

Cottingham Times

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Issue 153 - August 2014



STEPHEN RICHARDSON

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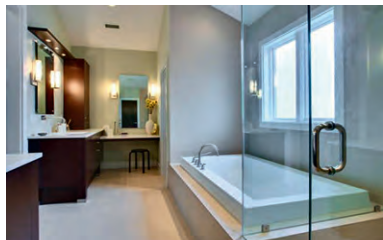
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AgeUK East Riding

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

Cottingham Bridge Club

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

Front cover: The calm after the storm on Priory Road.
Photo by: Paul Lakin.

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Jon Constable, Club Secretary, telephone 01482 840377, or visit our website www.cottinghamrangers.co.uk.

Zion United Reformed Church, Hallgate

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

Play Badminton

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

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. For further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

Fitmums & Friends Run, Walk

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

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The Alzheimers Society

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

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2014 we will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at U9, 11, 13, 15 and 17 and all Girl teams at U11 and 13. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

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

Cottingham Methodist Church Hall

Card making Class meets every Monday afternoon (except Bank Holidays) 1.30 pm to 3.30 pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

Humber Raiders Basketball Club

Training sessions are held every Wednesday evening between 7.00 pm and 9.00 pm and on a Saturday afternoon between 1.00 pm and 3.00 pm. If you would like to join us for a free starter sessions we would be pleased to hear from you on recruitment@humberraiders.co.uk or 07789 986323.

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. Admission £2.00. For further information tel. 843253 - 07531 762593 or 473042.

The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: www.greengingergarland.com or team leader Jenny Pittock on 01482 657778.

Cottingham Tennis Club

Entrance off Hull Rd., next to Overland Road. New members welcome. Competitive rates: e.g adults £140 p.a. - play all year, no extra court fees. Reductions month by month for members joining after April. Tel. 847080 John Stones (Membership). 07785-543258 Paul Holtby (Coaching)

Continued on page six

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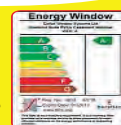
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Hessle & District Badminton Club

The club provides social badminton throughout the year and competitive play during the winter league season of the Hull & District Badminton League, in which the club currently has six teams. Membership is open to adults aged 18 years and over. Club nights are on Tuesday evenings at Wolfreton Upper School (September to April) and the Lower School (May to August). For more information please contact Mike on 652262.

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 5th August at 6.30 pm outdoor visit (7.30 pm if wet)

Tuesday 19th August at 6.30 pm outdoor visit (7.30 pm if wet)

Why not pay us a visit and join a friendly group. Members are always happy to offer help, advice and support to new members. New members welcome. Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

Hull Alpha Probus Club

The Hull Alpha Probus Club will be meeting at The Back Room, Hallgate, Cottingham on the following dates:-

14th August - Lunch

28th August - Coffee Morning

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

Cottingham Methodist Church, Hallgate

Friday 15th August - 7pm for 7.30pm - An invitation to join us for a "Pampered Chef" cookware demo and sample food cooked in some of the items. Entrance Fee: 50p

Cottingham Methodist Church, Hallgate

Saturday 16th August - 2pm to 4pm - W W1 Themed Afternoon Tea. Sing-a-long, food and fellowship. Cost £2.50p each.

Hull and East Riding Glaucoma Group

Wednesday 20th August - Will be holding a wine tasting event, at which we are pleased to welcome Mr Martin Higginbottom as our guest speaker. Martin will give a talk on both red and white wines, there will be the opportunity to taste some, - with nibbles as a complement to the wines,- and an introduction to quality and little known varieties. It promises to be an informal and enjoyable afternoon, so come along, chat and enjoy! Join us at HERIB on Wednesday 20th August at 2pm. Entry is £1.50 per person. For more information and to book your place, please call HERIB on 01482 342 297.

Friends of KGV Playing Fields

Wednesday 20th August - Join us for a free, fun-packed day for all the family, a traditional sports, races, ERYC Play Rangers, bouncy castle, crafts, face painting, penalty shoot out, as well as demonstrations including hooping, gymnastics, street dance and much, much more. A great family day out.

Wednesday Social Club

Wednesday 27th August - Paul Schofield - Hull Parks and Gardens, in the Darby & Joan Hall, at 2.00 pm.

St. Mary's Church, Cottingham

Saturday 30th August - Tower Tour at 11.00 am. Climb the 119 steps of the church tower for amazing views, see the old bells, wind the historical clock. Contact Ian Booth 01482 848041.

The deadline for entries in the September "What's On" section, is Tuesday 19th August.

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Hey Happiness Group meets monthly at Pearl's Place, Hallgate, Cottingham

Everyone could do with a bit of extra happiness in their lives; couldn't you? It's not easy to find time to devote to your own happiness in this modern whirlwind of 21st century life. It's easy to make sure everyone else is okay yet we forget to nurture and pamper ourselves. So how do we concentrate on what really matters?

There are many books available, all geared to helping us set impossible goals and attract whatever it is we feel might be missing. We've all tried them, and most of us have failed, frequently.

Hey Happiness has found a simpler way ... by reserving a couple of hours a month to meet up, and concentrate totally on our own happiness ... and it works! Each one of us in the six months we've been meeting has made profound changes towards being less stressed and more happy. Why is this?

It's easier to reach and manifest your aspirations if you have support

You hardly know it's happening when you're having fun with like-minded people, and indulging in good coffee, even cake, in pleasant, comfortable and welcoming surroundings

We laugh - a lot; and laughter is a well-known way of raising happiness, and lowering stress, levels.

Join Lynne and Pam, and the rest of the gang who are following their own Happiness Projects, and start your own quest for more happiness. There's always room for more ...

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Property News from Martin English of Homelink

Break Clauses

From time to time a Landlord may need to draw up an assured shorthold tenancy agreement that has a break clause in either or both the favour of the Tenant and Landlord. In the current housing market it has become more commonplace for people who have found a buyer for their homes and have either not found a new property to move to or the property that they are moving to may not be ready in time for completion of the sale of their own house, and not wanting to lose a potential buyer may seek to rent a property and negotiate a 'Break Clause'. Often such a tenancy comes at a premium rate in consideration for costs incurred so quickly in re letting the property and is a matter for both parties to negotiate specific terms.

Where both landlords and tenants are reluctant to commit to a fixed term tenancy unless it includes a provision that allows the tenancy to be terminated before the expiry of the original fixed term, this type of provision is called a break clause or an option to determine. Either party may only end a fixed term tenancy before the conclusion of the term if there is a break clause in the tenancy agreement.

However the important point to note especially where a Landlord is concerned is, even if the tenancy does include a break clause the Housing Act 1988 prevents the court from awarding possession to a landlord until six months have elapsed from the beginning of the agreement, unless the landlord is using statutory grounds for possession.

Where a tenant will not leave the property, the court will not support a landlord who wishes to recover possession within the first six months of the tenancy.

Until 28th February 1997 it was necessary that a break clause included in an assured shorthold tenancy did not give power to the landlord to bring the tenancy to an end before a minimum term of six months. Where the break clause allowed this possibility, the court might view such a tenancy as an ordinary assured tenancy with the

corresponding loss of rights for the landlord. However, this restriction no longer applies to tenancies created on or after this date.

Notice

Landlords may not use the break clause to override the statutory provisions applicable to assured and assured shorthold tenancies. The landlord will therefore be required to provide at least two months' notice to determine, otherwise the break clause could be declared void. There are no corresponding obligations on the tenant in respect of assured tenancies, however; the common law requirement is just that at least four weeks' notice is given.

When a break clause is included in the tenancy agreement, it is therefore common that both parties are required to give two months written notice to the other party to terminate the fixed term. This has the advantage of a more equitable notice arrangement; both parties are bound to give the same length of notice. However, in a monthly periodic tenancy only one month's notice is required by the tenant.

Surrender

If a tenancy agreement does not contain a break clause, both parties will need to agree to surrender the tenancy in order to terminate. If the landlord does not agree to the surrender, the tenant will be contractually obliged to pay rent for the entire length of the fixed term. If it is the landlord wishing to have the property back, the tenant is entitled to remain in 'quiet enjoyment' of the property and the landlord is obliged to follow the statutory termination provisions at the end of the term.

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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New RDM website and holiday roaming tips

Well it's been a great sporting summer, with all the excitement of the World Cup, and of course the *Tour de France Yorkshire Grand Depart*, which I managed to see a section of before going off on holiday. But it's not all beer & skittles, I was also busy developing my new website, which I have to say was well overdue!

www.rdmcomputers.co.uk is now up and running and is optimized for viewing on any device - computer, tablet or smartphone - so go on give it a try. You can download the latest monthly article from there, plus the previous edition; so if you know someone who enjoys the article but is not in this area, just give them the website address. There is also a handy contact form in case you can't find my email address, and of course the phone number. I won't be putting PC quotations on the site as specifications changed so often, so if you do want a quote please just use the contact form, and the latest spec will be sent straight to you. There is also a blog page which I will be updating with the latest security and product news. New features will be added to the website, so please do check back from time to time.

The rumour mill has been grinding away with news that (yet another) new iPhone will be going into production by the time you read this. Others smartphones are available (as they say on the BBC), including the Windows phone made by Nokia, and a whole raft of Android-powered models. But I consider the iPhone still has the edge with its superb design and functionality. One major app included is FaceTime, which is far superior to Skype and just works seamlessly, and is free to use worldwide (no data costs) when you're on Wi-Fi.

Holiday roaming... If you are off on holiday with your contract smartphone the good news is that the costs of overseas calls and texts have been reduced considerably, but you do have to watch data (internet) costs, these are much higher. Most providers offer an add-on for around £3 per day that allows a set amount of data. To be on the safe side, **switch off your cellular data**, otherwise your phone could be downloading data from the internet without your knowledge; then get onto free Wi-Fi whenever you can. Pay as you go users will have to be very careful however, check rates before you travel, or you may

prefer to leave your phone switched off! Remember that as soon as you land in another country your phone will immediately latch on to the local network and you may be charged extra for any incoming calls, texts or data.

If you have a tablet (iPad, Samsung etc.) they are a good idea to take away on holiday with you. They can be used as e-book readers of course and are good for using on free Wi-Fi. But another useful feature is to be able to back up and show your pictures each day. For my iPad I bought the camera connection kit from Apple, which enables you insert your SD card and upload all your photos, and they look great on the high-definition screen!

Eset – our favourite anti virus provider offers technical support 7 days a week till 8 pm weekdays and 5 pm weekends. In the unlikely event that you ever need out of hours support of your Eset product you can call their Bournemouth-based office on 01202 548 888 option 3. **Should you have a question about renewal or upgrading your Eset product, just call or email RDM as we can handle it for you, at the same competitive price as online.**

Email & junk mail – we all get loads of junk, spam call it what you will, and delete it straight away. But do remember to empty your deleted items folder otherwise you will get a build-up that could still count against your provider's storage allowance. Just right click on the folder and click empty or delete items as appropriate.

Jump lists – strange name but a useful feature in Windows. Similar to 'Recent Items' on the Start Menu, but these are app-specific. In other words if you point your cursor at Word on the Start Menu you should get a list of any documents you created in that app. This provided you have a Start Menu of course as in Windows 7. But in Windows 8, you can right click on an app on the Desktop *taskbar, and it will show you a similar list. There are a few modifications you can make to the *taskbar by right clicking on it and clicking Properties.

And finally, a few items from last month's article which I think are worthy of repeat having had questions from customers recently.

Windows 8.1 - are you still trying to get to grips with Microsoft's newest incarnation? Well, fear not, we can customize it for you. Install a (third party) start button, change the screen layout, increase the size and give you some helpful hints and tips of working your way round it. There's nothing scary about Windows 8, it's just different to previous versions, but once you get used to it, there are some great features and it really can be fast and slick to use.

Security: there have been more reports recently of hacking activity of email accounts, and online stores including eBay. Many of these providers have requested users to change their passwords as a precaution. When doing this, go directly to the site concerned and login and then change your password, do not follow email links in case they are bogus. Try to use a more complex password, i.e. letters & numbers or symbols and capital letters. Do not use the same password for multiple sites, this is how hackers can really go to town!

Wireless passwords. I often get calls from customers asking where they can find their wireless password, usually because they are trying to get online with a new or different device. The answer is that if you have a router from Karoo (Thomson, Zyxel etc.) there is a sticker on the bottom of the router with the password. If it is one that I installed (TP-Link, Cisco etc.) there should be a document saved on the desktop called 'TP Link modem/router settings', or in your My Documents folder called 'wireless settings'.

Need a second monitor, or a replacement? Having had an office upgrade I have a few monitors for sale from just £25. Mostly 17" all in working order, but no warranty.

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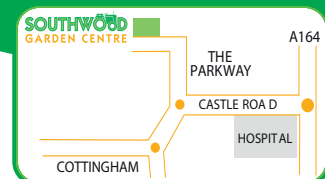


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Wordsearch - On the Move

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

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

Find the words in the letters above:

Airplane, Automobile, Bicycle, Boat, Bus, Cablecar, Circuit, Coach, Conveyance, Cruise, Drive, Excursion, Ferry, Flight, Helicopter, Hovercraft, Jaunt, Journey, Junket, Liner, Locomotive, Motorbike, Movement, Navigate, Ride, Rowing, Running, Sail, Ship, Skateboard, Sled, Swim, Taxi, Tour, Train, Tram, Transit, Transport, Travel, Trek, Trip, Truck, Voyage, Walk.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 91

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

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

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MARIONOWENTRAVEL

During this busy summer of sporting events & good weather we have never booked so many UK holidays; coach tours, hotels, Butlins, Haven to self catering lodges, city apartments and cottages! There is plenty of availability for package holidays further afield at cracking prices to.

Our own coach tour selection opposite is dwindling as we fill the 30 seats on our very special coach. All tours are operated by myself & Dave. We pride ourselves on our service and itineraries...

All of our continental tours are via North Sea Ferries & we try to offer you something a little different...Don't miss this years **WW1** departure. With the 100th anniversary being remembered this year there are many special exhibitions. You will have 2 overnight crossings on the ferry from Hull, 1 night in Ypres allowing you to join the "Last Post" performed every night without fail. Then on to the Somme where we have 2 nights half board in Rancourt. We have a comprehensive tour including a visit to the Kingston Upon Hull memorial in Oppy. There is space for just ten more guests.

We have just had two guests return from the **Isle of Wight** and they had nothing but praise for our hotel the Brunswick. Why not book now to join us this September - both a regular tour & special theme "walking".

Our German Christmas Markets includes 2 nights in the heart of Cologne plus we will visit Aachen & Dusseldorf on the way.

Edinburgh Christmas Market, I visited last year and the atmosphere was wonderful a real mix of Scotland, Germany and Belgium! This year we have only 1 single room left on our Thursford Christmas Spectacular's, bookings are now been taken for 2015. Of course we can book you this year with other coach operators—please ask for details.

Cruising:- the vast array of offers can be confusing: especially P&O, ask the experts we can source you the best option which can save you money. 2015 cruising from Hull is selling extremely Cruise & Maritime are over half full therefore prices on the m/v Azores have increased. Funchal's early booking offer is still available and you will not be disappointed with the quality, departs 27th May 2015, 8 nights visiting the Orkneys & Fjords.

Do remember we book all tour operators anywhere in the world as well as our own exclusives.

Below, are a selection of exclusive air holidays & cruises in conjunction with our trade partners and fully covered by ATOL.

06 Nov	Caribbean - Regent 7 Seas cruise all inc - 8 days	£ 2589
	Inc Premium economy flights & travel to/from Heathrow	
20 Feb	In Search of the Northern Lights evening	£199.95
25 Feb	Hurtigruten Norwegian Coastal Voyage 12 days	£ 1549
30 Mar	Vietnam & Cambodia 18 days - inclusive tour	£ 3850
30 May	NCL, 7 night Mediterranean Cruise from Humberside	POA
05 Jun	Danube River Cruise - flying from Humberside	£ 1590
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24 Jul	Black Sea, a great experience with V. to Antiquity	£2600
	A super experience for culture wonderful excursion inc.	
29 Aug	NCL Eastern Med Cruise from Humberside	POA
	Fab itinerary sailing from Venice aboard the Jade	
	Authentic India - cruise along the lower Ganges	£ 3295
01 Oct	Boutique ship 40 guests. 16 days Another adventure with Marion. Early booking offer second person flies free inc.	
Nov 15	New Zealand Getaway - 16 day tour north & south island	POA

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20 Aug	Scarborough Fair - just for the day lunch & tea dance	£ 39
11 Sep	WW1 6 days our own itinerary Ypres Salient & the Somme	£ 485
18 Sep	Well Dressing & Flea Market in Chesterfield	£ 29
19 Sep	Warners Nidd Hall - 3 night weekend	£ 314
21 Sep	Isle of Wight - 5 nights quality half board special theme walking (non walkers welcome 3rd year of this tour)	£ 429
29 Sep	Highgrove & Laskett Gardens - 2 days (2 seats)	£ 195
07 Oct	Carlisle to Settle on the railway day outing	£ 55
20 Oct	Warners Alvaston Hall 5 days single room no sup	£ 291
27 Oct	Blackpool Tower Ballroom, illuminations plus 3 days HB	£ 159
31 Oct	Thoresby Hall 5 days signature rooms, singles no sup	£ 299
17 Nov	Alvaston Hall 5 day Turkey & Tinsel - single no sup	£ 298
18 Nov	Chatsworth at Christmas - house & Market	£ 39
29 Nov	Edinburgh Xmas Market & St Andrews day 3 days B&B	£ 149
10 Dec	Chatsworth at Christmas - house & farm shop	£ 39
11 Dec	German Markets Aachen, Cologne & Dusseldorf	£ 249
17 Dec	White Christmas (Tom Chambers) London by rail	£ 99
16 Jan	Warners Nidd Hall 3 nt weekend : drinks inclusive	£ 223
09 Feb	Warners Cricket St Thomas 5 days singles no supp	£ 275
25 Feb	Mathew Bourne's Edward Scissor Hands matinee	£ 49
02 Mar	Warners Sinah Warren 5 days singles no supp	£ 299
13 Mar	Warners Nidd Hall 4 day weekend - single no supp	£ 223
25 Apr	Harrogate Spring Flower Show	£ 39
26 Apr	Keukenhoff Bulb Fields - 2 nights North Sea & Entry from	£ 129
10 May	Isle of Arran, Castles & gardens of Ayrshire 5 night tour	£ 525
04 May	Warners Alvaston Hall 5 days singles no supp	£ 299
27 May	Orkney & Norway 8 night cruise aboard the Funchal	£ 874
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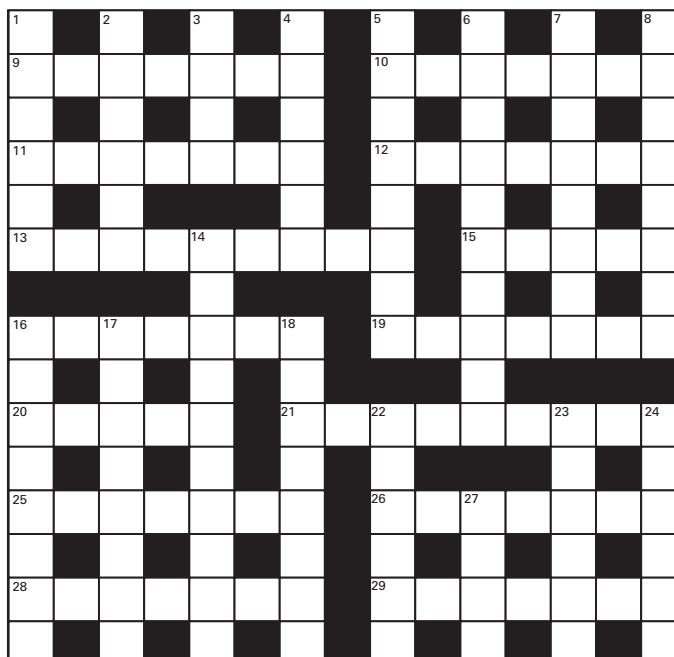


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Crossword – Solution on page 46



Across:

9. Away from the wind (7)
10. Astounding (7)
11. Inhabits (7)
12. Mixed together (7)
13. Inspire with confidence (9)
15. Pertaining to birds (5)
16. Consequences (7)
19. Protects (7)
20. Dusk (5)
21. Convents (9)
25. Anxious (7)
26. A son of Jacob and Leah (7)
28. 5th letter of the Greek alphabet (7)
29. Weirdos (7)

Down:

1. Parisian palace (6)
2. Busy (6)
3. Phone (4)
4. City in south central Ukraine (6)
5. Wagerers (8)
6. Oversimplify (10)
7. A disposition to kindness (8)
8. Directions of travel (8)
14. Exceptionally (10)
16. Call forth (8)
17. Gain in wealth (8)
18. A singalong (British) (8)
22. A projecting spout (6)
23. Adorned (furniture) (6)
24. Most rational (6)
27. A novel (4)

Crossword courtesy of www.crosswordpalace.com
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In the Kitchen



Asparagus & Pea Risotto

A fabulous Asparagus and Pea risotto recipe which is easy to make and excellent for using new season fresh peas and end of season Asparagus. Perfect for summer eating.

Ingredients

4-6 Asparagus Spears
1 tbsp olive oil
1 shallot, chopped
1 garlic clove, chopped
200g/7oz Risotto Rice
250ml/9fl oz White Wine
600ml/20fl oz Hot Vegetable Stock
50g/2oz Fresh Peas
25g/1oz Butter
25g/1oz Freshly Grated Parmesan Cheese
1 tbsp Freshly Chopped Parsley
1 tbsp freshly chopped mint
Salt and freshly ground black pepper

Instructions

1. Cut the tips off the asparagus and set aside, then cut the remaining stems into 6mm/¼- inch slices.
2. Heat the oil in a frying pan and gently fry the shallot, garlic and asparagus stems, turning from time to time, until softened but not coloured.
3. Meanwhile, place the stock over a low heat to keep it at simmering point.
4. Add the rice to the shallot mixture, stir well until all the grains are completely coated in the oil then raise the heat to high, add the

wine and bring to the boil. Continue to boil, stirring until most of it has been absorbed by the rice.

5. Reduce the heat to medium, add a ladleful of the simmering stock and cook, stirring until the liquid has been completely absorbed. Continue in the same way, adding a ladleful at a time, stirring frequently and making sure the liquid is absorbed before adding the next ladleful.

6. Add the asparagus tips and peas with the last ladleful of stock and cook, stirring, until most of the stock has been absorbed and the mixture is creamy without being too wet.

7. Remove from the heat and immediately add the butter, parmesan, parsley and mint. Season, to taste with salt and freshly ground black pepper, stir well then cover and leave to rest for 3 - 5 minutes before serving.

Ginger Peach Salsa

August is Peach Month! This superb salsa is quickly made and combines the freshness of peaches, crunch of capsicums, tang of lime juice and heat of chillies. Goes particularly well with grilled or barbecued chicken, pork and fish or cold meats.

Ingredients

2 Large ripe but firm Peaches
4 Spring Onions, finely chopped
2 Chillies, deseeded and finely chopped
1 Capsicum (sweet Pepper), deseeded and chopped
2 teasps Finely chopped or grated Root Ginger
The juice of ½ a Lime
2 tbsp freshly chopped Coriander
Salt and Black Pepper

Instructions

1. Peel the peaches and finely dice the flesh.
 2. Place in a mixing bowl together with the remaining ingredients and mix well.
- Eat immediately or cover with clingfilm and leave to rest for 30 minutes to allow the flavours to develop.
Best served at room temperature.

Courtesy of www.Recipes4us.co.uk



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Quick Homemade Pizza

Ingredients

For the tomato sauce

1 x 400g/14oz tin Chopped Tomatoes

½ teasp Sugar

1 tbsp Tomato Paste

1 tbsp Freshly chopped Parsley

1 tbsp Freshly chopped Basil

Salt and Black Pepper

For the Base

200g/7oz Self Raising Flour

¼ teasp Salt

1 tbsp Olive Oil

Approx 90ml/3fl.oz. Warm Water

For the topping

125g/5oz Grated Cheese - a mix of Mozzarella and

Cheddar works well

Other toppings of your choice such as

Thin slices of Pepperoni

Thinly sliced Onion

Thinly sliced Capsicum (Sweet peppers)

Olives, stoned and halved

Extra cheese e.g. finely grated Parmesan

Instructions

1. Before you start preparing your ingredients, preheat the oven to 220C, 425F, Gas Mark 7.

2. Place the tinned tomatoes, sugar, tomato paste and herbs in a medium size saucepan or frying pan, season with salt and plenty of black pepper and bring to the boil over a high heat, stirring to mix well. Continue to cook over a high heat, stirring frequently, to reduce to a thick consistency.

3. Meanwhile, make the base by placing the flour, salt, olive oil and water in a large mixing bowl. Mix well with a knife until a dough starts to form then pull together with your fingers, adding a very little more water if necessary to form a firm dough.

4. Knead the dough in the bowl for a couple of minutes then turn onto a floured surface and continue to knead for a further 3-4 minutes until you have a firm elastic dough.

5. Check the tomato sauce and reduce the heat if necessary. Roll the dough out using a lightly floured rolling pin to a thickness of about 6mm/¼-inch and place on a large baking tray. If you prefer, you can divide the dough into two pieces and roll each out as above.

6. By now, the tomatoes will have rendered down into a thick mixture. Spread it evenly over the dough. If you are using raw onion slices, scatter evenly over the tomato mixture then top with the grated cheese.

7. Finally, arrange the remaining toppings, spacing evenly over the cheese and bake in the hot oven for 8-10 minutes until golden brown and bubbling.

9. Drizzle with a little extra olive oil and serve immediately.

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Mixed berry summer pudding

Ingredients

250g/9oz Mixed Fresh Berries, e.g. Blackcurrants, red currants, blueberries, raspberries, strawberries, blackberries

4 - 6 tbsp Caster Sugar

120ml/4fl.oz. Freshly Squeezed Orange Juice

A little Water

3 Thin Slices of Brioche (from a large loaf)

For the frosted berries

Fresh Berries

1 Egg White

Caster Sugar

Instructions

1. Prepare and wash the fruit then place in a medium sized saucepan together with the sugar, orange juice and enough extra cold water to almost cover the fruit. Bring to the boil over a medium high heat, stirring from time to time then turn the heat off and cook for 1 minute only, stirring. Set aside.

2. Cut two discs of brioche which are large enough to fit into the bottom of each ramekin using a small biscuit cutter, then using a slightly larger cutter, cut two more discs of brioche, then cut the remaining bits of brioche into squares large enough to fit up the sides of the ramekins.

3. Transfer the fruit from the saucepan to a bowl using a slotted spoon and set aside then line each ramekin by dipping the smaller disc of brioche into the fruit juice remaining in the saucepan until coated with juice on both sides, and place in the bottom of the ramekin.

4. Do the same with the square/rectangle pieces of brioche, dipping into the fruit juices and use to line the sides of the ramekins, making sure they are butting up closely so there are no spaces between each piece and using any off-cuts to patch any gaps, and press firmly against the sides of the ramekin.

5. Fill the lined ramekin to the top with the cooked fruit, using a slotted spoon so the mixture isn't too wet, then dip the larger disc of brioche into the fruit juices as before and place on top.

6. Place the pudding on a plate and press down lightly, folding over any pieces of brioche which may be poking over the top edge. Place a piece of clingfilm over the top, press firmly (juices will probably flow out over the sides) then wrap the clingfilm as tightly as possible around the ramekin. Repeat with the second pudding then transfer them to a clean plate, weight down each with a small tin of beans or similar and refrigerate until well chilled - preferably +2 hours.

7. Meanwhile, make the frosted berries by whisking an egg white until frothy then using a pastry brush, lightly coat the berries with the egg white. Sprinkle with plenty of caster sugar to coat well then place, uncovered, in a cool place or the fridge to dry off.

8. To serve - Once well chilled, invert the summer puddings onto individual serving plates, shake vigorously to un mould and serve garnished with the frosted berries. Excellent served with whipped cream.

Courtesy of www.Recipes4us.co.uk



www.cottinghamtimes.co.uk - August 17

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Cottingham Primary Schools - Rotary Club Youth Speaks Competition 2014

In its third year, this Public Speaking Competition for Primary school children was held on July 1st at Westfield School. It was organised by the Rotary Club of Holderness, which has several members living in the Cottingham area.

The eight competing speakers represented Dunswell, Hallgate, Skidby and Westfield Schools. Each speaker had between three and four minutes to present the topic of their choice to the three judges.

The topics chosen were wide ranging. Libby Boyd-White of Westfield, who was placed third, chose 'Tin Tin'. In second place was Joseph Flynn from Hallgate school, gave a humorous talk entitled 'A Walk'. The winner was Ben Warner also from Hallgate, who chose the topic 'The World Cup and how it affects people in Brazil', a serious look behind the scenes.

Vouchers and certificates were presented by Sue Davison, President of the Rotary Club of Holderness.

Peter Bonavia from the Rotary Club praised the courage of all the speakers for standing in front of the audience of parents, relatives, friends and teachers. He said all the competitors were 'winners' for just taking part, and he hoped that the experience would encourage them to get involved in similar events when they move to Secondary School.

This was one of several events organised locally for young people by Rotary, including Young Writer, and Youth Speaks for Secondary Schools in Hull and East Riding. The Rotary Club congratulates all those who took part, and thanks Sam Hickey, Head Teacher at Westfield School for hosting the event.

Pictured above from l to r, Joseph Flynn (Second), Ben Warner (first) and Libby Boyd-White (third).

Hull and East Riding Glaucoma Group to hold wine tasting event

The next meeting of the Hull and East Riding Glaucoma Group is on Wednesday 20th August, when we will be holding a wine tasting event, at which we are pleased to welcome Mr Martin Higginbottom as our guest speaker. Martin will give a talk on both red and white wines, there will be the opportunity to taste some, - with nibbles as a complement to the wines, - and an introduction to quality and little known varieties. It promises to be an informal and enjoyable afternoon, so come along, chat and enjoy!

Join us at HERIB on Wednesday 20th August at 2pm. Entry is £1.50 per person. For more information and to book your place, please call HERIB on 01482 342 297.

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Perfect Match

Have you ever thought how easy it can be to buy a new car? With most garages offering 'Free Test Drives' on new cars, how could we possibly go wrong? When looking to move house, we more invariably look around the area, taking note of the local amenities, schools etc. and even some people look at the way the sun rises and sets in the garden. So why, oh why, do we draw a blank at 'adopting' one of the most treasured members of the family.....someone who will be with us through 'thick and thin', from puberty to adolescence and then through to their 'twilight' years?

I'm talking about our four legged friend the DOG.

In an ideal world, how lovely would it be to 'test drive' the pet of our choice? Sadly this is reality and mistakes are often made. Maybe a breed is chosen because you have always had this type of dog, forgetting that it was many years ago and your life style has changed OR losing your canine companion after many years together, you adopt

a young, plant eating, shoe chewing tear away, forgetting how much time and energy it takes to train them.

There are many things to be considered when you are looking for a dog. Here are some examples:

BREED, SIZE, TEMPERAMENT AND TIME REQUIREMENTS.

These are all very important, however the most important thing to think about is your **LIFESTYLE**. Ask yourself the following-

How much time do you have for daily exercise and when else will you be free?

What spare income do you have?

How much space do you have?

Are you a novice or an experienced dog owner?

Answering the questions above, will give you a better understanding of the 'right' type of dog that will fit in with your current lifestyle. The biggest mistake many people make is choosing a dog for their looks, without considering what the dog needs and if they have time to meet those needs.

DID YOU KNOW FOR EXAMPLE?

HUSKIES have been bred to race and pull sleds, in some circumstances they will cover 70 miles in a single day! Would you really be surprised if you couldn't meet this dogs daily exercise requirements?

TERRIERS have been bred to hunt and kill vermin which involves digging them out of their dens or going underground after them. If you want a nice garden without holes in it, maybe think twice about the addition of a terrier to your household.

Once you have the answers to your lifestyle questions, create a shortlist of breeds that meet your requirements. To do this, research the web and speak to dog professionals ie: Breeders, Vets, Rescue Centres and Dog Trainers. All will have different views based upon their own experiences and knowledge therefore for a balanced view, speak with as many as you can.

Now this is where we at **KINGSTON VETERINARY GROUP** come in. We realise what a 'mine field' choosing your lifelong companion can be, so alongside **OAKWOOD CANINE SERVICES**, we are holding an event aptly named 'PERFECT MATCH'. It will take place at the KC Stadium on Sunday 31st August at 1pm until 5pm. Tickets are £5 per family (refundable on the day) and can be obtained from any of our **KINGSTON SURGERIES**. There will be speakers, demonstrations and members of staff from both **KINGSTON** and **OAKWOOD** attending to answer any queries you may have.



So please come along to what will be a very informative and enjoyable afternoon for all the family and hopefully we will be able set you on the road to finding your 'PERFECT MATCH'.

Looking forward to seeing you all in August.

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Cottingham solicitor retires

The practice of Gwendoline Drury Solicitors at George Street Cottingham has been taken over by Graham & Rosen Solicitors following the retirement of its founder, Gwendoline Drury.

After over 30 years helping the people of the East Riding of Yorkshire with their legal needs Mrs Drury has decided to retire from practice due to ill health. Pauline Lindop, Mrs Drury's daughter said "Mrs Drury would like to take this opportunity to thank all of her loyal clients who have used her services over the years."

Having already established strong ties with Cottingham, Graham & Rosen were Mrs Drury's preferred choice to take over her practice.

Director and head of the Private Client Team at Graham & Rosen Paul Mounce said: -

"We were honoured that Mrs Drury chose us to take over the running of her practice on her retirement. We want to assure her clients that the level of service and expertise you will receive will remain to the same high standard as they have been used to. It is

our aim that other than a new name over the door current and future clients should not notice any difference in the service they receive."

"We have retained the majority of Gwendoline Drury's staff and Mrs Drury's office in George Street, Cottingham will remain open between 9 a.m. and 2 pm. every week day with a member of our team there to answer any questions. We will be writing to all current clients and those people who hold a Will or deeds with Mrs Drury, but if you would like to contact us please do so either through the Cottingham office or at our Hull office on 01482 323 123".

Pictured above: Paul Mounce & Richard Palmer, Directors of Graham & Rosen Solicitors together with Pauline Lindop, daughter of Gwendoline Drury.

New trustee and treasurer for Swanland Village Hall

A new Trustee and Treasurer has been elected to the Management Committee of Swanland Village Hall.

Allan Quartermann, who has lived in the village for a number of years, has been elected as a Trustee and as Treasurer of the charity. Allan is married and lives in Wood View.

He works as a manager with a large motor group in Leeds.

Chairman, Godfrey Burley, said: "I am very pleased to welcome Allan to the Board of Trustees and I look forward to working with him for the benefit of Swanland Village Hall and the inhabitants of Swanland".

For hall bookings contact: Martin Peel, Bookings Secretary, Swanland Village Hall, tel. 01482 634409 or email bookings@swanlandvillagehall.info or log on to www.swanlandvillagehall.info.

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Let there be Light



Well, Elvis’s crown was in the building for a day. We had some fun but more importantly did some free mouth cancer screening. Mouth cancer screening is part of our 6 step smile audit at examination. We use magnification and illumination followed by a fluorescence screening with a device called a Velscope Rx.

People came down for photos with the crown and health checks.

Do My Hands Look Big In This Outfit?

We were all dressed up with the crown. My hands look massive in this picture and they’re only small really.

How To reduce Xrays At The Dentist

A few weeks ago I was in London again. I was actually a speaker at the Innovations In Dentistry Symposium held at Millbank Tower in Westminster. I was really chuffed to be asked to speak about a cracking innovation that I am now using to detect decay without xrays.

It’s called a DIAGNOcam. It is absolutely fantastic for children, pregnant women and people who do not have loads of fillings. Having said that it is great for showing up cracks and monitoring early decay in teeth that do not need fillings if can get the decay process to stop with diet and lifestyle changes. Xrays only show 2 dimensions so this can be used with xrays to give a third dimension to give a clear assessment.



Overcoming A Quandry

Xrays are really useful in dentistry. With digital images doses now are reduced by about 90% to when I started in practice 20+ years ago. But if we can decrease the dose further then that is great.

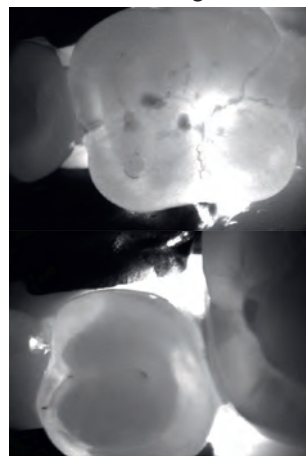
One quandry I have is when to take xrays when somebody is low risk regarding tooth decay. You don’t want take xrays just for the sake of it but you don’t want to miss anything and leave somebody at risk of losing a tooth when we may have able to save it if we found the decay earlier. I hope that makes sense.

Any way, by using the DIAGNOcam we can do a screen and if there is decay. If everything is clear, brilliant. If there is some early decay we may not need xrays, if the decay is deeper then we probably will.

It is a really good technology and is easy to show my patients. It shines a special wavelength of light through a tooth and a sensor picks up the light transmission and puts a picture on the computer screen. We actually see it as a live video and press a button for still pictures. It is much easier to explain things and communicate.

Minimum Intervention/Minimum Fillings

This is my tooth. There is a small crack in the enamel towards the left with some slight shadowing. It doesn’t need a filling but just monitoring. This is easy as we just take another picture and compare. I do need to stay off the sweets and floss every day!



This one shows the premolar on the left being clear but there is a shadow on the molar tooth (right) where it touches the premolar. The shadow does not go all the way through the enamel so this can be monitored and not filled at this stage. Advice is given on how to stop the decay from getting worse.

It’s holiday season now. I’m off to Cornwall in my caravan with the family. My eldest, Edward, isn’t coming though. He’s 18 next week and just got back from his first “mates” holiday. Frightening!

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris’s charity work go here now www.castleparkdental.co.uk

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Local Rock Challenge school receives national recognition!

Following the Humberside Police Rock Challenge Northern Grand Finals held at the Grimsby Auditorium. We are delighted to announce, Hallgate Primary School have received two National Awards of recognition for elements of their Rock Challenge performance. These were National J Rock Award for Concept and National J Rock Award for Student Leadership.

Lisa Whitton of the Humberside Police Community Safety Unit's Youth Engagement team said, "It's great for so many of our local schools to receive national recognition for key elements of their Rock Challenge performances. Each year, schools continually raise the bar with their performances, exploring current issues relevant to students and depicting them on stage to a mass audience. The level of performance skill and creativity from the schools never ceases to amaze us, and as seen with the national results, these performances have quite rightly received National Awards, well done!"

Rock Challenge continues to empower young people to discover new skills through the competition, giving them an amazing platform in which to shine at some of our regions most prestigious venues. Young people continue to rise to the challenge alongside their peers, whilst at the same time enabling Humberside Police to proactively educate young people regarding issues they may face in the community, thereby reducing harm, vulnerability and risk. This year alone, fifty one schools took part in the event involving 2,988 pupils.

We are working hard to secure the funding needed for the return of Rock Challenge in 2015, for more information on how to support this life changing event, or for schools wishing to take part contact, Lisa Whitton on 01482 220702 for further details.

Humberside Police would like to thank all of our supporters who have made the events a reality in 2014, including Andrew Marr International, Arco, Aunt Bessie's, BAE Systems, East Riding of Yorkshire Council, Houlton Building Contractors, High Sheriffs' and Humberside Police Tribune Trust, Hull & East Riding Charitable Trust, Humberside Police Federation, Hull NHS Clinical Commissioning Group, Joseph & Annie Cattle Trust, Kingston upon Hull City Council, North East Lincolnshire Council and Vivergo Fuels.

For further information please contact Lisa Whitton of the Humberside Police Lifestyle Team. Direct line: 01482 220702.

Age UK East Riding is calling all knitters!

Age UK East Riding is appealing for people to get busy with their knitting needles to help raise funds to keep older people warm this winter.

The charity is again teaming up with Innocent, the smoothie drinks company, for the Big Knit's 11th year and is calling for knitters of all abilities to join in.

People across the East Riding and the UK will be supporting the campaign by knitting thousands of little woolly hats which will sit on Innocent smoothie bottles for sale in stores across the country later this year. For each hat-wearing smoothie sold, Age UK will receive 25p, which will be used to fund winter warmth projects.

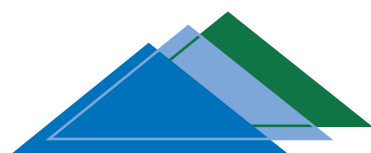
This year, Age UK East Riding has a target of 8,000 little hats, which will help the charity to support local older people during the cold winter months.

Knitters can pick up the hat patterns from the Age UK East Riding office at 16 North Bar Within, Beverley, HU17 8AX (tel. 01482 869181), or download copies from their website www.ageuk.org.uk/eastriding. More confident knitters are encouraged to use their imaginations if they are feeling adventurous!

The completed hats should be sent or delivered to the Age UK East Riding office in Beverley, or to Age UK shops in the East Riding. The charity is asking for all hats to be sent in by Friday 7th November. The hats should be sent in packages clearly marked with the number of knitted items enclosed and the name and address of the sender.

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

This month his destination is Huggate

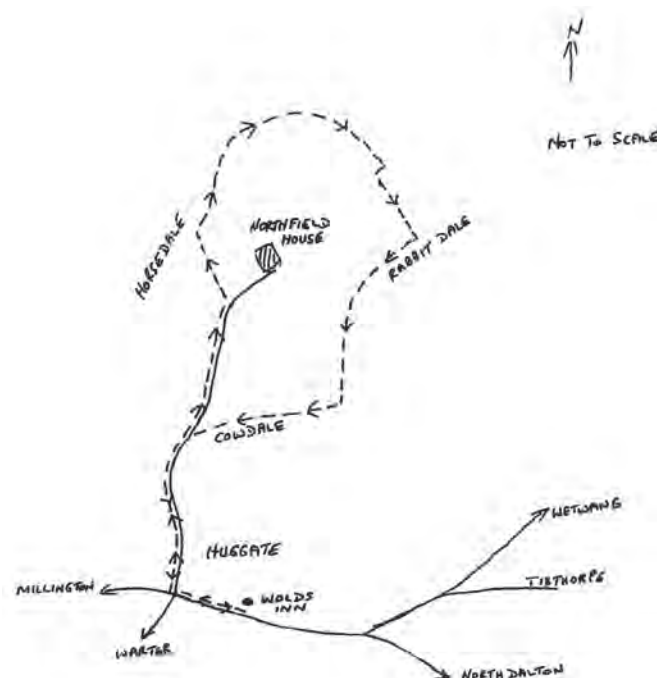
The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Map: EXPLORER 294

Street parking near Wolds Inn. GR.SE 882550.

Distance 5.0 Miles.

On leaving the Wolds Inn area, walk into the village and at the first cross roads turn right and walk down hill through the village. At the bottom of the hill continue straight ahead ignoring the road to the left. Continue ahead on this road leading to Northfield House but about 300 metres from



the house, locate a path on the left and walk with the hedge on the left.

On reaching a small hand gate, pass through the gate and turn right and walk diagonally down the dale side on a distinct path. At the bottom of the dale, walk by the cattle compound and locate a stile straight ahead. Cross this ignoring the stile on the left which leads up Holme Dale.

After about ½ mile, and at the beginning of a wild life strip, bear right and follow a farm lane. When the lane turns sharp right, turn right and then almost immediately left and walk down to Rabbit Dale on this Permissive Path with the hedge on the left. (way marker hidden in the hedge) When reaching the dale bottom, turn right and follow this for about ¾ mile and then turn right just before a stile and walk with a line of trees and a fence on the left. Continue walking up the dale bottom to reach a stile and cross this stile to emerge on the road. Turn left and walk back into the village.

Over the past few years, the walks published have usually required the use of a car to complete. Starting from next month, a walk using public transport will be published every alternate month. These walks will usually be under five miles and will be based on using buses starting and finishing at the Hull Interchange.

The walks will indicate how I did it, but anyone considering doing the walk should check on the bus times, as they do change occasionally. The walks have usually been completed on weekdays, therefore, the Monday to Saturday timetables have been used.





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The summer bedding is beginning to fade by late August and the task of trimming, pruning and tidying the garden begins ready for the Autumn. Children are in the middle of their six week break so you can enlist in a little helper to tackle the garden with you. It's time to start prepping the garden for Autumn blooms before Winter comes in.

Many people don't have the time or ability to keep a garden properly maintained but there are ways to create a low maintenance garden that is both beautiful and relaxing. In the first year as the plants establish there will be a fair amount of work to do but this will become easier and easier until only a little work is needed.



26 August - www.cottinghamtimes.co.uk

Designing a Low Maintenance Garden.

There are ways of designing your garden to keep the low maintenance. Keep the shape of your borders simple. Plan them in straight lines rather than having curves as this can make mowing the lawn a little trickier.

Hedges need clipping once a year at least so they don't swallow up your garden. An alternative is a wall or fencing. There are few low maintenance climbing plants like climbing Hydrangeas, that can grow against a bare wall or fence to make them seem more attractive. They look lovely climbing up an arch over a pathway which can also add height in the centre of your garden.

Avoid leaving any bare ground, as this is where weeds will flourish. Putting in plants or covering the area in gravel or bark will help prevent the space becoming a weed haven. If your lawn is currently too large to manage consider decking or paving to make your lawn a smaller area to keep a little piece of grass.

Ideal Plants

There are many low maintenance plants that, once established, can brighten up your garden. Choosing evergreen shrubs and plants can create a colourful garden that will last all year round.

Magnolia is a shrub that is easy to manage and looks beautiful in the summer when it goes into full bloom. Alongside the evergreen shrub, Lavender, the pair are ideal together in a garden and will only need an occasional prune to keep them from growing too big. Alternatively a dwarf Lavender like Lavandula Hidcote does not grow so big. Pieris, Daphne and Azalea are also shrubs that are easily managed.

Planting bulbs that will come back year after year can be used to create colour over the different seasons. Snowdrops, Crocus, Cyclamen, Iris and Winter Aconite are some great choices for any garden.

10 Jobs for this month

1. Keep containers and planters well watered and feed with a liquid fertiliser every fortnight.
2. Dead head lilies for a better flowering display next year.
3. Trim lavender once they have finished flowering to keep them compact.
4. Cut back herbs to encourage a new flush of tasty leaves you can harvest before the first frosts.
5. Prune summer flowering shrubs once they have finished flowering.
6. Prune climbing roses and rambling roses once they have finished flowering.
7. Dead head bedding plants and perennials to stop them self-seeding and to encourage further flowering.
8. Stake tall dahlias and lilies to prevent wind and rain damage.
9. Cut back faded perennials to keep your borders looking neat.
10. Prune your wisteria after flowering.

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Watering and Feeding Your Plants.

Installing an irrigation system can save you time and even money. A water butt system is easy to set up and once it is filled it can help provide your plants with rain water over the summer months.

The easiest way of fertilising your garden is to use a slow-release fertiliser that can be mixed into the soil before planting and will last for the whole season. Once the plants are established the fertiliser can be sprinkled around the base of the plants.

Plant of the Month: Hebe

The plant of the month for August is Hebe. It is an evergreen shrub that is extremely versatile and thrives in many different conditions.

Hebe can be grown in borders, rock gardens, used for edging and can even be grown in containers. They can adapt to grow in many types of soil but do best when the soil is loose and is well draining. It is best to add organic matter or compost to the area you wish to plant your Hebe to help the roots to establish and the plant to grow.

Hebe can be grown in full sun and shade but it does prefer full sun. When Hebe is planted in the shade it can quickly become leggy.

Once established, the Hebe will not need much maintenance. To promote growth you can feed your plant with an all-purpose fertiliser prior to new growth.

Trim back your Hebe halfway to make your plant bushier and clip fading blooms to prolong flowering.



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Your Stars for August 2014

By Kay Gower

Aries (Mar. 21- April 20)

For the next 12 – 18 months Jupiter planet of good fortune will travel through the part of your chart associated with love and pleasure. An increased sense of self-confidence will help you feel and think like a winner!

Taurus (Apr. 21- May 21)

You have a lot of good ideas, but now you need a plan. Whittle down your list and choose three of these ideas which you can follow through on. Action will bring you focus.

Gemini (May 22-June 21)

Remember the times in the past when you have been in the right place at the right time and said those magic right words. Be convinced of your own good fortune, and you'll attract more of it.

Cancer (June 22-July 22)

Moneybags Jupiter has now entered your astrological house which deals with money and possessions. You will gain wealth and whatever you most value will manifest in your world. But hold on!

Not everyone hopes for money. During the next 12-18 months, you will learn more about yourself through your possessions and what it is you truly value.

Leo (July 23-Aug 22)

Looking good Leo!

Cover your bathroom mirror in kisses – it's your time to shine. Jupiter the planet which represents wealth, success and good fortune is now in your sign.. Expect to be successful at whatever you do.

Virgo (Aug 22 – Sept. 23)

We are designed to gather meaning from experience. Sometimes we see patterns of cause and effect where there are none. Give your mind a break. Stop searching for answers and just let things be.

Libra (Sept. 24 -Oct. 23)

Sometimes loved ones treat you like you're an on-call problem solver, and you don't always have all the answers.

No one does!

Take a few weeks off this month. There's peace in saying "I don't know."

Scorpio (Oct. 24 - Nov. 22)

As the eighth sign of the zodiac, the eighth month of the year will be lucky for you. As one door will soon close - don't sit and stare at it. Look around for another entrance. With a little persistence, you will eventually get everything you want.

Sagittarius (Nov. 23 -Dec. 21)

This is the month for going after what you want with all guns blazing. There is courage and optimism to spare, and a great desire to show the world what you can do.

Capricorn (Dec 22.- Jan. 20)

If you let too much nervous energy run through your body, it will wear you out. Relax. Find the source of the tension and deal with it. Don't wait until you're dangling over the edge of a cliff to realise that you're at the end of your rope.

Aquarius (Jan. 21.- Feb. 19)

The planets suggest that some good luck is on the way. Opportunities to get ahead lie in the information you get hold of around mid August. It's important to keep your eyes and ears open.

Pisces (Feb. 20-Mar. 20)

Take life at an even pace. Beware of anyone who seems to want to be your new best friend. Relationships that are built slowly are more likely to feed your soul.



Cottingham summer horse and dog show to attract hundreds

A fancy dress horse show and competition to find the dog with the waggiest tail will be some of the highlights of a Cottingham leisure club's summer show.

The Cottingham Parks Golf and Leisure Club is holding its annual Summer Show on August 17.

One of the main events will be a Horse Show run by the club's Equestrian Centre, which will include show jumping and showing, and novelty classes, to suit all ages and abilities.

There will also be the chance for dog owners to show off their pooches, with a range of categories to be judged, from Best Smile, and Waggiest Tail, to Dog That Looks the Most Like its Owner.

Managing Director John Wiles, who own pet dog Fred bears a passing resemblance to its owner, said the show attracts dog owners from across East Yorkshire, all keen for their pet to be given a special honour.

The club, which is run by John Wiles, his son Robert, and daughter Jane, is aiming for this year's event to be their biggest summer show yet, and this year the focus will also be on raising money for local charities.

The fun day will raise money for charities including Kickstart TYA Cancer Support, an East Yorkshire charity founded by Cottingham Parks' receptionist Joanne Pierce, who lost her daughter, Emily, to cancer, aged 19.

Kickstart provides support to teenagers diagnosed with cancer in Hull and East Yorkshire, whether it is through funding an Ipad to help their education during hospital stays, or gym membership to help them with recovery after treatment.

Jo said: "We have put a lot of work into ensuring this is going to be a great family day out, and all the money raised will directly help teenagers in our region who have been diagnosed with cancer.

"We hope the local community will support this event, and have a great time while doing so."

The day includes a tug-of-war challenge, family and children's activities including space hopper, sack, and egg and spoon races; golf and football games; toddler soft play; a straw maze; and dog agility displays from the East Yorkshire Agility Club.

There will also be local craft stalls, a cake stall run by The Daisy Appeal, live owls, face painting, children's

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crafts, giant games, a fun "photo booth" and a picnic area.

Jane said: "We are thrilled with this year's programme of events, we know this will be a fantastic family day out with something for everyone.

"We want all dog and horse owners to come along with their animals and join in with our competitions, it's going to be a huge amount of fun and will hopefully raise lots of money for Kickstart."

The horse show starts at 9.30am.

The main fun day activities run from 10am until 4pm, at the club's grounds on Woodhill Way, Cottingham, parking and admission is free.

Pictured above: Jane Wiles with Dotty, Rob Wiles with Trixie, and John Wiles with Fred.

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Sudoku Answer from page 12

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



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

Hello and welcome once again fellow anglers to this month's fishing news. The date is 21st July. I hope you are enjoying this gorgeous weather we are having at the moment. Anyway to the fishing, every report that I am receiving at the moment from the match scene are all singing from the same sheet. All the winning weights are being won by using the pellet waggler at distance, up in the water and in conjunction with this method, using a bomb on the deck at the same distance as the pellet waggler. Finally, using pellet and paste on the inside margin.

Talking of paste fishing I know a lot of people whom cannot get to grips with paste fishing. here is little run down on how I personally fish with paste. Firstly, the mix, most of the time the powdered pastes need to be mixed exactly by 50/50. When you have made the mixture do not be concerned that it is too sloppy at this juncture. After about three or four minutes it will stiffen up. If it is too sloppy all you need to do is sprinkle just a little more powder, but do this only a little at a time. Next apply the paste to your hook. First of all take a decent sized lump of paste and please use a decent size hook, i.e. something like a size 12 or bigger. Now sink the hook into the paste and I advise that you gently squeeze the paste into a pyramid shape so the hook is fully covered with the hook shank at the top of the pyramid

shape. If you are shipping your pole out more than your top kit then my advice is for you to use a paste pot. These sit up your pole usually by about 2 ½ to 3ft, this is normal. Place your paste in the pot and ship out as normal. Now when you are at your desired length stretch out your arm and drop the paste. As soon as the paste hits the water pull your arm and pole float back over the spot where the paste went in. The pressure of the water is usually enough to keep the paste on even if it has been made sloppy. I forgot to mention prior that you should use your paste as your plummet and make it exact depth. So now any movement either up or down on your float, strike! Good luck, give it a go. It is now the correct time of the year to use paste for fishing.

Now for the charity match at Halsham that was held on 20th July. It was fantastic once again, and him upstairs even gave us a full day of sunshine even though the forecast said different. Now that makes a change for the weather to go in our favour! Everybody caught and the top five weights are as follows.

In first place was Barry Smith with 87lb 7oz.

Second was me Chris Moore with 86lb 9oz.

Third was Derek Stark with 72lb 9oz.

Fourth was Paul Foster with 49lb 4oz.

Fifth with his best ever match weight was John Freeman (PUD) with 49lb dead on.

There was a total weight of 787lb 14oz caught between 28 Anglers.

After the match Mick Dunn who donated the annual shield presented the trophy to Barry and the raffle was drawn.

Anyone who bought tickets for the raffle, please pop into the shop and see if you are a winner.

At this point before I give you the grand total that was raised please may Katrina and I say a big THANK YOU once again for your generosity and support.

The grand total raised for Cancer at Castle Hill Hospital is £1060.30.

Could you please support Halsham fishery as they support us. Give Penny or Rich a call on 01964670481 or just turn up at:

Halsham, Dolton Lane, Ash Grove, HU12 ODG

And once again we would all like to say a big thank you for giving us the ponds for the cancer charity match to be held.

We have a special promotion in store this month, spend £30 on fishing tackle and receive a 10% discount.

We are now selling plants, tubs and baskets all week with a big stall every Friday and Saturday. We have new vintage planters from bicycles to tea cups and saucers to novelty planters, ideal as gifts.

That's it for now folks so till next month tight lines.

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Cottingham resident, Betty Middleton celebrates her 100th Birthday

Betty Hodgson was born on 4 July 1914, just one month before Britain entered the First World War. She was the second of two daughters, born to Henry and Sarah Hodgson in Monkseaton, a village near Whitley Bay in Northumberland. Her birth certificate states that she was born in the administrative area of Tynemouth, making her a true Geordie. She had a happy childhood enjoying family holidays each year in Alnmouth on the Northumbrian coast, where her parents and another family rented a house for the school summer holidays.

Whilst Betty was in her mid-teens, her father who was a railway surveyor, was moved from Newcastle to Hull. The family settled in Cottingham, at 9 Harland Way, a home they named "Lindisfarne". Dorothy, her sister, went to Art College in Hull, whilst Betty, who was not artistic, chose to do a Pitman shorthand and typewriting course at Commercial College, also in Hull.

With her newly-acquired office skills, she started her first job with the Hull & Netherlands Steamship Company. Later on the Company became part of Associated Humber Lines, running the Abbey boats between Hull and Rotterdam. The last of the fleet (built in 1929) was the Melrose Abbey, taking freight and also some passengers. This was the forerunner of North Sea Ferries which was subsequently taken over by P&O.

These years were happy times for Betty and her sister, two single girls who played tennis at the Beulah tennis club in Cottingham, went to local dances and entered into the social life of Cottingham. Betty also learnt how to play badminton at a club in Hull where she met a certain Sidney Middleton, the youngest of seven children, who lived at 46 Coltman Street.

In 1939 the young people of Cottingham found their lives suddenly changed. The carefree days were at an

end as Britain found itself, once more, at war. Many of the young men (including Sidney) and some of the young women volunteered for the armed services or started training as nurses with the Red Cross. Other young women, who stayed behind, joined the Land Army or carried on working. Life took on a far more serious tone.

On 25 March 1941, Sidney married his sweetheart Betty in typical wartime style at St. Mary's Church in Cottingham. No white wedding dress and long honeymoon. Just a smart dress and jacket and two nights in Harrogate with Sidney taking just three days leave before he returned to the front, where he was in the infantry, having joined the East Yorkshire Regiment. The next four years were difficult for the couple, Sidney involved in the fighting, only able to send scribbled messages on scraps of paper from the field and Betty working in Goole as her offices had been moved there due to the heavy bombing over Hull, especially the docks.

Life once more began to look up in 1945 after VE Day and couples, including Betty and Sidney, were reunited once more. Things then took another turn as Sidney was asked to work at the Coal Control at Essen in Germany as part of the reconstruction plan by the Allied Military Forces. In the meantime Betty found herself expecting a baby and went over to Germany to join Sidney. Their daughter Jean was born in the military hospital in nearby Wuppertal in Westphalia.

In 1950 they returned to the UK and bought a new house, on New Village Road in Cottingham. Sidney found a job as a coal exporter with a Hull firm, Betty ran the home and Jean went off to school. Betty enjoyed playing tennis once more, this time at Newland Park Tennis Club, and then later on bowls and the couple were both members of the Cottingham Bowling Club. Sidney served a term as President in 1977, the same time as he retired from work. His firm gave him a wonderful retirement party at the Savoy Hotel in London, an event which they both enjoyed.

Sadly Sidney died in 1984 but Betty continued living at 207 New Village Road, her home for more than sixty years. She was able to remain there fairly independently until well into her eighties and continued to play bowls. As time went on she needed more support from her daughter, and then also from carers, especially Glynis, and Trevor who looked after her garden. Betty was made an Honorary Life Member of the Cottingham Bowling Club in 1997. This was a place where she and Sidney had spent many happy hours during their 43 years of married life together.

Three years ago, at the age of 97, Betty had a fall during the night and had to summon help with her Lifeline, which, fortunately, she was wearing at the time. Following a short stay in hospital she finally agreed that the time had come to go into care. She entered Hallgarth Residential Home in Cottingham, where she has received the most wonderful care from all the staff during the last three years.

Betty's birthday party, arranged by her daughter who came over from France with her husband, took place at Hallgarth on Friday 4 July 2014. Several friends, some residents and some staff members attended. Later on, at teatime, those residents who were able, joined in a second party in the dining room, with sherry, strawberries and cream, and birthday cake. She was, of course, the recipient of a birthday card from the Queen.

Happy Birthday Betty!

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Cottingham Shop-Watch Launched

A Shop-Watch scheme has just been launched in Cottingham, the aim is to link up participating shops and so reduce shop thefts. The cost of stolen stock is clawed back through higher till prices which we all, unknowingly, have to pay.

Pictured above: (left to right are Senior Operations Manager of Sewell 'On The Go Retail', Quentin Wilson; Duty Manager of Sewell 'On The Go' Petrol Station, Helen McMaster; Cllr Ros Jump, Chairman of Haltemprice and Hunsley Community Partnership and PCSO Mike Dale) Photo by kind permission of Humberside Police.

A familiar figure around the village PCSO Mike Dale has, at the third attempt, finally persuaded several of the larger shops to support the scheme. These shops have generously contributed

funding, along with East Riding's local Community Partnership and Cottingham Parish Council, to provide radio handsets and the installation of the system's aerial. Staff, on seeing anything suspicious, can use the handsets to simultaneously contact the other scheme members and police. Coupled with our excellent CCTV system we should be catching even more thieves and make the village less inviting to anyone thinking of coming and robbing the shelves. This in turn will make Cottingham an even better place to visit. The Sewell Group has also made an additional financial contribution which will cover the maintenance of the radios. The radios could also be of great benefit should there be some form of emergency that requires instant communications.

Other villages are keen to learn how we get on, with the possibility of copying our scheme and we also hope that the remaining shops, not currently in the scheme, will see the benefits of 'joining the club', a big 'thank you' to Mike Dale for his perseverance.

MS Flag Day raises £717.26 from the residents of Cottingham

The Hull, Beverley Borough and Holderness Branch of the Multiple Sclerosis Society, would like to say a huge "Thank You" to the residents of Cottingham, for the result of their Cottingham Flag day held on July 12th which raised £717.26 and to thank all those who generously donated.

This is the most they have ever collected in Cottingham, and it will be used to support local people affected by Multiple Sclerosis.

Ann Wordingham, Hull Beverley Borough and Holderness branch of Multiple Sclerosis Society.

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

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Expert Witness

I was asked to be expert witness in a court case recently in which a solid, reliable yet young horse was sold as a "Proven Hunter". This horse had been sold with honesty and a proven record. After many weeks of being in its new home the horse started to rear up on its back legs and refuse to go forward. It would not jump a ditch and it would not go over an un-described bridge so this behaviour had happened twice.

It turned out that this young horse had been ridden by several different people of differing abilities over these weeks.

It was my job to explain why this type of behaviour could develop, the trigger, the antecedent and its role for the animal.

One huge point I make is that there was no relevant descriptive information on the part of the respondent about the two situations. The scene was not set at all so I have had to through in guesses as to the antecedent situation.

1:- There are many different reasons or triggers along with many different circumstances under which a horse will be forced to start rearing. No horse ever simply starts rearing.....it is always as a result of or a reaction to force, pain or both.

The list will include unfair treatment, incorrect training, and a lack of empathy or understanding from the rider by over facing a horse emotionally and/or over facing it physically. **Unbalanced or novice riders**, who use their hands to "hold onto" a horse, will be unable to give softness or reward because they do have not have the skills or the experience required.

An ill fitting saddle, a bridle too tight or small, a bit too small for the mouth, a bit set too high in the mouth, an inappropriate or severe bit causing inescapable pain, sharp teeth which need refloating, the presence of wolf teeth, an impacted wolf tooth, undiagnosed pain anywhere in its body, muscle spasm, a rider too heavy for the horse to carry comfortably.....the list of possible triggers can go on and on.

2:- If any horse, especially a young horse, is forced to face something to which it feels unsafe or uncertain or feels claustrophobia or entrapment it will try to "escape". Brutality, undiagnosed pain, meted out pain (kicking, use of spurs and whips) and wrong decisions on the part of the rider or handler are invariably the stimuli to light this particular fuse. This behaviour is then **negatively reinforced** because the horse evaded the task. The horse then becomes **habituated to that response and a learned behaviour is formed**. Frustration could then become a trigger alongside feelings of fear, the use of force etc which will cause more stress.....forming a vicious circle.

3:- The ridden horse will stop its forward energy flow and will **"block"** at the poll (where the head meets the neck) When the rider continues to force energy in by use of **positive punishment** in the form of **aggressive kicks to the horse's ribs** or actual pain via a **whip or spurs** or both, the horse is left with nowhere to go but up. Interestingly the subsequent bruising caused is hidden under the animals coat and as such is always overlooked or dismissed because of its invisibility however it is blatantly obvious inside the fragile mouth.

3 a:- (I note that no one at the time saw fit to assess any visible damage to the horse's mouth as that would in its own right present itself as a measure of accountability.)

4:- **Riders hands usually cause that block** at the poll as they brace their body and hands in order to force an outcome (into a forced outline, forcing travel through or over a surface under the horses feet to which the horse feels unsafe on, forcing the horse to face (and hopefully jump over) an obstacle which causes fear or apprehension for whatever reason. There is a huge influence in creating tension in the horse by any anxiety in the riders own mind (admitted to or disputed) which immediately transfers to the horse's

own stress levels. Stress in any form releases the hormone **"Cortisol"**, which once in the system takes 4-8 hours to come back down to baseline level. (As a fact of interest in humans and to aid any misunderstanding, Cortisol levels are now considered a biological marker of suicide.) No matter the level of competence, the rider is the biggest influence on stress to any horse as their decisions and their approach is a key factor.

5:- **Horses' mouths are easily hurt** or damaged by way of the metal bit which lies between the teeth, on the tongue and its effect on the roof of the mouth. The weight or lack of sympathy of the rider's hands can cause huge pain in this highly sensitive structure. This in turn travels tension up into the Mandible joints at the back of the jaw which then travels into the poll, which in turn transfers that tension through Atlas/Axis junction at the top of the head and into the neck.....to which the horse will get to a breaking point and be forced to rear as there is simply nowhere else to go. Horses can only cope with so much resistance on their mouths. The huge build up of tension and the creation of an irrational state of mind of any horse always leads to disaster.

6:- If the horse is **made** to go forward into this and they find no release from the hand or **aversive stimuli** from the leg, whip or spurs, then they will find the riders "ask" very difficult, if not impossible. This will eventually cause them to drop behind the rider's leg. A common rider error when the horse does this is to push forward more **with increasing levels of positive punishment.....by not listening to the horse** and by **continuation in forcing** the way ahead (typically by presenting a young horse with an obstacle at which it feels unsure/unsafe) they have very successfully created a claustrophobic and totally irrational horse that will look to rearing or other unwanted behaviours.

7:- Inexperienced, unbalanced and unsympathetic riders will all make the horse vulnerable emotionally by not providing the help and support the horse is desperately seeking. They need release from pressure. They need positive reinforcement for any tiny little try and they need time to think stuff through so that confidence is formed.

7a:- (Excitable or "hot" horses which get over stimulated can also start rearing if they are forced to be made or held still. This particular young horse does not fit this psychological profile at all.)

8:- Horses that rear clean over backwards do not usually survive. They die or are maimed. The back of their heads cave in on Tar Macadam. Their necks break. The impact of crushing the saddle into the spine and surrounding soft tissue with 100's of KG's of live weight tears muscle very badly and extremely deeply, leaving the horse crippled up for weeks if landing on soft ground. Fractures of the vertebrae, the withers or the pelvis are the result of flipping over on Tar Macadam. It was stated that this horse lost control of his back legs on the soft going and fell sideways.....I am questioning the actual description of events here now as well as the whole behaviour actually shown.

Positive punishment has been admitted via the use of a whip.

9:- A horse who is **habituated in an undesired behaviour** and who has had that behaviour **negatively reinforced**, as previously explained, will always return to it when the stimuli for high stress arises. It is highly unlikely that this horse had learned this prior to his sale because it would have reared its ugly head a great deal sooner. The stress and uncertainty felt by horses when they are up rooted from a familiar and safe environment, without choice, and are sold into another is very obviously extremely worrying (for any animal) therefore the likelihood of habitual undesired behaviour occurring in those early weeks is absolutely to be expected.....**not 6 weeks later** once the animal has settled in and has become familiar with its new environment, routine and handlers/riders.

10:- The Bridge in question has not been described on record but to me is incredibly important. Was it a motorway bridge with high noise and high movement of heavy traffic under its feet and visible in its aspect field of vision? Was it a narrow field bridge made of slippery uneven wooden sleepers over a gaping chasm of a dyke under it? Was it an enclosed bridge causing feelings of entrapment? Any of which would be very worrying if not encountered before.

The introduction of anything new or unfamiliar to a young horse must be treated as schooling and education and introduced in such a way as to give the animal confidence in taking it on.....not forced with positive punishment. That "un-described scenario" is of interest to me. We all know the outcome but nothing of the actuality.

11:- The written report from the Physiotherapist showed no conclusive evidence of the reported extreme behaviour in the examination. Palpation found areas behind the saddle where the muscles were obviously but not dramatically sore. This indicates incorrect posture and way of going in the horses frame during work.....which is always attributed to the standard of riding and the carriage of the animal coping with the rider or being asked or forced to oblige to, with tension. Uneven weight distribution from above where a rider is one sided or slightly collapsed and is an extremely common finding as such. It does not point to equating an excuse for the behaviour.

There is never a situation where a horse performs an undesired behaviour "for no reason."

The case was thrown out!

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I know how Lazarus must have felt

To my long suffering customers, staff and regular readers of this article, who by now must have been bored beyond endurance with the saga of my bad leg over the last six months; I bring good news.

IT'S BETTER!!

After less than one week of a new course of treatment the difference is incredible and I can happily complete a busy shift without hobbling into the back room to sit down every five minutes. ("About b----- time" voices echo in the background)

Therefore I hope that this is the last time I will ever mention my bad leg ("So do we" more voices echo).

On to business: The Kitchen in July has been fantastic with many excellent specials flying off the boards, including gorgeous local Dressed Crabs with salad a new potatoes and succulent Barbary Duck breasts with egg noodles and oriental mushrooms, ideal meals for the fantastic weather we have enjoyed recently. While our new Chicken, Ham and Leek Pie and Lebanese Kofta Kebabs are becoming firm favourites. My sincere thanks to all our regular diners and their kind recommendations, which are obvious by the many new faces we are seeing, thank you.

On to the Bar; Skidby's Village Pub would not exist without a thriving bar full of amazing characters which make village life so great. To those who support our quiz nights on Thursdays, our live music nights on Friday's, and our Monday Darts and Dom's Teams (currently hard in training for the coming season), to all my regular guests who call in for a chat with their friends in the evening over a Beer or two; all of you make the Half Moon the Village Pub I'm proud of, and I hope that you continue to enjoy, thank you.

Dates for the Diary:

August Bank Holiday Weekend 23rd, 24th, 25th Family Fun events, Bar BQ's, Live Music Nights, Special Dining Events. Full details available at the Pub.

September 20th Annual Party Night on the 2nd Anniversary of my Tenancy with Complimentary Drinks, Buffet and live music. Or just a good excuse for a party. Oops, just noticed a spelling error please remove the "s" from Drinks.

Cheers from all at the Half Moon, Skidby's Village Pub.

For further information and bookings telephone 01482 843403.

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News from the Haltemprice Lions

The members of the Haltemprice Lions brought their year to an end with a lunch at Mr. Chu's Restaurant at St. Andrew's Quay in Hull. It was the day when the Past President, Fred Cawood, retires and hands over his chain of office to the incoming President, Dr. Neel Kamal.

The lunch was attended by about 40 members and friends who were entertained by 15 years old Lewis Scott of Cottingham. Lewis was one of the winners at this year's Haltemprice Lions Young Persons' Music Competition. Lewis played a variety of music on his electronic organ which was enjoyed by everyone.

The Lions have enjoyed another successful year raising more than £15,000.00 to support charities and good causes not only in the Haltemprice area but on a national and international

basis. This coming year will see Dr. Neel Kamal lead the club into further activities in support of the local community. It is anticipated the Christmas Fair will be held in November followed by the Christmas Band concert in December.

The Young Person's Music Competition proved such a success this year that it will be repeated early next year. These fund raising and service activities are interspersed with Social events for the members with something to suit everyone. Are you interested in becoming a member of Haltemprice Lions?

If so why not come along to one of our meetings, contact David Whincup, email address: dwhincup@dwhincup.karoo.co.uk and find out more. The Lions wish to thank everyone who supports the Club.

Pictured left: Fred Cawood handing over the chain of office to Dr. Neel Kamal.

Below: Lewis Scott, 15 years, entertaining the members at his electronic organ.



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Moving Abroad?

A monthly column by Nick Russell

WOW, after a fairly steady June with a couple of guests and lovely warm weather, July has arrived with a vengeance. We have had four weeks of visitors and the weather has been hitting 50 degrees in the sun on a regular basis and, let me tell you, that is hot!!! The grandkids have broken up for the 12 weeks summer holiday and we are trying to keep them occupied, mixing playing with a bit of school work as well as days out but it's a long holiday!!

VISITORS

Our daughter Nicola and her fiancée Andrew along with our grandson Jack came out for the first two weeks in July and we had a great time. The weather was hot and it was nice to see all three grandchildren in the pool or Jacuzzi most of the day. Because our two grandchildren, Katie and Aiden, had broken up from school on the 20th of June, they had been back to the UK to see their other grandparents Keith and Sheila for a week which overlapped with Nicola and her family coming out here so we had a few days together before their return.

We had a great day out at the Biopark Zoo in Fuengirola on the coast. For all those who don't like or agree with zoos or animals in captivity then this zoo will change your mind. We first visited it more than 20 years ago with our children and it really was poor.

Large animals in small cages in poor condition, smelly, dirty... a really poor zoo. Now all the animals are in large compounds, really well looked after and many are part of world wide breeding programmes. I would say it's the best small zoo I have visited and well worth a trip if you have kids and are in this part of Spain.

After a couple of hours around the zoo, we then headed off to the beach to relax in the sun for a couple of hours and let Jack play in the sand. It wasn't that busy as most kids, other than Spanish, were still at school so he could paddle in the sea and run about the beach quite easily.

As it was Andrew's birthday, we decided to go for an Indian and headed off to Torremolinos, to what we think is one of the nicest Indian restaurants on the coast. It's up a side street in the centre of the town and is called Kathmandu and the food, service and price make it a place we always head to if we are down that way for any reason and once again, it didn't disappoint. A restaurant we would definitely recommend.

Tom and Adel and kids returned in the middle of the week, so on the Saturday we once again headed down to the coast for a day on the beach and then an evening at Tivoli World theme park which is an annual trip for us.

It's a great place for kids of all ages with 40 different rides, wild west stage shows, flamenco dance shows and loads of places to eat. If you buy tickets online its cheaper than at the gate (seven euros entry only or 20

Euros for a wrist band for all but five of the rides) so its good value. Aiden took a friend with him and the total price was about 122 euros (£100) for 10 of us. We arrived at 6.00 pm and left about midnight with all the kids worn out.

Nicola and family left on the day our next visitors arrived, so I had to make two trips down to Malaga airport on that Sunday but managed to fit a BBQ in for all of them as well, which went down well. The next visitors, Sandra, Tom, Graeme and Jan, arrived for a two week break having heard of our place through a mutual friend on Facebook, asked for more pictures and decided to come out.

Unbeknown to us they also knew my daughter so they had a good catch up when they arrived. They had a very relaxing fortnight and really enjoyed their stay here (I think) even putting up with Aiden and Katie jumping in the pool with them. Fortunately the weather was now very hot and they all seemed to enjoy the time around the pool and bar.



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I would also like to say a big thank you to some of our previous visitors who have given us our first reviews, both 5-star, on Tripadvisor and on <http://www.holidaylettings.co.uk/1388972>. Hopefully they will be the first of many and it nice to know we are doing things right.

SPANISH MOT

Both our cars were due an ITV this month which is the equivalent of an MOT in the UK, so I did some research on the net as to the process. Unlike the UK you don't go to a garage, but to a test centre which only does the test and has no garage facilities. You book in on-line at your nearest centre, turn up and pay then wait your turn. As usual with these things, nothing runs to time and our test was 40 mins late. You can't leave your car, as you have to drive it into the test area and assist the tester on a few things like switching lights on, revving the engine for the emissions test and moving it backwards and forwards over the test pit.

The whole test only takes five or six mins from start to finish and at the end you are given a window sticker if you have passed, your test book is stamped and notification, if you have any minor faults which have to be put right before the next test in two years. I had no problems on my car, but Tom had a fog light bulb out and a rear reflector missing but it still passed as long as the faults are put right. It was an experience and how some of the other cars going through managed a pass I don't know. One of them had to be pushed off to get it started!!

FIRST FRUIT OF THE YEAR

We have had our first crop of figs and nectarines this month and the general opinion of those that have tasted them, including our guests, say they are the best they have tasted, especially the nectarines. So far we have had about 10 kgs of figs and about the same of nectarines.

END OF SCHOOL PARTY

As usual in Spain at the end of this term, the school has a big party. This year, as Katie's year was leaving infants and moving up to the big school, they had a graduation ceremony, and then a big party at a country house with paella, ice-cream and drinks, followed by time in the pool which was great fun. Aiden's year had a party there the next week which followed the same sort of format. All parents (and grandparents) were invited and at a price of about five euros each, it was well worth it.



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Request for Governors at Cottingham High School

Cottingham High School is currently seeking volunteers to join its Governing Body. We are looking for two people who have strong community links and a real passion to play an active part in shaping the school's future and supporting our strong desire to deliver quality education to all our pupils. Experience in business or secondary school curricula would be particularly welcome to complement the Governors' existing set of skills however, the most important assets are enthusiasm and dedication.

The role of Governors includes:

- Setting the strategic direction of the school by establishing the values, aims and objectives of the school
- Agreeing the school improvement strategy which includes approving the budget and agreeing the staffing structure
- Ensuring accountability by regularly auditing performance against the School Development Plan and budget
- Holding the Principal to account for the performance of the school
- Ensuring parents and pupils are involved, consulted and informed as appropriate

If you are interested in the role, please contact Lesley Browne (Director of Academy Operations) on 01482 847497 or by email hr@cottinghamhigh.net in order that we can register your interest.

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THE GREEN, COTTINGHAM



The Lawns Caravan Show - another bumper weekend anticipated

The 2014 Caravan Extravaganza Weekend takes place on Saturday 6th and Sunday 7th September at The Lawns, Harland Way, Cottingham, East Yorkshire HU16 5SQ. The show is open from 9am to 5pm each day, admission: £3 per person, £7 per family (dogs admitted but must be on a lead on the showground).

The annual Caravan Extravaganza Weekend at The Lawns in Cottingham, run by the Hull and East Riding of Yorkshire Caravan Manufacturers' Association (HERCMA), is one of Britain's biggest caravan exhibitions and is the first place where members of the public can view the new season's models.

Nearly 25,000 people attended the two-day event from all across the UK last year and the organisers are anticipating at least as many coming along this year.

It won't be just the caravans that will grab the attention of visitors this time: the main building on site, The Lawns Centre, has just undergone a £2.5 million refurbishment, making it much more user-friendly, especially for disabled visitors. There are no steps down into the building; a lift has replaced the slow stair-lift; and the ever popular massive accessory shop will be much easier for everyone to access.

In addition to more than 130 touring caravans, about 160 caravan holiday-homes park homes and lodges will be on show from most of the country's leading names, many of them based in East Yorkshire.

About 40 other companies and organisations will display products and feature services ranging from awnings to decking, verandahs and motor movers, plus finance and insurance, security products and almost every kind of accessory associated with caravanning.

There will be information on caravan parks both in the UK and abroad; many parks have their own stands while brochures on others will be available at various points around the showground.

There's something for everyone, so if you are looking to buy a new caravan or just something to use in or outside one, or looking for great places to stay, this is the place to go.

It also helps to have the two national trade associations for the industry on-site: the British Holiday & Home Parks Association and the National Caravan Council will both have stands and staff will be available to provide advice and answer questions.

A number of clubs will also be present, including the Caravan Club, the Camping & Caravanning Club and Yorkshire Friends Ralliers.

In addition to the well-stocked accessory shop run by Catterick Caravans, many dealerships such as Kenmore Caravans, Wandahome Knottingley, Wandahome South Cave, Yorkshire Coast Caravans and Catterick Caravans will have their own outdoor stands while representatives from many other dealers will be available to talk to on the stands of various manufacturers.

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To keep the youngsters occupied, there will be a bouncy castle, face painting and balloon modellers, and there will be live music, with both a jazz band and a leading brass band entertaining the crowds.

Ice cream vans, hamburger and other stalls will keep visitors refreshed, and a licensed bar will operate during the opening hours in the Lawns Centre, where full meals will also be available.

A number of charities, including the RNLI and RSPB and various animal-related ones will have fund-raising stalls and the local Crime Prevention Unit will be open throughout the show.

The event will be open from 9am until 5pm each day. Admission is £3 per person or £7 per family/car-load, and car parking is free (the car parks will open at 8am each day). If you are not sure of how to reach The Lawns, simply follow the big yellow signs.

A free show guide is also given out to all visitors to help them find their way around the huge showground.

Full details can be found on the website, www.lawnsandbeaulieushows.com.



Multiple Sclerosis Society's 'Floraganza'

The Hull, Beverley Borough & Holderness Branch of the Multiple Sclerosis Society held their 'Floraganza' last month at the Civic Hall in Cottingham. Nearly 200 people attended a professional and amusing demonstration of flower arranging by the famous, Robert Forbes of Ripon.

It was another very enjoyable night with fantastic displays of flower arrangements. The organiser, Ann Wordingham, would like to thank all who attended and is delighted at the £1,500.00 raised on the evening in support of the Branch's 60th Anniversary Appeal.

The Appeal's target is £60,000.00 to be raised in the 60th year of the Branch.

Picture above shows one of Robert Forbes' incredible arrangements.

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Cottingham Open Gardens 2014 raises over £7,000 for Dove House Hospice

Although many of the surrounding villages have held annual 'open gardens' it is well over ten years since Cottingham staged such an event. However, that changed on 22 June this year when 16 Cottingham residents opened their private gardens to the public. The gardens, most of which are normally hidden from view, ranged from the almost park sized down to the compact and bijou courtyard gardens, but all offered something different.

The main aim of the event was to raise much-needed finance for Dove House Hospice, a charity providing excellent palliative care for people with life-limiting illnesses. The annual cost of providing these services, which are free of charge, is £6.5 million, but with public funding for only 42 days the Charity relies on the generosity and support of the local community to continue its unique service to those who need it.

The initial target set by the organisers of the Cottingham Open Gardens event was £3,000, but such was the success of the day that this figure was easily surpassed with a cheque for just over £7,000 being handed over to Dove House three days later.

However, the event wasn't just about raising money for Dove House; it was also an opportunity for those involved to show visitors what the 'largest village in England' has to offer. The feedback from all the garden owners stressed



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the overwhelmingly friendly atmosphere which the event had generated as visitors to the gardens not only marvelled at the well-tended lawns and magnificent border displays of flowers and shrubs, but also engaged in conversations with the owners seeking (and occasionally offering) advice about all manner of horticultural issues.

In addition to the gardens themselves, visitors also had the opportunity to purchase plants, often produced by the owners from cuttings of plants on display in their gardens; and the number of cups of tea and home-baked cakes that were consumed suggested that some of the garden owners must have spent all day baking and washing up.

Although visitors reported that they struggled to visit all the gardens, the organisers are hoping that more Cottingham residents will 'sign up' to open their gardens for next year's event. For more details contact Jim Stansfield on (01482) 875129.



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

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

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

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

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

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Flood defences in the East Riding receive a boost following LEP Funding announcement

Communities and businesses in the Haltemprice, South West Holderness and the River Hull Valley will benefit from improved flood defences following a successful application to the Humber Local Enterprise Partnership for funding by East Riding of Yorkshire Council's Flood Risk Strategy Team.

The council, which was recently praised by an external team of local government assessors for its flood risk management, has secured £2 million for the year 2015/16 and an indicative commitment of further funding of around £30 million over the next five years from the Local Growth Fund.

Funding will be used to help deliver the Hull and Holderness Flood Project and the Humber North Bank Flood Project Package, and will include flood alleviation projects for Anlaby and East Ella, Cottingham and Orchard Park and improvements to flood defences along the River Hull.

Together, along with other schemes, these projects will help reduce the risk of flooding for thousands of homes and businesses, providing a bit more peace of mind from residents and also make the East Riding a more attractive option for businesses looking to relocate to the area.

Councillor Stephen Parnaby OBE, leader of East Riding of Yorkshire Council, said: "The council continues to take the lead on the issue of flooding and engaging in the national conversation on the subject.

"Our flood risk strategy team, alongside colleagues at the other Humber local authorities, has worked with the Humber Local Enterprise Partnership over the last year to make the case to Government for investment in new flood risk infrastructure. In fact, it was this council that played a key role in the instigation and production of the economic case for investment in the Humber region that was recently put forward by our local MPs to the Prime Minister.

"The local authorities and the LEP recognise that investment in flood defences is essential, primarily for the safety of our residents but also for the continued sustainability of the area.

"Thanks to prudent financial management by this authority, we are able to go about securing match funding from a variety of sources in order to deliver schemes that help reduce the risk of flooding across the East Riding."

To whom it may concern . . .

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HALLGATE COTTINGHAM

Wish to state that the company, nor either of its Directors Mr. Geoffrey Kemp and Mr. David Kemp are in any way associated with the retail shop Kemps of Cottingham, recently opened at 97 King Street Cottingham.



Haltemprice Hailers achieve success at the Cheerdance UK Cheerleading Championships

Despite us having a cheerleading squad which was formed nearly 12 years ago and participated in various displays and parades (including Cottingham Day) this was the first time we'd competed. We were all very excited but had no expectations.

The competition was packed with cheerleaders from the North of England and our girls competed in both individual and squad events.

We took first place in the 13 years beginner section, 1st place in the 14 years & over beginner section and 1st place in the Mum's Newcomer section, along with 2 x 3rd places, 4th, 5th & 6th places (some of the category's had 15+ competitors in them).

We also went on to win the small squad section for 15 years and under.

Cheerleaders from the Cottingham & Swanland were as follows: Maia Lockwood, Rhianna Graves, Emma Lingard, Georgia Kilvington, Yasmin Hadji, Lucy Maddison, Connie Rann, Emily Hayden-Williams, Elaine McDonnell and Anneke Stephenson

We hold classes at Cottingham Hallgate School – Tuesday's 4.30pm and Swanland Village Hall on Monday's, Wednesday's & Saturday's (various times).

Anneke Stephenson

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841 328



Charity Coffee Morning to be held in aid of MacMillan Nurses on Tuesday 16th September

A charity coffee and cake morning will be held at the Southfield Court Community Hall at the corner of Southfield Court and Burton Road, Cottingham, on Tuesday 16th September, between 10.00 am and 12 noon, in aid of MacMillan Nurses

There will be an entry charge of £1.00 per person, which entitles guests to a cup of coffee and a piece of cake. There will also be a tombola, raffle and a bring-and-buy stall. Homemade cakes are also for sale. So come along, enjoy the company and support a worthy cause.

First World War exhibition open at historic Skidby mill

Entitled "While they're gone – East Riding Countryside in the Great War", an exhibition by the Volunteer team at Skidby Windmill is on display until Tuesday 30th September. This exhibition is part of Joining up the Humber, a programme supported by a £1 million grant from Arts Council England.

The initiative runs until 2015, and will support commemorations of the centenary of the First World War in the Humber region.

The exhibition looks at the effects of the war on farming and the local economy, as well as exploring the stories of local men who served.

The Mill is open daily 10am to 5pm (last admission 4.15pm).

Modest admission charges apply.

For more information call the Mill reception on (01482) 848405.



Weekly Classes held at:
 Darby & Joan Hall, Finkle Street,
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 and all Bank Holidays

Also at: Sutton Park, Hull
 Tuesday at 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

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Natural Healing

If you are used to hearing the term "natural healing" and are not entirely sure what it means then let us enlighten you now.

Natural healing is a type of alternative medicine that just as the name implies, is a form of healing the natural way. Just turn the words around and you have it! Well not completely but it is a good start!

Natural Healing is...

Natural healing is often described using other words such as naturopathy, natural medicine or naturopathic medicine. It is defined as "an eclectic alternative medical system that focuses on natural remedies and the body's vital ability to heal and maintain itself."

Yes, the body can heal itself, if it is given the right materials and help to do so!

Natural healing is made up of many disciplines of alternative medicine including diet and exercise, acupuncture, acupressure, relaxation methods (such as yoga and Tai Chi), hypnosis, chiropractic, herbalism, homeopathy, massage therapy, naturopathy, natural hygiene, reflexology, ayurveda medicine, aromatherapy, Kneipp therapy, nutripthy, sauna and a selection of others.

The word natural when it comes to natural healing makes reference to both the physical as well as the mental areas of the life experience. Natural healing is in no way connected to religion nor does it run counter to any religious beliefs. Instead it is concerned with promoting good health and wellness. Natural healing is an approach to healing that looks at a person as a whole. It takes into account the mind and body of an individual as well as their social and environmental surroundings

Natural healing is about self-healing and it is founded on the belief that a person has the ability to heal themselves from within. Natural healing works with an individual's inner vital energy.

Please note that natural healing is not meant to be a substitute for conventional Western medicine but instead is meant to complement it.

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