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Issue 69 - August 2007

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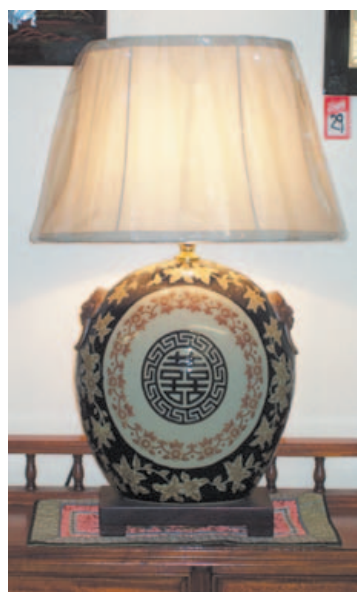
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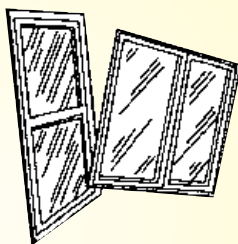
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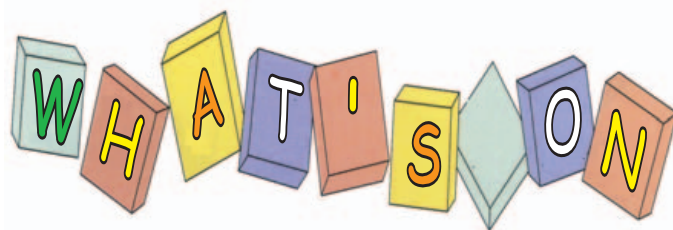
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Front Cover Picture: This is a view Krisoffs
Restaurant al fresco day during the recent Cottingham
Day. The photograph was taken and kindly provided
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Youth Council may be set up to bridge a link between authority and the youth of the village

After Coun. Gary Cooper told his Cottingham Parish Council colleagues that he is interested in developing relationships between the authority and the youth of the village, clerk Judith Macklin has been asked to contact Beverley Town Council to obtain information about its Youth Council and also arrange for councillors to attend one of its meetings as observers. Mrs Macklin will also investigate the British Youth Council's web-site to obtain information about the practicalities of setting up a Youth Council.

At their July meeting, it was explained to village representatives that Youth Councils exist throughout the country and are proving to be extremely successful.

Behaviour of youths can produce problems in all areas - and Cottingham is no exception. But one way of addressing the problems is to have a means of open dialogue with the people who appear to cause them, councilors were told.

"Everyone goes through the rebellious phase - and the main way to get through it is by communication", it was suggested.

Cottingham Garden-in-Bloom Competition Cancelled due to recent bad weather conditions

Because of problems - including damage - caused by the recent floods, the 2007 Cottingham Garden-in-Bloom Competition has been cancelled. It was thought that it would be inappropriate this year, but it is planned to hold a contest next year, said Judith Macklin, clerk to the Cottingham Parish Council, who has advised all applicants about the decision.

Myeloma appeal raises £4,665 with more to come

Tony Tordoff and his wife have raised £4,665 for the Myeloma Cancer appeal and the money is still coming in.

Tony completed his "Triathlon Gym Marathon: in 2 hours and 23 minutes. His wife Anne completed her 100 lengths of David Lloyd Leisure Centre pool in 1 hour 40 minutes.

New sponsors have been, Henry J. Rose Ltd., Opticians, 275 Anlaby Road, Hull, 01482 324414 and Keith Warner, Physiotherapist, Warner Sports Medicine, Pickering Road.

Please send us your Society or Pub's information for the What's On column, and let everyone know what's happening in and around the Cottingham area. If people don't know they won't go.

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Water retention fluid is a huge success at Cottingham Bowling Club



Cyril Leaf, the Greens Secretary of the club, reported to a previous meeting of the Management Committee that both greens had been sprayed with water retention fluid. Everyone was of the opinion that he should contact the company concerned to let them know how well their product has performed.

The photograph taken by Denys Abba shows one green that had been flooded to about ten inches deep, (around 25 centimetres!). Many of the League and cup matches have had to be re-arranged for (hopefully) better weather.

The Club still will welcome enquiries both about bowling or our new activity - Petanque - otherwise known as 'boules'. The Club Secretary is Brian DeVine - you can contact him on 01482 - 847303.

Announcement

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Westfield Boys and Girls win 7-a-side Tournaments

On Monday 11th June 2007, three teams from Westfield School entered into a 7-a-side tournament organised by East Riding Sports Development Service, held at the Cottingham High School.

The girls team pictured below consisted of Benedicle Toko, Chloe Robinson, Amy Hutton, Sophie Randall, Alex Brooke, Lydia Giddings and Megan Hornby won the girls competition, winning all of their matches!



The first boys team pictured below consisted of George Thompson, Liam Littlewood, Lee Stephenson, Brendan Ward, Tom Ackroyd, James Weston, Jasper Rebello, Alex Brown and Luke Stannard initially drew on points with Croxby School, but won out on goal difference.



The second boys team pictured below consisted of Toby Peacock, Billy Smales, Oliver Garmston, James Holmes, Andrew Gilbert, Harry Whitelock, David Aaron and Jack Sylvester were joint third.

A fantastic display of youth football by all teams taking part, in warm conditions was enjoyed by all who came to support.



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Parish Council asked to collate experiences of residents during recent floods

Cottingham Parish Council - along with all parish councils in the region - has been asked by the East Riding of Yorkshire Council to collate the experiences of residents who have been affected by the recent floods.

The ERYC is planning to map out where the flooding took place and, if possible, where the water was channelled from and to. The information will be used to put flood defences and extra drainage in place in a bid to prevent similar disastrous situations occurring in the future.

The ERYC's deadline for receiving the information is the end of September, and residents' experiences should be sent, in writing - with supporting photographs, if available - to the Cottingham Parish Council, 9, The Cottages, Market Green, HU16 5QG, as soon as possible.

Cottingham Day, a success despite bad weather

Coun. Angela DeVine, Chairman of the Cottingham Parish Council, said that, despite the weather - heavy rain had fallen in the early afternoon - Cottingham Day 2007, held on Saturday, July 7, had been successful. Speaking at the village authority's July meeting, she told representatives that the majority of comments which had been received were positive, and plans for the 2008 celebrations are already being drawn up.

In his monthly report to councillors, PC Steve Morley, the village's Neighbourhood Police Officer, referred to the feedback which the police had received from the activities.

He said that next year the police will look at balancing the number of officers on duty between the day and the evening. There was no trouble during the day this year and he feels that his officers would be better employed by patrolling during the evening.

PC Morley, who asked to be invited to future meetings involving the parish council, Rod Towse, Events Officer for the East Riding of Yorkshire Council, and the fairground authorities, also said that one of the larger fairground rides had caused an obstruction to the CCTV camera on the Market Green and he wanted to ensure that the problem would not arise again. He also reported that a fire had been started on one of the fairground rides, but there were no serious consequences.

Police report by PC Steve Morley

PC Steve Morley, Cottingham's Neighbourhood Police Officer, was accompanied by Police Community Support Officers Michael Dale and Lindsay Sewell, who has recently taken up the post, when he gave his report to representatives at Cottingham Parish Council's July meeting. Lindsay Sewell has taken over from Clare Harper, who is now training to become a regular police officer.

Following the recent introduction of the "no smoking" laws, the police are trying to educate drinkers about the "no drinking" zones in the village. Drinkers are going outside for a smoke and taking their drinks with them into zones where drinking is prohibited.

The police are continuing to have problems with parking on double-yellow lines and heavy vehicles unloading from areas outside the official loading bays, but PC Morley said that officers are making a big effort to keep on top of the situation.

Throughout the schools' summer holiday period, the police are continuing their initiative through which cyclists - particularly youths - are being targeted to persuade them to cycle responsibly and with safe, well-maintained cycles, said PC Morley, who added that in September - ahead of the winter months - officers will also be talking to schoolchildren about the need for cycle lights and other high-visibility equipment.

Parish Council agree to provide seating on Market Green, but not at Bacon Garth Lane

Cottingham parish councillors have agreed to provide a seat adjacent to the bus shelter on the Market Green, but have decided not to install one on Bacon Garth Lane.

At their meeting in June, the full council discussed requests for the seats from residents to Coun. Win Knight and placed the matter on the Finance Committee's agenda.

Judith Macklin, clerk to the authority, who emphasised that it is the council's policy to discuss all residents' requests, was asked to seek the views of the police.

In his response, PC Steve Morley, Cottingham's Neighbourhood Police Officer, said that there was no objection to a seat on the Market Green, but it was felt that providing one for Bacon Garth Lane could see the return of the vandalism problems which had stopped since the ERYC seat had been removed from the lane.

The clerk also produced several letters of objection from residents, who were very unhappy at the prospect of a seat on Bacon Garth Lane. In view of the strength of feeling, it was agreed that it would be inappropriate for the parish authority to provide a seat on Bacon Garth Lane, but councillors were asked to report to the clerk if they found a suitable alternative site in the area.

It was thought that a seat close to the bus shelter on the Market Green will be additionally beneficial now that it is illegal to smoke in the enclosed shelter.

Grants awarded to Cottingham Cricket Club and Cottingham and District Horse and Agricultural Society

Grants totalling £550 have recently been awarded by the Cottingham Parish Council. Cottingham Cricket Club will receive £250 to purchase equipment, while the Cottingham and District Horse and Agricultural Society will receive £300 towards the cost of running its 2007 gymkhana on Harland Way - just north of Browsholme Park - on Sunday, September 16. It was stressed, however, that if the equestrian event does not take place, the money will be refunded.

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Westfield Teacher retires thirty-three years in profession

Local schoolteacher, Mrs Carol Ann Ryan, retired from teaching last month after thirty-three years in the profession. It was not an easy or rapid decision for her because like a famous brand of bread, she was 'born and bred' for teaching young children. Carol firmly believes that she is a very rich lady: rich in the sense of having the privilege and trust to help nurture and raise many hundreds of pupils into fine, upstanding citizens, all of whom are unique within their own right.

During Carol's own school days at Hallgate Infant and Junior Schools, she was in awe of a wonderful teacher, Mrs Waller, who was to inspire Carol to pursue a career in teaching. From eleven years of age Carol had direction; goals to achieve and commitment to learning. Senior school education, for Carol, was at Cottingham High School from 1963-1971. There, she was greatly involved in her studies, the arts and many aspects of sport; not only was she 'Hockey Captain and Secretary', she was the 'Head Girl' in her final year at the establishment!

Carol has being 100% committed to the teaching profession since her teacher-training days (for three years) at Endsleigh College Beverley Road, Hull, where again she has fond memories of a diet of work, work, work and a strict code of behaviour.

Carol's first appointment was at Hessle High (Lower) School where she taught predominantly, art and physical education to 11-13 year olds... and the sixth form one afternoon per week, which as Carol recollects was a nightmare as the age difference was only five years! However, after two years Carol obtained promotion at Danepark Junior High School on the Orchard Park Estate in Hull. Over the twelve years that she taught there, long-standing friendships were forged with families, some of whom Carol still keeps in touch with. Moreover, Carol has taught their children as they have moved into Cottingham and attended the local village schools.

Marriage to Bruce and the arrival of their two boys, James and Charles, prompted Carol to teach on a part-time basis at a variety of schools within Hull and the East Riding until both boys were at school themselves. From that time on Carol has being resident teacher at Westfield Primary School in Cottingham for seventeen years. Throughout this period, the welfare and education of the children has been a major priority, whilst the bond with parents and carers has grown stronger and stronger. Relationships matter greatly to Carol and she has always maintained that if a child feels comfortable and is happy to venture into her classroom every school day then the atmosphere is conducive to learning; learning about oneself and about others; learning to be tolerant, understanding, forgiving and courteous. Certainly, Carol has always had

'a bee in her bonnet' about good manners and has tried to instil and reinforce them into the pupils in her care. Furthermore, if past pupils only remember Mrs Ryan for that scenario, she will be very happy and proud!

During the early years at Westfield Carol thoroughly enjoyed the experience of teaching eight and nine year olds, however latterly, she has had a wonderful time educating pupils in their final year at primary school. On her last day at the school Carol had organised the fifth Westfield Prom which took place in the school hall. The theme was 'black and white'; the pupils dressed in formal attire and they enjoyed fruit punch and nibbles on the front lawn, a hot dinner and in-house entertainment. Finally, some children made speeches and Mrs Ryan responded to an audience of parents, staff and friends. All-in-all it was a brilliant finale to an amazing career spanning thirty-three years.

Should anyone wish to contact Mrs Ryan, her email address is carol@frankhill.com. Moreover, Mrs Ryan has booked The Civic Hall, Cottingham on Friday 28th September 2007 from 6-7pm inviting past pupils (11-16yrs) and parents to join her to celebrate her retirement with an informal chat and journey down memory lane.

On the same evening from 8-11pm there will be 'light entertainment about Carol's career' followed by a disco and supported by a licensed bar! due to health and safety regulations numbers will be limited therefore Carol would be grateful if families who are interested in attending this event, register their full names, addresses and contact numbers at 'Frank Hill' Estate Agents, 220 Hallgate, Cottingham by August 312007. (01482) 844211 Tickets for the function will be allocated during the first week in September.



Cottingham U3A receive Lottery Funding Award

Denise Bottomley (pictured centre) after receiving the Lottery Funding Award from Councillor Win. Knight (right). Pictured left is Anne Firth, Chairman Ridings Region U3A.

Cottingham Competition of the Gardens cancelled due to the inclement weather

Ann Abel regrets that the Cottingham Competition of the Gardens has been cancelled to the recent inclement weather. Ann would like to thank everyone who has already handed in their application forms and hopes the event will take place in 2008 as usual.

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Wordsearch -

Find the "cats" in the puzzle below

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

Find the words in the letters above:

Abyssinian	Cougar	Puma
Alley Cat	Jaguar	Raccoon
Angora	Leopard	Siamese
Bobcat	Lion	Tabby
Calico	Lynx	Tiger
Cheetah	Manx	Tomcat
Chinchilla	Persian	Tortoise Shell

Sudoku No. Eight -

This is a medium challenge

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

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Cottingham Floods - Past and Present

Pictured below are photographs of Cottingham during the recent floods and one of Cottingham's Crescent Street, taken during the early part of the 20th Century.



Above: An early photograph of Crescent Street, Cottingham, taken during the early 1900's showing children paddling during the flood.

Below: Crescent Street pictured in June during the recent floods which caused major damage to the area.



Cottingham Day showcases local produce

The Cottingham Churches combined with Cottingham market gardeners and other local enterprises to put on a local produce food fair on Cottingham Day. Various producers from Cottingham and the immediate area were invited to set up stalls on the forecourt of the Methodist Church on Hallgate. Food available for tasting and for sale included the nationally acclaimed goat cheeses and ice creams from Lowna Dairy in Raywell, vegetables and salad ingredients from Gatelands at Barmby-on-the-Marsh, honey from Bentley and apple juice from Yorkshire Orchards at Wilberfoss.

As well as helping to man the stalls, teams of volunteers from all the churches worked in relays to provide morning coffee and cakes, salad and sandwich lunches and cream teas, all made with either local or Fair Trade produce. The beef in the salad and sandwiches came from Greenwood Farm in Selby and the chicken from Burton Constable (both supplied by Frank Pullan Butchers). The eggs came from Newbald (supplied by Southwood Farm Shop), the cherry tomatoes from Redroofs Nursery on Dunswell Lane, the tomatoes in the sandwiches from Park Lane Nurseries, and the cucumbers from Glen Avon Growers on Park Lane. Cakes and bread were made with flour from Skidby Mill and the milk and butter and cream were all from Yorkshire farms. All are available from our local shops and supermarkets. The only food that was not local (such as the sugar) was from Fair Trade sources.

The Cottingham Churches have for many years supported the trade justice movement that works to bring about humane conditions and fair wages for producers in the third world, and they are now trying to support movements that draw attention to the need for fair treatment for our own farmers. The "Churches Together" Cottingham Day local food fair gave some idea of just how much good food is produced in or within a few miles of Cottingham and is available to buy locally. Business at the stalls and for the coffees, lunches and teas was very brisk throughout the day and so much so that the sale of coffees, lunches and cream teas resulted in a surplus of £470. £70 of this has been given to the Cottingham Day fund and £400 donated to the fund for building a new Scout Hut for the Cottingham Scouts and Guides.

The six churches of Cottingham (St Mary's, Holy Cross, Methodist, Zion, Christ Church and the Community Church) each have their own services and activities, but also work together and worship together under the name 'Churches Together' in a programme of activities throughout the year. They are always ready to support the things that help Cottingham thrive as a community and a good place to live, and they are already planning their contribution to what they hope will be an equally successful Cottingham Day 2008.

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It is easy, in this busy hectic world to neglect your body. We persevere with niggles, aches and pains - the tell tale signs that something, somewhere isn’t quite right. All too often we plod on making the original problem far worse than it was to start with.

The human body is an amazing piece of equipment but it needs tender loving care and attention to ensure it functions at its optimum. It needs to be treated with respect, it needs to be nurtured and cared for, not just when things have gone wrong, but regularly. Just like a car, our bodies need ongoing maintenance to enable it to work properly. If you do this the chances are your body will run more smoothly and for longer and the ride will be better too!

Bowen is not just for people with problems and injuries. It is for everyone who drive cars, sit at computers, care for young children/elderly relatives, have busy jobs and lives. It is for normal people with full and active lives (as well as for people with health problems). Bowen helps the body to reduce the tension that naturally builds up as we respond to the pressures of daily life. Bowen helps relieve restrictions and realigns the body taking away the potential for future problems.

Complementary therapies are an excellent way of helping to balance the effects of daily life. The Bowen Technique is a powerful but gentle therapy and is one that more and more people are using. Some use it for existing problems but many are switching on to the enormous benefits of having a monthly Bowen treatment to keep problems at bay and to keep on top of life.

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- Repetitive strain injury
- Whiplash
- Chronic fatigue
- Fertility, PMS

IBS, Colitis, Crohns
Pregnancy
Infant colic

Bowen Therapist Mike Barlow works in Cottingham and from a GP surgery in Beverley. His clients include babies, children, the elderly and everything in between! He is also experienced at using Bowen in pregnancy and labour. As a father of two Mike is consequently well practised at treating babies and children and tailors treatment around play in a way that is non- threatening to young clients. His background as a serious runner means he understands the dedication and commitment to sport and the importance of remaining injury free. His passion for sport means he also enjoys working with sports people.



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Crossword - Solution on page 30

1	2	3	4		5	6	7	8			9	10	11
12					13				14		15		
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57						58		59			60		
61						62					63		
64						65					66		

Across

1- Sharp bristle; 5-Gives a bad review; 9- Mischievous child; 12- Tropical plant; 13- Engage in histrionics; 15- Potpourri 16- Resting place; 17- Stormed; 18- Coffin stand; 19- Designed to arouse wonder; 21- Costumed procession; 23- Facilitate; 24- Bashful; 25- 15th letter of the Hebrew alphabet; 28- Befitting a maiden; 33- Triple; 34- Student's hurdle; 35- Broad valley; 36- Mystical sea monster; 37- Obstinate; 38- Thigh; 39- Graph prefix; 41- Line of rotation; 42- Dried plum; 44- Recondite; 46- Ancient greek divinity; 47- Sailor; 48- Baby powder; 49- Spherical; 53- Licentious; 57- Minerals; 58- Breathing organs of fish; 60- Ripped; 61- Outer garment; 62- Eat away; 63- Fastens a knot; 64- Appropriate; 65- The third man; 66- Exclamation to express sorrow.

Down

1- Sudden explosive noise; 2- Sheltered, nautically; 3- Got up; 4- Among; 5- Suffer destruction; 6- Astonish; 7- Beverage made with beaten eggs; 8- Pace; 9- Bones found in the hip; 10- Demeanor; 11- Harbor; 14- Appetite; 15- Complied; 20- Codlike fish; 22- Deity; 25- Mine excavation; 26- Rich tapestry; 27- Small beginning; 28- Pertaining to song; 29- Inquiries; 30- Book about Nineveh; 31- Grassy plain; 32- Red sea land; 34- Cab; 37- Artificial barrier in a watercourse; 40- Testify; 42- Inner surface of the hand; 43- Soft cheese; 45- Musical aptitude; 46- Maiden; 48- Sao Paulo feature; 49- Caribbean dance music; 50- Support; 51- Warmth; 52- Currency of turkey, and formerly of Italy; 54- Irritate; 55-Extent of space; 56- Not as much; 59- High hit;

"Crossword provided by BestCrosswords.com

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for once spoken they may
return to you.**

**Angry words are painful and
there may be blows for blows.
Buddha.**

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Caravanning has never been so popular! In this Centenary year for The Caravan Club, the East Grinstead head quartered membership organisation represents one million individuals. 2006 was the 12th successive year of record membership growth, with an additional 57,000 member households.

Club membership includes all age ranges and life stages, and members appreciate the freedom it offers. Caravanning is great for families, providing flexible holiday accommodation without the restrictions imposed by air travel and hotel timetables. If you need to warm a baby's bottle at 3 am, you have everything to hand. Children love caravanning - did you know that according to Club research they are 55% more likely to have a shower in a caravan than at home!

The Club is increasingly appealing to young singles who have discovered that owning or part-owning a caravan or motor caravan is a great way to indulge their favourite hobbies, from mountain biking to surfing, and attending events from pop festivals to motor sports meets.

So caravanning is an incredibly flexible holiday option, pro-

viding all seasons touring for those with more time on their hands, and offering anything from city breaks, to beach holidays, from deepest countryside to wild and remote moorland in National Park locations. The Caravan Club's network of 200 Sites and 2,500 smaller Certificated Locations (small, max 5-van sites on farms, in the grounds of stately homes, beside pubs) really does offer something for everyone.

For further information about The Caravan Club see www.caravanclub.co.uk, or call 0800 328 6635. For press enquiries call 01342 336664, email press@caravanclub.co.uk.



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Bastille Day is worth a visit

By Marion Owen

Well we departed on Joan's birthday, she had always referred to her special day as Bastille Day, but I didn't cotton on. I knew in Paris of the Place de la Bastille and thought they may do a little celebration there.

Flying from Humberside via Amsterdam to Paris, our flights were pretty good, we arrived with all our luggage and the sandwiches on board had improved once again.

As we approached our home for the week, the sun was shining and Paris was busy - lots of people out on the streets and in the parks. Our ship, the Cezanne, was moored along side the quay Andre Citroen not far from the Eiffel Tour and little Statue of Liberty.

We had missed out on afternoon tea but were settled into our cabins and ready for our sumptuous dinner at 7pm. Peter Deilmann really knows how to impress, six courses later plus a few glasses of wine, we were ready to celebrate with the rest of Paris. Our Captain sailed our ship along the Seine towards the twinkling Eiffel Tower in good time for the magnificent fire works display. The banks and pavements were lined with onlookers and the atmosphere was electric. We were served champagne throughout the event and all went to bed happy!

The following morning after breakfast, the park across the road was a very peaceful haven for a stroll, not at all similar to the night before.

Talking to onlookers throughout the day, there had been a fabulous parade of tanks down the Champs Elysee and a fabulous air display too. Sadly the onlookers during the day had missed the evening events as they were too tired to make the fireworks at 10.30pm.

The 14th July falls on a Sunday next week, if you want to revel in the delights of the celebrations you will need to book early.

Our weeks cruise spends the Sunday in Paris every week and then takes in the delights of Vernon for Monet's Garden, Honfleur and historic Rouen.

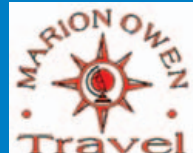
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PS fingers crossed we see a little sunshine here in August!



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Cyprus - the perfect place to invest in the sun . . .

If you're thinking of buying a property in Cyprus for investment we have very good news for you: During the last few years Cyprus has seen a constant capital growth of 15%-20% every year - and the forecast for future growth remains equally optimistic. Forecast rental yields are also high at 8 to 12%

If you're buying a holiday home, or a place for your retirement, the news is just as good - 320 days of bright sunshine each year, virtually no crime, and excellent tax advantages!

For anyone considering buying property in Cyprus the introduction by Monarch airlines of low cost flights to the island from March this year is the icing on the cake.

Coupled with the expansion of the two major airports, this means more visitors looking for holiday homes to rent, and a rise in the cost of property.

The island of Aphrodite

Cyprus is known as the island of Aphrodite, the Greek goddess of love and beauty. As the meeting point between Europe, Asia and Africa, Cyprus has inherited its culture and history from the many different civilizations that crossed the island throughout the centuries.

Frequently described as the 'jewel' of the eastern Mediterranean, the Famagusta region is an elite destination located in the south east coast of Cyprus.

A string of secluded golden sandy bays stretch along this rugged, but beautiful coast, where local fishing boats sail for their daily catch from rocky bays. Here too, you will find the magnificent Fig Tree Bay, considered to be one of the island's best beaches. The safe, shallow, crystal clear waters are ideal for swimming, sailing, windsurfing, waterskiing, snorkeling and scuba diving.

Something for everyone

The region offers something for everyone - whether your preference is for quiet sea front villages, or lively towns with fantastic beaches and buzzing night life. You can have a relaxing day at a spa, sunbathe on the beautiful and sun-drenched beaches, or explore inland and picnic in one of the island's secret green valleys

Nature lovers can find a wealth of rare flora and fauna, dramatic cliffs with sea caves and the most incredible views. This stunningly beautiful coast

with its nature reserve is also a government protected conservation area.

If you are feeling more active there are endless opportunities for sports and activities on the island ranging from sailing to golf, from squash to rowing - even skiing during the short winter months.

If shopping is one of your essential leisure activities, Cyprus has all the high street brands that you are used to, and its cost of living is one of the lowest in Europe.

At night the island offers the opportunity to indulge in one of the many gourmet restaurants, or relax at a local tavern. Afterwards, those with a taste for nightlife can enjoy a cocktail at one of the many bars or lively nightclubs on the island.

There is virtually no crime in Cyprus, which makes it an incredibly safe country in which to holiday - or to live and raise children. And the local Cypriot people are exceptionally friendly and welcoming, making your stay in their country a complete pleasure.

No inheritance tax!

Cyprus is a straightforward place to buy property. As a former British colony it has a strong British influence in administration, law and culture making it both safe and unproblematic. Communication is relatively easy as 90% of Cypriots speak English as their second language, and as a member of the EU since 2004, Southern Cyprus has political, judicial, and economic stability

Southern Cyprus will join the Euro currency in early 2008. At the moment the currency is the Cypriot Pound (CYP), which, although not traded internationally, is a stronger currency than the British Pound (GBP), reflecting the buoyant economy of Southern Cyprus.

For those thinking of buying property or even re-locating, Cyprus also offers distinct tax advantages including double taxation treaties with many countries, low rates of Capital Gains Tax, Personal Tax and Corporation Tax, only 5% tax on pension, and no Inheritance Tax whatsoever!

For both lifestyle and financial growth, Cyprus has to be seen as a simply superb place to invest.

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In the Garden



Fruit and Vegetable Garden

Fruit

Continue to pick summer fruit. Freeze surplus and make jams and jellies.

Lift and pot up rooted strawberry runners.

Prepare new strawberry beds for next year if not yet done.

Cut out fruited canes of summer raspberries and tie in new canes to fruit next year. Select strong, healthy canes and cut out weak, forked or misplaced ones (such as those growing out into the paths).

Tie in new growth on blackberries and hybrid berries.

Start picking apples and blackberries for use in pies and desserts.

Support heavily laden branches on plums to prevent breakage.

Complete summer pruning of restricted fruit trees such as cordon and espalier apples and pears.

Prune out dead and fruited wood after cropping of fan-trained plums and cherries, and tie in replacement shoots.

Break in half the strongest young shoots on cobnuts and filberts this month to encourage a heavier crop of nuts. This technique is known as 'brutting'.

Vegetables

Irregular watering can lead to problems with blossom end rot in tomatoes, splitting of root vegetables and flower abortion in peas and beans. Help prevent this by watering well during dry spells. We do not advise using grey household water on edible crops, but stored rainwater from a water butt is ideal.

Weeds can also compete with vegetables for water, and act as hosts for pests and diseases, so should be removed regularly by hoeing.

Lift onions, shallots and garlic when ready. Plants should be harvested when the necks start to turn brown and papery, and bend over naturally. Avoid actively bending the necks, as this can result in disease. Once harvested, let the tops dry until they rustle like brown paper, and then remove them.

Regularly pick fast-maturing vegetables such as French beans, runner beans, courgettes, cucumbers and tomatoes, to prevent stringiness or toughness, and to encourage further cropping. Excess pickings can be frozen.

Finish harvesting second early potatoes, especially if it turns wet, as slugs will become active.

Harvest sweetcorn as it ripens. Push a fingernail into the kernel when the tassels at the end of the cob start to shrivel and brown. If the liquid is milky it indicates they are ready.

Marrows should be raised off the ground slightly, to prevent them rotting from contact with the soil. Some older leaves can be removed, if necessary, to maximise sun upon the fruit.

Continue earthing up celery, putting a layer of paper between the stems and the soil.

Take care when thinning out any late-sown carrot seedlings to prevent the scent released attracting carrot fly females. To protect them from carrot



fly use fleece or enviromesh coverings.

Sow green manures such as crimson clover and Italian ryegrass to act as a soil improver and to cover bare areas. When dug in, they conserve nutrients and improve soil texture.

Alternatively, after clearing old crops, place black plastic over bare areas of ground to suppress weed growth.

Herbs

Take cuttings of rosemary, bay and hyssop.

Cut back flowered herbs such as marjoram to encourage a second flush.

Parsley can be sown in southern parts of the UK, to crop during the winter. In summer, it is best sown outside. To avoid carrot fly trouble, seedlings can be covered or potted up and put in a greenhouse, when it comes to thinning out.

Other herbs can be potted up and taken into the house for convenient use over the autumn and winter.

Don't neglect hanging baskets - deadheading, watering and feeding will help them last through until autumn.

Feed containers, and even tired border perennials, with a liquid tomato food each week to encourage them to bloom into the early autumn.

Deadhead plants such as Dahlia, rose and Penstemon and bedding to prolong the display colour well into early autumn.

Cutting back the foliage and stems of herbaceous plants that have already died back (e.g. Dicentra) is starting to be a priority.

Don't cut off the flowerheads of ornamental grasses. These will provide winter interest.

Hardy geraniums can be cut back a little to remove tired leaves and encourage a new flush of growth.

Pinks and carnations can be propagated by layering.

Propagate irises by dividing the rhizomes if not done last month.

Propagate perennials by dividing once they have finished flowering, but only in areas with some rain and duller weather, to avoid drying out problems.

Collect and store seed of hardy annuals and perennials for sowing later in the autumn. Good plants to try include Calendula, Nigella, Cerinthe, Papaver, Aquilegia and hardy Geranium. Allow some plants to self-seed to give an element of surprise to the garden.

Take cuttings of tender perennials such as Pelargonium and Osteospermum, as soon as possible. A greenhouse, cool conservatory or a light windowsill are ideal to bring them on until they are established.

Rock garden plants, such as Helianthemum, Aubrieta and Dianthus can be propagated from cuttings at this time of year.

Buy or order spring-flowering bulbs. Some bulbs can be planted now, such as Colchicum, daffodils and

Prune climbing and rambling roses that do not repeat flower or produce attractive hips, once the flowers have finished.

Towards the end of August sow hardy annuals directly into borders. They will overwinter and flower next summer.

Top 10 jobs

1. Prune Wisteria
2. Don't delay summer pruning restricted fruits
3. Deadhead flowering plants regularly
4. Watering! Particularly containers, and new plants - preferably with grey recycled water or stored rainwater
5. Collect seed from favourite plants
6. Harvest sweetcorn and other vegetables as they become ready
7. Continue cutting out old fruited canes on raspberries
8. Lift and pot up rooted strawberry runners
9. Keep ponds and water features topped up
10. Feed the soil with green manures

Cottingham Rangers Girls U10's win National Futsal Finals

After winning the U10s League and the Hotshots Cup, the girls represented the East Riding FA and travelled to the England Institute of Sport at Sheffield on Saturday 7 July 2007 to compete in the FA National Junior Futsal Finals. Futsal is essentially five-a-side football, with a few differences designed by FIFA to provide a high-paced, energetic and fast flowing game.

The girls played 6 games consisting of 8 minutes each. After losing their first match, all the team showed skill and determination in winning their next 5 games. Cottingham Rangers were presented with the Under 10s title for the second year in succession with Sheffield Wednesday as the worthy runners up. The trophy was presented to Captain Chloe Robinson by Graeme Dell the England Futsal Manager.



From Left to Right: Lauren Stubbs, Megan Briggs, Sophie Stamp, Megan Hornby, Chloe Robinson, Jemma Purfield, Jessica Robinson and Emilie Stone

An appeal from the Humberside Police at Beverley

At about 4.50pm on Monday 25 June 2007 a 73 year old woman was assaulted and robbed in Hull Road Cottingham on the footpath on the cottingham side of the West Bulls public house. The lady fell to the ground but fortunately suffered only minor injuries.

STOLEN: Straw handbag` approx 14" long and 12" high with 2 brown plastic carrying handles. The straw is very fine and had thin orange, fawn and red stripes. It contained £45 in notes, bank cards cheque book and personal items.

SUSPECT: White male, late teens to early 20's, 5'6" tall, medium build, clean shaven with pale cheeks and blue eyes, oval face with broad cheekbones, fair/light eyebrows, short fair coloured hair. He was wearing a faded blue baseball cap, faded blue jeans and a fawn coloured long sleeved sweater and ran off in the direction of Cottingham.

At the time of the assault a small black car with 2 male occupants stopped to assist the lady but later left the scene without leaving their details. They may be able to assist this investigation and are asked to come forward.

Any information about the identity of the suspect and the bag which may have been found locally will be greatly appreciated.

This is being dealt with by Ian Peacock at Beverley CID Tel; 01482 597852 or ring Crimestoppers 0800555111.

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Association of Businesses in Cottingham and District

It's that time of year again, when the Association is looking to recruit new members. If you run any type of business in or around the HU16 postcode, then why not join and promote your business all year round to the local community.

Chairman Nick Russell says "Currently we have 110 members and keep growing every year. Our aim this year is to reach 150, so we need plenty of new members to join. We have some exciting plans for the next 12 months including marketing local businesses further afield, using Network Mail among others.

To achieve our aims we need new members. To help raise the extra funds needed, the Committee agreed to raise subscriptions for this year from £20.00 to £25.00, still a very reasonable sum, with the extra money going to the marketing operation.

So if you want your business to be involved then why not join this year.

This is what you get for your £25.00".

(1) At least one listing on the Annual Business Directory, distributed to over 9,000 properties in the Cottingham area.

(2) At least one listing on the ABCD website, possibly with links to your own site.

(3) Discounted advertising rate with the Cottingham Times.

(4) Window and van stickers to show your customers you are a member and supporting the village.

(5) 4-5 meetings a year, some with guest speakers. The meetings also give you a chance to network with other members and have a say about what is happening in Cottingham.

So where else can you get all this for less than 50p per week!!

If you would like more information or an application form, please contact Nick Russell at Spectrum Video, Hallgate on 848339 or just call in.

To guarantee your business being listed in next years directory, your application form needs to be in before 14th September 2007.
SO WHAT ARE YOU WAITING FOR - JOIN NOW!

NOTICE TO ALL CURRENT MEMBERS

You should all have had your renewal forms for membership by now. They were attached to the minutes of the last meeting. Could you please make sure you fully complete the form and return it ASAP. The cut off date is 14th September 2007.

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Gloss-On gives that platinum like shine and used with the Shampoo and the Mask is perfect for darker hair tones.

So why not put some Shine back into the "Summer" by coming in and see what we can do to add that shine to your hair.

I've made it even easier for you to add that shine your self at home with Unique's personalised Indulgence bag offer.

Which include any 3 products from our full range of SP Shampoo's Conditioner's and Styling product's, you will also receive £10 off your next Cut and Finish with us all for a fantastic £19.99.

All in celebration of our 1st birthday which is taking place Saturday the 18th of August, I'm inviting all you readers to come along and help us to celebrate a fantastic year so far with a glass of bubbly. We will also have the lively sound of the Hot lemons jazz band playing outside the salon.

Myself and the team would like to thank everyone in Cottingham for your valued support in our first year and we look forward for more birthdays to come.



As a leading salon director and stylist Ben has been involved with major events such as the Wella Roadshow and has trained with the British Hairdressing Team. So make sure you don't miss next months edition of the Cottingham Times for the Unique Hair Guide.

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Your Stars for August 2007 -

By Kay Gower

ARIES - (Mar. 21- April 20)

The planets line up to bestow beneficial influences in many areas. This month will be marked with joy and chance. You'll be in the right place at the right time.

Taurus - (Apr. 21- May 21)

Use this month to become more in tune with your inner needs and tendencies, and make changes that allow you to spend more time doing the things that you enjoy, rather than what serves your more worldly ambitions. This month may see you sacrificing some benefits in order to live a life that is now more suited to your temperament. This attitude would be very wise and you would make great strides in getting your life on track.

GEMINI - (May 22-June 21)

Mars zips into your sign on the 8th helping you to achieve ambitions. However, be mindful not to stir up envy and conflict in the process! Faraway people and places play an important part in August's astrological story. A break from routine is the least of this month's offerings; this is a time of fresh starts and departures from the old and familiar. Be ready for anything and everything this month.

CANCER (June 22-July 22)

Love is in the air this month, romance will be bright and beautiful during August's first three weeks, so do everything in your power to take full advantage. Weddings, anniversaries and important relationship developments are on the agenda.

LEO - (July 23-Aug 22)

You may soon hear from someone from the past, or you may reach out to someone you have a long history with and was once very important in your life. Matters of the heart will be on your mind especially towards the end of the month. A love relationship is likely to intensify at this time.

VIRGO - (Aug 22 - Sept. 23)

Practical issues may tend to keep you on the hop, you may not mind too much as your general level of energy has been higher than usual. Beware of allowing small and insignificant interruptions to get in the way of progress.

LIBRA - (Sept. 24 -Oct. 23)

You are known for taking time making decisions, but not so this month. August will be a rollercoaster ride and you'll be in no mood to give way to others' opinions. The 18th - 27th are key dates and may leave a lasting memory.

SCORPIO - (Oct. 24 - Nov. 22)

You could find yourself wallowing in thoughts of the good old days, but your views of the past might be tinged with a sense that the world is not as good as it used to be. Events this month will reveal that you can learn from the past, but you can't live in it.

SAGITTARIUS - (Nov. 23 -Dec. 21)

The planets are giving you a helping hand now, and you're really going for gold, but you will have to think on your feet this month. Travel and the exchange of ideas and information are on the agenda. Just be prepared for the unexpected.

CAPRICORN - (Dec 22.- Jan. 20)

You are keen and alert all month and you will express yourself well. This is an excellent time to initiate discussions and communication. Just be aware that you may be so intent on getting your own message across that you won't really listen to what anyone else has to say.

AQUARIUS - (Jan. 21- Feb. 19)

Resistance or perhaps challenges from outside situations suggest that this would not be a good month to force your will. The stars are temporarily blocking you for some reason; even I cannot figure it out. Relationships with older women will be especially tense.

PISCES - (Feb. 20-Mar. 20)

This month you may have to decide between the old and familiar daily routine, or opportunities for new growth. Don't turn to others for advice; make this decision on your own. Be honest with yourself.

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

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In the Kitchen



Ingredient of the Month Crème fraîche

Crème fraîche is a manufactured cream product with between 18 percent and 36 percent fat. It has a smooth thick texture, similar to cream cheese but it has a slightly tangy flavour more akin to Sour Cream

Origin and History

Originating in the Brittany and Normandy regions of France it is widely available and used throughout Europe. In France, the unique characteristics of crème fraîche made by different artisan producers is greatly appreciated in much the same way as connoisseurs appreciate and enjoy different types of yoghurt.

It is traditionally made with unpasturised cream which naturally contains the bacteria required to thicken it, but whilst specialists still use unpasturised cream, pasturised cream is becoming more widely used.

Crème Fraîche in Cooking

Many cooks favour crème fraîche over cream and sour cream because it can be boiled, reduced and thickened without the risk of curdling. It can also be whipped like double cream and has a longer shelf-life than both cream and sour cream. Crème fraîche can be used as a substitute for sour cream in most recipes and for cream in many.

It makes a great topping for fresh fruits, puddings and other desserts. It is also an excellent ingredient in savoury dishes such as soups and casseroles, and adds richness and body to sauces.

Storing

Crème fraîche should be treated like any other fresh dairy product and once opened, it should be used within two to seven days.

Homemade Crème Fraîche

Crème fraîche is very easy to make at home. Below is a recipe and whilst it takes a while to make, it's certainly worth giving it a try.

Preparation time: 8-14 hours

Ingredients

240ml/8fl.oz. Double/Whipping Cream

2 tbsp Buttermilk

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Instructions

Place all the ingredients in a glass bowl, mix well, cover, and leave to stand at room temperature (about 70 degrees F.) for 8 to 24 hours, or until thickened. Stir well, cover with clingfilm, refrigerate and use within 10 days.

Berry Cheesecake

Serves 8

Ingredients:

50g/2oz Butter

2 teasps Golden Syrup

175g/6oz Digestive Biscuits, crushed

375g/13oz Fresh Berries e.g. Blueberries,

Tayberries, Loganberries, Raspberries

1 tbsp Water

375g/12oz Full Fat Soft Cheese

50g/2oz Caster Sugar

2 tbsp Lemon Juice

11g/1/2oz Packet Gelatine

3tbsp Hot Water

140ml/5fl.oz. Double Cream, whipped

Instructions

1. Place the butter and golden syrup in a medium saucepan and heat until the butter has melted. Stir until well blended then add the crushed biscuits and mix well.
2. Transfer the mixture to a very lightly buttered 20cm/8inch loose-bottomed tin and press firmly and evenly into the bottom to form a crust. Chill for 20 minutes.
3. Meanwhile, place most of the berries (reserving some for decoration) and 1 tablespoon of water in a saucepan. Bring to the boil then reduce the heat and simmer gently for 5 minutes.
4. Transfer the fruit to a blender and purée. Alternatively, pass through a sieve. Set aside and leave to cool.
5. In a small jug, dissolve the gelatin in 3 tbsp Hot Water.
6. In a large mixing bowl, beat together the cheese, sugar and lemon juice. Stir in the cooled berries and whipped cream, then slowly pour in the dissolved gelatin, in a continuous stream, stirring constantly. Mix thoroughly.
7. Spoon the cheese mixture into the biscuit lined tin and return to the refrigerator for approximately 2-3 hours, until set.
8. To serve - Remove from the tin and transfer to a serving platter. Decorate with the reserved whole fruit.

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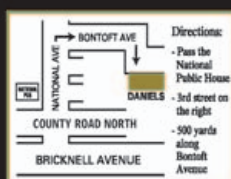
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Matt's Monthly Motivation

By Matt Burton

My articles in the past have progressed from discussing the basics of a healthy lifestyle and developed into talking more about advanced subjects to improve your well being such as our posture and dehydration for example. I felt a return to basics was overdue so this months article regresses to the absolute foundations of our lives . . . literally.

Exercise in children is something that has simply fallen by the wayside over recent years. Televisions and computers have replaced the bat and ball and modern gadgets designed to create an easier lifestyle for adults are being forced into the lives of youngsters from a very tender age.

Even in Cottingham it seems to be a rarity to see a toddler walking down the street hand-in-hand with their mum or dad because it's easier for us adults to place them in a buggy and push them along. The result? We can travel to and from the village faster but we remove regular exercise from the child's lifestyle and plant the seed for bone-idleness in years to come. Although my point sounds deep the reality is that our children are becoming bigger and unhealthier. In fact, experts predict that if we continue on the current trend there will be one million obese children in the UK by 2010. Furthermore, the buggies that the majority of parents purchase these days are designed with the child's seating position facing away from the adult. Research has shown that this decreases interaction between parent and child and in some cases delays the development of speech in the youngster.

Physically, the effects of inactivity and below-par nutrition can be catastrophic for the future health of a child with a massively increased risk of type 2 Diabetes, bowel cancer and high blood pressure in later life. Mentally a child could suffer from depression and low self-esteem caused by teasing.

There are ways in which we, as role-models to the younger generation, can help.

- * Encourage walking together to places such as school and the local shops instead of using a buggy or jumping in the car. Remember, a child should be achieving at least 60 minutes of exercise a day.

- * Take your child to play in the park or have a kick-around with a football, for example.

- * Exercise can be made into a 'treat' by organising trips to adventure play parks and swimming baths.

- * Don't make trips to fast food restaurants part of their routine.

- * Don't keep junk food (high-in-sugar and high-in-fat products).

- * Don't allow eating whilst watching the TV or doing homework.

- * Involve your child in the making of a meal to help them understand food more and entertain them.

These are all simple tips that will contribute to a healthier lifestyle for the infants of today.

At Cottingham Parks we offer activity classes for children and host family classes on a weekly basis. If you have any questions on this months topic please call our Wellness Team on (01482) 846030.

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Crossword Solution from page 14

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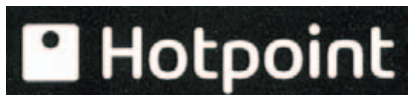


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£300

Hotpoint Aquarius Vented Dryer VTD 00P



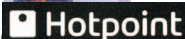
- 6kg Drying Capacity
- 120 Mins Timed Drying
- High and Low Heat Settings
- Safety Start Button
- Reverse Action
- Final Cool Tumble
- Vent Hose Included
- C Energy Rating
- Extra Large Aperture for Easy Loading

£170

Hotpoint Future Fully Frost Free Fridge Freezer FF175P



- Antibacterial Protection
- Fully Frost Free
- 3 Safety Glass Shelves
- 2 Half Width Salad Bins
- Full Width Bottle Balcony
- 2 Door Commodity Racks
- 3 freezer Drawers
- Fridge 175, Freezer 85 Litres Capacity
- Ice Tray
- A Energy Rating



£340



NEW!! Indesit SIXL 145 "Moon" Washing Machine



- User Interface**
- 4 Special buttons for all your needs
- Performance**
- Spin Cycle efficiency class: 1400
 - Energy Saving class A+
 - Wash efficiency class: A
 - Spin cycle efficiency class: B
 - Max load capacity (kg) 6
- Main functions**
- Whites and Colourfast cottons
 - Non Colourfast cottons
 - Wool and Silk items
 - 30 minute Fast Wash for cottons and synthetics
 - Automatic rinse control sensor
 - Automatic consumption control

£300

Indesit IDL 530 Dishwasher



- Performance**
- Energysaving class: A
 - Washing Efficiency Class: A
 - Energy, Washing, Drying Efficiency Class: A
 - Standard Cycle water consumption (lt) 18.0
 - Standard Cycle energy consumption (kwh): 1.05
 - Programmes: 5 Soak, Eco, Intensive, Normal, rapid 25
 - No. of place settings: 12
 - Drying system: Residual drying
 - Temperatures: 4
 - Washing Temperatures (°C): 45,50,65,70
 - Noise level (dB): 55

£250

Indesit TZA1 Freezer - £160



- Dimensions and volumes**
- Total gross capacity (lt) 102
 - Total net capacity (lt): 78
- Characteristics**
- Energy efficiency rating: A
 - Energy consumption per year (KWh) 197.0
 - Autonomy (energy blackout): 17.0
 - Freezing Capacity (lt) 10.0
 - Reversible doors
- Volumes**
- Total capacity (lt): 130
 - Fridge capacity (lt) 130
- Main functions**
- Refrigerator Cooling System: Static
 - Fridge Defrosting: Automatic

Matching Larder TLA1 - £150

As well as competitive prices, we also offer the following:
FREE delivery and **FREE** disposal of old appliances and **FREE** connection to existing supply (excluding gas)
 This is just an example of our massive range of Domestic Appliances, all at competitive prices
 Call in to see more - We will try to beat **ANY** like for like **HIGH STREET** price

We are an independent retailer - with friendly local service and personal attention - but we're also a member of EURONICS - Europe's biggest independent electrical buying group, which means we can offer you the very best deals on the highest quality brand names.

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