

# Cottingham Times

**Issue 114 - May 2011**





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**THE COTTINGHAM TIMES**

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

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

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

Tuesdays and Fridays 10.00 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](http://www.cottinghamrangers.co.uk).

### Zion United Church, Hallgate

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

### Cottingham Ladies Circle

Wednesday 4th May, Mr. C. J. Mead, talk and slides "A Load of Old Bollards", in the Zion United Church, Hallgate, at 7.30 pm.

### Cottingham Methodist Church

Friday 6th May - Brass Band Concert, 7.30 pm, Adults £5; Children £2.00

Tuesday 10th and 24th May - Camera Club at 7.30 pm.

Wednesday 25th May - Charity Prize Supper Quiz, at the Duke of Cumberland, Cottingham. £6.00 including supper, tickets available from the Duke, Manna Coffee or Castle Park News.

### Hull and Holderness Sugarcraft Guild

Saturday 7th May - Marion Holmes "Roses by Different Methods". In the United Reform Church School Room, Main Street, Elloughton (May Only).

### Little Weighton Gardeners Club

Saturday 7th May - In the Little Weighton Village Hall at 2.00 pm. All plants donated by members, so bring a box for fantastic bargains.

### The Beverley Lions

Sunday 8th May - Car Boot Sale, at the Beverley Grammar School, Queensgate from 7.30 am until 1.00 pm. Pitches will be the usual £6.00 each. Refreshments and toilet facilities will be available. All car drivers are asked to follow the parking instructions of the Lion's Marshalls and not to park on Queensgate. Car parking is free in the School ground.

Front Cover Picture: West Green, Cottingham.

Photo by John Dewing, 6A Queens Close, Cottingham. Tel. 847140.

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**Cottingham Catholic Women's League**

Monday 9th May, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

**Cottingham Women's Institute**

Tuesday 10th May - Resolutions. Bumper Sales Table. Competition: Guess the Number in the Jar, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

**Cottingham Men's deLuda Society**

Wednesday 11th May, David Bond - Fun with English Grammar, in St. Mary's Church Hall, Cottingham at 2.00 pm.

**Cottingham Green Women's Institute**

Thursday 12th May, Mrs. Sandra Staples "From the Cradle to the Grave" - Care of the Armed Forces. Competition: A Piece of Military Memorabilia, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

**U3A**

Thursday 12th May, John Horsley & Group, Read It Aloud, U3A AGM, in the Hall at the Darby and Joan, Finkle Street, Cottingham at 2.00 pm.

**Alpha Probus**

Thursday 12th May - Monthly Coffee Morning will take place at 10.15 am at the Pearson Park Hotel, Hull.

**Hull Ladies Charity Concert**

Thursday 12th May - In the Guildhall 7.30 pm. Admission £5.00 and is by programme in advance, or pay on the door. The concert is in support of the Dove House Hospice and Holderness House Trust. Our guests are the M.I.C.E. Singers. Contact 01482 210698.

**East Yorkshire Embroidery Society**

Saturday 14th May, Pauline Burbridge, Design Processes in my Quilt Work, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshment.

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*Continued from page five***Skidby Village Hall**

Saturday 14th May - Gardeners Mart, 10.00 am to 1.00 pm.

**Wold Lace Makers**

Saturday 14th May - Workshop: Paint Your Own Bobbins, with Jacqui Southworth. In the Church Hall, St. John's Newland Parish, Clough Road, Hull HU6 7PA. 10.00 am to 4.00 pm.

**Hull Choral Union and Junior Chorus**

Saturday 14th May - Present Faure: Requiem, in the Holy Cross Church, Carrington Street, Cottingham at 2.30 pm. Conductor: Sam Gardner; Organist: Alan Spedding. Tickets £5.00 from the Photo Shop, King Street, Cottingham or call 847178 or 848472 or from HCU Members or at the door.

**North Ferriby Gardening Club**

Monday 16th May, "The Sequel", London Gardens Part II (Tony Cleever). Meetings are held in the North Ferriby Village Hall at 7.30 pm. unless otherwise stated. Visitors are always welcome. Admission £1.50. Annual Membership £5.00 includes tea/coffee and biscuits. Further information ring Mal on 01482 632282.

**Cottingham Evening Townswomen's Guild**

Wednesday 18th May, David Roberts - Humber Rescue, at 7.30 pm in the Darby &amp; Joan, Finkle Street.

**Cottingham Ladies Circle**

Wednesday 18th May, Day Outing.

**Diabetes UK**

Thursday 19th May, Mr. G. Dale (Advanced Practitioner in Psychotherapy), 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.

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**East Riding Flower Club**

Thursday 19th May - Presents "Love You 2 With Flowers". A floral demonstration by Andrew Grisewood (National Flower Arranger), in the Cottingham Civic Hall, at 7.30 pm. Ticket £10.00 (includes refreshments) from Judith Robinson 01482 876279 or Love-You-2-Appeal Office 01482 785744. All proceeds to the Dove House Love You 2 Appeal to help fund the hospice extension and re-development.

**Inland Waterways Association**

Friday 20th May - Horse Boating and the Way it helped shape our Canals, presented by Adrian Lovett. Meetings are held in the Cottingham Methodist Church Hall, at 8.00 pm to 10.00 pm. Non members welcome. £2.00 which includes refreshments. Further details telephone Roger Bromley 01482 845099.

**Skidby Methodist Church**

Friday 20th May - Free Family Film Afternoon, 4.00 pm. Hot Dogs and Snacks for sale.

**Haltemprice Lions**

Saturday 21st May - 10.00 am to 3.00 pm. Table Top Sale. 29 Stalls of bargains. Admission 50p, accompanied children Free.

**Cottingham Wildlife Watch**

Saturday 21st May - 10.00 am to 12 noon. Pearson Park Wildlife Garden, Hull. There is ample parking in Pearson Park. The entrance is on Princes Avenue, opposite Western Avenue. Pond Dipping, and a walk around the site. Wellies advisable, footwear near the pond.

**North Ferriby Gardening Club**

Saturday 21st May, Annual Plant Sale in the North Ferriby Village Hall, 10.00 am to 12 noon.

**Little Weighton Gardeners Club**

Saturday 21st May - Open Gardens 11.00 am to 4.00 pm. £3.00 in aid of Village Hall. Start at Village Hall. Cream Teas and Plant Sale.

**The Arterian Singers**

Saturday 21st May - Spring Concert "Spirit of Spring" at St. Peter's Church, Anlaby at 7.30 pm. A variety of Part songs and Spirituals. Guest Cello Soloist: Tom Berlotti. Entry: £5.00 at the door with refreshments. (The Arterian Singers Rehearse in the Zion United Reform Church, Hallgate, Cottingham).

**East Riding Flower Club**

Monday 23rd May - Demonstration in the Cottingham Civic Hall at 2.00 pm. by Margaret Earl (Tyne &amp; Wear) entitled "Elegance". Visitors £3.00 at the door.

**Wednesday Social Club**

Wednesday 25th May - Margaret Rant - Cheeses, in the Darby and Joan Hall, at 2.00 pm.

**Alpha Probus**

Thursday 26th May - A visit to the Pride of Hull, in St. Georges Dock, to include lunch for £17.50 per person. Ladies welcome.

**Cottingham Methodist Church**

Friday 27th May - 7.00 pm Free Film Night. Popcorn, Ices and Snacks for sale.

**Cottingham Ladies Circle**

Wednesday 1st June, J. Pietruiak, talk on gardens in "Villages in England", in the Zion United Church, Hallgate, at 7.30 pm.

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## S137 Grants

The Council was pleased to support the following organisation with funding under S137 of the Local Government Act 1972:

KGV Cottingham Community Trust

## East Riding of Yorkshire Council – Recycling

Up to 130,000 households across the East Riding will be able to recycle food waste and cardboard in their brown bins by July.

East Riding of Yorkshire Council has been delivering caddies and liners, street by street since March so that residents can send food waste for composting, keeping it out of landfill.

All types of food waste can be put in the caddies, including plate scraps, cooked food, bones, tea bags and egg shells. The caddy liners, once tied, trap inside the waste and any smells.

Cardboard of all types, like cereal boxes and packaging, can be put in the brown bins. It must be stripped of wrapping, cellophane and sticky tape, be slit and flattened and placed loose in the brown bin.

ERYC are offering more information and advice about these changes to members of local community groups, including what happens to this waste and how to reduce the amount of food you throw away. For more details please contact the waste and recycling officers by emailing [wastewatchers@eastriding.gov.uk](mailto:wastewatchers@eastriding.gov.uk) or calling 01482 395586.

## How does ERYC deal with Traveller Encampments?

If you've ever asked yourself this question then read on – the following information was issued by East Riding Council earlier this year:

The Council has a range of duties towards the gypsies, travelers and residents. The Race Relations Amendment Act (2000) introduced a statutory duty for named public authorities to promote race equality and eliminate racial harassment. Romany Gypsies have been recognized in law as a racial group since 1988.

The controls relating to unlawful encampments come with responsibilities to ensure that the welfare needs of gypsies and travelers are taken into consideration and are based on robust and recent findings. The main form of action taken in respect of unlawful encampments is the service of direction notices under S77 of the Criminal Justice and Public Order Act 1994.

When assessing the unauthorised encampments to determine the appropriate course of action many factors are taken into account. These include the sensitivity of the location and the activities of the travelers; welfare needs of the travelers including health conditions, educational provision, social needs, purpose of visit and intended length of stay.

### What happens following a complaint:

1. The complaint is logged on the Council's Public Protection helpline (01482 396301).

2. An assessment is done of whether the land is in Council or private ownership. If the land is in Council ownership the procedure below is followed. If the land is in private ownership advice may be given to the landowner but the Council will not take enforcement action.

3. An officer from Public Protection will contact Humberside Police and the Gypsy Liaison Officer to arrange for joint visits as necessary and to share up to date information.

4. A visit will be made to the site, hopefully the travelers will be spoken to. An assessment will be done of many things including welfare needs of the travelers (health, welfare, education etc), their impact upon nearby residents, their impact upon the wider community and environment. A decision will be made on whether the travelers need to be tolerated and if so for how long. Generally for those making little impact up to 28 days is permitted.

5. A notice (formal letter) is served on the travelers telling them to leave the site. A map is attached telling them where they must leave, a date is included telling them when they must be gone by.

6. If they do not leave by the required date they will be taken to the Magistrates Court for a court order requiring them to go. This involves a summons being served on the travelers and may take a couple of weeks to happen.

7. If a court order is granted the Council can arrange for a tow truck and the police to attend to remove the caravans and vehicles. It is very rare for things to reach this point.

We hope this information is useful to all residents.

## Graffiti and Criminal Damage

If you see anyone defacing property or causing damage please report it to Humberside Police either by telephoning 0845 60 60 222 or by e-mail (with a photograph if possible) to [safe.communities@eastriding.gov.uk](mailto:safe.communities@eastriding.gov.uk). You can also use the form at 'contact us' on [www.humberside.police.uk](http://www.humberside.police.uk). Many thanks to the Neighbourhood Action Team who during their recent clean up day cleaned off a lot of the graffiti.

## Contact Details

Should you wish to speak to a Parish Councillor, contact details are displayed in the noticeboards around the village. Alternatively, you can ring the Parish Council office on 01482 847623.

Keep up to date with what is happening around the village by visiting [www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk)

Annual Parish Meeting and Cottingham Parish Council Annual General Meeting

The Annual Parish Meeting for Cottingham will take place at 7pm on Thursday 19 May 2011 followed by the Annual General Meeting of the Cottingham Parish Council at 7.30pm – venue to be arranged. Keep an eye out for the notices which will be placed in the Parish Council Office, the Library and ERY Customer Services Centre giving more details.



## Test Cricketers from Yesteryear at Celebrity Dinner at Ramada Hotel, Willerby

The Haltemprice Lions have organised a Celebrity Dinner to be held on Friday, 20th May, 2011 at the Ramada Hotel, Willerby. The theme is based on an exciting cricket season to come during the summer, apart from the World Cup the test match will take place between England and India.

With this in mind the Lions have attracted veteran Mumbai and India Test wicketkeeper, Farokh Engineer to appear at the dinner with former Derbyshire and England batsman and current Chairman of the English Selectors, Geoff Miller. Both are excellent speakers and will not miss the opportunity to share friendly banter of times gone by and the current cricket scene.

Tickets are priced at £35.00 each available individually or tables for ten or twelve persons can be arranged. The proceeds are in support of the Hull, Beverley and Humberside Branch of the Multiple Sclerosis Society. It is hoped a sizeable contribution can be made on the night to ensure the ongoing research into this nasty disease.

The Lions are also looking for raffle/tombola prizes and special items for an auction. If you require tickets, or can help with donations please call David Whincup, Haltemprice Lions on Tel. 01482847367 or email [dwhincup-@dwhin-cup.-karoo.co.uk](mailto:dwhincup-@dwhin-cup.-karoo.co.uk).

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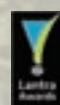
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# The 2011 Census and some interesting websites

**T**he 2011 Census that we all had to complete and send in last month, will be slowly feeding into the digital archives. I wonder if there will be the same level of interest and excitement in 100 years time, as there was when the 1911 census was released for public view?

**Internet Explorer 9** is the latest version of Microsoft's browser (for Windows Vista & 7 only) and is available for download; you may even have received it already as part of the *Windows Update* process. It promises a slicker and cleaner look, and more importantly heightened privacy and security. XP users remain with version 8

*Take your laptop into the kitchen...*

Lots of recipes are available online, try: [www.bbc.co.uk/food/recipes](http://www.bbc.co.uk/food/recipes) or good old *Delia!* [www.deliaonline.com](http://www.deliaonline.com) or even: [www.hairybikers.com](http://www.hairybikers.com)

Whatever question you ask online, you will always be amazed at the myriad answers! After a shopping mishap of leaving a chilled chicken in a bag by mistake before dashing out again, we needed to find out how much time was safe for it to be out of the fridge. A quick Google search revealed pages of answers citing between two and four hours!

**New York Times has launched its digital subscription service.** Signalling the probable future of newspapers online, the Murdoch empire is now charging for its news coverage, after the free first page or snippet. The Times (UK) has followed, and other online papers have already started trials.

**The FBI is closing in on a huge organised crime racket** that has been using over two million 'zombie PCs' to collect and steal passwords, banking and credit card information.

The PCs would belong to unsuspecting users, who do not have sufficient security on their machine, thereby becoming infected, then passing the malicious software onto other users, creating what is known as a botnet – a massive network of PCs controlled remotely. It is estimated that this has raked in millions of dollars over a long period for those behind it. The Dutch Police have also cracked a similar ring operating in Holland.

**Moore's Law states that the number of transistors placed on a processor** doubles every two years, increasing computer performance accordingly. The co-founder of Intel, Gordon E. Moore, made this prediction in 1965 and it will probably hold true for a few more years yet. By then it is expected that a new kind of combined processor and memory

could be available, making computers start up and work even faster.

**Want to recycle your old electronic gadgets? Something else M&S has added to their portfolio. See:** [www.marksandspencer.com/recycle](http://www.marksandspencer.com/recycle)

**Play.com is one of a number of organizations that has had customer email addresses stolen recently.** Usually it is an outside marketing firm that stores these details so they are not linked to more sensitive financial data. However it could mean more junk mail for some customers.

**With the holiday season approaching, here are some useful travel-related websites.** For destination reviews and opinions [www.tripadvisor.co.uk](http://www.tripadvisor.co.uk) or [www.roughguides.com](http://www.roughguides.com) & [www.lonely-planet.com](http://www.lonely-planet.com) For foreign exchange: [www.postoffice.co.uk/Travel\\_Money](http://www.postoffice.co.uk/Travel_Money) and for exchange calculations: [www.xe.com/ucc](http://www.xe.com/ucc)

**Questions and answers section:**

**Q: My ESET anti virus is expiring soon, what can I do?**

A: Just phone us for the discounted renewal figure, and we can action it for you. You have up to 30 days from the expiry date to renew.

**Q: What is Skype?**

A: This is a program that lets you 'phone' another computer anywhere in the world for free! So if you have family on the other side of the world you can both set up a free account and contact each other just like on the phone, but you can also use a webcam to see each other also. [www.skype.com](http://www.skype.com)

**Q: What is the difference between memory and storage?**

A: Memory is also called RAM (random access memory) and is there to speed up your computer; this can be increased to aid performance. Storage is your hard drive (normally known as C: drive), where Windows operated from and all your data is stored.

**Q: What is Rapport software that I have seen regarding online banking?**

A: Rapport is a useful piece of security software, often distributed for free by your online bank. It monitors your log in details and warns you if you are about to access a non-secure site.

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## Wordsearch - Europe

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

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

Find the words in the letters above:

Austria, Belarus, Belgium, Bulgaria, Croatia, Czech Republic, Denmark, England, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Macedonia, Malta, Netherlands, Norway, Poland, Portugal, Romania, Scotland, Slovakia, Spain, Sweden, Switzerland, Ukraine, Wales..

Wordsearch courtesy of [www.puzzlechoice.com](http://www.puzzlechoice.com)

## Sudoku No. 53 -

This is an easy challenge this month

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





## Cottingham Cricket Club ready their Hilltop ground with help of the NatWest sponsored ECB Cricketforce Weekend

As part of the NatWest sponsored ECB Cricketforce Weekend, Cottingham Cricket Club members were joined by six members of staff from the local branch of NatWest as they got their Hilltop ground ready for the forthcoming season.

The Bank Staff were put on painting duty as other club members worked on the square and ground and got the Nets and Sightscreens up and working.

From late morning to early afternoon the ground was a hive of activity with both Senior and Junior members working together in the glorious Saturday sunshine, only stopping for a sausage or bacon sandwich at lunchtime. The last person to leave was the Clubs long standing Secretary, Mike Best, who had come in the afternoon to paint 'his' scoreboard.

The Club runs three Saturday sides, a Sunday Intermediate side and nine Junior teams including a girl's side. We are always looking for new members, so if you wish to have a go please contact Rob Rhodes (842215) or turn up at training, which is at 6.00 pm on Friday evenings at Hilltop. Or visit our website [www.cottingham.play-cricket.com](http://www.cottingham.play-cricket.com).



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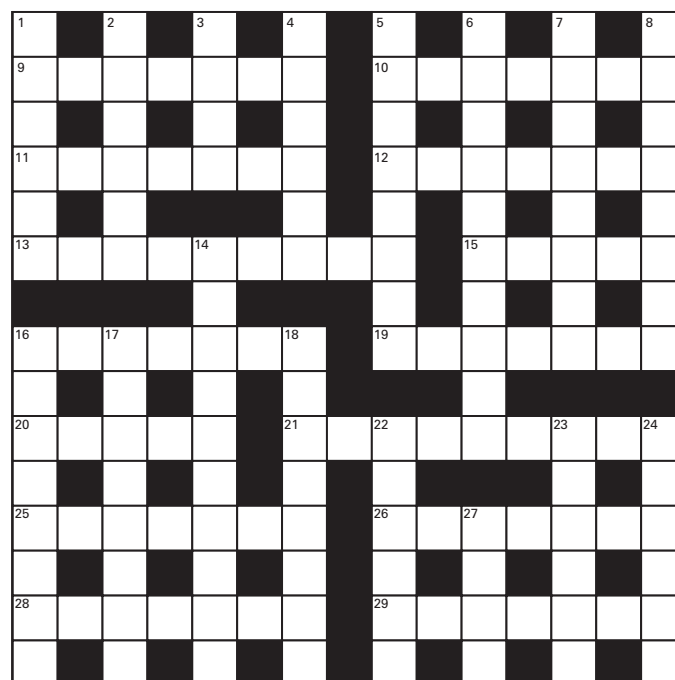
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## Crossword - Solution on page 46



### Across

9. Relationship between lovers (7)
10. Move in a sinuous manner (7)
11. Goof (7)
12. Ones who direct or guide (7)
13. Players who line up behind the line of scrimmage (9)
15. Detected (5)
16. Paper fasteners (7)
19. Searchers (7)
20. Pertaining to sound (5)
21. Indigestion (9)
25. Correction to a printed mistake (7)
26. A cut of meat (7)
28. "\_\_\_\_\_ up!" = Stop being foolish (7)
29. Class (7)

### Down

1. Pre-built (6)
2. Induces vomiting (6)
3. Leg joint (4)
4. Interfere (6)
5. Opposite of explodes (8)
6. Torment (10)
7. Glue or paste (8)
8. Holy wars (8)
14. Congratulate (10)
16. Apprehensiveness (8)
17. Not usual (8)
18. Planning (8)
22. Surprise attack (6)
23. Mean (6)
24. Flora and fauna (6)
27. Metrical unit of syllables (4)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)



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# In the Kitchen



## Asparagus

**A**sparagus (Liliaceae-Asparagaceae) is a member of the lily family and a distant cousin of the leek and onion. Considered by many to be the queen of vegetables, asparagus has been, and still is, a highly prized vegetable which, unfortunately, has a relatively short season of just 10 weeks.

### Asparagus Nutritional Values

Asparagus is a good source of folic acid (vitamin B9) and also contains potassium, copper and iron. It is also rich in vitamins A, B1, B2, B6 and C. The asparagus contains a sour agent, which noticeably renders the urine potent when digested. It also contains asparagine, which gives it its particular flavour and which has diuretic properties.

Around seven spears (80g) provides one of your recommended 5-A-Day servings, 69% of the RDA of Folate, 20% of the RDA of Vitamin C and 12% of the RDA of Vitamin B1. It is also one of the richest sources of Rutin which together with vitamin C, can help to protect the body from infections as well as being rich in soluble fibre.

### Buying and storing Asparagus

Choose asparagus with firm brittle spears and well coloured tight tips. Try to choose stems which are the same size so they cook evenly. Asparagus is quite fragile. Store in the refrigerator for up to one week preferably in a perforated plastic bag.

### Freezing Asparagus

Blanch whole spears of asparagus in boiling water for 2 minutes then open freeze on a tray. Once frozen, pack into freezer bags where they will keep for about five months.

### Cooking with Asparagus

Asparagus has to be cooked to get the best flavour and texture. To prepare them, if necessary, snap or cut off the bottom stalk to remove the tough fibrous part. Wash gently in cold running water. Asparagus can be cooked in many ways, but over-cooking should be avoided: they should be tender but not too droopy.



### Asparagus Quiche

#### Ingredients:

225g/8oz Shortcrust Pastry  
2 tbsp Butter  
4 tbsp Plain Flour  
400ml/15 fl.oz. Milk  
Salt and Pepper  
A large pinch of Nutmeg  
2 Eggs  
100g/4oz Gruyere  
225g/8oz Fresh or frozen Asparagus

#### Instructions

1. Preheat the oven to 220C, 425F, Gas mark 7. Grease a 25cm/10 inch flan dish.
2. Roll out the pastry to 6mm/ 1/4 inch thickness and line the flan dish. Prick the base with a fork and bake blind for 10 minutes.
3. Prepare the asparagus by cutting off any woody stems and washing under running cold water. Cut into 5cm/2 inch lengths and boil in salted water for about 10 minutes.
4. Meanwhile, melt the butter in a pan, add the flour and cook, stirring for 1-2 minutes. Gradually add 300ml/10 fl.oz. of the milk, little by little, stirring all the time. Bring to the boil and cook for 3-4 minutes. Remove from heat and season with salt, pepper and nutmeg.
5. Add 1 egg yolk to the sauce and mix well then add the grated Gruyere. Pour this sauce into the pastry case, filling to a maximum of 3/4 and bake for 15 minutes.
6. Remove the quiche from the oven and reduce the oven temperature to 190C, 375F, Gas mark 5.
7. Arrange the drained asparagus over the top of the quiche. Mix together with rest of the milk, remaining egg yolk and 2 egg whites. Pour this over the quiche. Bake for a further 30 minutes. Serve immediately.

### Turkey Breast with Asparagus

#### Ingredients

225g/8oz Fresh Young Asparagus Spears  
2 Large Turkey Breasts, skinned and halved  
2 tbsp Plain Flour  
Salt and Black Pepper  
2 tbsp Oil  
360ml/12fl.oz. Chicken Stock  
1 teasp Fresh Sage, chopped  
150ml/5fl.oz. Soured Cream



*Instructions*

1. Trim the asparagus to equal lengths then cut off the tips and cut the stalks into 3 pieces.
2. Beat the turkey breasts with a rolling pin or meat mallet to flatten them then coat with seasoned flour.
3. Melt the Olive oil in a frying pan, add the turkey breasts and cook until lightly browned on all sides. Add the stock, asparagus stalks (reserve the tips), sage, salt and pepper. Cover and cook gently for 15 minutes.
4. Stir in the cream and add the reserved asparagus tips and continue to cook for 5-8 minutes. Serve immediately.

**National Herb Week 6th - 12th May 2011**

There isn't a chef alive who wouldn't agree that the use of herbs plays an important roll in cooking, from relatively mild parsley which you can use by the handful, to sage whose pungent aroma and taste ensures it's usually used sparingly.

**Herb Dumplings***Ingredients:*

- 100g/4oz Self Raising Flour
- 50g/2oz Suet (Use vegetable suet for a vegetarian or vegan version)
- 1/2 teasp Salt
- 1/2 teasp Freshly chopped Parsley
- 1/2 teasp Freshly chopped Oregano
- 1/2 teasp Freshly chopped Thyme
- 1/2 teasp Freshly chopped Chives

*Instructions*

1. Sieve the flour and salt into a bowl and add the suet and herbs. Mix well with a knife.
2. Add enough water to bind and form a stiff dough.
3. Using floured hands, form into balls about the size of a golf ball.
4. To Cook - Add the uncooked dumplings to stews or casseroles 15 minutes before the end of the cooking time. Make sure the liquid is bubbling, then drop the balls onto the top and cover with a lid. Alternatively, the dumplings can be cooked separately in plenty of boiling salted water.

**Mango**

The mango is known as the 'King of Fruit' and belongs to the cashew family of flowering plants Anacardiaceae

They are native to eastern Asia and are known to have been cultivated for over 4000 years

Today over 20 million tons of mangoes are grown in tropical and subtropical areas including the Indian subcontinent, North, South and Central America, the Caribbean, south and central Africa, Australia and Southeast Asia

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ranging from 2 to 10 inches in length and they are now cultivated

Half a Mango counts as a portion of your recommended five a day

Mangoes are low fat, saturated-fat-free and cholesterol-free.

Mangoes are a good source of beta carotene which the body can convert into vitamin A - aiding eye, skin and bone health.

When buying, pick specimens which yield to gentle pressure, with no dark spots or blemishes. Also ripe mangoes have a very fragrant smell. They'll keep in the refrigerator for a few days however to get the best flavour, they are best served at room temperature.

**Mangoes in cooking**

Although many people like to eat mangoes "as they come" they are also an excellent ingredient to use in cooking for both sweet and savoury dishes. When using in desserts, make sure you buy ripe specimens to get the best flavour and texture. However, for some savoury dishes, slightly under ripe mangoes will work just as well.

The taste has been described by some as a cross between peach and pineapple and it can be used as a substitute for peaches in many recipes.

Green (under ripe) mangoes can also be used in savoury recipes and are particularly useful in meat dishes as they contain enzymes which help tenderize the meat plus the fact that they aren't that sweet.

**Mango Cheesecake***Ingredients:*

- 75g/3oz Butter
- 225g/8oz Digestive Biscuits, crushed
- 200g/7oz Cream Cheese
- 50g/2oz Caster Sugar
- 2 Mangoes
- 1 x 11g/0.4oz packet Gelatine
- 300ml/10fl.oz. Double Cream

*Instructions*

1. Melt the butter in a saucepan and stir in the digestive biscuits. Press into the base of a 20cm/8 inch loose-bottomed cake tin. Chill until firm.
2. Place the soft cheese and sugar in a bowl and beat together. In another bowl whip the cream.
3. Peel, stone and puree 1 mango, add to the cheese and sugar and mix well.
4. Dissolve the gelatine in 3 tablespoons boiling water, add to the mango mixture with two thirds of the cream. Mix well then spoon into the biscuit case and smooth the surface. Place in a refrigerator until set.
5. To serve - decorate with the remaining cream and mango slices.

www.cottinghamtimes.co.uk - May 2011 17

## “Beat the Bridge” for the Fishermen’s Mission

The Fishermen’s Mission challenges you to ‘Beat the Bridge’ on Sunday 8th May and raise vital funds to provide emergency and welfare support to our fishermen and their families in the Humber area.

Enjoy the stunning views from the spectacular Humber Bridge, one of the world’s longest single span suspension bridges. And as you walk marvel at the scale and majesty of this testament to human ingenuity and endeavour. One crossing from bank to bank is approximately two miles, and you can do as many crossings as you like. Remember the more crossings you do the more sponsorship you can raise.

It costs only £6 to enter (your entry fee covers the cost of the event). The Fishermen’s Mission benefits from the sponsorship you raise, so please raise as much as you can.

The Mission is the only national charity providing emergency and welfare support to our fishermen and their families 24 hours a day, seven days a week, 365 days a year wherever it is needed. We do this through a network of staff and volunteers working in over 70 ports and harbours, including Grimsby, Hull and North Shields. But for the Mission to be always on hand to offer the support our fishermen deserve, we need your help. So please call 0800 6341020 or email [events@rmmdsf.org.uk](mailto:events@rmmdsf.org.uk) for an entry form today.

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## Publican Maggie Clark says farewell to the King Billy in Cottingham

Maggie Clark said farewell to her customers at the King William IV (King Billy) on Tuesday 19th April.

Maggie has been the landlady at the King Billy for the past nine years and is now sadly leaving the King Billy and moving to The Ferry Inn, Brough.

She would like to say a big thank you to all her customers over the past nine years and says “Cottingham is a lovely village, with lovely people”, and looks back on her time at the King Billy, as the best years in her career in the pub trade.

She has raised over £1,600 in the last two years for the Cottingham Lights fund, holding a Meat Draw every week at the King Billy. One of her last contributions was to present cheques to The Cottingham Little Theatre, and the Cottingham Lights fund, totalling £280, raised from the two Meat Draws.

Maggie will still be seen about the village, and invites customers to call in and see her at her new pub The Ferry Inn, Brough when they are passing.

## Cottingham Darby & Joan Luncheon Club has vacancies

The Cottingham Darby & Joan Luncheon Club has vacancies for new members. The Club meets every Friday for lunch cooked on the premises by our own two cooks.

After lunch there is entertainment or Bingo, etc. Why not join us, meet new friends, and enjoy the friendly atmosphere. Telephone Mrs. Jennifer Hodge on 849077 for more details, or call in at the Darby & Joan Club, Darby & Joan Hall, Finkle Street, Cottingham on a Friday.

## Friends of Thwaite Gardens to hold Open Day Sunday 22nd May

Friends of Thwaite Gardens are holding their annual Open Day on the 22nd of May 2011. Members are admitted free whilst there is a charge for non-members of £2.00.

The gardens open at 11.00 am until 4.00 pm. There is a plant stall, tree trail and refreshments. Doug Stewart will also be available from approximately 11am until 2pm for informal individual questions.

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**Paws for Thought**  
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Richard Jones of Kingston  
Veterinary Services, Cottingham



## A Bunny is not just for Easter

Easter is almost here now and as well as lots of Easter eggs, chocolate Easter Rabbits are also given to children. Rabbits were always thought of as the original first children's pets along with other small mammals such as hamsters but do we know how much care rabbits really need! I don't think many of us do, so here is a quick guide to help before

we rush out to buy a rabbit for our children. I certainly didn't know how much care was involved until I took two stray rabbits home from work, but rabbits are such characters that they make great pets.

### Housing

If your rabbit is living outside then they need a waterproof hutch, usually raised off the ground, large enough to allow the rabbit room to rise up on its hind legs and stretch out to perform at least three hops. There needs to be a separate sleeping area and the hutch need to be placed out direct sunlight and draughts. I use straw and hay as bedding. Rabbits need to have access to run daily for exercise.

It is essential that the toileting area is cleaned out every day and the whole hutch once a week.

### Feeding

Most health problems in rabbits arise from their diets in the fact that rabbits require a high fibre diet and one that also take a lot of chewing to wear their teeth down. In reality this means a staple diet of hay or grass with some small amounts of supplementary food, ideally an all in one pellet. Do not use the mixed cereal diets as the rabbit will selectively eat the cereal parts leading to obesity and tooth problems as it feels full very quickly and will not eat much hay. Fresh vegetables should be a daily requirement, cauliflower leaves, apples, carrots etc but no lettuce. Fresh water should be available at all times.

### HEALTH PROBLEMS

#### Myxomatosis

This dreadful and nearly always fatal disease causes puffy swellings of the face, eyes and genitals, breathing problems and severe depression. Myxomatosis is spread by fleas or biting flies so your rabbit does not even have to come into contact with other rabbits. The good news is that there is a vaccination available that needs to be given every 6 months.

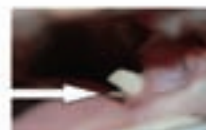
Rabbit with Myxomatosis



#### Teeth

As already discussed rabbits teeth grow continually and need constant use to wear them down. Rabbits suffering from weight loss, lack of appetite or salivating around the chin may have teeth problems, so take them to your veterinary surgeon, where with special equipment the inside of the mouth may be examined. If the rabbit has long teeth or spurs cutting into the tongue these can be trimmed under general anaesthetic.

Spurr on Rabbit's Molar



#### Viral Haemorrhagic Disease

This fatal viral infection causes breathing problems, diarrhoea although most often the rabbit is just found dead in the hutch. Annual vaccination will prevent it.

#### Fly Strike

Every day you need to check your rabbit's bottom as a build up of faecal matter will encourage flies to lay their eggs and maggots develop which will eat away the flesh around the anus. In rabbits which have greater risk of faecal impaction there is a solution available from your veterinary surgeon that will stop the fly's eggs hatching.

Open sores caused by maggots

Maggots on rabbit's back



All in all rabbits are engaging characters. Ours lived for 10 years and kept us all entertained.

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## Prizes on offer in “Give Us Your Best Shot” competition organised by the Viewfinder Photographic Society

East Yorkshire residents are being given the chance to scoop photographic prizes thanks to a major competition called ‘Give Us Your Best Shot’ run by the Viewfinder Photographic Society (VPS) based in Skidby, East Yorkshire.

The photography competition is part of East Riding Cultural Partnership’s ‘Capturing the East Riding’ project, which encourages people to create photographs that express what their local area means to them.

The photographic competition will run throughout spring and summer, culminating in an exhibition in Skidby on 1st and 2nd October 2011. Winners will receive a prize and their images submitted to a county-wide competition from which photographs will be selected for an exhibition at Beverley Art Gallery.

David Marshall, VPS Chairman said; “We want people to be inspired and inspire others to use their cameras and send us their photos. It doesn’t matter how experienced they are. We can help people to take better pictures – we’re a friendly club and passionate about photography and we’d love to know what the East Riding means to them.”

The Society will host a series of free workshops which will offer tuition to participants on how to get the best out of their cameras. Four workshops will be held during May starting on Monday 9th May 2011, at 7.00 p.m. at Skidby Village Hall. These will aim to give participants information about basic camera controls, composition, simple image manipulation and printing.

The competition was launched on Monday 4th April 2011, and anyone interested in finding out more about the competition or workshops can visit the VPS website at [www.viewfinderphoto.co.uk](http://www.viewfinderphoto.co.uk) or ring 01482 867450.

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## “The Tooth and Nothing but The Tooth”

by  
**Chris ‘Dr. Smile Maker’  
Branfield**

### Words of Wisdom??

**H**ello again, I hope that you are well. I’ve just got back from a well-earned break but it’s back to reality tomorrow. The Hull and East Riding BDA study day went really well and was attended. I was on BBC Radio Humberside the week after this and gave a presentation to the local Rotary Club a week after that. I thoroughly enjoyed my Rotary Club meeting and would like to thank them here for their hospitality and invitation. The week after that I was at the Association of Dental Implantology (UK) congress.

#### Not The Top One It’s The Bottom One

Last month I was talking about wisdom teeth and that now we have some NICE guidelines that there were fewer wisdom teeth being removed, especially ones that have no signs or symptoms of disease. It is generally more common to have problems with lower wisdom teeth than upper ones, especially relating to infection around the gum (pericoronitis). On occasion, when there is a problem with a lower wisdom, it is a good idea to take out the upper wisdom tooth instead. I must say that when this circumstance has arisen and I mention this treatment strategy I have encountered some funny looks. However, when I explain the reasoning it starts to make sense and I don’t sound so crazy.

#### Why Is It Not Crazy Then?

Here goes my evidence for the defence. When the gum flap (operculum) over the lower wisdom tooth gets inflamed and infected it swells and an upper wisdom tooth, if present, may bite on the gum causing it to ulcerate and cause more discomfort and swell more. This can then become a self-perpetuating situation. By removing the upper wisdom tooth this can give some instant relief by removing the trauma of biting on the gum flap.

Often, once the inflammation is under control the lower wisdom tooth can continue erupt into the mouth uneventfully. If the lower wisdom tooth does give problems later that mean that it requires extraction it is often easier to take out because it has come through (erupted) more into the mouth. This can reduce the need for hospital referral. The other thing to consider is that the upper wisdom tooth is often, but not always, the easiest tooth in your head to take out.

This is because it often has a less complicated root shape and more importantly, perhaps, the bone around it is softer and thinner. The other thing is that there tends to be fewer complications after an upper wisdom tooth extraction than the lower. As I said, the bone is softer with a better blood supply (marrow bone). I hope that this not getting gory at all! One last thing is that even if the lower wisdom tooth does eventually need to come out the upper wisdom tooth would often then be redundant and not be missed. Also, there is the chance that an upper wisdom tooth with no lower wisdom below it may actually over-erupt. This means that it may continue to grow down. This can lead to stagnation areas that can then lead to decay and gum problems. So there you go, I am really not that mad.

#### To Refer Or Not To Refer That Is The Question

A lot of wisdom are quite rightly done in general dental practice under local anaesthetic. However, on occasion it is prudent to refer to a specialist. This is more common with the lower wisdom teeth. The nerve that supplies sensation to the lower jaw, teeth, lip and chin runs in the jaw under the teeth. Sometimes the nerve is close to the wisdom tooth or even touching it. On very rare occasions the nerve can actually run through the root of the tooth.

I have only seen pictures in books of this. Another nerve that supplies sensation to the tongue is also close by. It is therefore always necessary to take an x-ray to assess the situation and treat every case individually on its merits. If it looks as though it may be a difficult extraction or that the nerve is very close or if there are other medical complications then it often better in these situations to take advantage of the skills of our specialist hospital colleagues. I think that we are probably all wisdomed out now. I do hope that it has made a bit of sense.

#### Probe Awards

On the 6th May I am off to London to the probe awards. I think that I may have mentioned this before but The Dental Mavericks Team that went to Morocco on our first charity adventure to treat children have been shortlisted for the award of team of the year. I am really excited. With luck, you never know we might win.

I checked my messages this morning after getting back from my holiday and I had been asked by the Peter Levy show to go on the show to talk about bad breath as there has been a recent report on. What a shame I was away. It was really short notice though, even if I was here. I hope that they got sorted out.

It’s the Royal wedding this week as I write this. I hope that you enjoyed it if you watched it. I wish them all the best and hope that it works out well. I hope that the weather is good for the bank holidays as I will be getting the caravan out for a couple of short jaunts. A bit like the Easter weather would be good. Until next time.

*Take care and be good.*

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 18 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. [www.castlepark-dental.co.uk](http://www.castlepark-dental.co.uk)

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## West Bull's staff and customers donate £1,142.16p to Marie Curie Cancer Care

**A**t a presentation held recently at the West Bulls Public House, Hull Road, Cottingham, a cheque was presented to local Marie Curie Cancer Care fundraisers, Joy Smales and Gail Jarvis and Marie Curie nurse Murial Mason.

The £1,142.16p was raised over the past twelve months by donations from staff and customers. This money will be used locally to provide free nursing care for terminally-ill patients in their own homes.

*Pictured above left to right: Dave Tyblewski (landlord), Murial Mason (Marie Curie Nurse), Joy Smales (local fundraiser), Gail Moore, Vicky Benson (team leaders) and Gail Jarvis (local fundraiser).*

## Black Dyke Mills Band to perform at Beverley Minster on Saturday 14th May

**T**he centuries old Beverley Minster is to be converted into a concert venue for one night only on Saturday 14th May.

Two years ago the Rotary Club of Humberside raised £6,000 for local charities by staging the first ever visit to the Minster of the world renowned Black Dyke Band. Now, they're hoping to repeat the success having arranged a return performance.

George Tarbotton, chairman of the Club's Major Events Committee said "Last time the concert sold out more than a fortnight before the event.

"This time we are putting in extra seating to cope with what we expect to be an even greater demand to see and hear one of the most talented and entertaining bands in the world. The bands credits are endless having performed before the Queen, played with the Beatles, Elton John and Leslie Garrett amongst many others.

"They will be playing a selection of popular and classical music which is designed to appeal to all musical tastes. The Minster setting for a concert like this is absolutely wonderful because of its amazing acoustics".

This time profits from the event will be split between four charities - Help For Heros; Marie Curie Cancer Care, the Dove House Hospice and Jacobs Well in Beverley.

George added: "We believe all four charities are very worthwhile and therefore in addition to having an unforgettable musical experience, those attending the event will be giving much needed financial support to these deserving causes".

Tickets priced from £12 to £20 have gone on sale and are available from the tourist information offices in both Beverley and Hull. They can be obtained also by telephone - 01482 875189.

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## Walking with Paul

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

**Maps:- EXPLORER 291**

Start at GR. 8274016 Old Railway Station.  
Distance 5.0 Miles.

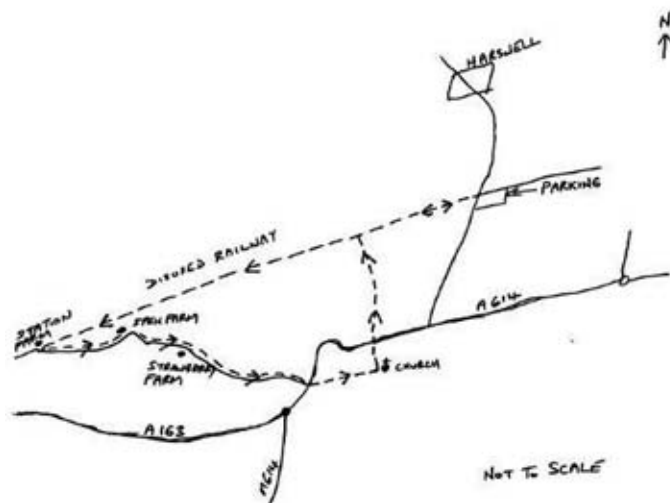
Follow the old railway track in a WSW direction for about two miles and turn left on meeting a road near Station Farm. Follow this road in an easterly direction passing Spen Farm and Strawberry Farm and eventually into Holme-on-Spalding-Moor.

On meeting the main road, cross the road and continue in and easterly direction climbing Church Hill.

On reaching the Church, turn left on a tarmac road and go down hill to meet the main A163 road. Cross the road and locate a path heading in a northerly direction through bushes eventually reaching open fields.

Continue walking in a northerly direction to eventually reach the old railway track. Turn right and return to the start.

*Pictured below: St. Peters Church, Harswell.*



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India, **WOW**, what an experience we had, something to amaze us all at the turn of every corner. Our small group was superb we all got along very well and being a small number allowed us all to enjoy the company of our guides and get the very best experience. When asked what was your highlight of the holiday? I thought the answer would have been the Tigers but I really cannot say, everything was a highlight from start to finish Lynne is taking next years adventure why not join her in March 2012. I will be offering an India evening soon, if you are interested please call. See three of my photos below!

What fantastic weather we are having, at present as I write we are on the Isle of Wight and with good food and company, what more could you want when on holiday. Everyone is having a really nice time, the island is beautiful on a dull day so imagine with this sunshine. On the way down we travelled through the New Forest, how beautiful it is and the wild horses where not only in the distance but along the road. Next year at this time we will be staying in the New Forest with our group, 22 April at the Forest Lodge in Lyndhurst, call for details.

The cruises departing from Hull will not be released until May and if you can travel this May/June please call, there are a few last minute cabins if you do not care about which cabin you have you can pick up a bargain!

Our own private group travel is taking shape nicely for 2012 and I expect that by the end of May will have almost the full programme on sale. Our Garonne River cruise will be departing on 7 June 2012 via North Sea Ferries and will be on sale soon. Cabins are confirmed we have 14 for sale and already guests registered, these will probably be almost sold out on release, add your name now if you are interested.

Adventure seekers who enjoy comfort too, join my special to Vietnam, Laos & Cambodia departing on 16 January 2012. Plus on 30 June a very special itinerary on a small ship covering the northern coast (Kimberley's area) of Australia. Much of this area is unreachable by road and offers fabulous landscapes along with wildlife. I have also secured free flights for this departure making a huge saving for everyone.

Thursford, we have dates & hotel sorted for 2012 pending tickets - register now (Saturday & Sunday). We are full this year but can offer CABS 2 night departures in November at £199 half board.

Our website, many of our travellers are becoming more and more involved with the internet. Hence I have been working on a new website that we can manage and work easily with..... I have made progress and it is now in a position that you can look at, enjoy and gather information. I have still a long way to go but we are getting there. The good thing is that you will be able to log on regularly if you so wish and read my BLOG. Sometimes we have important information and offers that are too good to miss and no real way of getting them out to you the public quickly. For those of you on our database we could email 2 or 3 times a day but you would get fed up and never read any. Now you can pop on to our site and see what is new and perhaps pick up a bargain holiday for yourself too.

If you have an email address and would like to receive our newsletter please email: [admin@marionowentravel.com](mailto:admin@marionowentravel.com) and you will be added to the list. We aim to do 4 to 6 newsletters per annum the next one will be May/June time. I am also pleased to receive comments on your thoughts too.

As our client, your thoughts are valuable hence the reason why we always like to have a chat with you when you return from your holiday.

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## Marion's Private Tours .....

**16 June: BBC Gardeners World & Good Food £45**

**17 June: North Wales** Port Meirion & Ffestiniog Railway.  
3 nights Half Board a bargain at just £215 per person

**27 June: Danube River Cruise 12 nights** from £1699

**25 August: Paris - August Bank Holiday £329**

Via North sea Ferries Time in Arras & Lille on route. 3 nights B&B in Paris at the Novotel la defense. Sightseeing in Paris included & Free time, plus a day to visit Versailles and Giverny, the home of Monet.

**14 October: Beer Festival Weekend £169**

Via North Sea Ferries departing Friday night back Monday morning.

**Disneyland Paris - 5 nights (3 nights Disney**

Via P&O North Sea Ferries -no long drive south!

**23 October (half term) e.g 2 adults & 2 children £1255**

includes a 2 day hopper ticket for the theme parks. Ask for other size parties

**05 November: Orient Express Evening £220.**

Guy Fawkes - a sumptuous dinner with fine wine & champagne.

**18 November: Irish Country Music Festival £239**

2 nights Half Board plus lunch on Sunday, 4 star Hilton Hotel in Blackpool, festival entrance (top bands).

**24 November: Christmas Markets 5 days £249**

4 nights Via North Sea Ferries, 2 nights, the centre of Cologne B&B. Enjoy 3 Cities- Aachen, Cologne & Dusseldorf.

**09 December: Christmas Market Weekend - £159**

Depart North Sea Ferries Friday night returning back Monday morning. Includes Liege & Brussels markets with 1 night half board at the Post Hotel.

**06 February 2012: Torquay - 5 days £199 single £214**

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### PS a little saying for travellers!

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Marion

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# In the Garden



## In Your Garden This Month

With the clocks going on an hour giving us longer daylight hours it could very well be the ideal opportunity to start spending more time in the greenhouse as, hopefully, warmer weather is just around the corner! May can be a busy month not only for the continued sowing of flower and vegetable seeds, but hanging baskets and containers can also start being prepared. Also if conditions are right, why not start on the lawn!

### Flowers

Seed of half-hardy bedding plants may be sown in trays in greenhouses or on windowsills, pricked out when large enough to handle into individual pots, remembering to water regularly and given a weekly feed. Summer bedding plants raised earlier can be planted into hanging baskets or containers and grown on in the greenhouse until moving outdoors at the end of May/early June, depending on weather conditions. A wide range of hardy annuals can be sown in their flowering positions and these would include cornflower, cosmos, echium, helichrysum, limnanthes and matthiola. Sweet Peas may also be sown outside in their flowering position. Spring flowering plants such as primroses and pansies should still be looked after by removing

## Top 10 jobs

1. Keep weeds under control
2. Protect fruit blossom from late frosts
3. Tie in climbing and rambling roses
4. Sow hardy annuals and herb seeds
5. Start to feed citrus plants
6. Increase the water given to houseplants
7. Feed hungry shrubs and roses
8. Sow new lawns or repair bare patches
9. Prune fig trees
10. Divide bamboos and waterlilies

any dead-heads or fading flower-heads to encourage further flowers.

It's also a good idea for plant support frames to be placed over clumps of tall perennials letting new stems grow through them which will completely hide the supports.

### Bulbs

Begonia tubers can still be planted into pots for growing in the greenhouse, remembering to make sure the concave part of the tuber is uppermost and lightly covered with compost. A weekly feed is recommended and as they grow can be potted on. Towards the end of the month plant dahlia tubers outdoors, if weather conditions are suitable, with a 10cm (4") covering of soil, however, if it is still cold in your area leave planting until later in the month. To prolong the flowering period of gladioli plant at intervals. For filling in gaps in the garden, lilies can be grown in pots enabling you to move them around.

### Fruit

A good thick layer of well-rotted organic matter can be used for mulching any type of fruit. Summer and autumn fruiting raspberries that have been newly planted should be cut back to

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approximately 23cm (9") from the base. To encourage early flowers cover strawberry plants with cloches. Early rhubarb should be harvested now; remember to remove any flower spikes that may develop. Keep a check on plants for pest and disease, taking any preventative action if needed.

### Vegetables

Many vegetables can be sown in the greenhouse to obtain an early start. Sowings can be made of runner and french beans, aubergine, capsicum, celeriac, courgette and marrow. Towards the end of April sowings of cucumber and melon may be made. Seed of tomato can also be sown now in a warm place which will provide plants for either planting out in early June or growing on in an unheated greenhouse.

Herbs can be sown in the greenhouse and many can be sown outdoors. Cauliflower seedlings produced from seed sown earlier may be pricked out and placed in seed trays for growing on so plantings can be made later in spring. Continue to make sowings of carrot and lettuce on a regular basis. Second early potatoes should be planted during the early part of the month and main crop varieties towards the end.

Onion Sets, along with seedlings already grown, can be planted in rows remembering to leave enough space so as you can use the hoe for weeding. If shallots haven't already been planted they should be done so as soon as possible. Leeks can be sown in the nursery bed and then transplanted into their final rows in the summer.

Plant asparagus crowns in beds that have been prepared well. Previous herb cuttings from last summer that were potted up which are now well-rooted can be potted up separately. Sweet Corn seed can be sown in warm conditions at this time so that plants will be ready for planting outside in early summer.

### Lawns

Provided the weather is mild and the grass is growing, applications of lawn fertilisers and weedkillers can be made to established lawns. Should moss have become a problem, treat with a moss killer. Rake out dead moss and then fork over so that growth and surface drainage will be improved. Apply lawn fertiliser to promote strong, healthy growth.

Depending on growth regular mowings may be necessary. Keeping a regular check on weeds is essential so that they can be dug out. It is the best month for sowing grass seed and, as mentioned last month, our Rapid Green Lawn seed will solve all your problems!

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## Your Stars for May 2011 - By Kay Gower

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

You set the bar high in May, and the challenge invigorates you. You imagine yourself getting to a new place in your career and will quickly progress along the lines of your vision. There is an important commitment that you will make next month.

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

You feel pressure from others to make big sweeping decisions and you're just not ready to make them. Good judgment is your calling card this month. Do things in your own time frame and everyone benefits.

### Gemini - (May 22-June 21)

Obstacles are positive because they force you to calm down and be in the moment. Impatience is weakness - something to remember when you have to wait on someone who is taking forever.

### Cancer - (June 22-July 22)

If something (or someone) stays too long in one place, it creates what the Chinese call stale chi. Move your life around. Take up something new. Don't wait for a storm to come along (mid month) and do it for you.

### LEO - (July 23-Aug 22)

New opportunities will be created in some very unexpected places. You could have some minor money worries over the next six weeks but through your creativity you should find a way to solve them.

### Virgo - (Aug 22 - Sept. 23)

For a project to hold your attention, the end reward must include more than money. It must engage your talent and your imagination. During May, try to focus only on projects that attract you on many different levels.

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

Opportunities are fleeting. Move fast to catch up to where you know you need to be. No need for fond farewells - simply gather yourself and go.

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

A good month to put energy and time into your work. You will impress those in authority and could be in line for promotion. Be careful of ruffling the feathers of your colleagues.

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

Knowing when to assert yourself and when to back off will be key to turning a situation in your favour. It's a delicate balance you're walking this month, but your talent for diplomacy will kick in when you need it most.

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

Recent events, some of them unpleasant, were essential for your success. This month you begin to understand in certain and simple terms what you must do next. It's like you are standing barefoot in the dirt ready to bloom, just like the magnificent lotus flower.

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

Your faith will be strengthened. Trust your own creative process and fortify your belief that things work out the way they do for a good reason. A rift between friends will be healed this month.

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

So what if you don't get it right on the first, second or even the millionth time? Keep trying, and if you never get it right, that doesn't matter either.

Life is a series of experiments. Look at it this way - the more experiments you try, the more you will have lived!



## Numerator

Each oval contains a different number 1-11. Follow the clues to find the correct location of each number in the Numerator diagram.

**Note:** 'Left' or 'Right' is from your point of view and means any location above the same horizontal line.

'Above' or 'Below' means any location along the same vertical line.

### Clues:

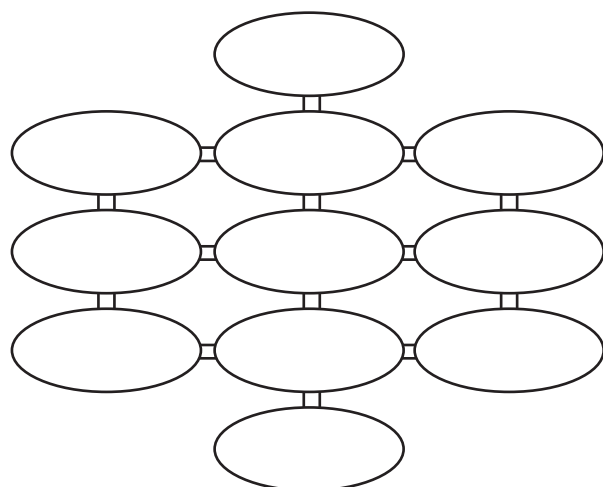
Number 1 is below 3 and left of 9.

Number 6 is below 10 and right of 7.

Number 2 is below 8 and left of 11.

Number 7 is above 4 and right of 5.

Number 11 is right of 3.



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

**H**ello and welcome again to this month fishing news. The date is the 19th April 2010. The Catchmoore crew hope you are all enjoying this glorious weather and the fantastic fishing to go with it.

I am extremely pleased to report that I am once again receiving many good reports from our local waters.

Sam Hosticks at Woodmansey; the Moat has been producing large bags of ide on maggot and pellet. The Kingfisher lake is producing good mixed bags to 100lb plus, and the Island pond has seen a few of the bigger specimens caught on corn and worm cocktails over pellet.

Bramston fishery also at Woodmansey is fishing very well. There is a lot of Carp to 20lb being caught. Many of these are being caught either on the surface or on the pellet waggler, fishing at about a foot deep. On smaller baits there are a lot of Ide, Bream, Roach and Rudd being caught. These fish are in pristine condition and are well worth targeting as the fish here are pushing up to record sizes.

Risby park fishery has been producing large mixed bags from the Folly and Tench Lake.

The reports that I am receiving seem to suggest that the best bags are being caught by the angler using sweet corn over micro pellets on the deck, and for the Ide and Orff, maggot or caster up in the warmer layers of the water. It would be good for you anglers to check this venue out. It is located at Walkington and has a café and good toilet facilities as well.

Ray Fosters (Mill Farm) at Leven; this is producing large Bream well into double figures and Tench to 9lb so far. Again the best baits to use seem to be pellet or sweet corn. Be warned you must be an early bird and be there early to get a peg.

Finally on our still waters this month I would like to talk about Beresford park pond just off Beverly Road near Cottingham road traffic lights. This is a council run lake and is producing a lot of mixed fish, such as Perch, Roach and Crucian Carp and Bream etc. All the local kids from around our area all seem to catch here but I do not get many reports from you adult anglers. I personally think the more experienced angler out there should give this one a go, when the kids return to school that is! I really do think you will be surprised.

**Catchmoore A.C News:** we have just had our first 2011 match. This was held at Raker Lakes nr Weldrake. This fished very hard because of spawning fish and the near tropical conditions, even though Colin weighed in an impressive 80lb 2oz (Well done). He caught all his fish on the top with floating baits. The backup weights were also very good. Appearing on the wooden spoon trophy is Dave, as Lou kicked his butt!! That really shocked Dave because Lou more than doubled his weight, Ha!

**Sea scene:** I am pleased to say that I have been receiving a lot of good reports from the coast from Albrough all the way up to Witherensea. The main target fish at the moment is large skate. These have been reported to weigh up to an impressive 141/2 lb. both mussel and bluey's seem to be the preferred bait at this moment in time.

Just a little note to all you anglers out there, we are now at Catchmoore stocking a new range of Nash tackle and have loads of new stock in from Chub, Greys, Shakespeare, Daiwa and many more. We have a massive range of baits from Van Den Eynde, Sonu Baits, Mainline, Dynamite baits and Sensas. With many special offers and bargains for you.

*"Tight lines" the Catchmoore Crew.*

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## Precious wild spaces in Cottingham

Cottingham is a village with a heart and soul. It has all kinds of properties mixed in together, imposing large houses sitting alongside pretty cottages. Cottingham residents have a mixed approach to gardening. Some favour pristine lawns and flower beds, others more 'natural' approach. Our wild spaces also give us what residents might think is a gift from nature. Not always so – the Cottingham Wild Spaces Group have been busy for over 20 years tending, planting and cleaning up our wild spaces. They keep them looking natural with the eye of garden planners who want it to look as if it 'just happened'.

Cottingham Wild Spaces Group are enthusiasts who love our village, they give of their time and efforts as volunteers freely. You can see the evidence of their work around Station Walk, on the Station Platforms.

We can help them to keep Cottingham attractive in many ways, but particularly by just being considerate. They pick up rubbish from litter louts and plastic bags from dirty dog owners, who feel they can just bag it and drop it! The most heinous are people who steal plants knowing they have been placed there by the Group.

We need to encourage our Wild Spaces volunteers. Please come and join them if you can. You will be made most welcome. Your contact is Mrs Erica Scaife on 840336 who will be very pleased of another pair of hands combined with enough energy to dig for Cottingham.

*Lena Slater*



## Cottingham Mowgli Cubs had fun and games to raise money for Comic Relief

On Monday March 14 2011, Mowgli Cubs part of the Cottingham Scout Group, joined in with the fun and games for Comic Relief. All cubs took a sponsor form home and was asked to "wear something funny for money".

Many came dressed in their sisters clothes and makeup, much to the amusement of the rest of the Pack. Every Cub made a great effort and not to be outdone even the leaders joined in. The final total raised by the Cubs won't be known until all sponsor money is collected.

Most of the night was spent putting red icing on plain buns, each Cub doing twelve to take home and sell to the highest bidder. The Cubs did this as part of their Global Challenge Badge, which is one of the hardest Challenge Badges to achieve. They must find out about global issues such as poverty, conservation, find out about international charities and take part in a recycling challenge among other things. The evening closed with our thoughts and prayers for the people of Japan.

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## New Honour Boards donated to the Cottingham Bowling Club by Brian DeVine

On Saturday 16th April Cottingham Bowling Club had their 'Spring Coffee Morning' with over 70 members attending. This was also the end of the winter carpet bowling season and prize presentation. Alan Smart the chairman of the indoor section presented trophies to the winners.

Ladies Singles -	Sue Woodeson
Ladies Pairs -	Sue Woodeson & Sheila Allbones
Mens Singles -	Steve Lambert
Mens Pairs -	Peter Axiotes & Don Macer
Married Couples-	Chris & Steve Lambert
Carpet Bowls Champion -	Margaret Macer

During the winter the pavilion has been refurbished and 24 new Honours Boards have been provided for outdoor and indoor winners.

The cost of the refurbishment has been donated by Brian DeVine to the memory of his wife Angela who died recently. Angela was well known in Cottingham for her extensive work in the community and as Chairman of the Parish Council.

Cottingham Bowling Club welcomes new members, including beginners, anyone interested should contact the secretary Brian DeVine tel. 01482 847303.

*The photograph above shows Brian unveiling a plaque to the memory of Angela.*



## Safe Haven for Donkeys in the Holy Land

Safe Haven for Donkeys in the Holy Land, a registered charity, desperately needs equine items, especially noseband covers and also any medical supplies such as large one side non-stick dressings, Animalintex, wound/antibiotic/eye ointments, self-adhesive bandages, large gauze pads, eye wipes etc.

Any help, however small, would be gratefully appreciated. Please contact: Lily Beasley Tel: 01482 665732.

## Yorkshire walkers set £10,000 cancer charity challenge

A leading cancer charity is urging people across Yorkshire to take on the 2.5 mile walk across the Humber Bridge to raise £10,000 to improve the lives of people affected by cancer.

Macmillan Cancer Support hopes at least 300 people will sign up to take part in the walk across the Humber Bridge on Sunday 22nd May.

The Humber Bridge Walk is just one of a string of walks Macmillan has organised as part of its Miles for Macmillan walking programme, which has been launched in partnership with Boots UK. The charity and Boots UK want people across the country to get active and explore their towns, cities and countryside by taking part in the challenge.

Macmillan's Humberside fundraising manager Eleanor Malcolmson (pictured) said: "This will be a great event and I know that everyone who comes along will have a wonderful day.

"the Humber Bridge is an iconic landmark, and the views as you walk across are stunning and you can't beat the fantastic feeling you'll get walking as part of a group who are all there to raise money for people affected by cancer.

"A 2.5 mile walk shouldn't be too difficult and anyone who is moderately fit should be able to take part.

"If you're a regular at the gym then the beautiful scenery and fresh air will probably be a welcome change and you'll be motivated by the fact that every step you take will be helping people affected by cancer."

Eleanor added: "Going walking is one of the easiest fundraising events you can take part in and all the money raised will be used to help people with cancer and their families. I hope lots of local people get involved and help us raise the money we need to fund vital cancer services."

And for those who would prefer creating their own route, it couldn't be easier. Eleanor added: "If you organise your own walk you can make sure it takes place somewhere you want to go at a time that suits you. And of course Macmillan will be there to support you every step of the way, providing hints and tips and materials to help promote your event."

This is the first year Boots has supported Macmillan's walks programme and their promotion of Miles for Macmillan will make it even bigger. Boots UK is already an important partner of the charity. Through their long term partnership, they will deliver more ways to access information about living with cancer on the high street, in local communities and online and increase awareness of the breadth of vital services that Macmillan provides.

To find out more about Miles for Macmillan visit [www.macmillan.org.uk/walking](http://www.macmillan.org.uk/walking).



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

## Some Horses are Born Lucky

Each month I try to bring you all on board with how life is in the reality of our little yard, in the team effort and work of my staff and the stories of owners and horses that come our way. We all of us input into each horse and invest heavily in each owner. The challenges are different with each job.... the circumstances of fright and fear, of accident or pain, the manifestation of anger or aggression.

They are all complex and provide real variation in both our personal and professional challenge. This all makes life incredibly interesting if not somewhat exhausting! I do hope that the variety is interesting to most and that you have maybe gained a little insight and empathy along the way.

I would like to tell you of a whole horse's life to date. Some are born lucky in the greater scheme of things.

Many years ago (1986) I bought an impossible mare off a local trainer who was a monster to try to get on, and who required nerves of steel to try to ride. Her name was Vicky and she was the end result of the harsh treatment metered out in the professional show jumping world. Time is money to the big boys and horses with very real talent have to conform and perform with excellence quickly....too quickly for some. Because of the pressure they fall by the wayside, just like 1000's of racehorses each year, when the expectation does not turn into fruition or the horse fights back and becomes too difficult to carry on investing in.

Vicky was a real tough cookie who started out as my nemesis but who ultimately became my soul mate and a true and special partner. We found something in each other to both bond and gel completely...we were inseparable, unstoppable and unbeatable...and in all those years I could never get her to accept another Jockey. She terrified everyone! My staff were reduced to gibbering idiots if I ever asked any of them to try to exercise her...seriously!!!!

When she suffered a significant injury I retired her from jumping and she became a broodmare. I bred three foals from her...the last one being Norman.

Now Norman was in no hurry to come into the world and Vicky was quite content to keep him in the warm! She could hardly wobble down the field, graze and wobble back in at night yet she kept her son warm and snug inside to a ridiculous degree. 11 months is the suggested length of time for a foal gestation... Norman appeared at one year and one week!

I had spent three weeks of sleepless nights watching a TV screen from the camera in the stable, at ungodly hours on the settee of my very good

friend Norman Porter (alias Norm the bus) here in Skidby. I used his stable as it was quiet, large and private, away from the hustle of the yard. I had just gone home to Lincolnshire to get more clothes, see my partner after work and generally readying myself for yet another bleary eyed night when.....

Norman rang me, minutes after I walked in through my back door, to say that he and our friend Naomi had ably assisted in a word perfect foaling....much to their surprise as they had only stuck their heads over her door for a nosey! I guess the lecture that I had given the mare before I left had worked or was it the insult of my description of her as being an inconsiderate old witch? Non -the -less, the brand new and aptly named equine" Norman the horse" stood on his own 4 feet, for the first time, without me!

I guess it was the time he had wasted in vitro or that he was simply Vicky's true son but Norman was as sharp as a bag full of monkeys from day one...just like her! He proceeded to go through life hurling himself whole -heartedly into every challenge thrown at him. He was a monster to break in at four years old....and a nightmare to back. Just like his mum he was so quick on his feet that hanging around long enough to allow me to get my backside into the saddle with any security proved to become a re-run of my early days with his mum. He too turned out to be an amazing jumper and his career took off when he discovered the joys of the Show Jumping and National Eventing .

I, however, suffered greatly at his whim over the years sporting numerous concussions, varied broken bones, an Internal fixation of my already beleaguered collar bone, a shoulder dislocation (of which I still pay a heavy price from) and in reality I became on first name terms with the members of the x-ray department in Hull Royal. He was so sharp on the cross country course that he would deposit me at will and at great speed with absolutely no warning...never from the fear of an oncoming huge, imposing treble telegraph pole tiger trap built over an equally huge, gaping, cavernous ditch. NAH! That was easy...it was the "Pterodactyl" type Blackbird or an armour-plated plastic bag which dared to innocently flap in a hedge and whoosh, he would be veering off at a tangent!

At eight years old I made the decision to sell Norman to an extremely tall young man of title and affluence, who not just would provide a fantastic Event home with a life style to which Norman had the right to aspire but who also had really long legs! This was a very real advantage to my little short ones and would guarantee that there would be no more parting of the ways on course!

Norman and Alistair had a fabulous few years together and clocked up an impressive array of wins and rosettes. However, a niggling injury to a fetlock meant that at 12 years old Norman had to retire from the front line. The Family offered him back to me and so home he came! With time, patience and care Norman resumed full health and still has an active and fulfilling life back in Skidby where he was born.

Norman now belongs to Jackie and will hopefully be in my care for life. Jackie did not know it at the time but she needed this horse to heal all her accumulated fears from her previous horse experiences. He taught her to canter, to cope with traffic without cardiac arrest and how to have fun. She has achieved so much, competed in Dressage (which to her had been an unattainable dream) and has much to be proud of. They have the same partnership and soul deep affection that I had with his mum all those years ago. Norman has come home in so many ways and is one seriously lucky horse.

I just need to add that at 18 years old he is still frightened of "Armour-plated" plastic bags!



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## Wills - why use a solicitor?

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

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

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

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

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

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

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## Have you got the balls?

**M**acmillan Cancer Support's Longest Day Golf Challenge is back. Have you got what it takes to play 72 holes, hit 300 shots and walk 20 miles - all in one day? Take a shot and help people living with cancer at the same time.

In 2010, over 300 teams took part in the challenge. More than £325,000 has been raised to help people living with cancer in the UK.

All you need to get involved is to organise a team of three to four players, register, decide on a date to play and start raising loads of money for Macmillan. While you need three or four players to qualify for the prizes, single golfers and pairs can also take part.

There is no specific date for the Longest Day Golf Challenge, so competitors can take part whenever they are available. As it is an all day challenge, the recommended dates are June and July (the longest day is Tuesday 21 June 2011), but the light should be good enough from mid May until late August.

The challenge can be completed at your local club – just make sure you book your tee times in advance! And don't forget to mention that you're raising money for Macmillan. Your club might reduce their green fees, or throw in a free bacon butty!

The Golf Challenge is a fantastic thing to get involved in: one of last year's winners, Ian Rutland, said 'Participating in the Longest Day Golf Challenge was one of the most rewarding things I have ever done. The day itself was great fun, but the most rewarding element was knowing we were raising money for something that really makes a difference to peoples' lives.'

To find out more about the Longest Day Golf Challenge, or to register your team, please visit [www.mac-millan.org.uk/-/Fund-raising/Golfevents/LongestDayGolf/LongestDayGolfChallenge.aspx](http://www.mac-millan.org.uk/-/Fund-raising/Golfevents/LongestDayGolf/LongestDayGolfChallenge.aspx) or contact your local fundraising office on 01904 756 402 or email [emalcomson@macmillan.org.uk](mailto:emalcomson@macmillan.org.uk)



## Cottingham Memorial Club makes a £250 donation to Guide Dogs for the Blind

**C**ottingham Memorial Club has continued its efforts in supporting charitable causes by making donations of £250 to Guide Dogs for the Blind and Sue Ryder - Holme Hall. The money was raised through raffles and quiz nights last year and follows the very successful Macmillan Coffee morning last September which raised £1000.

The picture shows from left Martin Stroud, Chairman of the Memorial Club presenting cheques to representatives of Guide Dogs and Sue Ryder with guide dog Dora in the foreground.

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## A bit more than a Ramble!

**H**ealthcare charity Sue Ryder is looking for keen or not so keen walkers to take part in their annual Yorkshire Wolds Challenge Walk. A bit more than your average ramble this challenge walk takes place on 2nd July 2011 in lower Yorkshire Wolds to the east of Hull around Brantingham

With three distances on offer – with a bit of training there is a route for everyone! 30 miles in 12 hours is a big challenge for most people or how about running it! For those of you looking for a slightly easier challenge there are 18 mile and 12 mile options all finishing at Brantingham Village Hall for a well deserved BBQ.

The route, which is fully marshalled with first aid back up from Cascare, takes in parts of the Wolds Way and the picturesque villages of Welton, North and South Cave.

Why not sign up today, start training and be ready on July 2 to take on the challenge whilst raising funds for Sue Ryder and enjoying the countryside. Although it's quite a stretch to imagine walking through green meadows flanked by twittering hedgerows, flowers of every hue, and the air filled with the sound of the countryside in high summer this could be you.

Signing up is easy visit [www.suerydercare.org](http://www.suerydercare.org), or ring Deborah on 01904 426920 for an application form.

So go on take on the challenge and help Sue Ryder provide support, expert personalised care, fun, activities and understanding for people with complex conditions including Huntington's disease, Multiple Sclerosis, brain Injury, Parkinson's disease and Stroke for people from across North and East Yorkshire.

For more information, email [york@suerydercare.org](mailto:york@suerydercare.org) or call 01904 426920.





## PIZZAS :: BURGERS KEBABS AMERICAN FRIED CHICKEN

**G**ino's Pizza and American Fried Chicken Takeaway is situated on Hallgate, Cottingham, near the junction with George Street and opposite the United Reform Church.

He has been established for the past six years and has built a reputation for providing excellent quality food and excellent, friendly service.

He has won the coveted Fast Food Guide Quality Award for Excellence in 2010 and now 2011. He also has the Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.



Gino's have not increased their prices despite the increase in VAT in January, so come and enjoy a superb takeaway at really value for money prices.

There is ample parking on Hallgate and in the nearby side streets.

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.

The meals are of excellent size and quality and the Mega Meal at £11.99 is superb value for money.

Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

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.cottingham-times.co.uk](http://www.cottingham-times.co.uk) under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.





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Drums  
Chicken V



## Cottingham Fitmums and Friends are holding a "Fitmums Fitfair" on Sunday 22nd May

**C**ottingham Fitmums and Friends, a running group based at the Pavilion on King George V playing fields, is building on its tremendous success. Founder Sam Barlow says that the club is offering a range of activities to suit everyone.

"As well as running in supportive and friendly groups, one of our members, trained fitness instructor Claire Lyon, has started a 'buggy burn' weekly session. This is for mums, dads, grandparents or anyone who has a child in a pushchair and would like to combine a walk with the baby with some fun and exercise. The first session was incredibly popular with over 20 mums turning up.

"We are also holding strength and conditioning circuit training every month and track sessions to help runners build up their stamina and improve their technique.

"We recently held a run for Japan week and raised nearly £100. We are also keen to help the Pavilion, which is run by community volunteers. To this end we are holding a 'Fitmums Fitfair' on Sunday 22nd May. A £5 ticket will give you the chance to try out a wonderful range of healthy and pampering offers. Half the proceeds will go towards Pavilion funds. Look out for flyers around Cottingham or check out our website at [www.fitmums.org.uk](http://www.fitmums.org.uk)."

Fitmums is always welcoming new members, no matter how fit (or unfit!). Membership is just £20 a year and includes a running vest and affiliation to UK Athletics. You can come along and try it out before deciding to join; see the website for times and days of sessions.

## "Classic Car Evening"

**Wednesday 18th May 2011**

**5.30 pm to 9.30 pm**

**Cottingham Memorial Club**

**Finkle Street, Cottingham**

**Admission FREE**

**Come and see a collection of over  
50 Classic Cars from the Golden Era**

## Hallgate Schools - continued

### The Year is now 1928

*by Peter Railton (Author and Local Historian)*

**O**n Friday 13th of January, the three Headteachers of Hallgate Schools gave a New Years party to their combined staffs and their partners or friends in the infants' hall. Games and dancing 'were enjoyed, in to a late hour' and a good time was evidently had by all. Some 40 people attended the inaugural annual event - though no more mention is made of it subsequently!

Colds and 'flu took their toll as usual in January and February among staff and boys; two boys, Frank Tennison and Reginald Diggins both fell and injured themselves at different times - as mentioned earlier, any accidents involving big loss of blood or suspected bone fracture were all reported in the log books.

An entry on 5th of March reads -

"I regret to have to record here the death of one of the Senior boys, Harold Wilberforce of Thwaite Street. Although he had seemed unwell for some time, he was only admitted to the Raywell Sanatorium a fortnight previous to his death which took place on Friday last, the 2nd inst. The Staff and Scholars are subscribing towards the cost of a floral tribute though only a portion of the money will be spent on this; the balance will be given to the mother."

Heavy snow fell in late March and attendance dropped to 175 out of 243 boys. Medicals were held that month conducted by Dr. Davidson, M.O.H, of the County Council, assisted by Nurse Ward who was usually involved in 'cleanliness searches' or, as some lads thoughtfully described it, 'looking for dicks in your hair', also possible cases of ringworm.

### Lantern Lectures

In April a lantern lecture on 'Nature and the Camera' was given in the hall by Mr. C.E. Mason of Hull, dealing with bird life in East Yorkshire. Those lantern lectures were very popular and came to be held in the boys' school hall on a Friday evening and parents and anyone interested could go along. Also that month, Miss Olive Jefferson joined the staff from Keyingham School.

On the 4th of May Mr. Brookes and some teachers took 80 boys to York to take part in the Yorkshire Choral Competitions, accompanied by some parents and friends. Buses were provided by East Yorkshire Motor Services and departed from the school gate at 9am. The sword dance team took first place and the choir second - 'very satisfactory.' The whole party then toured "Rowntrees Cocoa and Chocolate factory", and sampled the delights of some of the products and arrived, back at school at 9.30 pm 'tired but happy' - no mention is made of anyone being sick on the way back.

### Empire Day

Empire Day was celebrated in a different way that year with all the schools pupils assembling on Market Green, walking in procession from the schools. A flag pole was erected, the flag saluted, patriotic songs sung, speeches made by the representatives of the county council and school governors, and many parents and friends and onlookers were moved by the solemnity of the occasion. Back at school, the morning's events were rounded off with a 'gramophone record of the King's speech for Empire Day being played to the boys in their hall and then to the girls in theirs.

This must have been an impressive event at the time, and made - more enjoyable by reason of a half-day holiday in the afternoon because of the Holderness Schools Sports Day being held at the 'cricket ground' in Beverley. Thirty three schools took part including girls and boys from Cottingham. Parents and supporters en-trained for Beverley to cheer the pupils on and the combined total of points for Hallgate pupils taking part secured second place overall and gave hope of bringing the Shield to Cottingham in the near future.

The usual church feasts came and went in June and July and saw the annual Open Air Sale and Sward Dance Demonstration held at Elmfield House on the 18th; stalls were erected manned by teachers and helpers - Miss Hardy, Miss Whitehead, Miss Royston, Miss Holtby, Miss Warwick - staff names remembered by an older generation of ex-pupils. In the evening the Cottingham boys gave the Anlaby boys their usual beating at cricket and this was followed by a programme of marching and sword dancing.



In the girls' department, the year opened with the usual coughs and colds succeeded by outbreaks of 'flu and chicken pox in February and March. Six students from Hull Training College arrived for observation and one day's teaching under the guidance of the staff concerned. Girls had been working hard- at their sewing and an exhibition was held in the hall, not only of their work but of examples from other schools in the East Riding and 150 teachers attended and the display was a great success.

#### Miss Rhoda Wright Emergency Appendicitis

The College students returned in April for a week's teaching practice accompanied by their tutor supervising them and discussing their work with the teachers. Miss Rhoda Wright was taken ill and rushed to hospital for an appendix operation and a supply teacher was sent from Beverley to take her class until the Easter holiday; Miss Warwick was then transferred temporarily from the boys' department until Miss Wright returned to school on the 13th of June. On the 15th, Miss Cleator took three scholarship candidates to Beverley where they were to have an oral examination with Dr. Bickersteth the Chief Education Officer. School exams were held in July - nothing was more calculated to make children look forward to the summer holidays.

#### Insects and Animals

Much excitement was created by the visit to the school of Mrs. Mowforth with a hive of bees. This lady was a bee keeper and lived off New Village Road, along the snicket running from the railway station to New Village Road was a tall board fence between the ends of Jesmond Road and Cornwall Street, with a door in it on which two vaults bakerlite notices were screwed, one advising 'Beware of the Dog' and the other bearing the name 'Mowforth'. This door opened on to a large garden on either side of which were bee hives. Mrs. Kowforth was a pleasant lady whose face was usually hidden beneath a huge hat and veil; I remember my mother getting honey from her before the last war. The dog referred to was an affectionate black shaggy one with a tail which never stopped wagging. What the outcome of the school visit was is not recorded.

On 27th of July there was a half-day's holiday for Cottingham Flower Show held in the King Street Rooms. Some of the girls gave a dancing display on the Market Green, which must have been a nice addition to the colourful displays indoors. Curiously, rain never seemed to interfere with all those outdoor activities - were the summers really better than now, or were the schools just lucky with the weather? The annual Sunday Schools trip to Bridlington, and the girls' outdoor bazaar on the playground passed off without rain too.

In September the Cottingham Junior Playing Field was opened by Mrs. Alice Holtby. This was a small field sandwiched between the boys' school boundary and the Rectory, where the Adult Education Centre and the new Hallgate schools are now. All the usual local celebrities were there plus teachers and parents. The land was acquired from St. Mary's Church on a rental basis and money was raised for the provision of swings, a beam horse and a spiders web roundabout which had gathered rust and creaked loudly by the time it was used by 'us lads' in the 1940's. I remember an old pony and a donkey shared the field with us, presumably to keep the grass down and a reminder of the days when the Rector's pony would graze there in the 1800's

*The photograph shows Mr. Boynton the village plumber and, on the right, Mr. Peckitt the schools caretaker for many years.*



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## The Swanland U3A Choir to hold concert in aid of The Teenage Cancer Trust

The Swanland U3A Choir is holding a fund-raising concert for the Teenage Cancer Trust in Willerby Methodist Church at 7.30pm on Friday 20 May 2011.

The Teenage Cancer Trust is a registered National Charity which funds specialist cancer units. It is planning to open an NHS unit in the Centre for Oncology at Castle Hill Hospital, Cottingham.

This will be a specialist facility devoted to improving the lives of young people, designed to give the best chance of a positive outcome, and to assist their psychological and emotional well-being in a dedicated area with sufferers of their own age. Teenagers can get some of the most rare and aggressive forms of cancer.

This new unit was to have been opened in February, but the opening has had to be delayed because £100,000 is still needed.

The Teenage Cancer Trust received £50,000 as part of Viking FM's 2010 official charity "Cash for Kids".

Tickets for the concert cost £8.00, including a light buffet. To reserve a ticket ring 634104.

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**CONCERT in aid of  
THE TEENAGE CANCER TRUST**  
by the  
**SWANLAND U3A CHOIR**  
at the **WILLERBY METHODIST CHURCH**  
at 7.30pm on **FRIDAY 20th MAY**  
Tickets **£8.00** including light buffet  
**Telephone: 01482 634104**

**Below: Answer to Sudoku problem  
No. 52 from the April issue.**

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

## News from Cottingham Little Theatre

**"Noises Off" by Michael Frayn –**

**Thursday, Friday and Saturday 5th, 6th and 7th May**

Tickets for "Noises Off" have sold very quickly, as we hoped, so if you haven't bought yours yet, please have a word with our Ticket Secretary, Kaye, on tel. no. 01482 842270, to find out the latest information. Tickets are priced at £6.00 for adults and £5.00 for concessions.

The play follows the tantrums and antics of a second rate theatre company (not CLT of course) who are on tour with a "saucy comedy" called "Nothing On". The audience go behind the scenes to witness this farce within a farce, where the actor's wade their way through plates of missing sardines, flapping doors and double-entendres to a comic finale.

Several people who know the play have commented how complicated it is to perform, particularly on such a small stage. So the only way to find out is to come and see one of the performances, which will be held in the Darby & Joan Hall in Finkle Street, Cottingham, starting at 7.30pm. Doors will open at 7pm.

As usual, seats are unreserved, except for Patrons of the "Friends of Cottingham Little Theatre" scheme. Have you considered the benefits of becoming a "Friend"? For more information, please ring Bob or Kaye on tel. No. 01482 842270.

**"A SUMMER DOUBLE BILL"**

**WEDNESDAY, THURSDAY AND SATURDAY,  
6th, 7th AND 9th JULY, 2011**

Hard on the heels of our May production, we will be presenting, in July, a show with a difference, "A Summer Double Bill" consisting of two one act plays, both with Members making their directing debuts. In the first half we are performing "The Cagebirds" an allegorical play by David Campton and this will be directed by Lynda Danby.

We last performed this play way back in 1979 as our entry in the Haltemprice Drama Festival, when we won First Prize. Then in the second half we will perform "The Real Inspector Hound", a murder/mystery by Tom Stoppard, which will be directed by Gerry Wilson. This is another play which we performed in the Haltemprice Drama Festival but even earlier in 1974.

Tickets will be at the usual prices of £6.00 for adults and £5.00 for concessions and they will be available from early June. For more information please contact either Kaye or Bob on tel. no. 01482 842270

### SOCIAL EVENTS

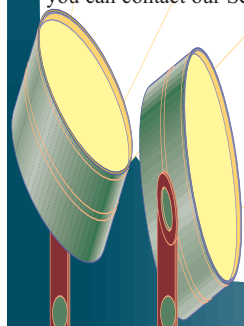
The next social event will be our Annual Spring Dinner for Members and Friends at the end of May. Our Social Secretary, Lynda, is currently searching for suitable venues and dates.

### PLAY READINGS

Our monthly Play Readings, which are open evenings for anyone who wishes to come along and either take part or just listen, or to find out more about us, are held in The Old Brewery Bar of the King Billy Inn, Hallgate, Cottingham and they start at 7.30 pm. The next one will be held Monday 6 June. If you would like to know more, give Margaret a ring on 01482 846796.

### NEW MEMBERS AND FRIENDS

If you fancy joining us, either as a Member or as a Friend, and would like to help us as we move towards our 100th Anniversary, please have a look at our website [www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk) where you can find out lots more about us. Or e-mail us at [clt1920@hotmail.co.uk](mailto:clt1920@hotmail.co.uk) or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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## Cottingham resident Peridot Harrison raises £1,400 for charity during her London Marathon run

Cottingham resident Peridot Harrison of South Street, completed her first London Marathon on Sunday 17th April.

Peridot, who is married with a two-year son, undertook to enter the London Marathon in October 2010. Although late to begin training, she ran the streets of Cottingham, and was also hindered by the heavy snow during her months of training.

Peridot completed the course in a credible 5 hours 25 minutes and raised £1,400 for her chosen charity, The Family Holiday Association which raises money for families who are affected by bereavement, disability, abuse or poverty to take them to the British seaside resorts for a well earned rest and holiday.

## Over 60's Pensions, Benefits and Money Advice Sessions at Beverley Library

Advice sessions on pensions, benefits and finance for people aged 60+ are being held at Beverley Library on Tuesday, 10th May at 6pm.

Did you know, even with savings above £16,000, you may still be eligible to extra payments in your state pension?

Would you like to know if you can get a reduction in your council tax bill? Are you entitled to help with paying your rent?

Do you know that attendance allowance, disability living allowance or carer's entitlements are not connected to your wealth but your health requirements?

If you want to hear more or have any questions of your own, members of the Benefits and Money Advice Service will be at Beverley Library to give a short talk and answer your questions at these sessions.

The advisors will also be happy to speak to you in private and, if necessary, arrange a home visit to complete any forms.

For further information or to book a place, contact Beverley Reference Library on (01482) 392755.

## The Hull Savoyards to perform "The Yeoman of the Guard" at The Middleton Hall, between 16th and 18th June

The Yeomen of the Guard or The Merryman and his Maid was first performed by The Hull Savoyards in 1947. In this years production will Fairfax meet the same fate? The combined magic of Sullivan's music and Gilbert's wit with outstanding costumes in a colourful setting on the Tower Green (will be) a night to remember.

The story centres on Colonel Fairfax condemned to be executed for sorcery. There are increasingly complicated attempts to spare his life and to avoid his estate falling into the hands of a scurrilous relative. As with many Gilbert plots the plans involve marriages and a healthy smattering of humour but unusually the show closes with the unrequited love of one of the principal characters.

The Yeomen of the Guard is at The Middleton Hall, Cottingham Road, Hull HU6 7BR on 16th, 17th and 18th June commencing at 7.30 pm. Tickets available at the door or contact 01482 876124. Adults £8.50; Concessions: £7.50; Family Ticket: £20.00 (Two adults and up to three children).

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## Skidby Playing Field Committee say a big "Thank You" to local businesses

**S**KIDBY PLAYING FIELD COMMITTEE would like to thank the following local businesses for the donation of some really lovely prizes for the 2011 Easter Raffle: Lazaat's Restaurant, Miller's Cafe, Sails Cafe, Angel Therapies, J.M.J. Woodturning, Cottingham Parks Golf & Country Club, Lowna Dairies, Joanne's Hair Salon, Paula's Pamporium, The Orange Grove, Lucy Hunsley, Sheila Priestley and Marcus Hall.

We also gratefully acknowledge Janet Smales who kindly assembled and shopped for two impressive hampers, donated by the Playing Field Association.

Thank you to everyone who bought and sold tickets. All prize winners have now been notified and a list of the winning tickets can be viewed on our website at [www.spanglefish.com/skidbyplayingfields](http://www.spanglefish.com/skidbyplayingfields). We have raised approximately £500 to top up our funds.



## Skidby's 2nd Scarecrow Festival - Friday, Saturday, Sunday 8th, 9th & 10th July

**T**his is an advance notice to give you opportunity to book the dates in your diary. Last year's Skidby Scarecrow Festival was a huge success and this year we hope to make it even better with more amazing scarecrows on display and additional stalls and attractions around the village, including the very popular Beverley Brass Band ( Sunday afternoon only).

Skidby residents are reminded to ensure that they have registered their entry with the Scarecrow Secretary (Kelvin Young 01482 843446). Registrations forms are available from the Village Hall Pop-In or can be downloaded from our website at [www.skidbyvillagehall.btik.com](http://www.skidbyvillagehall.btik.com). Local traders and businesses are also reminded that their sponsorship details and/or Scarecrow Programme adverts should be forwarded to the Scarecrow Secretary as soon as possible.

Anyone wishing to donate prizes or offer help in any way should contact the Skidby Village Hall Management Committee on 01482 843446. We are looking forward to a brilliant weekend of fun and entertainment for all the family.



## Skidby Fete - Saturday 18th June from 11.00 am to 5.00 pm

We will not be holding Skidby Open Gardens this year, but instead the Skidby Fete will take place on 18th June from 11.00 am - 5.00 pm on the Church Green.

A sale of Mires Beck Plants for Gardeners, home made and home grown produce for sale, lots of games for children and adults, SJ's Superstars Dance Group will perform, organ playing and music, TEAS, St. Michael's Church open to visitors with a talk on the history of the Church, cakes for sale, tombola prizes and lots more. Queries: 01482 840333. Funds to St. Michael's Church. **PLEASE PUT THE DATE IN YOUR DIARY - SATURDAY 18th JUNE.**

## The 38th Annual Skidby Art Exhibition - Saturday/Sunday 4th & 5th June

Skidby Village Hall is proud to be hosting the 38th Annual Art Exhibition which includes the opportunity to buy original works of art. The Exhibition will be open to the public on Saturday 4th June and Sunday 5th June from 11.00 am to 6.00 pm with quality home-baked refreshments available all day.

This very popular exhibition always features a wide variety of work from local artists. Admission will be £1.00 per person. Accompanied Primary School children are admitted free of charge. Artists wishing to exhibit their work should contact the Secretary, Kelvin Young (01482 843446) or visit our website at [www.skidby-villagehall.btk.com](http://www.skidby-villagehall.btk.com) to download a Registration Form and Conditions of Entry document.

We look forward to welcoming you to a genuine village Art Exhibition - we feel sure you'll enjoy your visit.



Skidby Village Hall & Institute

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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

Eczema, Herpes, Psoriasis, Acne, Hair Loss, Itching, Athlete's Foot, and other Fungal Infections, etc.



### Muscular, Neurological, Skeletal and Vascular:

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

### Internal:

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

### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### Cancer and Tumour:

Herbal therapy can build up your immune system to support any other medical treatment for more serious medical conditions.

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

*Herbgarden have been situated in Butcher Row, Beverley, for the past seven years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.*

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



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## Acoustic, Electric, Eclectic: Back for 2011, The Cottingham Springboard Free Live Music Festival May 26th to May 29th

Several years ago in the back room of the King Billy pub on Hallgate, a handful of musicians came together to provide one summer afternoon's entertainment. Since then the event has grown year on year and now six of the village's pubs participate annually in a long weekend of music, showcasing the best of local and regional up-and-coming talent, with special guests over the years having come to perform from as far off as the USA, Canada, France and Australia.

### Friendly Atmosphere

The ethos of Springboard has always been to provide a fun and friendly festival atmosphere where events are free to the public, and less experienced performers get to share a billing with the old hands. It's a recipe that has seen no small success in encouraging local people to experience the diverse talents of the music community on their doorstep.

Each of the stages is run by one or more of the area's music event organisers. Stages serving a very popular cocktail blending a wonderful assortment of acoustic and electric performances include the Sounds Of The Estuary stage at the festival's newest venue **The Black Prince**; the Old Brewery Bar at the **King William IV** (King Billy) run by the Acoustic Underground & Springboard Monthly teams; the Africa Studios stage at the **Cross Keys**; the Eskimo Soup Stage at the **Duke of Cumberland** and the Face The Music team's Harry Gurevitch Stage at the **Blue Bell**.

### Pure Acoustic Music

For pure acoustic music, The Acoustic Lounge at the King Billy is run by the organisers of Anlaby's Big Coffee acoustic sessions and **The Hallgate Tavern** holds an acoustic all-dayer on the Sunday. The place to be for the festival's heavier rock and metal acts is organised by Music HQ, also at the Hallgate Tavern. The team from Off The Road provides a wide-ranging dish of music, cabaret, poetry, magic and comedy downstairs at The Duke Of Cumberland. In all, just under 200 acts are expected to perform over the course of the weekend.

*Support your local retailers - Use Them, Or Lose Them*

Beer gardens, food and free live music make for a great day out for most people and the Springboard venues are child-friendly during the daytime. In fact some of the performers themselves are still in their teens and already displaying incredible talent – Abbie Lammas, Tom Gorringer, and "Guitar George" Bates to name but three to look out for. At the opposite end of the scale the Blind Lemon's Hot 5 have possibly been with us since the dawn of stringed instruments, and often remind audiences that their combined age is in the several hundreds.

### Eclectic Range of Musicians

With this vast range of eclectic talent on offer there's always something for everyone, whether it's the green-painted faces of the soulful Gherkins, the mind-boggling guitar skills of Karl Culley, the enchanting melodies of The Happy Endings or the powerful original rock music of Lavellion – the team at Springboard look very much forward to welcoming all of you in joining us for a fun, free, fantastic long weekend.

Cottingham Springboard Free Live Music Festival: 26th, 27th, 28th, 29th May 2011.

Participating Venues: The King William IV, The Hallgate Tavern, The Blue Bell, The Duke of Cumberland, The Cross Keys, The Black Prince.

**Admission: Free.**

Full Programme: [www.springboardfestival.org](http://www.springboardfestival.org)

*Pictured: Daniel Champagne, special guest from Australia, performing at various venues across the weekend.*

## Live @ The Blue Bell

**Live Jazz every Sunday  
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**hosted by RevRay with guest performers,**

and monthly open mic when  
aspiring musicians can join in,  
and the May bank holiday sees the  
return of the **"Springboard"** music festival  
hosted at the Blue Bell by Frank Johnson  
**running from Friday 27th  
through to Sunday 29th**  
guaranteed to be the best year yet!

Frank also hosts the weekly  
**"Face The Music"** night  
at the Blue Bell from 9 every Wednesday  
with guest performers and any aspiring  
musicians are also invited to join in.

## The Bluebell Bell

West Green, Cottingham

**Tel. 847113**

## Slimming Expert Wins Award

Helping people achieve their dreams, especially when it comes to losing weight, is no mean achievement. Slimming World Consultants are well known for being the most dedicated when it comes to real help and support through one of the most difficult things anyone ever has to do in their lives. So winning a special award for doing that is pretty exceptional.

Theresa Foster who holds a group at Cottingham on Mondays @ 5.30PM AND 7.30 PM says "this job is so very special. Watching someone change from having no confidence, being embarrassed about their size and wearing shapeless clothes to someone who looks great and feels great, brings its own rewards on a daily basis. But to have your work recognised in this way is, I must admit, a very proud moment for me."

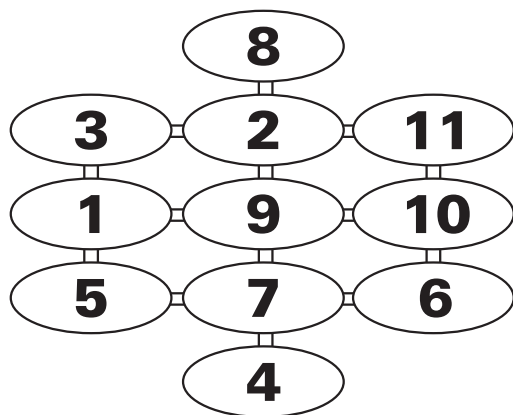
In the last three months Theresa Foster has helped members lose more than 900lbs, making Cottingham one of the best weight losing areas in the country, so well done to Theresa Foster and well done to the slimmer's of Cottingham.



**Weekly Classes held at:**  
**Darby & Joan Hall, Finkle Street,**  
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**and all Bank Holidays**  
**Also at: Sutton Park, Hull**  
**Tuesday at 9.45 am**

*For Membership details Ring Theresa on 823032*

### Numerator Solution from page 29



### Crossword Solution from page 14

1	P	2	E	3	K	4	M	5	I	6	H	7	A	8	C
9	R	O	M	A	N	C	E	10	M	E	A	N	D	E	R
	E		E		E		D		P		R		H		U
11	F	A	T	H	E	A	D		12	L	E	A	D	E	R
	A		I				L		O		S		S		A
13	B	A	C	K	14	F	I	E	L	D		15	S	P	I
					E				E		M		V		E
16	S	T	A	P	L	E	S		19	S	E	E	K	E	R
	U		B		I		C					N			
20	S	O	N	I	C			21	H	E	A	R	T	B	U
	P		O		I		E		M				N		A
25	E	R	R	A	T	U	M		26	B	R	I	S	K	E
	N		M		A		I		U		A		I		U
28	S	M	A	R	T	E	N		29	S	E	M	I	N	A
	E		L		E		G		E		B		D		E



## Dry Skin Brushing

Dry skin brushing is an excellent way to improve the look and the function of your skin and the process will take only minutes a day.

First of all, buy the right kind of brush. The best type of brush for dry skin brushing is a natural bristle brush that will not damage the skin in any way. Choose one made with vegetable bristles. Aim for a brush with bristles that are not too soft but not too stiff and unyielding either. Also look for a brush with a long handle in order that you can reach those hard-to-reach areas such as the middle of your back.

Once you have the brush, you are all set. Dry skin brushing is one of the least expensive forms of alternative healing that you will come across. The best time to brush your skin is in the morning or at night before your shower because you have to disrobe to do it. No clothes allowed! This is also the best time of day to do it because the dead skin cells that are brushed off your body can be washed away in the shower afterwards. Dry skin brushing can be done once a day and even twice a day if you tend to have two showers a day or a shower and a bath.

Make sure your skin remains dry for the duration of the dry skin brushing- thus the name DRY SKIN BRUSHING.

### Here is the procedure:

1. The feet contain pressure points that are associated with all of the body's major organs so begin at the soles of your feet. Brush gently but with a steady movement.
2. Next, brush your ankles, calves and thighs. You should feel the bristles of the brush on your skin but it should feel tingly as opposed to uncomfortable. If it does feel uncomfortable then you are being too rough and need to ease up a bit.
3. Brush across your stomach and then move the brush around to do your buttocks.
4. Now brush your lower back and then move up to do your middle back and then your upper back and your shoulders.
5. Once your shoulders are finished, do the front of your neck and then the back but be gentle.
6. Now it is time to do your arms and hands. Do one arm and hand on one side of your body and then do the same on the other side. The brush should follow a circular type of motion in order to get the very best results.
7. Do your chest last but use caution when you brush around the breasts. Avoid brushing the nipples and all sensitive areas.

### Important Points about Dry Skin Brushing

- This is the general procedure for dry skin brushing but you can modify it to suit you. For example, some people prefer to do their feet and calves but then return to do their legs and knees closer to the end, right before they brush their chest. See what works best for you.
- Always brush in the direction of your heart and it is important that you do circular counter-clockwise strokes when you brush your abdomen.
- Dry skin brushing should never be done on the face.
- Fluids are lost from the body when dry skin brushing is done and therefore it is recommended that you drink plenty of water following the procedure.
- Every couple of weeks wash your brush in water and then allow it to air dry.



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