

Cottingham Times

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Issue 126 - May 2012



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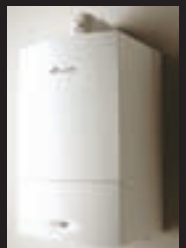
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In Cottingham and District

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

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

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

AgeUK East Riding

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

Cottingham Rangers AFC

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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.

Zion United Reformed Church, Hallgate

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

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Philip on 658247 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham.

Fitmums and Friends Running and Walking Club

The club meets at the Pavilion, King George V Playing Fields Wednesdays at 7.00 pm; Fridays 6.15 pm. Buggy Run: Thursdays 1.00 pm. Mondays at the Blue Kangaroo, Finkle Street, Cottingham at 9.45 am. Suitable for men and women of all ages (over 18) and fitness levels.

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

Front Cover Picture: A view across Eppleworth Road. Photo by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Tel. 846804.



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Cottingham Bridge Club

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

Cottingham Ladies Circle

Wednesday 2nd May - Mr. David Penny, a talk about Spain, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda Association

Wednesday 2nd May - Policing - Dave Smith, in St. Mary's Church Hall, 2.00 pm.

St. Mary's Church Tower Tours

Monday 7th May - Bank Holiday Monday and June 4th. Starting at 10.00 am. Tower tour takes about 45 minutes. To book a place call Ian Booth on 848041.

Cottingham Women's Institute

Tuesday 8th May - The Revolutions. Bumper Sales Table, Competition: Guess the price of the hamper, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

Haltemprice Art Group

Tuesday May 8th - Open Forum followed by Annual General Meeting.

U3A

Thursday 10th May - AGM. Judi Groom and Tony Walford, presentation of slides of U3A garden visits. In the hall at the Darby Joan Hall, Finkle Street, Cottingham.

Hull Ladies Choir

Thursday 10th May - Charity Concert, proceeds to the Neo-Natal Intensive Care Unit, HRI. Guest pianist Joe Christie and the Wesfield Primary School Choir. At the Guildhall, Hull. Admission £5.00. At 7.30 pm. Contact 07779 732322 or email info@hullladieschoir.org.uk.

St. Mary's Church, Hallgate, Cottingham

Saturday 12th May - Marriage Celebration Weekend, Wedding Dress and Memorabilia Display, 10.00 am to 4.00 pm. Admission free. also Sunday 13th May at 11.00 am a service of thanksgiving for marriage. Everyone welcome.

Skidby Village Hall

Saturday 12th May - Gardener's Mart, at Skidby Village Hall, 10.00 am to 1.00 pm.

Skidby and Little Weighton Cubs

Saturday 12th May - Annual Windmill Walk. Entrance fee £9.50 either 26 mile of 13 mile course. Registration from 7.30 am. Start 9.00 am from Skidby Playing Fields.

The Rotary Club of Holderness

Saturday 12th May - Plant Sale at Waitrose Shopping Park, Willerby 10.00 am to 3.00 pm. All proceeds to Rotary Charities.

Hessle West Open Gardens

Sunday 13th May - Open gardens, 11.00 am to 5.00 pm. Admission £3.00. Accompanied children free. Plants for sale and Refreshments along the way. Starting at any house in Hessle West with balloons on the gate. This is our 20th year of opening and we are supporting Dove House, The Red Cross, and Hearing Dogs for the Deaf. For further details ring 645241.

Cottingham Catholic Women's League

Monday 14th May, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 16th May - Alision Morris and Gillian Banks AgeUK Charity Services, at 7.30 pm in the Darby & Joan, Finkle Street.

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Cottingham Ladies Circle

Wednesday 16th May - Outing.

Cottingham Men's De Luda Association

Wednesday 16th May - Hazel Barnes, Life and Times of Pam Ayres, in St. Mary's Church Hall, 2.00 pm.

Cottingham Green Women's Institute Evenings

Thursday 17th May, Members evening What I Do for a Living, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Diabetes UK

Thursday 17th May, Mr. G. Dale, Advanced Practitioner in Psycho-Therapy, Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.00. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

Inland Waterways

Friday 18th May - The Beverley Barges by Iain Campbell from the Beverley Barge Preservation Society. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

North Ferriby Gardening Club

Saturday 19th May - Annual Plant Sale. In the Village Hall, North Ferriby at 7.30 pm.

Wold Lace Makers

Saturday 19th May, Irene Tomlinson with a collection of lace. The Church Hall, St. John's Newland Parish, Church Hall, Clough Road, Hull HU6 7PA. 10.00 am to 4.00 pm.

Skidby Playing Fields

Sunday 20th May - Car Boot Sale. At Skidby Playing Fields, Hot and Cold refreshments on sale. Further details from Kelvin Young, 843446.

Friends of Thwaite Gardens

Sunday 20th May - An opportunity for anyone to visit the gardens for a small entry charge of £2.00 to non-member, 11.00 am to 4.00 pm. (No charge to children of Thwaite Gardens). Refreshments are available and there will be a plant stall.

North Ferriby Gardening Club

Monday 21st May - Journey Through Cevennes - Martin Nethercoat will show slides of the flora and fauna of this little known area of France. In the Village Hall, North Ferriby at 7.30 pm.

Wednesday Social Club

Wednesday 23rd May - Gordon Acaster, The Village Bobby (Sutton), in the Darby and Joan Hall, at 2.00 pm.

Cottingham Wildlife Watch

Saturday 26th May - 1.00 pm to 3.00 pm, Pearson Park Wildlife Garden. Bees, butterflies and pond dip. Craft activity.

Friends of Hull Young Musicians

Saturday 26th May - Craft Fair at the Civic Hall, Cottingham at 10.00 am to 4.00 pm. Assorted craft stalls, homemade refreshments, tombola, raffle, live music by students. Tables available for more information 01482 352911.

East Riding Flower Club

Monday 28th May - "A Jewel in Nature's Crown", a flower demonstration by Barry Grey (National Demonstrator). In the Civic Hall, Cottingham at 2.00 pm. Doors open 12 noon. Tickets from Judy Robinson, telephone 01482 876279.

Cottingham Ladies Circle

Wednesday 30th May - Mr. Kath Richardson, The Women Who Never Was, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

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The 'end' of Windows XP and the birth of Windows 8

Windows XP the stalwart operating system launched in October 2001, and still used by many, will reach end of life in April 2014. This means that although it won't stop working, there will be no further support or security updates from then.

Since XP there has been Windows Vista and of course the current and very successful Windows 7. Now Microsoft has announced that its forthcoming Windows launch in the autumn will be available in three versions. Billed as the biggest redesign since Windows 95 (but not going overboard on names!) Windows 8 will be the version used on PCs and laptops; Windows 8 Pro for business, and confusingly for mobile devices like tablets and phones the system will be called Windows RTF.

I have mentioned previously about the 'tile based' appearance of Windows 8, and anyone who has a new Windows phone like the Nokia Lumia will already be used to that look and feel. This touch screen approach is sure to be the future of computing, and the best bit is you can experience it even now with Windows 7!

Touch screen PCs are already available, and are becoming very popular. We recently installed some super new units at Castle Park Dental Care (a regular contributor to this very magazine) and the feedback has been very positive. *"We love our new computers and find that the speed and touch screen has already become a firm favourite with the practice team. We are using our new IT equipment in our efforts to be environmentally responsible by reducing the amount of paper generated on a daily basis. It also means that we can offer patients a more interactive approach when looking at different treatment options as the large touch screens are brilliant for this!"* quoted Practice Manager Gillian Fisher.

So you can see the future of computing and the way we all interact with them is very exciting. Touch, handwriting recognition and even gestures will eventually replace the traditional static keyboard and mouse.

Now Laptop hints and tips. Laptop batteries are expensive items, so you don't want to be buying a replacement. The first tip is not to leave your laptop on charge all the time especially when it's new; in other words unplug it and work off the battery for as long as possible. The more it is plugged in, the shorter life the battery will have. If the

screen is not bright enough for you, you can turn it up by using a combination of keys on your keyboard, usually the Fn key and one with a ? icon. You can put your laptop to sleep by just closing the lid, and it will keep your work in memory until you open the lid and log in again. This is useful too if your laptop takes a long time to boot up normally.

Power saving is of course an important issue nowadays, so you may have noticed that most new PCs also go into hibernation mode if they are left on unattended. However this is controllable in Windows on any type of computer. Just go into Control Panel, and Power Options and you can set the time for all these actions.

Web browsing tips: When you do a search on the internet, ever wondered why the top results (first ones displayed, often on a tinted background) always seem to be selling something? This is because they are! They will be sponsored adverts, in other words, companies have paid the search providers to put them at the top of the list. If you want a more balanced view, move down the list of results. It is interesting that 94% of people only look at the results on the first page of search results, with only 6% clicking on to page 2.

Email Tips: Most people know by now that if you don't know the sender of an email it is probably best to just delete it. But do remember to empty your deleted items folder to prevent a big build-up of junk! If you decide you don't want to receive emails anymore from a reputable source like a store for instance, look at the bottom of the email as there will be an 'unsubscribe' link that they have to provide. Some emails may contain a hyperlink; a line you click on to connect to a webpage, if it doesn't work you may have hold the Ctrl key whilst clicking. If that still doesn't work, highlight & copy the link and then open up your web browser and paste it into the top address bar (not a search box). For security reasons only ever do this if you trust the source of the email. If you receive an attachment you can't open, look at the file name and see what the last three letters are to determine which program you need. For instance: .pdf requires Adobe Reader; .doc or .docx needs Word; .xls needs Excel, .pps or .ppt needs PowerPoint. You can download a free 'reader' version of all these if you don't own the program.

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Special measured lifted at Hallgate Primary School

Staff and pupils at Hallgate Primary School in Cottingham are celebrating after being taken out of special measures.

A recent visit by Ofsted inspectors, conducted under the new and tougher framework introduced last term, found the school had made sufficient progress that they were judged to be providing their pupils with a satisfactory quality of education and it is improving.

Hallgate Primary School was placed in special measures in December 2009, but during the visit in March, inspectors found that "over time, the school has tackled the deep-rooted weaknesses highlighted by the previous inspection that placed it in special measures."

They said the satisfactory and improving achievement is reflected in the children's good progress during the Early Years Foundation Stage and the satisfactory progress pupils make between Key Stages 1 and 2. Pupils' attainment is in line with the national average and improving in both English and maths.

Teaching was also found to be satisfactory and improving and while a significant minority of parents and carers, pupils and staff feel that pupils' poor behaviour and bullying require improvement; inspection evidence indicates that behaviour and safety is satisfactory overall.

Inspectors also said the impact of leadership and governance has improved significantly and both aspects are now satisfactory and improving. They added: "They have unequivocally demonstrated that they can improve the school's academic performance and the quality of provision pupils receive."

The school were given areas to work on which would improve the school further and these include:

- * ensuring pupils meet or exceed challenging termly and annual targets based on their starting points and capabilities in all subjects but particularly in maths and English
- * ensuring all teaching systematically develops pupils' knowledge and understanding of all key concepts and skills, securely and quickly
- * improve the behaviour of the very small minority of disruptive pupils who, on occasions, adversely affect the climate for learning.

Christine Lacey, head teacher at Hallgate Primary School, who took over the running of the school in April 2009, said: "We are delighted that we no longer need special measures."

"The school is a different place today. Effective teaching and exciting lessons mean the children are making real progress, a skilled and hard working team of staff are catching children who may be falling behind and helping them back on track, while children with talent are noticed and stretched."

"A new and talented leadership team is already plotting a course to make Hallgate the school of first choice in Cottingham."

Councillor Julie Abraham, portfolio holder for children, young people and schools at East Riding of Yorkshire Council said: "Coming out of special measures is just the first step for Hallgate Primary School."

"It has been on a journey to get to this position and I congratulate the team at the school and all who have worked so hard to arrive here."

"However, the journey must continue and the school recognises this. With such enthusiasm the school is in a great place to build on this solid foundation and I wish all concerned the very best."

Mike Furbank, head of achievement and inclusion at East Riding of Yorkshire Council said: "The journey through special measures is different in every school and this one has taken patience and determination."

"The leadership of the school, including the governors, has shown real commitment to improving outcomes for children and this is shown in the report."

"The satisfactory and improving outcome under the tougher 2012 inspection framework is really an achievement for the school and staff from East Riding of Yorkshire Council that have been involved in supporting the school over the recent months."

"My thanks to the staff who have shown skill and commitment to bring about this splendid outcome."

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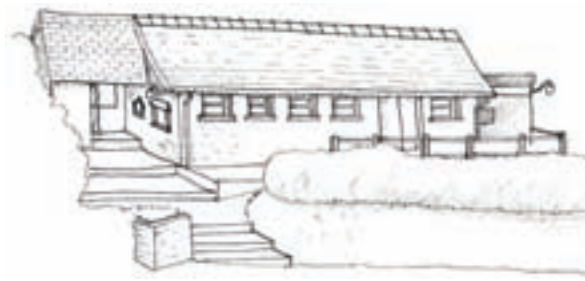
Kids Kick-Start Diamond Jubilee celebrations at KGV Cottingham

Children from Westfield Primary School and Cottingham High School joined forces on Friday March 23rd to take part in the first event at KGV Pavilion Cottingham, to celebrate the Queen's Diamond Jubilee. The youngsters planted 105 native sapling trees in the woodland and a Diamond Jubilee oak from the Queen's Sandringham Estate close to the Pavilion building. The trees came from the Woodland Trust and KGV was one of the lucky community enterprises around the country to secure this very special memento.

KGV Cottingham is very proud to have been asked by the Parish Council to host this once in a lifetime event. Monday 4th June is the date set aside, with events planned throughout the day culminating in the lighting of the Beacon between 10.00 p.m. and 10.30 p.m. to coincide with the Queen's Beacon at Buckingham Palace and the rest of the Beacons around the country. The events committee are in full swing to make this a day to remember and that Cottingham residents will be proud of. So far the day's activities include:- Coronation memorabilia, games with a royal theme, fancy dress (Kings and Queens), music from local bands and a Ceilidh on the night to conclude the day. They are also running a competition at the High School to design a mosaic that will become a lasting memento of the day, with a visitors' comments book that will give generations to come a chance to look back on this momentous occasion.

If you have any memorabilia of the Coronation and the early 1950s that you would be happy to loan to the committee for the day, or have any ideas you would like to see on the day, or indeed wish to join the committee to put forward your ideas or help on the day, then please get in touch at diamondjubilee@kgvcottingham.org.uk or call Katrin McClure on 845734.

To follow what is happening at KGV, please visit the website www.kgvcottingham.org and check on the What's On page.



News from Little Weighton Village Hall

littleweightonvillagehall.org.uk (just updated)

Onward and upward a friend keeps on saying to me. It is a good motto for the fundraising efforts. So far they have been successful even if some of them could have been better supported. But happy customers said 'their loss' May be but some of the events we are doing again because they were so popular.

The first of these will be another jazz night. They were dancing in the aisle by the end of the evening at the last one, and cheers when I said we would do another one. So November it is, the date will follow or try the website..

The second Hotham Dinner was another success and now we have £5,723.80 in the fund. Not for long though. We have a bill to pay for the detailed drawings, very necessary if we intend to build and also for a Quantity Surveyor to cost it all out. This gives us a figure to use for applying for grants and to give us a guide when tenders for the work are in place.

I don't know which to tell you first. Perhaps the drawings and Quantity Surveyor would be best as he has worked out the final figure for building the disabled access and the renovation of the whole hall, which includes a larger kitchen and store room and disabled toilet. Insulation, rewiring, air source heat pump – that will do for now. Well if you are going to put something right you may as well do it properly.

Which brings us to the figures: For the drawings and Q.S the cost is £2,800, but there is then £560 VAT to pay, which makes it £3,360. Nevertheless we have enough to pay this and also for the planning permission which will be the next thing. We must keep on fundraising.

The bill. Well I'm sure you all know it is going to be big, but nothing ventured nothing gained and we are already looking for grants to cover all of it. They are out there. Thanks to Fiona at ERVAS I have a list. Well I cannot put it off any longer the estimated cost is £293,218. So there you have it. So fundraise on and never say die!

By the way, the Bad Apple Company are doing 'Eddie and the Gold Tops' in the hall on Tuesday 8th May. The Land Girls was a sell out so we are hoping this will be too. The Tickets are £8.50 each if you have not got one yet starting at 7.30pm.

There will be a Fun Wine Tasting on Friday 25th May at 8pm. Tickets £7.50

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Keiradance's "Threads" is the end of season show at Swanland Village Hall

Keiradance are the final show of the season at Swanland Village Hall and they will be appearing at 7.30 on Saturday 19th May with their show "Threads". Keiradance offer an atmospheric, lively evening with a show which fuses traditional and contemporary Irish dance styles, including music and song, that gets your feet tapping and heart leaping from the first beat of the drum.

One critic described this show, "Keira, her wild hair creating a halo for her expressive performance, leads the audience into the first tentative steps, like a graceful bird. Each step is a rediscovery of the first dance, the discovery of the power of the leg to move, change direction, make contact with the resistance of the ground. A primordial act. The contrast is at once shocking and exciting; the sound of dancing 'clogs' rattling out their rapid and mesmerising beat; Keira's arms moving up and down so fast in sweeping arcs like time-lapse photography- a true bird with wings-a spectacle of power and joy."

During this performance there will be a short interval where the audience may partake in a ceilidh. For further information see www.keiradance.com/productions.html.

Tickets available at £7.50 (or £6.50 for SVA members paid in advance); £3.00 for accompanied schoolchildren. We provide the nibbles; you bring your drinks and glasses. For further information call Yvonne on 01482 634863 or Ian on 632800.

The Auricula Suite

Be amongst the select band to see the premier concert of "The Auricula Suite" performed by Loudhailer at Swanland Village Hall at 7.30pm on Saturday May 5th..

There will be live music featuring cittern, hurdy gurdy, hammer dulcimer and guitar with songs telling folk tales of a journey to a new land, of love and loss, persecution and a new beginning - inspired by the small alpine Primula Auricula and it's 16th century journey to England with the Huguenot refugees.

Bring your drinks and picnic and your dancing shoes too.

In addition there will be a traditional display by the holder of the National Collection of Border Auriculas (Drointon Nurseries of Ripon) with auricula plants for sale.

For further details visit www.loudhailer.net. Tickets available from 01482 651372 or 634863 at £8 adults and £3 under 16s All proceeds go to the **Matthew Good Foundation** www.matthewgoodfoundation.org.



"Thank You" from Swanland Screen volunteers

The band of volunteers who have turned out on the third Saturday of each month from September to April would like to thank all folk who have supported their efforts and hope that the funding will be available for our sixth season of films.

If it is, then we look forward to welcoming old friends and new to our first event on Saturday 15th September 2012.

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Wordsearch - Musical Instruments

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

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

Find the words in the letters above:

Accordian, Bagpipes, Banjo, Bassoon, Bell, Bugle, Castanets, Cello, Clarinet, Clavier, Concertina, Cornet, Cymbals, Drum, Dulcimer, Euphonium, Fluegelhorn, Flute, French Horn, Gong, Guitar, Harmonica, Harmonium, Harp, Harpsichord, Kazoo, Koto, Lute, Lyre, Mandolin, Marimba, Ocarina, Organ, Piano, Recorder, Sitar, Tambourine, Timpani, Trombone, Trumpet, Tuba, Vibes, Viola, Violin, Whistle, Zither

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 65 -

This is an easy challenge this month - Answer page 45

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

MARIONOWENTRAVEL&CRUISECLUB

2013 bookings are now rolling in! Everyone who likes to get booked and look forward to a holiday it is time to make a move now!

Cruise & Maritime - have a great new programme of departures sailing from Hull for 2013 - hot off the press today just in time to print!

12 June 2013 : 6 nights : Norwegian Fjords in Summertime from £ 489
18 June 2013 : 7 nights : Majestic Fjordland from £ 579
25 June 2013 : 12 nights : Baltic Capitals & Russia from £1029
07 July 2013 : 8 nights : Fjordland Splendour from £ 689
15 July 2013 : 1 night : Overnight cruise to Newcastle from £ 79
15 July 2013 : 12 nights : North Cape & Midnight Sun from £ 989

Book before the 5th June for FREE PARKING & a Bon Voyage cabin pack.

Please call for further details on the above - we expect a high demand for these sailings as at long last they are in the SUMMER! You now have a much nicer time of the year to cruise from the port of Hull. This year's sailings have been very similar to the past couple of years and have not sold well hence there are bargains! It is great they have listened and given us nice new itineraries.

India's Taj & Tigers tour this year was a huge success, again everyone seeing tiger and having a real adventure - hence we have in the planning a further tour in March 2014 - register for details as this is a small group tour with a maximum of 15 guests.

Our own tours are in full swing at the moment, as you are reading I am in the Isle of Wight, space is getting limited on many of this year's tours now but, we now have dates available up to 14th March 2014. One of our best selling tours for next year is our 12 day around Ireland tour. We have a comprehensive itinerary using lovely 3 & 4 star hotels for just £995 per person - single rooms, we have just 5 remaining at a £150 supplement and you get a double room for sole use. We encourage single travellers to join our departures and keep supplements to a minimum. Call if you would like details of our full programme.

Jersey 2012 & 2013 from your door short breaks at the Metropole & Mayfair hotels, this is a lovely little Island with lots of sightseeing opportunities. English speaking & our own sterling currency yet, duty free and offering more of a continental climate. Just a short flight away and you are there. Prices from £445 for a 4 night break on a half board basis. We also have a single travellers holiday 25 March 2013, all rooms for single occupancy just £415. Call Kayleigh for more details.

China is a most interesting country to visit and following our special departure a couple of years ago we have created an exclusive tour departing on 6th October 2013. This is a 21 day fully inclusive tour (even your visa) in conjunction with Wendy Wu Tours. You will be well looked after from the minute you leave your front door and all for just £2990 per person sharing a twin room. (single rooms £3400).

Northern Lights - Hurtigruten offer Norwegian Coastal Cruising year round. This winter we had many couples and solo travellers witness the fabulous spectacle of the Aurora Borealis whilst on board their ship. We have a variety of dates between October and April with flights from Manchester or Leeds Bradford. A Classic 12 day voyage, full board prices are from £1372 per person sharing a twin, singles £1842.

Canada & Alaska for 2013, we are now taking enquires, register now to be ahead of the game. This will give us plenty of time to plan your perfect itinerary.

We are a totally independent travel agency holding our own purse strings - you know where you are booking and who you are booking with! Where ever when ever you wish to travel, we can book all holidays and look forward to being of service to you.

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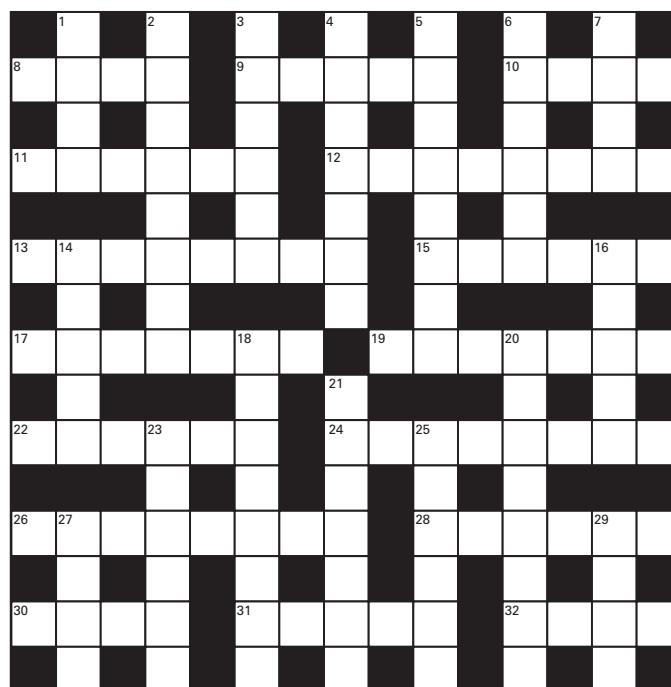
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Crossword - Solution on page 46



Across

- Note (4)
- A literary genre (5)
- Tools for punching small holes (4)
- A finger or toe (6)
- Labelled with digits (8)
- Often (8)
- Having rounded protuberances (6)
- An acknowledgement of payment (7)
- Not a departure (7)
- A scornful smile (6)
- Blast offs (8)
- Perfect or complete (8)
- Burns (6)
- Fruit of the blackthorn bush (4)
- Exercise (5)
- Taro (4)

Down

- Prefix indicating change (4)
- Dress shop (8)
- Breed of penguin (6)
- Type of nut (7)
- Legislator (8)
- Shaman (6)
- Skid (4)
- Genus of rhubarb (5)
- Courageous (5)
- Grazing lands (8)
- In a rage (8)
- Hemophiliac (slang) (7)
- Boarded (6)
- Makes angry (6)
- Light or tulip (4)
- Current (4)

Crossword courtesy of www.crosswordpalace.com

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In the Kitchen



Ingredient of the Month

Chocolate

The common cacao tree is classified as *Theobroma cacao* and belongs to the family Sterculiaceae. They are very delicate and need much protection in their first four years of growth. With careful cultivation, the trees of most strains will begin bearing fruit in the fifth year. The fruit containing the seeds are about the size of a small pineapple when harvested.

How chocolate is made

The processing of the cacao seeds (cocoa beans) is not a simple task. Firstly the fruit is fermented which takes 3 to 9 days, during which the heat dries the seeds and turns them brown. The beans are then dried in the sun and cleaned in special machines before they are roasted. This loosens the outer shell which separates the shell from its center or "nib" which is further processed into Chocolate Liquor, by grinding it to a smooth, liquid state. Further processing takes place for the various types of 'eating' chocolate as follows:-

Dark Chocolate is chocolate liquor with additional sweeteners and cocoa butter.

Milk Chocolate is chocolate liquor with additional cocoa butter, milk, sweeteners and flavorings.

White Chocolate has no formal definition. White chocolate contains sugar, cocoa butter, milk solids and flavorings such as vanilla but does not contain non-fat cocoa solids, so is mostly used as a coating.

Couverture is a term describing professional-quality coating chocolate that is extremely glossy. It usually contains a minimum of 32% cocoa butter, which enables it to form a much thinner shell than ordinary confectionary coating.

Ganache is a thick, extremely rich chocolate spread. It is made by pouring hot cream over chopped up chocolate and whipping the mixture until the chocolate melts and the mixture becomes thick and stiff.

Cocoa contains as much as 20% protein, 40% carbohydrate, and 40% fat. It is also mildly stimulating because of the presence of Theobromine, an alkaloid closely related to caffeine.

A Brief History of Chocolate

1502 - Christopher Columbus introduces chocolate to Spain from his fourth voyage to the New World in 1502 but not as the product we know today. It was only consumed as a drink. The word "chocolate" was derived from the Aztec word *xocolatl* which means bitter water.

1615 - Anne of Austria (wife of Louis XIII) declares chocolate as the drink of the French Court, although this was only after much skepticism, as initially it was considered a "barbarous product and noxious drug".

1640 - chocolate finds its way to England, among other European countries.

1657- the drink becomes a best seller in England and excessive duties are imposed on chocolate. It takes almost 200 years before the duty is dropped.

1828 - Dutch chocolate maker Conrad J. Van Houten created the hydraulic cocoa press. The press enabled chocolate makers to crush the "nibs," or centers, of roasted cacao beans into a paste (Chocolate



Liquor). After crushing, some of the cocoa butter was extracted.

1848 - English chocolate maker Joseph Storrs Fry created the first eating chocolate by further refining the cocoa, adding sugar, and mixing the cocoa butter back in.

1875 - Swiss Daniel Peter added condensed milk to chocolate and marketed the first solid milk chocolate bar.

Chocolate in cooking

When using chocolate for culinary purposes, use as high a quality as you can afford - i.e. containing higher proportions of cocoa solids, preferably 40% for milk chocolate and 70% for dark chocolate. This information can usually be found in the ingredients section on the label.

Be very careful when melting chocolate as too high a heat can make it spit. Therefore always melt in a heatproof bowl over very hot water in a small saucepan. It can also be successfully melted in the microwave using a medium setting.

Chocolate Dream

225g/8oz Mascarpone Cheese
270ml/9fl.oz. Double Cream
4 tbsp Icing Sugar
Zest and juice of 1 Lemon
175g/6oz Plain Chocolate

Instructions

1. Break the chocolate into pieces then place in a bowl over a saucepan of very hot water. Stir to melt.
2. Mix the mascarpone cheese and cream together, then divide the mixture between two bowls.
3. Add the sieved icing sugar, lemon rind and juice to one bowl and mix thoroughly.
4. Stir in the melted chocolate to the other bowl.
5. In four individual tall glasses, place alternate layers of the chocolate cream first, then the lemon cream, finishing with the lemon cream.
6. Decorate with grated chocolate and chill before serving.

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Mississippi Mud Pie

Ingredients

For the Filling

400g/14oz Plain Chocolate
225g/8oz Butter
2 tbsp Instant Coffee
30ml/1fl.oz. Boiling Water
300ml/10fl.oz. Double Cream
300g/11oz Brown Sugar
6 Eggs

For the Crumb Base

50g/2oz Butter
150g/-5oz Digestive Biscuits, crushed
25g/1oz Sugar

Instructions

1. Preheat the oven to 190C, 375F, gas Mark 5 and lightly grease a 20cm/8-inch springform tin.
2. Melt the butter in a medium saucepan then add the crushed digestive biscuits, and the sugar, mixing well and adding a little more melted butter if necessary to bind the mixture.
3. Spoon into the prepared tin, spreading it evenly and pressing it firmly down. Set aside.
4. Place the chocolate, butter, instant coffee and water into a large saucepan and heat gently, stirring well, until the butter and chocolate have melted.
5. Remove from the heat and beat in the cream, sugar and eggs. Mix well then pour the mixture on to the biscuit crust.
6. Bake for 1½ hours or until the filling is set. Allow to cool before removing the tin.

Serve cold with whipped cream.

Little Pots of Chocolate

Serve 4

Ingredients:

450g/1lb Plain Chocolate
Grated zest of 1 orange
Juice of 3 oranges
50g/2oz Butter
2 tbsp Grand Marnier or Cognac
4 Egg Yolks
2 Egg Whites
Extra Grand Marnier or Cognac to serve
1 Orange to serve

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Instructions

1. Break the chocolate into the top of a double boiler. Add the orange zest and juice to the chocolate, together with butter. Heat the mixture over simmering water, stirring occasionally, until the chocolate has melted. Remove from heat and stir in 2 tbsp Grand Marnier or Cognac. (Chocolate can be melted in the Microwave).
2. Combine the egg yolks in a large mixing bowl and beat together thoroughly. Strain the chocolate mixture on to the egg yolks, beating constantly with a hand-held electric whisk, if possible. Allow the mixture to cool.
3. In a clean bowl and using a clean whisk, beat the egg whites until stiff but not dry. Using a spatula, gently but thoroughly fold the whisked whites into the chocolate mixture.
4. Pour the mixture into 4 individual 150ml/5 fl.oz. Glass or china dishes, cover and chill in the refrigerator for about 2 hours until set.
5. To serve - cut 2 thin slices from the centre of the whole orange and cut each slice into quarters. Arrange 2 quarters, with the points facing, on top of each dish. Pour 1 teasp of Grand Marnier or cognac over the top of each dish and gently rotate each dish so that the entire surface is coated. Serve immediately.

Bananas with Fudge Sauce

Ingredients

4 Large Bananas
1 tbsp Sugar
For the sauce
1 x 170g/6oz tin Evaporated milk
50g/2oz Butter
75g/3oz Soft Brown Sugar
25g/1oz Good Quality Plain Chocolate, chopped

Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4. Peel the bananas, place in an ovenproof dish, sprinkle with the sugar and bake for 20 minutes.
2. Meanwhile place the evaporated milk, butter and brown sugar in a saucepan and cook over a low heat, stirring, until the sugar has dissolved and the mixture is well blended.
3. Bring the mixture to the boil and continue to boil for 2-3 minutes.
4. Remove the pan from the heat, stir in the chocolate and mix well. Keep warm until ready to serve poured over the baked bananas.



Age UK East Riding and E.ON urge those most in need to take up offer of free insulation plus £100

- Free insulation offer open to anyone claiming Pension Credit;
- Age UK and E.ON are working together in communities across the UK to provide energy advice and support

Age UK East Riding and E.ON are urging those in later life who are struggling to keep warm to take advantage of free cavity wall and standard loft insulation, plus a cheque for £100 towards their energy bill.

Anyone in receipt of Pension Credit can apply - whether they are an E.ON customer or not. Age UK estimates that 1 in 3 of those eligible for Pension Credit in the UK still aren't claiming it, and many of those could be missing out on insulation, too.

E.ON experts calculated that the average home can save up to £390 a year on their energy bills² by insulating homes with cavity wall and loft insulation, yet over half of people recently surveyed by E.ON (57%) aren't aware that such savings are possible.³

Nigel Dewbery, from E.ON's Energy Efficiency Team, said: "By working together with Age UK in communities across the country, we're keen to help as many people as we possibly can. This offer allows us to reach some of the most vulnerable people in society with free insulation, lower energy bills, and a cheque for £100 to offer help in paying energy bills - and the beauty of it is that you don't have to be an E.ON customer to qualify. We're here to help so we'd urge people to get in contact with us now to find out more."

Gillian Banks Trading Manager at Age UK East Riding, said: "Installing insulation will keep your home warmer and help you cut your energy bills - without scrimping on comfort. We know that the colder months can have a huge impact on the health and wellbeing of people in later life so if you or someone you know could benefit from this free insulation offer, please act now."

Age UK Enterprises has partnered with E.ON to create energy products and services that come with a range of benefits specifically tailored to people in later life.

To find out more about this offer, call 01482 861065 or visit Age UK East Riding at 16 North Bar Within Beverley HU17 8AX. Alternatively, you can visit eonenrgy.com/insulation or call 0845 302 4253 (lines are open Monday to Friday 8am-8pm and Saturday 8am-6pm).

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*If you call the 0800 number for gas and electricity enquiries, you will be dealing with E.ON Energy Solutions Limited.
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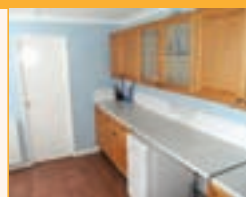


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What the Green Deal means for you

Last month Martin English of Homelink spelled out what the forthcoming Green Deal means for landlords and their tenants. I want to build on his excellent article by outlining what the Green Deal means for you as a homeowner.

From this October, the UK Government plan to introduce the UK Green Deal Scheme. The UK Green Deal Scheme aims to make it possible for millions of homes and businesses to have energy efficient improvements at NO UP FRONT COST to them.

Energy efficient improvements such as cavity wall insulation, loft insulation, solid wall insulation, condensing boilers, floor insulation, draught proofing, energy efficient glazing and doors, electric storage heaters, solar thermal panels, photovoltaic PV panels, ground and air source heat pumps will all count towards Green Deal eligibility. The Government have pledged £200m to kick start the Green Deal Scheme.

The Green Deal Scheme will NOT to be means tested and it is said that any adverse credit history should not be a problem

as the Green Deal debt will be attached to your property's electricity bill and not to you personally. So if you move away from the property the debt stays as a charge on the electricity bill and not as a charge on you.

The Green Deal Scheme aims to enable Green Deal Providers to offer these energy efficiency improvements to you by giving you access to up to approximately £10,000 in Green Deal Finance. There will be no up front cost to you. Pay back for the Green Deal Plan will be recouped by instalments, over 25 years or less, from a charge made on the home or business's electricity bill. In other words: by installing, for example, more loft insulation, insulating your cavity walls, replacing your old boiler, installing a room thermostat and thermostatic radiator valves you will have lowered your energy bills and be able to use the savings you have made to pay back the Green Deal Finance.

At the very core of the scheme is what's termed 'The Golden Rule' whereby the savings on energy bills will be greater than the repayment instalments. This is where you must have quality-assured Green Deal advice and work carried out on your property by approved Green Deal Providers.

Pure Renewables is working towards becoming a Green Deal Provider to be able to assess what improvements will attract Green Deal finance. We will also be able to co-ordinate and project manage the supply and installation of suitable measures. Should you have further questions or require more information on the Green Deal or any other renewable energy solutions, contact me at chris.whitelock@purerenewables.co.uk or phone 01482 846005 for friendly and FREE advice.

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Letters to home

It was whilst chatting to Ruth Bryant, one of KINGSTONS Canine Behaviorists, it came apparent to me the constant 'plight' which faces her on a daily basis...the mis-match of dog and owner. She explained to me that most of the heartache which both dog and owner may eventually face, can be avoided with just a little bit of 'homework'.

Think very carefully before you buy. For instance, you wouldn't think of buying a 2 seater sports car if you had a baby or a mini for a family of 5 so why are we attracted to the breeds that obviously will not fit in our life style when they reach 'adult hood'?

Maybe Marley and Hooch can explain....

Dear mummy, I am missing you and my brother, Hooch, so much. Why did you send me away? I hate being shut away in a crate most of the day. My new family get very annoyed when I try to play with the toys. How am I to know which ones are mine and which belong to the children... they all look the same to me. The lady also gets very angry when I jump up at visitors but it is only because I am happy to see someone new. When the man returns home after work, he takes me out for a short walk but always rushes back so he can help to put the children to bed. Boredom is another feeling I have when left on my own. If only the lady would take me out for a walk first then I will most probably fall asleep whilst she is gone and not hear all the noises that



make me bark. Oh no! The neighbour has come to complain about me again. When I get lonely, I cry, maybe that is what they can hear? At the weekend we have a drive to the park. It is not far, we could walk but my family is always in a rush!

The children play on the swings whilst I watch. Sometimes, not always, I am let off the lead but after a few seconds they start shouting at me to come back. They sound very angry and make me feel I don't want to return. I look at all the other dogs playing which makes me so sad...I wish I could join them. It was so different when I was tiny but now getting bigger it looks like I am always in the way. Please please mummy, let me come home,

Your loving son, Marley x

Dear mummy, I hope you are not missing me too much because I am really settled and happy, we have so much fun. My new 'mummy', I hope you don't mind me calling her that, takes me out for a walk before she goes to work. I am so tired when we return, I quickly fall asleep in my new fluffy bed which is kept in a crate in the kitchen, but if I do wake before mummy gets in, my favourite toy Kong is there which she fills with biscuits for me to play with. After tea we play lots of games like hide and seek. It's so much fun trying to find where mummy has hidden my favourite ball and I always get a great big hug when I do. We never miss going for another walk before bedtime. I have also learnt how to get an extra treat by not jumping up at visitors, so you see mummy, I am quick to learn. I do often think of you and my brother Marley but I have made so many friends at the park, I feel every day is fun. I will write again soon,

Your loving son, Hooch x

What should be an enjoyable experience, can be made to feel very difficult when choosing a dog and even more daunting when we try to find one to fit in with our lives, but this needn't be the case. Take for instance the Border Collie, an extremely intelligent dog. Willing, quick to learn and eager to please but does require alot of stimulation. Take away this, give limited play and activities, then we have one very frustrated destroying machine on legs. The more the dog destroys and destructs, the more he/she is confined which may eventually lead (but not always) to being rehomed.

Sadly, the rescue centres such as The Hull Animal Welfare Trust, are becoming increasingly full with, surprisingly, pedigree dogs. Maybe the previous owners had been attracted to the lovely golden puppy on TV, who pulls toilet roll downstairs but had grown into a 'Marley' lookalike, the naughty Labrador featured in a recent film and book. I have one at home ... Teal!!!! Or maybe an elderly couple had been attracted to a cute Border Collie puppy because they used to own one in their younger days.

Time can sometimes not be on our side and it is so easy to forget what hard work puppies can be and lets not forget when the dog comes into puberty (the equivalent of a teenager). The list is endless so please please think and research into the puppy of your choice. Ruth is on hand and also very willing to chat and discuss any queries you may have (She can be contacted via the Cottingham surgery). She will try and help with advice and give information of what to look for in a breed so that hopefully one day, you won't be one of the many owners making the heart breaking decision to rehome their pet.

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Gardener's Question Time with Doug Stewart on Thursday 24th May at Cottingham Methodist Church, Hallgate

Seafarers UK (East Yorkshire Committee) have, yet again, organised this ever popular event as part of their ongoing fundraising activities - Thursday 24th May 2012 - Doug Stewart at 7.30pm in the Cottingham Methodist Church, Hallgate, Cottingham. Doug, who can be heard weekly on BBC Radio Humberside's "The Great Outdoors", will start the evening with a talk, "Why plants talk to insects & why pumpkins can't fly?" In this fun talk Doug takes a sideways look at the science of gardening.....

- Why do some seeds need fire to grow, while others need freezing?
- Why do trees sweat?
- Why do plants talk to insects, and what do they say?
- How do your plants talk to you – if your listening.
- And of course, why pumpkins can't fly.

Doug is a lively and entertaining speaker whose enthusiasm for his subject is infectious to gardeners and non-gardeners alike. Following a refreshment break, Doug will respond to your questions. Tickets £5.00 per person including refreshments. For further details, or to order your tickets please contact Tracy Colborn on 07881 533145.

Seafarers UK is a charity that helps people, locally and nationally, from the Royal Navy, Merchant Navy and Fishing Fleets, and their families, in times of need. Seafarers UK is the working name of King George's Fund for Sailors.

East Riding Rangers FC to appear in cup final at County FA Headquarters on Tuesday 8th May

Cottingham Pavilion is the home of East Riding Rangers FC a local team that began in 2000 with just two teams. The club now has ten junior and two senior teams including an academy, we welcome children from five years old to senior level.

We have five men that began playing mini-soccer with East Riding Rangers in 2000 as nine year old boys progressing through the club to play for our senior first team who play in the Humber premiere one division. We are proud of their achievement having played and served one club throughout, we hope it encourages our junior members to follow in their footsteps and play for our first team. The mens team was started three seasons ago with a very young side that emerged from the Hull boys Sunday league.

Whilst it took two seasons to settle the lads have come into their own this season with a cup final taking place on Tuesday 8th May at East Riding County FC headquarters, Roy West centre, 220 Inglemire Lane, Hull opposite the university sports department, 7.00 pm kick off. Our junior teams play their games at Cottingham pavilion on Sundays and train on Tuesday and Thursday evenings.

Our club hosts one of the largest boys tournaments in the Hull boys league with over eighty teams visiting Cottingham pavilion, this year will be our eleventh tournament. We are very proud to be a Cottingham club and proud to be in partnership with the pavilion trust we have together built a fantastic community facility that we are incredibly lucky to call the home of East Riding Rangers FC.

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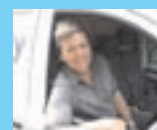
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"The Tooth and Nothing but The Tooth"

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

There is too much frustration going on

Hello, I hope that you are well. Wow, it is now three years that I have been writing this. I am still loving it. Thanks to *Cottingham Times* for such a great magazine and thank YOU for your great feedback.

Who Are You Calling Frustrated?

Well, a lot of the time it is ME! Over the years I have seen so many adults with crooked teeth that they want straightening. BUT, in the past the only options have been either tooth grinding for crown or veneers or fixed braces and a long treatment time. Most adults don't want fixed braces on for 2 years or so particularly if they are metal. Who wants a lot of tooth grinding? Not me.

This can lead to frustration as people want something else, and understandably so.

Come On Then. What Else Is There?

Let me explain. Just less than 2 years ago I raved on about The Inman Aligner. This is a removable brace to rapidly straighten front teeth and I love it. It works a treat. BUT, it does have its limitations. The beauty of the Inman is that you can take it out, but if leave it out it doesn't work. Clear Aligners like Invisalign can take ages and have limitations.

Mmmm. So we can still be frustrated then. How about a clear fixed brace that will do the job in 4 to 9 months (typically in 6) rather than two years?

And not only that. How about a clear fixed brace that can overcome a lot of the limitations of the other braces? This is where the Six Month Smile system comes in.



Fixed Brace Is Actually On. Not Bad Eh? Now Please Don't Get Me Wrong

Six Month Smile is NOT comprehensive orthodontics and definitely not for kids. Orthodontists are highly trained and get teeth into the idealised positions. This is the gold standard. As I said, a lot of people that I see do not really want this, as it can take too long. They would be happy with much straighter teeth in much less time.

The real benefit of Six Month Smile is just that. It is a realistic improvement in a shorter period of time rather than an idealistic result that takes longer. Busy people don't have time!



Before



After 6 Months

A Massive Heart Felt Thank You To Holderness Rotary Club who have donated a fantastic £1000 to Dental Mavericks. As a founder Trustee of the charity I was proud to give a presentation to the group and very gratefully accept a cheque from Dave Sewell. Thanks guys I felt really welcome. This will go a long way to making this years charity mission an even bigger success than the last two.

**How Happy Are We? Great stuff
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 19 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry.

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Hallgate school host their own field of golden daffodils

Hallgate School had an excellent show of daffodils for their new Marie Curie Daffodil Field of Hope. Last summer many Cottingham people paid £1 to sponsor a daffodil, a total of £248 was raised, and this would be used to provide free nursing care for terminally ill patients choosing to remain at home.

Children from the school planted the bulbs which were donated by Sandhills Nursery, and they must now be very proud of their efforts. When in flower the daffodils can be seen from the far end of the car park behind the clinic.

Many thanks to everyone who helped in any way.

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Here is Paul's latest walk in his series of monthly rambles. This month his destination is Skidby. The map is for a guide only, please use an Ordnance Survey Map or similar if possible when walking.

Maps:- EXPLORER 293

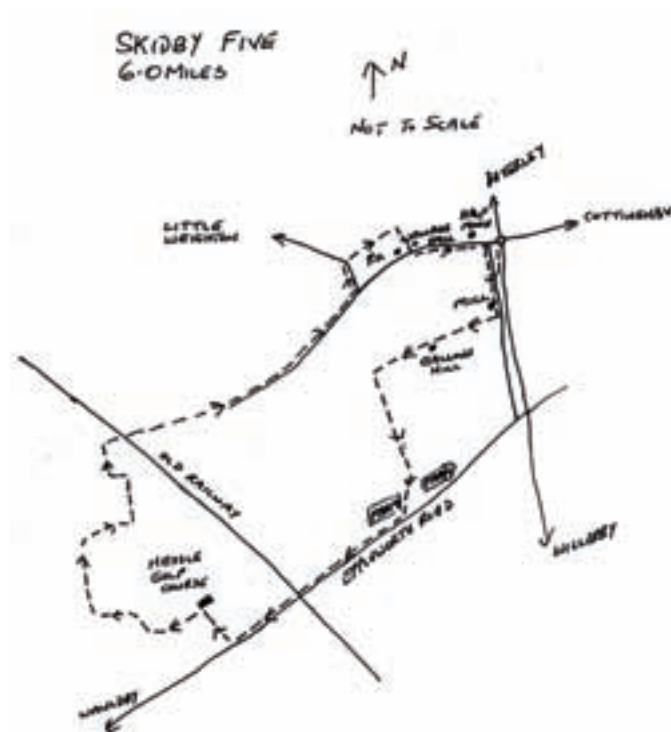
Start at GR.TA 018338

Street parking near Half Moon Public House, Skidby.

Distance 6.0 Miles.

Walk along the road towards Cottingham and after a short distance turn right heading towards the Mill. Turn right down the lane leading to the mill and pass through a kissing gate on the left into a field and walk through this field with the hedge on your right.

After a short distance you will pass a coppice known as Gallows Hill (Note the memorial to a local boy) and after a further short



distance turn left and follow the path towards White House Farm crossing four stiles to reach Eppeleworth road just to the East of the farm.

On emerging onto the road, turn right and walk along the road until reaching the drive up to Hessle Golf Club. Turn right and walk up this drive to the buildings and, on approaching the first building take the path to the left. This path follows the perimeter of the Golf Course. When reaching a path on the northern perimeter, take this path heading north to reach a track known as Ripplingham road.

Turn right onto this track which eventually becomes a surfaced road and enter the western end of Skidby. On emerging at the Little Weighton road, turn left and follow the road to a point where the road turns sharp left. At this point, locate a foot path on the extreme right and follow this as it passes behind houses. Continue on this path to emerge on Church Rise. Turn right and on reaching the village hall on the left, turn left on main street and walk back to the Half Moon.

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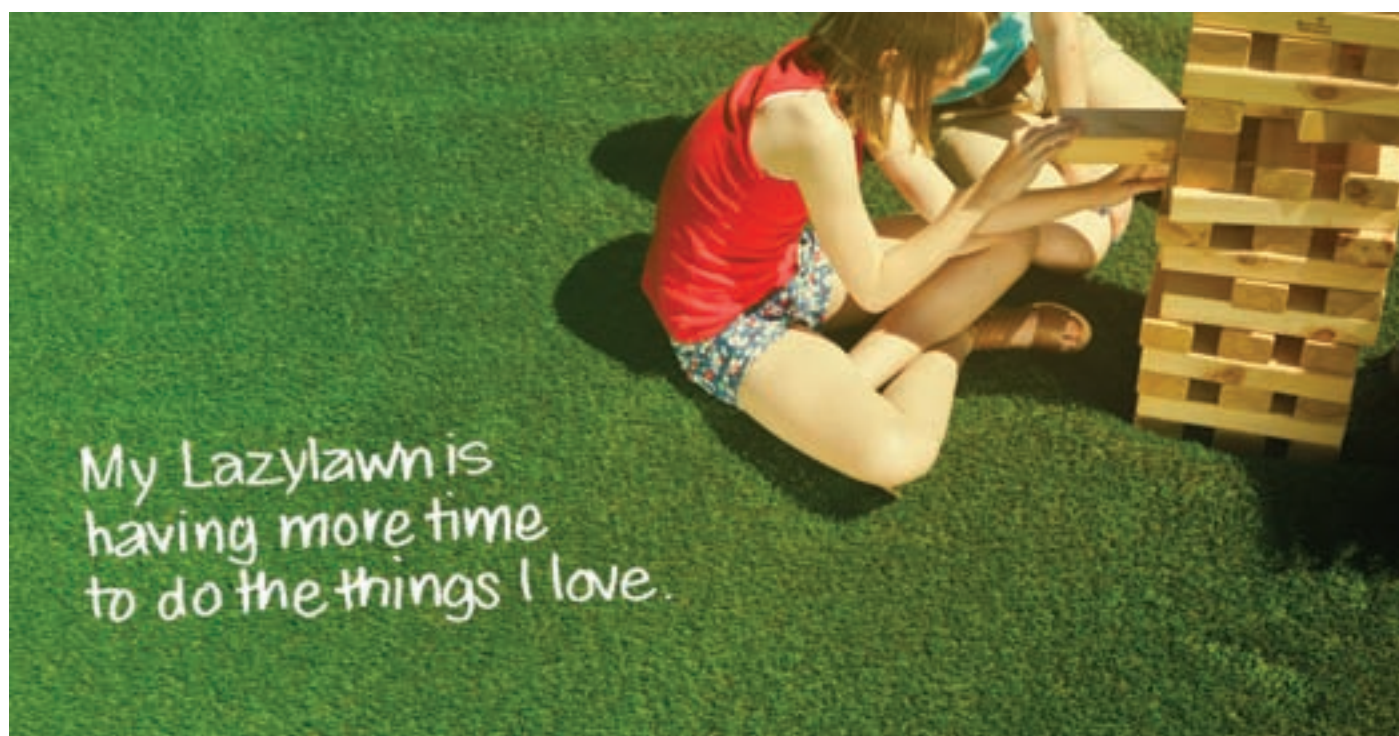
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In the Garden



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



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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

June, depending on weather conditions. A wide range of hardy annuals can be sown in their flowering positions and these would include cornflower, cosmea, 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 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.

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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 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 2012 - By Kay Gower

Aries - (Mar. 21- April 20)

It's strange how trying to impress someone always has the opposite effect. That's why, this month you should play it cool and keep a low profile. This will work in your favour, and someone will find your quiet confidence irresistible.

Taurus - (Apr. 21- May 21)

The wheels won't begin to increase their motion until mid-May, but this is a month for looking ahead, caring, sharing and believing that your time is coming soon.

Gemini - (May 22-June 21)

You are very close to finishing a job — closer than you know, but the end appears to be nowhere in sight. It's not your fault that you happen to be navigating in the fog. The important part is that you don't stop now.

Cancer - (June 22-July 22)

Emotions will pull you in any direction you let them. You can get control of this ship if you take the time to quiet your mind. Then you can steer yourself in a positive direction.

Leo - (July 23-Aug 22)

Niggles may arise around 16th & again around the 21st, and the details you often wish to skirt over will require refining and revising. Finances will require more concentration and will take up more time than you would wish, but the attention and focus now will be worth your while.

Virgo - (Aug 22 - Sept. 23)

There will be niggles mid month and you will be nominated the most worthy problem solve! May will be a busy time for you, but with recognition to follow during the last few days of the month as your efforts and calm disposition will be noted by those in charge.

Libra - (Sept. 24 -Oct. 23)

Finances are in the spotlight as everything you plan seems to turn out more expensive than expected. Thinking long-term is key at this time; over the next couple of weeks all will improve - but far more productively if you take a little time out now to balance the books.

Scorpio - (Oct. 24 - Nov. 22)

During the first two week of the month it will seem you hold all the cards; your intuition will be sharp, your mind clear and your eyes alight. Others will be magnetically drawn to you and there could be a romantic hue surrounding many Scorpios at this time.

Sagittarius - (Nov. 23 -Dec. 21)

The month kicks off with health and fitness concerns at the top of your list, and the Full Moon on the 6th will be giving you a feeling of intensity and focus. Sometimes frustrating times are those which reap the most rewards and this is worth bearing in mind during the first two weeks of the month.

Capricorn - (Dec 22.- Jan. 20)

All Capricorns will benefit from the inspiring, warm energy mid May, and this time is the most romantic of the month. Be open to others and you will be loved for your candid truths, you often have a way with words and people, and you will be on top form. Enjoy!

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

At the beginning of May you will find your spirit will be renewed and your hopes and dreams will once again be within your grasp. Positive plans made during the last weeks of the month (around the 24th onwards) will be attainable, so be patient and awaken your dreams.

Pisces - (Feb. 20-Mar. 20)

This is a healing month for you Pisces, and rather than viewing the dramas around you as futile, your insightful nature could act as a balm and inspiration for others at this time. If you're involved in any property or legal matters, relax and know that all will be solved eventually.



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At our school we sell Fairtrade products like geo bars, drinks, raisins, yoghurt raisins and flapjack. All the school is trying to become a Fairtrade school.

We have been logo spotting in Cottingham and looking for Fairtrade items. In our school we have lots of Fairtrade stalls.

Even if the schools are trying to be a Fairtrade school, the whole country should take part in being a Fairtrade country. In our lessons we have been learning about Fairtrade and how it works. In year 4, we have been learning about cocoa beans in Ghana.

In year 6, they have been designing their own new Fairtrade products in a Dragon's Den style event. Year 5 children have been tasting a mixture of Fairtrade items and giving their opinions. In Year 3, they have been learning about Fairtrade sugar. Our Year 2 children have been learning about fair-trade honey. The Year 1s have been learning about Fairtrade bananas.

Finally, in Reception, children tasted all sorts of Fairtrade products at a Fairtrade picnic. One young man gave his opinion: "I liked the flapjack best...because I am a Jack!"

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If you think it's not fair, buy Fairtrade products from your local store!

Year 4.



Skidby Scarecrows will be returning

We are pleased to announce that the Scarecrows will be returning to Skidby over the weekend of 13th, 14th and 15th July. Please book the dates in your diaries and we'll be delighted to welcome you into Skidby to enjoy our 3rd Scarecrow Festival.

Residents planning to make a Scarecrow should obtain their Registration Form from the Scarecrow Secretary, Kelvin Young, 27 Orchard Road, Skidby. (01482 843446) or visit our website at www.skidbyvillagehall.btik.com.

Additional attractions will be provided by a "live Scarecrow" (Saturday), the White Rose Falconry Group (Saturday) and the Beverley Brass Band (Sunday).

Proceeds from the event will go to the Skidby Village Hall. We are looking forward to a brilliant weekend of fun and entertainment for all the family.

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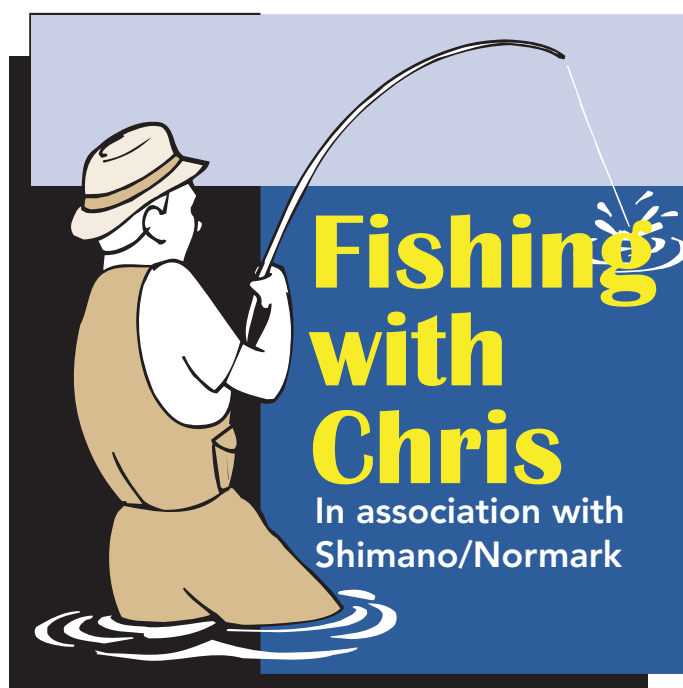
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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Hello and welcome again fellow anglers to this month's fishing news. Date is 17th April. We at Catchmoore hope you are all well.

This is your last reminder, Do Not Forget Your Rod Licence, and no fishing on the rivers till June 16th when the closed season is finished.

Before I go on I would like to congratulate one of our local anglers from Skidby, Andy O'Conner, he has just equalled the English Pike record with a massive specimen of 46lb. The fish was caught with a small smelt on a float rig. Andy and his friend had a lot of trout to 12lb as well as the monster Pike. The water he caught it from is Yorkshires Wykeham lakes. The water is presently closed for the closed season. If you would like to find out more about this water visit www.wykehampikefishing.co.uk or call 01723863148. Once again well done Andy, from everyone at Catchmoore Fishing Tackle.

It's that time again when nearly all of our local waters are usually matched up every weekend. There are plenty of waters out there, but which ones can you go to? I am often asked this question and my only advice is for you to do your homework

and either search on line or alternatively find a contact number so you can ring before you set off. I have listed below just a few to be going on with:

Risby Park Fishery, Walkington; 01482 862049
 Sam Hostick's, Woodmansey;
 Sam: 07836712475 Val: 07714850675
 Barmston Fisheries, Nigel; 01482 863566
 Rush Lyvars, Hedon; 07530951103
 Tanstern, Mike; 07873336149
 Lambwith Lakes, Aldbrough; 01964527740
 Westfield Lakes, Fitlin, Steve; 01964527353
 Newbridge Lakes; Michelle/Lance; 07817058054
 Rose Cottage, Newport, Chris; 07702645595
 Halsham Fishery; 01964670481

I hope that helps you with your forth coming season, so no waste of that very expensive fuel!

Do not forget our local council ponds, Pickering Park, East Park and Beresford Park; these are very well stocked with a good mix of fish.

By the time you read this article we at Catchmoore would have just fished our first match of the season. The pressure is on, not to become champion, but not to win the prestigious, dreaded, wooden spoon award!! Put it this way nobody is having a side line bet against Lou this year!

Sea scene: I am not receiving as many reports from our local sea scene at the moment because most people around here go course fishing now until winter. The people who are still going are coming to me with good reports. A good number of fish are still being caught from all over our coast, from Spurn Point, Easington, Rectory, Dimeo, Out newton, Cowden, Runnels and Witherensea etc. Several species are being caught, Skate to 14lb and bass to 12lb are being reported. There are still some Cod about, but they are not as prevalent. On certain tides, Dogfish and Flatty's are coming in, in great numbers. Make sure you take plenty of baits though as on a lot of our marks the dreaded Crabs are back. Check your baits regularly. At Catchmoore we are still providing live Lug worm and will continue to do so as long as the orders keep coming in. Plus we will always have your frozen baits in stock.

In store offer of the month is: Grey's klip lok bait boxes, various sizes, are now on offer at virtual trade price! When they are gone they are gone, so don't miss out.

As the season is now kicking off we are Now Open Sundays 8am – 12 noon, we will do this until the end of the summer holidays.

That's it for another month so from all the Catchmoore crew "tight lines" and take care.

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Superstars shine in talent showcase

A fundraising spectacular based on Britain's Got Talent raised more than £300 for Skidby Primary School's Parents and Friends Association (PFA).

Eleven acts made up of children aged from four to 11 took to the school's stage in a bid to impress the crowd and the judging panel made up of headteacher Steve Honey and The Rev Angela Bailey, Vicar of Skidby.

They showcased talents which included dancing, singing, poetry, rapping, hooping, musical instruments and comedy.

Creative director Sara Farn, who runs the Sjayz dance company, developed and rehearsed the acts with the children, many of which attend her classes.

She said: "All the children did wonderfully well to go on stage in front of a packed hall of about 130 parents, relatives and friends.

"There were plenty of nerves backstage but everyone did a fantastic job of their performance. They proved Skidby really has got talent!"

The winners of the first half of the show were a dancing trio called Hope, Chloe and Abigail and the winners in the second half were hooping trio PJ, Ramsay and Abigail.

Mr Honey said: "I was so proud watching the children, all of whom attend Skidby Primary School, as they got on stage and gave some excellent performances.

"It was a difficult task to choose the winners because there was so much talent on show. It was great entertainment for everyone in the audience."

The money raised by the evening will enable the PFA to pay for important educational trips and other initiatives to make the children's time at the school more enjoyable and beneficial. A DVD of the show is available from the PFA at £7.50, with proceeds also going to the PFA.

"Ox-head and Gruel" exhibition at the Skidby Mill on display until end of September

The exhibition is entitled "Ox-head and Gruel - a story of Almshouses and Workhouses in the East Riding of Yorkshire" and is on display in the Village Life gallery at the mill from 18th April to the end of September.

It looks at how the poor were cared for in the past, where and why the workhouses were established and what life was like for those forced to live in them.

Skidby mill is open every day between 10am and 5pm. Further details telephone 01482 848405.

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Skidby School: 7.30-8.30pm £5

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THE GREEN, COTTINGHAM

Hallgate Schools -

By Peter Railton - Local Historian

The Year is 1934

The new year and the new term opened with good attendance and a full staff in the girls's department and twenty girls started an advanced course in cookery.

The Rev. French went about his business of checking the register that January and soup was provided for all children staying at school at dinner time and was paid for by the T.O.C.H. foundation - this was of course before the days of school dinners organised by the L.E.A., and various add-hoc schemes were in operation provided by benevolent charities or individuals as we have seen.

New Student Teachers

Students from Hull Training College arrived for teacher training practice in four classes in February and the school dentist returned and 'performed many extractions'. Poor dental health went hand-in-hand with often poor physical health - we have seen how vulnerable all pupils were to the various 'bugs' and diseases endemic in the schools - often poor diets caused through financial hardship tended to leave some pupils less resilient to infections of different sorts; and then the less serious kinds like coughs and colds were passed on to the teachers. Everyone was glad when the Spring and Summer weather arrived.

An interesting entry in May of the year records that -

"On Thursday morning several girls were withdrawn from school to attend a Church Service at St. Michael's, Cold Harbour Lane. The vicar there sent a letter to the school saying he was legally in order in doing this".

Cold Harbour Lane is now Orchard Park Road and is off Middledyke Lane - evidently the Hallgate catchment area extended down to somewhere near the Orchard Park Estate - I remember a farm and a few houses just before and just beyond a broad ditch or dyke which marked the Cottingham and Hull boundary on the edge of the North Hull Estate beyond it; anyway the vicar of St. Michael's saw the children as of being in his Parish - the problem was resolved later, as we will see.

In June, the violin orchestra repeated their success of the previous year at Hull Music Festival and won the Shield (see photograph). The girls were taught and coached by a peripatetic teacher in the employ of the L.E.A. who went from school to school in the area teaching the violin, with excellent results for Hallgate girls. Later in the month, girls entered the Inter-Divisional Sports held at Malton and won the Maxwell Trophy which was given to whichever school gained the highest total marks in the sports. Cottingham girls were also responsible for helping Holderness to gain the Bickersteth Trophy at the same events.

On Monday morning the 16th of June -

"A very pleasing ceremony took place. Sir Godfrey McDonald of the Isles Bart., came to school and presented to the girls the Maxwell Trophy. All the Managers were present and Mrs. Holtby also spoke, and the girls were given the afternoon off as a holiday."

Girls successful in obtaining places at Beverley High School that year were Rosina Taylor, Joan Pool, Emily Coupland, Kathleen Sands and Hilary Boynton. The first week in August saw the admission of girls from the infant's department, the presentation of the Holtby Cup for the 'House' with the highest marks, a bazaar held by the senior girls, presentation of needlework to parents in the hall and a display by the netball team who came top of their Schools Division.

School reopens after summer holidays

Four weeks holiday was given and school reopened on the 4th of September with 321 girls on roll. On the 3rd of October the Headmistress attended the 21st Anniversary of the founding of Hull Training College, on Cottingham Road - originally opened to girls first and men later. Hallgate schools were always happy to provide teaching practice facilities for the students and an excellent relationship has been built-up over the years. Also that month the school nurse attended and pronounced all the girls' hair clean and no signs of skin disorders; Miss Brimelow was of course very pleased!

The boys' school opened on the 9th of January with a visit of the dental surgeon, Dr Harris, resulting in 95 children needing dental treatment of some kind. Mr J. Firby, Head of Anlaby C of E school gave a lantern lecture on "The Yorkshire Moors and Dales" on the 2nd

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Hull Music Festival winners: Back row, 1. ??; 2. Jessie Atkinson; 3. Dorothy Thompson; 4. Margorie Gardham; 5. Joan Pool. Front row: 1. ??; 2. ??; 3. Ruby Priestley. (Photo and names, courtesy of Eileen Green).

March: 100 slides dealt with towns, villages, abbeys etc. In the three Ridings and 'some lovely scenery was thrown upon the screen.' This lecture was well received by a capacity audience and £1.3s.0d was raised towards expenses. This was followed on the 18th by "An interesting Lantern lecture given by the Headmaster of the school, Mr R Becket Brookes entitled 'The Ancient City of Chester' and was illustrated by 140 slides."

This was in the Head's own hand! The Chair was taken by Mr. W. Arbon of Haltemprice Urban District Council who proposed a vote of thanks at the end of the presentation. Audience size and cash collected is not recorded, but I have it on good authority that Mr Brookes did make his lessons very interesting when he took them and was always willing to explain things, for example in geography; to those who asked he was patient - but wobetide the miscreants! The Rev Dakin made his first visit of the term on the 7th March and inspected the registers and once again wrote in glowing terms of the work of the headmaster and his staff, the orderliness and discipline of the boys and the fact that the head must be congratulated on the success he has won in his work in the school!

Hobbies Exhibition

On April 12th and 13th a hobby exhibition was held in the hall for parents and pupils to view. This consisted of hand work done by the boys at home during the long winter evening, (what - no TV, computer games etc.?) Models and specimens in wood, leather, wool, cardboard, raffia etc. were displayed and prizes won by over 30 boys for their efforts.

Brian Steves, Harold Forsey, Brian Hunter, Ronald Carr and Arthur Freer won scholarships and on the 17th of May the Combined Hallgate Schools House Sports Festival was held at the Woods Lane ground; the usual programme of events took place organised by the teachers, and parents, clergy and councillors attended. The Holtby Trophy was won by the Livingstone House and was presented by Mrs W Grindell. It was a cool afternoon and evening but was well suited for the purpose, This was followed on the 7th June with the Holderness Schools Annual Sports Festival on the same ground. Heavy rain fell all morning and during the early part of the afternoon and many competitors sheltered in the schools, or sat in the buses that had brought them to the ground. Rain cleared at 2.30pm and the games began. Cottingham avenged the defeat of the 1933 events and won the Lambert White shield. - Withernsea, winners that year, came second.

A petition from parents to the East Yorkshire Motor Company, asked if a bus could be provided for the children living in the Priory Road and Settings Dyke areas to get the children to school just before 9am. at the time they caught the 7.50 am bus and got to the schools at 8.15 am as they had to stay at school over lunch time, it made a very long day especially for the younger ones. The result of this request is not recorded.

Mr. North took charge of the department in September because Mr. Brookes was given leave of absence on medical grounds for three months. Mr. North introduced more specialised teaching in history, geography, science and music to be taken by himself, Mr Bramley and Miss Crawford. Mr Brookes returned on the 17th of December - whether the changes introduced by Mr North were continued is not recorded.

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**Melanie Watson of
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Such an angry horse

One of our latest training horses in is a big impressive 17hh+ show jumping "Warmblood"(Germanic bloodlines) gelding called Maverik. He is supposed to be a very talented jumping horse and his whole career has been centred round that particular sport. However, talented a competition horse may be and in whatever sphere that talent may lie, they are worthless if the owner cannot load them up in the wagon and take them to a show.

Most professional Show-jumping yards will take a minimum of 3 or 4 horses at a time to a show and the loading /travelling must work like clockwork. Apparently Maverik has never loaded easily in his entire life and he has never accepted a towed horse trailer. His whole transit life has had to be in wagons. I guessed that the confines of a trailer had always been too claustrophobic for him or he had been panicked inside. Even in a wagon he would instantly turn round and leap back out before the partition could be closed on him. This is a huge towering horse weighing 700 kg....

He was on loan to a top class junior rider down in Suffolk from his owners in North Yorkshire. Their yard was one of perfect facilities with a huge 70m by 70m ménage, hot water horse showers and heat lamp drying rooms for their residents! (More than my lot get! "Nowt" wrong with a cold hose! ?)

However, for all the aesthetic charms of a yard, their inability to load him up to go to a show was proving far too time consuming and incredibly frustrating. I heard how it was always two hours there and at least three to get home. They tried loading with an old pony alongside, tempting him with his favourite food, cajoling, shouting, pleading!however they did promise that they had never hurt him. It took 31/2 hours to load him to come to me! I think that they were, understandably, very glad to see the back of him despite his jumping talent.

When I start to work with any new horse, there are certain things I do which will give me a good idea of what has happened in its past and why they do what they do. One thing is for sure, HORSES NEVER LIE.

This was one seriously, dangerously, angry horse who's issues were brought to the fore by attempting to load. His general attitude to Humans was one of dominance. His height and his weight gave him a power to move us about and out of his way at will. He had perfected his set of nasty tricks over years and years. He spat his dummy out with me massively the very first time I went to work him. Without any warning whatsoever he went in to attack me the very second I lead him into my school to start his ground training. He leapt at me with all his force and ears laid back and fury in his eyes. This forced me to instantly back off in order to avoid his attack. This perfected move on his part then gave him the power to rear up to full height, spin on the spot and let drive with both hind legs straight at my head. Nice! It worked because I moved! ?

More by luck than good judgement I managed to avoid being touched, it would have broken me in two. The trigger for this horrendous violence I later realised was because I had picked up the lunge whip on my way in to the school.

There can be only one conclusion to this reaction to the whip, he knew all about the feel and pain of its bite when used in temper in a human's hands. I don't blame the owners, the loaners or any other past owner. He must have learned to fight the loading by fear in a trailer a very long time ago. His first owners had a trailer but he was sold on with the rules of a wagon only....that in its own right poses the question why? Each and every person in his life since had failed to realise that force will simply never work long term and that horses with a predilection to aggression will learn anger so deep, it will consume them and will then appear in so many other directions. Resentment builds into hate... Self protection builds into defence.....a violent downward spiral develops.

Maverik had learned to control people on the ground when something did not suit him. My method of training him was to reclaim control of his feet...forward, backward, left, right and to ground tie (to stay where I put him through my body language command.) I had an interesting few days! I use a whip as an essential extension of my arm for control and drive...not for punishment. The whip needed to give him pleasure from scratching motion. By reverse pressure training I now have him relaxing while I throw the whip all over him, he moves forward, backward, left and right by certain subtle moves of my body and the whip. He has learned to trust it in my hands and no longer shies away or gets angry when I ask him to yield his body and go where I ask. It has been hairy 2 weeks to say the least.

When we first reintroduced the trailer he immediately reverted back to anger. He came at me, he reared, he spun round, he lashed out with those hugely long hind legs but because I did not get cross with him and rewarded every tiny correct move on his part, he calmed down. He slowly started to follow me in but could not bear to stay inside for any length of time. Again through reward he started to stay in it and relax for slightly longer periods of time. When we first tried to fix the bar behind him he instantly panicked and collapsed to the floor while reversing in pure panic. That was so horrible. It upset me greatly to witness his complete instant fear. I at least had my answer as to why he had never been travelled in a trailer. He was terrified of being shut in. It also answered as to why he always tries to turn round and leap back out of the wagon the instant anyone actually got him in.

My next aim was to give him the confidence to load himself inside. If I could get him to want to go in all by himself then this would change everything. Following me in was a really fantastic result but not good enough for him to accept staying in it through his own calm acceptance. This is done through drive....by working him in trot left, right, left, right.....always moving and controlling his feet and direction. He finds that the trailer is where he gets to rest. He reverted back to fury as he fought my control over him and I had 2 near misses again. However the desired change happened. He found rest if he took himself up at ramp. He found relaxation and praise and reward every time he entered that space....to the point of not even wanting to walk out of the front. All his anger disappeared. His ears pricked and he started to enjoy that space.

We can now just show him the trailer and he puts himself in before we are even ready! He is relaxed, happy, calm, enjoying praise and has let go of all that fear.....a lifetimes worth. We can shut him in from behind now and he is allowed out of the front door...where I might add, he is no longer in a hurry to walk out. He stood on that open ramp yesterday and decide that the hay inside was too nice to leave so he stepped back inside for another few mouthfuls! We all had the biggest smiles on our faces! What a result and what a huge change in this angry horse. His life in everyday terms now will be such a nice life. To no longer feel the need to fight and fear will be heaven on earth for this horse.

He goes home this weekend. The real test will be a short journey first. Fingers crossed he will be able to cope. He has taken such a huge leap forward in trust of humans. His acceptance of that claustrophobic space where there was fear is now soft and willing. Stationary is one thing but motion in transit is another.

WATCH THIS SPACE!!!!

I want to add something here for all the car drivers who think that we horse trailer drivers are going slow to simply annoy you in your hurry to get from A to B. Horses find it very hard to balance in transit so we have to drive slowly and carefully especially when the horse inside is a baby learning or a damaged one like Maverik. Please don't hassle us or be cross and impatient. Simply understand that we ask a big ask from the occupant when we travel horses and we want them to learn to cope and relax. When you cut us up, blast on the horn while passing or stuck behind and worst of all force us to brake hard, you cause collateral damage to the horse and frighten us owners to death. We cannot be in a hurry and apologise to you for any inconvenience caused to temporarily hinder your progress. It's our world too.

Our Mystery Diners visit the Alishaan, Hallgate, Cottingham



The real taste of India in Cottingham

A few years ago, when I was first asked to do reviews of the restaurants and pubs in Cottingham, my first review was of the Alishaan Indian Restaurant on Hallgate, Cottingham. At the time it was one of the few places in the village you could eat out in the evening. Now of course, you are spoilt for choice and you can get food from around the world.

Over fifteen years later, Alishaan is still with us, serving what many people, including me, think is the best Indian food in Hull and despite all the new competition appears to be still going strong.

So, as this will be my last review, I felt it only right to re-visit the Alishaan and see what, if anything had changed.

The Alishaan is situated at 205 Hallgate, Cottingham, near the junction with George Street. Parking is on the street, but all the village carparks are within easy walking distance.

On entering the restaurant, you come into the bar area, which is also used as a waiting area for tables and for takeaways. It is comfortable area, but at busy times it can get a bit crowded.

My wife and I visited on a Wednesday evening in mid-March and decided to go a bit earlier than usual and try the 'Early Bird' menu which is available from 5.30 pm to 7.30 pm at an amazing price of £8.95 for three courses.

When we arrived, the place appeared to be empty as the main room had nobody in it. The waiter took us to our table which was in the rear of the dining room where other diners were sat. I don't understand why the staff sit the small number of diners in this room instead of the main room so anybody looking in gets the impression that the restaurant isn't empty. Anyway that ended up being my only negative criticism of the restaurant.

Our two waiters were friendly and polite and not over attentive, as in some Indian restaurants. They provided us with menus and a wine list, which for an Indian restaurant was quite comprehensive.

The menus are very smart and easy to read and the main menu is very comprehensive with a huge range of starters, ranging in price from £2.95p to £4.95p. These include everything you would expect, from Onion Bhajees, somosas and a selection of kebabs.

The selection of main meals covers everything I would ever expect in a quality Indian restaurant, from Tandoori Specials, the full range of curries, balties, korahi, vegetarian and Chef's specials, ranging in price from £5.95p to £13.95p. Add to this a selection of rice, sides and naan breads and, I think even the most fussy diner will have something to suit their palate.

Because we were both going to have something from the 'Early Bird' menu, we put the main menu aside and having been served our drinks, a glass of house white and a bottle of excellent chilled 'Cobra' beer, we studied the menu.

We started with a couple of popadoms, which were very fresh and crispy, served with a choice of four piddes, again fresh and tasty. For our starter course we both had dishes we hadn't had before. My wife and Aloo Tikki, a sort of potato pancake with cheese and I had a Haryli Kebab, both served with salad and yoghurt and really tasty.

The choice of starters on this menu is obviously limited with about 10 choices and so are the main courses, but don't let that put you off, as they cover all the most popular dishes.

From the main courses, I chose Tandoori Butter Chicken, tender pieces of chicken pieces in a smooth almondy sauce along with a

place of pillau rice. My wife had her favourite, Chicken Korma, again with a serving of rice. Both dishes were really tasty with nothing left but a drop of sauce.

We shared a large peshwarri naan bread, which was hot, crispy on the outside and soft on the inside. Unlike a lot of 'Early Bird' menus, the portion sizes here are not reduced in size, they are the same as the main menu, which makes it even better value.

Overall the quality and quantity of the food was excellent and at a total price of £31.25 including a glass of wine and two bottles of Cobra, meant it was fantastic value for money.

This restaurant is an important part of the life of Cottingham and has been for a number of years, has won numerous awards for its food, and if our latest visit is anything to go by, it will for many more.

So, if you don't fancy cooking one night, I urge you to visit Alishaan and try the 'Early Bird' menu and you will not be disappointed.

On a personal note, thank you all for taking the time to read the reviews. I hope you have been and tried my suggestions and not been disappointed by them.

Any feedback to the *Cottingham Times* is much appreciated and its very important to support all your local restaurants and businesses to keep Cottingham alive. All the best and thanks.

Nick Russell

*For a Warm Welcome and
Superb Authentic Indian Cuisine
visit the*

Alishaan

For Superb Indian Cuisine ♦ Halal Dishes
Voted Best Indian Restaurant 2005/06 By The Hull Daily Mail
Special Four Course Sunday Dinner £9.95
also our Early Bird Special £8.95
Monday-Thursday 5.30 pm to 7.30 pm
including: Starter, Main and Sweet/Coffee
Open 7 Days a week (including Bank Holidays)
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Prices discounted by 20% on Takeaway Meals
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Small/Large Parties Catered for

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Outside Catering available for that Special Occasion

205 Hallgate, Cottingham HU16 4BB

Tel: 01482 847255 :: Fax: 01482 847032

www.alishaan.net



Moving Abroad?

A monthly column by Nick Russell

Welcome to the third part of the story where, after a search lasting five years, Nick Russell (ex-Spectrum Video) and his wife Rita finally find the house they have been looking for in Andalucia, Southern Spain. The fourth part will appear in next month's issue. If you have any questions or want more information, please contact Nick directly through his new e-mail address which is nickruss@hotmail.co.uk.

Our next viewing trip was planned for June 2011 and we had decided to look at the area between Antequera and Granada. It is an area that is well served by good roads and the A92 motorway runs right through it. It is also only about one hour from Malaga airport, which is important for us.

We began with our usual internet searches and came across several properties which might be suitable for what we hoped to do. We use Kyero as our property search engine in Spain and it became apparent that properties can appear with more than one agent and more importantly all at very different prices. Therefore, it is very important to do a thorough search as you can.

Selection of Properties

We selected about a dozen properties from three agents across the area which all looked as though they would fit the bill. But as we have found out in the past, that is not always the case. During the weeks leading up to our viewing trip, we kept in constant contact by phone and email with the three agents, hoping that this would help them understand more clearly what we wanted from the search. This might save us wasting time. A couple of the houses were above our budget but the agents felt the sellers would be open to offers due to the state of the property market in Spain and the fact we were a cash buyer. In the time leading up to our visit, we would receive almost on a daily basis, properties that had been reduced in price by up to 70% so we were hoping that we would finally find something suitable and at a bargain price.

We arrived at Malaga airport and headed off in our hire car to meet the first agent, who was showing us a couple of houses quite close to the airport. The first property was in fact two houses in a lovely plot and met all our criteria with the exception of the very high price. The agent assured us the owner would negotiate on this if we were interested, but at 100,000 euros over budget it was unlikely to be a front runner. The second was a no-no from the start as it consisted of a house and two static caravans - not really what we expected.

The next day we moved a bit further inland to the area of the town of Iznajar and met up with the next agent Ed. He showed us a couple of lovely houses, both under our budget which we both liked more than anything we had seen up to then, but my wife was not sure if the location was exactly what we wanted. So the search continued the next day.

If you decide to look at properties in Spain and you set a budget, remember there are 'extras' to add on to the purchase price. These include local taxes, lawyers fees, notary fees and more, and can add between 8% to 10% to the agreed price. The only fee you don't seem to pay is the estate agents fee - the seller pays that!!!

Getting an N.I.E. Number

Also as a foreigner wanting to live in Spain and buy property, to buy a car, open a bank account or the like, you need to have a N.I.E. number. This is an identity number and is used like your National Insurance number over here. It also is used as your tax number for income tax purposes. To get one of these you need to go to a police station with a 'foreigners' desk, usually found in some of the bigger towns, fill in a form, provide passport ID and an address in Spain, which if you are house hunting could be a bit difficult. Also these offices are only open at certain times and in 'tourist' areas can get very busy, with people queuing from 6am. Once the form is filled in, you are given a receipt which you take to the bank to pay, they then stamp it for you and then you return to the office the next day to pick up your N.I.E. on production of your receipt. What a performance but we were lucky that the next estate agent Paul Barnet of Inland Andalucia helped us tremendously by taking us to the office and helping us sort the paperwork out. We still had a problem the next day when he we went back to pick up our N.I.E. numbers, as the guy who dealt with it had gone sick and no-one else could deal with it. Very frustrating as he had to go back the next day on our behalf to collect it. If you need to get one please be very patient!

My wife and I both felt we were now in the hands of an agent who was going to help us find the house of our dreams, and as it happened this was the case.

We had picked out a few properties from his website to look at, and he met us at our hotel with his business partner Judith to take us out for the day.

It did not start to well as the first couple of houses, although big enough, just did not tick enough boxes. In fact it got even worse as the next couple of houses did not tick any boxes at all.

So feeling a bit frustrated, again, we decided to stop for lunch to discuss our next move.

Paul told us he had a property that had not yet gone back on the market after the sale had fallen through in the last couple of days and he thought it might interest us. We thought it was worth a visit, so we headed back to his office to pick up the keys and headed off towards Granada to look at this mystery property, which had been empty for 18 months.

On the way to the property, Paul filled us in the history of the house. It was currently owned by an English couple who had split up and had loads of debt tied into the house, including a massive mortgage that had not been paid for two years, HP payments, utility bills and council tax bills that had not been paid for ages.

Paul explained that, because of these debts, it was very important to get a good lawyer because the buyer becomes responsible for these debts if they are not paid out of the proceeds of the sale. A good lawyer will check all these out and highlight them before the sale is finalised, so you end up with the house free from debt.

The Mystery House

We arrived at the mystery house, after turning off the main road and going up a dirt road for about 500 yards, to be confronted by a huge white country house, or cartijo, surrounded by olive groves as far as the eye could see. The house itself was situated behind electric gates and a boundary of conifers and trees.

Once inside the gates we could fully appreciate the house and huge garden, swimming pool, bar and a smaller house to reform. It also had a fishing lake in front of the house which was quite unusual.

Compared to what we had looked at over the years, this was amazing and we found it hard to believe it could possibly be anywhere near our budget.

Paul showed us around the garden, while Judith opened up the house. Bearing in mind it had been empty for more than 18 months, the garden was in a remarkable state as was the bar area and pool. Obviously the whole area needed a clean and plenty of TLC but it was all cosmetic and straight forward.

Judith had unlocked the house and raised all the shutters on the windows by now, so we went to have a look around the inside. Compared to what we had looked at in the past, the house was huge. It had six bedrooms, three bathrooms, two living rooms, a kitchen and dining room, and, from the first floor balcony, stunning views of the Sierra Nevada mountains as well as the local village and surrounding countryside. The room sizes and layout were perfect for what we wanted to do, and we both had the feeling that, with a bit of work, this was the house we wanted to buy.

Dream House

After the guided tour, Paul and Judith left us to have a wander around again on our own. Although the previous owners had left loads of belongings and rubbish in the house, we could both see past that and as we walked round we were both planning what we could do with the place.

We rejoined Paul and Judith who then took us to look around the three acres of olives that also came with the house and Paul explained how these would give us a small income each year as they could be harvested by the local cooperative and sold for olive oil. This was a bonus that we did not expect.

So after the tour in 45 degree heat, we went back inside the house to cool down and Paul asked us what we thought. My wife and I looked at each other and both said that we loved it and that it was perfect for what we wanted to do.

My only concern was that it would be way above our budget and we were going to be very disappointed. Paul explained that when it first went on the market two years ago the price was 700,000 Euros, way, way above our budget, but, because of the owners financial situation and the bank wanting their money back, the price had now been reduced by a staggering 70% but the deal had to be done within the next three months. If that was not possible, the bank would re-possess the property and sell it at auction. We did not want that to happen, so we agreed there and then to go for it, finally ending our search for a dream home in the sun.

Thank you once again for reading this installment and in next month's issue we will go through the trials and tribulations of actually signing for the property and completing the sale, which was not as straight forward as we thought.



**PIZZAS :: BURGERS
KEBABS
AMERICAN FRIED CHICKEN**

Gino'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 under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.





Classes with Katrina every Wednesday Evening at Longcroft Lower School Beverley
from 6.30 - 7.15 pm

(Classes also at Cottingham Civic Hall, Market Green Monday, Tuesday and Thursday Evenings 6.30 pm - 7.15 pm)

£4.00

suitable for all ages and levels of fitness!

For further enquiries
 Tel: 01482 355594
 Mob: 07910 797527
www.zumbavibe.co.uk

zin zumba instructor network



Zumba display team wow guests at recent charity event at Lazaats, Cottingham

At a recent Charity Fashion Show at Lazaats, Cottingham, organised by Clair Morgan, with all proceeds going to B.E.E.T (UK Eating Disorder Charity) and some proceeds going to Breast Cancer Research, 20 Zumba Ladies put on an exciting Display, led by Zumba Instructor Katrina Catton and fellow Zumba Instructor Tracy Hammond.

Katrina runs Zumba Classes in the Civic Hall Cottingham on Monday, Tuesday and Thursday Evening 6.30 pm - 7.15 pm. For further information contact Katrina on 07910 797527 for further details.

Live @ The Blue Bell

Back again this year for springboard,
Thrill Collins -

Are not a Phil Collins tribute!!!
 Headlining Friday night, THE band not to miss!!
 They cover in a skiffle type of format the music from a range of performers ranging from Rick Astley to Michael Jackson to Motorhead.
 They are witty, intelligent, politically astute, musical and very funny indeed!!

Live Jazz every Sunday from 5

Hosted by RevRay
with guest performers,
 and monthly open mic when aspiring musicians can join in

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

Beverley Lions charity golf day at Driffild Golf Club on Friday 25th May

The Beverley Lions Club are holding their annual charity golf day at the Driffild Golf Club on Friday 25th May, for which this year their chosen charity will be FIND, which is a local charity specialising in helping young people with Autism Spectrum Disorder.

The golf day, which includes a bacon sandwich and coffee on arrival and a two course meal on completion, costs £140 per team of four for which over £2000 worth of prizes are available to be won. Entry forms can be obtained from Harry Burton Tel 01964 551224 or by email to h.burton@btclick.com.

Luncheon Club vacancies at the Darby & Joan Hall

The Cottingham Darby & Joan Luncheon Club has vacancies for retired people to join the Cottingham Darby & Joan Luncheon Club. We meet every Friday in the Darby & Joan Hall in Finkle Street and enjoy a meal freshly cooked on the premises.

After lunch there is either entertainment or bingo. We are a very friendly crowd so why not consider joining us. For more information please ring Mrs.Hodge on 849077.

WRVS - The Darby & Joan club is run by members of the WRVS. We are volunteers and would welcome anyone who would like to give up a few hours on Fridays to help. Apart from general helpers we need escorts to help with the mini bus. Please ring Mrs.Hodge on 849077 for further information.

Golfing your way to health

East Riding of Yorkshire Council is offering people aged 18 and over the opportunity to take part in the London 2012 Inspiremark project by beginning or improving each individual's game of golf.

Some of the locations available include:

Skidby Lakes Golf Club on Tuesday, 8th May for 10 weeks from 6.30-7.30pm. For further information, contact Karl Worby on (01482) 844003.

Flamborough Head Golf club on Wednesday, 9th May for 10 weeks from 7-8pm. For further information contact either Ivan Oliver or Chris Feast on (01262) 850333.

Hull Golf Club on Monday, 14th May for 10 weeks from 2-3pm. For further information contact Andrew Sanderson on 07850 084466.

Hornsea Golf Club on Tuesday, 15th May for 10 weeks from 7-8pm. For further information contact Stretton Wright on (01964) 534989.

Brough Golf Club on Wednesday, 16th May for six weeks from 11am-12noon. For further information contact Joe Townhill on (01482) 667483. Also on this date, Hainsworth Park Golf Club is offering the chance to take a 10 week golfing experience from 6.30-7.30pm. For further information contact Peter Myers on (01964) 542362.

Driffeld Golf Club on Thursday, 17th May for 10 weeks from 6-7pm. For further information contact Kenton Wright on (01377) 253583.

All equipment is provided and clothing should be comfortable with suitable footwear.

Places are limited and for additional details contact Sam James, community sports coach on 07881 843197 or email samantha.james@eastriding.gov.uk or Paul Silvester, community sports coach on 07881 803464 or email paul.silvester@eastriding.gov.uk.

Macmillan want your old mobiles and printer cartridges

They say one person's rubbish is another person's treasure - this is certainly true for Macmillan Cancer Support who are looking for organizations to join their Recycling Appeal that will turn old mobile phones and used printer cartridges into much needed funds for the charity.

Sally Millington, Macmillan fundraising manager says "the recycling scheme is an easy way to raise money for Macmillan. It doesn't incur any costs, takes up very little time and is organised almost entirely by Redeem Recycling Appeal. Each mobile phone is worth an average of £3.60 and each printer cartridge an average of £0.60 and it will all add up to help the charity."

Sally continues: "Lots of offices throw away their inkjet and toner cartridges too - why not sign up to be a part of our Recycling Scheme and donate them instead? You'll be helping our valuable work, and you'll be helping the environment at the same time. It's simple to be a part of the initiative and really takes no time to be involved."

"Cancer is the toughest fight most of us will ever face. But you don't have to go through it alone. The Macmillan team is with you every step of the way, from the nurses and therapists helping you through treatment to the campaigners improving cancer care."

The money raised will help people who receive a cancer diagnosis, and their families. Macmillan rely on donations for 96% of our income, without which we would not be able to fund the services which make such a difference."

As well as raising money for Macmillan, recycling old phones and cartridges is better for the environment than simply throwing them out. So why not do your bit and help people affected by cancer too by signing up for the scheme.

If you would like to set up the recycling scheme at your place of work, contact Sally Millington on 07801 307058.

CAVE CASTLE HOTEL & COUNTRY CLUB

Spa Breaks

Enjoy 2 treatments at The Castle Spa before evening dinner in the Windsor Restaurant followed by an overnight stay and breakfast.

All this from only £105.00 per person sharing double or twin

Ladies Day at Beverley Races

Wednesday 15th August

Enjoy a great day out with friends

£105 per person including entry tickets, transport to and from, supper, bed and breakfast

Vegas Night

Friday 7th September

With Elvis, disco and supper

PLUS gaming tables to keep your dice rolling all night!

£28 per person

Stay overnight - £80 bed and breakfast for two!

Abba Tribute Night

/70's Night

Friday 28th September 2012

2 course dinner, entertainment & disco

£19.75 per person

Stay overnight - £80 bed and breakfast for two!

Murder Mystery Weekend

Friday 12th - Sunday 14th October

Join us for a thriller weekend, watch the murder unfold & unravel who dun it!

£170 per person

Murder Mystery Evening

Friday 23rd November

Enjoy a 3 course dinner, see the plot unfold & help solve the murder

£32 per person

overnight package from £145 based on 2 sharing

Call 0844 686 2235 for further information
Cave Castle Hotel & Country Club, South Cave

Cottingham Springboard Music Festival takes place on Jubilee weekend 1st to 4th June

The seventh Cottingham Springboard Music Festival takes place from Friday 1st through to Monday 4th June on multiple stages in venues around Cottingham, near Hull in East Yorkshire will once again play host to the artists.

The festival is completely FREE. Over 180 acts are expected to be performing on eight stages over the weekend, featuring a wide variety of styles including acoustic, indie, folk, jazz, rock and blues.

Line-up

The first acts confirmed are:

Friday

King Billy - The Old Brewery: Nic Gowland, Katy Furze, Last Winter Dance Party (acoustic), The Cardboard Cutouts, Young Jack, The Dead Hormones, and Dear Sherlock.

The Hallgate Tavern: Shoot The Dead, The Walls, The Final Romance, The Retrospective, Streaming Lights, ET:73

The Duke Of Cumberland - The Off The Road Stage: Hase Waits, Farid (tbc), Rob Gray, Becca, Danny Bradley, Runoffthetatic, Ben Shears, Sam Arkut, Farino, Sam Jones, Domanic Hook, Circus Envy, Mr Sneaks times

The Duke Of Cumberland - The Eskimo Soup Stage: Betamanuensis, Schoolgirls, Affiars, La Bete Blooms

The Cross Keys: Tim O'Conner, Cox Brothers, Throwing Words, Glass House Row, Frisky Biscuit

The Black Prince: Thrill Collins, The Crazy Mushrooms, Beaming Porn Through Nuns.

Saturday

The Hallgate Tavern: Servants of the Gun, Tom Kay Trio, The Schoolgirls, Sulu Babylon, Hades Chariot, Messengers, Verona Fault Line, Embers Of Kashmir, righteous Indignation, Pastel Jack, XIII, Scatchcard Zombies

The Duke Of Cumberland - The Eskimo Soup Stage: Jamie Fletcher, Alice Clayton, Niall Ranson, Fudgey, Tim Mellins, Josh Meradith, Heros of the Mexican Independence Movement, Mammel Hum, Last Winter Dance Party, Counting Coins, Deadtime Philharmonic, Goodnight Ohio

The Cross Keys: James Millar, Bluefalls (tbc), Craig Meehan & The Sexy Offenders (tbc), Felony, Holy Orders (tbc), Late Night Fiction (tbc), Violets (tbc), Lavellion

The Black Prince: Biscuithead and The Biscuit Badgers, OrGaNiKaRmoNic, Shiznitz, Hase Waits, Clicky Bones, The Estuary Dwellers, Ziegler Co

Sunday

The Hallgate Tavern: Dogfinger Steve, Jordan Van Beem, Frisky Biscuit, One Way Out, Craig Vinnie Whitehead, Izzy Thomas, Grace Charlotte, The Crazy Mushrooms, George Suddaby, Rob Bywater, Shaker, Mark Robinson Experience, Derek Waudby, Half Deaf Clatch, Halloe Away, The Nocturnal Flowers, Chris Cooper Band, Daniel Champagne, Dom Hook

The Duke Of Cumberland - The Eskimo Soup Stage: Georgie Lucas, Joe Solo, Mark Night, Salbo Baggins, Rob Bywater, Farrino, Happy Endings, Burnt Books, Dead Hormones Acoustic, Jodie Mckenna and Zargos Band, In Fear Of Olive, Over the Wall

The Cross Keys: Infamous Radio (tbc), Fear Of Bicycles, Mr Sneaks, Gunpowder Plot, Cowfish, White Pilots, End Of Level Baddie (tbc), [Pop]ulation

The Black Prince: Megany and Stephany

Monday

The Hallgate Tavern: Infamous Radio, Rev78, Bring Up The Bullets, The Finest Hour, The Sneaks

The Duke Of Cumberland - The Eskimo Soup Stage: Emily Turra, Matt Guy, Matt Colquin, MyOneManBand, Little Switzerland, Harry Ridgeway band, Title Sequence, Seagulls, Odepus the King, Holy Orders

The Cross Keys: Niall Ransome (tbc), Suzanna Hartshorne, Dan Moody, Jordan van Beem, Steely (tbc), Samson's Tricycle, Armadillo (tbc), Mike Rogers

The Black Prince: The Schoolgirls, Yugoslavian Boys (tbc)

Ladies Wanted!!!

Tickets are now on sale for an exclusive Ladies Luncheon to raise funds for local people with sight loss.

An exclusive Ladies Lunch will be held at the Willerby Manor Hotel next month to raise money for HERIB (Hull & East Riding Institute for the Blind).

The event is taking place on Tuesday 22nd May between 12noon – 3pm and guests will be treated to a delicious two course lunch with coffee plus there will also be a range of fabulous raffle prizes up for grabs.

Guest speaker on the day will be TV presenter & Cook Emily Roberts

"We are thrilled that Emily is able to join us this year," says HERIB's Fundraising Manager Angela Gregory. "It's a fabulous excuse to dress up, get together with friends and show your support for a local charity.

It is also a great opportunity for networking and meeting new clients for all those business ladies out there. If you have just started a new venture or are an established company, our luncheon offers a fun way to build your client base."

Tickets are £22.50 and can be ordered by contacting HERIB on 01482 342297 or by email at mail@herib.co.uk.

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SPRINGBOARD FESTIVAL

Maggie is pleased to announce that The Railway will be participating fully in the Springboard Festival throughout the first weekend in June.

Dennis will be working alongside her as the music organiser.

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Ideal for private parties and celebrations, whatever the occasion, we can offer private bar and facilities; catering available if required. For further information, or to book, call **Maggie on 01482 622980**

Marriage Celebration weekend at St. Mary's Church, Cottingham

Come and see how ideas of what to wear and what to do on "the big day" have changed over the past 100 years in this display of wedding dresses, accessories and memorabilia from 1900 to 2012. The display will be in the church on Saturday 12th May from 10.00 am to 4.00 pm, and there will also be flower arrangements, music from our organist and choir plus the work of the church embroiderers on show. Children's activities, including a dressing up box, will be available.

Admission free. Refreshments will be available in the church hall throughout the day.

Sunday 13th May at 11.00 a.m. - A service of thanksgiving for marriage. Everyone welcome.

Return to rounders at the Beverley Leisure Complex

A Return to Rounders session for men and women is starting up at Beverley Leisure Complex on Tuesday evenings from 6.00 pm - 7.00 pm starting on 8th May.

These informal sessions are £1 per week. Come as a group or on your own and join in the fun.

Participants should meet on the field next to the train line that runs alongside the Complex.

For more information please contact Sam James on 07881 843197 or email samantha.james@eastriding.gov.uk.

Gentle exercises classes in Swanland

St Barnabas Church, Swanland, is hosting a gentle exercise and activity class on Friday afternoons from 1.30 pm - 3.00 pm. Come along for refreshments and a friendly welcome.

Classes began on Friday, 20th April 2012. For more information contact Sam James, rural community sports coach on 07881 843197 or email samantha.james@eastriding.gov.uk.

New exhibition at Beverley Art Gallery

Beverley and Beyond - Textile Art by Diverse Threads, will be exhibiting at Beverley Art Gallery until 26th May.

Diverse Threads is a group of ten textiles artists who meet regularly in York. Their styles and techniques are all very different, which depicts their choice of name. This exhibition includes felt making, lacework, beadwork, embroidery, printing and painting on fabric and much more.

For Beverley and Beyond the artists were invited to create a new piece of work inspired by Beverley and its surroundings. The members rose to the challenge and created some fabulous new artworks.

The gallery is open Mondays, Wednesdays and Fridays from 9.30 am - 5.00 pm, Tuesdays and Thursdays from 9.30 am - 8.00 pm, and Saturdays from 9.00 am-4.00 pm. Pay and Display parking is available at the rear of the building on Saturdays.

The gallery also has a cafe, disabled access and free admission.

For further information visit Beverley Art Gallery, Champney Road, Beverley, HU17 8HE or call (01482) 392780.

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Official Press Release from Station Road Retail Ltd. - 20th April 2012



New supermarket plans to bring 250 jobs to Cottingham

Station Road Retail Ltd are excited to announce that they have submitted a planning application for their new supermarket proposals at Station Road, Cottingham. The application has been lodged with East Riding Council and follows an extensive public consultation exercise, attended by 500 plus local residents and a number of businesses and stakeholders last October. A wide range of comments were expressed in respect of the proposals during this consultation exercise which led the design team to reassess the scheme in order to address those comments and in order to maximise the benefits for Cottingham.

Simon Dixon who heads up Station Road Retail Ltd states: "we believe that our revised design has addressed a number of the comments expressed relating to concerns in respect of the potential impact of our proposals on the local highway network and the trading position of existing retailers within the village, however much support was also expressed for us to deliver a modern supermarket to address unsustainable shopping patterns which finds 90% of residents undertaking their main food shopping trip outside of Cottingham.

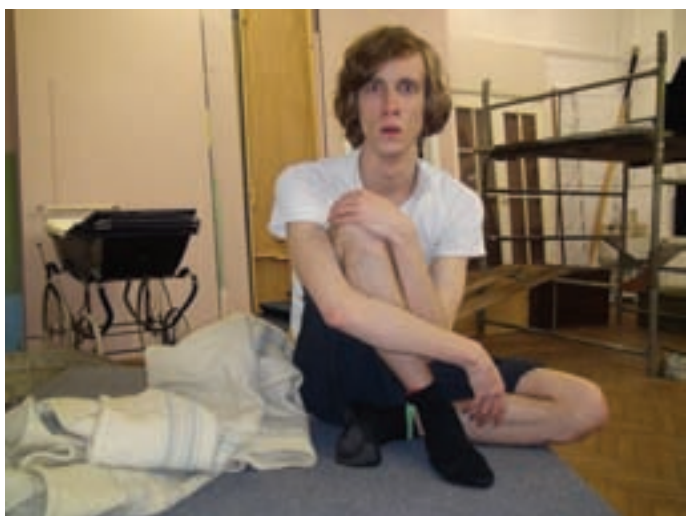
In a direct response to comments we have made the significant decision to reduce the scale of the supermarket by 20% and to no longer include a petrol filling station within our proposals. This will result in 39% less vehicle trips; a major revision that we hope will be welcomed locally. The reduced supermarket will still be of a sufficient size to allow customers to undertake their weekly shop locally and lead to a higher level of retained expenditure within the local area, this change has the added benefit of us being able to retain the majority of the existing business on the site. Whilst Stoneledge Plant and Transport Ltd and Boards (Cottingham) Ltd will still be relocated to more suitable

premises, the new scheme will allow for all existing businesses such as Jacee Print, Cottingham MOT Centre and the Cottingham Cycle Centre to continue trading at Station Road. With the added benefit of the supermarket creating approximately 250 new job opportunities in the local area, we hope this will be seen as a really good economic outcome for Cottingham".

Phil Gorman of Boards (Cottingham) Ltd who supports the scheme states 'whilst we will be sorry to leave Station Road, we are looking forward to relocating the business to a purpose built site that can provide a better sales experience for our valued customers'.

Phil Greenwood of Stoneledge Plant & Transport Ltd comments 'having moved to Station Road in 1978 to accommodate 9 items of plant we have since expanded to over 50 major items of machinery therefore significantly outgrowing our existing premises. By relocating to larger modern premises this will substantially mitigate crippling fuel costs by housing all of our transport under one roof ensuring the protection of jobs, further investment in the business and the sustainability of one of East Yorkshire's longest established companies'.

Station Road Retail Ltd have also made further significant changes to the design of the supermarket which will be highly sustainable, in addition to reinforcing landscaping, tree planting and pedestrian and cycle links across the development site. Whilst at this stage no occupier of the supermarket has been confirmed, various national supermarket operators have expressed interest in the development. Station Road Retail Ltd hope to secure planning permission by the end of the summer.



Danny gets his teeth into Donald

Eighteen-year-old Danny Bradley, of Thwaite Street, Cottingham, first discovered the power of theatre four years ago when he played the role of Donald in *Blue Remembered Hills* for a drama exam at school. He got full marks for his portrayal of the brutalised boy in Dennis Potter's classic play about a group of seven year olds whose 'innocent' games get out of hand on a wartime afternoon. Now he is delighted to have a chance to reprise the role, in Hull Playgoers' Society's production of the play at Hull Truck Studio Theatre.

Danny says "Blue Remembered Hills is one of my favourite plays. It's so much fun playing this role again, and examining the character in more depth. The interpretation is also truly original and exciting."

Danny, who attended Hull Collegiate School, lives with his Dad, step Mum and step-sisters. His mother lives in California. He is also a talented musician, singing and writing his own songs, and has performed in the UK and California.

East Riding Youth Dance is recruiting at a venue near you for the summer term

Co-ordinated by East Riding of Yorkshire Council, the project includes weekly sessions with professional artists working towards performances each term. East Riding Youth Dance also gives young people the opportunity to learn Urban Street, Contemporary, Jazz and Hip-Hop from the country's leading professional dance companies in workshops and live performances. No previous dance experience is necessary - just the ability to come along and have some fun.

The youth dance groups are based in five areas of the East Riding with sessions for 11 to 18-year-olds. At the end of every term, the groups plus the exclusive County Company come together to perform at the biggest Youth Dance Platform in the area on Sunday, 15th July 2012.

Weekly sessions will be taking place at:

Minster Primary School, Beverley	Tuesdays
The Spa, Bridlington	Tuesdays
Hornsea Leisure Centre	Fridays
Junction, Goole	Fridays
Woldgate College, Pocklington	Thursdays
All groups start in the week beginning 1st May 2012.	
The cost is £35 per term.	

For more information, please call Michelle McCoy on 01482 392653 or 07795 337492 or visit the website www.eryd.co.uk.

Support the advertisers who appear within the Cottingham Times

Healthy cooking for the over 50's

Catering students are to cook up a healthy treat for older people at an event in Beverley.

Age UK East Riding has teamed up with East Riding College to hold a cookery demonstration on the theme Healthy Cooking on a Budget.

The session will be held at the college in Gallows Lane, Beverley on Wednesday May 23rd, at 10am.

It is aimed at anyone over the age of 50 and after the demonstration there will be an opportunity to sample the dishes cooked up by the students.

Places at the session are strictly limited, and must be booked in advance. There is a small charge of £2.50p per person, payable when booking, which includes a light lunch.

The session is being part-funded by the Fit as a Fiddle programme run by the Big Lottery.

To book a place, please contact Age UK East Riding at 16 North Bar Within, Beverley, tel (01482) 869181.

The session follows the success of previous healthy eating courses run by the college in conjunction with Age UK East Riding.

Copies of a cookery book launched following the previous sessions are on sale at the charity's office in Beverley and at the college.

Museum commemorates Titanic centenary

The community museum in the Beverley Guildhall is today putting on a display about the Titanic almost 100 years after the event, which will include stories about people with links to the local area, and will be on show until 25th May.

The Guildhall (next to the main post office in Register Square) is open every Friday between 10am and 4pm with free admission.

This month sees the centenary of the sinking of the Titanic, which struck an iceberg on the night of 14 April 1912 and sank within two and a half hours, resulting in the loss of over 1500 lives.

At the time this tragedy shocked the world, and 100 years on we are still fascinated by this particular story.

Fiona Jenkinson, curator of the Beverley Guildhall, said: "We are very grateful to people who have come forward to tell us the stories of their relatives who were on the ship, and their knowledge of other links with the Hull and East Riding area.

"Personally I have found researching this display to be very moving. Some of the first-hand accounts written shortly afterwards bring the events of that night vividly to life and go some way toward explaining our continued fascination with Titanic."

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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Addictions:

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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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Meeting of the East Yorkshire Association of the National Trust

Speaker: Dr. David Neave
On "Hull's Historic Buildings"

Our speaker illustrated Hull's great history, and pointed out that despite the losses in WWII there are many historic buildings still to be seen.

The town was given the name Kingston in 1293 when it was acquired by Edward I as a New Town. Hull was a convenient base for expeditions against the Scots, its building material was brick, the Walls and Holy Trinity Church, one of the largest in the Country, are of brick. Slides of the interior of Holy Trinity included the colourful angels and stained glass. Edward planned to have just one church in each of his New Towns, though other churches including St. Mary's Lowgate were later built in Hull. The town was a port for exporting wool, with the wharfs for the ships along the river Hull and the merchants had their homes and warehouses behind them along High Street, formerly Hull Street. The town walls including Hull Castle and the Citadel were extended to the East-of the river Hull. Hollar's plan of 1640 show the town was still within these walls. Many fine houses of a later date can still be seen along the High Street, Wilberforce House, Blaydes House Crowle House and Maister House. The Old Grammar School of 1583 was a dual purpose building the school being on the ground floor, and the merchant's trading being done on the upper floor.

By 1784 a Dock had been built replacing part of the Walls and George Street, Charlotte Street and others appear outside the Old Town. The only part of the town walls now remaining are the foundations of Beverley Gate at the end of Whitefriargate, it is always worth looking up when walking down Whitefriargate to see the pediments of its buildings, and just round the corner that of Trinity House.

It was the 19th Century which saw the greatest expansion of the town the construction of many of the fine buildings we see today began with the granting of City status to the town. The Market Hall(1902), the Guildhall(1904), the Maritime Museum, The City Hall (1903), the Dock Offices (1867) now the Town Docks Museum, and many more 20th Century buildings were shown. One of the largest audiences of the season were not disappointed, and showed their appreciation at the end of the talk.

Answer to Sudoku problem from page 12

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



News from the Cottingham Post Office

Royal Mail prices, effective from 30th April 2012

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1st Class Large Standard (up to 100g) - 90p
2nd Class Standard 50p
2nd Class Large Standard (up to 100g) - 69p

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The Royal Mail Depot on Finkle Street, Cottingham will be closing down within the next 12 months and can I take this opportunity to remind you all that the Post Office and Royal Mail Delivery Depot are **two separate businesses**, which means that the Post Office is unaffected by the closure. We will still be here to serve the people of Cottingham.

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I hope I haven't given you an information overload. Till the next time.

Gary.

Spring on-line with East Riding libraries

East Riding Libraries are inviting people of all ages and abilities to access the internet this spring by spending some time in their local library.

Spring Online is part of the UK Online centres campaign to encourage people to give computers and the internet a go this spring with expert help from library staff. Spring Online runs until Friday, 18th May and all libraries in the East Riding are taking part.

It doesn't matter if you have never even touched a computer before or if you already know a little bit, everyone is invited along to their local library for free sessions and you can progress onto free online courses should you want to.

Spring Online is concentrating on four areas this year:

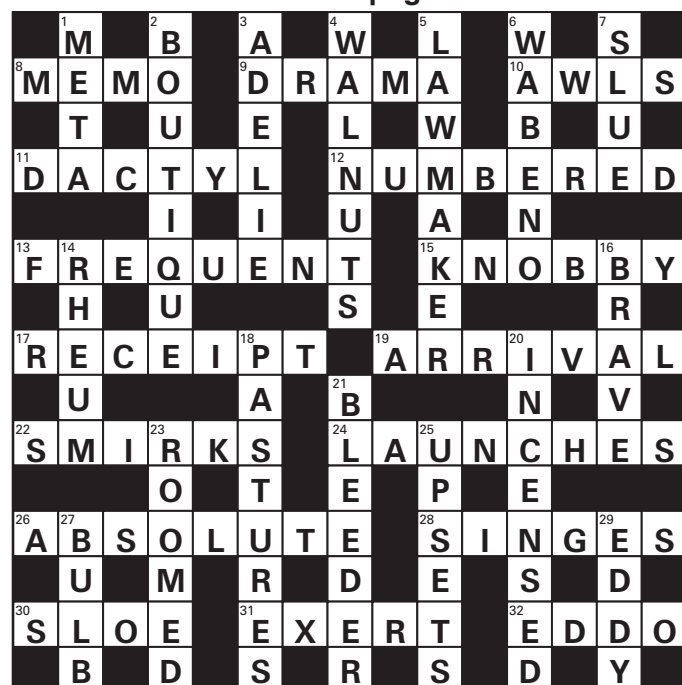
- * Careers information using the new National Careers Service website
- * Information about the Queen's Diamond Jubilee
- * Looking at and sharing your local history using the History Pin website
- * Starting free online courses using the Go-On website

Councillor Jane Evison, cabinet portfolio holder for rural issues and cultural services at East Riding of Yorkshire Council, said: "Whether you want to follow your hobbies, keep in touch with family and friends or just save a bit of time and money doing the things you do everyday, the internet really does have something for everyone.

"We want to invite our residents to spend some time at their nearest library and see what the internet could do for them. It's completely free and our friendly and helpful staff will be on hand to offer support and guidance."

For further information about how computers and the internet can improve your life or to check availability and make a booking, contact your local library (normal opening hours apply).

Crossword Solution from page 14



Juicing For Health

Vegetables are good for our bodies and our minds but sometimes they get kind of ... well ... boring.

If you are looking for a new, creative and delectable way to eat your veggies regularly then go buy a juicer and start whipping up some concoctions that will not only feed your cells but will have you bursting with vitality and feeling very proud of yourself. Step up your health game by refusing to be timid and by juicing up your life!

Juicing vegetables is not a new concept but it may be for you. The body actually appreciates what raw vegetables have to offer it because the process of cooking can destroy many of the nutrients that the food contains to start out with.

When you juice vegetables you make consuming the required nutrients more interesting and enjoyable. You also will retain a large portion of the fibre as juicing preserves it. In fact the fibre found in pure vegetable juices supplies your body with an adequate amount to satisfy its needs.

There are plenty of vegetables that respond very well to the juicing process. Examples of these include asparagus, beets, green vegetables such as broccoli and Brussels sprouts and cabbage. You can experiment with different vegetable juice recipes to find the ones that are most appealing to your palate.

Asparagus is very rich in an amino acid called asparagine. Unfortunately asparagine is destroyed very easily when it is cooked. That is why asparagus makes a very good choice for a vegetable juice that you create with your own juicer! It is worth knowing that asparagus is also a mild form of a diuretic.

Beetroots are not a vegetable that appeals to everyone but they are an acquired taste. Beetroots are rich in a variety of vitamins and minerals. Beetroots help to improve the quality of the blood and they also enhance and strengthen the gall bladder. Do not make a beet juice drink on its own however as it can be very strong. Instead combine it with other vegetables and then blend yourself up a juice that is not only delicious but also very healthy for your body!

Cabbage in its raw form is rich in vitamins, minerals and sulphur compounds. It is also very good for the health of your colon.

If you decide to blend up a juice with cabbage in it then you should drink it as soon as possible. The reason for this is because the essential elements of it will begin to oxidize very quickly. Like beets cabbage should be blended with other veggie to make a juice. You cannot store cabbage juice therefore only make as much as you can drink at one time. Juice the other vegetables first and then juice the cabbage last.

Broccoli is very nutritious for the body. It is a member of the cruciferous family and is full of nutrients and loaded with protein. Broccoli is a green vegetable you can juice and the same can be said for Brussels sprouts. Both have tremendous health benefits and can taste very yummy in a juice once you get used to the taste.

Green vegetables in particular are very worthwhile for juicing.

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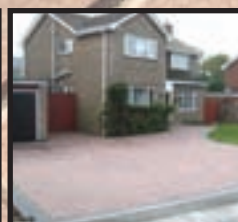
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