

Cottingham Times

Issue 102 - May 2010



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

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

Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

Age Concern East Riding of Yorkshire

Every Friday 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and make bookings with our Fix-It-Teams. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Ecclesley, Club Chairman on 01482 840367 or visit our website www.cottinghamrangers.co.uk.

Cottingham Ladies Circle

Wednesday 5th May, Mr. Paul Schofield talk and slides "Hull Parks and Gardens", 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Yorkshire Countrywomens Association (Skidby)

Thursday 6th May, Birthday Celebrations. Meet the first Thursday of each month in Skidby Village Hall at 7.30 pm.

East Yorkshire Embroidery Society

Saturday 8th May, Ruth M. Lee (from Brampton, Cumbria), "Webs of Intrigue", at 2.15 pm in the Darby & Joan Hall, Finkle Street, Cottingham. Members £1.00; visitors £2.00.

British Sugarcraft Guild

Saturday 8th May, "Wild Flowers", Paula Barrass, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Cottingham Catholic Women's League

Monday 10th May, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 11th May - Resolutions. Bumper sale table, competition, guest the price of the hamper, at 10.00 am upstairs at the Civic Hall, Cottingham

Cottingham Men's deLuda Society

Wednesday 12th May - David Bond "Tales of Yorkshire Cricket", in St. Mary's Church Hall, Cottingham, at 2.00 pm

Cottingham Green Women's Institute

Thursday 14th May, Speaker Mrs. Sue Whittaker "Out of Africa" Mementos of Journeys in Africa, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm. Sales table African Produce.

Skidby & Little Weighton Methodist Church

Friday 14th May - Soup Lunch, 11.30 am. Come and enjoy delicious home-made food and bread rolls and make a donation for Christian Aid.

Combined Charities

Saturday 15th May - May Fayre, 10.00 am to 3.00 pm in the Cottingham Civic Hall. Admission 20p. Refreshments served all day.

Front Cover Picture: St. Mary's Church. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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Wold Lace Makers

Saturday 15th May - Workshop, Quilling with Kath Fountain and Lorna Hearfield. Members £1.00; Non-Members £3.00.

Cottingham Men's deLuda Society

Monday 17th May to 21st May - Bath and District via the Cotswolds.

North Ferriby Gardening Club

Monday 17th May, "Your Garden in May", Rona Ashworth (Leaving Malton). Colour in the garden in May, talk using plant material as examples. Plant stall. Meetings are held in the village hall starting at 7.30 pm.

Scouts of Rock

Monday 17th May - Scouts Charity Fundraiser. In the Skidby Village Hall, 7.00 pm to 9.00 pm. Live music, refreshments, raffle, cake stall, guess the number of sweets in jar. Only 50p entry. Please come along and support your local Scout Group.

Cottingham Evening Townswomen's Guild

Wednesday 19th May, "Work of Pensioners' Action Group in the East Riding" Hazel Barnes, at 7.30 in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 19th May, Games Evening, 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Diabetes UK

Thursday 20th May, Dr. E. Masson, Consultant Physician (Diabetes), Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

Inland Waterways Association

Friday 21st May, Diving in the Waterways by Dennis Moore, in Cottingham Methodist Church Hall, 8.00 pm to 10.00 pm. Non members welcome.

North Ferriby Gardening Club

Saturday 22nd May, Annual Plant Sale in the village hall, 10.00 am to 12 noon. Volunteers and donations of plants, scones, cakes, etc., are required. Any type of plants are required to sell to raise funds to run the village show. This is our only source of income to support this annual event.

East Riding Flower Club

Monday 24th May - Golden Anniversary Celebration, in the Civic Hall, Cottingham, commencing 12.00 noon, for a finger buffet, followed at 2.00 pm by Andrew Gricewood "Celebrate in style with Me". Members free, visitors by ticket £10.00. Enquiries: Judith Robinson 01482 876279.

Wednesday Social Club

Wednesday 26th May - Ronni Hewer, Yorkshire Abbeys, in the Darby and Joan Hall, at 2.00 pm.

Cottingham Ladies Circle

Wednesday 2nd June, Ms J. Ward-Lomax, Talk and Slides "Tree Sculpture", 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Dagger Lane Operatics Society

Wednesday 2nd June to 5th June - Present Gilbert & Sullivan's "Patience" 7.30 pm at the Northern Academy of Performing Arts, Anlaby Road, Hull. Adults £8.00; Concessions £6.00. Box office 01482 310690.

Yorkshire Countrywomen's Association (Skidby)

Thursday 3rd June, "The Lost Industry of Beverley (Slides), Pat Deans. Meet the first Thursday of each month in Skidby Village Hall at 7.30 pm.

British Sugarcraft Guild

Saturday 5th June, "Something Weird and Wonderful", Kath and Carol, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Cottingham Methodist Church

Saturday 3rd July - Cash in your Attic, a chance to get rid of all your unwanted childrens clothes, toys, bric-a-brac. 10.00 am to 3.00 pm. Anyone interested in having a table contact Keith Gibson 842597 or email gibbol@supanet.com

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Property News from Martin English of Homelink



... Property Investment Strategies

In my last column I talked about investing in property and the types of returns that can be obtained. Taking a closer look into the area of property investment, there are a number of different types of property each has its own benefits and drawbacks, depending almost entirely on what your financial motivation is. For example, whether you are looking for as big a return as you can possibly get for your money in the form of rent, or whether you are looking at a steady flow and rate of return long term with little hassle.

Buy to let property, in the residential market can be subdivided into areas and types. It is critical when investing that you know and understand your market. Some Landlords seek only tenants who are in employment as there is a school of thought amongst some that the chances of incurring rent & tenancy difficulties with tenants on housing benefit is greater. So it goes without saying if your strategy is to find a tenant who is in full time employment, then the area that you purchase your property needs to reflect this.

Having tenants who are in receipt of housing benefit can also be attractive to investors, as typically purchase prices can be lower, as the rent is paid by the government at set rates, this can give an attractive monthly return on a small outlay. However any capital appreciation on the property itself tends to be minimal. As with all tenants whether employed or not, they should be referenced carefully to give the best chance of a smooth tenancy.

Another type of investment property is commercial property, which is less onerous on the property owner, as usually the maintenance and repairing obligation, even insuring the building is the responsibility of the tenant. Similarly the returns can be quite generous, more than anything this is very much dependant upon location. Commercial property can be expensive to acquire initially and there is the added risk of having long periods un-tenanted especially in times of a recession.

Investing in student property brings about far greater returns than letting to a family, in a family house. The value of student property is not insurmountable to most investors and for this renting a room to 3 or 4 students certainly in this region can produce an equivalent monthly return upwards of £800 for the right property. This sounds great in theory, however there are a few things to consider before diving head first into this sector, such as how the property will be managed. Such properties are usually furnished and sometimes include utility bills, for all that there are good and bad tenants in every sector, it is widely accepted that the student market is high maintenance. More profit can mean more hassle and possible hefty refurbishment costs at the end of the tenancy.

A point to consider is to some extent the returns on the property are reliant upon the local university, its intake levels and attraction to prospective students. Due to shared occupancy of the property and the nature in which they are sub divided, this also brings about extra governing legislation and licences required, although the investor who is cut out for more hassle, the rewards can be greater.

Once you have decided upon your preferred target market, areas can be ring fenced as prime locations for investment. Fundamentally though, there are still factors which can make your investment a better one, such as parking; does it have off road parking? How big are the gardens for the chosen area? Bigger gardens are great for family properties, maybe not so good if you are trying to attract the young professional. Showers – does it have a shower or can one be fitted? This seems to be an essential for most these days. How is the property heated? Are their good schools nearby?

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk 01482 875248 or contact through Cottingham Times directly.

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Cottingham Parish Council



CCTV Group

The Group is still looking for volunteers who are interested in being involved in the management of the CCTV system in Cottingham. Please contact the Parish Council Office (847623) for more information – we are particularly interested in hearing from you if you are involved in the licensing trade or perhaps a retailer.

Cottingham Day 2010

Again, this Committee is still looking for a volunteer who can help them with finding sponsorship (in all its forms) for the annual event. Other Committee members are already heavily involved in the day to day organising and the person we are looking for would not be expected to be involved in any other aspect of the event other than obtaining sponsorship. If you think you can help please contact either Judith/Tina at the Parish Council Office or Willow Boyle at Blondes Coffee Shop.

Yorkshire in Bloom Judging

Thank you to all those who planted, cleaned, swept and generally tidied up before the Yorkshire in Bloom Judges toured the village on Thursday 15 April. Although they don't generally give much away they did seem impressed and we look forward to their summer visit in July.

Refurbishment of Memorial Gates

For those observant among you – you will have noticed that the Memorial Gates have been removed – it took five men to lift them onto the truck! They have been taken away to undergo a complete refurbishment. The hedge has been cut back which gives this area a whole new look.

Back in January we asked for help to identify the twisted metal stems which sat just inside the gates – thank you to those who came back to us. They were indeed lampposts that sat atop stone pillars outside the Memorial Gardens.

Cottingham Parish Council Website

Have you ever wondered what Cottingham Parish Council does for you and for everyone else in Cottingham?

Well, we have our own website www.cottinghamparishcouncil.org.uk which contains a wealth of information about the Parish Council and about Cottingham itself – it's history, it's facilities and amenities including churches, eating places, sports and leisure, medical services, voluntary groups and much more.

The website has six main pages:

- Home
- Latest News
- Parish Information
- Parish Council News
- Businesses
- Community Groups

Under the Main Pages there are sub-pages on which the detailed information is given. The "Parish Council News" page has a sub-page

8 May 2010 - www.cottinghamtimes.co.uk

for village news in which we give up to date information about what is happening in the Parish Council and around the village.

The website is updated on a regular basis and we welcome your comments, so if you would like to make a comment or would like to include an entry about your organisation or business under one of the pages, please contact the Parish Council offices.

Level Crossings – Northgate/Thwaite Street

At a recent meeting to discuss transport improvements in Cottingham all attendees agreed that a major cause of traffic congestion in the village is the length of time that the barriers are down at the two level crossings. Both the Parish Council and Ward Councillors have tried to put pressure on Network Rail to try and reduce the time that the barriers are down whilst at the same time having regard for safety issues. In answer to the most recent letter from the Parish Council, Network Rail said

'With respect to the issue of the road closure periods for each crossing, I would advise these, on average, to be 4-4? minutes per closure. This being said, at certain times of the day it would not be unusual for the crossing barriers to be 'down' for periods in excess of the average, i.e. on occasions when more than one train is approaching.'

Whilst I appreciate that 4-4? may be the average, there are many instances of people waiting 9-9? minutes at these crossings and watching only one train go past!

If you are experiencing problems with the barriers the address to write to is Network Rail, Community Relations, Floor 4A, George Stephenson House, Toft Green, York YO1 6JT.

Litter bins

Litter bins were installed at various locations within the village after a survey walk with ERYC on 18 March. The cut through from Millbeck Lane to Queensway, snicket between Churchill Avenue and Southwood Road, snicket between King Street and Kingtree Avenue (alongside the private car park) and alongside the bus stop on King Street opposite Modus. These litter bins along with bins installed previously can also be used by the dog walkers to deposit their dog waste rather than leaving the bags in hedges or on the pavement. Other sites suggested were Dene Road, and the wooded area backing onto Castle Hill Hospital via Holly Drive but due to inconvenient siting and other restrictions by ERYC these are not suitable sites. Dunswell Road, which had also been suggested, will be reviewed again after road junction works have been carried out and taking into consideration health and safety issues along this road when the bins need to be emptied.

Annual Parish Meeting

The Annual Parish meeting will be held at 7pm on Thursday 20 May 2010 at the Parish Council Offices and will be followed by the Annual General Meeting of the Cottingham Parish Council at 7.30pm.

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Lifestyle, Security and Hints & Tips

Lifestyle

Antiques (but not computers yet!) can mean big money for some people. For some good questions and answers on this popular subject visit the Antiques Roadshow website: www.bbc.co.uk/antiquesroadshow Might be worth a look as the road show comes to Beverley Minster this very month.

The Digital Economy bill was rushed through Parliament in the 'wash-up' session, to a less than packed House! All the news sites seem to be focusing on the parts of the legislation designed to stop and convict illegal file sharers, i.e. people who download and use or distribute copyright material such as music and films. The more Utopian goals of bringing high speed broadband to all parts of the UK seems to be swept into the background, probably because of the scrapping of the proposed 'broadband tax' (50p per month on telephone lines).

The General Election cometh, and following the success of President Obama's use of digital media in the US, candidates are racing to try and use online methods to further their cause. Email, Twitter and Facebook are being used, and even the purchase of search terms. What that means essentially is if you do a search for Gordon Brown, or any other political leader, you will see paid for adverts at the side of the results inviting you to click on one of their adverts.

Our popular Computer Help Feature is into its fifth month now. The most recent issue to go out was on the subject of Printing & Scanning. Printing is normally quite straightforward, but is something we often receive calls about, so should be a useful reference. In previous issues we have covered *Files & Folders, Internet, and Email & Word Processing*. If you would like to try a copy and see if it could help you, it's just £3 per issue (£9 for 3 x issues by email or £12 by post). That's about the same a computer magazine, but without all the adverts! They are all written in *Plain English* and no gobbledygook!

Computer Security

Vista Service Packs, or lack of them has a talking point recently. Some customers have had a message on their screen warning that Microsoft will not support computers without the right Service Pack installed. On its own this does not mean much as very few customers go direct to Microsoft for support. However a Service Pack is collection of security updates deemed important enough to be packaged up for just one installation. To find out what you have on a Vista computer, go to Control Panel, System and then under the heading Windows Vista (version) it will note if you have any service packs installed. These are all part

of the free updates from Microsoft, and you can click on the Windows Update icon at the top of the Programs menu to check if any updates are available that you haven't already had, like Service Pack 1 and 2. But having said all that, there have always been issues with updates on Vista, and some computers seem to only accept certain ones!

Malware is now becoming the greatest threat to computers, as highlighted in a recent survey reported on the BBC News website. We have certainly seen a major increase in infections for some time now. On the basis that prevention is much cheaper than cure, we have now become resellers for an excellent anti malware product. This works as an additional line of protection on your computer. It does not replace your anti virus, but works alongside it. Price is just £21, the same as online. Contact us for further details.

Hints & Tips

Windows 7 - if you've seen those 8 second ads on TV and they were too quick for you to remember anything, here's a few of the clever things you can do with 7. **Snap** – have two windows open side by side and work on them. Open up window and click and hold its top bar, then 'throw' it against the side of the screen and it will hold that position (you might have to try this a few times till you get the action right!) Then open another window and do the same but on the opposite side of the screen. **If you have a few windows open and you want to quickly view your desktop**, just move your cursor to the bottom right hand corner of the screen to the right of the click, and hey presto all the open windows become invisible. **Want to view all the windows you have open one at a time?** Just hold down the Windows key on your keyboard, then with your finger click the tab key, and all your windows will revolve round the centre of the screen, let go when you see the one you want.

Broadband Router – leave it on or turn it off? This is something I am often asked about. My answer is to leave it switched on unless:

a: you have a problem with a slow or lost connection – in which case turn it off for a few minutes then turn it on again.

b: you are going a way on holiday, in which case disconnect the telephone cable from the wall socket also in case of any electrical storms or atmospheric interference which can damage such equipment.

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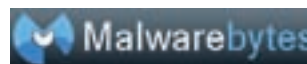
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property, we guarantee to start the contract on the twenty-sixth day excluding 10th Decemerr to 1st January.

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Renewing the Contract: Approximately 12 weeks before the end of the contract will write to you and offer a new contract or give you the option of having your property returned to you.

Property Inspections: We will make periodic inspections of the property and a report kept on file.


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Maintenance Management Service: In the event of a maintenance problem occurring, whenever possible, we would first inform the Landlord allowing them the option of rectifying the problem, utilising their own resources. Alternatively, if instructed, we will arrange for a local contractor to carry out the work needed. Once the work has been completed, a copy of the invoice will be sent to the Landlord and the invoice total will be deducted from the next payment due to the Landlord.

Internal Condition of the Property: When a property is let for a long term, a keen tenant may wish to make minor improvements, normally in the form of redecoration, when making your property their home. If, however, a tenant damages the property, we will rectify the damage up to the cost of one and a half months rent.

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Wordsearch - Rough and Smooth

Can you find the hidden words in the puzzle below, they may be horizontal, vertical or diagonal, forwards or backwards.

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

Find the words in the letters above:

Boisterous, Bumpy, Burnished, Coarse, Crude, Flat, Flowing, Fluent, Fluid, Glossy, Grating, Harsh, Irregular, Jagged, Legato, Liquid, Pugnacious, Refined, Ridged, Rocky, Rough, Satin, Serrated, Silky, Sleek, Slick, Smooth, Staccato, Suave, Wrinkled.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 41 -

This is an easy challenge this month

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



A busy time at the Hull City Supporters Club - Cottingham Branch

March was a busy month for members of the Cottingham branch with two meetings taking place. At the meeting on 23rd March the branch was delighted to welcome Hull City star Andy Dawson. Andy showed himself to be a very down to earth young man and entertained the branch by giving us an insight into his career as a professional footballer and what it was like to be one of only a handful of players to play in all 4 English leagues with Hull City.

Four days later the branch was busy holding another meeting. This time we met members of the Scandinavian Arctic Tigers and the South West branch. The Chairmen from the two visiting branches, Jonas Nilsson and Bernard Noble told the supporters why they supported the Tigers despite living hundreds of miles away from Hull.

During the Easter holidays, junior members of the Hull City Supporters Club were invited by the OSC to the training ground to watch their Hull City Stars in training. After the training session the squad came across to meet the fans, sign autographs and have photos taken with the youngsters.

Members of the branch are now looking forward to the end of season dinner (a sell out!) on Friday 7th May at the woksoever Restaurant in Cottingham where the theme for this year's event is 'Casino' with proceeds from the raffle going to the Charity 'Help for Heroes'. Our special guests for the evening will be Hull City's former captain Justin Whittle and BBC Radio Humbersides Mike White and David Burns.

Once the season is over, the branch will take a well earned rest ready for, hopefully, our 3rd season in the premier league with meetings starting again in August. If you are not already a member of the Cottingham Branch and you would like to join, either contact the Chairman Ian Garmston on upthetigers@gmail.com or check out our new website www.cottinghamosc.webs.com or our Facebook page 'Hull City Official Supporters Club Cottingham Branch' which is packed with all the information on future and past events (including photos).

Joining either of these sites are free and enables you to interact with other like-minded supporters but if you have any difficulty and need help please contact either Ian at upthetigers@gmail.com or Richard at supportersclub@moverleycottage.karoo.co.uk. With your help and support, these pages will form a good point of information in the coming months.

Pictured top: Ian Garmston Chairman of the Hull City Supporters Club Cottingham Branch welcomes Andy Dawson to their recent meeting.

Below: Members of the Scandinavian Arctic Tigers Branch of Hull City Supporters Club with Ian Garmston and Bernard Nolan Chairman of the South West Branch. (Photos courtesy of Kate Moverley)



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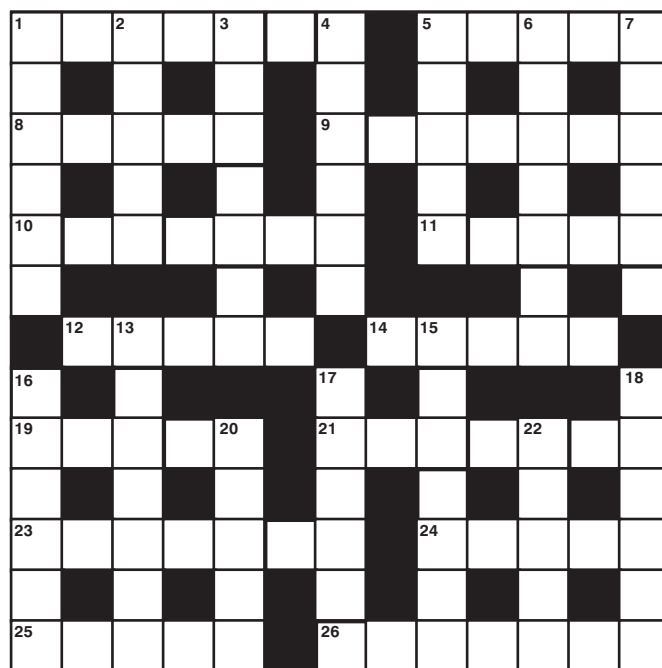
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Crossword - Solution on page 46



Across

1. Buccaneers (7)
5. African equine (5)
8. Serious (5)
9. Disregarded (7)
10. Abhorrent (7)
11. Beer mug (5)
12. Intense (5)
14. Thicket (5)
19. Regular hexahedrons (5)
21. Residence (7)
23. Greed (7)
24. Deportation (5)
25. Choose (5)
26. Journeyman (7)

Down

1. Rector (6)
2. Kind of puzzle (5)
3. Deluge (7)
4. Grabbed (6)
5. Regions (5)
6. Edges (7)
7. Fervent (6)
13. Vegetable (7)
15. Remnant (7)
16. Abrasion (6)
17. Photographic equipment (6)
18. Aft (6)
20. Change position (5)
22. Ways out (5)

Crossword courtesy of www.puzzlechoice.com

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In the Kitchen



Rhubarb

Ingredient of the Month

Rhubarb (genus *Rheum*) belongs to the plant family Polygonaceae and is a very old plant. Contrary to popular belief, it is classed as a vegetable, not a fruit, being a close relative of garden Sorrel although in the western world it is still more usually used in desserts.

Origin and History of Rhubarb

Rhubarb is the plant name for the many different species (about 70) of *Rheum*. It originated in Asia, in particular China and Tibet, with the earliest records relating to its use dating back to 2700BC when it was mainly cultivated for medicinal purposes, in particular for its purgative qualities.

Whilst it's believed that by the 1500s it was being used in Europe for its medicinal properties, one of the first records found of its culinary use in Europe dates back to 1608. However, it was not officially recorded as a culinary plant in Europe until the mid/late 1700s and the plant used was probably a cross matching of *Rheum rhaponticum*, *Rheum undulatum* and possibly also *Rheum palmatum*.

The Medieval Latin the name "reubarbarum" literally translates to "barbarian rhubarb". By the early 1800s it was introduced to and widely used in the United States.

Cultivation of Rhubarb

Rhubarb is a perennial plant, i.e. a plant which returns to growth every year, getting larger each growing season. The plant produces large fleshy rhizomes with very large leaves and long, thick stalks (petioles) ranging from red tinged green to bright red and grows to a height of about 90cm/3 feet.

It is the stalks which are eaten and prized by chefs. Important: Rhubarb leaves contains oxalate, which have been reported to cause poisoning when large quantities of raw or cooked leaves are ingested. It is therefore advisable not to eat the leaves at all.

It can be grown from seed, potted plants, or from root divisions that contain one or more buds and should be grown in well-drained, fertile soil that receives direct sunlight most of the



Above: Forced rhubarb being grown

day. It is best to wait 2 years before starting to harvest rhubarb but once it is established, you can pull stems each spring until the end of June. The plants do produce flowers however it's best to remove these so that the plant doesn't waste it's energies producing seed.

Whilst their stems are never poisonous (unlike the leaves as mentioned above), they do get "woody" late in the season, so pick whilst still tender. It is perfectly safe to throw the leaves into a compost pile provided you allow them to totally break down when they will lose their toxicity.

Preparation and storage of Rhubarb

Fresh rhubarb should be trimmed of all leaf material, wrapped in clingfilm and refrigerated when it will keep for 2-3 weeks. When ready to use, prepare as per individual recipes. Fresh rhubarb can also be preserved as a jam, conserve or relish. See below for recipes.

To freeze, choose, firm, tender, well-coloured stalks. Wash, trim and cut into 1- or 2-inch pieces in lengths. Blanch in boiling water for 2 minutes, cool quickly in cold water to retain colour and flavour, drain well and pack into containers, leaving 12mm/ 1/2-inch headspace. Seal, label and freeze.

Alternatively, pack cooked rhubarb as above lightly into containers and cover with cold 50-percent syrup (1 part sugar to 1 part water). Freeze as above.

Tinned Rhubarb is a good store cupboard standby which makes a suitable addition to sauces and desserts calling for stewed rhubarb.



Quick Rhubarb Charlotte

Ingredients

450g/1lb Fresh Rhubarb, chopped
 2 tbsp Honey
 2 tbsp Water
 50g/2oz Butter
 4 heaped tbsp White Breadcrumbs
 50g/2oz Chopped Nuts e.g. Walnuts, Pecans, Hazelnuts
 4 tbsp Demerara Sugar
 1 teasp Ground Cinnamon
 Whipped Cream to serve

Instructions

1. Place the rhubarb, honey and water in a medium saucepan and cook over a low heat for about 10 minutes or until the fruit is very tender, stirring from time to time.
2. Meanwhile, melt the butter in a frying pan, add the breadcrumbs and hazelnuts and sauté for about 5 minutes, stirring constantly until crisp and golden brown.
3. Remove the frying pan from the heat, add the sugar and cinnamon and mix thoroughly.
4. To serve - Divide the rhubarb between 4 serving glasses, top with the breadcrumb mixture and a dollop of cream.



Almond Rhubarb Crumble

Ingredients

450g/1lb Rhubarb, cut into 5cm/2 inch lengths
 1 teasp Grated orange Zest
 75g/3oz Sugar

For the Crumble

100g/4oz Plain Flour
 50g/2oz Ground Almonds
 75g/3oz Butter
 50g/2oz Sugar

Instructions

1. Preheat the oven to 190C, 375F, Gas Mark 5 and butter an ovenproof dish.
2. Place the flour and ground almonds in a large bowl and rub the butter in with your fingertips until it resembles breadcrumbs. Stir in the sugar and mix well.
3. In another bowl, mix together the rhubarb, orange zest and sugar, add 2 tablespoons of the crumble mixture and mix well.
4. Turn the rhubarb mixture into the buttered ovenproof dish and sprinkle the remaining crumble mixture over the top.
5. Bake in the oven for 30 - 40 minutes until golden brown. Serve hot or cold.

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This fantastic Rhubarb Pie Recipe is extremely tasty, can be eaten all year round and is quick and easy to prepare and cook. Enjoy!

Ingredients

450g diced rhubarb
 1 (9 inch) unbaked pie crust
 100g white sugar
 50g butter
 100g packed brown sugar
 20g crushed cornflakes
 75g flour

Directions

1. Combine rhubarb, 1 tablespoon flour and white sugar. Mix thoroughly and place in pie shell.
2. Melt the butter and mix with the brown sugar, crushed corn flakes and flour. Mix in a bowl and pat down on top of pie. Bake in oven at 175 degrees C (350 degrees F) for about 40 minutes. Turn off oven and leave the pie in the oven for another hour. Serve warm.

Rhubarb Cake

Makes 1 x 20cm/8 inch cake

Ingredients

225g/8oz Plain flour
 2 teasp Baking powder
 2 teasp Ground Cinnamon
 2 tbsp Maple Syrup
 175g/6oz Sultanas
 2 Eggs
 150ml/5fl.oz. Milk
 225g/8oz Fresh Rhubarb, chopped
 2 tbsp Demerara Sugar

Instructions

1. Preheat the oven to 180C, 350F, Gas mark 4 and lightly grease and flour a 20cm/8 inch cake tin.
2. Place all the ingredients except the rhubarb and sugar in a large mixing bowl and beat well with a wooden spoon.
3. Add the rhubarb and mix thoroughly. Pour into the prepared cake tin, sprinkle the top of the cake evenly with the Demerara sugar and bake for 45 minutes until firm.
4. Allow to cool in the tin for 10 minutes before turning out. Cool on a wire rack.

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May 2010

Well here we are in May and what an April! At present, as you are reading this I am sailing from the River Main onto the Danube recharging my batteries for the summer ahead. Fortunately we sailed from Hull aboard P&O North Sea Ferries so my group on board was one less worry whilst we were busy in the office sorting out everyone with flights, not knowing when the skies would re open to resume normality in the air.

As I am on the water, let me start with news from the Ocean Waves.

P&O named their new ship Azura in Southampton on a glorious warm day; both myself and Lynne were honoured to be there and have the opportunity to enjoy this tasteful new ship along with many of the celebrities on board. We feel sure she will be loved by past guests of Aurora, Oriana or Acadia; she is elegant, the décor is soothing and although a big ship, she has a lovely ambience. Azura also offers dedicated single cabins, which are spacious for one, and all located in the same area.

P&O are now selling cruises through to Spring 2012 so book early for your choice of cabin and early bird pricing.

Celebrity launched their new ship - Eclipse but all celebrations were halted to go and rescue stranded holidaymakers from Bilbao. I am sure this was a lovely ending to their holidays. See our balcony specials opposite.

Ocean Countess arrived in Hull on 20 April. Lynne & myself were there to greet her; she is the nicest ship we have had sailing from Hull and feel sure that she will be a hit for her 2011 sailings. The public rooms have been refurbished to a high standard and the decked areas are lovely. The menu looked sumptuous for dinner and the dining room elegant and spacious. We viewed most grades of cabin and now can advise accordingly. We have our own allocation of cabins aboard the ship so please do not hesitate to ring for details.

Voyages to Antiquity have launched their ship offering fly cruising to the Classic Civilisations or the Mediterranean. These interesting 2 week itineraries include on board lectures and excursions, all gratuities, drinks with dinner aboard a small ship with a relaxed friendly atmosphere. Prices start at just £1995 and single cabins are available without any supplement!

Do you fancy cruising along the Thames? The Spirit of Chartwell has 5 night cruises this July from £699 per person including full board and excursions. Includes Blenheim Palace, the Churchill Museum & War Cabinet Rooms, the Docklands Museum, an evening reception aboard Havengore, plus an illuminated London Dinner Cruise. Cruising from Weybridge to Rochester.....this is a little different.

River Cruising for 2011 is on sale, we have details of Arlene & Lady Anne via P&O North Sea Ferries too - please call for details.

Oberammergau's Passion Play is soon to start, if you cannot join our special departure we do have other options available. The play is performed by the villagers every 10 years and is really very something special; I thoroughly enjoyed it in 2000 - a very moving experience.

Northern lights: why not take a break this coming winter? For example, on 5th January flying from Manchester we have a 3 night holiday at £749 per person based on sharing a twin room. This price includes full board, thermal suits, a snowmobile safari, wild husky safari, a forest trek and reindeer camp. This departure also covers the new moon when, if the lights are present, they should be at their best.

Fancy the Arctic in the summer? Wellness break, 3 nights full board including massage, yoga, sauna and lake swimming from £779 pp twin share - renew yourself amid Europe's last unspoiled wilderness.

If Activity is more your style then enjoy the endless summer days mountain biking, canoeing, fell trekking or on a bushcraft Safari.

Or just like to do your own thing in the land of the midnight sun from £499 pp twin share.

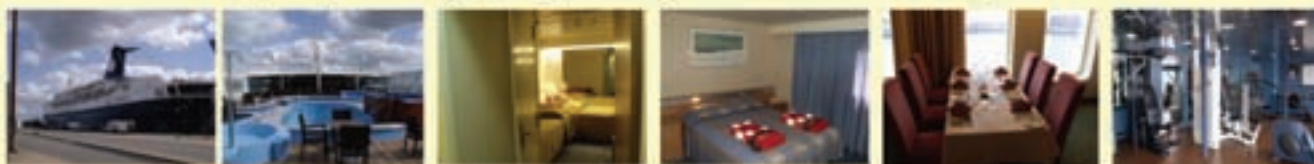
Why not join me in Bermuda at the end of August? A semi tropical climate awaits with crystal clear waters making diving around the coral reefs a popular activity. The island offers world class golf and has a passion for cricket, enjoy walking trails in a traffic free environment giving you the chance to discover 17th century forts to secluded beaches. Sailing from downtown New York (an experience in itself) for a 7 night cruise to this appealing Island, cruise prices start from just £694 pp aboard the 5 star Veendam sharing a twin cabin.

A sample of worldwide All Inclusive offers: Sri Lanka 14 nights travel before 30 June from £689; Cuba 10 nights June from £919;

Mauritius 10 nights May - Sept from £1149; Bali 10 nights July from £1329 - all prices per person based on 2 sharing.

Whatever, wherever, however - try us for your next holiday. Although we specialise in cruising and tailor made world wide holidays we offer a full, unbiased choice travelling by land, sea and air. (below are a selection of photographs taken on the Ocean Countess)

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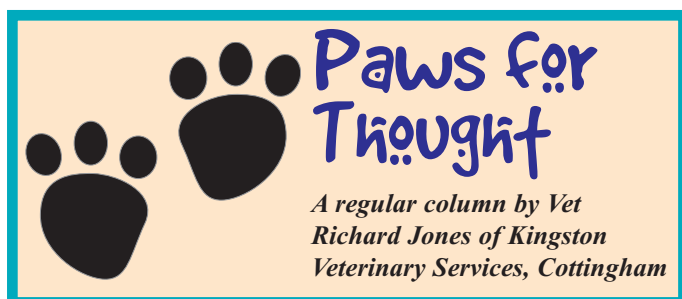
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Should Pot (Pourri) be Reclassified?

Dogs always seem to have their noses in something or other and two little Miniature Schnauzers I know are no different, but recently this nearly cost them their lives. The two little chaps thought that the bowl of potpourri on the side looked very interesting and decided it needed not only smelling but also tasting.

Little did they know the consequences of their actions? Very quickly the two little fellas became quite poorly, they started to vomit, have diarrhoea and become ataxic (wobbly on their back ends) and had to be admitted to the veterinary hospital in Park Street for hospitalisation. The main toxic component of potpourri is from the fruits of a tree, *Strychnos nux-vomica*, which is the commercial source of the rodent poison strychnine!! So really we were treating these dogs for strychnine poisoning.

Strychnine affects the dog's kidneys, liver and nervous system causing vomiting diarrhoea, weakness, ataxia and even seizures. Both dogs were put on intravenous fluids to combat any dehydration due to the vomiting and diarrhoea and also to



support the kidneys while the toxins were in their systems. Blood samples were taken regularly to monitor kidney and liver function. Urine output was measured and medicines given to stop the vomiting and prevent further irritation to the digestive tract. For one lucky dog this was enough to prevent further problems and after 3 days he was able to go home.

The other little dog however, perhaps the greedier, ate more of the poisonous fruits. At midnight after being admitted, the night nurses, who work through the night looking after the hospitalised patients, noticed deterioration in his condition and he had a seizure, which the veterinary surgeon on call attended to and brought out of with some intravenous medication.

Over the next few days the dog and ourselves fought to control the seizures, low potassium levels in his blood, anaemia, loss of blood from his digestive tract and the start of kidney problems. As if this wasn't enough we started to see small haemorrhages appearing around his eyes and jaundice, bloods showing that his clotting ability was starting to fail.

After ten days in the hospital he started to make progress with the cocktail of medicines, lots of care and attention but more importantly his fighting spirit. He has now been discharged from veterinary care and hopefully will not come across any more potpourri.

I always manage to learn something when I research these articles (yes I do research them). The Royal Botanic Gardens at Kew has a Centre for Economic Botany which runs potpourri identification and toxicity report service that authenticates the species in potpourri and information on adverse reactions. As well as the sources of strychnine, pungent chillies can be present that cause irritation when touched and North American grasses which have toxic fruits.

So not to scare you when buying potpourri, but make sure it is well out of your pets reach!!

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"The Tooth and Nothing but The Tooth"

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

Life Changing Dentistry – Tooth Whitening

Hello everybody, I hope that you have had a great month. As I write this the sun is shining and it is lovely to be out. It's not particularly warm but I'll take dry and sunny and be glad of it. How was your Easter weekend? We had our first caravanning jaunt. A bit muddy, with the rain, but it was enjoyable all the same. Burton Constable is a lovely spot and only a stone throw away.

You Can't Put It Down Can You?

Now then, I've been banging on about tooth whitening for a bit and I bet you thought that was that. Oh no, not on your life. I thought I could squeeze yet another can't put down, enthralling episode for you to digest.

Is It Vital Or Not?

Most of what the whitening techniques that are available are aimed at whitening "vital" teeth. So what is a vital tooth I here you cry. Well,

a vital tooth has its nerve (dental pulp) intact. A so-called non-vital tooth is a tooth that no longer has a vital nerve. In other words the nerve has died off. This can happen for a number of reasons including bacteria from decay or following trauma. An interesting reason (well, to dental anorak like myself anyway) is when there is no decay or been any trauma. Bacteria are getting at your teeth and inside your teeth all the time. All fillings and in fact teeth leak to some extent. When teeth have fillings the dental pulp can become more fibrous and not withstand the assault by bacteria that it once could.

This may lead to the pulp dying and becoming non-vital and abscessing as the bacteria run riot. When this happens, and especially in a thinner front tooth, the tooth can become darker. The treatment to save the tooth is root canal treatment dgh, dgh, dgggghhhh! The treatment that begins with R. This can be a really successful treatment and we do have people who fall asleep during it so it's not as bad as you might think more often than not. So, once saved how do you make it whiter?

Decisions, Decisions, Decisions

In an ideal world there will still be plenty of tooth left and it is great to be conservative and try not to remove any more natural tooth structure, i.e. not to grind any more away. This is where whitening comes into its own. This time the whitening is done from the inside of the tooth because it is right inside of the tooth where the discolouration has taken place and it would be asking too much of the whitening gel to permeate its active ingredients that far in from the outside. The tooth needs to be prepared ready for the whitening process and this requires no numbing as the tooth has no nerve, which is a bonus. After this preparation there is a choice of which technique to use or to mix and match. As with most things in life it is horses for courses.

Do You Need The Power, To Walk Or To Go Inside Out?

Has "Dr Smile Maker" lost the plot and stated talking gobbledygook? Of course not. Stay with me. One technique is the so-called walking whitening. This is when a whitening agent is temporarily sealed inside the tooth for a time, often for a week or two. This works well for fairly mild darkening. Another technique is the inside out technique. This is similar to the professional tray whitening and is done at home. The difference is that there is an access hole left in the tooth in question. It is most often a front tooth and the hole is the back of it and not usually noticeable so don't be horrified. The tricky bit is keeping the hole clean and putting a temporary bung in to stop gubbins getting in. The great thing about this method is that you can whiten the rest of the teeth at the same time. The final technique is the professional non-vital power whitening.

This is when a more intense whitening is done in the dental chair either with or without a so-called activating light. This is often more appropriate when there more severe darkening taken place. This can also be done in conjunction with the other methods to get the desired result. Whitening like this could be done before a veneer is placed to avoid excessive grinding of tooth surface away that would otherwise be needed to give a thickness of porcelain to mask the discolouration. Also opaque veneers tend to look a bit false and lifeless. So there you have it, a relatively quick perusal through the wonderful world of tooth whitening.

"Torture"

My son, Edward, submitted a short poem and has managed to get it published in a book. I am really chuffed with him. What do you think?

The Torture

People running, fighting, screaming. We are cramped into one small corner, ready for our torture. It all goes silent. A figure appears in front of us, all gloomy and black, clenching something in their hand. Complete fear on our faces....

"Sit"

We do and she writes on the board. "Poetry"

Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. www.castlepark-dental.co.uk

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Gardener's Mart in the Skidby Village Hall Saturday 15th May

A Gardener's Mart will take place in the Skidby Village Hall on Saturday 15th May, between 10.00 am and 1.00 pm. There will be a sale of bedding plants, shrubs, flowers, tools, seedlings, vegetables and produce, etc.

Admission is free and refreshments are available. Tables cost £10.00 each and booking forms are available from the Secretary, Kelvin Young on 01482 843446.

KGV Cottingham Community Trust Facility Users Day

The KGV Trustees and Friends Group would like to invite all those groups, individuals or organisations who have expressed an interest, or anyone who would like to use the refurbished facilities at the Pavilion in the future, to a 'Drop In' day on Friday 21st May from 2pm until 7pm at the Pavilion.

You will be given the opportunity to talk with East Riding Officers and Trustees/Friends regarding your requirements and what can be done to help you and your group get the most from your recreational facility. We hope to be able to use the new function/multi purpose room and provide refreshments all through the afternoon.

We need your support and want to provide you with the best possible service so please come along and talk to us and help us help you make KGV Cottingham 'your' sports and recreational facility.

For further information please call Gary Cooper on 07702 670022.

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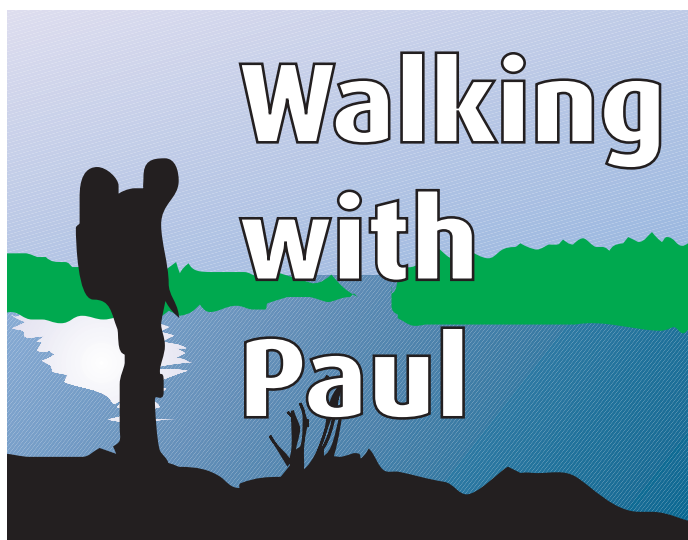
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Here is Paul's latest walk in his series of monthly rambles. This month his destination is Allerthorpe Common

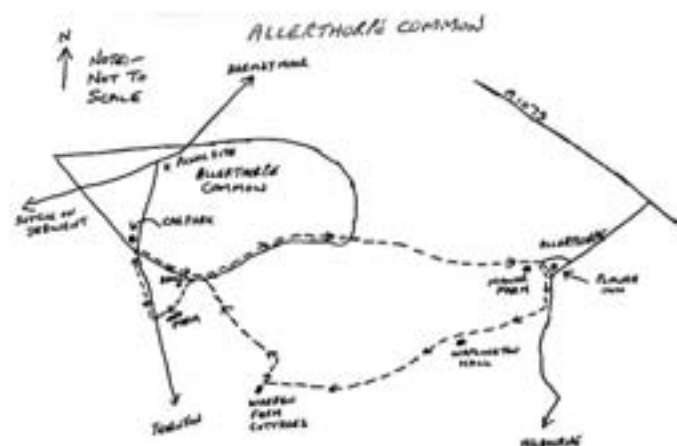
Maps:- EXPLORER 294

Start at GR. 753473.
Distance 5.0 Miles.

Leave the car park and cross the surfaced road known as Common Lane. Enter the wooded area and follow a clear path through the plantation in an easterly direction. Emerge from the plantation and continue walking in the same direction along a farm track. Eventually pass Manor Farm on

your right and emerge onto a back road round Allerthorpe. On reaching this road turn right to meet the main road with the Plough Inn on your left.

At the main road turn right and after a short distance turn right again and follow a narrow road towards Waplington. This road becomes a farm track and you pass Waplington Hall to eventually reach Warren Farm Cottages. At these cottages turn right and after a short distance turn left and walk with the hedge on your right towards the plantation. On reaching the plantation turn left towards a barn and, on passing the barn on your right, turn left and after a short distance swing right and pass a farm on your left. On reaching the main road, turn right and walk back to the car park.



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Marion Owen travel cruise specialist and Lynne Hammond greet passengers from the Ocean Countess

Marion Owen Travel cruise Specialist Marion Owen & Lynne Hammond greet the Ocean Countess on her arrival in Hull with past passengers of the Cunard Countess Alan & Edna Tomlinson pictured here with a 1996 Cunard brochure.

On boarding the ship a pleasant surprise awaited, the newly refurbished public rooms and outside decking are lovely. Marion commented that it is nice to see a restaurant with plenty of space between the tables, and the menu was mouthwatering. The modern wooden decking was a hit with everyone and there is plenty of seating throughout the ship.

She is certainly the nicest ship we have had offering cruising directly from the port of Hull and it is nice to see this step upwards. With the extra itineraries on offer for 2011 we are sure she will be very popular within our catchment area.

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The 37th Annual Art Exhibition and Sale takes place on Saturday and Sunday 5th and 6th June in the Skidby Village Hall

The 37th Annual Art Exhibition and Sale takes place on Saturday and Sunday 5th and 6th June in the Skidby Village Hall between 11.00 am and 6.00 pm. This is a very popular village Art Exhibition where many of the exhibits are offered for sale.

The exhibition provides a wide range of varied paintings which attracts a large number of visitors each year.

Local artists who wish to display their work should obtain a Registration Form from the Secretary, Kelvin Young on 01482 843446.

Admission is £1.00 and refreshments are available.

Friends of Thwaite Hall Gardens - Open Day Sunday 23rd May

Friends of Thwaite Hall Gardens are holding an Open Day on Sunday 23rd May, 11am - 4pm. Visitors £1.50, Friends free on production of their membership card.

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In the Garden



The Flower garden

Divide clumps of herbaceous perennials that you want to propagate, those that have outgrown their allotted space, and those that are flowering poorly or have lost their shape. Bamboos and clumps of bulbs or rhizomes can be divided in the same way. Just make sure that the transplanted divisions have roots, shoots, and are given adequate water to settle into their new positions.

Cutting back clumps of spring-flowering perennials such as Pulmonaria and Doronicum can encourage a fresh flush of foliage, which is more attractive than old, mildew-covered stems. The plants will also remain more compact and flower better next year.

Divide Primula (primroses) after flowering, planting them in a nursery bed until they are ready for planting out again in the autumn, for a display the following spring.

Divide hostas as they come into growth.

Spreading and trailing plants such as the annual Lobularia (sweet alyssum), and the perennials Alyssum and Aubrieta, can become tatty and patchy. Trimming them back after flowering encourages fresh growth and new flowers.

Deadhead tulips and daffodils. Apply a liquid fertiliser to spring bulbs after they have flowered, to encourage good flowering next year, and help prevent daffodil blindness. Allow the foliage of daffodils and other spring-flowering bulbs to die down naturally rather than tying in knots. Only remove it or mow it once it has turned brown and floppy.

Lift clumps of forget-me-not once the display wanes, and before too many seeds are released. They can become invasive if left unchecked.

Put supports in place for herbaceous plants before they are too tall, or for those - like peonies - that produce heavy blooms. Adding rigid supports afterwards usually looks unattractive and results in bunched stems lacking sufficient ventilation. Criss-crossing strings from hidden or decorative posts work well, allowing stems to grow up in the gaps between strings.

Top 10 jobs

1. Watch out for late frosts. Protect tender plants
2. Earth up potatoes, and promptly plant any still remaining
3. Plant out summer bedding at the end of the month (except in cold areas)
4. Collect rainwater and investigate ways to recycle water for irrigation
5. Regularly hoe off weeds
6. Open greenhouse vents and doors on warm days
7. Mow lawns weekly
8. Check for nesting birds before clipping hedges
9. Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs
10. Watch out for viburnum beetle and lily beetle grubs

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Harden off plants raised from seed and cuttings by leaving them outside for gradually increasing periods of time. Start with only the warmest part of the day, and build up to overnight exposure. Doing this for 10-14 days before planting them outdoors permanently (whenever the risk of frost has passed), will reduce any check to their growth while establishing in their final position.

Plant out cannas and dahlias when danger of frost is past.

Thin out direct sowings of hardy annuals. This is best done in two or three stages at fortnightly intervals. Final spacing should be between 10-20cm (4-8in), using the upper limit for tall or spreading plants, and the lower limit for smaller plants. Prick out indoor sowings when they are large enough to handle without damage.

Sweet peas need training and tying in to their supports to encourage them to climb and make a good display.

Pinch out the leading shoots on plants such as Chrysanthemum and Helianthus to encourage bushy plants. However, if tall thin sprays are preferred, they can be left un-pinched, perhaps removing a few buds (known as 'disbudding') to encourage larger blooms.

Liquid feed plants in containers every two to four weeks.

Keep tubs, hanging baskets and alpine troughs well watered. Use collected rainwater, or recycled grey water wherever possible.

Remove faded wallflowers and spring bedding from beds and containers, to make space for summer plantings.

Tubs can be planted up with summer bedding in milder areas. In cold areas, it is advised to wait until well into June, or until all risk of frost has passed. You can always keep some horticultural fleece handy to cover pots in the event of a cold night being forecast.

If you want to grow your own spring bedding for next year, many common choices (including wallflowers, pansies, and Bellis perennis) need to be sown between now and July in order to flower next spring, as they are biennials (which live for two years, and flower only in the second year, as opposed to annuals, which live and flower for one year only).

Winter bedding plants for the following winter can also be sown from now until July. Attractive choices include ornamental cabbages, kales and winter pansies.

Take softwood cuttings of tender perennials like Argyranthemum, Pelargonium and Fuchsia. They will provide new plants for display later this summer.

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Your Stars for May 2010 - By Kay Gower

Aries - (Mar. 21- April 20)

The spotlight is now on friendship and on finding like-minded people to spend time with who are truly on your wavelength. Be prepared to cut loose from a situation that has become restrictive.

Taurus - (Apr. 21- may 21)

Most Taureans like to know precisely where they stand and are going in life. But the emphasis is now on freedom, adventure and living in the 'now'. Resist the urge to plan ahead and let events unfold at their own pace.

Gemini - (May 22-June 21)

A creative project may turn out to be more lucrative than you had hoped; your attitude is all-important now, so leave self-doubt behind you for good.

Cancer - (June 22-July 22)

You may be the perfect listener and give the best advice, but others need to be aware that you, too, have your own needs and feelings. Don't be afraid to ask for what you want or to let down your defences. You're especially vulnerable around the 14th (give or take a day or two) be as gentle with yourself as you are with others.

LEO - (July 23-Aug 22)

You need to clear the decks, so deal with all the chores that you've postponed, no matter how dull they seem, early in the month. New doors are due to open - be prepared for new experiences.

Virgo - (Aug 22 - Sept. 23)

The choices that you make this month will be the right ones if you take things slowly, so relax and trust your intuition. Try to side-step confrontations with a family member around mid month if possible.

Libra - (Sept. 24 -Oct. 23)

What matters most this month is being flexible and finding new, creative ways to reach a long-term goal. It could be easier to get there than you think.

Scorpio - (Oct. 24 - Nov. 22)

Give yourself a break, Scorpio. A certain situation is not cast in stone, so stand right back and take a good look at the bigger picture.

Sagittarius - (Nov. 23 -Dec. 21)

If you take the line of least resistance and let others think that they are in control, they could come more than half way to meet you. In fact, you could see a certain problem almost vanish of its own accord if you just take a step back.

Capricorn - (Dec 22.- Jan. 20)

Pluto in your sign is about to open a new door. Say yes to change, and don't try to hold onto the past. Better times now lie ahead so enjoy.

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

Spending too much time wondering or worrying about the future could cause you to miss out on a chance in the here and now! Overcome any doubts you may have and take a positive approach to life.

Pisces - (Feb. 20-Mar. 20)

A new chapter in your life begins. Let go of attitudes and situations that you have outgrown, and reassess your goals. A winning streak starts mid month, so leave your doubts behind and aim high.



Skidby's 1st Scarecrow Festival takes place on the 9th, 10th and 11th July

Skidby is planning its 1st Scarecrow Festival which will take place over the weekend of 9th, 10th and 11th July. Local residents along with clubs and societies are

already working hard to prepare their exhibits for the weekend, when we are looking forward to welcoming lots of visitors to the village.

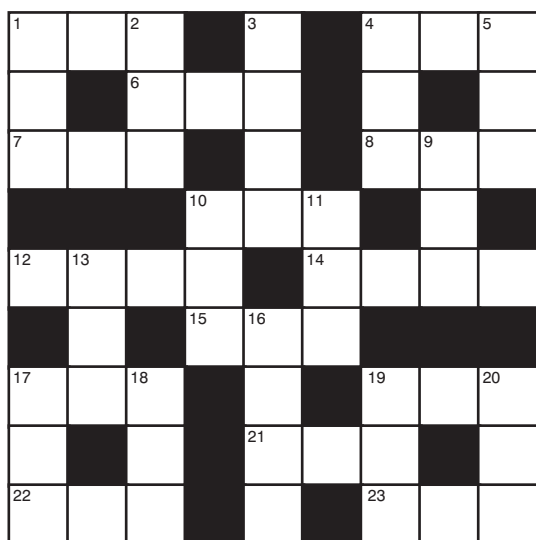
Registration Forms are available from Kelvin Young on 843446. Programmes will be available containing a map of all registered scarecrows around the village and refreshments will be on sale in the Village Hall throughout the weekend.

The Management Committee is urgently seeking local traders and businesses to sponsor this exciting new venture. Sponsorship could be in the form of a cash donation or a Raffle Prize contribution. All sponsors will be properly acknowledged in the Skidby Scarecrow Festival Programme.

Proceeds from the weekend will help to continue the work of the Village Hall within the community. If you wish to support Skidby Scarecrows in this way, please contact the Management Committee Secretary on 843446.

Book the date in your diary and come to Skidby to enjoy the Festival.

Number Cruncher



Across

1. 10 across minus 180
4. Nine dozen
6. 4 across plus four
7. Four times 4 across
8. 21 across doubled
10. 8 across minus twenty-eight
12. 3 down plus eighty-six
14. 5 times nine down
15. 5 times 6 across
17. 15 across minus eight
19. Months in eleven years
21. Seconds in three minutes
22. 9 down plus 170
23. Three times 11 down

Down

1. Months in twelve years
2. 19 down doubled
3. 16 down minus seven
4. 13 down minus 102
5. 22 across minus thirty
9. Minutes in eleven hours
10. 2 down plus 183
11. 18 down minus ten
13. 14 across divided by twelve
16. 23 across times nine
17. 19 across times four
18. Minutes in four hours
19. 19 across minus twenty-six
20. 1 across plus 108

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THE GREEN, COTTINGHAM

Hallgate Schools - continued

January to December 1922

by Peter Railton (Author and Local Historian)

January the 3rd 1922 ushered in a significant year for Hallgate Schools - both Mr. Moorby and Mrs. Holmes were to retire at the end of the year and some new names still familiar to older Cottingham people joined the Schools, as did Mr. Peckitt the new school caretaker - Mr. Sewell evidently left at the end of 1921.

New teacher's pay scales were implemented as laid down by the Burnham Committee - always welcome! Five boys were presented with prizes for drawing and handwriting in the school - G. W. Taylor, W. Ward, C. Walgate, A. Johnson and J. Medforth.

Some 248 boys were present out of 267 on roll when the new term began and some Geography and English exams were conducted in various classes that had not been completed in the previous term due to staff and pupil illness. The sum of £2.18.0. was raised and sent off to the 'Blinded Soldiers' Aid Fund' in Sheffield.

Hardship and Suffering

The number of appeals to schools begun during the war was to gather momentum as the years passed, such was the hardship and suffering wrought upon many families locally and nationally and the Hallgate Schools were always generous and continued to be so throughout the next two decades. Ten shillings was subscribed to the 'Yorkshire Present to Princess Mary Fund', on the occasion of her marriage to Viscount Lascelles of Harewood House; Princess Mary was the sister of the future George VI.- more importantly perhaps, was the fact that a day's holiday was given in celebration!

Mr. Moorby, Mr. Lacey and Mr. Cooke all went down with flu', leaving Miss Youngson in charge during February. At 7.30 pm. on the 2nd of March, a display of physical exercises plus Morris and Old English folk dancing was held in the hall. Parents and friends attended along with representatives from both the East Riding and Haltemprice Urban District Councils. This was a very successful evening and the dances and displays "came as a revelation to all there". Mr. Moorby chose the opportunity to announce his retirement on the 30th of September after 42 years service in teaching, 37 of which had been spent in Cottingham; he then appealed for funds to enable older boys to enter the Holderness School Sports League and over £5.00 was collected there and then from the audience.

The school garden was dug in early March and broad beans and radish were sown and four rows of potatoes planted; all football was stopped in the yard because the garden was being trampled on. On the 21st of March, Rev. Langman Moore called to discuss the arrangements for Polling Day and it was agreed to close the schools and warn the children about the danger from cars along Hallgate carrying voters to and from the schools all three of which would be used for voting on the 3rd of April for the Haltemprice Urban District Council - very topical just now!

Heavy Snow prevents school attendance

In the girls' department it was recorded that heavy snow fell on the 16th, 17th and 18th of January and prevented large numbers of children getting to school. It must be remembered that many scholars lived outside the village itself on the farms, market gardens and various isolated houses down country roads and lanes and we all remember just how bad it was in January this year with better snow clearing facilities and more traffic to keep roads open. Staff in the department were not immune to illness and Mrs. Holmes, Miss Buttery and Miss Wright all had time off in January and February. A sad note appears on 23rd of March-

"A little scholar from this department, Kathleen Goundrill died suddenly on Thursday morning. Very lovely flowers were sent by the scholars to the funeral."

During April, girls from Sts. VI and VII went to see the exhibition of photographs of the Shackleton Expedition to the South Pole. This was held in the Maritime Museum in Hull. In the same month - "On Saturday afternoon, thirty girls were taken to see 'A Tale of Two Cities'

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given by the Dickens Fellowship in Hull. Std. VII went to see the Public Washhouses, tenements etc. in connection with their lessons on Citizenship."

The usual Sunday School Feasts were held in June; on the 22nd, teachers attended a display of 'physical exercises' at Hessle Council School and the department closed for a half day - no doubt the girls did not object! School exams were held which resulted in fairly good marks all round.

Pupils entered for School Sports at Withernsea

On the 11th of July, nine girls and nine boys were entered for the East Riding Schools Sports held at Withernsea, and as many of the pupils and staff wanted to attend, the managers agreed to the closing of the schools for the day - imagine the excitement on that train from Paragon to Withernsea; extra-curricular activities, visits to; museums, theatres etc., really blossomed after the end of the Great War in an effort to widen the scope of educational experiences.

School re-opened after the summer holidays on August the 22nd and many girls were still away on their holidays or helping parents on their farms with harvesting. Miss Rhoda Wright and Miss Gladys Campey began duties on the 1st of September - some older Cottingham girls will remember 'Rhowy' Wright, a very popular teacher. Cookery lessons were held on Thursdays and Fridays in the canteen - this was the first room on the left inside the old infants' door facing Hallgate; this became an admissions classroom in the 1960's then reverted to its original function and has remained so under the North Moor School.

An 'egg appeal' was launched by Hull Royal Infirmary in May and the boys responded with a total of 308 of them. They were 'handed over' to Mr. Leonard Thompson for delivery - probably most of the eggs had originated from his shop, where Lloyds Chemists is now, in the first place!

Ringworm poses problems

Ringworm posed a problem in the school; it was usually present on a minor scale and six boys had it that month. Physical contact caused infection, lads wrestling was largely to blame, along with swopping caps etc. and was a worry to parents. The trouble was that everyone knew when a child had it because their head was shaved close to the scalp and it was more humiliating than dangerous - some boys were given permission to wear a cap in school, but there again, the reason was obvious.

Mr. Moorby and Mrs. Homes retire

On the 20th of September Mr. Moorby indicated that he had been in hospital for two serious operations and had been 'to the Pennines' to recuperate, leaving Mr. Cooke in charge. His final entry 'in the log book records scholarships awarded to A. Johnson, A. Rickman, J. A. Hatfield and L. Medforth. On 29th of September Mr. Cooke recorded that -

"Mr. Moorby's resignation takes effect tomorrow. He is unable to be present, through severe illness."

On the 13th of November, Mr. Moorby was able to attend the presentation of an easy chair, subscribed by pupils, staff, officials from the County and Urban District Councils and friends. Speeches of appreciation were made and he responded in kind and expressed his abiding happy memories of Cottingham Schools after 37 years.

Likewise, Mrs. Holmes retired that autumn after 35 years as Head of the girls' school and, as Margaret Ellerker, had attended the National School as a child and pupil teacher, eventually becoming Mistress of the Wesleyan, later Board School, in Northgate. She married in the early years of Hallgate Girls' department and had a son who attended the boys' department under Mr. Moorby.

The schools closed earlier than usual on the 15th of December because of an outbreak of scarlet fever and it was felt that this was the best way to contain it.

Footnote

I was recently shown round the schools; they have been refurbished and repainted inside and out and excellent facilities provided for the pupils. Some alterations have been made, but the old buildings are much the same as remembered by thousands of old scholars and still retain the character built up over the last 118 years.

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Events the Hallgate based Lingerie shop in Cottingham has been refurbished to give a bright new look to the store with its new entrance door now on the main street, giving the shop a more on-street presence.

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Classic Car and Bike Owners

Preparations are well under way for this years Cottingham Day on Saturday 3rd July and as usual two of the main attractions are the Classic Car Display along Hallgate and the Motorbike Display in the Memorial Club Carpark on Finkle street.

Every year these two events draw massive crowds of people to view the vehicles displayed in the village. To make the displays even bigger we are looking for anyone who would like to display their vehicle, whether classic, vintage, unusual or just your pride and joy on the day. There is no entry fee and certificates and prizes will be presented.

These displays are both sponsored by local businesses, the car display by COTTINGHAM MOT of Station Rd and the bike display by the MEMORIAL CLUB of Finkle St. If you are interested, or know someone who might be, then contact the organisers for an application form but remember places are limited and it will be first-come, firstserved.

Let's make this years event the biggest yet, come and join in the fun and show off your pride and joy to hundreds of people. If you require an application form then contact Nick Russell on 07561 529788 for Cars and Paul Fenwick on 07778 312134 if you would like to display your Motorbike.

Many thanks for your support and we look forward to seeing you there and making this the best and biggest COTTINGHAM DAY yet.

Pictured above: One of the Classic Cars from last years Cottingham Day.

The flowers they bloom in May!

The ladies' group of the Haltemprice Lions have arranged another flower demonstration by the well known floral arranger, Robert Forbes. Robert's shows are fantastic showing his expertise in flower arranging.

This year's show, "May I have the pleasure?", will take place at the Town Hall, South Lane Hessle at 7.30 p.m. on Thursday 6th May. You will remember the date as you can go to the show after you have voted! The tickets are modestly priced at £7.00 each and that includes a glass of wine and savouries, they are selling fast but can be obtained locally by telephoning Margaret Whincup, 01482 847367.

There is even more of an incentive to attend as the proceeds will help 'The Echoes Foundation' a local charity supporting children with special needs. The Haltemprice Lions wish to thank all who attended their recent Indoor Car Boot and Table Top Sale at the Civic Hall and their stall at Cottingham Market.

Both events were successful and they are now accepting stalls for the Craft Fair to be held on Saturday 22nd May, details can be obtained by calling the above number.

The Lions' recent collection at the Hall Road branch of Tesco raised nearly £600.00 for the Marie Curie Fund. The Haltemprice Lions are always wanting to help - if you can, please help us to help.

Crèche available at Beverley Leisure Complex

Did you know that Beverley Leisure Complex has a crèche for those who want to work out and use the centre but need child care arrangements? The crèche is available for pre-school aged children between the ages of 16 weeks and four and a half years.

The crèche is open Monday - Friday mornings for two hours during which times the leisure complex runs a programme of aerobic classes and Pilates. There is also lane swimming in the 25m pool or you could try a workout in the recently re-furnished gym.

Coby Kemp, senior assistant facility manager, said: "The crèche is excellent value for money and the children are really well looked after."

The crèche is open Monday, Wednesday and Friday mornings from 10.00 am - 12 noon and Tuesday and Thursday mornings from 9.45 am - 11.45 am. Customers can book for either the first hour, second hour or both hours. SURE card members get a 50 per cent reduction on the crèche so the cost per hour is only £1.15. Non-members pay as little as £2.30 per hour.

For more information about the crèche or memberships, please contact reception on 01482 395231 or log onto www.beverley-leisure-complex.co.uk.

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Skidby Open Gardens Day on Saturday 5th June

Skidby Gardens Open Day will take place on Saturday 5th June between 12 noon to 5.30 pm. This year's event is in aid of St Michael's Church and The Salvation Army.

During the afternoon alongside all the gardens displaying an 'Open Gardens' Poster, there will be the following events: Church Open to Visitors.

On Village Green next to the Church:

Stalls – Cakes, Bric-a-Brac, Books, Tombola, Skidby Gardening Club Plant/Vegetable Stall, Lunches and Teas in the Village Hall, and Art Exhibiton. Entrance Tickets to all gardens available from Car Parks and Village Green.

A Big "Thank You" from Marie Curie Cancer Care to the people of Cottingham and District

Marie Curie Cancer Care had fantastic support from the public during the recent Daffodil Campaign, and in and around the Cottingham area the grand total of £1933.85 was raised. This came from a street collection, a coffee morning, a collection at Somerfields and daffodils in local shops and businesses.

This money will help provide nursing care and support to terminally ill people in their own homes in the local area. It costs £20 to provide an hour of nursing care, and the service is free to patients and their families.

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

A feel good factor

Apart from the obvious sun shine related rise in the “feeling better in your own skin” type category, my return to an old story will hopefully cheer a few heart cockles!

I am aware that I do try to tell the reality of my life with horses as honestly as is possible.....hence the inclusion of Star's sad story in the last edition. There is, however, always something really good as a balance. Remember “Zander”? I introduced him last summer early on in my articles.

Zander came to me as a last chance candidate....his owner

could no longer handle this horse. He was angry, resentful and unwilling to cooperate with mankind. He bucked riders off, he reared up on his back legs without warning and was extremely dangerous to ride. Without stating the obvious, he was on death row.

I decided to take this horse on as a project for his own sake. He was always going to be a drain on my resources but I guess we should all put something back in at times. I usually take on a racehorse so Zander (who is a “Warmblood” or Germanic type breed) was a different challenge altogether. He was big in frame and stature, possessed real strength in physical terms and was so angry in nature.

Bit by bit, we took him apart piece by piece in 3 ways....emotionally, physically and mentally. This was in order to find the real cause of all these issues he carried about. With time on our side, we were able to slowly work away at breaking down all these barriers. Over the past 10 months we have treated back pain and sciatica. We have resolved joint stiffness as a result of moving in a protective and incorrect way. Finally, Zander has allowed himself to trust people again and has even shown a soft and submissive side to his nature. Both physically and mentally Zander is as good as he is ever going to be.

He will never be a show stopper and will not qualify for Wembley as a puissance show jumper!!! He will, however, now make someone a nice riding club type horse who loves jumping big fences and is good out riding in traffic and galloping through the countryside. He willingly jumps anything you put him at and really enjoys that side of his work. Unfortunately Zander is still, and never will be, a particularly brave person so providing he has an equine companion by his side he can face the world in an orderly and safe way.

I am about to put him up for sale on the open market. He will be advertised in an honest way. The most important thing to happen now is for me to sell him to exactly the right sort of person. My hope is that he will go hunting and show jumping, as this will be perfect for him. I just know that he will excel in these fields and will be a total pleasure to his new owner. It is highly unlikely that I will recoup all the money and time that I have invested in him. Just the hours I have paid my staff to ride and care for him would be a formidable sum, never mind his feed, vet. physio and farrier bills etc. My time spent on him was given freely however and we will see what comes his way as to his future.

Wish him and his hopefully new owner well.



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In times where people are keener on watching the pennies, wouldn't it be more practical in the long-run to spend less on keeping your car safer on the roads? The Cottingham Times visited car specialists Ricci Concept to find out how to maintain safer motoring by getting your wheel alignment checked...

If your car is pulling to one side or not handling properly on the road – it could mean you need to have your wheel alignment checked. This is a simple procedure using the four-wheel alignment process. If you don't get your vehicle wheel alignment checked your tyres will wear quicker and will need replacing earlier.

Correct wheel alignment will reduce your car running costs. So what are the advantages to having four-wheel alignment on your vehicle?

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4) Safer Driving – The vehicle is inspected for any damaged suspension components, tyre pressure and unusual wear checked – all can affect driveability. Print outs of measurement before and after adjustments are checked against the manufacturers specifications.

Nick Sanderson, owner of Ricci Concept, explains: "The process will definitely save you money in the long run. Our Beissbarth wheel alignment equipment is state of the art and carries approvals from Audi, Volkswagen, Porsche, BMW and Mercedes."

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



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There is a local delivery charge of £1.00 (subject to change). Visit Gino's soon.

You can now download Gino's Menu from the Cottingham Times website www.cottinghamtimes.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.

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A Will is an important legal document. If the price is too low, people wonder whether the adviser has adequate knowledge or expertise; too high, and people wonder whether their Will requires the level of expertise the price implies.

The result for many is that they never get around to sorting out their Will.

That is why Andrew Jackson Solicitors have launched the Wills, *plain and simple* scheme for the over 55's.

Under this scheme, the price of Wills are fixed at £150 plus VAT for a couple. For a single person the price is just £100 plus VAT.

Additionally, if you attend our Wills clinic at Cottingham then we are offering a free initial consultation with no obligation if you decide you do not want to proceed at the end of the appointment.

The *plain and simple* label indicates that this scheme is aimed at clients whose requirements are straightforward.

You will still benefit from being advised directly by a solicitor, but provided your requirements are uncomplicated, the price will be in line with the *plain and simple* scheme.

If your requirements go beyond the limits of the scheme, for instance if you need tax advice, or your Will needs to include trusts or more complicated arrangements, we will tell you so and let you know what the cost will be for the Will before we start work.

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Due to popular demand, we are also holding Wills Clinics
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Cottingham based textile group exhibiting at Beverley Art Gallery

Beverley Art Gallery is delighted to be hosting an exhibition of traditional and modern textile arts by East Yorkshire Embroidery Society (EYES). The exhibition is called 'Threads of Inspiration' and runs from 22 May to 26 June.

EYES was formed in 1982 by a group of women who had studied embroidery at Bishop Burton College. Today EYES has over 170 members whose work encompasses all manner of textile arts, both contemporary and traditional. The Society meets on the second Saturday of each month from September to July at the Darby and Joan Hall, Finkle Street, Cottingham.

Features at the meetings are a high profile speakers, a lending library, a sales table and an exhibition of members' work.

The Society believes you are never too old or too young to learn embroidery. It has two flourishing groups for younger members - 'Eyelets' for children aged 6 to 12 and 'Highlights' for 12s to 16s.

For more information about East Yorkshire Embroidery Society please contact Chairman Brenda Stapleton on 01482 654830 or Maggie Tomlinson on 01482 666519. For 'Eyelets' and 'Highlights' contact Hilary Goldsmith on 01482 847071.

If you haven't visited the Gallery before, it is situated within easy walking distance of the town centre on Champney Road. The entrance is through the 'Treasure House' extension and the Gallery is on the first floor (there is a lift if you need it).

The Gallery has a café the 'Champney Coffee Lounge' serving fresh coffee, homemade cakes and a range of sandwiches.

There are disabled parking bays at the front of the building and Pay & Display parking at the back of the building on a Saturday. At other times you will need to park in Beverley.

For opening times and more information please call 01482 392780 or go to www.eastriding.gov/culture/museums

To compliment the exhibition Beverley Art Gallery is running a series of workshops led by members of East Riding Embroidery Society.

Workshop 1

Canvas Stitching led by Marion Jackson
Saturday 29 May 10am to 3.30pm

Workshop 2

Handmade Books led by June Barker
Tuesday 1 June 10am to 3.30pm

Workshop 3

Traditional Crewel Embroidery
led by Rosemary Cousins (Royal School of Needlework)
Saturday 5 June 10am to 3.30pm

Workshop 4

Japanese Folded Patchwork led by Evelyn Gibb
Saturday 19 June 1pm to 3.30pm

Places must be booked in advance. Call 01482 392699 to book a place. Workshops 1, 2 & 3 are £10 per person. Workshop 4 is £5. Please bring scissors, needles and a thimble. All other materials are provided. Refreshments can be purchased in the café or bring a packed lunch if you wish.

For children we have a workshop 'Bags & Book Covers' on Wednesday 2 June 1.30pm to 4pm. Learn how to use needles, thread and simple stitches to make a useful object to take home. For boys and girls aged 8+ (younger children are welcome if accompanied by an adult). Led by Hilary Goldsmith from East Yorkshire Embroidery Society. Places are £3 per child and must be booked in advance. All materials included. Call 01482 392699 to book a place.

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East Yorkshire Association of the National Trust hears talk on "Churches of the North Wolds"

The final meeting of the winter programme of the East Yorkshire Association of the National Trust, in Cottingham Civic Hall, was an illustrated talk on 'Churches of the North Wolds' by Mr Michael Chandler. Starting with All Saints in Kilham, he highlighted many of the unique features of village churches in the Wolds, many of which are of Norman (or even earlier Saxon) origin, strategically located on higher ground overlooking the village.

Kilham church has many Norman features, including the characteristic drum-shaped decorated font, and there is a ring for bull-baiting in the church yard, reflecting its role as one of the most prominent late-medieval settlements of the county, with weekly markets and annual fairs. Other churches are on even earlier pre-Christian sites, such as Rudston, famous for its monolith as well as its link with Winifred Holtby, buried there.

The church of St Andrew in Boynton featured in England's Thousand Best Churches. It was re-built by the Strickland family in the 18th century, with due prominence given throughout to the family's role in introducing turkeys to this country from America, and a family pew in the west gallery.

Many churches in the East Riding were restored or rebuilt by the Sykes family of Sledmere, in distinctive Victorian Gothic style. Examples include Weaverthorpe, restored by GE Street (1770-72), with an impressive wagon roof and statue of its patron Saint Andrew, and Helperthorpe with its painted roofs, decorated with stars and stylised flowers.

Several Wolds churches survived when the villages around them became deserted, most famously Wharram Percy, but also at Cottam, rebuilt in red brick twice in the 19th century, and Cowlam, with its Norman font and crudely carved figures, including the magi and wrestlers!

There is a rich store of lesser known gems and historical curiosities: the west wall mural mosaic of the Ascension of Christ in St Andrew's church, Kirby Grindalythe, the carved rood screen in the church of St Oswald, Flamborough, rescued from Bridlington Priory at the dissolution of the monasteries, and the stone sanctuary chair in the churchyard of Kirby Underdale, reshaped from the base of a 14th century boundary cross.

But finally, spare a thought for St Mary's, Foxholes, described by Pevsner as 'one of the ugliest churches in the Riding'.

Springboard Live Music Festival to take place on May 27th, 28th, 29th and 30th May at six venues throughout Cottingham

The Springboard Live Music Festival takes place on May 27th, 28th, 29th and 30th May at six venues throughout Cottingham.

The six venues hosting the festival are King William IV Pub, Hallgate Tavern, Bluebell Inn, Duke of Cumberland, Cross Keys and The Railway. All the fun starts on Friday 27th May.

Fresh from tours of the USA, Germany and Sweden, Hull's own The GST Cardinals will be celebrating their recent signing by performing at the 2010 Cottingham Springboard festival.

BBC Radio 2 Horizon Folk Music Award 2010 WINNER for Best Newcomer: Sam Carter joins us for the 2010 Cottingham Springboard Festival - congratulations to him, make sure you check out his set and American groovemeister Adrian Byron Burns, who has played with the likes of Bill Wyman, B.B. King and opened for Neil Young, will perform at the 2010 Cottingham Springboard Festival.

The Jokerz will add an explosion of colour and sound to the 2010 Cottingham Springboard Festival!

The Official festival website and full programme line up of all the acts appearing can be found on www.springboardfestival.org

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**Below: Answer to Sudoku problem
No. 40 from the April issue.**

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

News from Cottingham Little Theatre

Breath of Spring - 6th, 7th and 8th May

Our comedy play "Breath of Spring" by Peter Coke, is almost upon us and tickets have, as expected, sold very well. If you haven't yet bought yours, contact our Ticket Secretary, Kaye, on 01482 842270, to see what is still available. Those of you who came to our last show will remember that tickets sold out on Friday and Saturday evenings, so we cannot guarantee that we will still have any left.

Performances will take place as usual at the Darby & Joan Hall, Finkle Street, Cottingham on Thursday 6 May, Friday 7 May and Saturday 8 May commencing at 7.30pm. Doors will open at 7pm. Tickets are priced at £6.00 (Concessions £5.00).

Breath of Spring was first performed at the Cambridge Theatre, London in 1958 and was subsequently filmed under the title "Make Mine Mink".

"Dame Beatrice Appleby houses a collection of middle-aged "guests" who become involved in a series of escapades to raise funds for her favourite worthy causes. However, some of their adventures are of questionable legal and moral principles and result in a visit from "the law". How will they respond to this "interference" in their nefarious plans?" Only by coming to one of the performances will you find out!

The play is again being directed by our most experienced Director, Brian Hossack, and we are delighted to have another new member making her debut. Welcome to Adele Williams, who was a member of our Youth Group some time ago and has now joined us. We wish Adele, and all the new members who have joined us over the last year or two, success and we hope that they all remain with us for many years.

90th Anniversary Production

Plans for our 90th Anniversary production in November are proceeding steadily and will be revealed in our Programme for "Breath of Spring".

Social Events

Three Social Events for Members and Friends of CLT are in the pipeline. The first is a ten-pin bowling evening at AMF on Sutton Fields on Sunday 16 May. This is a social evening and you do not have to bowl, but you are very welcome to come along and join in the fun and chat. Secondly our Annual Spring Dinner will be held on Friday 11 June at the Triton Inn, Brantingham. Finally, plans are in the early stages to attend Ladies Day at Beverley Races on Wednesday 11 August.

More information about these events will be circulated in our next Newsletter, or you can find out by telephoning our Social Secretary, Lynda, on 01482 849655.

Annual General Meeting

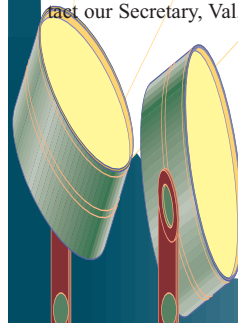
Our Annual General Meeting for Members has been arranged for Monday 21 June in the Old Brewery Bar of the King Billy Inn in Hallgate. This is your chance to let the Committee members know your views, and to influence the future direction of the Society. More details in our next Newsletter.

Play Readings

There will be no Play Reading sessions in June, July or August, but we will re-commence them in September, so watch out for the next date.

New Members and Friends

If you fancy joining us, either as a Friend or a Member, have a look at our website www.cottinghamlittletheatre.co.uk where you can find out lots more about us. Or e-mail us at clt1920@hotmail.co.uk or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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News Updates from the Cottingham Post Office

New Postal Rates

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Europe Rates (Letters)

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Upto 60g - £1.14

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Growth Bond (Issue 12). To be released 5th May 2010

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As of going to print the new Hesse Post Office is coming along nicely, but time is running out to have it all ready for 10th May, the opening day. Will I reach the deadline stressfree . . . until Next Time.
Regards Gary

The Cottingham Combined Charities May Fayre Saturday 15th May

The Cottingham Combined Charities are holding their May Fayre on Saturday 15th May, 10am to 3pm, in the Civic Hall, Cottingham. Admission 20p Refreshments served all day.

The Cottingham Combined Charities have been working together for thirty nine years.

They have held a Christmas Fayre in the Civic Hall in Cottingham for that number of years and the May Fayres are some ten years younger. Starting with nine registered charities there are now twenty three, raising money for a wide range of very worthwhile causes. With luck the door takings cover the cost of the hall, so each member can have a free stall. They always have a wide range of goods for sale, including things to eat and fancy goods. There is an excellent cafe including lunchtime snacks. They depend heavily on local support and everybody is always very welcome.

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A Celebratory Charity Concert to celebrate the birthdays of Jay Appleton and Kenneth Leaper at the Methodist Church, Hallgate

On Saturday 26th June at 7.30pm at the Methodist Church, Hallgate, there will be a concert of music and words to celebrate the recent 90th birthdays of Cottingham's long-time resident Jay Appleton and Hull-born Kenneth Leaper.

Professor Jay Appleton is well-known here. Formerly Professor of Geography at Hull University, he is a published writer and poet whose books are available at Barkeris and other book-shops. The concert will include readings from a selection of his poems both serious and amusing.

Kenneth Leaper moved from Hull after war service and for many years was the Principal of the Watford School of Music. His many compositions include mini-operas for school presentations (some first performances were at Anlaby School) and short song-cycles, four of which will be given during the evening.

The artists are well-known to East Riding concert-goers; Delia Fletcher and Pam Waddington Muse (sopranos), Peter Bingham (tenor) and Ann Airton and Peter Sproston (pianists). The readers will be John Roach and Gwen and Norman Staveley.

Tickets are £7.50 and the full price will go to the Dove House Hospice, whose shop in Cottingham will be pleased to sell them to the many supporters it is hoped will support this great charity.

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Sue Ryder Care provides health and social care for people with life-limiting and long-term conditions such as Multiple Sclerosis, Huntington's disease, Brain Injury, Stroke and Cancer. Each year we provide 4 million hours of care and need to raise £74 million to fund our work.

We will pay for your flight and race entry in return we ask you to pay a deposit and fundraise for us. We will also support you every step of the way from sign-up to beyond that finishing line with all the training and fundraising advice you need.

If you are interested in joining our New York running team please call 01904 426920 or email lucy.nalton@sue Rydercare.org.

Announcement:-

Contrary to rumours brought to our attention, we would like to confirm that P&D Carpets is not closing down.

Keith & Lynda Donkin are retiring in the near future and P&D Carpets will continue to trade as usual, in the expert hands of our manager Simon Collins and members of staff who have all been with us for many years.

Thank you for your support and we have been happy to serve you for over 40 years.

Keith and Lynda Donkin

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Logan Culliney of Cottingham and his Partner Alicia Phillips Bullock placed 2nd and 4th in two Latin final at the Junior Dance Festival in Blackpool

Logan Culliney of Cottingham started ballroom/lating dancing four years ago. He and his partner, Alicia Phillips Bullock (Wolverhampton) are now the No. 1 Juvenile couple in the country.

They came second in the Closed British Championships in November 2009 and are currently in the British Team. Logan was also in the British Team last years with his previous partner.

Logan and Alicia have just attended the Junior Dance Festival at Blackpool, competing against other juvenile couples from all over the world and were placed second and fourth in two of the latin finals.

He is dedicated to his dancing and travels to Liverpool each weekend for lessons as well as London and Hull. He also travels to Manchester during the week to meet his partner for practice.

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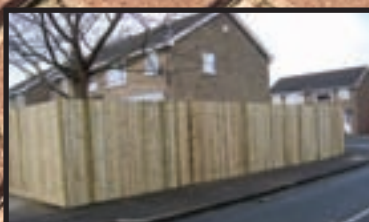
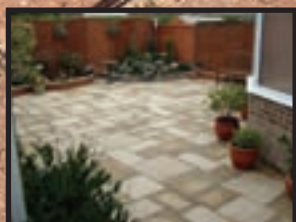
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The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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Internal:

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

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Women's Problems:

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Crossword Solution from page 14

1	P	I	R	A	T	E	S		5	Z	E	B	R	A	7
	A		E		O		E			O		O			R
8	S	O	B	E	R			9	I	G	N	O	R	E	D
	T		U		R		Z			E		D			E
10	O	B	S	C	E	N	E		11	S	T	E	I	N	
	R				N		D					R			T
		12	A	C	U	T	E		14	C	O	P	S	E	
16	S			C				17	C		D				18
19	C	U	B	E	S			21	A	D	D	R	E	S	S
	R		C		H				M		M		X		T
23	A	V	A	R	I	C	E		24	E	X	I	L	E	
	P		C		F					N		T			R
25	E	L	E	C	T			26	A	R	T	I	S	A	N

Chakras

There are seven main energy centres (chakras) of the body which resonate with the seven rainbow colours. Anyone who is familiar with Acupuncture will realise that there are, however, a large number of minor chakras throughout the body totalling something in excess of 300.

What are Chakras?

A Chakra is like a spiral of energy, each one relating to the others. Chakra (pronounced sha-kra) is the Sanskrit word for 'wheel'.

If you can imagine the main chakras / energy centres as a set of cogs/wheels, they are rather like the workings of a clock or an engine; each cog /wheel needs to move smoothly and at a similar speed for the clock / engine to work properly.

Good health and well being is achieved by a balance of all these energies (or the smooth running of the cogs/wheels).

Colour Therapy uses colour to balance the Chakras of the body.

Each of the spectrum colours is simply light of varying wavelengths, each colour has its own particular energy.

The energy relating to each of these spectrum colours resonates with the energy of each of the seven main chakras of the body. Colour therapy can help to re balance these 'wheels' by applying the appropriate colour to the body and therefore re-balance our chakras.

Colour therapy can help

Colour is absorbed by the eyes, skin and skull and our electromagnetic field/aura.

The energy of colour can have an affect upon us on all levels, that is to say, physical, spiritual and emotional. Every cell in the body needs light energy - thus colour energy has widespread influence on the whole body..

When you have chakra blocks you slow down the Chi, the life force, and the spiritual connection. You may feel depressed, out of touch, like you lost something, tired, unable to clearly think, or listless. You may get angry for no reason, be afraid, be unsure of yourself, lack self-confidence, be unhappy without a direct understood reason, and have a general negative outlook on life. All of these are indications that you have a problem to resolve that is chakra based.

Spend a few minutes relaxing and quieting your mind. To relax most effectively, take a series of deep breaths. Three is usually good. Hold each breath for a short time and, as you exhale, tell yourself to relax. Feel your muscles relaxing. On the third breath, tell yourself to mentally relax. Let go of your thoughts and just observe them. The key here is to let go and not try to control your thoughts. Watch them like they were clouds drifting by and just let go.

Visualize each chakra as a ball of colored light. Each chakra has its own wavelength and corresponding color and tone. Begin by seeing the crown chakra as a ball of violet light above your head. Spend a few moments or cycles of breath on each visualization before moving on to the next. The third eye is in the middle of your forehead and is a ball of indigo light. Next, see the throat chakra as a ball of blue. The heart chakra, in the center of your chest, has the color green. In your solar plexus is the chakra with the color yellow. The sacral chakra is in the genital area and its color is orange. Finally the root chakra, at the base of the spine, is red.

Information sourced from Sue Grasby, Specialist Health Advisor at Haltemprice Leisure Centre. 01482 652501. www.haltempriceleisurecentre.co.uk

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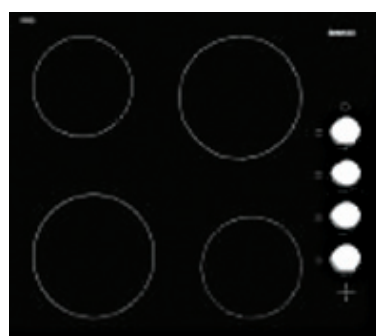
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