The Green. Equipment will be provided but please come wearing stout shoes and sensible clothing.

Anyone interested please phone Ros Jump—tel 842272.

Looking forward to seeing you and thank you for your support
— Ros Ellis (The Cottingham Green WI) and Ros Jump

Follow in comedian Jo Brand's footsteps

You may have seen some of the coverage of famous comedian Jo Brand's walk from one side of the country to the other in aid of Sport Relief.

Dubbed 'One Hell of a Walk' Jo's 150 mile trek from the Humber Bridge to Liverpool covered parts of the East Riding on the first two days of the seven day challenge.

If you have been inspired by what you have seen of Jo's walk then you too can experience some of the terrain and scenery of the route thanks to the East Riding's Walking for Health programme.

The Walking for Health programme is aimed at helping people to get back on their feet after illness or injury, to meet like minded people, or to simply boost their physical or mental well-being.

The programme, which is run locally by the council's Sport, Play and Arts Service in partnership with a group of dedicated volunteer walk leaders, offers over 40 walks a month in around 18 different locations including Haltemprice, Goole and Brough.

One of the programme's newest walks, starting and finishing at the Petuaria Centre, in Brough, was launched in January and has so far proven popular with those looking for a gentle walk.

Led by two trained leaders the walk, which runs every other week and lasts between 1-1.5 hours, is open to all but it is particularly suitable for those who do not do any physical activity and/or are recovering from an illness or injury.

Councillor Richard Harrap, portfolio holder for adult and carer services, said: "Walking is such a good way to get fit, meet new people and experience some of the fantastic scenery that the East Riding has to offer.

"The Walking for Health programme is just one of many offered through our Sport, Play and Arts Service which is working to help East Riding residents, including the over 50s and adults with disabilities, to stay active and engaged."

For more details about Walking for Health contact Laura Hutchinson on (01482) 392527 or email laura.hutchinson@eastriding.gov.uk



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Free Wi-Fi now on EYMS buses to Cottingham, Hull University and York

East Yorkshire Motor Services has announced that free Wi-Fi is now available on the majority of its buses running on services between Hull city centre, Hull University and Cottingham, and on the main X46 route between Hull and York, running via Beverley, Market Weighton and Pocklington.

The nine buses allocated to the frequent 103 and 105 routes between Hull and Cottingham via the University, recently painted in the new eye-catching 'route-branded' livery, have been equipped with Wi-Fi, as have the five buses which operate the X46 on an hourly frequency between Hull, Beverley, Market Weighton and York.

Trials took place on these routes so that one or two hotspot problems could be resolved, but even before the Wi-Fi was announced some passengers had found it was available on one or two of the buses and EYMS received some very positive comments.

EYMS Chairman, Peter Shipp, said "whilst the Wi-Fi was not cheap to install, I hope it will be an added attraction for passengers on the longer journeys to York and on the 103 and 105 routes which between them cater for thousands of university students as well as lots of other passengers in the Cottingham area. Currently there are no plans to roll out Wi-Fi onto other East Yorkshire routes but we will monitor the situation very carefully and if it does help attract extra passengers, we will certainly consider it in other areas. Initial reaction has already been extremely positive."

The Company says that the majority of the trips on these routes – it aims for at least 90% – will be operated by the Wi-Fi buses, but points out that other buses may have to be substituted on occasion to cover routine maintenance or repairs on the buses normally allocated to the routes.

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Swanland Screen to show "Far From the Madding Crowd" on Saturday 19th March at 7.30 pm

A new version of the film "Far From the Madding Crowd", based on the novel by Thomas Hardy, was released last year to critical acclaim.

In Victorian England, the independent and headstrong Bathsheba Everdene attracts three very different suitors: Gabriel Oak, a sheep farmer; Frank Troy, a reckless Sergeant; and William Boldwood, a prosperous and mature bachelor. This is the film chosen to be shown at Swanland Screen on the usual third Saturday slot at 7.30 on 19th March. Swanland Village Hall opens the doors open at 7pm. Prices : Adults £4 Schoolchildren £2. For further details see www.swanlandvillagehall.info/future-events.htm

A "Brew for the Few" coffee morning at Cottingham Methodist Church, on Saturday March 5th

A "Brew for the Few" coffee morning, with donations going to the RAFA Associations Wings Appeal, is to be held in the Cottingham Methodist Church on Saturday March 5th at 10.00am, which is organised by the Royal Air Forces Association (Hull Branch). This is the charity that supports the RAF family.

Guests simply make a donation of at least 70 pence. in return for a much-needed cup of tea or coffee and a biscuit. It's a great way to get involved in raising funds for the Wings Appeal whilst catching up with friends, family or colleagues at the same time. There will be stalls for Cakes and Wings appeal badges etc.

The name "Brew for the Few" comes from 'brew' - the term commonly used by RAF personnel for their cup of tea and 'few' - the name commonly given to the Battle of Britain pilots who sacrificed so much in World War II.

The Rotary Club of Humberside raise £871 for charity, at their recent annual wild pigeon shoot

The Rotary Club of Humberside has held its annual wild pigeon shoot which raises money for various charities both locally and internationally.

It is the 29th consecutive year that the shoot has been held and this time raised £871.

The Club receives permission from local farmers for shooters to go onto their land for an afternoon to take part in their sport.

Organiser Winston Pannett said; "This is a very popular event and in supported by gun owners from a very wide area. We get them coming from Lancashire and West Yorkshire as well as from the local area.

"Over the years the shoot has raised well over £30,000 which has all gone to countless charities.

"Without the support of farmers we would not be able to hold what is a very popular event which also helps farmers keep down the pigeon population - well known for attacking crops".

The pigeons are taken to a local farm from where they are bought up by a number of restaurants.

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North Ferriby Flower Club's Annual General Meeting

On Thursday 11th February North Ferriby Flower Club held their Annual General Meeting, followed by a Demonstration. The attendance numbers were excellent and we have a pleasing number of new members to our Club. We have a new Chairman for the next two years Liz Slater and a very exciting programme of events planned including two National Demonstrators in May and November, a second beginner's Workshop on Saturday 19th March in North Ferriby Village Hall (further details from Sue Guillatt on 875621) and a gardens visit in June. More new members are always welcome and further information can be obtained by telephoning our Secretary Margaret Hobson on 634114.

The Demonstrator for the evening Sue Spencer from South Yorkshire is the N E Area President of NAFAS and a former teacher. She has an fabulous personality and plenty of stories to tell whilst producing wonderful arrangements at the same time – an art in itself! It was a shorter demonstration due to the AGM and Sue produced 4 wonderful arrangements, having prior to the demonstration done additional arrangements to add to each display. Her demonstration was entitled “A Rhapsody of Flowers” and it certainly was. The first arrangement was a Spring theme, amazing since we are only in February but Spring flowers all in yellow, pink and white were certainly all in bloom all in an urn. The second display was in a tall metal stand using twisted hazel, and red and lime leaves and flowers. The third was an unusual driftwood container filled with lime green, yellow and orange flowers and the final arrangement was a horizontal design with pink and white stocks, roses and lilies.. All were so different in shape and colouring. A fabulous evening's entertainment.



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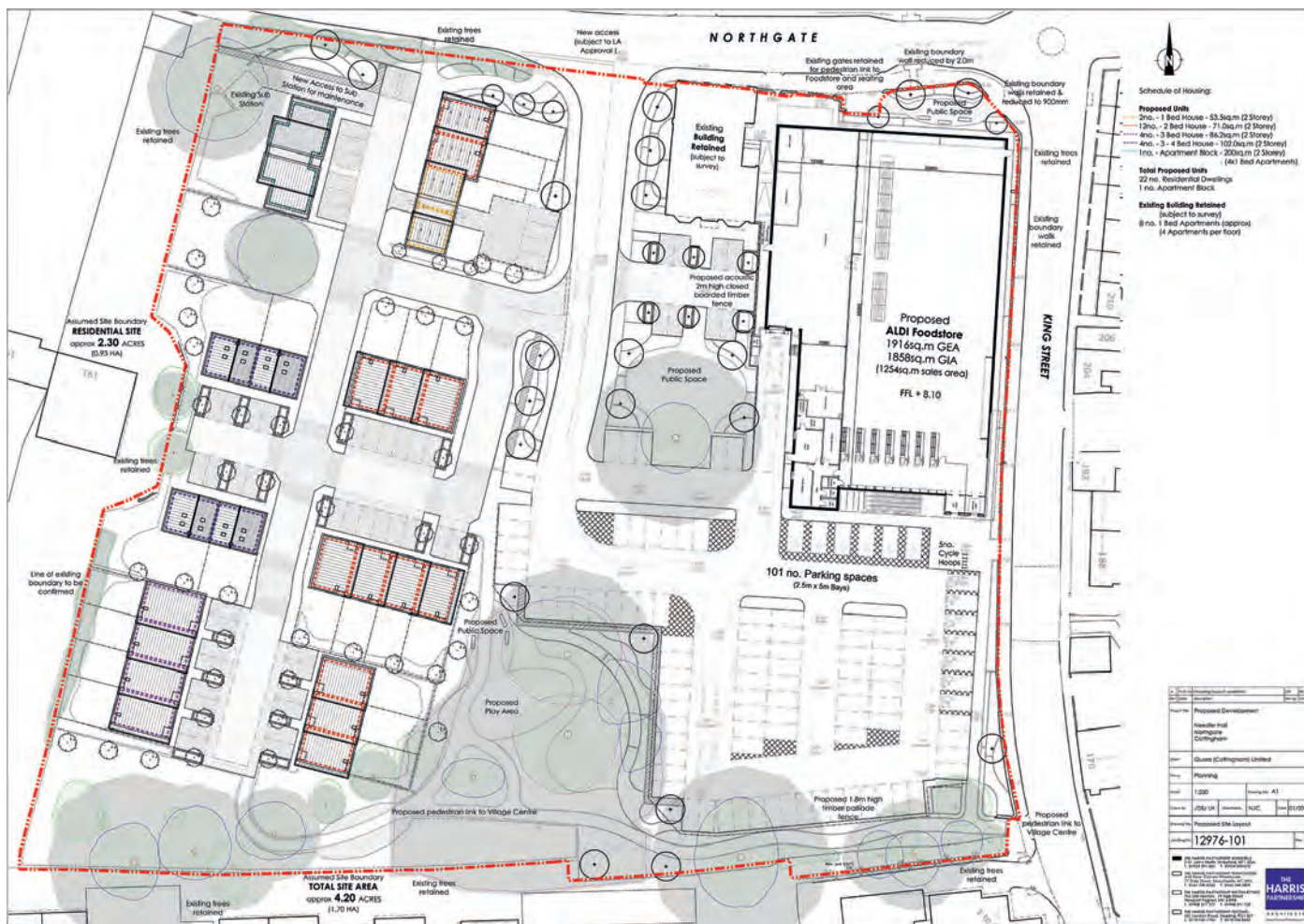
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To access the service please contact The Survivorship Team, Hull and East Yorkshire Hospitals NHS Trust, The Queens Centre for Oncology and Haematology, Castle Hill Hospital. Telephone 01482 461091. Email: sarah.guest@hey.nhs.uk or ask one of the Health Professionals involved in your care.

The service offers one-to-one, group, telephone or email support. The service undertakes clinics in a variety of community areas.



Revised plans for proposed Aldi supermarket in Cottingham

Following on from the public consultation event in December 2015, the comments have been reviewed and the proposals, where possible, have been revised to reflect these. Most notably, access is now proposed to be from Northgate only.

However, please note that this plan is still subject to review and, therefore, further modification/amendments.

The exhibition will contain a selection of framed and unframed pictures, as well as cards, all completed by members of the group.

Further information could be obtained by telephoning 01482 866783 or Mr D. Goldsmith on 01482 633397.

An evening with the London Mozart Players, at Toll Gavel United Church, Beverley

London Mozart Players are delighted to be returning with a classical repertoire, Tragedy, Tangos and Teenage Talent at Toll Gavel United Church, Beverley on Thursday 3 March 2016 at 7.30pm.

Haydn: Symphony no. 44 in E minor, H1 no 44 "Trauer"

Mozart: Oboe Concerto in C major

Grieg: 2 Elegiac Melodies for Strings

Piazzolla: 2 Tangos for String Orchestra

Mozart: Symphony no. 29

The teenage Mozart's dazzling *Symphony no. 29* is his first mature masterpiece; Haydn liked his *Symphony no. 44* so much that he wanted it played at his funeral. The distinguished oboist Gareth Hulse is the soloist in Mozart's effervescent concerto, the finest ever written for the instrument. Sumptuous string music from Grieg and Piazzolla adds spice to this sparkling programme.

Tickets cost Adults £14.50, Concessions £12.50, Children under 14 free with full paying adult, additional children £5 and are available from Beverley Tourist Information Office (01482) 391672 or <http://events.eastriding.gov.uk>

Press Contact: June Mitchell, Community Arts Officer (01482) 392651.

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Haltemprice Art Group's 69th Annual Exhibition at the Cottingham Civic Hall from Wednesday 13th to 16th April

The Haltemprice Art Group's 69th Annual Exhibition will be held at the Cottingham Civic Hall, Cottingham, East Yorkshire from Wednesday April 13th to Saturday April 16th.

The Official opening and prize giving will be held at 7.30 pm on Wednesday April 13th.

The exhibition will be open:- from Thursday 14th, Friday 15th, 10.00 am to - 5.00 pm and Saturday 16th 10.00 am to 4.00 pm.

The exhibition will be opened by Councillor Mr Peter Turner Chairman of East Riding Council and will be adjudicated by Diane Rotherford.

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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.

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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.

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Crossword solution from page 14

1	H		2	B		3	S		4	O		5	D		6	E		7	A		8	S
9	E	M	I	T	T	E	D		10	E	L	A	S	T	I	C						
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11	R	E	H	I	R	E	S		12	E	N	T	R	E	A	T						
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13	R	E	P	R	I	M	A	N	D		15	W	I	D	T	H						
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16	S	A	M	U	R	A	I			19	D	E	R	I	D	E	S					
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28	M	A	L	T	E	S	E			29	E	N	T	I	T	L	E					
	E		S		S		S				R		S		Y		R					

46 March - www.cottinghamtimes.co.uk



Lower Back Pain

Does your lower back ache more often than not? Have you taken a close look at the positions you get your body into when you sleep at night? That may have something to do with the pain emitting from the lower portion of your spine.

You know what sleeping position you start in when you first go to bed and what position you wake up in. Of course, you don't really know what position(s) you get yourself into while you sleep, but you can still improve the potential for lower back discomfort by starting out in the right position.

Seeking: Pain Free Sleeping Position:

What you want to find is the sleeping position that will cause you the least amount of discomfort, or preferably the most pain free position possible. If your lower back does not always cooperate with you, every position for sleeping is not ideal for your level of comfort.

Here is something you can try for a lower back that will not behave – try sleeping on your side. According to health experts, sleeping in this position puts less strain on the spine than sleeping on your back or sleeping on your stomach.

The reason that sleeping on your side is beneficial is because it causes fewer curves in the spine than other positions do. To further support your lower back, having a firm mattress to spend your nights on is very helpful. Another way to make your spine feel even more comfortable is to place a pillow between your knees and tuck your legs up a little bit. A small pillow would work best.

Other Suggestions for Back Issues:

To keep your back as strong and resilient as possible, keep it limber with exercise. Regular physical activity increases blood circulation to the spine and helps to prevent injuries from occurring. Remember that your spine is the support and structure for your whole body. Anything that you can do to keep it strong and flexible will benefit every part of you. Back-saving exercises are a must.

To have a strong and healthy spine, you need to feed it good food. Grapes are particularly good for the spine because the chemical compounds found in them are believed to be protective of the cartilage in your back.

Researchers theorize that it is the resveratrol in grapes that makes them a helpful ally for your back. Resveratrol is an anti-inflammatory compound that protects cartilage and has also been shown to yield heart-healthy benefits.

Resveratrol has the ability to hinder the degeneration of intervertebral disks. These disks are a part of the spine that is often connected with pain in the lower back. While studies are ongoing, it is believed that this compound, known as proteoglycan, helps with the production and the build-up, of connective tissue in the disks.

Eating a handful of grapes every day, whether you prefer green, red or purple, can do your back cartilage a world of good!

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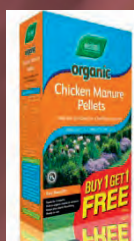
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