

Cottingham Times

Issue 117 - August 2011



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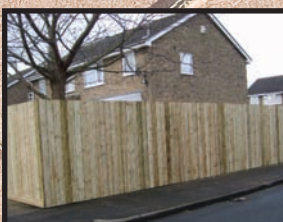
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THE COTTINGHAM TIMES

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In Cottingham and District

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

Age Concern East Riding of Yorkshire

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

Cottingham Rangers AFC

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

Zion United Church, Hallgate

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

Cottingham Wildlife Watch

Sunday 7th August - 10.00 am to 12 noon. Millbeck Nature Area, meet at the allotment car park. Combined litter pick with Cottingham Wild Spaces.

Skidby Village Hall

Sunday 14th August, Afternoon tea/coffee day. 12 noon to 4.00 pm. Delicious homecooked food, anyone is welcome to call in for an afternoon break.

Wednesday Social Club

Wednesday 24th August - Mrs. I. Wardlomas - Tree Sculpture, in the Darby and Joan Hall, at 2.00 pm.

Yorkshire Countrywomens Association (Skidby Branch)

Thursday 1st September, Sea Travel in Victorian Times, in the Skidby Village Hall at 7.30 pm.

Front Cover Picture: Part of the motorcycle display on Cottingham Day held in the Cottingham Memorial Clubs grounds. Photo by John Dewing, 6A Queens Close, Cottingham. Tel. 01482 847140.

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Richie's of Cottingham - Delicatessen, Butchers, Sandwiches and much more . . .

Richie's Delicatessen on Hallgate, Cottingham will be re-opening their Butchery department, supplying quality meats from local suppliers on Thursday 4th August 2011.

The Butchery department is being re-opened after customers kept inquiring if and when they were going to re-introduce fresh meat products. The new department will supply, quality, freshly cut meat, joints, chops, homemade country pork sausages and much more, all sourced from local suppliers by Tim May.

Both Tim and Richie have had a very traumatic year personally, as Tim's wife Pam passed away last year with cancer, and Richie has recently been in hospital with blood poisoning due to an abscess, which resulted in him being put into a drug-induced coma for several days to aid his recovery.

The new Delicatessen and Butchers will supply a marvellous selection of fresh and cooked meats including Homemade Pork Pies, Steak Pies, Homemade Ready-to-Go meals, Home cooked meats. A full range of hot or cold sandwiches are available including Ham on the bone, Turkey on the bone, Corned Beef, Haslet, Salami, Pepperoni, Roast Pork, and many more. Also Hot and Cold drinks.

Also available now is a large range of Manuka Honey (+5 to +50 with all its renowned health giving properties), plus a range of Multi-Vitamins. Buffets prepared in the Deli are available from £3.95 per head.

On Thursday 4th August come along and enjoy the fun and see the Creek Cats performing outside the shop between 11.00 am and 2.00 pm. **Between Thursday 4th and Saturday 6th August on production of the leaflet within the magazine take advantage of the half-price offer on their superb Homemade Country Pork Sausages.** Richie's Loyalty Card is also there to help you save money on future purchases.

Richie's Delicatessen and Butchers will open from 7.30 am - 5.00 Monday to Friday and 7.30 am to 4.00 pm Saturdays.

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New Clinic heralds return of community health services to Cottingham

A range of community health services will make a welcome return to Cottingham this month with the opening of a brand new purpose-built facility on the site of the former Cottingham Clinic, which was severely flood damaged in 2007.

Clinic staff joined Karen Knapton, Chairman of NHS East Riding of Yorkshire, and local community representatives, to officially open the new Cottingham Clinic on Thursday 14 July 2011.

Following the floods, health services were temporarily provided at other locations in the nearby area. The 290 sq.m building can accommodate a range of community services under one roof including podiatry, orthoptics, hearing aid services; child health clinics, consultation, examination and treatment facilities and community dental services.

The new clinic has been constructed using a highly sustainable recycled modular structure from Brandesburton based company Foremans Relocatable Building Systems. The structure is clad in brickwork and the area landscaped to complement its location in Cottingham. All recycled modular buildings are fully refurbished with new windows, wall linings, partitions, doors, flooring to create high quality accommodation for community health services.

Future flood risk has been mitigated by raising the facility and locating it on the car park behind the former clinic which is on higher ground. The new building is accessible by public transport with an increased number of disabled parking spaces and ample space for cycles.

Karen Knapton, said:

"The new clinic is modern and accessible, and will particularly suit the health needs of Cottingham's older population, as well as the young families who attend the child health clinics. The use of a recycled building structure provides excellent value for money, as well as having a number of strong environmental benefits.

"We appreciate that it has taken some time, but we are delighted to welcome community services staff and patients back to Cottingham. I want to thank the local community for their patience and support."

Pictured top left to right: Karen Knapton (Chairman of NHS East Riding of Yorkshire), and far right Roz Jump.

Pictured below is the new NHS Clinic on King Street, Cottingham.



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<h1 style="text-align: center;">Sponsored Hymn Play</h1> <p>David Bower invites you to choose a favourite hymn that he will play on St.Mary's organ</p> <p>(By kind permission of the Rector and Mr. Julian Savory)</p> <p>If you would like to sponsor David, in aid of kitchen equipment for the church hall, that be much appreciated.</p> <p>Please give your donation to him in an envelope, with your completed form, or post at/to Church View, Church Walk, Cottingham HU16 4DB</p> <p>The hymns will be played on Saturday, August 20th From 10am - noon <i>Please do call in to listen for a while</i></p>	<p>I would like David to play:</p> <p>Hymn</p> <p>Special tune?</p> <p>NAME</p> <p>ADDRESS</p> <p>.....</p> <p>.....</p> <p>DONATION</p> <p>GIFT AID</p> <p><i>Please tick and sign if appropriate</i></p> <p><i>Towards equipment: for new kitchen in Church Hall</i></p>
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S137 Grants

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



Pictured above Carole Airey and Steve Rogers collecting their cheque on behalf of the KGV Community Trust presented by Cllr Ann Abel.

Cottingham Day

A big thank you to all who attended the event on Saturday 2 July – what a fantastic day! A big pat on the back for the Cottingham Day Committee who made it all happen. Amongst all the other thank yous can we say a big thank you to all of you who supported us on the day. Winners of the various competitions are given below:

Fancy Dress Parade competition

- 1st: Alice in Wonderland
- 2nd Butterfly
- 3rd Dalek

Bonny Baby Competition

Under 1 year of age

Winner: **Emily Darlington**

1 – 2 years of age

Winner: **Dylan Groak**

2 – 3 years of age

Winner: **Mia Swain**

Overall Winner: **Dylan Groak**

Limousine Competition

Winner - **Karen Rudd**

Bark in the Park Dog Show Results

Class 1 Prettiest Puppy

- 1st - Peggy (Jack Russell Terrier)
- 2nd - Rocky (Crossbreed Huskey)
- 3rd - Lottie (Cockapoo)

Class 2 Best Veteran

- 1st - Charlie (Labradoodle)
- 2nd - Tilly Ann (Crossbreed)
- 3rd - Clyde (English Toy terrier)

Class 3 Waggiest Tail

- 1st = Indy (Labrador)
- 2nd - Billy (Russell Terrier)
- 3rd - Alfie (Lab/Spaniel)

Class 4 Prettiest Bitch

- 1st - Daisy (Dogue de Bordeaux)
- 2nd - Bella (Long Haired Jack Russell)
- 3rd - Lily (Golden Retriever)

Class 5 Most Handsome Male

- 1st - Sandler (Labradoodle)
- 2nd - Toby (Labrador)
- 3rd - Sebastian (Shar Pei)

Class 6 Best Crossbreed

- 1st - Ella (white Bichon Frise cross)
- 2nd - Wacky (Glen of Liam/Terrier)
- 3rd - Bentley (Lhaso Aspro cross)

Class 7 Best Rescue

- 1st - Wacky (Glen of Liam/Terrier)
- 2nd - Elsa (Bull Mastiff)
- 3rd - Angel (Crossbreed)

Best in Show

SANDLER (Labradoodle)

Cottingham day 2012 – Saturday 7 July

The Committee are always looking at ways to improve Cottingham Day – we are limited to the amount of space we have but we always try to give residents something new and exciting each year (alongside the tried and tested favourites!). If you feel you can help in any way we would be very pleased to hear from you. Whether your skills lie in organisation, imagination or that old chestnut fundraising/sponsorship we could use you. Please contact Judith or Tina in the Parish Council office for information.

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Property News from Martin English of Homelink



Avoid the void

One of the most essential things for any landlord in running a successful rental business is to avoid a rental void.

What is a rental void?

A void refers to a period where a landlord does not have a tenant paying rent. Thankfully in the current rental environment this is a situation that should be largely avoidable.

Here are five simple steps for a landlord to avoid the dreaded void:

1. Don't be greedy!

One of the biggest mistakes made by many landlords, particularly new landlords is that they hold out for an unrealistically high rent. Maybe they were once given a rental valuation by a letting agent wanting their business and over inflating the price. This rental valuation having stuck in their head means that they feel by accepting less that they are practically giving away their rental property. This mindset could very well be their undoing.

Landlords need to be realistic on the rent they charge to avoid the void. Remember that once you have a tenant in a property paying rent you can always increase it slowly over time. A tenant who is in situ and is happy is much less likely to balk at a small rent rise and move out for the sake of a number of small rental increases because of the inevitable hassle factor.

Remember that even if you have to take 5% less rent; this is a lot less of a loss than having a rental void for a month; which equates to over an 8% loss on income over the year. Once lost you will never get this rental income back so always try and look to do a deal.

Your local agent should be well placed to advise you what the best realistic rent for your property will be, and you should insist that they give you a realistic valuation, not just a price that they think you may want to hear.

2. Don't be passive on the marketing

Some landlords make the mistake of taking a passive role on the marketing of their rental property. They have their property listed with a letting agent and they just sit back and allow the letting agent to get on with it. What you need to do is keep in contact with the letting agent for regular updates. A good agent will do this as a matter of course. Find out how many viewings they have carried out and what the feedback from prospective tenants has been. Are people being put off by the rent or the condition of your buy-to-let property? If there is a common theme you then need to take steps to correct things.

3. Don't drop your guard!

One fatal mistake some landlords make is to drop their guard and get in a rubbish tenant because they get desperate. Never do this! If you do you will very quickly live to regret it. It

won't be long before you wish you simply had an empty flat to deal with; rather than an intractable British legal system and a disruptive tenant not paying rent. If you are unsure about the tenant then there are safeguards you can put in place such as a homeowner guarantor.

Most importantly thoroughly vet your tenants first, even if on the face of it they appear to be absolutely ideal.

4. Ensure your property looks its best

All of us work off first impressions. They count! Make sure that your rental property is dressed to impress. That doesn't mean necessarily embellished with gold; but your property should be clean, fresh smelling and shiny even if not every thing is brand new. Tenants make snap decisions and if you and your property are looking a little tired and jaded and even worse they don't smell good; there's every chance that they will simply move onto the next rental property. Your property may not be the Hilton, however if it is clean, smells good and a tenant can envisage moving in without having to buy a pair of marigolds and half a dozen bottles of bleach, then you stand half a chance of securing a suitable tenant.

5. Relationship with your existing tenant

If you are marketing your property whilst you still have a tenant in the property, most tenancy agreements will allow for viewings to be carried out in the final month of the tenancy. The co-operation of your current tenant is vital to ensure that a new tenant is found as soon as your current tenant moves out. Not only co-operation with viewings but also keeping the property in reasonable condition for viewings.

Sometimes you have to be firm with a tenant, however it is worth bearing in mind that being fair and responsible during a tenancy and building a good working relationship can really pay dividends at a time when largely you are at a tenants mercy. Try to inconvenience them as little as possible, you can even offer to assist making the property look presentable.

Remember, a tenant has no incentive when leaving a property, to allow viewings and to give you the best possible chance of finding a tenant for when they leave, so try to work around their timescales, group viewings together to minimise the frequency of times they have to make themselves or the property available were possible. If it is possible to screen potential viewers before hand then do so. If someone has a pet and you do not allow pets, then it is a waste of everyone's time and you are using up goodwill credits with your tenant. Also remember to do all that you can to ensure your prospective tenant turns up, confirm the viewing shortly before as there is nothing worse from a tenants perspective than leaving work early to allow you and your tenant or agent into the property and they don't show up!

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

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Can you believe we are already heading towards the winter months once more! This year we have been having a very exciting time with our own new holidays. The Isle of Wight, North Wales & Danube River cruise where all excellent. The comments and praises received are just fantastic. The question is, "are you and Dave on every tour?" the answer is yes, we do not bring in outside staff to accompany you.

More Cruising than ever from the port of HULL

A new ship to sail from HULL in 2012 MV Arion offering exciting itineraries. These cruises give those of you who enjoy sailing from your doorstep a whole new selection of ports to visit. The Arion is operating 3 special cruises, why not join me?

The first is to Iceland. The second is my own special itinerary to Pomerania & the Hanseatic Ports of the Baltic, great for a selection of different ports. The third cruise will be a cruise and tour sailing from Hull to Falmouth - a Gardeners delight visiting Ostend, Honfleur and the Scilly Isles before enjoying the Eden project as we travel back overland.

The ship carries just 328 passengers. There are 4 dedicated single outside cabins at a snip of a price so hurry. If you enjoy an inside cabin there are only 16 available the rest all have port holes or windows.

The Ocean Countess itineraries are also featured including summer sailings. Call to book or for full details including river cruising or alternatively look online at our new website. www.hullcruising.co.uk

Strictly come Dancing Fans

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It is quite scary in the market place at the moment. As I write another big company has failed following bad business practice. Please note that Marion Owen Travel is not a limited company, as a sole trader your money is as safe as houses. (I do not wish to loose the roof over my head!). We are honest with our advice and offer very good value along with our knowledge. We are a small team and do not employ call centre staff who are sales people without any travel experience selling what they are given to sell. We are unbiased in our sales and sell all types of travel to all corners of the world and rest assured we will be looking after your booking from start to finish. We are not going to disappear!

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When making a late booking it is basically what stock is left. Please have an open mind especially if you are looking to make a saving. Before you start, decide on your date window the earliest you can leave, the latest you can return. Next set your budget! Everyone's idea of cheap and expensive is different. The more requests you have the more restriction on your availability.

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Garden enthusiasts ~ Floriade 2012 This

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* departs Hull to Liverpool - coach transfer available please ask.

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Wordsearch - Flower Power

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

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

Find the words in the letters above:

Acacia, Aspidistra, Aster, Azalea, Begonia, Bluebell, Bougainvillea, Buttercup, Carnation, Chrysanthemum, Cyclamen, Daffodil, Dahlia, Daisy, Edelweiss, Foxglove, Fuschia, Gardenia, Geranium, Hibiscus, Hyacinth, Hydrangea, Iris, Jasmine, Lilac, Lily, Lobelia, Lupin, Marigold, Nasturtium, Orchid, Peony, Primrose, Primula, Rose, Tulip, Verbena, Violet, Wisteria.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 56 -

This is an easy challenge this month

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

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. Solicitor's firms must provide advisors who are properly trained to offer the specific legal advice requested. They must also have appropriate insurance in place for the work that they are carrying out. Should any problems arise, you will have reassurance that the SRA will be able to help you.

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

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

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

- * the experience and qualifications of your advisor
- * 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.

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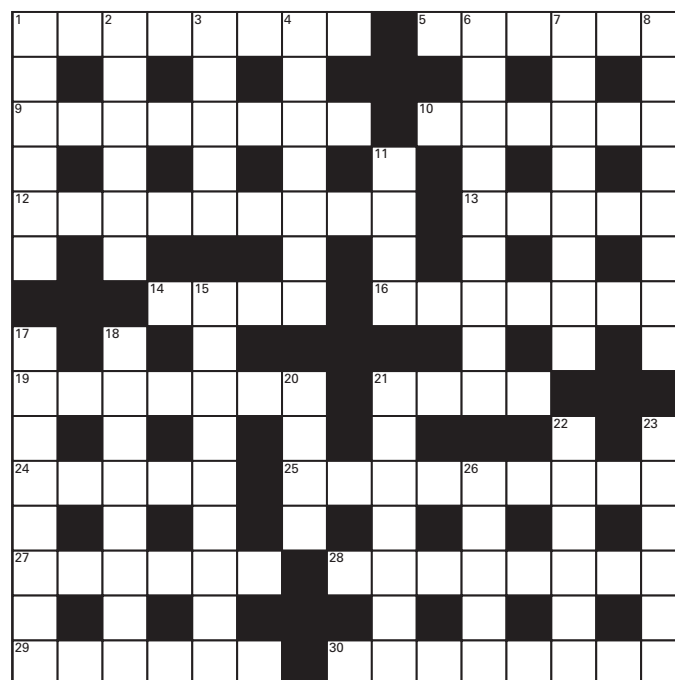
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Crossword - Solution on page 46



Across

1. A representative (8)
5. A country in Africa (6)
9. Brazilian monetary unit (8)
10. Container (6)
12. Source of illumination (2 words) (5,4)
13. Short choral composition (5)
14. Plate (4)
16. Glowing (7)
19. An expert in the analysis of Scriptures (7)
21. 50% (4)
24. Ownership shares (5)
25. Collection of stories (9)
27. Prisoner (6)
28. Word game played with tiles (8)
29. Beat hard (6)
30. A quorum for a Jewish religious service (8)

Down

1. Tame (6)
2. A public waiting room (6)
3. Fantastic (5)
4. From end to end (7)
6. Olympic winner's prize (2 words) (4,5)
7. Bedtime alcoholic drink (8)
8. Footnote (8)
11. Ski lift (1-3)
15. Hockey players wear these (2 words) (3-6)
17. A close-fitting pullover shirt (3-5)
18. Activist (8)
20. Panache (4)
21. Electronics brand name (7)
22. Candy (6)
23. Secondary school (6)
26. Female organ (5)

Crossword courtesy of www.crosswordpalace.com

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Mustard Steaks

Ingredients

- 4 tbsp Prepared English Mustard
- 1 tbsp Plain Flour
- 4 Beef Steaks, e.g. Sirloin, Rump, Fillet
- 2 tbsp Freshly chopped Parsley
- 2 tbsp Freshly chopped Thyme

Instructions

1. Preheat the grill to hot and line the grill pan with aluminium foil.
2. In a small bowl, mix together the mustard, flour, parsley and thyme until well blended then spread half the mixture between each steak.
3. Place the steaks, mustard side up, in the lined grill pan and grill for 3-5 minutes.
4. Turn the steaks, spread the remaining mustard mixture over the top and continue to grill for a further 3-8 minutes until done to your liking.

Corned Beef Hash

Ingredients

- 350g/12oz Corned Beef, diced
- 50g/2oz Butter
- 1 tbsp Oil
- 275g/10oz Boiled Potatoes, sliced
- 2 Medium Onions, chopped
- Salt and Pepper
- Fried eggs to serve (optional)

Instructions

1. Heat 25g/1oz of the butter and oil in a large frying pan and gently fry the sliced potatoes, turning occasionally for 5 minutes or until brown - do not mash. Remove with a slotted spoon and keep warm.
2. Add the remaining butter to the pan and fry the onions for 5 minutes until soft and golden. Add the corned beef and reserved potatoes, salt and pepper and heat thoroughly, turning all the time.
3. To serve - pile into a pyramid onto a hot serving dish and top with fried eggs. Serve very hot.



Lambs Liver and Bacon

Ingredients

- 450g/1lb Lamb's Liver
- 8-12 Rashers of Back Bacon
- 25g/1oz Plain Flour
- Salt and Pepper
- 1 teasp Dried Sage or Thyme
- 50g/2oz Butter
- 1 tbsp Oil
- 120ml/4 fl.oz. Stock

Instructions

1. Wash and dry the liver and coat with flour which has been seasoned with the salt, pepper and sage.
2. Heat the butter and oil in a frying pan. Add the onion rings and fry gently until transparent but not brown. Push to the sides of the pan then add the liver and cook for 4 -5 minutes each side depending on it's thickness.
3. Meanwhile, grill the bacon for 2-3 minutes each side until crispy.
4. Remove the liver from the frying pan and keep warm. Add the stock to the pan and cook until thickened. Serve with the liver and bacon.

Macaroni Cheese

Ingredients:

- 400g/14oz Short Macaroni
- 50g/2oz Butter
- 50g/2oz Flour
- 540ml/18 fl.oz. Milk
- Salt and Pepper
- A large pinch Cayenne
- 175g/6oz Cheddar, grated
- 25g/1oz Fresh White Breadcrumbs



Instructions

1. Bring a large pan of heavily salted water to the boil, add the macaroni and cook for 8 minutes or until just tender. Preheat the grill to high.
2. Melt the butter in a pan, add the flour and cook for 1-2 minutes. Gradually add the milk, little by little, stirring all the time and cook gently until the sauce thickens.
3. Remove from the heat and stir in 100g/4oz of the cheese, salt, pepper and cayenne. On a plate, mix together the breadcrumbs and remaining cheese.
4. Drain the macaroni well and return to the rinsed out pan over a very low heat. Add the cheese sauce and stir to mix thoroughly.
5. Pour the macaroni mixture into a shallow flameproof dish, top with the breadcrumb mixture and grill until golden brown and bubbling. Alternatively, bake in a hot oven for 20 minutes.

Chocolate Dream

Ingredients

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



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Instructions

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

Savoury Pork Chops

Ingredients:

4 Pork Chops
2 Dessert Apples
50g/2oz Edam Cheese, grated
Salt and Black Pepper
25g/1oz Butter

Instructions

1. Preheat the grill to medium. Trim the fat from the chops and grill for approximately 8 minutes each side.
2. Meanwhile, peel, core and chop one of the apples then mix with the grated cheese, salt and pepper. Place a spoonful of the mixture on top of each chop and return to the grill for a further 5 minutes, until the cheese melts.
3. Core and slice the remaining apple. Melt the butter in a frying pan, add the apple slices and lightly fry on each side.
4. To serve - remove the chops to a warmed serving platter and garnish with the fried apple slices. Serve immediately.

Baked Bananas

Ingredients:

4 Ripe Bananas
50g/2oz Butter
4 teasp Caster Sugar
2 tbsp Water
Ground Cinnamon

Instructions

1. Preheat the oven to 220C, 425F, Gas mark 7.
2. Peel the bananas to three quarters of the way down and fold the skins back to give a petal effect.
3. Place in a shallow greased ovenproof dish and dot with butter.
4. Sprinkle with the sugar, water and ground cinnamon and cook at the top of the oven for 10 minutes. Serve immediately.



Here is Paul's latest walk in his series of monthly rambles. This month his destination is Saltergate
Map:- EXPLORER OL27

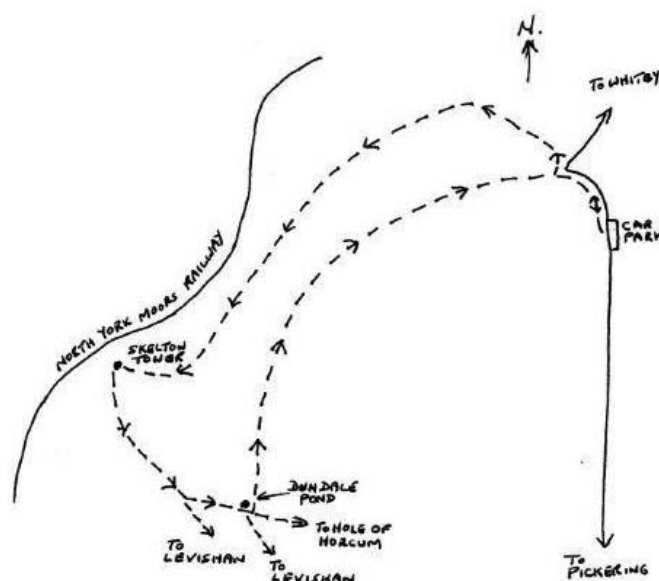
Start at GR. 853938 Saltergate Car Park.
Distance 6.5 Miles.

From the car park, cross the road and then descend the short bank to the footpath and turn right and follow this path in a northerly direction to reach a gate, either pass through the gate or cross the stile and turn right to cross a second stile then turn left and walk with the fence on the left for a short distance then continue to descend the hill on a well defined path to cross a third stile, continue descending but less steeply. On reaching the bottom of the hill, bear left and contour round the base of the hill on a well defined path. Continue contouring round the hill until you can see Skelton Tower to the right and locate and follow a path to the Tower.

Rest a while here and view the North York Moors Railway.

On leaving the Tower, follow a well defined path in a south easterly direction, cross a well defined path and then ascend the hill ahead of you. After reaching the top, continue in the same direction for a while and then turn left at the way markers and follow a path to Dundale pond then turn left and cross over stones in a boggy area and follow the well defined track across Levisham Moor to reach the gate passed through at the start of the walk and then retrace the route back to the car park.

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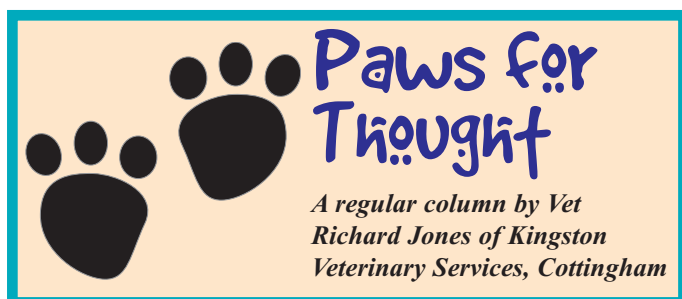




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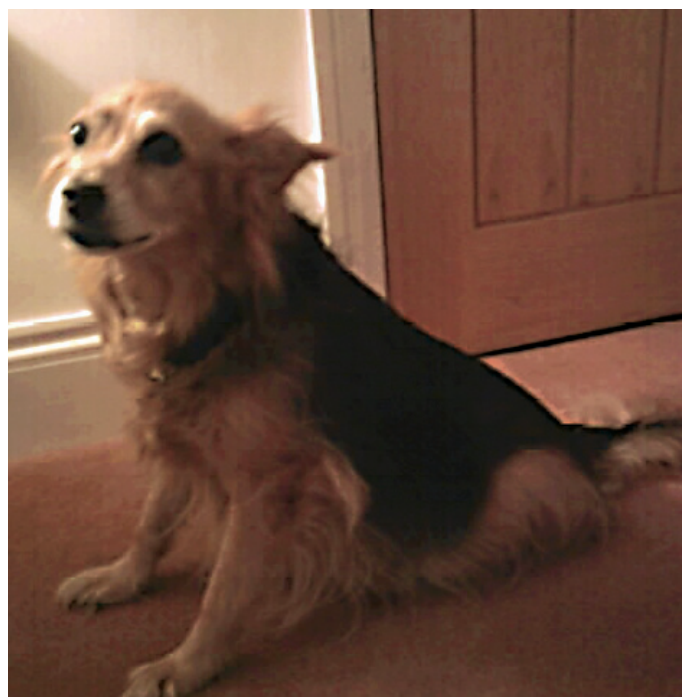


It's only

"It's only.....". How many times have we heard that phrase? It's only a dog, it's only a cat, it's only.... It is so hard to grieve for our pets, mainly due to the phrase above. But that 'it' was a great part of our lives, a living being that was part of our family for so many years. With up to date medicines and medical techniques, dogs are now living well into the teens and some cats in to their twenties.

So when you think about it, your pet can be a member of the family for a long time, growing up alongside your children or being your constant companion, and it naturally then becomes very hard to say goodbye. In a 'perfect world', our pets would go in their sleep but more often than not we have to make the awful decision of helping them on their way.

It can be so difficult, as both my Mum two weeks ago and more recently my partner Jon, have found. Cassie, Mums faithful canine friend of 14 years, and George, Jon's cat of 17 years were failing. Cassie was lovely and went everywhere



with Mum; she was the most complete companion you could imagine. George, the cat who thought he was a dog, was famous for cutely sucking his paw and was such a character. So when it came the time to say goodbye it was unbearable.

Both Mum and Jon, like many owners, were hoping and praying for their companions to pass away in their sleep, but the decision had to be made; let them go with dignity. It is, as loving owners, the final thing we can do for our faithful friends but it is hard to accept that what we are doing is truly the right thing. For days, both mum and Jon struggled with the grief of losing their 'friends' and the constant thoughts of "could we have kept them going?".

But why? Is it for them, or for us to avoid having to make that awful decision? Watching both Cassie and George pass away with dignity and so peacefully, amongst their loved ones, has answered that question for me.

We are often asked at the surgery, if other pets in the household should see them afterwards. This I can't answer. It lies with the decision of the owner, but in both Mum and Jon's case, it did help. Cassie's two friends, Sophie and Molly (the cats) and Sweep the dog who lived with George, saw them afterwards and it did seem to make it 'easier' for them to accept they had gone.

Conversely, Charlie, my daughters dog, who spent a lot of time at my Mum's with Cassie, but didn't see her, still can't settle. However, it has to be a personal decision.

Mum bought a patio rose, aptly named 'Special Memories' which just sits outside her window. It's lovely for her to watch the buds open and think that Cassie is watching over her. George is buried in his favourite spot in the garden where he used to sunbathe, with a clematis growing alongside which hopefully will soon be in bloom.

After reading this and you come across a friend grieving, hopefully you will realise it is genuine and know they have had to make one of the biggest decisions of their lives.

Margaret Thompson
Head Receptionist

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Dizzy's of Cottingham celebrate their 10th Birthday

Dizzy's of Cottingham, have recently celebrated their 10th Birthday, which is quite an achievement in this current climate. To celebrate they decided to raise money for the British Heart Foundation as Beverley's friend, Father and Uncle have all died of heart related problems.

They have started raising money by selling raffle tickets and the first raffle was drawn on their 10th birthday on the 25th June 2011. The Salon raised £190.81 and have decided to have more events throughout the year.

Following in her late Aunty Ruby shoes, Beverley has grown the business from strength to strength, now having a team of seven staff. It is with the team behind her that they have managed to achieve the Health and Safety Council awards for the 3rd year running.

Don't Miss the Fabulous Annual Fun Day at the KGV Playing Fields on Wednesday August 10th

Don't miss the fabulous Annual Fun Day to be held at the KGV Playing Fields on Wednesday August 10th. The fun starts at 11.00 am with free admission.

There will be loads of activities to enjoy during the Summer holidays at the KGV Playsport Pavilion, KGV Playing Fields, Cottingham including Soft Play, Sports Academy, Soccer Camp, Team Games, Street Dancing, Treasure Hunts, Athletics, Zumba Dancing, Junk Modelling, Family Fitness, Rugby (Hull FC) and much, much more.

Due to demand, bookings must be made in advance for the Hull FC Coaches Rugby event and the Athletics coaching. Numbers are limited for these events. Please book early to avoid disappointment. For further details ask at the reception or telephone 01482 840290.

"Coastal Communities" exhibition on display at the Skidby Windmill until November 2011

The "Coastal Communities" exhibition is on display at the Skidby Windmill until November 2011.

The exhibition looks at the aspects of life on the Holderness coast during the development of the tourist resorts, lost villages, life on Spurn Point and the lighthouses and lifeboats.

The exhibition is on display in the Village Life Gallery within the mill until November. The mill is open everyday from 10.00 am to 5.00 pm



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"The Tooth and Nothing but The Tooth"

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

The Naked Dentist

Hello there, I hope that you are well. Well, we've got to August already. Where does the time go? I was a bit disappointed in July as I was due to go on the Lara King show on BBC radio Humberside to review the papers. I'd done it a couple of times before and really enjoyed it. Anyway, the Lara King show is no more so I was cancelled.

They have had a bit of change around and David Burns who commentates on Hull City football has taken over the time slot. Last week I got a call to go on the David Burns show in August, because they know that I am due to go back out to Morocco in September, with the Dental Mavericks charity. It was weird because when I phoned back I spoke to Lara, she is a lovely woman and a great laugh.

Naked Dentists.....Argh

Don't worry, it is just a bit of fun. I first thought about alternatives to dental floss or tape. I thought of the programme that used to be on the TV, 'can't cook - won't cook' and then thought that I should title this 'can't floss - won't floss'. Then I thought of Jamie Oliver with the Naked Chef series. A bit convoluted but you get a small insight as to how my brain sort of works. I do not want any letters or emails from psychotherapists offering their services thank you. I did get a personal trainer write last year after I mentioned that I needed to get a bit fitter.

So What's The Alternative?

I am forever coaching and encouraging my patients about dental tape and floss. It gets into the areas that your tooth brush cannot under the gum between the teeth. I get all sorts of reactions from "great, I have never been shown that before" to "I really can't be bothered". Some people just struggle with it for whatever reason like poor manual dexterity or big, chunky fingers. Another alternative is to use the little bushes that look like a small bottle brush. The thing that I am beginning to get a bit excited about (anorak time) is the waterpik waterflosser.

The Waterpik - What?

This is a great bit of kit. It is not really new but they have improved. It used to be called the Kitty water jet. There are a few different models but the one I like is the cordless as it gives you more versatility. You can use it in the shower apparently according to the rep. It has a small tank that you can put water in and even a bit of mouthwash as well if you prefer. You aim it at teeth and towards the gum and in between the teeth and press the button and it fires out a pulsing jet of water.



This is important. I was talking to a guy who is an engineer and he was telling me that the most efficient way to clean drains was pulsed water jet. I think that we sort of do it intuitively. Have you used a power washer or a hose to clean a car or a path? What do you do? You move it up and down and side to side to remove a stubborn bit of muck as this seems to get it off quicker than keeping it in the same spot.

Is It Any Good?

I first introduced it into the practice a bit ago but mainly for dental implants and difficult bridges. I have researched it and even sat through a video at the BDA conference on the studies that had been done. The results are impressive but I must say that I still take them with a bit of caution as everything is done in an ideal way and that is not real life. It is very big in the USA. I must say though that I have been impressed by the results at work.

We have been busy doing same day teeth when we place a few implants in the morning and then place a fixed, screw in bridge in the afternoon. These things have been brilliant for this and keep it all nice and healthy. I have also seen an implant case that was done somewhere else and there was some gum disease around teeth and the implants had become affected also and the waterflosser has really helped to manage this.

Is It Just Boys And Toys?

I don't think so. I still use dental tape every day. There are a lot of people out there who think that dental floss or dental tape is such a faff and a fiddle that they set off with good intentions then it falls by the wayside. It's a bit like joining a gym. I just think that if there is something out there that can make things a bit easier but gives health benefits then great. As I said I introduced it to the practice cautiously as I do with all things new, even after the research but it looks the real deal.

Still Room For One More

Beverley Whitestar Falcons U14's girl's football team still have room for a player for next season. It's a great little team. Please contact Anthony on 07794438511 or email.angreen@orange.net.

I'm off to see the Hull City friendly against Liverpool tomorrow and going to pull my caravan to France for a couple of weeks next week, can't wait. I hope that you have a great 'summer'

Take care and be good.

Chris



P.S. The bike trip to Germany was great and my wife is relieved!

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

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Hallgate Primary School create "Playing Out" initiative to encourage physical activity among pupils

The children of Hallgate Primary school have created an innovative way of encouraging physical activity amongst pupils in the school. They have created an after school activity called "Playing Out". Many parents of Hallgate's children probably remember playing out in the street which was quite the norm in years gone by but tends not to be the case now for most children. With the support of two mum's bringing in their workplace experience, the children got involved in a project group to explore and develop the concept of creating opportunities for children to "play out" in the playground after school.

The children undertook a school vote to identify whether the idea of a "playing out" activity was something the school as a whole had interest in. The children toured the classrooms, carrying out a small presentation to explain the case for the session. They particularly highlighted the benefits of being able to play with friends, keeping physically active, and helping keep children away from computer games/wii's for longer! They also presented the benefits to parents of being able to socialise with other parents and enabling their children to let off steam at the end of the school day.

Much to the delight of the project group the children of Hallgate voted in favour of a "Playing Out" session. As a result once a week the children of Hallgate have the opportunity to play in the playground after school. The project group even did some work looking at some traditional playground games and have introduced these to the play session.

Playing Out is self-managed and requires no teaching staff input, it provides an opportunity for governors to chat to parents, it utilises the playground space to the benefit of the local community and it supports the promotion of physical activity amongst children. Despite the British weather "Playing out" is now well underway and the children are thoroughly enjoying the efforts of the project group in setting it up.

BIG "Thank YOU" from Cottingham Lights (West End)

Mike Harness, on behalf of the now disbanded Cottingham Silver Band, has donated thousands of the Bands funds to the Cottingham Lights.

What a wonderful gesture!! It means that Cottingham Lights will be even brighter this year thanks to this generous donation. It also means that the Bands money remains in Cottingham.

Any donations are gratefully received and can be left at Hallgate Mens Hairdressers, Hallgate, Cottingham, Evans Ladies Hairdressers, Hallgate, Cottingham or, JaCee Print & Publicity Ltd, Publicity House, Station Road, Cottingham HU16 4LL.

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In the Garden



August is usually one of the hottest months of the year - making watering essential. Try to use grey water wherever possible, especially as water butts may be running low if it has been a dry summer. August is traditionally holiday-time, so you might need to enlist the help of friends and family to look after the garden while you are away.

Sowing and planting

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

Cutting back, pruning and dividing

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 neglect hanging baskets - deadheading, watering and feeding will help them last through until autumn.

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

Don't cut off the flowerheads of ornamental grasses. These



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

will provide winter interest.

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

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

Propagation

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.

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.

General maintenance

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

Keep picking flowers from the cutting garden to encourage more flower buds to form and open.

Alpines that have developed bare patches of die-back, or have become weedy, can be tidied up by in-filling the patches with gritty compost. This will encourage new growth as well as improving their appearance.

Most perennial weeds are best dealt with when in active growth. Applying a weedkiller containing glyphosate.

Planning ahead

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.

Buy or order spring-flowering bulbs. Some bulbs can be planted now, such as Colchicum, daffodils and Madonna lilies (L. candidum).

Flower Garden

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

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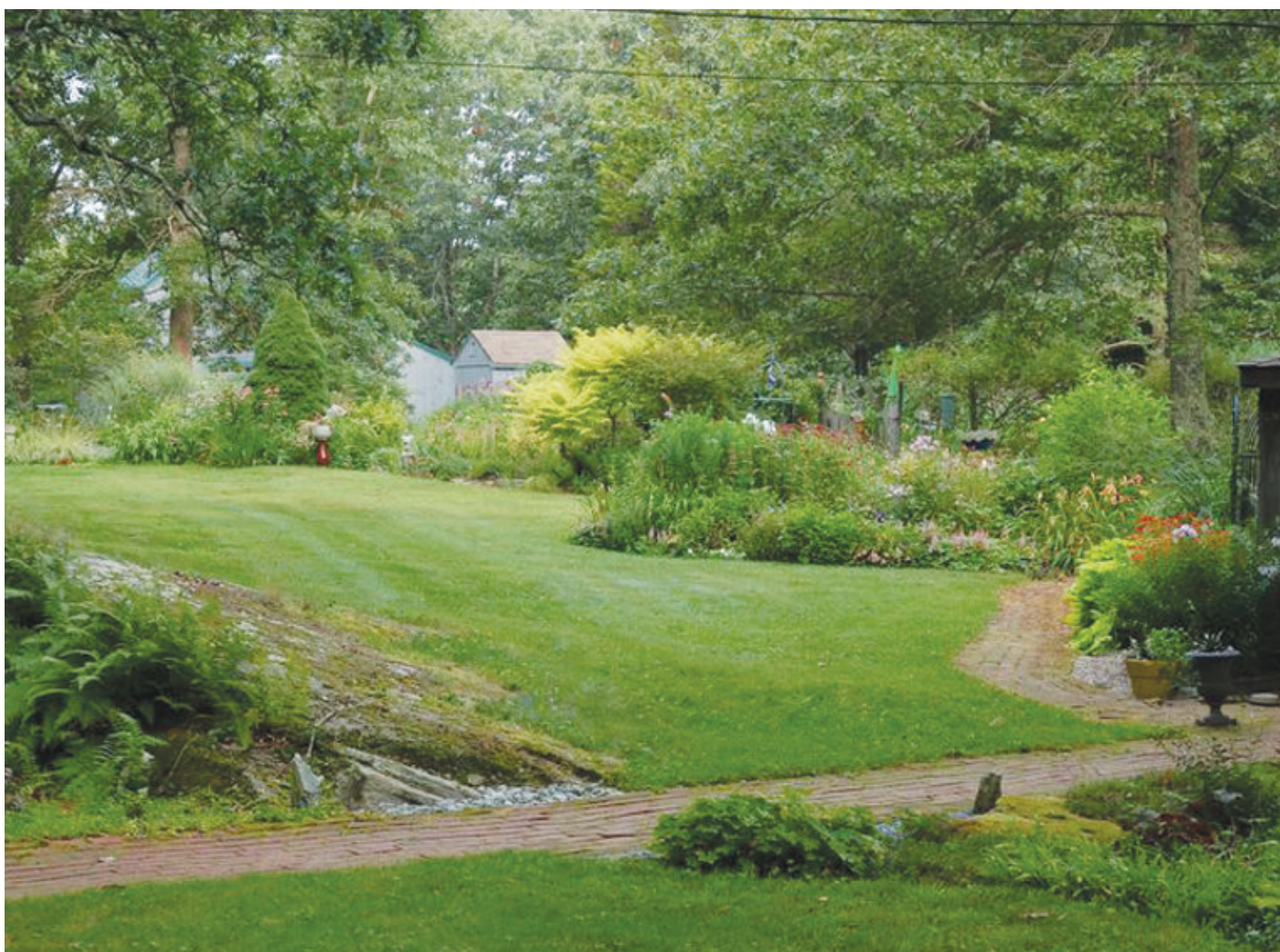
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Your Stars for August 2011 - By Kay Gower

Aries - (Mar. 21- April 20)

If you feel hurried, you don't have to. You will get where you need to be at the perfect time regardless of what the clock says. Be cool, relax, get hip... and you'll make a fantastic impression!

Taurus - (Apr. 21- may 21)

Lifestyle changes take hold to improve your fitness and vitality. In August, you'll align yourself with people who have had success in an area you wish to succeed. By September, you'll have made both new friendships and important strides toward your goal.

Gemini - (May 22-June 21)

While you pride yourself for being spontaneous, this is one of those months to reel it in. Impulsive choices will haunt you later — for instance, buying what you don't need.

Cancer - (June 22-July 22)

You'll be rewarded for your active imagination. Fantasy life and reality collide and you experience your dream. Financial improvements happen this month. August brings exciting dates and nights of laughter.

LEO - (July 23-Aug 22)

This month could see you accepting a job that you'll love. August brings a sudden burst of energy. You will accomplish an enormous task in a short period of time.

Virgo - (Aug 22 - Sept. 23)

You're in a competitive mood. People who want the same things as you do are in for a surprise. You'll give them a run for their money. In return, they give you the motivation to succeed.

Libra - (Sept. 24 -Oct. 23)

You'll make a name for yourself in a new arena towards the end of this month. You may begin to feel that there's a big hurry to achieve certain milestones, but relax. Most of the work is already in the bag.

Scorpio - (Oct. 24 - Nov. 22)

Recognising that your actions will make a difference to others this month, you'll find huge joy in handling even the smallest details. You're sought after in October...but more about this next month. Wedding bells could be ringing in late August.

Sagittarius - (Nov. 23 -Dec. 21)

You're loaded with self-confidence and charisma this month. Update your attitude and get a fresh look to your wardrobe. Your love life becomes a thrilling ride in the autumn.

Capricorn - (Dec 22.- Jan. 20)

You may realise that you haven't given yourself or your talent enough credence. You've been playing too small. This month would be a good time to begin to apply yourself and defy your self-imposed limits.

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

You challenge yourself often and rise to every occasion. Career issues take focus mid to late August. You're as feisty, motivated and driven as you need to be to get what you want. There's some kind of financial breakthrough late month or early September.

Pisces - (Feb. 20-Mar. 20)

You don't have to work at making friends; you have a natural style that attracts others to you. This is a terrific time to mingle and be seen. If you're single and you're not careful, you could wind up in love.

Myeloma Awareness Week a Great Success

Many sincere thanks to all the residents of Cottingham and surrounding area for your generous donations to the Myeloma UK collection boxes. Since July last year until the end of June this year a total of £2,595.00 has been collected.

Although Myeloma Awareness Week takes place every year from the 21-28 June, this year our campaign began on the weekend immediately before this with a collection outside the Co-operative in Cottingham. Despite a very wet weather forecast the predicted heavy rain did not materialise, and we even had a few sunny spells. A considerable amount of information about Myeloma was distributed (most people had never heard of this rare type of cancer) and £420.00 was collected. Mid-week we held an awareness stall and collection at the Queen's Centre at Castle Hill Hospital and also at David Lloyd Leisure, and these two combined raised a further £90.

On the Friday, Geoff and Anne Land, of Endyke Lane, Cottingham hosted a Greek Night in aid of Myeloma UK. More than twenty guests turned up to support this event, and for £15 each they were treated to a three-course meal - a Greek salad starter, a main course of Moussaka followed by a dessert of Apple Baklava with Greek yoghurt, and to finish off tea or coffee. With the additional help of a raffle a total of £410 was raised, and I offer many sincere thanks to all who supported this event and to all those who were involved in its preparation, especially our hosts for the evening. A collection after the two Masses at Holy Cross Church in Cottingham contributed a further £125, making a grand total of £1,045 for the week.

But the fund-raising is not restricted to this one week in June, and since the beginning of July last year until the end of June this year a total of £2,595 has been collected and sent off to Myeloma UK in Edinburgh.

Myeloma UK is the only organisation in the UK dealing exclusively with Myeloma and its related disorders and relies almost entirely on fundraising activities and voluntary donations like yours.

If anybody is interested in helping to raise funds for Myeloma UK or wishes to know more about Myeloma and the work of Myeloma UK please contact Tony and Anne Tordoff (Dunswell) on 01482-858244 or Myeloma UK on 01315 573332.

Seaside success lights the way for local band

A local band featuring six students from Cottingham High School, aged sixteen and seventeen, recently took part in the Youth Talent Competition in the Withernsea Valley Gardens and won.

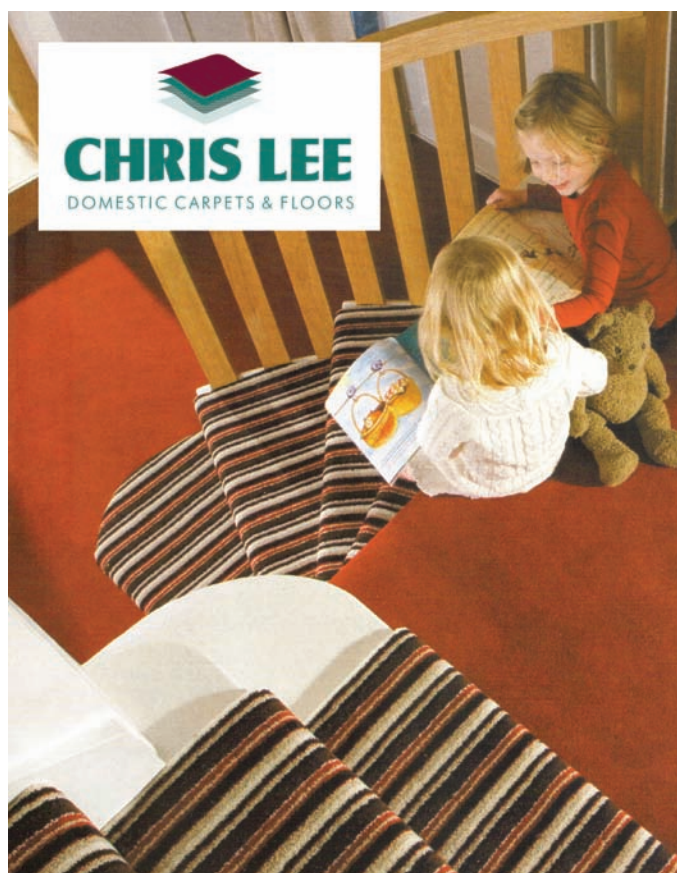
The event took place on the 17th July, featuring eight young bands from across Yorkshire. The Halogens, made up of Johnathan Hancock (Vocals and Bass Guitar), David Kilby (Keyboard), James North (Lead Guitar), Philip Winter (Saxophone), Matthew Brooke (Drums) and Maddy Palmer (Vocals), were awarded a day in the Element Studios, a professional recording studio in Hull, as well as being given a slot at the Withernsea Summertime Special on the 21st August. Their performance consisted of several of their own tracks, along with well known covers.

The Halogens were joined in the competition by fellow Cottingham High School band Harland Way, who also gave a fantastic performance.

The Halogens have already made appearances at several music venues such as The Lamp and Hollywood And Vine in Hull, as well as Kristoff's in Cottingham. On the 24th July they were also invited to play at the Hornsea Summer Carnival in Hall Garth Park.

The Halogens will be releasing their first EP in September/October, including the track recorded at the Element Studios, and earlier in the year released a single recorded live from their performance at the Adelphi Club to raise money for the Help for Haiti appeal. The Halogen's future gigs can be found on their Facebook site, along with a chance to listen to some of their own music.

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

Hello and welcome again anglers to this month fishing news. Today's date: 21/07/11. I bet you are all glad the spawning season is at last well and truly finished? I know I am! As from now and until the winter months, the fish need to feed quite heavily to pack out ready for the colder months. Now as you all know by now I would normally say to you all "feed little and often", well it is time to change, feed the fish!

To catch more fish at this time of the year it is usually a good idea to feed quite heavily at the start of the session, then wait for the fish to come to your swim. When the bites start then keep the feed going in at a steady rate, if the bites slow down it is sometimes a good idea to put in another dollop of food to bring them back on to the feed.

Another good tip is to make plenty of noise with your pellets, corn and caster etc. as you feed; this attracts the fish like ringing a dinner bell. It is now the time to step up your gear a little. Use slightly stronger hook lengths and larger hooks where necessary. If you feed correctly the fish will become more competitive in their feeding, and therefore are not as easily spooked.

I am pleased to report that all our local waters seem to be fishing very well and some massive match weights are being reported to me on a daily basis.

I personally went to two of our local waters this week and had a fantastic time at both.

The first venue was Tiger Lakes at Brandesburton. I have only fished this place twice before and let me tell you it is a jewel in the crown. This venue is very well run; the pegs are all well maintained and well spread. The best thing is you can park behind every one of them. If you are booking a match food can be arranged, and most of all the owners are very helpful.

The fishing itself is great with some fantastic bags of Roach, Ide to 4lb and Tench being the predominate fish. There is also a good head of Carp and Bream. I fished all methods, pole, feeder and waggler and caught very well on all of them. I would rate this venue in my top ten from around our area easily. If you do not know where Tiger Lake is, just go through Leven without turning, when you reach the golf course on the left, turn left, follow this road to the T junction, turn left again, then about 1/2 a mile you will see the sign on the right. Post code: YO25 8NB. Check this venue out it is well worth it. My second venue I went to was Kingfisher Lake at Sam Hosticks in Woodmansey. My reason for going was to prove to a few friends that there is still plenty of good quality fish in this venue, even after losing some good fish in the ice last winter.

I had Carp to 7lb and was looking at some Carp much bigger. I caught Bream to 21/2lb, Ide to 3lb, Perch to 21/2lb and a 3lb Golden Orff. It was a brilliant days fishing with an estimated 90lb of fish caught in just five hours. So any angler, who thought that Sam and Val had lost the majority of their stock, should go back and check it out. Remember to take plenty of bait because I would have stayed longer than five hours but I had ran out of bait and I took four pints of white maggots, one kilo of pellets and two tins of sweet corn. Feed both these venues well, and I think you will have a brilliant days fishing.

Sea Scene: it is much the same as last month really. The bass are still in the river from Spurn to Chalky Point. They seem to weigh on average 11/2lb – 3lb, whilst the bass on the coast around marks like Out Newton etc. seem to be a lot larger. The Smooth Hounds are still around in good numbers but so are the crabs, make sure you have enough bait to last your session. Other fish are being caught, but not in any quantities at the moment. The smaller night tides are producing the bigger bags.

Next month I will tell you all about the River Hull Match. Tickets are on sale now, from us, a bargain at only £2 pounds each. The river is fishing its head off; all the way from Ennerdale stretch to Hempholme and beyond.

Till next time "tight lines" for now from the Catchmoore crew.

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Community take over running of Cottingham Play Sport Pavilion

East Riding of Yorkshire Council is to hand over management of the refurbished and improved pavilion at the King George V playing fields, in Cottingham, to the Cottingham KGV Community Trust.

East Riding of Yorkshire Council spent £280,000 to breathe new life into the pavilion and provide new and improved facilities, which was officially opened on 12 August 2010 and replaced a former facility on the site which had been destroyed in a fire.

To date the pavilion has been owned and managed by the council, but now the management is set to be handed over to the trust, on a long lease, after successfully working alongside the trust to bring this about.

The trust will also take over the management of the multi-use games area, BMX track and the all-weather pitch.

The pavilion has a purpose-built sprung wooden floor in the sports hall, which is used to provide a range of sports, leisure, social and recreational activities.

It has a multi-purpose room which is able to hold a range of events including meetings and children's parties.

An expanded kitchen is able to cater for those inside and outside the building with serving hatches to both the function room and the playing fields.

Such an arrangement has many benefits and a highly valued facility being run by enthusiastic and skilled local people will help to ensure its place right at the heart of the Cottingham community as well as saving taxpayers' money by reducing running costs.

Councillor Jane Evison, cabinet portfolio holder for rural issues and cultural services, said: "After many years of hard work by the council and our colleagues at the KGV Community Trust, the new pavilion can finally be handed over to the local community to run.

"The facility and activities on offer have already proved popular and I am sure that people in Cottingham will continue to make good use of the pavilion long into the future."

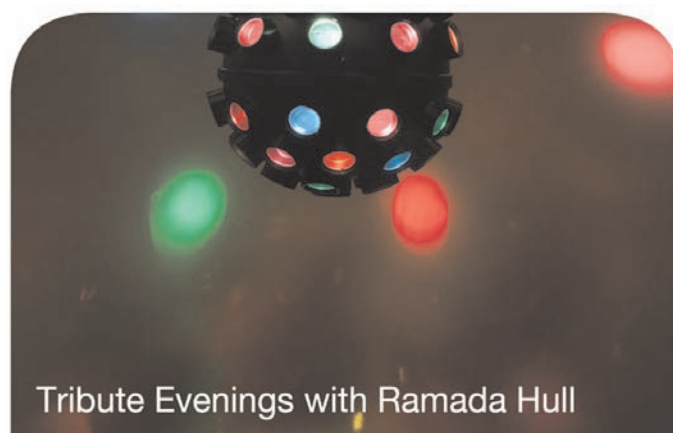
Chairman of the trust, Gary Cooper, is looking forward to taking over the reigns at the pavilion.

He said: "The Cottingham KGV Community Trust has worked tirelessly with the council to facilitate community management of the recently refurbished pavilion for the last four years.

"With improved facilities and a wonderful network of volunteers and dedicated staff, we are simply relishing the challenge of bringing this community facility into community ownership.

"We hope to offer the people of Cottingham and the wider area with a recreational and sporting facility they can be proud of and which can provide events and activities for all ages, from toddlers to older people."

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Draw at Beverley Leisure Centre (HU17 0LT) from 8:00am

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Junior Event to be held on Beverley Beck

This event is being run as a Fish Survey in conjunction with the Environment Agency to provide the information needed for the effective management of your fishery, so please weigh in!

Tickets £2, Optional £10 pools on the day

Tickets available from local tackle shops, or contact michael.lee@environment-agency.gov.uk

The Skidby Scarecrow Festival 2011

Pictured is a small selection of the Scarecrows on display during this years festival, held on the 8th, 9th and 10th July. There were approximately 3,000 visitors over the three days, who thoroughly enjoyed the time and effort put in by all the entrants to make the Scarecrow Festival a marvellous success.

There was a wonderful community spirit which was enjoyed by everyone, as they toured the village, people chatted to each other, as they went from Scarecrow to Scarecrow.

We can only display a small number of the these wonderful creations as space is limited, and we apologise to anyone whose Scarecrow is not displayed on these pages.

Photos of all the Scarecrows entered can be viewed on the Skidby Village Website www.skidbyvillagehall.btik.com



Pictured are the category winners, and at the top the overall winner voted by the visitors during the Festival weekend





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

www.instinctivehorsetraining.co.uk

Life or death

There are times when we should simply take the easy path, but the consequence of that is finality....euthanasia.

We have a horse in at Skidby called Tom. He is a beautiful, home-bred 16.3 quality animal with fantastic movement and conformation. He came to us last summer as a newly broken in 4 year old with a really vicious, unpredictable and totally unseating buck. It was simply not possible to sit astride and stay on. Out of nowhere he literally hurled the rider sky high with such force that the rider landed on hands and knees....extremely serious.

When he first came he was worked through our way of training which empowers the rider to be able to turn the horses head back to your knee at any time...giving control back to us and a consequence of action to the horse, without pain. On Tom there was no time to do that as you were already flying through the air. He did not give any warning with which we could use for our own protection.

We had his spine examined, x-rayed, scanned and using all the high tech methods available with expert Equine Vets, found that his early training had been so harsh that the huge ligament which runs from Poll(top of his head) to the top of his tail had suffered a significant

sprain....so much so that slivers of bone had been lifted off the top of the Spineous-Processes, which make up the back bone.

Thus identified he has had a year of treatment - including steroid injections directly into each affected section (to reduce inflammation), Shock wave therapy (which increases blood supply and oxygen supply to the damaged areas) and months of longitudinal and lateral stretch physiotherapy to enable him to repair the shortened and damaged musculature.

He was turned away for the end of winter/spring and early summer to just be left alone and live a herd life of normality and to chill mentally.

Having just gone back to the Vets for an extremely thorough work up, he has been given the all clear (pain gone and healing completed as best it can)

We have had Tom back in work for 2/3 weeks. He maybe better in his body but his mind is still traumatised at remembered pain and his fear of being ridden again is enormous. There is nothing else veterinary wise that can be done so it is down to me and my staff to try to turn him into being a reliable riding horse.

This is a monumentous thing to try to achieve. Tom is horribly haunted, which is simply so sad for such a young horse. The reality is that he has already bucked off and trampled my head girl. We are now going down the route of using sand bags and a dummy.

He has completely destroyed my Scarecrow dummy (nick named JUDITH!) So poor Judith is no more! She was systematically flung into pieces, having bravely lasted the course of a whole week of abuse!

I was reduced to buying a blow up doll (hilarious in its own right!) called JaLo! Dressed in correct attire, she is proving to be worth her weight in gold (or air!). Tom is starting to accept the unacceptable.

We are consistently working him with patience, great care, praising him throughout and it is starting to pay off. He has not exploded for over a week now and is calmer in his own mind whilst we go through the laborious task of placing and tying on sand bags and securing JaLo.

There will however come a point in time when one of us has to climb back up on him. The short straw will come out of a hat. It fills us with dread for fear of getting badly hurt but either Carlie or I will take that leap of faith that we have covered all the bases and that he is ready.

If Tom cannot lay his past to rest then he will be put down.....that is how it has to be, but we are putting out heart and souls into trying to turn him back to trust. He is one of the most extreme cases I have ever had to try to retrain.



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Hallgate Primary School pupils dominate architectural competition

Pupils from Hallgate Primary School dominated the recent architectural design competition, organised by Cottingham High School for children at all their feeder primary schools.

Primary Outreach Coordinator Kylie Jackson presented prizes to the winners at a special assembly on the final day of term, and commended the talented young designers on the high standard of their work. First prize was won by Hannah Lindley and Amelia White for their superb Eco House, Aimee Hatton and Bridget Allenby took third place, while Jessica Townhill received a special award for outstanding effort. Alex Witts.

Pictured above, left to right: Jessica Townhill; Hannah Lindley and Amelia White; Bridget Allenby and Aimee Hatton.

Summer Swimming offers for all the family

With the school summer holidays fast approaching, sports and leisure centres across the East Riding are offering two great deals to encourage children and families to come swimming.

The £20 Child Swim Card allows one child to come swimming as often as they want for a six week period, including the fun and inflatable sessions that pools will be providing throughout the summer.

A swipe card is issued to each child, which is valid for six weeks

from the date of purchase. The card must be presented at reception on each visit.

The Family 5 for 4 Swim Card allows a family to purchase five family swims for the price of four, saving £9.30. The card will allow a family of two adults and up to three children to go swimming, including fun and inflatable sessions.

Adrian Walters, assistant leisure unit manager, said: "Our £20 Child Swim Card was very popular last summer and we are very happy that we have been able to keep it at the same great value price. The family card is a new venture which we hope will encourage families to come and enjoy swimming more often during the summer."

Age restrictions and supervision levels do apply but for further details on these offers and the swimming pool programme for the summer please contact your local sports and leisure centre.



Children's Summer Classes

It's not too late to book for Summer Classes

Why not drop in and pick-up a leaflet
Decorating cakes is fun for everyone!

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Urban Tots Dance Classes at Beverley Leisure Complex

Beverley Leisure Complex has been running street dance classes for children since 2003. The complex offers urban dance classes such as hip hop, contemporary and urban dance. Our Urban Tots dance classes are aimed at pre-school children from the age of three years.

Our Urban Tots dance classes are constructed to make learning funky dance moves as fun as possible while improving children's confidence, fitness and basic dance co-ordination. The result is to enable you to perform many of the moves seen in modern urban music videos.

The main thing is making sure that everyone who comes to

class has fun in a friendly atmosphere, so are you ready to get funky?

The new course of Urban Tots dance classes will begin in the week commencing 9th August 2011. Bookings are being taken now for new dancers to enrol onto the Urban Tots dance classes. The 10 week course costs £32 and is payable in advance.

If you require any further information, please contact Beverley Leisure Complex on 01482 395231 or log onto www.beverleyleisure-complex.co.uk

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LEADS ROAD, HULL





Chloe Campbell-Hamilton wins elite sport scholarship for modern pentathlon and fencing seeks local sponsorship

Chloe Campbell-Hamilton (12), of New Village Road, Cottingham, has just learnt, that she has won an elite sport scholarship for modern pentathlon & fencing. This gives her access to GB coaches and the opportunity to get future international experience & hopefully one day get her on team GB.

Whilst Cottingham High School have been very generous and offered to pay all of her coaching and education, as it is 350 miles away in Plymouth, and Chloe needs to fund the accommodation, food, travel & general expenses. Chloe is looking for local business sponsorship to help her fund her expenses. Any donations of any size would be welcome and in return Chloe could add their company logo onto her kit/equipment, which would be seen at events and in local and national newspapers, and would also provide her sponsors updates on her progress.

It is such a shame for her to be 'talent spotted' at a british championship competition, asked to attend an assessment day (sport, fitness & academic tests), and not be able to attend through lack of funds.

If you would like to sponsor Chloe, or require further details please telephone 01482 846497.



PIZZAS :: BURGERS KEBABS AMERICAN FRIED CHICKEN

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

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

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



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

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

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

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

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

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

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





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Glenn Johnson Books available in Cottingham

GLENN JOHNSON of COTTINGHAM has had published 4 new DRAMATIC NEW NOVELS and they are available to buy NOW from BARKERS in Cottingham, BROWNS BOOKS In Hull City Centre, BECK BANK NEWS and HESSLE BOOK SHOP.

GREEN GODDESS is a dramatic account based on a true story, set in 1977 about the Royal Air Force in a time of a national emergency during the national fireman's strike, when a bunch of ordinary airmen with no fire fighting experience are deployed from RAF Finningley in Yorkshire.

Given just half a day fire fighting training at RAF Catterick they are sent to Burnley, Blackburn and Preston to put out fires in the cold freezing winter across Christmas and New Year, with an ageing 1940 fire engine known as the Green Goddess.

It has laughs, humour and romance and is upbeat and fast paced. £4.99.

SILVER JUBILEE is a dramatic account based on a true story, set in 1977 about the visit of Queen Elizabeth II to RAF Finningley. The novel tells of the preparation, the celebration, the banter, the ranting, the hard work, the bull and the hassle, with one end result in mind... making a Royal Air Force base fit for the visit of Queen Elizabeth II.

It was the day the sun shone brightly on everyone on an RAF airfield in Yorkshire in 1977 and the story explains how the airmen and air women prepared for the royal visit, which culminated in a fantastic air show, that included every single flying aircraft at that time, on static display and an amazing, mind blowing air show in the skies over the RAF base. It has humour, romance and is fast paced. £9.99.

BLACK INSPIRATION is a dramatic historical novel about a slave ship that sets sail in 1783 from Africa on a voyage to Barbados with a cargo of human beings aboard, consisting of 500 men packed like sardines and shackled like cattle. They were frightened, alienated and unsure what the future holds for them.

Two brothers Elijah and Mathias Mtumba were among the quivering masses, and this is their story as they battled bravely to survive. They are thrown overboard on the voyage to the Caribbean, but escape by the skin of their teeth. They are then sold for a pittance and enter the cruel world of slavery as field hands in a sugar plantation and they meet the overseer from hell! However one of the brothers shows amazing grit and determination when he clashes with the overseer and he plots an inspirational plan to find freedom.

Life as a slave is fraught with hitches and there are numerous accounts of double crossing, deceit and false alarms, but the brothers stick to their guns and support each other and family unity prevails. £9.99 Then Hull based MP William Wilberforce steps in and with great support from the church and Parliament, he abolishes slavery and the slave trade forever in 1807, but has slavery really been ended? It is a fast paced, descriptive dramatic story based on actual events.

KEYHOLE ALIENS is a dramatic sci-fi novel set in modern Britain and tells of eight tiny aliens that are the size of your finger nail, that randomly land in the garden of the Jarratt's, an ordinary family and the aliens manage to creep through the keyhole of the front door to discover what makes humans tick, as they rummage through every-day items to pick up vital bits of information to help develop their own planet.

The Keyhole Aliens are cute, kind, lovable creatures that are harmless and they inadvertently assist the Jarratt's with a major financial problem that threatens to overwhelm them. It is an entertaining, humorous and fast paced story. £9.99 For further details contact Glenn Johnson on 07531 072899 or email_ghj03@live.co.uk

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Superfast Broadband . . . 10x times faster

First of all a note of thanks for all the kind comments I have received regarding this column. It is gratifying to hear that many of my readers cut out and keep each month's edition for future reference. I shall endeavor to keep up the good work!

Telephone scam. Remember to be wary of any unsolicited phone calls offering computer help, even if they say they are working for Microsoft. Just say NO! The Police are aware of the scam.

Superfast Broadband. Following on the heels of recent news that two private operators are laying fibre optic cables around the area, Karoo has announced that it is going to be doing the same. The idea is to replace much of the old copper wiring that delivers the telephone and broadband service to offices and houses with fibre optic cabling that is capable of transfer speeds up to 10x faster. So within the next year or so there should be a choice of providers offering much a faster speed of service.

Mobile device boom. For the first time, mobile devices have outsold PCs. Gadgets like the iPhone, Blackberry and other smart phones are the object of choice for many people and their means of day to day communication and internet usage.

Windows 8. Yes, yet another incarnation of the world's biggest selling operating system is on the way next year. The differentiating factors will be innovative means of interaction with the computer, like touch screen, voice and even gestures. This has been very much driven by the need to have a unified platform across all forms of devices. What that means in plain English is that when you use a smart phone or iPad etc., you interact by touching and swiping the screen, so why not be able to do that on any device regardless of the size or type. The current Windows 7 does have touch support built in, and there are touch screen PCs available, but what you see on screen is exactly the same layout as a traditional PC. Windows 8 will be a 'tile-based' program, so when you start up you are presented with tiles on screen that you can touch, move around, and combine. Demos are available on the Microsoft website and on YouTube.

Fastest selling electronic device of all time. You may not have heard of it, but the Kinect from Microsoft takes that accolade. According to the Guinness Book of Records it sold a staggering 8 million units in its first sixty days of sale. Put simply, it is a device that translates human gestures into on-screen movement. When connected to an Xbox games console, players can stand in front of it and take part in a game without having to use a hand held controller. Microsoft is looking at developing this device as yet another

way to communicate with a computer, so you won't even have to touch the screen. Typing an email should be interesting!

Questions and answers section:

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

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

Q: How do I do the 'Aero Desktop' on Windows 7?

A: When you have a few windows open at the same time, hold down the Windows key on your keyboard with your thumb (next to CTRL), and then with your finger tap the Tab key and you'll see all open windows scroll round in the middle of your screen. When you get to the one you want, just let go of the keys. (this feature doesn't work on the Basic version)

Q: How can I work on two windows side by side in Windows 7?

A: This is called 'Snap'. Open a document or spreadsheet etc., and using a left click hold the top blue bar of the window and throw it firmly to one side of your screen, and it will snap to the side in half screen size. Open another item and do the same to the other side of the screen, and then they are both locked in place so you can work on them together. For more info on these features, click on the Start button and type Getting Started, and then click the link.

Q: Is there a Service Pack 1 for Windows 7?

A: Yes there is, and it is safe to do. It comes as part of the normal Windows Update process.

Q: My computer keeps telling me I need an update for Java, Adobe Reader and Flash Player. Is it safe to do these?

A: Yes it is safe and important. Java & Flash player both help web pages to work properly, and Adobe Reader always seems to be updating! If yours is out of date it can become a security flaw. It takes just a few minutes to do.

Q: Can I watch BBC iPlayer on my computer?

A: Yes you can. Go to www.bbc.co.uk/iplayer (you need Flash player as above). Find the program you want to watch and click to play. Or you can download it to watch later. ITV and Channel 4 also have their own versions.

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St Mary's Church Tower Tours on Saturday August 6th from 10.00 am

There will be another opportunity to climb the 119 steps of St Mary's Church Tower and see Cottingham and the surrounding countryside from a new perspective on Saturday, August 6th from 10am. Please phone Jean & Ian Booth on 848041 to book your place on a tour which lasts 45 minutes.

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**Below: Answer to Sudoku problem
No. 55 from the July issue.**

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

News from Cottingham Little Theatre

Summer Double Bill

Our Summer Double Bill certainly provoked mixed reactions from our audiences, as we suspected it might. "The Cagebirds" (written in 1971) and "The Real Inspector Hound" (1961/2) were written in an era of disenchantment and protest and this shows through in both of the plays. Whilst the content of the plays might not have been to everyone's taste, the acting, directing and presentation were first class and drew no criticisms from the audiences.

The two "new" Directors showed great promise for the future and we were delighted with the debut of our latest member, Mike Rowan as one of the "Inspector Hounds" And, making her full acting debut was one of our youngest members, Melanie Twigger.

Some of you may remember her as one of the older children in "A Christmas Carol" but this was her first main part in one of our major productions. Well done Mel. On the whole, in our opinion, the experiment was well worth while as it shows just how well we can perform very difficult plays.

Next Production

School is out and summer's really here (we hope), but already we have started work on our November production of "Comic Potential" by Alan Ayckbourn. We welcome back our most experienced Director, Brian Hossack, who chose this play although he says he isn't really a fan of this author. But, says Brian, when he read this script he thought it was really funny and very suitable for us to perform. We trust his judgement and look forward to the finished product, the dates of which are Thursday 24 November, Friday 25 November and Saturday 26 November, 2011 at our home, the Darby & Joan Hall in Finkle Street.

Social Events

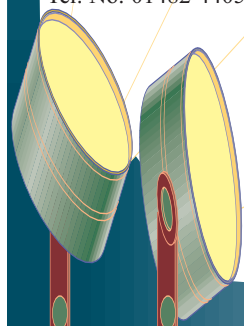
Ladies Day at Beverley Races on Wednesday 10 August, 2011.

Play Readings

The date of our next play reading (probably early September) has not yet been finalised so watch this space, our posters round the village and our website for more information. Everyone is welcome to come to these Open Sessions and learn more about us. For more information give Val a ring on 01482 440588.

New Members and Friends

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



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Refreshments,
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Kirk Ella NPT launch Twilight Football for young people

The Kirk Ella Neighbourhood Policing Team is launching a Twilight Football Tournament at Haltemprice Leisure Centre commenced on Friday 22 July 2011.

The football sessions will run every Friday until 02 September between 1900 hrs and 2100 hrs and are open to young people aged between 12 and 17 years of age.

The event has been organised by Special Constable Paula West who hopes the sessions will promote sport and fitness in young people living in the Kirk Ella area, and also offer them something rewarding to take part in on a Friday evening.

She said: "Anti-social behaviour caused by young people is often as the result of groups gathering and having nothing to do. The area around Haltemprice Leisure Centre has previously seen youths taking part in under-age drinking and unruly behaviour, and we hope that activities such as the Twilight Football will give young people something to focus on, and divert their energy into more positive activities.

"Haltemprice Leisure Centre have kindly offered to provide us with facilities free of charge but we are appealing for funding from local businesses to help us provide a football coach at each session.

"We are asking that any business who may be able to support this worthwhile project, contact the Kirk Ella Neighbourhood Policing Team on 01482 307213."

Hull City and England footballer Nicky Barmby will be attending the first session on Friday 22 July to meet the young people taking part, and provide coaching to them. He will also be presenting the trophies to the players at the end of the tournament.

If you are aged between 12 and 17 years and would like to take part in the Twilight Football Tournament, or are a local business who would be willing to financially support the activities, please contact SC Paula West or PCSO Natalie Bingham at the Kirk Ella Neighbourhood Policing Team on 01482 307213.

An Unexpected Swarm

by Saul Phillipson of Cottingham Wild Spaces Group

One day my mother and I were walking along Willerby Low Road with my grand-father, when my mother spotted something on a nearby tree, "What's this?" she cried, she then diverged from the path to 'look at this queer looking object', hanging from a tree. My mother said "is that a bees nest"?, I said "It's a search party looking for flowers".

My grand-father said in his quaint but loud voice, "I haven't seen one of those in let's see now (counts on his hands several times loosing count) ni'on 37 years, 8 months, 2 weeks and 300 minutes". [joke])

After returning home and showing them a collection of photographs I explained what a bee swarm was.

We had found a swarm, on a branch of an elder tree on Willerby Low Road, facing some open fields and hedges. The point of a swarm is to establish a new colony. This happens in an over populated hive when a new queen, followed by a company of half the workers in the colony, which also sends some workers to be scouts. If the scouts find a suitable place they do weird bee dances to tell the swarm where the new hive is situated.

The queen then arrives with the remainder of the convoy, but before this can happen, there is a waiting time for the scouts to find a suitable place, so this swarm is a temporary home. They will probably be there for 2-3 days at the most. They are often found on the branches of trees like the one we saw, which was bouncing up and down in the wind. These swarms are almost harmless, unless you go and disturb them, the swarm will not attack.

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'A Blooming Great Success'

Fundraisers for Marie Curie Cancer Care would like to thank everyone involved with the Blooming Great Tea Party held at the Zion Church Hall on Saturday 25th June.

Local Marie Curie nurse Muriel Mason was on hand to chat and answer any questions about the nursing service, and live music was provided by Pete Smales and Sheena Beck. Cottingham Traders were very generous with their donations for the tombola and cake stalls, and Sainsbury's Local provided the refreshments.

Many thanks to all the volunteers who gave their time to help. A total of £425 was raised, and this will be used locally to nurse terminally ill patients who wish to remain in their own homes.

Four charities benefit by £1,250 each from Black Dyke Band concert held in Beverley Minster

Four charities in the region have each benefited by £1,250 as a result of a concert given by the Black Dyke Band at Beverley Minster in May.

The Concert was organised by the Rotary Club of Humberside in aid of Jacobs Well in Beverley, Marie Curie Cancer Care, Dove House Hospice and Help for Heroes.

The cheques were handed over at a ceremony in the Beverley Guildhall by the chairman of Beverley Borough Council, Councillor Kay West.

The chairman of the Rotary Club's Major Events Committee, George Tarbotton said: "This is the second concert given by the Band and both have been a great success. The people of Beverley and the surrounding areas have given us tremendous support and for that we thank them".

ABCD Traders Association Meeting, Wednesday 7th September

The next meeting of the ABCD Traders Association will be on Wednesday 7th September in the back room at the King William IV, Hallgate, at 6.00 pm.

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Skidby's 2nd Scarecrow Festival "Thank you"

The Skidby Village Hall Management Committee wishes to express its sincere thanks to everyone who was involved in our 2nd Skidby Scarecrow Festival. It would be impossible to list everyone by name, but we would particularly like to thank our business/trade sponsors and the many people who donated raffle prizes. We also gratefully acknowledge the kind toleration of local residents over the very busy weekend. We did our best with car parking and traffic management and can only apologise if anyone was inconvenienced.

However, the biggest "thank you" must go to the wonderful residents of Skidby, who gave their time and talents to create those truly amazing Scarecrows. The weather helped us to enjoy a magnificent weekend, providing entertainment for around 3,000 visitors.

The list of winners and results can be viewed on our notice board or on our website www.skidbyvillagehall.btik.com. Sadly, some unwellcome and mindless visitors removed and damaged several scarecrows during the early hours of the Sunday morning. Any help in tracing the culprits would be appreciated.

It's highly likely that the 3rd Skidby Scarecrow Festival will take place during the second weekend in July 2012. We're already making plans!

(Kelvin Young - Scarecrow Secretary).

Children's Paper Making Workshop at the Beverley Treasure House

Children can discover and create at the Treasure House this summer by taking part in a paper making workshop 'The Wonderful World of Paper' on Saturday, 6th August from 10am - 1.00 pm.

Participants can make their own decorative paper from recycled paper pulp and encrust them with a unique pattern of strands, threads and other delicate materials.

Find out how paper from different parts of the world, including Japan and Europe, are made and discover some surprising uses for it.

To book a place, call (01482) 392706 or 392699 or visit www.eastriding.gov.uk/events.

Children must be aged eight years or older and places cost £6. Suitable clothing is advised as the event can involve some mess.

Workshops and drop-in activities take place throughout the year for children and families at the Treasure House and at all East Riding Museums Service sites.

Email museums.th@eastriding.gov.uk for an events brochure or visit www.eastriding.gov.uk/events for more details.

Great Success for Skidby Fête held on St. Michael's Green

The Skidby Fete held on Saturday 18th June was a great success and we would like to thank everyone who came and participated in this new village event. We would also like to thank all the many friends and neighbours who came and helped before the day, and on the day. We could not have done it without them generously giving their time.

Despite Paul Hudson's forecast the weather was ideal with no rain whatsoever after 9.00 am. We put up the gazebos, tied on the balloons, put out the straw bales for the kids, and we were away. The Red Cross did a sterling job all afternoon on 'fake wounds' and we had to restrain a few people from calling an ambulance, so real did they look.

Thanks to SJ Superstars Dancing Group for their display, and to Lewis Scott who kept us entertained playing the organ throughout the afternoon; even the Grannies were dancing!

£1,080.54 was raised for St Michael's Church, Skidby and the British Red Cross.

AgeUK Cottingham's Fitness Group goes from strength to strength

A fitness group launched in Cottingham by Age UK East Riding is continuing to go from strength to strength and would welcome new members.

The group, for the over 50's, meets at 2.15 pm every Thursday in Hallgate Methodist Church.

Members enjoy chair aerobics and have recently started stepping out with some gentle dance moves, with the help of their new instructor, Debbie Tyson.

Debbie has introduced the group to zumba gold, a form of dancing which can be enjoyed either standing or seated, so it can be modified to suit the needs of the participants.

Anyone interested in going along can turn up any Thursday, or ring Alison Morris at Age UK East Riding, tel (01482) 869181 for further details.

Gardener's Question Time with Doug Stewart in the Cottingham Methodist Church, on the 22nd September

Seafarers UK (East Yorkshire Committee) have again organised this previously popular event as part of their ongoing fundraising activities to be held on Thursday 22nd September, with Doug Stewart at 7.30pm in the Cottingham Methodist Church, Hallgate, Cottingham.

Doug, who can be heard weekly on Radio Humberside's garden phone in and outdoor features show, will start the evening with one of his newer talks, "Snuffles and Tweets", which considers how to create a garden that is both attractive and friendly to wildlife. Doug is a lively and entertaining speaker whose enthusiasm for his subject is infectious to gardeners and non-gardeners alike. Following a refreshment break, Doug will respond to your questions.

Tickets £5.00 per person including refreshments. For further details, or to order your tickets contact Peter Clark on 01482 876267.

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The British Red Cross Garden Party in Thwaite Hall Gardens on Sunday 7th August

The British Red Cross will be holding a fundraising Open Garden at Thwaite Hall Gardens, Thwaite Street, Cottingham on Sunday 7th August from 11am to 4pm. Entry £3 for adults - children free.

There will be refreshments available throughout the day and several stalls, including cakes, books, plants, bric a brac and tombola. Please note, pedestrian entrance and disabled parking only via the Botanic Gardens, Thwaite Street, NOT via Thwaite Hall entrance.

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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Internal:

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

Men's Problems:

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Women's Problems:

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Cottingham Cricket Club triumph in the annual Bridlington Beach Cricket Festival

Cottingham Cricket Club Juniors triumphed in the annual Bridlington Beach Cricket Festival, retaining the title they won last year. In difficult windy conditions the youngsters produced performances based on controlled bowling and a blend of aggressive and patient batting, enabling them to beat all four of their competitors; Beverley, Welton and Brough, Sutton and South Holderness.

Emotions ran high after the final victory, causing Will Fish to strip off and sprint joyfully into the rather chilly sea!

Pictured above left to right: Back row; Ailish Ward, Charles Fish, George Hornshaw, Harry Witts. Front row: Danny Mawson, Josh Wares, Ross Parker.



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Crossword Solution from page 14

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Laughing makes you healthier

Ha! Ha! Ha! If you keep laughing like that, you just might find yourself getting ... healthier!

If you enjoy laughing and find as many occasions as possible throughout the run of a day to be jolly then you will be filled with glee to know that this can lend itself to a happier and healthier human being.

Laughter is good in so many ways but studies have shown that as adults we simply do not do enough of it. If you have children then you probably have noticed that they giggle about everything from a spilled glass of milk to a funny cartoon character on television to something their best friend said to how mommy put their shirt on inside out when they were getting dressed in the morning.

Children know how to laugh and enjoy life and it shows. Research has shown that despite our maturity and (hopefully!) wisdom from our life experience, adults could learn a thing or two from the younger set. The average child laughs as many as 400 times a day. 400 times! On the other hand, the average adult- wait for it- laughs only an estimated 15 times on a given day, or in some cases, less.

Can you believe it?!

Did you think that adults would rate higher on the laughter scale? As we age we become bogged down with the business of work and responsibilities and an array of details. What this means is that the lighter and more humorous side of life is often lost to us. We practice being serious until it becomes an art form. We are afraid that we will not be taken seriously if we don't appear as such. People who laugh too much are often perceived as not being on the same plain of life (and sanity!) as the rest of us.

The thing is that laughter has so many benefits. In brief, these benefits include:

- Lowers blood pressure
- Exercises the heart (which is why it is sometimes called "an internal jog")
- Provides a workout for the diaphragm (which is cleansing for the lungs)
- Improves the work of the immune system
- Reduces the level of hormones that cause stress
- Controls as well as reduces pain in the body
- Relaxes the muscles throughout the body

Have you ever noticed how you feel after a hearty laugh? It feels good, doesn't it? That is another benefit of laughter therapy. There is an emotional and physical release from it that does every part of you good. Your skin will be a little pinker than it was before but it will glow with life and your eyes will be bright and shiny. So go ahead- laugh as often as possible because it is a form of therapy that is most enjoyable and entertaining!

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