

Gottingham Times

Issue 68 - July 2007



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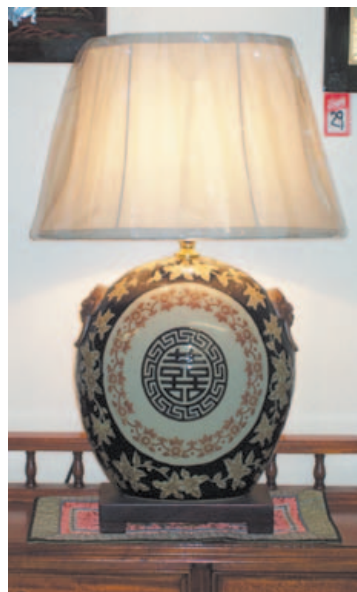
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COTTINGHAM TIMES

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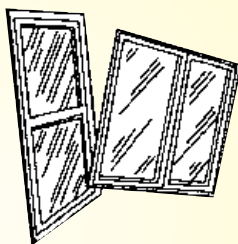
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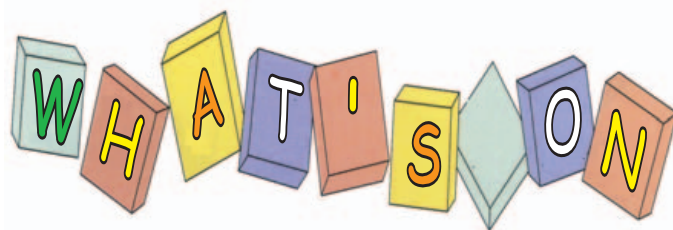
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In Cottingham and District

Cottingham British Red Cross

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Cottingham Catholic Women's League

Monday 9th July, "Work in Prisons", by B. Biam.

Cottingham Women's Institute

Tuesday 10th July, at 10.00 am upstairs at Cottingham Civic Hall.

East Yorkshire Federation of Women's Institute

Cottingham Green

Thursday July 12th, Members Night, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Cottingham Gardening Club

Tuesday 17th July, 7.30 pm. The Garden Room, at the Holy Cross Community Meeting Room. Members Rose Show followed by Mr. David Drayton.

Cottingham Singers

Performing their Annual Summer Concert on July 18th, in Bricknell Avenue Methodist Church, at 7.30 pm. Tickets £3.50 include refreshments. Come and enjoy our varied programme of events. Enquiries: Mrs. Paynter 843416.

Cottingham Evening Townswomen's Guild

Wednesday 18th July, at 7.30 in the Darby & Joan, Finkle Street. Holiday in Gambia by Barbara.

Diabetes UK

Thursday 19th July, Mr. P. Bowker, (Diabetes Network Manager), at the Board Room, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

P.A.G.E.R.

Thursday 19th July, Outing, Burnby Hall and Gardens.

Front Cover Picture: This is a view the King William IV Public house looking down Hallgate. The photograph was taken and kindly provided by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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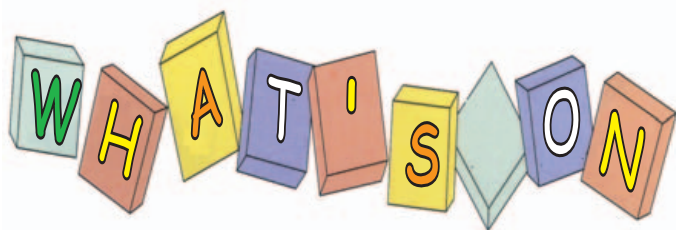
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In Cottingham and District

East Riding Flower Club

Monday 23rd July, Open meeting at the Civic Hall, Cottingham, Andrew Grisewood (National), 'Flowers are Natures Jewels'.

Wednesday Social Club

Wednesday 25th July, at 2.00 pm in the small Darby & Joan Hall, at the rear of the building.



Music

The Blue Bell, West Green, Cottingham

Open Mic Nights Every Other Wednesday
Karaoke - 15th July

The Railway, Thwaite Street, Cottingham

Sundays - Country & Western with Barry John
Every other Tuesday - The East Coast Band
Wednesdays - Johnny Pat & The Aces, £2 at the door with a free raffle.
Thursday - Karaoke

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Girls raise funds in "The Race for Life" at Costello Park

Nikki Best of Worcester Road, and her friends were among hundreds of runners who did "The Race for Life" at Costello Park on Sunday 3rd June.

Nikki and her friends enter every year and produced record times this year.

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

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Cottingham Little Theatre to stage "That's Entertainment 2007" from July 17th

A Summer Revue - "That's Entertainment 2007" - a miscellany of music and sketches, will be staged by Cottingham Little Theatre in the Finkle Street Darby and Joan Hall on Tuesday, July 17, Thursday, July 19, and Tuesday, July 24. Doors will open at 7pm and the performances will start at 7.30pm.

The drama group's first Summer Revue was staged last year, but a major difference next month is that performances will be a joint-production between the senior and youth members of the society.

"It is the first time that such a joint-venture has taken place", said Bob Minors, the group's Publicity Officer, who added that the Little Theatre's previous production, "Murdered to Death" was a great success which attracted a full house on the second night (Friday) and an audience of over 100 for each of the Thursday and Saturday performances.

"The comments which we received were very complimentary", said Bob Minors. "Several people told us that it was the first time they had been to one of our productions and they would definitely be back in the future".

Tickets (£4) for the Summer Revue are available from Barkers Newscentre, Hallgate, Cottingham; Margaret (Tel. 01482 - 846796) and Jenny (Tel. 01482 - 440096).



Tim May

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PC Steve Morley reports on Cottingham's graffiti problems

In his report to members at the Cottingham Parish Council's June meeting, PC Steve Morley, the village's Neighbourhood Police Officer, said that youths who have been creating graffiti problems in the village - particularly in the Market Green bus shelter - have been identified on the CCTV system and the appropriate action is being taken.

He also reported that there had been several instances of disorder by people leaving public-houses, and the Cottingham police team is planning to combine its resources with its counterparts in other villages in the Haltemprice area - where there are similar problems - to target the situation.

Plans are also underway for a police initiative through which cyclists - particularly youths - will be targeted to persuade them to cycle responsibly and with safe, well-maintained cycles. PC Morley said that he would like to introduce a voucher scheme to reward those who ride in a safe manner and with well-maintained cycles and help those with unsafe cycles to get them repaired to a safe and acceptable standard.

ERYC Highways Department reject problems on Park Lane

After Coun. Don Hardwick had highlighted problems in Park Lane, the East Riding of Yorkshire Council's Highways Department have said that they do not agree with the village authority's assessment of the situation and do not have any plans to widen the road.

However, they will look at the possibility of resurfacing the road as part of a future work programme over the next two or three years.

Coun. Hardwick is due to discuss the problems - and the ERYC's initial reaction - with Tony Wilson, a top official at the Highways Department, at a meeting early this month. (July)

In May, Coun. Hardwick highlighted the large amount of traffic - including juggernauts - which are now using Park Lane to access growers and a caravan storage facility.

Riders from equestrian centres - as well as other horse riders - use the bridle paths from Cottingham to Beverley which link in with Park Lane, which is less than 2.5 metres wide.

The surface, which is broken and uneven, cannot take the weight of the traffic, said Coun. Hardwick, who added that there have been serious incidents - including riders thrown from their horses and a horse falling when a manhole cover collapsed - on the road. The surface has been patched but, with the heavy traffic, repairs are not sufficient, said the councillor.

Parish Council award £100 grant to Hallgate Schools

Cottingham Parish Council has awarded a £100 grant to Hallgate Infant and Junior schools for the manufacture and erection of road safety signs close to the schools. The winning designs in a competition among the pupils will feature on the new signs.

Huge demand for Allotments

There has been an inexplicable surge in demand for allotments at the 94-plot site to the north of King George V Playingfields, off Northgate, it was reported at Cottingham Parish Council's June meeting. "The waiting list has now grown to 31", said Judith Macklin, clerk to the authority.

Meanwhile, Coun. Don Hardwick reported that work on replacing the existing water-pipe which crosses King George V Playingfields from the sports pavilion to the allotments site has now been completed.

The need for a replacement pipe became a priority after the East Riding of Yorkshire Council would not allow the water to be turned on using the existing pipe because it was damaged and uneconomical to repair. Water-troughs were in use on the site while the work was undertaken.

Parish Council agree to take over management of CCTV in Cottingham

The Cottingham Crime Watch CCTV Association and the East Riding of Yorkshire Council have agreed in principle for Cottingham Parish Council to take over the ownership of all the association's CCTV equipment in the village. Mike White, an ERYC official, is finalising the details for the village authority to buy out the lease-maintenance agreement.

Pedestrian crossing request for Castle Road/Willerby Low Road

Following a request from a Cottingham resident for a pedestrian crossing to be installed on Castle Road, adjacent to Willerby Low Road, the East Riding of Yorkshire Council plans to conduct a survey later this year to establish whether there is a need for a facility.

Request for seat on Bacon Garth Lane

Coun. Win Knight (Priory Ward) has received several requests from residents for the installation of a seat on Bacon Garth Lane and also for one adjacent to the bus shelter at the Market Green. At their June meeting, members of the parish council agreed to place the matter on the agenda for the next Finance Committee meeting.

Parish Council Election Results

Coun. Angela DeVine, who was returned as a representative of Priory Ward in the Cottingham Parish Council elections in May, was re-elected as Chairman of the village authority at its annual meeting, when Coun. Don Hardwick (Millbeck Ward) was elected Deputy Chairman.

Coun. DeVine was one of the four candidates elected for Priory Ward, with six nominees returned unopposed from the three other wards for the 11-member authority. Susan Cleary, a former Assistant Clerk to the council, was co-opted unanimously at the annual meeting to fill a vacancy in Castle Ward.

Elected councillors were: Priory Ward - Win Knight, Angela DeVine, Mark Ward, Ann Abel. Castle Ward (returned unopposed) - David Cook, Judith Leatham. Susan Cleary co-opted to fill vacancy. Croxby Ward (returned unopposed) - Gary Cooper, Kenneth Robinson. Millbeck Ward (returned unopposed) - Kevin Casson, Don Hardwick.

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By Louise Hebblewhite

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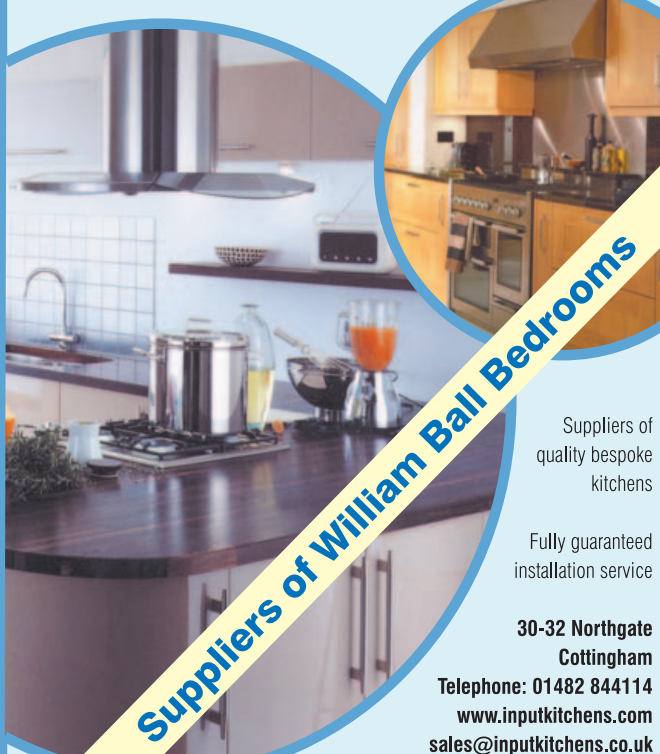
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Is it really summer in the UK?

By Marion Owen

Well I have been away following the last issue but not too far.

Liverpool was the city for last weekends break. It is a very attractive city for a break as there are many attractions to suit all ages and tastes. Just 3 hours away and your feet do not have to leave the ground.

The real reason for visiting Liverpool was for the wedding of my cousin's son James which took place in the fabulous historic Knowsley Hall, it was something very special. Yes it did rain but it really didn't affect the affair as our surrounding inside the hall was truly beautiful. How wonderful to be able to sit on the furniture and chat with everyone whilst sipping champagne when normally if you are allowed to enter this type of house everything other than the walk way around the room would be cordoned off. We all felt very honoured to be hosted in such a way.

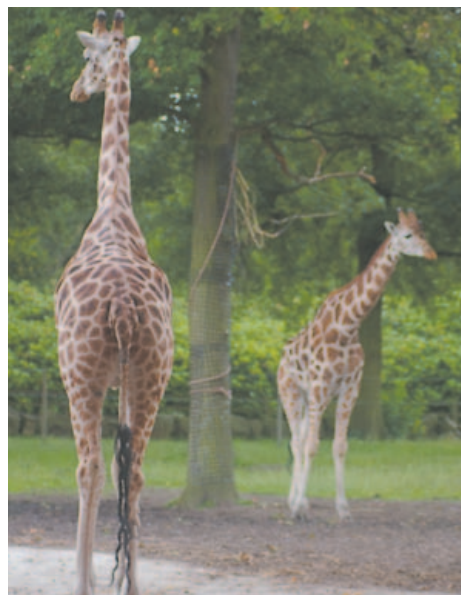
Belonging to 19th Earle of Derby, Knowsley Hall is open to the public just 5 days a year other wise it can be hired for corporate events, I suppose that Knowsley Safari Park is more well known than the Hall. We did manage a trip around the Park on the Saturday afternoon and it was enjoyed by all from 12 years to 82 years. It is interesting to see how the animals have space and that the environment has been created to resemble there homeland as much as possible. Also the breeding programme to help ensure rare species survive. There where hundreds of baboons and we took the liberty of driving through their area and they took the liberty of pinching our rear windscreen wiper.

I have to say if I lived locally I would be indulging in an annual pass and visiting often but not the baboons - it would be a bit too costly!

You really do need to take your car to do the Knowsley bit but should you just wish to take the train to the city you will not be short of things to keep you occupied. Liverpool was a great favourite spot of mine for shopping in my teens and is still good for shopaholics. Albert Dock is a nice place to spend time when the weather is nice or if you need to dive inside and hide from the weather the Beatles story is worthwhile. A ride on a ferry along the Mersey is fun plus how many cities can boast two Cathedrals & two Premiership football teams.

The UK has many lovely places to visit just sometimes our weather lets us down. Many hotels offer indoor leisure & Spa facilities and if you visit over the weekend can be excellent value for money. I have to say that although we had only been away for 3 nights we did feel refreshed.

If you have a few days to spare and want to escape in the UK or abroad don't hesitate to give my office a call tel. 212525 we have plenty of ideas plus access to some very favourable rates including attraction tickets for example London's Tutankhamen exhibition and shows such as Joseph & Dirty Dancing.



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

Find the words in the letters above:

Buzz	Lazy	Zap
Daze	Maze	Zilch
Doze	Oz	Zillion
Fizz	Quiz	Zip
Fuzz	Raze	Zipper
Haze	Snooze	Zippy
Hazy	Taz	Zoro
Jazz	Zany	

Sudoku No. Seven -

This is a medium challenge

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

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East Yorkshire Woodturners

Thank you to the 'Cottingham Times' for featuring the Club in the May Issue - "In a Spin? Don't know which way to turn?" (page 19).

Saturday Spectacular

Apart from the monthly visits on clubnights when Eminent Woodturners demonstrate, the Club is to hold a Special event on Saturday, 14th July 2007, at Yorkshire Woodcraft Supplies in Finkle Street, Cottingham.

International Woodturner Tracy Owen will present a full-day demonstration. He bought his first lathe in 1991 and is now renowned for his expertise in producing exotic hollow forms (vases to you and me) as well as even prayer wheels for a Tibetan Monastery in the Scottish Borders.

Everyone welcome! An opportunity to see what Woodturning is all about.

Come along and see an expert in action!

This 'not-to-be-missed event' starts at 09.30am, 'til 4.30pm., with a short break at lunchtime. Entry by ticket only £8.00 per person from Peter.

Telephone: 842560 or 'on the door'.

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Cottingham Darby & Joan Club purchase much needed replacement Mini Bus

Thanks to a legacy from the late Mrs. Merle Mumby the Cottingham Darby & Joan Club have been able to purchase a replacement mini bus.

Pictured below with the bus are WRVS Members, Trevor Robinson, Transport Organiser, Mrs Jennifer Hodge, Club Manager, Mrs. "Feathers" Wray, Deputy Club Manager, Drivers Jenny Thorpe and Phebe Wilson and Club Members Gladys Ives, Betsie Howlett, Diana Hessaltine, Sheila Laverack, Mary Best and Brian Robson.



The Darby & Joan Club are anxious to get more drivers and escorts and if you feel able to assist on a Friday morning or afternoon on a rota basis please contact either Trevor Robinson Tel: 876279 or Jennifer Hodge Tel: 849077, or alternatively call in on a Friday for more details.

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 GUEST ACCOMMODATION

Crossword - Solution on page 30

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
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58					59				60		61			
62					63						64			
65					66						67			

Across

1. Dutch name of the Hague; 5. Small nails; 10. Horses gait; 14. Potpourri; 15. Nest of a bird of prey; 16. Expectant desire; 17. Conclusion; 18. Rough and noisy; 20. Boat spines; 22. Permit; 23. Middle; 24. Sanctimonious; 26. ER VIP; 27. Soaks up; 30. Hates intensely; 34. Passes by degrees; 35. Thick cord; 36. Peg used on the first in golf; 37. Midge; 38. Brutal; 40. Walking stick; 41. Find the sum of; 42. Unstable lepton; 43. Unfair lender; 45. Billboards, some say; 47. Charms; 48. Weeding implement; 49. Not concealed; 50. Secret agents; 53. Primate with a short tail or no tail; 54. Examine account books; 58. Merging; 61. Fix up; 62. Human bone, located in the arm; 63. Pivot; 64. Building wings; 65. The majority of; 66. Beginning; 67. Conks out;

Down

1. Ham__ ; 2. Tropical plant; 3. Helper; 4. Ball game target; 5. Decorative flap on a garment; 6. Greek god of the winds; 7. Weeps; 8. Star__ tuna; 9. Become firm; 10. Three times; 11. Crucifix; 12. Literary work; 13. Students hurdle; 19. Engage in histrionics; 21. Male parent; 25. Unknown; 26. Pluck; 27. Pond scum; 28. Game resembling ice hockey; 29. Club alternative; 30. Her partner would be a buck; 31. Gaze intently; 32. Religious doctrine; 33. Prophets; 35. Flee; 39. Fish eggs; 40. Refined; 42. Bullwinkle, e.g.; 44. Chapter of the Koran; 46. 5th month of the Jewish religious calendar; 47. Get back for; 49. Goes into business; 50. Worthless person; 51. Game played on horseback; 52. Hostelties; 53. Not fer; 55. Where heroes are made ; 56. Doing nothing; 57. Throw; 59. The 17th letter of the Greek alphabet; 60. Hanoi holiday;

"Crossword provided by BestCrosswords.com

(<http://bestcrosswords.com>). Used with permission"

Life's not good, people ignore me.
They stare as if I don't exist.
Just walk by!
They look right through me . . .
maybe it's because
I'm a window!

Gary Jennings of Hedon

Happiness to share

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the more you'll find
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By a friend of Mr Stones

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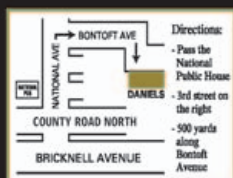
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Scampston Hall and Walled Garden visited by the East Yorkshire

Association of the National Trust

This first outing of 2007 Summer Season was well supported, with more than 40 members and their guests gathering together on a fine dry morning. As our coach passed through Wetwang we were delighted to be able to see numerous comical scarecrows taking part in their own "Scarecrow Festival".

We were warmly welcomed to Scampston Hall by Sir Charles and Lady Legard. The house dates from around 1700 and the surrounding park evolved in the 18th century culminating in a design by Lancelot 'Capability' Brown incorporating a series of lakes ending in a Palladian style bridge. The house has a superb collection of paintings, porcelain and furniture, the enjoyment of which was greatly enhanced by snippets of information from our guide.

Three years of work to restore the decoration resulted in the house being voted Country Life "House of the Year".

After the house tour, some enjoyed an excellent lunch at "The Star" whilst others chose to picnic in the grounds.

Plenty of time remained in the afternoon for a leisurely tour of the Walled Garden, and plenty of time was just what was needed to enjoy this contemporary garden set within the walls of the original kitchen garden. The gardens are set out in a series of 'rooms' with contrasting colours and moods. Thoughtfully placed seats provided places for quiet contemplation.

This is a garden to visit over and over again to enjoy the changing seasons, with different plants in bloom every month.

Sir Charles jokingly told us his family had achieved absolutely nothing - we beg to differ!

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In the Kitchen



Ingredient of the Month Blueberries

It is now accepted that Blueberries are higher in anti-oxidants than any other fruit or vegetable. These help protect against cancer and there's also evidence that blueberries can reduce Urinary Tract Infections such as Cystitis' they protect against Heart Disease and help Protect Eyes because of their high Vitamin A Content. They also have very high levels of vitamins C and A. Blueberries are widely associated with The United States by most of us. Today the United States produces over 110 tons of blueberries, the bulk of all blueberries commercially grown worldwide. Canada, Poland, and the Netherlands are also significant producers.



Cultivation.

The Low-bush Blueberry V. is a twiggly, deciduous shrub which only grows to 1-2 feet in height. Despite their dwarf status, each plant produces 1 to 2 pints of small intensely flavoured berries. In the wild, these plants spread via underground runners (rhizomes) and eventually create very large areas called "Blueberry Barrens" which are suitable for commercial harvesting. They are very cold-hardy and can be found growing in climates as far north as Arctic North America.

The High-bush corymbosum can reach heights ranging from 5 to 15 feet although they are generally pruned back to around 6 feet to make harvesting easier and produce an abundance of large, sweet. Commercially grown blueberry bushes start to bear fruit within 12 months after planting and can continue to bear fruit for upwards of 30 years. They require long periods of cool weather during the winter to allow the flower buds to develop properly and as with many

other of the Ericaceae family such as Rhododendrons, require a soil pH of 4.0 to 5.5. Blueberries ripen from mid-to late summer. The "Bluecrop" season lasts a month however turning blue is not a sign of ripeness. Most Blueberries turn blue one to two weeks before they're ready to pick and the berries don't ripen all at once. . Once the fruit have ripened they are harvested by hand due to the fact that they are easily damaged. However, with the invention of the blueberry rake, if they are to be further processed for jams etc., they can be harvested by machine. They must be fully ripe when harvested, as they do not continue to ripen after they have been picked.

Fresh berries

Fresh blueberries are in their prime from late June through to August. Select berries that are firm dry, plump, smooth skinned and completely blue, with no hint of red and check carefully for any mould or damaged berries. Blueberries are often coated with a light white coating called "bloom" which is not harmful and actually helps prevent deterioration. As water on the fruit accelerates deterioration, don't wash them until you are ready to use them. Store them in the refrigerator, unwashed, in a rigid container covered with clingfilm where they should last up to two weeks if they have been freshly-picked.

Frozen berries

Blueberries are excellent for freezing as once thawed they are only slightly less bright and juicy as in their original harvest state. When freezing at home, don't wash them before freezing as this causes the skins to toughen. To freeze for eating in their raw state, place them in a rigid covered container and cover with a syrup made from 4 parts water and 3 parts sugar then freeze. To freeze for future cooking, place the berries in a rigid covered container with one inch of head space for expansion. Rinse after thawing and before eating. Crushed or pureed blueberries should be frozen with the addition of approx 200g/7oz sugar to each 450g/1lb of fruit. Frozen blueberries will keep for a year.

Health Benefits

The antioxidants are contained in "Anthocyanins" (Greek word meaning "plant" and "blue") these are the reason why Blueberries are Blue! They are responsible for the Blue colour of the fruit. Strawberries and Spinach also contain high levels of antioxidants.

Recent surveys have revealed that Blueberries (as well strawberries and raspberries) contain chemicals that decrease the growth of cervical and breast cancer cells by a considerable percentage. Blueberries have also been found to contain resveratrol, another potential anti-cancer agent. Blueberries have also shown to not only halt the ageing process but actually reverse it!. Experiments have also indicated that eating Blueberries improves short term memory loss and improves balance and co-ordination.

Recipe for Blueberry Muffins



Ingredients:

150g/5oz Plain Flour
150g/5oz Wholemeal Bread Flour
1 tbsp Baking Powder
Pinch of Salt
75g/3oz Caster Sugar
1 Egg
300ml/10fl.oz. Milk
2 teasp Lemon Juice
90ml/3fl.oz. Vegetable Oil
100g/4oz Fresh Blueberries

Instructions

1. Preheat the oven to 200C, 400F, Gas mark 6 and lightly oil a 12 hole deep muffin tin.
2. Mix together the flours, baking powder, salt and sugar in a mixing bowl. In a jug combine together the egg, milk, lemon juice and oil. Make a well in the centre of the dry ingredients and then gradually mix in the liquid until all the ingredients are almost combined.
3. Add the blueberries and quickly mix in : try not to over-mix.
4. Fill the muffin tin with the mixture and bake in the oven for 30 - 35 minutes. Cool on wire racks.

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How to ensure you receive the best from your salon visit.

Too often salon clients do not receive the best service from their chosen stylist. At Unique all of our Team are well trained in not only up to the minute techniques but equally important fantastic service standards.

To help you receive the salon visit you deserve I've included a few pointers for you.

1. Make sure you find the right stylist for you, ask friends for recommendations.
2. Visit the salon for a consultation. Reputable salons will encourage this and shouldn't pressurise you into committing there and then.
3. Listen to the stylists advice - but make sure your ideas are taken into consideration too.
4. Be realistic about.
 - a) The amount of time you actually spend on your hair.
 - b) The texture of your hair.
 - c) Your commitment to the maintenance of your chosen colour and style.
5. Your stylist should always offer tips and suggestions on how to dress your hair, What products and what equipment to use. If they don't - prompt them.
6. Keep an open mind about having a change.
7. Finally don't be afraid to tell the truth when asked at the end of the service if everything is to your satisfaction, be honest.

I know in my salon we pride ourselves on making your visit special - does yours?

Ben



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

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The History of Hallgate Schools - continued

By Peter Railton

Last time, we saw that there were a staff of seven teachers including the head in the boys' school. There were a similar number in the girls' department in 1904. Mrs Holmes, Mistress; Gertrude Jack, Assistant Mistress; Alice M. Spikins, article 50; Elizabeth B. Brown, article 50; Kate Pickering, article 50; Edith Marshall, article 68; Elsie Boothby, 1st year pupil teacher; Edith Ness, monitor.

Salary Increases

The salaries of Miss Brown and Miss Spikins were raised from £45 to £50 per year. Miss Jack passed her Certificate Examination and her salary was raised to £60 per year. Explanation needed!

Whereas in the boys' department most of the staff had passed their qualifying exams, in the girls' department four teachers were well on their way to qualification and one was just starting. In those days would-be teachers became apprenticed to a school as was explained in an earlier article - training was 'hands on' in today's parlance. This apprenticeship usually lasted for five years and began when the applicant was 14. Qualifying exams were taken each year until final qualification was obtained at 19 or 20 years of age, the pupil teacher was then an assistant mistress, or master, as the case may be.

Usually the head mistress was simply referred to as 'mistress' of the school and those passing their exams were then assistant mistress, or master. As more pupil teachers qualified and became assistants, the term 'Head' mistress or master became common. Not many teachers had attended a training college then and were known as uncertificated teachers; Gradually, pupil teachers came to attend certain further education centres to enhance their training - forerunners of 'day release'.

Along with the new arrangements under the 1902 Education Act making local authorities responsible for education and giving grants to voluntary and grammar schools conditionally, local councils were empowered to set up teacher training colleges and Hull City Council established the one on Cottingham Road next to the University in 1907 with places for 100 men and 50 women initially. Gradually the pupil teacher scheme ended and student teachers entered the colleges at 18 for a two year course plus practical teaching in local schools.

The Influence of the Temperance Movement

This Edwardian period saw the rise of the Temperance movement which denounced the 'evils of drink'. Most readers have probably seen old documentary film showing marches and protests, but this was a real force and sent speakers into schools. On 23rd September 1904, Mr. Snowden from the Yorkshire Band Of Hope Union gave a lecture on "Alcohol and its effects on the human body" to Standards V1 and V11 in the girls' department that Friday morning and it was repeated in the boys' department later, and the pupils wrote essays the following week which were forwarded to Mr. Snowden who declared himself pleased with the result!

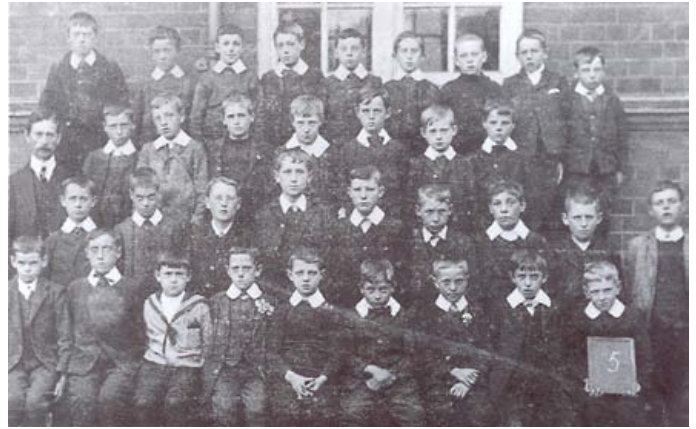
Miss Spikins left the department in October and took up an appointment at another school on completion of her time at Hallgate and a subscription from teachers and pupils was collected for a gift "to remind her of the time she had spent in the Cottingham School." A Miss Turner of Wawne Street Girls' School replaced her.

Chicken Pox and nasty accidents

There were several cases of chicken pox in both the girls' and boys' departments that autumn of 1904, plus several accidents -

"Edith Pickering met with a nasty accident during recreation period on Tuesday afternoon. Her mouth and nose were so badly cut that she had to be attended by Dr. Watson. She was absent during the remainder of the week."

20 Cottingham Times - July 2007



Pictured above: A class of boys at Cottingham School, taken in 1909, with Mr. Moorby (on the left)

and

"Daisy Brocklesby has been knocked over by a dog and is suffering and injury to her spine."

An H.M.I's report for the boys' department reads -

"This school continues to be exceedingly well taught and in a good condition of discipline. The Master and Staff are attentive to their duties."

There was very stormy weather with winds and snow in late November and chicken pox infections increased, some 40 homes being affected which sent numbers on the roles down sharply.

On 2nd. December in the boys' section -

"a very dark morning - compelled to light the gas in St.1 room. Master being engaged at 9am. For a time, no hymn was sung - an incident illustrative of the musical ability available since Miss Carmichael left".

On 16th December the attendance officer was concerned that a total of 146 pupils were absent in the three departments on account of chicken pox. Dr. Watson, the Schools Medical Officer of Health gave orders to close the schools on account of the epidemic and they remained closed until 9th January 1905.

Early the following year Miss Carmichael returned, but only on a temporary basis and Mr. Moorby made the most use of her talents as a pianist and singer -

"a singing lesson with Miss Carmichael at the piano was both profitable and enjoyable".

More singing lessons seem to have been fitted in than usual to take advantage of her presence!

A new Syllabus of Scripture was issued by the Authority and had to be followed in all classes in the girls' and boys' departments between 9.05 and 9.40am, and the timetables were altered accordingly.

Pupils in both of these departments were regularly allowed to leave school after making satisfactory progress in Standard V1 at 12 years old and provided they passed the Labour Examination which enabled them to work full or half time.

This arrangement continued right up to 1918 when an Education Act of that year set the school leaving age at 14 and the starting age at five, although some children had been starting school as young as three or four giving rise to the caustic entry in the infants' log book by Mrs. Moorby.

"Many in the Babies class only come one or two half days per week - practically make a convenience of school".

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

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In the Garden



The Flower Garden

Plant of the Month -

Rosa 'Climbing Iceberg'

Rosa 'Climbing Iceberg' Burgundy.

Common name: Climbing iceberg rose

Family: Rosaceae



Vital statistics

Height and spread: Up to 3m

Form: Climbing floribunda rose

Life span: Perennial

Soil: Fertile, moist but well drained soil

Aspect: Full sun

Hardiness: Hardy throughout the British Isles

Top 10 jobs

1. Check clematis for signs of clematis wilt
2. Place conservatory plants outside now that it is warm
3. Water tubs and new plants if dry, but be water-wise, and heed hosepipe bans
4. Dead-head bedding plants and repeat-flowering perennials, to ensure continuous flowering
5. Pick courgettes before they become marrows
6. Treat apple scab
7. Clear algae, blanket weeds and debris from ponds, and keep them topped up
8. Order catalogues for next year's spring bulbs
9. Give the lawn a quick-acting summer feed, especially if a spring feed was not done
10. Give woodwork a lick of paint or preserver, while the weather is dry.

Growing along the Rope Walk, Rosa 'Climbing Iceberg' Burgundy, looks fantastic planted on the same post as Clematis 'Mrs Cholmondeley' with the white rose flowers enhancing and being enhanced by the large blue flowers of the clematis.

The history of rose cultivation is long, though often poorly documented. Roses have always been popular not only for their attractive and often scented flowers but also for the production of attar of roses together with the medicinal use of distillations from rose hips, leaves, flowers and even roots.

Roses were written about by Theophrastus (382-287BC) and are thought to be referred to on tablets which date back to 2300BC. Due to the writings of Pliny the Elder the Romans are known to have cultivated roses on a large scale, growing them under glass in the winter month at Paestrum, and importing and exporting plants throughout the Empire. Roses have also been cultivated in China for many thousands of years. An emperor of about 140BC is said to have judged a rose to be more beautiful than the smile of his favourite concubine and roses were grown in the gardens of the Emperor Liang (502-547AD) but it was not until the late 18th Century that roses from China were introduced into Europe.

Herb of the Month - Dill

How and where to grow Dill

Dill will grow well in most soils. Prepare the soil by digging to a spade and a half depth - the long tap roots of dill need to be able to grow without hitting solid soil. Incorporate some long lasting fertiliser, such as bonemeal, at the rate of two handfuls per square metre (yard).

Planting and Care of Dill

Dill is a perennial and therefore can last several years. However, it is only hardy down to about -4C, so it is sown from seed each year. Sow thinly in April, covering with only



Dill herb with flower heads

a fine layer of soil. The seedlings will emerge in two weeks or so, and should be thinned to 24cm (9in) apart. Further sowings can be made during the spring and early summer to extend the harvest time.

The only care required is to keep the plants weed free. The long tapered roots of dill will ensure that it is unlikely to need watering in all but the most extreme dry conditions.

Harvesting Dill

Dill will produce wispy leaves growing on a single stem about 75cm (30in) high, which can be harvested about eight weeks after sowing. At this stage the plant will begin to produce flower heads, causing the leaf production to stop. In Eastern European countries, they grow dill principally for the flower heads (see picture on right) which are used to flavour pickled fruit and vegetables, especially gherkins.

In the UK we mainly use the leaves of dill to flavour fish, lamb, potato and peas. The best way to harvest the leaves is to cut the plant down to an inch of its base as soon as there is any sign of the flower heads developing. With a little luck, the plants will re-grow to produce a second crop in late summer.

Dill will keep well in the fridge for about three weeks - the remainder can be stored in the freezer in individual portions. Dill can be dried and stored in an air-tight container, but in our experience this causes it to lose most of its flavour.

Container Growing Dill

Dill is especially suited to container growing. For growing outside, use normal potting compost and keep the plants well watered. Dill will also grow indoors - sow the seeds indoors during October in 7cm (3in) pots. Transplant to larger pots when the plants are about 15cm (6in) tall. Keep the plants on a sunny windowsill (out of direct sunlight) and away from radiators. The plants will need to be supported with a stake - they will be ready for harvest about eight weeks after sowing. *(Reproduced by kind permission of www.rhs.org.uk)*

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Love them or hate them, computers are now a part of our lives

By RDM Computers

I was guest speaker at a dinner recently and was remarking on how, love them or hate them, the computer has become part of all our lives, even if we don't own one. Also that the local paper carried a picture recently of a 1970s office where there were just desks, with people in black & white writing things on pieces of paper and dictating letters - not a computer to be seen of course. A strange sight indeed compared to the office and home of today.

Some interesting questions were raised after the talk mentioned above and I will outline a few of them here:

Q: Given the security risks involved in going online, was it a good idea to have one computer just for the internet and another for keeping all your own personal records and data on?

A: I have known some people to do this particularly if they have sensitive data stored. But of course it can be quite an expensive exercise. The answer is really to make sure your own PC has the required levels of protection installed, i.e. up to date anti-virus and a firewall (if you have Windows XP or Vista there is a built-in firewall anyway, just ensure it is switched on by looking in Control Panel).

Q: Is online shopping and banking really secure enough to use regularly?

A: These activities account for a very large proportion of online activity, and similar to the answer above it is all about your own security levels. If they are in place and only use reputable sites, you shouldn't have a problem. Many people are concerned about using their credit card online, but the good news is that your number is never stored on the computer, it is encrypted (or scrambled) as it leaves your PC and then is unencrypted on a secure server at the other end and no other record is kept. Most banks and card companies provide an anti-fraud guarantee also. Never, repeat never, follow a link in an email asking you to update your card details or enter your pin or password, delete the email or report it to your bank.

Q: My anti-virus subscription has expired and it is asking me to renew online what should I do?

A: Again this should be safe to do, but many people do get into problems downloading the new installation, particularly if they only have a dial-up connection. The other way is to buy a new product and start again. Our own recommendation is *AVG Professional*, and we can provide both new subscriptions and renewals.

The computer industry is a very fast moving business and things change very quickly. This is particularly true of prices which tend to go downward & always welcome news for the customer. The classic example of this is the laptop which is now virtually half the price it was a year or two ago. This shifting trend was highlighted in the leading IT trade magazine that I also write for, *PC Retail*. In an interesting article they visited Tottenham Court Road, traditionally the electronics shopping street of London, and every store they visited only sold laptops, not PCs. That is not to say the PC is dead, just that sales of laptops have increased vastly and of course from a retail perspective easier to stock.

It is a fact that many homes now have more than one computer. This generally this tends to be one main PC for general use connected to broadband, printer, scanner and other peripherals, and then a laptop/s that can be used anywhere in the house or even the garden, hence the rise in popularity of wireless networking, as we've discussed before can share not just broadband but the other resources on the main PC.

Wikipedia is an online encyclopedia with a twist. Not only can you view definitions and explanations, but you can even write them or amend them yourself. Therefore it does have to be treated with an element of caution, you may want to double check facts with another source. However, it is a free service started just a few years ago, and has proved so popular that traditional companies like *Encyclopedia Britannica* have been left struggling, and it is reported they are laying off large numbers of staff.


If we could all live our lives by 'Microsoft minutes' we would all be around a lot longer! How many times have you watched that download or installation progress bar get to 99% or '3 minutes to go' and then sat deciding whether to wait or go and do something else?

And finally, I am pleased to report we have opened a new office on Newlands Science Park which is on the University of Hull Campus, just 5 - 10 minutes from Cottingham. There is parking outside for anyone visiting or wishing to drop off their computer for bench-testing, repair or upgrade. Just phone ahead to book a time slot.

Richard D. Mills

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Cottingham Cricket Club's Byron Parker and Will Rhodes selected for Yorkshire Schools Under 13-B and Under 12 Squads

Cottingham Cricket Club's Under-15 and Academy players Byron Parker and Will Rhodes, who are both pupils at Cottingham High School, have been selected for the Yorkshire Schools Under-13 B and Under 12 squads respectively. It is the first time that Parker has been selected for the county, but Rhodes has represented Yorkshire Under-11s for the past two seasons. Both players have also represented the East Yorkshire District Under-13 team this season.

Hallgate Junior School pupil Jonathon Mawson has been selected for the East Yorkshire Under-11 Lord's Taverners' squad who play this month

Dom Rhodes, who plays for the Under-17 side and also senior cricket for Hull & YPI, has represented the East Yorkshire Under-17s in the Joe Lumb competition this season. He had a memorable game for Hull & YPI II against Driffield when he scored 104 as they rattled up 429 for 2, a league record score. His century came off 34 balls, with his 50 coming off just 15 balls.

The Cottingham club's Under-11 team reached the semi-final of their league cup with victories over Bridlington and Fenners. In a low scoring game at Bridlington, they scored 53 for 8 (Rich Moy 12) and restricted the seaiders to 29 for 8 with Robert Martin and Jonti Bayram each claiming two victims.

They won in the last over against Fenners (67 for 8) with Moy (4 for 11) and Jonathon Mawson (2 for 5) their chief wicket-takers. Cottingham struggled until captain Moy (40 not out) and Mawson (15) saw them home.

The youngsters have also met Hornsea twice. The first game was won by Hornsea off the last ball (Moy 16; Rizwaan Mohammed (4 for 8), but Cottingham avenged that defeat, due mainly to Cam Furlong (14 not out).

At Hedon, the youngsters dismissed South Holderness for 33 - between them, the brothers Rizwaan and Irfan Mohammed took four wickets for one run - and, with Moy top-scoring, reached their target in the 15th over.

The Under-13 team have made a good start to the season. Against Sutton, they scored 113 for 8 (Rob Fish, 17, and J Routh, 15). In reply, Sutton started well, but failed to reach their target. Cottingham's best bowler was P Greenman (2 for 6). Batting first, Hutton Cranswick scored 48 (Jonathan Hagyard, 2 for 3) and Cottingham Under-13s knocked off the runs for the loss of one wicket.

In the league cup, South Holderness hit 92 for 4 - all run-outs - and Cottingham reached their target (Matthew Hagyard, 41) with seven wickets to spare.

In the next round, Beverley scored 76 (Jonathan Hagyard, 2 for 3) and Cottingham (captain Liam James, 10, Matthew Hagyard, 11) knocked off the runs with three overs to spare.

Cottingham were beaten in their following two matches. Hull and YPI scored 125 for 6 and Cottingham hit 72 for 5 in reply with only Jonathan Hagyard and D Maw reaching double figures. Against Zingari they were bowled out for 47 and the Hull side reached their target for the loss of one wicket.

After winning their "opener" against Sutton (Cottingham 174 for 7; Sutton 41 all out), the Under-15 side beat Fenners in the cup and Hessle and Skirlaugh in the league. In the cup, Cottingham scored 106 for 5 (Will Rhodes, 26, Alex Easter, 19) and Fenners replied with 66-8 (Rhodes, 3 for 15; Danny Furlong, 2 for 6; Mike Bell, 2 for 11).

At Hessle, Rob Moy (4 for 3) helped to restrict Hessle to 91 for 8. Moy scored 28 as Cottingham reached the target for the loss of 7 wickets. Jamie Richards (15) and Adam Cawkwell (13) also contributed.

Skirlaugh were dismissed for 76 (Daniel Furlong, 3 for 10) and Cottingham (Alex Easter, 29; Jamie Richards, 39) raced to victory in an unbeaten opening stand.

The Under-17s side started the season with a win, a defeat, and a third match lost to the weather. Cottingham were asked to chase 189 against Driffield (Dom Rhodes, 3 for 18) but, with the light fading they reached 121 for 6. (Rhodes, 37).

Hutton Cranswick scored 112 (Jamie Richards, 1 for 7; Dom Rhodes, 2 for 11) and Cottingham (Rhodes, 25, Furlong, 28, McNicol, 30 not out) won with an over to spare.

The club's success in cup competitions continued when the Under-17 side beat Hessle, who were dismissed for 77 (Furlong, 3 for 1) and Cottingham (Rhodes, 20 not out, Thom Stonehouse, 17, Alex Easter, 16 not out) saw Cottingham home with the loss of 3 wickets.

Zingari scored 106 for 8 (Rhodes, 2 for 11; Bell 3 for 20), but Cottingham struggled to 82 for 9 (Jamie Richards, 26; Stonehouse, 20). Sutton's 115 for 4 proved too much for Cottingham who finished on 91 for 9 (Bell, 26).

Further information about Cottingham CC can be found at www.cottingham.play-cricket.com

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Your Stars for July 2007 - By Kay Gower

ARIES - (Mar. 21- April 20)

At this time you are likely to speak out and let your voice be heard on matters you have been considering or mulling over for some time. You are keen and alert, and you express yourself well. This is an excellent time to initiate discussions and communication, but you may be so intent on getting your message across that you don't listen to what anyone else has to say.

Taurus - (Apr. 21- May 21)

You are willing to sacrifice some benefits in order to live a life that suits your temperament and interests now. This attitude is very wise and you can make great strides in getting your life on track. You are more in tune with your instincts and your life tends to come into alignment with your inner nature. Consequently you feel more contented, more 'in your own element', and more creative.

GEMINI - (May 22-June 21)

Money making opportunities come one after another, but your success this month may well depend on how well you promote yourself. Do this in a subtle way, Gemini, through your confident manner and a few well-chosen words.

CANCER (June 22-July 22)

The past few months have not been easy, but you have taken life's tests with characteristic grace. Thankfully, July promises to be a vast improvement, and will soon put the spring back in your step and faith back in your future.

LEO - (July 23-Aug 22)

You may be very tempted to spend lavishly on special treats that will make your life more comfortable and pleasant, frivolous purchases may be hard to resist. This month is a fine time to buy beautiful things, which will not only increase in value but will also be appreciated for a long time to come.

VIRGO - (Aug 22 - Sept. 23)

Profitable new opportunities will open up for you this month, but it will be up to you to follow up on them. Choose carefully among all that is on offer, as there will be many demands on your time - especially from the 15th onwards.

LIBRA - (Sept. 24 -Oct. 23)

By clinging too tightly to the outcome you desire in a particular scenario or a relationship, you may well be blocking something or someone better from turning up. Loosen your grip this month Libra, then stand back and see what happens.

SCORPIO - (Oct. 24 - Nov. 22)

You are inspired to show love by acting upon your nurturing instincts. You will be busy beautifying the home and garden or even becoming creative with culinary arts. This month, home is where the heart is.

SAGITTARIUS - (Nov. 23 -Dec. 21)

To the untrained eye, you may seem to have no direction. But you've seen "Liberty Lane" and you're off! Hopefully, no one will ask you where you're going. The point is that you're free. Enjoy it while it lasts Sagittarius.

CAPRICORN - (Dec 22.- Jan. 20)

Concerns about money, jointly held assets or personal belongings to which there is an emotional attachment may arise during the middle/end of July, and you react just as you always have in the past rather than viewing these issues objectively. Your emotions are also more intense at this time and you could overreact to some encounter.

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

The New Moon on the 14th July will be your moment to shine Aquarius. If you have been frustrated with the pace of events, or feeling that you've been stuck in a rut, you'll be pleased to see that the course of events will start to become much livelier. Initiate a special plan or wish on or around the 14th.

PISCES - (Feb. 20-Mar. 20)

Things once discarded now have a use. It could be that a piece of information that didn't fit into your mental framework before, and was therefore pushed aside, could prove to be very valuable to you this month.

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The boys are constantly working on new material and as you can see are back in the Studios in July to burn some new tracks.

Date	Venue
5th July	The Vikings Hotel - hhh records launch night with the alones, Goole
7th July	Big Coffee - Special Acoustic set, bongos . . . the lot - Anlaby, Hull
9th July	Lamp with the heights - Hull
9th July	Recording - Hull
10th July	Recording - Hull
11th July	Recording - Hull
12th July	Recording - Hull
13th July	Recording - Hull
14th July	Private Wedding, Hull
23rd July	Dry Bar, Manchester
28th July	333 mother bar with the hungover stuntmen, London

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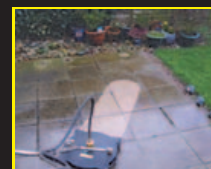
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Springboard Live Free Music Festival at the King William IV Pub August 10th, 11th and 12th

Following the outstanding success of the 2006 inaugural and experimental one-day Cottingham Springboard Music Festival - a free, live musical bonanza - held in the village's King William IV, the event has been extended to three days this year.

With the help of funding from the Arts Council and Cottingham Parish Council, it will be staged next month (Friday, August 10th until Sunday, August 12th) in the Hallgate public-house, where more than 40 artists, groups or acts will be performing.

"It is hoped that the festival will continue to expand and other venues in the village will be used", said organiser Ian Kennington, who suggested that "The Back Room" - a multi-purpose and specialist function room at the rear of Gilly's Balloon Company, opposite the Methodist Church in Hallgate - may even stage some performances next month.

Several local bands will feature on the opening day, with a combination of international, national and local artists on the Saturday, when the special guest will be

Seikou Susso, a singer who also plays the Kora, an African harp. Originally from Gambia, Seikou now lives in Leeds and has played in Hull many times this year during the William Wilberforce "Abolition of Slavery" centenary celebrations. Other international singer-songwriter contributors include Jay Fraser, from Tasmania, and Will Fell (Canada).

Cottingham representation on the day includes young indie-acoustic duo Ben Elsworthy and Emile Atkinson, as well as Cottingham's Guy Gibson, a singer-songwriter guitarist, who will be turning back the clock with a Billy Bragg-style performance.

Special guest and headliner, Michael Chapman, a legendary folk rocker, will feature on the Sunday. Michael, who lived in Hull in the Sixties and early Seventies, has recorded several critically-acclaimed albums on the EMI label - including "Fully Qualified Survivor" in 1970 when the late John Peel, the former BBC Radio DJ, rated it as his favourite LP of the year. Michael will be supported by many local artists on the third day. They



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include Cottingham's Doug Peters and Knaresborough-based Nick Mackay, once described as Yorkshire's answer to Ry Cooder.

A special promotional CD, which features some of the artists who will be performing at the Springboard Festival, is being distributed to 56 record labels and 14 radio stations, as well as other appropriate national, regional and local media.

Further information may be obtained from festival organiser Ian Kennington. The official festival website is www.springboard.bravehost.com and details are also available on www.myspace.com/springboardcottingham

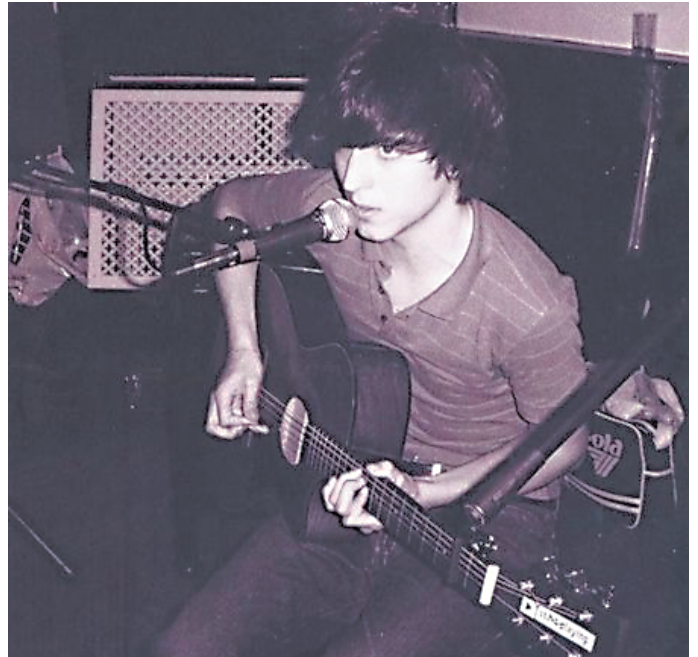
Programme of performers:

Friday, August 10 (from 7pm) - John Copley, Lewis Blofeld, Cherry Cobb Cartel, The Bonnits, The James Dean Syndrome.

Saturday, August 11 (all day from 1pm) - Royale Accordians, Claudette Tillier, Holly Taymar, Blind Lemons Hot 5, Adrian Byron Burn, Mike Rogers, Phill Wilson, Will Fell, Scott Pickering, Rob West, Guy Gibson, Ben Elsworthy and Emily Atkinson, Colein, Rag and Bone, Seikou Susso.

Acoustic Lounge (from 5.30pm) - Ukelely Bill, Dave Abbott, Sarah McCluskey, Lee Starr, Martin Hughes, Jay Fraser, Mister Sneaks, Kris Eastwood, Donna Smith, Val Marshall.

Sunday, August 12 (from 2pm) - Flamenco Ted, Dennis and Michael Caruana, Doug Peters, Bobby Joyce, Happy Endings, John Copley, Nick Mackay, Freya, The James Dean Syndrome, Carl Woodford, The Nocturnal Flowers, Emma Rugg, Karl Culley, Michael Chapman.



Scott Pickering, one of the artists who will be appearing on the second day of the three-day Cottingham Springboard Music Festival next month.

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Over recent months, a lot of hard work has been going on behind the scenes at the King Billy on Hallgate, Cottingham, by Maggie Clarke and her staff, in readiness for the introduction of the national non-smoking ban which came into law on the 1st July, 2007.

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Matt's Monthly Motivation

By Matt Burton

The sun's finally coming out! Great news for us all but it is a time we must all take extra care. As mentioned around this time last year, the increase in heat can lead to sunstroke and dehydration.

Dehydration and heat stroke are two very common heat-related diseases that can be fatal if left untreated. Children and people over the age of 60 are particularly susceptible to dehydration.

Under normal conditions, we all lose body water daily through sweat, tears, urine and faeces. In a healthy person, this water is replaced by drinking fluids and eating foods that contain water. When a person becomes sick with a fever, diarrhoea, or vomiting or if an individual is overexposed to the sun, dehydration occurs. This is caused when the body loses water content and essential body salts such as sodium, potassium, calcium bicarbonate and phosphate.

Sometimes dehydration can be caused by drugs, such as diuretics, which deplete body fluids and electrolytes. Whatever the cause, dehydration should be treated as soon as possible.

The most common symptoms of dehydration, although each individual may experience symptoms differently, are:

- * thirst * less-frequent urination * dry skin * fatigue
- * light-headedness * dizziness * confusion * dry mouth
- * increased heart rate and breathing

In cases of mild dehydration, simple rehydration is recommended by drinking fluids. Many sports drinks on the market effectively restore body fluids, electrolytes, and salt balance.

Cases of serious dehydration should be treated as a medical emergency, and hospitalization, along with intravenous fluids. Immediate action should be taken.

Take precautionary measures to avoid the harmful effects of dehydration, including:

- * Drink plenty of fluids, especially when working or playing in the sun.
- * Make sure you are taking in more fluid than you are losing.
- * Try to schedule physical outdoor activities for the cooler parts of the day.
- * Drink appropriate sports drinks to help maintain electrolyte balance.

Heat stroke is the most severe form of heat illness and is a life-threatening emergency. It is the result of long, extreme exposure to the sun, in which a person does not sweat enough to lower body temperature. The elderly, infants, persons who work outdoors and those on certain types of medications are most susceptible to heat stroke. It is a condition that develops rapidly and requires immediate medical treatment.

Our bodies produce a tremendous amount of internal heat and we normally cool ourselves by sweating and radiating heat through the skin. However, in certain circumstances, such as extreme heat, high humidity or vigorous activity in the hot sun, this cooling system may begin to fail, allowing heat to build up to dangerous levels.

If a person becomes dehydrated and can not sweat enough to cool their body, their internal temperature may rise to dangerously high levels, causing heat stroke.

The following are the most common symptoms of heat stroke, although each individual may experience symptoms differently. Symptoms may include:

- * headache * dizziness * disorientation, agitation or confusion
- * sluggishness or fatigue * seizure
- * hot, dry skin that is flushed but not sweaty
- * a high body temperature * loss of consciousness
- * rapid heart beat * hallucinations

It is important for the person to be treated immediately as heat stroke can cause permanent damage or death. There are some immediate first aid measures you can take while waiting for help to arrive.

- * Get the person indoors.
 - * Remove clothing and gently apply cool water to the skin followed by fanning to stimulate sweating.
 - * Apply ice packs to the groin and armpits.
 - * Have the person lie down in a cool area with their feet slightly elevated
- Intravenous fluids are often necessary to compensate for fluid or electrolyte loss. Bed rest is generally advised and body temperature may fluctuate abnormally for weeks after heat stroke.

There are precautions that can help protect you against the adverse effects of heat stroke. These include:

- * Drink plenty of fluids during outdoor activities, especially on hot days. Water and sports drinks are the drinks of choice; avoid tea, coffee, soda and alcohol as these can lead to dehydration.
- * Wear lightweight, tightly woven, loose-fitting clothing in light colours.
- * Schedule vigorous activity and sports for cooler times of the day.
- * Protect yourself from the sun by wearing a hat, sunglasses and using an umbrella.
- * Increase time spent outdoors gradually to get your body used to the heat.
- * During outdoor activities, take frequent drink breaks and mist yourself with a spray bottle to avoid becoming overheated.
- * Try to spend as much time indoors as possible on very hot and humid days.

Keep all this in mind, ensure you've got your sun screen at the ready and your summer will be a great one. If you need any further advice on this months topic, give our Wellness Team a call on (01482) 846030 where a member of our team will be happy to help.



Tony Arnott

Tel: 844104

*Garden Maintenance,
Grass/Hedge Cutting,
Turfing and Seeding*

Crossword Solution from page 14

1	H	A	A	G		5	T	A	C	K	S		10	T	R	O	T
14	O	L	I	O		15	A	E	R	I	E		16	H	O	P	E
17	C	O	D	A		18	B	O	I	S	T		19	E	R	O	U
20	K	E	E	L	S	21		22	L	E	T		23	M	I	D	S
					24	P	I	O	U	S		26	D	O	C		
27	A	B	S	O	R	B	S		30	D	E	T	E	S	T	S	
34	L	A	P	S	E	S		35	R	O	P	E		36	T	E	E
37	G	N	A	T		38	C	R	U	E	L		40	C	A	N	E
41	A	D	D		42	M	U	O	N		43	U	S	U	R	E	R
45	E	Y	E	S	O	R	E		47	A	M	U	L	E	T	S	
				48	H	O	E		49	O	V	E	R	T			
50	S	P	I	E	S		53	A	P	E		54	A	U	D	I	T
58	C	O	N	V	E	R	G	E	N	T		61	R	E	D	O	
62	U	L	N	A		63	H	I	N	G	E		64	E	L	L	S
65	M	O	S	T		66	O	N	S	E	T		67	D	I	E	S

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