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Issue 138 - May 2013

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St. Mary's Church, Cottingham

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

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

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

Tuesdays and Fridays 10.00 am 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

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Jon Constable, Club Secretary, telephone 07785 347742, 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.

Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

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 Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

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Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. www.fitmums.org.uk

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.

Cottingham Bridge Club

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

The Alzheimers Society

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

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. From 2013 the club will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at Under 9, 11, 13, 15 and 17 as well as an all girl team. Training starts in January with Indoor Nets at the new Thomas Ferens Academy for all age groups on a Tuesday evening and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

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

Cottingham Methodist Church Hall

Card making Class meets every Monday evening (except Bank Holidays) 6.30pm to 8.30pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 07932833578.

Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 2nd May - 30th Anniversary Celebration. Meetings held in the village hall Skidby on the 1st Thursday in the Month at 7.30 pm.

Maureen Hunter Singers

Friday 3rd May to Saturday 4th May (7.30 p.m.) and Sunday 5th May (3.00 p.m.) - 'Voices in Spring' concerts at Bricknell Avenue Methodist Church, Hull. Tickets £7 (including interval refreshments) from Mrs. Sue Helliwell - 01482-641229.

East Riding County Choir

Saturday 4th May - A performance of Rossini's Stabat Mater and Mozart's Requiem in Beverley Minster at 7.30 pm. Tickets £15, £12 and £8 from Beverley Tourist Information Centre (Tel: 01482 391672) or on the door from 6.45 pm. Accompanied children 16 and under free.

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Continued from page five

St. Mary's Church Tower Tours

Monday 6th May - 10.00 am. £3.00 proceeds to St. Mary's Church, Cottingham. Tours last about 45 minutes. Meet outside the Church. To reserve a place (numbers limited). Phone Ian Booth on 848041.

Haltemprice Art Group

Tuesday 7th May - Opposite on the Spectrum

Wednesday 14th May - AGM

Meetings held in the Cottingham High School, 7.00 pm to 9.00 pm in the Art Department. New Members always welcome. Annual fees are £20.00 which cover all but demonstrations, workshops, and appraisal evenings where an additional is made. For further details telephone Mrs. Pat Tillotson (Secretary) 01482 352840 or Mrs. Jackie Churchman (Publicity Officer) 01482 866783.

Hull Alpha Probus Club

The Hull Alpha Probus Club will be meeting at the Pearson Park hotel in Hull on the following dates:-

9th May coffee morning

23rd May Special Ladies Lunch

Lunches are from 12.00 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards. If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information.

U3A

Thursday 9th May - Judi Groom and Tony Walford - Presentation of slides of 2012 garden group visits, at 2.00 pm in the hall at the Darby Joan Hall, Finkle Street, Cottingham.

Beverley Film Society

Friday 10th May - Shadowdancer (2012) Director - James Marsh, Cert (15), UK/Irish, Drama/Thriller. A Northern Irish woman is forced to choose between her Republican family and the British secret services trying to recruit her in this slow-burning thriller about the compulsions of terrorism.

East Yorkshire Embroidery Society

Saturday 11th May - Heather Richie - My Life in Rugs. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 11th May - 'Mini Cakes' - A demonstration by Rodney Davy. Meetings are held once a month at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham, between 2.00 pm and 4.00 pm. New members and visitors welcome.

Wold Lace Makers

Saturday 11th May - Demonstration: Wrapped in Style. Supplier - Larkholme Lace. In the church hall, St. John's Newland Parish Church Hall, Clough Road, Hull. 10.00 am to 4.00 pm. Admission: Members £1.50; non members £4.00.

Skidby Village Hall

Saturday 11th May - Gardeners' Mart. From 10.00 am to 1.00 pm. Admission free. Homemade refreshments available.

Hull Ladies Choir

Saturday 11th May - Charity Concert with proceeds going to Hessle Open Gate Way Club and Haltemprice Spoke Club. Guests: Westfield Primary School Choir and Bekki Grange, at the Guildhall, Hull, 7.00 pm. Tickets £5 available at the door.. Contact 07779 732322 or email info@hullladieschoir.org.uk.

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Continued from page six

Little Weighton Village Hall

12th May. Sunday in Little Weighton Village Hall a Plant Sale. Starts 2pm. All plants are 60p unless otherwise marked.

Cottingham Catholic Women's League

Monday 13th May, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 14th May - W.I. AGM Resolutions; Library Services in Prisons, Susan Berriman (Member). Competition: Prison or Police cartoon, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham. **Please Note New Venue.**

Cottingham Methodist Photography Group

Tuesday 14th May 2013 at 7.30pm
Tuesday 28th May 2013 at 6.30pm
New comers welcome. We meet in Cottingham Methodist Church Hall.

Cottingham Evening Townswomen's Guild

Wednesday 15th May - Dr. Butterick - Hull Children's University, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 15th May - Growing up in the 1950's, Mrs. M. Walker, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Cottingham Men's De Luda

Wednesday 15th May - Laughs Unlimited - Hazel Barnes, in the St., Mary's Church Hall, Cottingham, at 2.00 pm.

Cottingham Green Women's Institute Evenings

Thursday 16th May, Wiltshire Farm Foods - Competition: Decorated potato, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Diabetes UK

Thursday 16th May - Sharon Cassidy (Diabetes Specialist Dietician), Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

Inland Waterways

Friday 17th May - Alison Smedley will give a presentation about our historic narrowboat fleet. From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

North Ferriby Gardening Club

Saturday 18th May - Annual Plant sale in the Village Hall at 10.00 am to 12 noon.

The ARTERIAN SINGERS (Musical Director: Julian Savory)

Saturday 18th May - Are giving a concert at Willerby Methodist Church at 7:30 pm. The concert will include sacred and secular songs, both old and new. Admission: £5, with refreshments. Proceeds will go to the Teenage Cancer Trust, Castle Hill.

Little Weighton Open Gardens Day

Sunday 19th May, 11.00 a.m. until 4.00 p.m. Tickets are £3 each and can be bought at any of the gardens or from the village hall. Cream teas are available in the hall from 11.00 a.m. onwards.

Continued on page twenty-nine

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Windows 8 - Useful hints and short cuts, and some of the latest gadgets that are available for us all to use

My office PC has been powered by Windows 8 for about a month now and I am pleased to report that all my programs work, including my Access customer database most importantly! Essentially the new 'start screen' is very easy to use and quite fast, but some other simple tasks we would have performed in previous versions of Windows seem to take longer. Customer reaction to 8 is still mixed, a few reasonably favourable, some saying they're not keen and some wanting to go back to 7 or even XP! Like anything new Windows 8 is bound to stir opinion, and I think because of the simplicity of the new start screen, it is possibly easier for people who have never used Windows before, or who don't have a great knowledge of previous versions. But with a bit of adapting and new thinking, we'll all accept it I am sure. See some hints & tips further on...

If you have a Hotmail account, you will have noticed that Microsoft has now moved you to Outlook.com. The new plain blue and white page is fairly minimalist but does the job. Many more people will be using Hotmail as you get the most out of Windows 8 with an account, and it is needed to download Office 365 now.

Setting up customers own equipment puts me in the fortunate position of getting to see all the latest tech gadgets and compare them. So having worked on many of the available tablets, I decided to purchase a Galaxy Tab 2. This 7" tablet comes in white or black, and has an excellent quality screen and runs on the latest Android operating system (like most tablets & smart phones). It has two cameras, wifi and a micro-SD slot for extra storage capacity. An excellent, easy to use gadget.

Sales of second household TVs have fallen interestingly, because of the rise in tablet sales, and people using them to watch TV!

We've had carpal tunnel syndrome, RSI injury, text finger... and now my forecast for the next computer-related ailment is Tablet wrist!

In this business like many others, the old adage of 'no news is good news' often holds true. But now and then it is very gratifying to receive a complimentary phone call as I did today from a customer saying: "Just ringing to say how thrilled I am with my new computer set up, it is now an absolute joy to use"...now that makes it all worthwhile!

Now have a look around your house - do you see a new kitchen, maybe a shiny new car in the drive, a smart TV and an even smarter phone? But lurking in the small bedroom is there a 7 year old PC or laptop struggling to keep up with daily demands? Do you despair at its diminishing performance and wouldn't you like to be up & running and online in around 90 seconds? Well you know the answer, a nice new computer. Call us for advice and pricing.

On that subject, don't forget that Windows XP reaches 'end of life' in April 2014. Your computer won't stop working, but it won't really be safe to use online because there won't be any more security updates, and I expect anti virus suppliers won't guarantee their products for that reason. So if your computer runs on XP you need to start thinking about a new one before then.

Now some Windows 8 hints & tips:

When you use Internet Explorer and want to open a new tab, right click on a spare part of the page and you will see a window appear at the top, and just click the plus sign. You can use the same procedure to close some previous tabs, just by clicking the x in the corner of each one.

If you click on a link or attachment and it takes you into another app to view it, and you don't know how to get back, just hold down the Alt key and press Tab, then let go.

To open Control Panel, press the Windows key and X. This brings up a menu including Control Panel, File Explorer plus many other items.

Whenever you install a new program or download an app, you will usually find its tile at the right hand side of the Start screen. To move it to the left, just left click and hold the tile and drag it to a new position and drop it.

Want to make a tile smaller or remove it? Just right click on it and use the menu at the bottom of the screen.

Looking for a missing tile or app? Right click on the Start screen and click on the ALL APPS icon in the bottom right hand corner. To pin it to Start, right click and choose that option. This is a good way to get back Internet Explorer after you install an alternative browser.



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SECTION 14 (1)

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HALLGATE, COTTINGHAM (PART))**

Notice is hereby given that the East Riding of Yorkshire Council intend not less than seven days from the date of this notice to make an Order, the effect of which will be to prohibit any vehicle from proceeding along King Street, Cottingham (part) (between Northgate & Hallgate junction) and Hallgate (part) (between George Street & King Street junction) commencing Sunday 2 June 2013 (1 day expected only) and on Sunday 9 June 2013 (1 day expected only) to enable carriageway patching works to take place.

The road closure is necessary to enable the works to be carried out in a manner consistent with ensuring the safety of the public, the order is valid for 18 months, but it is anticipated that the works will be completed on these roads within the 2 given days.

The road will be open at all times for emergency services, resident's access and pedestrians only.

The alternative route for traffic affected by the closure will be via George Street, Cottingham and Northgate, Cottingham

Further information can be obtained from Streetscene Services (Highways), telephone 0845 600

1666 Ref. JS

Dated this 23rd day of May 2013.

N Leighton

Director of Environment
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Wordsearch - Food and Drink

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

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

Find the words in the letters above:

Apple, Apricot, Banana, Beans, Beef, Beer, Bread, Butter, Cabbage, Cake, Candy, Carrot, Cereal, Cheese, Chicken, Chocolate, Coffee, Cookie, Cream, Eggs, Fish, Juice, Lemon, Lettuce, Marmalade, Melon, Milk, Mushroom, Onion, Orange, Pasta, Peach, Pear, Peas, Pickle, Pineapple, Potato, Preserve, Rice, Soda, Soup, Spinach, Stew, Sugar, Syrup, Tomato, Treacle, Turkey, Water, Wine.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 77

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

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

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2013 celebrating our **20TH ANNIVERSARY OF BUSINESS.**
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I write from our tour to Torquay, and as usual the hotel is great. Everybody is in awe at our 3 hour free bar, the Gordon's G&T's are going down well. Join us on this one again next February, a packed lunch is also included so you need very little spending money.

News... Cruising from Hull is back for 2014... The sailings are early in the year, book now and the second person goes for half price. Shown below are the starting prices on the offer per person in a cabin for 2 people. Offer ends 16 May!

12 Mar 14 Northern Lights 14 nights (inc coach to Liverpool)	£1017
26 Mar 14 Grand British Isles 10 nights	£ 675
5 Apr 14 Fjordland 7 nights	£ 472
12 Apr 14 Easter Fjords 8 nights	£ 540
20 Apr 14 Baltic's & St Petersburg 13 nights	£ 870
3 May 14 Scottish Isles & Faroes (inc coach from Bristol)	£ 502

Parking at Hull port is expensive - why not use our home pick up service?

You will see that our list of tours to the right has changed a great deal as holidays for this year are filling and new tours for 2014 are being added. We have WW1 and Jersey in the pipeline as I write. Thursford this year is the 26th & 30th November and both are now down to 2 seats. We have better availability on other dates if you wish to travel with a few friends but you need to be quick. If you have not seen this show it is a must for anyone who loves colour, dance & music - it covers all tastes.

Our Rhine River Cruise 2014 - A superb itinerary. It is sailing only in a morning with lots of time in port. Departs 7th June, 9 nights from £989 per person. Single cabins from £1049. This includes 2 beds (not bunks) on North Sea Ferries and meals. Optional excursions are not required as you are in the heart of the town, free to come and go at your leisure. We have only 23 cabins, call today for full details or visit www.marionowentravel.com.

Ireland - There is still the opportunity for you to join this superb tour of Eire & Northern Ireland this June, do not miss out as we will not be doing it next year. All sightseeing is included, along with quality hotels half board throughout and a variety of entertainment from good old Irish Craic to an evening of ballroom dancing! Dublin, Belfast Waterford, Killarney, Ring of Kerry, Connemara National Park, a river cruise and much more are included. Call for full details today (singles get a double for sole use +£150).

Fred Olsen - We have a selection of special bargains, often available from your door. There is also a great saving on the all inclusive package for next year, coupled with your choice of cabin, dining and a good early booking offer. As usual our optional home to port service is available on most sailings.

Travel to your ship- Cunard & Royal Caribbean Cruise Lines have been operating a coach from Hull, this is not available for 2014 but as usual Marion Owen Travel offers guests who book their cruise at our office the option to travel from their front door. Please ask for full detail when booking.

Need a gift? - Remember our gift vouchers are a great idea and can be used to book all travel - from a day out to a World cruise!

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23 Jun	Ireland Explorer 12 days - great itinerary of Eire & N. Ireland. All excursions included .	£ 995
07 Jul	Waddington Air Show just for the day	£ 45
22 Jul	Alvaston Hall - 5 days half board special	£ 259
29 Jul	Warner's Nidd Hall 4 nights half board	£ 285
01 Aug	Chatsworth House & Gardens for the day	£ 39
10 Aug	Hamburg & Lubeck 6 days half board Optional International Garden Show	£ 459
19 Aug	Edinburgh Tattoo & Zoo 3days B&B	£ 269
26 Aug	Rhine & Moselle Cruise 10 days wait list	£1559
15 Sep	Meuse River Cruise 8 days	£ 895
09 Oct	Settle to Carlisle just for the day	£ 55
11 Oct	St Albans & Windsor 2 nights half board	£ 129
16 Oct	Wicked Matinee & afternoon tea Manchester	£ 85
21 Oct	Warner's Littlecote 4 nights half board	£ 294
22 Nov	Thursford Xmas Spectacular 3 day	£ 229
2 days!	Thursford - 26 28, 30 Nov & 12 Dec	£ 149
05 Dec	Putting on the Ritz - 2 days half board	£ 85
11 Dec	Chatsworth at Christmas - just for the day	£ 39
13 Dec	Antwerp & Christmas Market weekend	£ 179
19 Dec	Andre Rieu - Leeds Arena (1 seat only)	£ 110
12 Jan	Potters World Bowls 2 nights Full board	£ 189
14 Jan	Potters World Bowls special 3 nights	£ 269
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03 Feb	Torquay - the Gleneagles Full board & Bar*	£ 249
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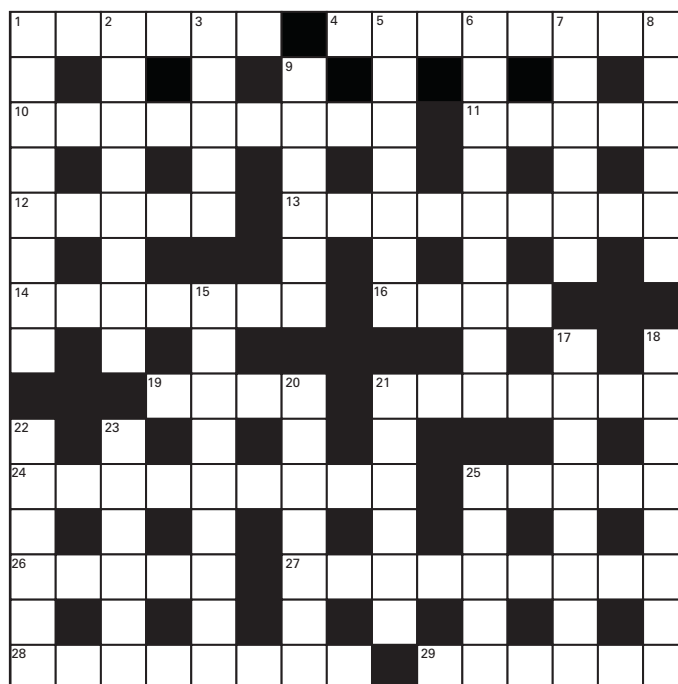
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 2007

Crossword - Solution on page 54



Across

- 1 A blue dye (6)
- 4 No particular place (8)
- 10 Carry (9)
- 11 Memos (5)
- 12 Young ladies (5)
- 13 A native of Australia (9)
- 14 Quaffs (7)
- 16 Retain (4)
- 19 Probabilities (4)
- 21 Examine in detail (7)
- 24 Not easy (9)
- 25 Plastic (5)
- 26 Unable to react (5)
- 27 Collisions (9)
- 28 Neatness (8)
- 29 Dwelt (6)

Down

- 1 A sunken engraving (8)
- 2 Thunderous verbal attack (8)
- 3 Sudden blasts of wind (5)
- 5 Interconnected nodes or stations (7)
- 6 Breeziness (9)
- 7 Have as a logical consequence (6)
- 8 Resulted (6)
- 9 Teeth (6)
- 15 A game with a shuttlecock (9)
- 17 Long tapering flags (8)
- 18 Used (8)
- 20 Mouse sounds (7)
- 21 Untouched (6)
- 22 Afloat (6)
- 23 Abroad (6)
- 25 Not audio (5)

Crossword courtesy of www.crosswordpalace.com

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In the Kitchen



Rhubarb

Ingredient of the Month

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

Origin and History of Rhubarb

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

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

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

Cultivation of Rhubarb

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

It is the stalks which are eaten and prized by chefs. Important: Rhubarb leaves contains oxalate, which have been reported to cause poisoning when large quantities of raw or cooked leaves



are ingested. It is therefore advisable not to eat the leaves at all.

It can be grown from seed, potted plants, or from root divisions that contain one or more buds and should be grown in well-drained, fertile soil that receives direct sunlight most of the day. It is best to wait 2 years before starting to harvest rhubarb but once it is established, you can pull stems each spring until the end of June. The plants do produce flowers however it's best to remove these so that the plant doesn't waste its energies producing seed.

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

Preparation and storage of Rhubarb

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

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

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

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



Quick Rhubarb Charlotte

Ingredients

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

Instructions

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



Almond Rhubarb Crumble

Ingredients

450g/1lb Rhubarb, cut into 5cm/2 inch lengths
1 teasp Grated orange Zest
75g/3oz Sugar
For the Crumble
100g/4oz Plain Flour
50g/2oz Ground Almonds
75g/3oz Butter
50g/2oz Sugar

Instructions

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

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

Ingredients

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

Directions

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

Rhubarb Cake

Makes 1 x 20cm/8 inch cake

Ingredients

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

Instructions

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

www.cottinghamtimes.co.uk - May 17

The Daisy Appeal's PET/CT Scanner Building Is Under-way!

The building of the PET/CT Scanner at Castle Hill Hospital commenced on 22nd January 2013 despite the snowy weather. Phase 2a of the Daisy Appeal, the PET/CT scanning centre, is currently being built at Castle Hill and will set to be finished on 20th December 2013.

The PET/CT scanner will compliment the current imaging devices while offering a new diagnostic technique. This will offer increased detection capabilities of cancers, along with cardiac and neurological diseases. It will be a breakthrough for the future of diagnostics and will aim to become a leading scanning modality.

Prof Stafford states, "The aim of the scanner is that once opened it will be available 24/7 which is different from what existing services offer at the moment. It will also allow patients to have other types of scans which are crucial for developing research in the future."

The centre is being built to help patients get benefits from scanning at a much earlier stage than ordinary scanners that are

currently out there. An example being if a patient has dementia the PET/CT scanner will be able to diagnose the disease at a much earlier stage. This means the patient can be treated quicker and it will increase the chances of successful treatment.

"Demand for a PET/CT scan should triple by 2017, which gives provision for a second scanner in a second room in the next four to five years". Scanning at the centre should commence in February 2014.

Bricks and stones for the memorial wall are currently being sold to private individuals and institutions. A total of 868 stones and bricks will be placed on the founder's wall which will be based in the reception area. The bricks and stones can have names, messages and dedications scribed onto them.

If you wish to purchase a brick or stone it costs £75 for a black brick and £100 for a gold brick. A king size stone costs £800 and an emperor size stone costs £2500.

In the near future The Daisy Appeal will be looking for people to volunteer for Daisy days which will be taking part in Asda stores throughout Hull.

More details will be announced in the near future, keep checking the website. If you wish to take part in any other volunteer or fundraising events also visit the website or get in touch.

If you wish to purchase a stone or brick or need further information please contact Jane Kitson on:

Email: jane@daisyappeal.org Tel: 01482 461909

Website: <http://www.daisyappeal.org/>

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Beethoven: Elegy Op118

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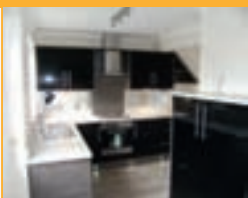


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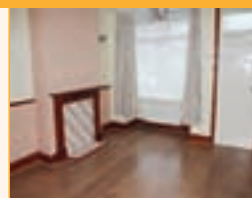


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10 Stone St. Bernard's Life Saved by Blood Donor Dog

When Samson the St Bernard's life hung in the balance his guardian angel came in the form of a German Pointer dog owned by one of our receptionists at our KINGSTON Park Street surgery.

Seven-year-old Samson was seriously ill with a twisted spleen but after having it removed we discovered that he had also lost a large amount of blood. He was in need of an urgent blood transfusion, and as luck would have it, his blood group was a perfect match for Blitz, a donor dog owned by receptionist Jackie Symons. As it was a Sunday, Jackie was not at work but she was soon tracked down and Blitz was



brought into our Park Street surgery in Hull for the life-saving blood donation.

Vet Sharrin Powers said: "Samson's life was in the balance. His twisted spleen was engorged with blood and weighed a staggering 3.5 kilos when normally it should have been about one kilo. "Because of the volume of blood trapped in his spleen and due to the blood loss during surgery, his blood count had dropped severely, so it was vital that he received a blood transfusion as soon as possible."

It took just half an hour to take the blood from Blitz and a further five hours to complete the transfusion into Samson. Samson's owners, Kerry and Chris Waterhouse, were very relieved and delighted when he pulled round. Kerry said: "I had been fearing the worst because Samson also has a heart murmur. At one point you could see a big bulge in his side where his spleen was pushing out, but he's doing really well now and is almost back to his old self."

Ironically, Samson appeared in the March edition of the Cottingham Times titled "That's nearly an armful!", promoting our blood donor service and asking for new donors for the register. He was never called upon to donate and was taken off the register when his heart murmur was discovered.

Seven-year-old Blitz, the German short haired pointer, has taken it all in his stride, with the blood he gave to Samson being his second donation.

We currently have 10 dogs on the blood donor register here at KINGSTON and are appealing for more. If you would like to register your pet it must be aged between one and eight, weigh more than 25 kg, be generally healthy and not have traveled outside the UK. Please do not hesitate to call either one of our Cottingham or Park Street surgeries We urgently need your help!

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“The Tooth and Nothing but The Tooth”

by

Chris ‘ Dr. Smile Maker’
Bransfield

Getting Long in the Tooth

Hello again. Well, I said that it would be Easter in no time. I don’t know about you but think that’s it’s been a long old winter this year. Just, long and steady. I think that we will all be glad of some warmer weather, fingers crossed. I’ll get straight in there with Dr “ Smile Maker’s” Top Tip number 1: Don’t eat too many Easter eggs.

We Are All Getting Older

It’s true that we are all getting older. As we do our bodies change. Some try to defy the aging process but you can’t cheat time.



Our mouths change as well to a degree, e.g. getting long in the tooth. Most of our bodies and our mouths do well really. Lets face it we are not really designed to get past 40.

Oh No We’re In A Recession

GUM recession that it. Do you see what I did there? Terrible, I know.

When the gum recedes it uncovers the root of the tooth. There is no hard enamel on the root. The surface layer is cementum but this is lost to uncover dentine. Dentine is not as hard as enamel and it has little tubes in it that lead down the pulp (what is often referred to as the nerve). This can lead to a couple of things. One is the potential for sensitive teeth. This is especially the case if you have a high acid diet or acid reflux (stomach acid that comes back up).

The other thing is root decay (or root caries as we call it). As I said, there is no hard enamel to protect the root so the tooth decay process can really crack on at a fast pace if the conditions are right. I say right but this is right for the bacteria causing he decay, for us I should say the conditions are wrong I suppose.

When In Drought

A particular problem for the teeth as we get older is taking certain medicines. All medicine can have side effects and if you read the leaflets that come with them there can be loads of possible side effects. A common one is dry mouth (xerostomia).



Saliva is great stuff. It helps protect the teeth from decay and lubricates the mouth to stop chaffing. Some medicines are worse than others for dry mouth.

Double Whammy

If you couple recession and root dentine and a dry mouth there is potential for root decay to get a hold quickly. Next month I will see if I can come up with some top tips on how to help control or prevent this problem.

The Excitement Mounts

It’s nearly the end of the football season. Hull city are still up there but faltering here and there. The good thing is that they all at it! Must be the pressure

Until next time. Take care and be good.

Chris

Chris Bransfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 20 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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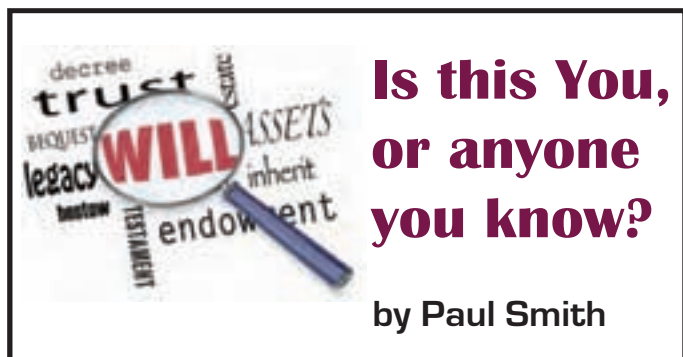
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Unintended consequences – The story of Tom, Dick and Harry

This is a true story, although it happened over 40 years ago. Tom was a successful businessman who had spent a lifetime building up his company. It now employed over twenty people. He was 68. He had a son Dick who was 38 and just as hardworking and dynamic as Tom, so Tom decided to give all the shares in the company to Dick. Dick was married to Shirley. Tom didn't like Shirley, they had never got on, but she was his son's wife so he had to put up with her. Then one day Dick was killed in a car crash. His will left everything to Shirley. She got married again, to Harry. She gave all her shares in the company to Harry and one day Harry turned up at the company offices and said he was the new managing director.

When Tom gave the shares to Dick, he should have made it a condition that Dick made a will leaving the shares back to Tom, or to other members of Tom's family, not to Shirley.

But of course it's easy to miss things like that.

Small shops don't pay rates.

The government wants small businesses to succeed, so it said that small businesses do not need to pay rates (for the time being). Small businesses include small shops, industrial units and small offices. I have a friend who has a small shop on Hallgate. I asked her if she was paying rates on her shop and she said no, she had claimed the rate relief, and was grateful for it. I also asked another friend who has an estate agency, renting an office on a main road in Hull. He knew nothing about it. I don't know if he was very pleased to be told, or very annoyed because he had been paying rates on the office when he hadn't needed to.

You have to apply for small business rate relief. It has been publicised, but understandably the Government doesn't shout about it from the rooftops. If you have a small business and pay rates, ask the business rates section at East Riding County Council (tel 394748) whether you are entitled to relief.

If you have friends who have a small business anywhere in the country and who are paying rates, ask them to check with their local authority.

Fancy tax-free cash from a good idea?

All companies should have suggestion schemes, where cash rewards are given for good ideas. Toyota, for example, expects every one of its employees to suggest improvements in the way its cars are made, and it receives thousands of ideas from them every year.

Our Government also encourages suggestion schemes. Provided they are properly run, according to the Revenue's strict rules, and open to all employees, you can get half the savings, up to £5000, paid to you tax-free. So if your idea saves your company £12,000 in the first year, you can get £6,000, of which £5,000 is tax-free and only £1,000 taxable.

A big cosmetics company (perhaps Procter & Gamble or Unilever) asked its staff for suggestions on how to sell more toothpaste and shampoo. It received a great many ideas, but the two simplest were the best. To increase sales of toothpaste one person said, when people squeeze the tube to put the toothpaste onto the toothbrush, why don't we increase the size of the hole so more toothpaste comes out every time? For shampoo, the best suggestion was simply to add the word 'repeat' to the instructions. Both these ideas were implemented and made a big increase in profits.

The people who suggested these really simple ideas, perhaps ordinary staff like typists, would have received a fortune. Ask your boss to set up a suggestion scheme.

From a feminist book (about men).

What would have happened if it had been three wise women instead of three wise men?

They would have asked directions, arrived on time, helped deliver the baby, cleaned the stable, made a casserole and brought practical gifts.

The three wise men would have left saying nothing.

The three wise women would have left saying:

"Did you see the sandals Mary was wearing with that gown?"

"That baby doesn't look anything like Joseph."

"Joseph hasn't got a job yet, either."

The above suggestions are intended to be helpful. Opinions are the author's own. Everything is described in very simple terms, so before taking any action you must take appropriate professional advice, and the author and publisher cannot accept liability for any loss incurred as a result of relying on the above.

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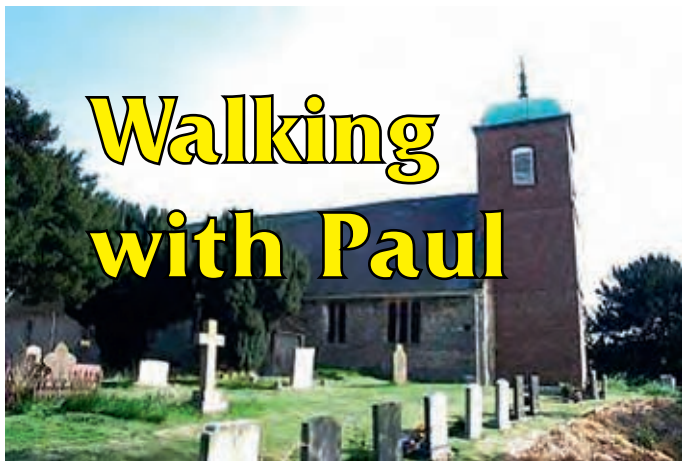
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Here is Paul's latest walk in his series of monthly rambles.

This month his destination is Barmby on the Marsh

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

Map:- EXPLORER 291

Start at GR.SE688286 Street parking near

The Kings Head public house.

Distance 7.0 Miles.

Walk in an easterly direction along the main road for about 250 metres then turn left down a narrow lane and after about a further 250 metres pass through a kissing gate and walk along the enclosed path to reach the south bank of the River Derwent and turn right. Pass through a kissing gate and pass the Yorkshire Water complex on the right, pass



through a second kissing gate and on reaching a stile (which may be replaced by a kissing gate) cross and turn right. Cross the approach road to the Yorkshire Water complex and continue straight ahead on a field footpath keeping the hedge to the left. Before the power lines, turn right and keep the hedge on the right. At the end of the field turn left, pass under the power lines and continue to Marsh Lane.

On reaching the main road at Asselby, turn left and follow the road through the village.

Turn right immediately after passing the Black Swan public house and follow the lane as it swings to the left. At the end of the lane turn right down a surfaced access road which soon becomes a stone farm track known as Landing Lane. At the end of the lane cross a stile and turn right and walk along the northern bank of the river Ouse.

After about one mile pass through a kissing gate a leave the river embankment and take a track heading north away from the river keeping a small brick building to the right. Shortly and at a junction of tracks, turn left and follow this lane/track back to the village of Barmby on the Marsh.



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Wills - why use a solicitor?

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

So, what are the advantages of instructing a firm of solicitors and what key things should you look out for?

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

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

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

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

- the experience and qualifications of your advisor
- whether they are regulated by a professional body
- what insurance they hold
- that you receive a clear estimate of charges in advance

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

We believe the information contained in this article to be correct at the time of going to print. While all possible care has been taken in the preparation of the information, no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by the firm or the authors.

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Well May has arrived, the warmer weather should be here but what ups and downs we have had this year. With frosts throughout April, a few warm days here and there it was hard to know what to do for the best in the garden. Now May is here the temperatures have finally risen and it looks like we can finally say bye to Winter.

Now the weather is warmer we want our gardens to reflect the sunshine and be full of colour and exciting plants. The grass is also perking up and looking luscious and green.



An instant way to burst colour into your garden is to fill it with beautiful summer bedding; plants such as lobelia, petunias, marigolds and geraniums add instant beauty and can be planted in borders or pots to brighten up your patio.

Summer bedding are also beautiful in hanging baskets, which add interest and colour to your garden. We have one of the best ranges in the area, all grown on our own nurseries within 20 miles of the garden centre. You will always find locally grown plants in our garden centre.

GROWING HARDY VEGETABLES

Hardy vegetables are crops that prefer cool growing conditions and include brassicas (broccoli, brussels sprouts, cabbage and spinach), bulbous vegetables (garlic, onions, shallots and leeks) and perennial artichokes and asparagus.



Brassicas prefer a rich soil that contains some lime; use a pH tester and if your soil is acidic add lime before sowing or planting.

BROCCOLI: White and purple sprouting broccoli are overwintered for harvest in spring. Sow in April and May; June for late varieties. Sow thinly, 13mm deep in a seed bed in rows 15cm apart, then thin the seedlings to 7.5cm apart. For a

succession of crops, sow some seeds indoors in module trays. Calabrese is best sown where it is to crop and thinned to 30cm

apart. It is harvested in autumn. When broccoli plants reach 10–15cm high, transplant to their growing positions, 45cm apart.

Water plants well before lifting, after transplanting and in dry weather. Conserve soil moisture with a mulch and give occasional Summer feeding with a liquid fertiliser. Net plants from the birds. Harvest when the flower shoots (spears) are well formed but before individual flowers begin to open. First cut the central spear then pick the side shoots regularly over four to six weeks.

BRUSSELS SPROUTS: sprouts are one of the most cold-hardy garden vegetables – a frost improves their flavour. Firm, water-retentive soil is important for good crops. For an early crop sow under glass in module trays in February, otherwise sow March to April in a

seed bed. Follow sowing and transplanting instructions as for broccoli but leave 75cm between the plants' final growing positions.

Cover plants with fleece to deter birds and caterpillars. Pick the lower sprouts when they are the size of a walnut and still firm and tightly closed. Snap them off with a downward tug.

CABBAGES: Sow thinly, 13mm deep in a seed bed in rows 15cm apart, and thin to 7.5cm. Cabbages are divided into three types:

- Spring cabbage – sow in July/ August, transplant in Sept/Oct;
- Summer cabbage – sow in late Feb latest early April under cover, transplant in May/July;
- Winter cabbage – sow in April/ May; transplant in late June/July.

Move the young plants to their growing position when plants have five or six true leaves. Water well before lifting, after transplanting and in dry weather.

10 Jobs for this month

1. There's so much to do in the garden now that the spring sun has brought on a growth spurt. Keep sowing, mowing, weeding, and protecting young plants from the very last of the frosts – by bringing them inside overnight or covering them with fleece.
2. Prune early spring flowering shrubs now that blossoms have finished.
3. This is the time to sow tender vegetables under protection, ready to plant out when all the risk of frost has passed. You could invest in a cloche or make your own smaller ones by cutting large pop bottles in half.
4. Watch out for slugs on new plantings. A cloche will help, or you could try traditional techniques such as crushed egg shells, coffee grounds or beer traps. Failing that, try copper tape around pot rims (which slugs don't like to cross) or slug pellets.
5. Give your compost heap some tender loving care. It's important to balance grass clippings with other garden material. If it's stinky give it a boost it with an activator and mix in some dry material, such as egg boxes and toilet rolls or torn up newspaper.
6. Why not try growing some herbs this year? They're good for the bees and for your kitchen! Start with something easy like rosemary, chives or sage.
7. Try planting an edible container, with parsley, bush tomatoes (these don't require any fancy treatment) rainbow chard and a courgette plant. These will need regular watering, feeding and a sunny, sheltered spot.
8. Use twiggy sticks to build supports for tall garden flowers, peas, beans and sweet peas.
9. Don't cut the leaves off spring flowering bulbs; let them die back to enrich the bulb for next year.
10. Think ahead to create a colourful cottage garden border for next year. You'll need to sow biennials like Sweet Williams, wallflowers and foxgloves this spring and summer for lovely blooms in 2012.

Plant compact varieties 30cm apart and larger varieties up to 45cm apart. Growing the plants under fleece will help prevent against root fly attack and prevent cabbage white caterpillars and pigeons getting at the crop. Harvest cabbages by cutting through the stem just above ground level with a sharp knife. Cut a 13mm deep cross in the stump of spring and summer cabbages and they will provide a second crop of smaller cabbages.

BULBOUS VEGETABLES

GARLIC: For best results, plant in a sunny spot from October as the cloves need a cold spell to grow properly. Separate the bulbs into individual cloves and plant just below the soil surface roughly 15cm apart, in rows 30cm apart.

Remove weeds regularly and keep the bulbs well watered. Pick off any flowers to concentrate the plant's energy on forming bulbs.

ONIONS AND SHALLOTS: are best grown from sets (immature bulbs) although they can be raised from seed. Plant onions 10cm apart in rows 10cm apart from March to May and shallots 15cm apart in rows 23cm apart from February to March. Gently push the sets into

the soil so the tip is just showing. Onion sets develop into one large bulb; shallot sets develop several new shallots from the central one. Water in dry conditions, mulch the

soil to conserve moisture and hoe around the bulbs to keep weeds down. Remove any flower heads that develop. Once the bulbs have swollen to maturity, remove any mulch to expose them to the sun and stop watering so they dry out.

HARVESTING: Garlic, onion and shallots are ready to harvest from July, when the leaves have yellowed. Choose a sunny day, gently pull the bulbs from the ground and lay them out to dry in the sun. Then store in a cool, dry place.

LEEEKS: Sow seed in March to early May either in a seed bed or in their

final growing positions. Sow seeds thinly in pre-watered drills 0.5cm deep, and cover with a fine layer of soil. Thin seedlings to 5cm apart. When the plants are 20cm high and pencil thick transplant them to their final position. Use a dibber or trowel to make holes 15cm deep and 15cm apart, in rows 30cm apart. Water after transplanting and also in dry conditions.

Keep the area weed free. Blanch leeks in August by pushing 5cm soil up around the plants to

increase the size of the edible part of the plant. Old toilet roll holders will give the same effect. Harvest leeks from mid autumn to late spring. Gently lever them out with a spade or a fork, taking the larger ones first and leaving the smaller ones to continue growing.

PERENNIAL CROPS

GLOBE ARTICHOKEs: Given full sunlight and enough moisture, these grand thistle relatives can crop reliably for 10 years or more. The mature plants have a height and spread of up to 90cm, so they do need space. Plants may disappear in winter and re-emerge in

April, cropping through to July. Harvest flowerheads just before they open (above), then cut off the old stems to encourage further cropping by September.

ASPARAGUS: Asparagus needs a permanent position but little attention once established. For ease of growing, buy one-year-old crowns and plant them in March or April in a sheltered, sunny spot. Dig the soil well, remove perennial weed roots and add plenty of organic matter.

Like beans, peas need plenty of soil moisture, so dig a trench in autumn and fill it with garden

compost. Top off the trench with soil a fortnight before sowing or planting out to give the contents time to settle. They prefer an alkaline to neutral soil (so add lime if your soil is acidic). Water well during dry periods especially when the pods are developing. Peas can be grown in pots, but do not let the compost dry out.

WHAT YOU'LL NEED

- Vegetable seeds • Pots/seed trays • Fork & spade
- Hoe • Compost/organic matter • Plastic/fleece
- Canes • Mulch • Watering can with rose
- Stakes • General and/or controlled release fertiliser • Liquid feed

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Your Stars for May 2013

By Kay Gower

Aries (Mar. 21- April 20)

There is strength in practicality. The endeavours that mean the most can be as simple as taking care of your health. You can't go wrong by tending to the care and maintenance of you. Also, if there's something you need to say to someone, do it this month.

Taurus (Apr. 21- may 21)

Your intentions for May will be met by the month's end. Your excitement grows through early summer as you begin to see that your vision of life is being fleshed out before your eyes.

Gemini (May 22-June 21)

Your high-energy approach to life will allow you to see more places and meet more people in early summer than most people will experience all year. Being outrageous comes naturally to you in May, and you'll get the kind of attention you can take to the bank.

Cancer (June 22-July 22)

You will be touched by the sentiments expressed to you this month. The people who know you and those who want to know you will form a delightful mix.

Leo (July 23-Aug 22)

It's difficult to stay focused when you're extremely bored with the task at hand. Break it up somehow. You need new perspective. During the next three weeks, welcome the input of someone intelligent who makes you laugh.

Virgo (Aug 22 - Sept. 23)

Someone has to start the good times rolling, and that someone will probably be you. Make a mental list of all the things that you appreciate in your environment right now, including all those little things that loved ones do to make your life better.

Libra (Sept. 24 -Oct. 23)

If you're highly susceptible to the enchantment of pretty words and velvety banter, you may be in for some trouble. From the first week of May, the smooth operators get smoother. The good news is that it's avoidable. Put in some ear plugs and hide all the credit cards.

Scorpio (Oct. 24 - Nov. 22)

The support you feel from leaning on a partner is a lot like leaning on an ancient oak tree, protective and strong. You have the same inner assurance accessible within, at any time. Silence helps you find it.

Sagittarius (Nov. 23 -Dec. 21)

People will admire you this month for being decisive, but not for being impulsive. If the choices you make are incorrect you'll pay for it at the end of June. So take your time, as usual, with your mind on the future.

Capricorn (Dec 22.- Jan. 20)

Your prize appears on the horizon ... just when you'd almost given up! Reach forward with all of your might and imagine that destiny is rushing toward you, arms extended. Family will be proud of your success

Aquarius (Jan. 21.- Feb. 19)

Patterns are comforting, there's security in knowing what's coming down the pipe. That is why habits, even ones you'd rather not have are so difficult to break. During May however, it will be easier.

Pisces (Feb. 20-Mar. 20)

Your responsibilities have you wound tighter than a coiled spring. That's why your favourite people are the ones who can diffuse the tension by making you laugh. Steal relaxation wherever you find it. Everything is going to be absolutely fine.

Continued from page eight

North Ferriby Gardening Club

Monday 20th May - The World of Ferns - Neil Trimm. Meetings are held in the North Ferriby Village Hall at 7.30 pm. Visitors are always very welcome - admission £2. Annual membership £6.00, Includes Tea/coffee and biscuits Further information ring Mal on 01482 632282.

Wednesday Social Club

Wednesday 22nd May - Tracey Oliver - Hull Fisheries, in the Darby & Joan Hall, at 2.00 pm.

Cottingham Methodist Church, Hallgate, Cottingham

Free Film Night - Friday 24th May - 6.30pm for 7pm. Popcorn, ices and chocolate on sale.

Cottingham Ladies Circle

Wednesday 29th May - Hearing Dogs - Mrs. M. Adeney, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Young photographer competition to be held in Cottingham Methodist Church

The Cottingham Methodist Church is holding a Young Photographer Competition culminating in an exhibition on Saturday 6th July in the Methodist Church Hall.

The competition is open to young people aged between 6 and 18 years., resident in the HU16 area or at school in Cottingham.

The title of the competition is "All things bright and beautiful" and the closing date for entries is 10.00 am on Saturday 29th June.

The competition is in three groups: (Group A) 6 to 10 years; (Group b) 11 to 14 years, and (Group c) 15 to 18 years.

For rules and regulations see separate entry form. Entry forms are available from local schools or youth organisations, the photo shop (King St). For further information telephone Mobile 07940 309212, or email photo@cottingham-methodist.org.uk.

Sudoku Answer from page 12

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

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

Hello and welcome once again fellow anglers to this month's fishing news. Today's date is the 17th April. Firstly, Hurray!! Double figure temperatures are here at last. I bet like myself you are praying that they do last.

Did you all remember your rod licences? You do not want our friendly bailiff nicking you!

A customer came into the shop the other day and said "Chris, you keep advising us to feed little 'n' often in your article, could you please explain exactly what you mean by this please." So I did, he went away very happy. Now that got me thinking that maybe some of you may benefit by the same explanation.

When you are fishing with the waggler, your loose feed for the bed of the lake or river usually consists of a ground bait of some kind. Mixed into this is a small amount of particle or pellet. This is usually thrown into your swim at the beginning of your session as close to your float as possible. Initially, use about 5 – 6 walnut sized balls. Over this you should catapult your loose offerings such as pellet, maggot or caster. Do this in very small quantities, every couple of minutes. Then if your bites slow down during the course of the day introduce another walnut size ball of ground bait. Again keep your loose bait going in just a little bit every couple of minutes. Read the signs of the water, as you are feeding on occasion you may notice a swirl just

under the water. This tells you that you have fed the fish up in the water so adjust your rig accordingly and catch more fish.

When you are feeder fishing a similar tactic is used. First of all find the distance of where you want to fish then clip up on your reel; this enables you to roughly land in the same spot nearly all the time. Once you have clipped up introduce about 6 – 8 reasonable sized amounts of bait of your choice usually ground bait or pellet. This will put a bed of bait down. Now introduce every five minutes at most a feeder full of both your feed bait mixed with some loose offerings, whatever you are using as your hook bait. This is important as your desired quarry will gain in confidence feeding on the loose offerings. Don't forget that if the bites come quicker than the stated five minutes you can always feed more or put a bomb on instead of your feeder. Or occasionally just cast your feeder out empty with just your hook bait on. There is a saying, "ring the dinner bell" and it is true because fish are inquisitive creatures and like to investigate sounds. On certain waters if you do not cast regularly you will not catch.

When you are fishing with a pole put a bed of feed down with your large pot on your cupping kit. After that you can feed your loose offerings either with a small feed pot that attaches to your top kits, or with your catapult. Once again keep the bait going in every couple of minutes. If you think that there is not enough feed going in put your cup kit back on and feed more. If you think that there is enough feed in your swim fill your cup kit with water and lift your cup kit about 2 foot above your float and pour the water in, this makes plenty of noise to 'ring the dinner bell'.

I hope this helps you all to catch more fish, it is easy just remember to feed 'little 'n 'often'.

Sea scene. Firstly just a reminder that just like last year my local digger will provide you with fresh bait, so long as you book early enough.

I am pleased to say that I am receiving good reports from all over the coast. I personally think this is because we have had strong easterly winds for quite a while. This in turn has pushed a lot of fish close in to the coast where they are gorging themselves with loads of inshore baits. Caught fish have been reported from Skipsea, (a lot of good sized Flatty's) all the way to Dimlington. Not many reports coming in from Spurn point though. Inside the Humber a few fish have been caught from Chalky point to Old Hall and to St Andrew's Quay. I want to let you all know that the North Wall (the one with the cannon on) is now closed to fisherman till after the summer holidays.

Now that the new season is upon us, new stock is coming into the shop weekly. Come in and have a cuppa, a bit of banter and a leisurely browse. I will be more than pleased to help you with any advice you might need. Remember, the Catchmoore crew are not just here to sell; the Catchmoore crew are here to help you with advice as well.

For now I wish you all 'tight lines' till next month. Get your fishing gear out!!

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Hallgate Schools - by Peter Railton

The Year is 1940

School reopened on the 2nd of January with a full staff and a good turn out of girls; more evacuee children returned to their own schools in Hull.

The Rev. French paid one of his usual visits to the department, talking to the staff and pupils and encouraging all in their respective work - his visits had taken on a new significance under the circumstances. Some girls had been busy knitting, as the log book records that -

"three knitted blankets have been sent to the Finnish Relief Fund."

At the time national sympathy was with Finland who had been invaded by Russia but things altered the following year when Germany attacked Russia and thus became an ally of Finland! I, and no doubt other former scholars, remember that there was a proliferation of appeals during the war for various funds - Red Cross, St. John Ambulance, adopting a Spitfire or a destroyer, British Legion, tobacco and comfort funds plus National Savings where a 2/6 savings stamp was stuck on a card to be exchanged later for a 15/- Saving Certificate.

Reverend French moves to Whitby

Five students from the College began their three weeks teaching practice on the 15th of January working in classes 2, 3, 4, 5 and 7. On the same afternoon the Rev. French went to the schools to say goodbye as he had taken a living at Whitby. Everyone was sad to see him go as he had worked hard as a correspondent and a manager and earned the respect of the whole school. He was succeeded by the Rev. W. R. Hebron.

The weather was very bad during most of the month with a lot of snow and frost. The horse drawn covered cart bringing children from Eppleworth could not get through and attendance was down to 80% in the first week of February and illness began to affect both staff and pupils and the school closed for a week due to flu and German Measles. The Whitsuntide holiday was from the 13th to the 21st of May, but on Monday the 16th a radio broadcast instructed all schools to reopen on the following day, Tuesday the 17th, a 'war measure. Most girls duly arrived the next day and all the staff apart from Mrs. Tether and Mrs. Wilson who did not hear the 'wireless message.'

Air raid practices were held and fresh notes sent to parents asking whether or not they wished their children to remain at school, or to run home in the event of a raid. In the week ending 31st of May there were air raids during the night and many pupils were absent the following day and attendances became very patchy. In Hull schools, if the warning and the all-clear sounded before midnight, pupils were expected to attend next morning - if the raids went on after midnight, they went to school in the afternoon, the sirens often sounded both before and after midnight and some confusion resulted and Hallgate schools were similarly affected with the result that some children had the whole day off due to lack of sleep - attendance was down to 15% at one point in June because of raids lasting several hours each night for a week.

School work went on smoothly

Despite all this, school work went on as smoothly as possible, term exams were held and several girls sat for scholarships and two passed for Beverley High School which was well down on previous years and no wonder when pupils were short of sleep and often absent - the timetable was in disarray and school seldom started until 10am. However, the Education Authority instructed that school had to commence at 9am in order to maintain a proper structure of lessons as far as possible; pupils were to attend at the discretion of their parents if there had been a raid the previous night; even during the day lessons were sometimes disrupted when the 'buzzers' blew and pupils ran home to return sometime later - if at all.

Hull Docks target for enemy planes

Hull docks and railway were the usual targets but enemy planes were often seen locally during the day as they searched for likely targets such as the airfields at Driffild and Leconfield. On the 13th of August, four hangars were destroyed, 13 R.A.F. personnel killed and 12 Whitley bombers destroyed at these bases. Armistice Day services were held in the classrooms as it was felt too risky to have all the children in the hall at the time and £5.10s.0d was collected for the Poppy Day Appeal.

In the boy's department, 311 pupils were on roll on the 5th of January. Four students visited the school to observe classes before starting their teaching practice. Seven members of staff were away during the month, sometimes leaving two or three classes without a teacher for several



days at a time; supply teachers were sent if possible and the students were pressed into service, not an ideal situation - I know from personal experience as a student being 'thrown in at the deep end' - but it has its advantages - you quickly find out if you really want to, or indeed can, teach.

A letter was received at school from the Finnish Consulate in Alfred Gelder Street in Hull, thanking the department for the cheque for £8.10s.0d., money raised by the boys for the Finland Fund. On the 24th of April, Leslie Thacker, a St1. pal of mine, fell and broke his arm in the playground; he returned on the 1st of May with his arm in a sling and a shadow of his usual buoyant self. Holland and Belgium were invaded by the Germans and the 'phony war' was coming to an end - it never seemed 'phony' in an air raid. The Empire Day Tobacco appeal for the forces raised £5.7s.0d and £4.3s.0d. was sent to the Cottingham War Services Committee in order to supply gifts to old scholars of the school - Cottingham people gave generously to all appeals in those dark days.

Air raids keep attendances low

Air raids in June kept attendances low, as in the girls' department 44 boys turned up one morning after all night raids and the majority fell asleep at their desks they were so tired; even the disciplinarian headmaster felt sorry for them and they escaped the usual punishment which usually followed even minor infringements, let alone this situation!

Despite the dislocation five boys gained scholarships, Peter Ashby, John Baslington, Kenneth Buxton, Dennis Glanville and Eric Lewis. On the 1st of July an air raid took place while a class of boys were doing P.T. in the playground no sirens sounded and the first anyone knew about it was the sound of gun fire and the bursting of shells overhead and the pupils were quickly ushered into the cloakrooms with the rest of the school and the radio turned on and a sing-song started obviously not the usual dry stuff favoured in school singing lessons of the day.

More raids followed on most nights and often during the day in June and July. Mr. Clarke received his 'calling up papers' - he had joined the staff on the 10th of June 1938 and was to return later. Councillor Arnett called at school on the 11th of July to see that all was well and found only 118 boys there out of 311 - the final all-clear had not sounded until 8.40am so it was a good turn out considering most of them and their parents had had little sleep the previous night of continuous alarms, spending the night in an air raid shelter in the garden or, as in my case, under the dining room table.

Miss Warwick marries

Miss Warwick was going to be married on the 8th of August and she was presented with a chiming clock and a cheque by the headmaster on behalf of the staff and pupils and spoke of the happy atmosphere which existed in her classroom - I can vouch for that and remember her as a kind and patient teacher even when we forgot to call her Mrs. Atkinson.

Trophies and prizes were awarded to various recipients at a very brief ceremony in the hall, ranging from the presentation of the School House' Shield to Wellington House to presentations of 2s/6d to each successful candidate in the recent scholarship exams. Miss M. W. Brown joined the staff after the summer holiday, she was young and very attractive and was a 'hit' with the older lads. Another boy in my class, Raymond Leach, badly injured his finger in the outer school doors and as no doctor could be found Mr. Brookes took him to the A.R.P. First Aid Post in South Street where his injury was quickly and expertly dealt with.

Pictured above: The second-eleven football team, taken on the 25th of March 1940.

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

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Yeah! Spring has Sprung . . . At Last!

It just goes to show that being patient works! We have all been sorely tested by the cold, late snows and high winds in recent weeks but at last there has been a happy change back to the expectation of normal spring like weather.

There we all are out there tidying up our gardens....in my case my fields. Harrowing the “finally” dry land to level out the foot fall damage and help kick start growth in my very sorry looking grasshowever at least my land does not look any worse than anyone else’s!

With the onset of better weather comes the seasonal start of young horses in for breaking in, training them for a future life of ridden work. We have 3 in just now. Firstly is Dainty from Surrey. She is a beautiful 7 years old, “spotty” all over 14.2hh pony mare that has unfortunately been ruined by 2 other trainers who have both failed to get it right. The poor girl was terrified of all sorts of things. She came in bridle shy, girth shy, saddle shy and of course she sees anyone behind her as predator. We have had her 3 weeks now and she finally trusts us enough to long rein her out on the roads and face the world....with us behind her eye line as is the position when driving horses in 2 reins. The bridle, saddle and girth issues are over now too so we can concentrate on having time to gain trust on top as well. We “back” her everyday as par for the course and she has finally started to stop the habitual panic attacks and allow us to lie over her. Yesterday was very good as she allowed Charlie to move over her back from one side to the other.....brilliant progress.



Lou Lou is from “up north”! She is a stunning to look at, feisty young unbroken show pony with personal space issues! She arrived very up front with her opinions over exactly what she would or would not do re any form of disciplined work! She had a nasty tendency to lash out with a hind leg when she was doing in-hand work and was a madam to start the lunging work in the school because it was not her decision! This training has been good timing for her to be started at this juncture because that domineering, very opinionated side needed curbing before it became a habitual lifelong problem or mind set.

She has been here a month now and is being ridden away. Everything has changed. Lou is now so sweet to deal with, happy in her work and content in her own skin. She loves being allowed up the village as she is naturally inquisitive and is really quite a gorgeous little poppet now! A metamorphosis has occurred. The only down side with her is a “fussy” mouth. She is very sensitive and is finding it hard to accept the bit. We have been using the softest little bits and are gentle in approach. Teeth are a funny thing with baby horses. Teeth in horses change the same way as with children. There comes a time when the plates at the back and sides of the mouth get pushed out by the adult molars. I am hoping that this is the case just now so her mouth feels weird. I will call the dentist for his advice.

The third pony in for starting is Fudge who is a wild bred, well built Welsh cob. Although he is now handled and friendly he does not understand boundaries. He has simply barged his way through every fence and every hedge whenever he felt like the grass was greener! As such he has discovered how strong he is and uses it as a way out of anything he does not want to do or anywhere he does not want to go. This is a real problem because we need halt and the ability to have a horse stand still on request. We certainly need the halt at things like road junctions where any horse should be obedient and calm.....not simply a pause before he decides he is fed up with standing!

Fudge is a nice chap in himself and this mind set is not his fault, it’s just an acquired habit from the life as he has always known.....however all the rules must change from here on in and his ability to use his strength against anything that does not suit is not good...especially when he uses it against us. Being skied around my sand school on the end of a long rope is not my idea of fun! Apart from this one hiccup, Fudge is doing very well. He is incredibly nosey and he feels like he has to be involved in everything going on around him. He hangs his head over the school gate (now he accepts that he cannot barge it open!) every time we take another horse in there.....he ought to be an expert by now seeing how the same rules apply to every horse he watches work!



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Final consultation for Dogger Bank Creyke Beck begins

Offshore wind consortium, Forewind's second and final stage of consultation for its first offshore wind energy development, Dogger Bank Creyke Beck began on Friday (April 19).

The consultation, which starts with the publication of documents, plans and maps about the proposed development, will run until Tuesday, 11 June and will include a series of public events to be held in venues along the proposed cable route, from the coastal village of Ulrome to Cottingham, in the East Riding of Yorkshire.

Dogger Bank Creyke Beck will comprise two offshore wind farms each with a generating capacity of up to 1.2 gigawatts (GW). In total it will be up to 2.4 GW and could comprise a maximum of 600 turbines, depending on the size of turbine selected. It would generate around eight terawatt hours (TWh) per annum, or almost enough green energy to power all the homes in the Yorkshire and Humber region every year.

This consultation is the culmination of more than three years of environmental impact assessment work including onshore and offshore surveys, consultation and reviews. The documents published include the draft Environmental Statement and a Non-technical Summary giving an overview of the proposed development and of all its potential impacts.

Forewind Stakeholder Manager, Nikki Young said it is the main opportunity for statutory consultees, key stakeholders and members of the public to view and comment on the

proposals before the consent application is submitted.

"Through this consultation, we aim to gather views and feedback on the proposals, and give those with an interest in the project an opportunity to influence the way Dogger Bank Creyke Beck is developed," she said.

The six public events in May will enable stakeholders, in particular the local community living near the proposed cable route, to learn all about the proposed project and respond with comments and opinions. Forewind staff will be on hand throughout to answer questions and discuss the proposals with visitors.

"The consultation documents will be available at the public exhibitions, which all stakeholders are urged to attend," she said.

The events are on as follows:

Beverley Arms Hotel, Westwood Rooms

25 North Bar Within, Beverley, HU17 8DD

Friday, May 10 - 2pm - 7.30pm

Cottingham Civic Hall

Market Green, Cottingham, HU16 5QG

Saturday, May 11 - 10am - 4.30pm

Forewind's consultation documents will be available to view at local libraries during the consultation period, and to download from www.forewind.co.uk along with electronic feedback forms.

Responses can be submitted in person at the public exhibitions, by email, to our Freepost address or by calling Forewind on Freephone 0800 975 5636.

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Moving Abroad?

A monthly column by Nick Russell

A Year On

I am writing this edition exactly one year to the day since we moved here to southern Spain and none of us can believe how quickly the time has gone. It only seems like yesterday that we were unloading all our worldly goods from the back of a 40ft lorry. When we look back at the photos of the house then and now, we are all quite impressed by how much we have improved both the house, inside and out, and the garden, pond and pool area.

All we have left to do inside is update one of the bathrooms, which will be later on this year. Outside, the pond area has been re-stoned and is looking great, the allotment is now fully planted, the orchard should produce some fruit this year and, at last, we now have 70% of the garden covered in grass. The bar area has just been re-painted and the wall around the pool has also had a coat of paint and it nice to have all the covers off the garden furniture and off the pool. Unfortunately our big drinks fridge packed up last week and had to go. Its not done so bad as we have had it about 5 years and it was second hand then (thanks Willow).

At last, Summer seems to be here

After what has seemed like weeks of wet and damp weather, finally the sun has come out. The first couple of weeks of April have been hot, sunny and dry, reaching the mid 20s and according to the forecast is set to continue for the foreseeable future, with one or two blips before the end of the month. Even the bars have started to put their chairs outside, which is a good sign!! Although the cover is off the pool, the water is still a bit too cold for swimming yet.

Our grandson, Aiden had a couple of school friends over at the weekend and the weather was perfect for a BBQ and the kids had a splash in the Jacuzzi. It was great to hear them all talking to each other in Spanish, a year ago the grandchildren



could only just about "Hola". I just wish I could understand what they were saying. The four of us are still having our Spanish lessons but it is hard work, especially trying to put a sentence together, although the odd words are starting to sink in. In one of our lessons our teacher, Eva, was teaching us words for different foods and drinks and asking what food we liked and disliked and at the next lesson, she brought some home made Andalusian specialities to try-homemade blue cheese and nut pate and a lovely fresh salad-both delicious.

Casitas

The work in the casitas is coming on. The downstairs rooms have all been plastered in a rustic style and the ceilings have been boarded out. The electrics are now all connected and working. We have bought the bathroom suite and Charlie our builder is coming over to do all the pipework this week. The septic tank has arrived and will be fitted soon and once all the walls have been painted we can start tiling the floors and furnish the rooms. Hopefully we can then start renting them out from June on a B&B basis. As far as the roof is concerned we are still undecided as to what we will do at the moment. Its slow going but we will get there.

A Year On It is what we expected?

The decision to move to Spain was not taken lightly and was based on holiday experiences over the last 30 years, both on the coast and inland. We all really like the lifestyle, food, people and especially the sunshine. Because of our experiences we felt we had a good idea what to expect when it came to living out here 52 weeks a year. After numerous viewing trips and talking to estate agents, we were gathering as much information as we could as well as using the internet, so on the whole we felt we had enough information to make the move happen.

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So after a year do we still feel its what we expected. Well on the whole it is what we expected if not more. Everybody has made us feel welcome, the grandkids have settled in at school and have a big circle of friends and the house is more than we could ever afford in the UK.

The biggest obstacles we have faced have been in the administrative aspect of life in Spain. Things like what you need to be registered for, what taxes you are liable for. What health cover you are entitled to, how to register with a doctor and make an appointment and what you need planning permission for and how to get it. The major problem in understanding the rules is the language barrier and also that the rules seem to change on a very regular basis, even the Spanish who should know don't always.

Every government department seems to interpret the law differently which can make it very awkward to know what is right and wrong. Because of these problems we are having to rely on our lawyer to help us out and make sure we are not breaking any laws but even with his help the whole process is very slow.

Despite these problems, and the fact you miss family and friends, moving to Spain has been an amazing experience and we are all glad we have done it. If the next year passes as quickly as the first one, and we manage to get some bookings in the casitas to give us an income , then life out here can only get better.

Asparagus Harvest

Now that the olive season has now finished, all efforts now move to picking the asparagus crop. The season only lasts 3 months and for the first couple of weeks it did nothing but rain. A lot of fields around here are close to rivers and many flooded during the heaviest rain, leaving the crops under water. However as the crop is very valuable and the season so short it still has to be picked and we quite often saw men and women up to their knees in water picking the crop. The area around here is well known for its green asparagus but it also is the only area in Spain which produces a purple variety, which is even more expensive. During this short season anyone involved in the harvest seems to work very long hours and the girl I teach English to is working 12 hour days so our lessons at the moment have to take a back seat while money can be earnt. Hopefully she will be back around June when the harvest is finished.



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Cottingham's first Notary Public for at least a generation, Neil Oakes, is open for business in George Street. Notaries make up the oldest and smallest branch of the legal profession and generally deal with clients who are involved in transacting legal matters abroad. Neil is delighted to have moved into Cottingham after many years practising as a solicitor/notary in Hull. Neil's office is within, but is independent from, Jane Brooks Law Solicitors at 2/4 George Street. Among the services that Neil offers are:

- Authenticating the execution of documents for use abroad;
- Administering oaths and declarations
- Providing documents to deal with the administration of deceased persons with assets abroad;
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This month **Neil Oakes** of *Jane Brooks Law* in Cottingham looks at the questions most frequently asked by people who are thinking about making a Will.

What is a Will?

In its simplest form, a Will is a legal document which specifies how your property and possessions are to be distributed after your death.

Why do I need a solicitor to make a Will?

You don't! Anyone can write a Will and you can purchase "do it yourself" packs from several stationers. This is not advisable. Wills should be written in precise terms – because in the case of any ambiguity you won't be around to ask what you meant by a particular word or phrase! – and they must be signed and witnessed in proper form for the Will to be valid. There is an old adage that solicitors make far more money from sorting out mistakes in "do it yourself" Wills than they do from drawing up Wills correctly in the first instance.

Why should I make a Will?

As stated above, in its simplest form a Will deals with the distribution of your property. But it can do so much more than that.

- A young family may wish to make provision for guardians of infant children;
- A Will may be used for effective tax planning to reduce the burden of inheritance tax on death;
- If couples are not married or not in civil partnership a Will is essential to ensure that the surviving partner inherits;
- A Will appoints the people whom you wish to take care of your affairs – the executors.
- It makes things easier for those you leave behind.

What do executors do and whom should I appoint?

Executors are responsible for dealing with the affairs of the deceased; obtaining a Grant of Probate of the Will; settling any debts; and distributing the residue to the beneficiaries. It is recommended that at least two people should be appointed and clearly they must be people whom you trust implicitly. If you intend to appoint a friend, do ask their permission first. Some people often choose a professional executor and at Jane Brooks Law we offer this service.

What happens if I die without a Will?

This is referred to as being "intestate." The law details both those persons who are entitled to apply to administer your affairs and provides strict rules as to how your property is to be distributed. This may mean that people whom you have not seen for years or those with whom your relationship has broken down irretrievably inherit your property. In certain circumstances your property may be inherited by the state.

When should I make a Will?

It is often appropriate to make a Will on reaching certain stages of our lives:

- Buying a house
- Getting married
- Getting divorced
- Having children
- Inheriting property
- Retiring from work

Even if you already have a Will, it may have been made several years ago and may now be out of date. It is always a good idea to keep things under review.

Call us now for expert advice.

Jane Brooks Law; 2-4 George Street, Cottingham, HU16 5QU. 01482 848101.
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40 May - www.cottinghamtimes.co.uk

Combined Charities Group to hold a joint sale in the Civic Hall, Cottingham on Saturday 6th July

The Combined Charities Group will be holding a joint event on Saturday 6th July in the Cottingham Civic Hall, Market Green.

Stalls will include cakes, books, bric-a-brac and tombolas. All the charities are locally based or local branches of national charities.

The sale begins at 10.00 am.

Hull and District Cats Protection - Cats Homing Show on Saturday 18th May

The Hull and District Cat Protection League will be holding a Cats Homing Show in the Darby and Joan Hall, Finkle Street, Cottingham, on Saturday 18th May from 11.30 am to 1.30 pm.

Many cats and kittens looking for loving homes. Stalls including Gifts, Cakes, Tombola and Cat Accessories. Refreshments available. For further information please ring 01482 790284.

Hull Choral Union Junior Chorus to hold coffee morning at Cottingham Methodist Church

The Hull Choral Union Junior Chorus will be holding a Coffee Morning in the Cottingham Methodist Church Saturday May 18th 10-12 a.m.

Home-made cakes will be on sale and there will also be book and plant stalls. You will be entertained by the singing of the Junior Chorus (aged 7-12) and there will be an opportunity to join in with a sing-a long of popular 1940s songs.

In the past our efforts have been greatly praised by those who've come along. Please come!

The Darby & Joan Club, Finkle Street, Cottingham have vacancies for new members

The Darby & Joan Club, Finkle Street, Cottingham has vacancies for new members. They meet every Friday in the Darby & Joan Hall, Finkle Street, Cottingham, and enjoy a meal freshly cooked on the premises, in a very friendly atmosphere. Why not join them?

They also need a volunteer to join the team running the Club, as one of their two cooks is leaving shortly to look after her elderly parents.

They would be pleased to hear from anyone interested in this position.

For details on membership and the cooks position, please contact Mrs. Hodge on 849077.

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Cottingham Wild Spaces Group plant trees at Mill Beck

Wildlife area

Cottingham Wild Spaces Group held a litter pick and planted trees at Mill Beck Wildlife Area and the woodland around King George V playing fields in Cottingham on Sunday 7 April 2013.

The group meets on the first Sunday of each month to collect litter and undertake small conservation projects at the Dene and Mill Beck Wildlife Area. The group alternates between the two sites. The next litter pick will be in the Dene on Sunday 5 May 2013 at 10 am and work finishes before 11.30 am. The group meets near the large log. The work will include picking litter, sweeping the footpath and cutting back vegetation from the paths. In addition a survey of the trees will be undertaken to search for any signs of ash die back.

On Sunday 2 June the group will be litter picking at Mill Beck Wildlife Area from 10 am meet at the entrance to the Wildlife Area close to the allotments.

The group is responsible for the flower beds at Cottingham Station and will be undertaking work during May to tidy the beds and plant out the summer bedding. The group welcomes new members so why not come along and help us. All tools and gloves are provided.

Telephone Mrs Erica Scaife 840336 for further information.

Dog leg challenge golfers raise funds for Hearing Dogs

Very soon, golfers up and down the country will be enthusiastically raising funds for the charity Hearing Dogs for Deaf People while indulging in their favourite sporting activity.

"The challenge is designed to be played as part of any other competitive game of golf," said Lucy Ward, the Charity's Community Fundraising Manager for Yorkshire. "Basically it involves the lowest score over six holes in the shape of a dog," she continued. "The dog's head is the first hole, then four dog leg holes make up the body and legs, with the eighteenth hole making the tail."

The winner of each challenge will receive a cash prize of 25% of the total entry fees. Winners will also have the opportunity to win a golf break at the prestigious Oxfordshire Golf club, Hotel and Spa where they will play for the Hearing Dogs for Deaf People's Dog Leg Golf Challenge Trophy over some of the most picturesque and challenging dog leg holes in the country.

"We hope as many golf clubs and societies will take up the challenge," said Lucy, "and of course it should make for interesting conversations while 'lapping up' a pint on the 19th hole!"

For an information pack please contact Lucy Ward on 01759 322255 or lucy.ward@hearingdogs.org.uk

Thomas Cook Closure In Cottingham

It has been announced that Thomas Cook is to close its Travel Agency in Cottingham as further cuts to their retail network are being made. The news of this branch closure follows on from the closure on the Anlaby branch of Thomas Cook last year and also the closure of the Co-op Travel branches in Hull, Spring Bank and Hessle meaning there are 5 less travel agency's in the area now than there was at this time last year and leaves Cottingham without a travel agency in the village.

Andrew Earle has three branches in the area. The branches Hull City Centre, Anlaby Common and Brough and has been established since 1993. All of the staff are well travelled and highly experienced and Andrew has always believed in providing the highest level of service, choice and value for money. Andrew says "The internet has made finding holidays easy but it also is full of hidden dangers with stories of cons and rip off's frequently making the headlines. We guarantee to be no more than 2% than genuine online holiday prices with our Verify, Match and Protect scheme which at the same time ensures all holidays we sell to a customer are legally and financially protected.

Clearly this message is working as customers realise that holidays don't always run to plan and holiday websites don't always give a true reflection of what you can expect to find when you get there.

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Andrew says "We have a list of suitable resorts and hotels which I have personally selected to ensure customers who book with us get true value for money in destinations that suit their needs. We also have a 24 hour helpline ensuring that any problems or issues that arise are tackled in the best possible way. Ash clouds, Tsunami's, bad weather, terrorist attacks, tour operator failures along with people falling ill on holiday have all been causes of travel chaos in recent times and we have been there to help"

Perhaps most importantly, customers want the best price for their holiday and over the last 20 years, Andrew and his team have worked hard to get the best possible commercial terms to ensure that his business can operate profitably and at the same time ensure that his customers get the best deal too. Andrew says " In my opinion Thomas Cook, have struggled to survive in recent times because they have failed to provide a better experience in their stores than customers can receive either online or elsewhere. Thomas Cook are having to make some major changes to their business with the closure of stores and experienced staff being made redundant in attempt to cut costs but this is at the risk of losing good staff ".

If your travel agent has recently closed and you are now looking for a new travel agent to offer value for money and the highest possible level of service, Andrew Earle's promise you a warm welcome in store.

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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.

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Internal:

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

Men's Problems:

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Women's Problems:

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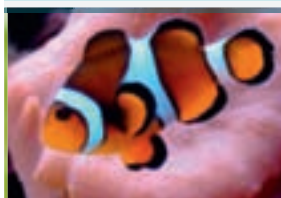
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Hull Savoyards present “Iolanthe” or The Peer and the Peri at The Middleton Hall, Cottingham Road

Hull Savoyards featuring the Kingston Savoy Orchestra are to produce “Iolanthe” or The Peer and the Peri at The Middleton Hall, Cottingham Road on 13th and 14th June 2013 at 7.30 pm with a matinee performance at 2.30 pm. on Saturday 15th June 2013.

Gilbert and Sullivan’s Iolanthe was first produced in London at the Savoy Theatre, on 25 November 1882, three days after Patience closed, and ran for 398 performances. It was the first of Gilbert and Sullivan’s operas to premiere at the Savoy Theatre. The story concerns a band of immortal fairies who find themselves at odds with the House of Peers. The opera satirises many aspects of British government and law.

Tickets available on the door or contact 01482 876918 are £9.00. A family ticket for two adults and up to three children is available at £23.00

Hessle Open Gardens have over 20 gardens on display on Sunday 19th May

After twenty years Hessle West Open Gardens enters a new decade, when on Sunday 19th May 2013 over 20 gardens will be open for visitors to enjoy. This year there will be at least two gardens opening for the first time, one garden

after a gap of ten years and one garden after twenty years!

The gardens will be open from 11:00 am to 5:00 pm and for a modest cost of £3 per person (accompanied children free) will give access to the delights of each garden.

There will be refreshments available, BBQ, Ploughmans lunches, Cream Teas, tea and coffee, Ice Creams and also plant stalls offering a wide assortment of plants for sale.

There will be toilets available, wheelchair access points in most gardens, and dogs on leads will be welcomed.

As in previous years, at least half of any money raised will go to Dove House Hospice and the remainder this year will be distributed locally to The Red Cross, Marie Curie Fund, Hessele Scouts, Guide Acres at Raywell and Hull Hedgehog Hospital.



Thank You from Swanland Village Association

“Swanland Village Association would like to thank all the readers of *Cottingham Times* who have supported Swanland Screen over the recent season. We now have a break for the summer but hope to be back in action on the third Saturday of September and look forward to seeing you all then. Please watch our website www.swanland.info for details or wait to read all about our choice of films in *Cottingham Times*”

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Darby & Joan Club, Cottingham presents long service awards to nine members of the WRVS team

At a presentation event held in February by the Darby & Joan Club, Cottingham, nine members of the WRVS team were presented with long service awards.

The long service awards were presented by Area Manager, Ray Koralewski.

Pictured above are the nine members along with Project Manager Jennifer Hodge.

Pictured Back row (left to right): Dorothy Cooper (2nd clasp and 40 year badge); Hilary Cooke (2nd clasp); Susan Mower (30 year badge); Jennifer Hodge (Project Manager); Jenny Thorpe (10 year badge); Barbara Brittain (medal).

Front row left to right: Ann Reynolds (1st clasp); Beryle Cannons (1st clasp and 30 year badge); Sybil Goldsmith (2nd clasp and 40 year badge); Joyce Arundale (medal).

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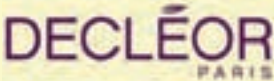


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YORswitch has the potential to save households £1 million

Collectively, households that signed up to the YORswitch energy saving initiative, run by East Riding of Yorkshire Council and its partners, stand to save up to £1m on their energy bills if they choose to switch when they receive their offer letters, following the recent auction held with energy companies.

More than 15,000 registered for YORswitch, the equivalent of around 10 per cent of the East Riding's 140,000 households, with more than 50 per cent from households occupied by somebody aged 60 or over and more than 20 per cent of registrants from low-income households.

The winners of the auction were British Gas, Scottish Power and Sainsbury Energy, supplied by British Gas and will deliver the following tariffs:

- * dual fuel (online) monthly direct debit (MDD) winner - Sainsbury Energy
- * dual fuel (paper) MDD winner - Sainsbury Energy
- * electricity only (online) MDD winner - Scottish Power
- * electricity only (paper) MDD winner - Scottish Power
- * dual fuel pre-pay meter (PPM) winner - British Gas
- * electricity only PPM winner - British Gas.

Councillor Symon Fraser, cabinet portfolio holder for environment, housing and planning, said: "The council is very pleased with the outcome of this first round of YORswitch and hope that all those who registered seriously consider switching upon receipt of their offer letters.

"The take up in our area was extraordinary and accounted for nearly a sixth of all those who signed up to the 50 plus local authority schemes, nationally.

"YORswitch makes switching energy suppliers really easy and the simplest way to register is online, with all the information you need to register available from your current energy bill.

"We now hope that even more will register for the second round, helping residents save on their energy bills at a time when every penny counts."

If you missed out on the first round of YORswitch there is another chance to sign up. The second round gets underway later this month, with the open date for registrations starting on Monday, 22 April with the deadline of Monday, 3 June and the auction amongst energy suppliers on Tuesday, 4 June.

For further information and to register for YORswitch, visit www.eastriding.gov.uk/yorswitch or call the council's customer service network on (01482) 393939 with a copy of your most recent energy bill to hand.

40th Annual Skidby Art Exhibition and Sale, Saturday and Sunday 1st and 2nd June

40th Annual Art Exhibition and Sale. Saturday 1st and Sunday 2nd June. The Skidby Village Hall (HU16 5TG) is proud to present its 40th Annual Art Exhibition over the weekend of 1st and 2nd June. This very popular exhibition features a wide range of work by talented local artists. It is open to the public each day between 10am and 5pm. Admission is £1 per person, with accompanied Primary School children admitted free. Every exhibitor will have some paintings which can be purchased. Quality home-made refreshments will be available throughout the event.

Artists who wish to exhibit their work should contact the Secretary, Kelvin Young (01482 843446) or visit our website at www.skidbyvillagehall.btik.com to download a Registration Form with Conditions of Entry.

We look forward to welcoming you to a traditional village Art Exhibition – we feel sure you'll enjoy the experience !

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Potting and Pots to Salads and Shop

Last month our brand new **Pool Table** was installed, with a mahogany base and **red cloth** it fits well with the general décor of the pub, while new sets of yellow and blue or **spots and strips** balls and new cues completes the package. Those of you looking to enjoy a game of pool and a pint in quiet surroundings look no further; you'll be very welcome at the Half Moon. If there's a **local league** or another pub who would like an occasional friendly match I'd love to know.

With the few **rays of sunshine** which broke through recently my thoughts were quickly moved to our **Patio/Beer Garden**. All our new tables purchased last year are great but all the **Pots** which held a bright display of **geraniums** last year are looked very sorry for themselves. The to-do list took an immediate hit with **Pots to replant**; fences to stain; weeds to kill; **grass to cut**, etc. Someone's going to be busy!!!!

New Summer opening hours have already started with the Bar now open from 12.00 on Mondays while our Kitchen is open Monday – Friday 12.00 – 3.00 and 5.00 – 8.00 **and all day 12.00 – 8.00 on Saturdays and Sundays**. Our head chef is also under way with the **menu changes** for the Summer including some great **Salads and Panini** offerings which are planned to start mid-May.

Finally to our **little Shop**, progress is good with **decoration and flooring** complete, **Ice cream freezer** and display fridge installed this week and stock starting to appear. Our **first opening** day is planned for **Monday 13th May**. Opening hours will be 8.00 – 8.00 with **emergency** service provided over the bar after 8.00pm.

That's it, I'm late with my copy, so sorry to *Cottingham Times*, thanks to Staff and Customers **now where's my To-Do List. Cheers Mike**

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Alishaan

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'We are sad to announce that we will be closing the Alishaan Restaurant in Cottingham by the end of May 2013. This has been a monumental decision to take as I have operated here for almost 16 years and have made so many contacts and so many friends. The economy and the banking crisis has driven us to this point, we have nevertheless held on for as long as possible.

I would like to thank all my customers for your hospitality and you're custom. We will be closing the restaurant towards the end of May and if the landlord does get a new tenant into the premises, they will be keeping my name Alishaan, however, I will not be apart of it and neither will my team such as the chef or my son Fahim. Some waiters may remain as employees if new tenants move in, however, I will be moving my chef and most of my team to my restaurant in Shiptonthorpe.

We thank you all again and the community we live in. I will be at my second restaurant VeRaj in Shiptonthorpe, Shipton Lane from the end of May. Please visit me and my son there and I look forward to keeping in touch with you all'

Kind regards
Mr Faruk Miah and Mr Fahim Miah.

Silent and Abandoned Calls - a useful guide on to how to stop them

The phone rings, you rush to answer but there's no-one on the line.

Abandoned and silent calls can be annoying and irritating at the best of times.

But for some people – for example, those living alone – these calls can be particularly frightening.

This guide explains more about these calls, what can cause them and what you can do about them.

What are abandoned and silent calls?

An abandoned call is one that is terminated when you pick up the receiver. Instead of a person on the other end of the line you hear an information message from the organisation that is trying to call you.

A silent call is where you receive a call but you can hear nothing and have no means of knowing whether anyone is at the other end of the line.

What causes them?

The Telephone Preference Service is a free service which allows consumers to opt out of receiving any unsolicited sales or marketing calls.

Although registering with the TPS will not stop abandoned and silent calls, it may help reduce the number you receive as you will not appear on the lists used by the companies making marketing calls.

To register, call 0845 070 0707 or visit the TPS website.

It takes about 28 days after you've registered before the service takes effect.

If you are still getting calls after 28 days, you can complain to the TPS using the contact details above.

Most abandoned and silent calls are not necessarily made deliberately but can be caused by the use of technology by organisations to maximise the amount of time their calling agents spend speaking to consumers.

The majority of abandoned calls are caused by automated calling systems known as diallers.

These diallers, mainly used in call centres, dial telephone numbers automatically and connect people to call centre agents as soon as the phone is answered.

But diallers may not always work as intended. For example, if the dialler makes a call but there is no call centre agent on hand to deal with it, you might receive an abandoned call.

Silent calls can occur, for example, when the technology used by call centres to detect answer-machines mistakes you answering for an answering machine, and cuts off the call without playing an information message, or you hearing anything.

What is the law in this area?

Ofcom tackles abandoned and silent calls and has published guidelines for industry aimed at reducing the harm caused by these calls.

Where an organisation is repeatedly making abandoned and/or silent calls, Ofcom may take enforcement action, including fining the organisation up to £2 million.

Ofcom continually monitors complaints about abandoned and silent calls and can launch an investigation if it believes an organisation is not following the law or the guidelines.

I'm receiving silent/abandoned calls – what can I do?

If you are receiving abandoned or silent calls we recommend taking the following action:

Try and identify the caller: All companies using automated diallers should present a Calling Line Identification number on your telephone's display, and allow you to obtain the caller's telephone number by dialling 1471.

Alternatively, the automated message from an abandoned call should disclose the name of the organisation and provide a number that you can call to opt-out of receiving further calls.

Complain to Ofcom: You can complain via the online complaints form or by ringing our Consumer Contact Team on 0300 123 3333.

You should try to provide as much information as you can about the abandoned or silent call, including:

- the name and number of the organisation that has made the call;
- how many times you have been called by the same number; and
- over what period of time have you been receiving the calls.

If you are unable to identify the caller you should contact your phone company. Most phone companies have a nuisance calls team, who can give you advice on what to do next.

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THE MONO'S (FRIDAY 17th)

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 - Every 2nd Saturday of the month - Springboard
- THE RAILWAY, 11 THWAITE STREET, COTTINGHAM, HU16 4QT
TEL: 01482 622980

Hallgate Primary School Summer Fair Saturday 6th July

Hallgate Primary School will be holding their Annual Summer Fair on Saturday 6th July.

If any clubs or organisations are interested in putting on a display or individuals or businesses wish to hire a stall at the school, please contact them for further details at hallgateprimaryfriends@gmail.com or telephone 01482 846136.



When is a Pond not a Pond?

When it's a 'gipsy pond' like the one in Dene Wood. The word 'dene' appears in the dictionary as 'a small valley'. This hollow beside Eppleworth Road is an ancient one, and lying beside the (now culverted) beck, will have been a familiar watering hole to past generations, and is marked as a fish pond on historic maps.

There is an old saying; "When Derwent flows, then Keldgate goes." The rivers in East Yorkshire effectively flow under the chalky soil, erupting as springs that fill the becks and hollows when the ground is saturated. Yorkshire Water now extract much of our drinking water from the springs at Keldgate, so the water-table is now too low to sustain fish, but causes much excitement when it rises enough to fill the 'small valley' in Dene Wood.

Older readers will remember playing in 'Grote's Wood', named after Edgar Grotrian who owned Westfield House. The house is now The Fair Maid, and it's extensive gardens became Dene Road, Westfield Road, Westfield Close, Parkside Close and Westfield School. The ancient woodland and it's gipsy pond remain open to the public and are kept clean and tidy by the volunteers of Cottingham Wild Spaces.

Pictured above: Thurstan and Matthew Binns in 1963, taking their canoe to the Dene Island? (Photo courtesy of K. C. Binns)

New cafe case display at The Treasure House, Beverley

The latest Independent Museum display at Beverley's Treasure House takes a look at the alleged creator of the humble sandwich, John Montagu, the 4th Earl of Sandwich (1718-1792).

The display, by Whitby's Captain Cook Memorial Museum, opens on Wednesday, 3 April and features knitted sandwiches that were created by a local people as part of a Great Sandwich Pic-Knit competition at the museum.

The Earl of Sandwich was first lord of the admiralty at the time of Captain Cook's voyages of exploration in the 18th Century and was an energetic supporter of the voyages.

Dr. David Marchant, East Riding of Yorkshire Council's museums registrar, said: "This is an attractive and colourful display and the fact that it will be in the café area is particularly apt."

The display runs until Tuesday, 25 June.

For further information, contact the Treasure House on (01482) 392780.

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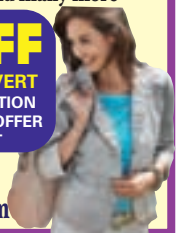
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Report by Carl Bevan on his trip to the Everest Base Camp for Cancer Research - Part One

“In March 2012 I was drinking a bottle of Kilimanjaro lager with Rolfe, an Australian Mountaineer having climbed the machame route up Kilimanjaro and said what should I do next? Rolfe said easy - that will be the Himalaya's!

On my return Cancer Research UK had been confirmed as our new charity of the year, quite timely considering I lost a friend (Little Weighton resident Andrew 'Drew' Swindlehurst in January 2012 to cancer. That was that! A few of my colleagues who had been to Africa also enjoyed it so much that they were itching to do something else.

Best get back in touch with 360 Expeditions a company I have used before!! After considering a number of possibilities including Annapurna base camp and Mera Peak I decided that I would probably get the most interest and money raised by choosing Everest base camp and Kala Patthar.

After a few weeks negotiating with Cancer Research (they had already planned a trip to Morocco and were not sure about putting on another trip!) I got the sign off that I was looking for and the poster's went out to all UK Tesco staff.

If I was honest I thought I would get around 20 people. I was wrong! We had over 60 people express an interest and eventually 30 people from across the UK boarded the flight to Delhi having raised over £150,000 in all creative ways possible.

On March the 14th after a few beers to calm the long haul flight nerves the team boarded the overnight flight to Delhi where Rolfe was already en route having decided that Jet Airways was not posh enough for him and opted for Etihad instead!

We arrived tired but excited after a connecting flight to Kathmandu and settled into the beautiful garden of the infamous Kathmandu Guest House and tucked into some cold beer ahead of a brief from Rolfe about the day ahead.

It was an interesting night and whilst the 05:00 start time in the morning should have acted as a late night deterrent the group meal of yak steak and the attractions of downtown Thamel were far too much! Alcohol and a lack of sleep would numb the worry of the flight to Lukla which had been the topic of conversation and excessive YouTube clip watching for months!!

5 o'clock quickly came round and we headed back to Kathmandu airport and waited for the nod to board the Tara Airways (nope I hadn't heard of them either!) aircraft to the world's most dangerous airport!!

To be fair the flight was magnificent, proper flying, lots of noise and the best views of the Himalaya's in the world! The nerves had gone and were replaced with huge excitement as the mountain's stood high above the cloud's and were lying in wait for us to explore!

A brilliant landing on the steepest and shortest runway in the world and here we were in Lukla ready to follow our dreams on a trek of a lifetime!

By now the team were starting to bond and it was clear that this was going to be immense fun.

After a few cups of lemon tea we set off to our first night in a tea house in the village of Solukhumbu, a gentle 4 hour walk which was mainly downhill, much to our surprise!

We were soon getting to grips with the prayer wheels and flags and sampled our first bridges which amusingly put the fear of God into a few of the group!

After a few beers in the Reggae (well it was Saturday night) Bar we had our first night in a tea house. All was good until we heard the scampering of rats on the roof! A sleepless night!!

The next day took us to Namche Bazaar and it was a fantastic day's walking through mainly forest and alongside the river. The last two hours were up the suitably named "bastard hill" but it was made more pleasant by the beautiful snow that just made the scenery even more stunning.

At Namche the tea house was excellent and we had a great time at several bars. The team was bonding well and were also enjoying some retail therapy. Namche Bazaar, the Sherpa capital is a special place and one that we all hugely enjoyed! Free Wi-Fi and access to facebook went down very well!

Day 4 was a chance to acclimatise and a pleasant day up to 4,000 meter's was rewarded with great views to Ama Dhablam, Nuptse, Lhotse and of course our first view of Mount Everest! A fun day!

Day 5 took us up to Tangboche which at 3800 meter's tested us as we reached the Khumbu valley for the first time.

This was the first hard days walking with a long slog up to the monastery. Again the views were great and another great days walking through the forest and along the valley floor.

Day 6 saw us take in very different scenery and it was more like Andalucia with the forest being replaced by an arid landscape. The effects of altitude were starting to hit home with the paracetamol starting to be consumed like sweets! However the food was still better than we could have dreamt of and plateful's of pasta, rice and chips were being demolished helped down with a little bit of local chilli sauce!!

Day 7 was another acclimatisation day with a circular walk that took us up to 4650 meters and back to Dingboche. The weather was cloudy today and we had more snow which stopped us getting to 5000 meter's. It doesn't matter how long you are here for, you can't take your eyes of the mountain's above you. I think I am in love with Ama Dablam, it looks impossible but it is truly beautiful!

To be continued in the June issue



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Friends of Thwaite Gardens hold their open day on Sunday 19 May between 11.30 am - 4.30 pm

Entrance £2 (children free and no charge for members who present their membership card). There is also a Plant stall - refreshments available - tree walks 11.30 am and 2.30 pm

A year's membership to Friends of Thwaite Gardens is only £7 for an individual and £10 for a couple. For this you will get free admission to the gardens any weekday and to all Friends' events.

The Friends (around 500 members) were formed to protect this hidden gem in the centre of Cottingham. The area is owned by the University of Hull and gardeners from the University maintain the lawns, lake and trees around the gardens.

For those who have never visited, there are 13 acres of gardens and grounds - including a large lake. The volunteers (we are always happy to receive more offers of help!) maintain the borders and beds in the 'garden' section and the fern, cactus and (recently planted) 'evolution' greenhouses.

An alpine house has been fitted out and will, hopefully, have some planting completed in time for our Open Day. There is a herb garden, winter border, raised beds and we are about to take on maintenance of a long herbaceous border. There are some lovely trees - some very old and rare - in the woodland area and elsewhere. Take advantage of one of the tree walks, led by John Killingbeck, on our Open Day.

Another date for your diary is a Midsummer Open Evening on Thursday 20 June, 6.00 - 9.00 pm.



Weekly Classes held at:
Darby & Joan Hall, Finkle Street, Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays

Also at: Sutton Park, Hull
Tuesday at 9.45 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

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Sports or exercise injuries

If you play sports or are involved in any type of strenuous physical activity then sports massages are something to consider having on a regular basis. Similar to regular massages, these massages are not so much for indulgence but can help your performance on and off the field, track or court.

The type of sport you're involved in whether it be a team sport or otherwise is unimportant. The important thing is that your body remains in the best shape it can be in and the same can be said for your health!

A sports massage is an excellent alternative means of relaxing your body following a workout or a game. It also provides a way for athletes to make their workouts and sports practices more effective. Another advantage of it is that it can support the healing process when an injury does take place. Professional athletes have massages all the time.

A sports massage is an alternative means of supporting an athlete in performing at his or her best. It does not matter whether the massage takes place before a performance, afterwards or even during. This type of massage is beneficial for every athlete but it is particularly worthwhile for one who is in training and also one who is in rehabilitation after suffering from an injury.

One way to think of a sports massage is "a manipulation in a systematic manner of soft tissues that relate to the specific muscle groups used by the athlete." Not only can these types of massages help heal the body but it will also make the person feel calm and very relaxed! It really is a wonderful feeling to receive a massage from a trained and skilled professional.

A sports massage will soothe your body and will also do amazing things for your mind. It will put you into a tranquil state of ease, comfort and peace. It reduces heart rate and blood pressure. It also increases the flow of lymph in the body as well as the rate at which blood travels from one part of the body to other parts.

Having regular sports massages can both increase as well as maintain the level of flexibility in your body. They can also help to reduce the chances that you will hurt yourself. If you are prone to soreness or stiffness as a result of rigorous training then this kind of massage will address this issue as well. After training and/or any competitions a sports massage can do its part to assist your muscles and tendons in recovering as quickly as possible.

A sports massage is designed to help you be the most accomplished athlete that you can be. It can improve your performance and prepare you for the upcoming game. Once your body is primed and ready this will help your mind get into the right place as well. This type of massage focuses in specifically on the muscle groups that play the most essential role in the sport that the athlete is involved in.

Endurance and strength are improved upon due to regular sports massages. A sports massage also promotes coordination and reduces body fatigue. It also eliminates any swelling that has taken place and it reduces tension in the muscles. All those who play sports and even those who don't play sports but who exercise a lot should incorporate sports massages into their busy schedules. You will be glad that you did!

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