

Cottingham Times

Issue 80 - July 2008



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Alternative Health Matters

by Carole Headley

Aromatherapy Massage

Aromatherapy is an age old tradition in which the therapist uses her/his knowledge and understanding of oils and their properties to help clients achieve a sense of well-being.

Did you know that the use of aromatic oils on the body dates back at least 2000 years before Jesus. There are records in the Bible of the use of plants and their oils. It is known that the ancient Chinese and Egyptians used oils to enhance massage and well-being. Then came the Greeks and Romans. The earliest known use of oils in England was in the Thirteenth century. Glove makers used essential oils to perfume their gloves and it was a known fact that in the Middle Ages the perfumers never succumbed to illness. Nowadays we do not hear of essential oils being used for perfuming products. The first use of oil for its natural healing properties was a chemist called Gattefosse, who found after burning his hands in his lab found that lavender was a wondrous healer of burns and used during the first world war lavender oil accelerated the healing process.

Aromatherapy by a qualified person will bring about an improved sense of well being; regular treatments will improve skin and general health. This type of massage has a wide variety of different effects for different people; it depends on what you are being treated for as to what effects you will see. Through the help of the oils the clients can feel emotional changes, physical changes and physiological changes; each client has a different sensation during and after treatment. The oils can release tension and stress, relax emotional burden, freedom from aches and pains, give a feeling of total relaxation and with the help of the massage help to rejuvenate the emotional being as well as the physical one.

Every treatment is for the individual and can treat a range of different things, so each client will have a new mix of oils. Normally in a consistency of a top note, which can penetrate the skin in 4-8 hours, a middle note which can penetrate the skin in 8-12 hours and the base note can take anything up to 24 hours after having the massage. It is important to note that after an aromatherapy massage you should not, if you can avoid it, have a shower or bath for at least 4 hours if not longer to ensure that the essential oils have been fully absorbed: the most beneficial would be to leave the oils on for a maximum of 24 hours for the full effect to be obtained.

In aromatherapy massage there are two types of oil that can be used, essential oils and base oils, because essential oils are volatile (this means they evaporate quickly) they have to be mixed into base oil so that it enables the therapist to spread them into the skin. Base oil is normally vegetable or mineral oil. Essential oils can be oil that is normally obtained from roots of plants, wood, leaves, fruits, seeds and flowers. Most essential oils have effects, they will sedate or uplift, relax or stimulate; the result achieved will depend entirely on the client being treated. Each essential oil has its own properties and a mixture of one or more oils can be used to aid different problems.

Aromatherapy usually takes one hour fifteen minutes as long as there are no contraindications and upon consultation you will receive aftercare advice following your treatment. I would recommend you come in loose comfortable clothing. The general recommendation is to have one treatment every week for 4-6 weeks then one every two weeks thereafter. However this decision is entirely left to the client.

Why not come and try a relaxing aromatherapy massage or purchase a gift voucher for a loved one.

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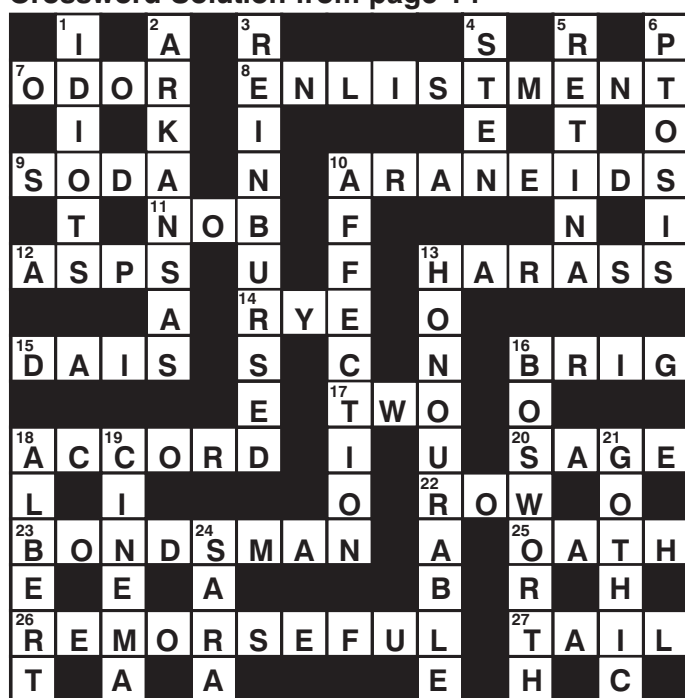
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Crossword Solution from page 14



FREE Golf Coaching Taster Sessions at Hull Golf Club

Want to Get into Golf – then why not attend a FREE Golf Coaching taster session for men at Hull Golf Club, at 6pm on Tuesdays 8th & 15th July and at Thursday lunchtimes on the 10th & 17th July.

The sessions are open to beginners/non members, and provide an ideal opportunity to experience the game of golf. To book a lesson, with a PGA Professional please telephone the golf club on 01482 653074, golf clubs and balls are provided free of charge.

FREE Golf Coaching is an initiative provided by the English Golf Union (EGU) and the English Women's Golf Association (EWGA), designed to help people get into golf. Beginners of any age, gender or background can experience golf for the first time by registering at a participating venue and receive a FREE coaching taster session with a PGA Professional. Details of all participating venues can be found at www.getintogolf.org

The FREE golf Coaching campaign has been running for a number of years and has introduced thousands of beginners to golf and golf clubs. For more information and to read reviews from clubs who have already taken part visit www.englishgolfunion.org/fgc

Free Golf Coaching is one of several initiatives initiative jointly provided by the EGU and EWGA via England Golf's 'Whole Sport Plan' for golf and is an integral part of England Golf's vision to 'Grow the Game'.

For further information please contact: EGU/EWGA Golf Development Team. Tel: 01526 354500. E-mail: development@englishgolfunion.org

Cottingham Red Cross raises over £1,000 from garden open day

Cottingham Red Cross Association would like to thank everyone who attended the Garden Open Day at Linden House, 16 Northgate, Cottingham on Sunday 8th June.

The open day was very well supported and the dry sunny day was also a bonus. A total of £1,000 was raised on the day.



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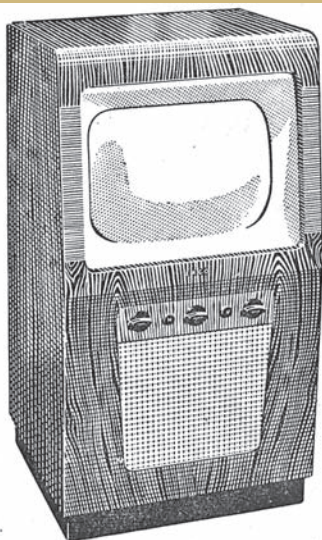
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Down Memory Lane

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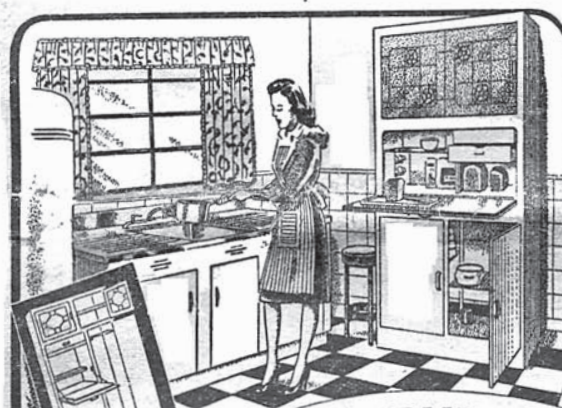
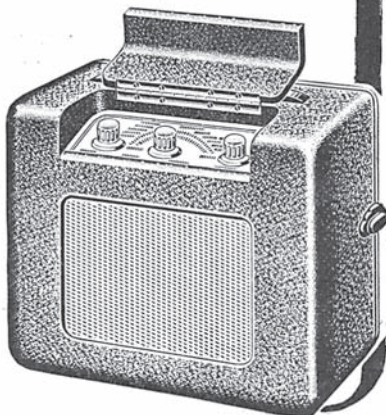
the power unit and it will work on A.C. mains—two sets in one. Bush have left the choice with you. Whichever way you want it you can safely plump for the BAC.31. Ask your Bush dealer; this model gives a delightfully original switch to Bush value.

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Pizzas :: American Fried Chicken

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

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

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

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

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

NEW!!! A superb range of new pasta dishes are now available at Gino's. These dishes consist of variety of pastas including such fillings as King Prawns, minced beef, spinach, garlic, mushrooms, fresh cream. Call in Gino's NOW and enjoy these new superb pastas.

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

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

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

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

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Scouts and Guides join hands to save old school for Cottingham

Uniformed members of Cottingham's 250-strong Scout and Guide movements linked hands to form a ring around part of the village's oldest school to send an important message to the East Riding of Yorkshire Council: SOS! – 'Save Our School'.

Hallgate Junior School, built in Victorian times with later additions, is due to close in July this year, with a new combined Primary opening on the neighbouring Infants' School site in September.

East Riding Council currently have no plans for the old buildings, and there are fears they may be boarded up or eventually sold to the private sector, but Cottingham groups, including the Scouts and Guides, and Hallgate Old School Preservation Association (HOSPA) want it to remain in service as a community centre for the village's residents and organisations, representing a broad cross-section of ages and interests.

Since the former Scout HQ, used by the Guides and other community groups for many years, was demolished by the council in 2007 to make way for the new school, the groups have had no permanent home for their meetings or space for their camping gear and other kit. Worse, because the council owned the land on which the HQ stood, they ruled that the Scouts were owed no compensation, despite considerable financial investment in the building over many years. As if that wasn't enough, the Scouts lost much of their camping gear in the June 2007 floods after it was moved to temporary storage in a garage basement.

With around £450,000 required to build a replacement, the Scouts and Guides have therefore joined forces with HOSPA in more cost-effective and sustainable plans to convert the two old school buildings into a community centre. The smaller building, constructed in 1913, would be altered to comprise two halls, a kitchen/clubroom, meeting rooms, and ample storage space for use as a new Scout/Guide HQ and youth centre, while the older, larger block would include a mixture of meeting rooms for adult groups and small business units, eventually set in landscaped gardens.



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Writing your Horoscopes by Kay Gower

When I write a horoscope column, I use a scientific book of data called an Ephemeris, this helps me to find out where the planets are in relation to one another as we see them from Earth. I look for "significant transits", this just means the movements of planets.

Through studying astrology for many years, I've learned the meanings of many transits. These meanings are both ancient and modern. They are based on interpretations that are thousands of years old and also on new interpretations.

Every astrologer has his or her own interpretation of astrology, but there are some widely held beliefs - such as when the moon is full, there is usually an emotional release that occurs, and humans get in touch with the more impulsive and wild part of themselves. That's when things get more chaotic than, say, when the moon is new.

Into the cosmic soup of my predictions go these widely held notions, my own beliefs, other pertinent information, and various influences - and voila - horoscope column is born!

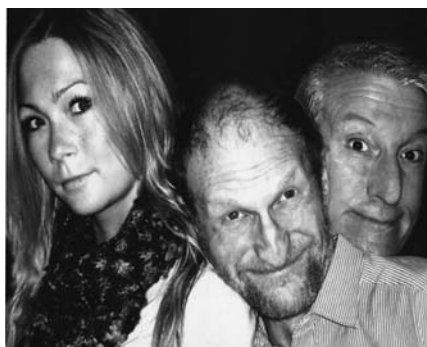
Are you Feeling the Pinch?

In these difficult times, everyone is feeling the strain of rising prices and household bills.

Did you know that, if you are a resident in the East Riding of Yorkshire, are aged 60 or over, and have savings of less than £16,000, then you could get some help with paying your council tax bill.

In 2007/08, the benefit and money advice service helped nearly 500 households claim council tax benefit, with the average household being around £12 each week better off.

If you would like to know more, please call the benefit and money advice service free on 0800 91 50 381. You won't have any complicated forms to fill in and the team will visit you in your own home.



ANNUS Horrible! to be performed at the Skidby Village Hall on Thursday 31st July

Theatre Company "Other Lives" presents ANNUS Horrible! about the Terrible Events at Lincoln Cathedral related by the Builder, his Wife, the Priest and the Lover, on Thursday 31st July at the Skidby Village Hall. This is followed by "John John" a Merry Play between John John, the Husband; Tyb, his Wife; and Sir Jonathan, the Priest. Adapted from John Heywoods's Tudor Interlude by Neil King. The play features Richard Avery (director) and the cast includes Mike Burton, Karena Francesca and Neil King.

Doors open 7.30 pm, performances start at 8.00 pm. Adults £6; £5 concessions, pay at the door.

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As I have mentioned before flat hair is "so" over, bring back the bounce, curl and movement! Condition and shine is so important so ditch the irons and let your hairs natural movement escape beautifully. At Unique we believe in luxury and ultimate relaxation for you. So with this in mind we would like to offer our existing clients the chance to win a full days pampering at the award winning Middlethorpe Day Spa Hotel, nr York. This is a chance for us to give our clients the opportunity to forget about the hustle and bustle and indulge in some "me-time". If you purchase any two Wella SP products during July you will automatically be entered into the draw for this fabulous prize, what could be simpler.

We have a full calendar of events for the rest of this year so make sure your around for our 2nd Birthday in August where again we will be rewarding our existing and new clients with something special.

To end with, the sun may be shining at the moment but Christmas will soon be upon us! Our appointment book is already looking busy so to ensure you get in when you would like, speak to our reception team who will put a programme in place to guarantee all your needs are met.

Thankyou for your continuous support,
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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Your Stars for July 2008 -

By Kay Gower

Aries - (Mar. 21- April 20)

This is going to be an unruly month, especially the first week, so what seems the least welcome could be the most productive! Understand that and the rest of the month is easy.

Taurus - (Apr. 21- may 21)

What begins this month is likely to trigger unexpected developments. However unclear the outcome, what you learn in the process more than compensates for the uncertainties.

Gemini - (May 22-June 21)

The general confusion around you this month acts in your favour, as it prevents you from making decisions. In a few weeks, you will be able to recognize what you thought was threatening was a golden opportunity.

Cancer - (June 22-July 22)

Bear in mind that what happens this month is just clearing the way for next months dramatic changes. You have no need to worry. On the contrary, you will be happy to rid yourself of some burdensome commitments.

LEO - (July 23-Aug 22)

Avoid making rash judgments, especially around 16th August. Anything that you may think is dire could prove to be a dazzling opportunity by the end of the month.

Virgo - (Aug 22 - Sept. 23)

A strange month when everyone seems more interested in your business than their own. Be firm with them. A meeting mid month could be important for your future. This is well starred.

Libra - (Sept. 24 -Oct. 23)

Change is both inevitable and natural. The problem could be that they are happening too quickly for your comfort. This is a period of growth and discovery.

Scorpio - (Oct. 24 - Nov. 22)

Issues on the domestic front have been a concern. Now, a series of unexpected twists changes a situation. While the timing isn't ideal you will be relieved that something forced your hand especially around the 12 -17th August.

Sagittarius - (Nov. 23 -Dec. 21)

You may feel that the time is right this month to give a difficult person a piece of your mind. Hold fire! I'm not suggesting that you back down - just choose your battles carefully, at least for now.

Capricorn - (Dec 22.- Jan. 20)

Curiosity drives you to learn this month. You will be stronger and more influential because you have taken the time to read up on something. On a side note - don't answer questions that you haven't been asked.

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

A month to be single minded and put yourself first. Be firm with people who may be jealous or try to hold you back. Careful planning mid month will make life easier.

Pisces - (Feb. 20-Mar. 20)

Take time off to rest and restore your depleted energies. You may be in one of your spending moods or be easily persuaded to lend money to someone - think hard about this, as financial matters could spiral by the end of the month.



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In the Garden



Fruit and vegetable garden

Cut back sideshoots on gooseberries to four or five leaves, or just beyond the fruit clusters. This will speed ripening (by increasing sun on the fruits), encourage fruit bud formation for next year, and control aphids on the new growth. Red and white currants may be pruned in the same way.

When summer-fruiting raspberries have finished cropping promptly cut out the old canes.

Fruit picking can begin in earnest, with strawberries, cherries, summer-fruiting raspberries, currants and the earliest of the plums. Remember to harvest red, and white, currants in bunches, still on the stalk - they will keep and taste better. Blackcurrants can be picked singly or in clusters, as preferred.

Continue to tie in and train new blackberry canes. Keep new canes separate from older, fruiting canes to ease later pruning.

Continue to peg down strawberry runners if new plants are needed. This will encourage the plantlets to root.

Propagate blackberries and other cane fruits with long, lax stems by tip layering.

Thinking of growing blueberries? If so, check your soil pH is sufficiently acidic - blueberries need a pH of 5.5-5 to prosper. Otherwise grow in containers of ericaceous compost.

Vegetables

There's lots to harvest in the vegetable patch, including spinach, peas, beets, carrots, salads, potatoes and globe artichokes; shallots and spring-planted garlic may be ready as well.

Pick courgettes before they become marrows. Overwintered onions can be lifted and used. Plant out leeks and brassicas for a winter supply, if not yet done. Sow spring cabbage, turnips, Oriental vegetables, chicory, fennel, and autumn/winter salads such as lamb's lettuce.

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Carrots can still be sown, but beware carrot fly when thinning existing seedlings. Climbing beans may need stopping, to maximise cropping on existing sideshoots. Stop them when they reach the tops of their supports. Summer cauliflowers may need shading to prevent the curds scorching in bright sun. Don't forget to stop cordon tomatoes by removing the main shoot. Look for the leaf that's above the fourth truss and cut it off here. This should ensure that all the fruits ripen by the end of the season. Bush tomatoes can be left to their own devices.

Flower garden

Cut back delphiniums and geraniums after the first flush of flowers to encourage a second flowering period. Feed after cutting them back.

Deadhead flower borders regularly to prolong flowering. Disbud and dead-head dahlias if growing for large blooms. Leave roses that produce attractive hips.

Autumn-flowering bulbs, such as autumn crocuses, Colchicum, Sternbergia, Amaryllis and Nerine, can be planted now. Prop up tall perennials such as lupins, delphiniums and gladioli if staking was neglected earlier in the season.

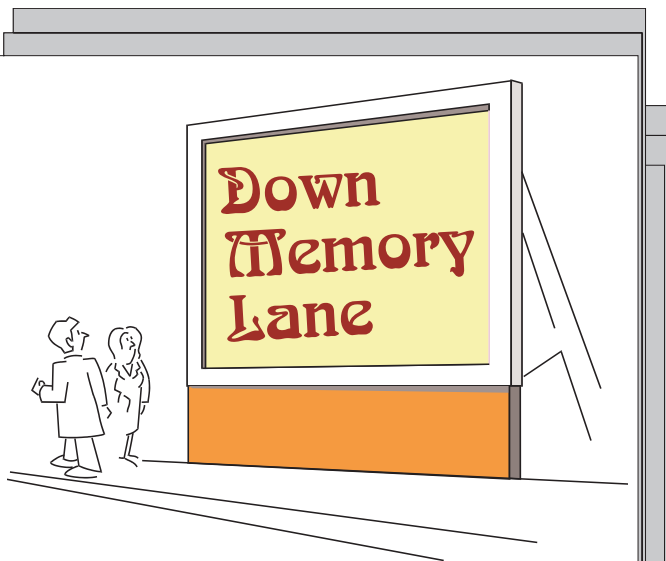
Pinks and carnations that have become leggy, can be propagated by layering or by cuttings. Propagation can improve the appearance of untidy clumps.

Start collecting seed from plants you want to grow next year, especially annuals such as Calendula, poppy and love-in-a-mist. Perennials and biennials can also be grown from seed, but will take a year to bloom. Some seeds are best planted just after collection, and others may need specific climatic conditions to break dormancy (e.g. some alpine). If unsure, then sow seeds in 'batches', i.e. one immediately after collecting, one in winter, and one in the following spring.

(Reproduced by kind permission of the Royal Horticultural Society, at www.rhs.org.uk)

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
4. Deadhead 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-flowering 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.



Three Guides with the right idea . . .

Three Guides, Gillian Green, Susan Vickerman and Jenifer Lawton had a very happy idea when working for their Hostess Badges, they decided to hold a Hallowe'en Party in the King Street Room.

It meant of course a lot of work for the entire company but they managed without any outside help to create the spooky atmosphere of the traditional Hallowe'en, and although, of course, a real camp fire was impossible, camp songs were sung with gusto.

Part two in Lamp Scheme

The H.U.D.C Engineer has been authorised to proceed with the second instalment of the Cottingham Conversion Scheme (i.e. the provision of 90 lamps to replace 58 gas lamps at an estimated cost of £2,085) together with the additional lamps on Southwood Road.

Temporary Rubbish Dump

Northgate became a temporary rubbish dump at 4.30 on Tuesday March 13th 1954, as the Council salvage lorry swept westwards leaving in its wake a trail of potato peelings, beans, tins, broken plates, cabbage leaves, lemon skins, egg shells, tin-lids and old rags. The odoriferous inundation was due to a faulty catch and the mess was soon cleared up.

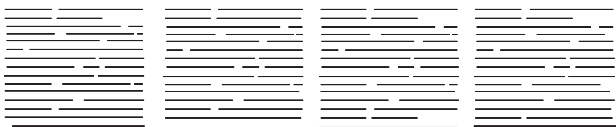
House struck by lightning

Roofing and spouting was broken at Turners Hill Farm, Skidby, last month during a violent thunderstorm when lightning struck the house.

Lightweight

Mr. Fred Burrell the outside inspector of the British Gas Board in Cottingham was very surprised on passing along Southwood Road to see one of the lamp posts lying on the ground with Mr. Ackam's ladder on the pavement at the side.

It turned out that Mr. Ackam had seen something wrong with the post and had climbed up to inspect when the lamp bent double under his weight.



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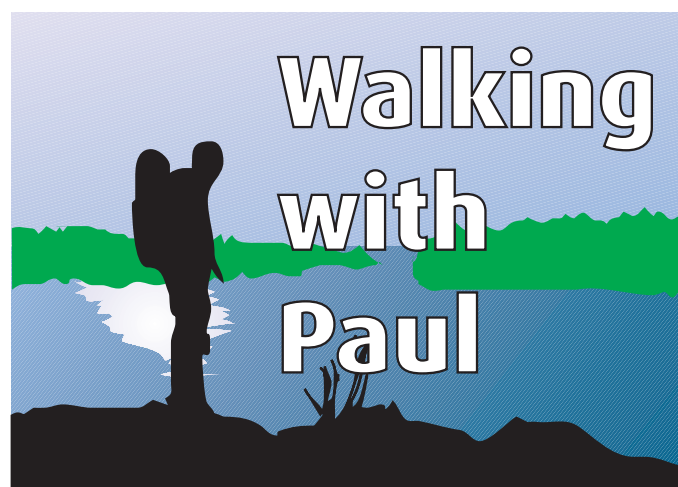
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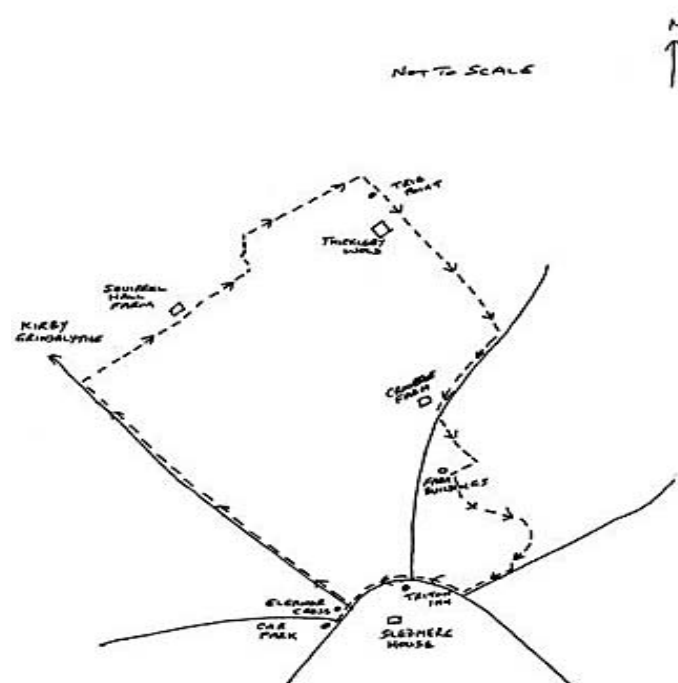


Here is Paul's fifth walk in his monthly column.
This month his destination is Sledmere.

Maps:- EXPLORER 300

Start at GR. 928646 Near Sledmere Eleanor Cross and The Wolds Waggoners Memorial.

Distance 6.5 Miles.



Leave the car park and walk towards Sledmere for about 100 metres and then turn left along the Kirby Grindalythe road. Follow this road for about 1.5 miles and then locate a farm lane on the right leading to Squirrel Hall Farm. Pass Squirrel Hall Farm on the left and continue in the same direction with a plantation on the left.

About 500 metres past the farm, turn left and pass through the plantation, pass through the hedge and turn right and now walk with the plantation on the right. At the junction of paths, turn right. Shortly pass the Trig Point (157 Metres) and then continue with Thirkleby Wold Plantation on the right. Continue on the farm track to meet the road to East and West Lutton (Known as Croome Road). Turn right and follow the road for about 700 metres. Just after passing the farm road leading to Croome Farm on the right, turn left and pass through a kissing gate and walk across the centre of the field heading for a large tree. Pass through a kissing gate and turn right along a chalk track.

Pass through a kissing gate on the left near farm buildings and walk with the field boundary on the right. On approaching Long Wood, pass through a kissing gate and then walk with the wood on the left and follow this round to the Recreation field to emerge on the Bridlington Road. Turn right and then at the "T" junction turn right and walk back through the village to the car park.

After the walk, why not treat yourself to refreshments at the Triton Inn

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'Ways to save money using the Internet' was one of the topics of my latest Radio Humberside feature. With prices increasing all the time why not try: www.petrolprices.com this will show the cheapest fuel in your area by postcode. You will be asked to sign up for this site, but it's free so why not! The next big thing we could all do with saving some money on is **Utilities**. Use an online comparison site to find out the best deals and then let them make the switch for you. If you have been with the same provider for some time, do it now. Try these for starters: www.energyhelpline.com (which pays cash back as well) or www.uswitch.com or www.moneysupermarket.com

Online banking is a service used by around 30% of Internet users. With the convenience of checking your balance at any time and some of the best interest rates available, you can see why. Also the latest improvements in electronic transactions mean that money can be transferred to other accounts in around 2 hours instead of 3 days!

We have a new recruit at RDM, Jamie, a medical student at Hull University joined us in May and has proved to be a great asset to the business. Working part-time in between his studies to become a surgeon, he has proved extremely adept at system building and assisting us in coaxing sick computers back to life!

It is over a year now since we moved into our new offices on Newlands Science Park and it has proved to be good for expanding our business. We may look to take on another technician later in the year.

Have you tried the BBC iPlayer yet? It's great for catching up with programmes you might have missed. All you need is a broadband connection and you can download it free from www.bbc.co.uk/iplayer Then you can browse the programmes, which stay available for online viewing for 7 days or you can download and keep them for 60 days.

It's 60 years since the birth of the 'first modern day computer'. Nicknamed 'Baby' and weighing in at a healthy one ton, the room-sized machine had just 128 kilobytes of memory. But on 21st June 1948 at Manchester University it successfully ran its first program to calculate the highest factor of a number.

Have you viewed your house from space yet? Well virtually anyway. Google Earth has been popular for a long time, download it free from www.google.co.uk/earth and enter a postcode or place name and zoom in on the great quality satellite images; Cottingham is very well detailed. Or even easier now is www.maps.live.com from Microsoft. Just type in a postcode, view the map, double click on the location and click on 'aerial' to get a photographic view. Keep zooming in until you see the buildings.

Sometimes when you are sitting at your desk staring at your screen don't you think it would be great to be able to interact with your computer in

a different way? Forthcoming technology should give us that. The next incarnation of Windows will include 'touch screen' support, as we have mentioned before. But are we ready for the 'Neural Impulse Actuator' aka 'brain mouse'? This is a device that has a small headstrap (we'll be laughing about this in years to come!) to sense brain activity and converts those impulses into movements on the screen. It has been in development for some time and should be on sale soon. If I can get hold of a demo that will be interesting!

And what about a quick PC start up, not like a Jumbo pilot doing a pre-flight check before a trans-Atlantic flight. Technology & operating systems that will enable this are starting to emerge. The new 'ultra-mobile' laptops like the Eee PC are good examples of this, by using flash memory for the hard drive and Linux as the operating system.

When was the last time you backed up all your data? We have heard many a tale of woe following a crash or hard drive failure. We keep a lot of our lives on computer nowadays; be it business, family history, emails, memories and photos – how valuable is all that? We have been trialing different back up software recently and have found an excellent product of which we are now resellers. We can also supply back up drives that range from 80 to 500Gb and memory sticks of 2, 4 and even 8Gb.

Anti virus software is so important nowadays, as we've always said. For many years we have been resellers for AVG of course, but we now have another new product in our line up as well. From a company called ESET, comes a product called Nod32. A strange little name (with a long story behind it), but a very effective line of defence. It has a very low impact on system resources; in other words it doesn't slow your computer down. Pricing is very competitive (similar to AVG), 2 year licences are available and you can download a 30 day trial from: www.eset.com/download. Contact us for more details and to purchase.

Finally we are updating our customer database at the moment as we plan to offer a news update and special offers service to our customers, preferably by email. So if you are interested in receiving this, just email us with the subject line: 'database update' and please include your name (if it is not obvious from your email address) and any new contact details if they have changed since last time we saw you. No details will be passed on to any third parties.

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Antiques and Collectables Valuation Day at the Cottingham Civic Hall on Wednesday 8th October

In conjunction with the Multiple Sclerosis Society an Antiques and Collectables Valuation Day will be held in the Cottingham Civic Hall on Wednesday 8th October, 11.00 am to 3.00 pm.

A team of Bonham's specialists, including Eric Knowles (from BBC's Antiques Roadshow) will be attending to give advice on ceramics, paintings, silver, furniture and Sporting memorabilia such as football, cricket, tennis, cycling and Olympic collectables.

Admission is £3 per person and £1 per item valued. For further information telephone Bonham's Bedale Office on 01677 424114 or email bedale@bonhams.com.

Cottingham Wildlife Watch Group



This is an environmental club for children aged 5-16 years. It is the Junior branch of the Yorkshire Wildlife Trust.

The Cottingham Wildlife Watch Group was formed 19 years ago.

We hold regular monthly meetings to undertake practical conservation projects, study wildlife and have fun.

Examples of these projects are:-

1. Planting trees and wildflowers
2. Pond dipping
3. Mini beast safaris
4. Rock pooling
5. Nest box making
6. Litter picking - Annual Spring Clean of Cottingham Beck
7. Bat detecting
8. Owl pellet investigation
9. Helping to manage Nature Reserve at Mill Beck Wildlife Area, Rifle Butts Quarry near Market Weighton and the Dene.
10. Cottingham Day Parade watch members in fancy dress.

For further information please contact: Erica Scaife 01482 840336; Judy Richardson 01482 845440 or Royd Helen Humphrey 01482 845665.

Pictured above, last August 2007 pond dipping in the Thwaite Hall lake are Toren and Claire.

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Cottingham Wildlife Spaces Group

This group was formed one year ago (June 2007) as a result of a merger between Mill Beck Wildlife Group and The Friends of the Dene.

The Cottingham Wild Spaces Group exists to develop wildlife projects in the village and has completed successful programmes at Mill Beck, King George V Woodland and The Dene.

It is working with Yorkshire Wildlife Trust on developing a new project to raise the profile of the important wildlife site of Snuff Mill and Priory Fields. The group hopes to get the area designated as a Local Nature Reserve.

The group organises guided walks, litter picks and other practical conservation tasks.

Litter picks occur in The Dene 6th July 10am - 12 noon and meet at the Dene entrance opposite Westfield Road.

Mill Beck 3rd August 10am - 12 noon and meet at the allotment carpark off Park Lane.

Litter pickers, black bags and protective gloves are provided.

Other dates for litter collections are:-

The Dene - 7th September, 2nd November, 4th January 2009, 1st March 2009.

Mill Beck - 5th October, 7th December, 1st February 2009, 5th April 2009.

There will be a bat evening at King George V Woodland on Friday 26th September 7.30pm - 9.30pm meet at the Pavilion Car Park.

New members are very welcome - Contact 01482 840336

FREE Golf Coaching Taster Sessions at Cottingham Parks Golf & Country Club

Want to Get into Golf – then why not attend a FREE Golf Coaching taster session at Cottingham Parks Golf & Country Club. There will be sessions on the 27th July from 1.30pm-3pm for Mums & children and 3pm-4.30pm for everybody and on the 21st July from 5pm-6pm for juniors and 6pm-7pm for everybody.

The sessions are open to beginners/non members, and provide an ideal opportunity to experience the game of golf. To book a lesson, with a PGA Professional please telephone the golf club on 01482 642394, golf clubs and balls are provided free of charge.

FREE Golf Coaching is an initiative provided by the English Golf Union (EGU) and the English Women's Golf Association (EWGA), designed to help people get into golf. Beginners of any age, gender or background can experience golf for the first time by registering at a participating venue and receive a FREE coaching taster session with a PGA Professional. Details of all participating venues can be found at www.getintogolf.org

The FREE golf Coaching campaign has been running for a number of years and has introduced thousands of beginners to golf and golf clubs. For more information and to read reviews from clubs who have already taken part visit www.englishgolfunion.org/fgc

Free Golf Coaching is one of several initiatives initiative jointly provided by the EGU and EWGA via England Golf's 'Whole Sport Plan' for golf and is an integral part of England Golf's vision to 'Grow the Game'.

For further information please contact: EGU/EWGA Golf Development Team. Tel: 01526 354500. E-mail: development@englishgolfunion.org

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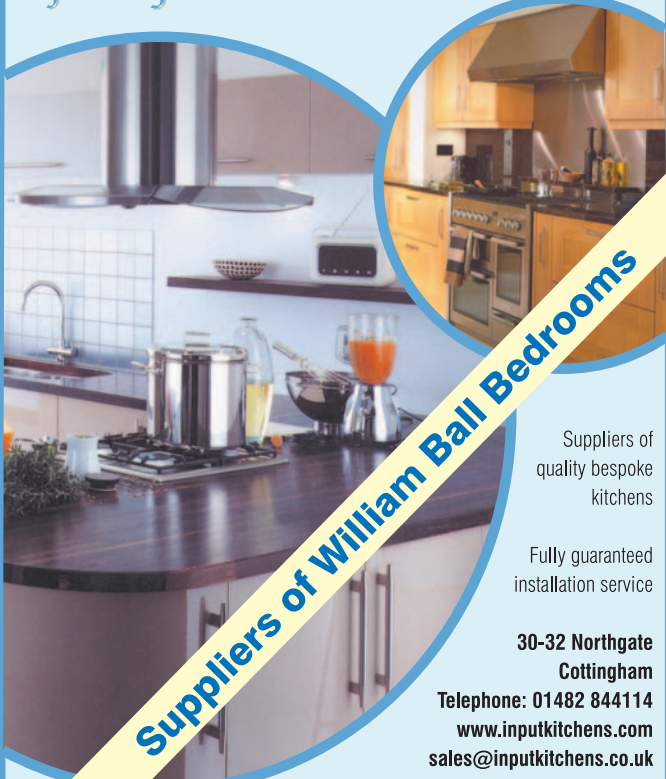
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Property News from Martin English of Homelink Estates



What Do Mortgage Brokers Do?

The role of the Mortgage Broker extends way beyond the actual setting up of the mortgage. In fact, they are absolutely integral to the home buying and remortgage process.

A reminder of just what they do

In the very first instance, they help the client determine what is and is not affordable

They also help the clients understanding of the buying/remortgage process and in many cases explain the terms used

They provide names of trusted and used professionals such as solicitors

They help clients decide on a suitable mortgage given their specific circumstances. The decision is based on the facts they take the trouble to gather

They recommend a suitable company and provide reasons for that recommendation making sure that the client fully understands what they are getting involved in

They provide illustrations showing ALL costs involved in the process and make sure that the client has the funds to pay these costs

They help the client complete the formal paperwork for the mortgage

They gather all the relevant information that the lender needs to support the application

They help the client understand all the forms provided to them by the solicitor, lender, surveyor etc.

They liaise between all the interested parties making sure that everything is going well

They keep the client informed of the progress of the mortgage and deal with any questions or concerns the client may have

They help the client understand the formal offer issued by the lender and make sure they understand what they are getting into

They make sure families can continue living in their homes should one of the mortgage holders become sick or be made redundant

In fact.... what they REALLY do is....

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Quote of the Month . . .

**"Control your destiny,
or somebody else will"**

Jack Welch

A Welcome Day at Sea By Marion Owen

My anniversary cruise sailing from Rome to Venice is a port rich itinerary and after 4 days of being ashore our 5th day at sea is a welcome respite.

Jogging along between Malta and Corfu with 36 hours to spare is allowing us to travel at a speed of just 10 knots, it is a very pleasant affair. The Ionian Sea is very clear, sparkling blue and turquoise in the sunshine, accompanied by the lovely sound of the water lapping at Balmoral's hull, as we gently glide along.

There has been a lot to do today at sea, although I have to admit I have taken a very easy option. After a breakfast of a croissant filled with smoked salmon and sour cream, I found a quiet area of deck and relaxed with a few good books. I simply enjoyed sitting by the railings on the Promenade deck (good for resting your feet upon), enjoying the view out to sea. Other members of the party opted for a water colour art class, a past passengers cocktail party, a how to deal with bad hair, and a port talk on Venice. I watched the latter later in the day on the TV in my cabin. All of these activities have exhausted me just thinking about them.

Lunch time came around far too quickly; I restrained myself somewhat and settled for an omelet filled with Thai vegetables served with a chilli sauce followed by bananas soaked in Grand Marnier served with Walnut ice cream. There always is a fabulous buffet at lunch but it is very tempting and one can over eat!

On arriving back at the cabin the sun had appeared on my balcony, unless you are travelling in the same direction i.e. across the Atlantic which ever side of the ship you choose you will get sunshine at some time of the day. My front had been toasted this morning so it was time to give my back a few rays and yes with the peace and quiet and the waters lapping I was asleep in no time.

I awoke just before the repeat of this mornings port talk on Venice, which gave me time to shower before taking to the sofa to pick up a few more tips on what to do on arrival. I have visited Venice many times but you never know what new nuggets of information you can pick up from port talks. I very rarely miss a talk whilst at sea, they are also a great help if you are trying to decide which excursion you should take, unless you are in St Petersburg or it is an excursion you know you specifically you want to do, you generally don't have to book any tours before you are onboard.

It really is very nice to have your own balcony, especially if you do like to have your own space. For me sitting on deck with lots of other guests is not my ideal, perhaps it's because I always end up in deep conversation. But here again a lot of guests come aboard to mix and enjoy the non stop company and entertainment – the choice is yours and that is the great thing about a cruise, friends and spouses are often found spending their time apart, doing just what suits themselves.

For those who go aboard to join in, many are happy with an inside cabin with no window or an outside cabin with a window because they are essentially just using it for sleeping and changing in and it helps make their money go further and allows for more holidays.

Well its time to get ready for dinner, I always choose the later sitting, it is an informal dress code tonight which means a jacket or tie for the men and us ladies just about anything goes, it's a pair of black trousers and a top for me today. We will be ready in good time to enjoy a G&T before sitting down to up to six courses – you don't have to have them all! I normally pass on the cheese (bad for my cholesterol) but enjoy the other five, as the food and service are superb.

If you would like to experience a ship why not join our August day visits to either the Balmoral which I was aboard or one of her sister ships the M/V Boudicca. Tel: 01482 211913



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- supplying information on practical issues such as community transport,
- meal delivery or home safety
- someone to talk to
- changing of anti-embolic stockings

If you or someone you know is about to go into hospital and you feel that we could be of help please call Jenny or Diane on 01482 623076

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"the volunteer treated me with great respect"

"I live alone and her friendly manner brightened my day"

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So if you enjoy talking and listening to people and you want to find out more about the service please call Diane or Jenny on 01482 623076.

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CASE - the Hull based charity receives a cheque for £3,300 at presentation by Cottingham Parks Golf & Country Club

CASE the Hull based charity have received a cheque for £3,300 at a presentation at their Charles Street premises in Hull from the 2007 Club Captains of Cottingham Parks Golf Club.

The cheque was presented by Club Captain, Frank Wharton and Ladies' Captain Jean Hart to Claire Cockayne (Business Support Group Coordinator).

Frank Wharton the 2007 Club Captain said, "Until last year CASE was just a of set buildings that I frequently passed on Freetown Way. Only when our Ladies' Captain Jean Hart arranged for us to visit CASE did I become aware of the invaluable work done by the staff employed in those buildings.

"I now know that the staff at CASE provide training in a variety of marketable skills for people, who, because of learning or physical disability, might not otherwise have the opportunity for this kind of personal development.

"The trainees, of which there are more than 100 in training at any time, acquire not only useful and employable skills including Soft Craft, Woodwork Training, Woodwork Manufacturing, Gardening, Printing, IT, Catering and Multi-Skills, but, also a sense of purpose and worth that significantly enhances the quality of their lives.

"I had no hesitation in supporting Jean's proposal that the Cottingham Parks Captains' Charity for 2007 should be CASE."

Frank continued, "CASE have launched 'The 250 Club' which enables local businesses to support the charity by giving £250 per year to offer CASE better networking and publicity opportunities".

Pictured top from left to right: Peter Duffield (Trustee), Frank Wharton (Club Captain 2007), Claire Cockayne (Business Support Group Co-ordinator CASE), Jean Hart (Ladies' Captain 2007), Linda Scaum (Training Manager), John Tallant (Trustee).

Below: Some of the CASE trainees who attended the cheque presentation.



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In the Kitchen



Ingredient of the Month

Gelatine

Gelatine (also spelt Gelatin) is used mainly as a thickening or emulsifying agent for culinary uses. It is a pure protein which contains no fat, carbohydrates or cholesterol and is free of all preservatives. It is best known as the setting agent for jellies, but many dishes that need to be moulded and/or turned out, such as bavarois, cold mousses or uncooked cheesecakes make use of its properties.

Origin and History

The exact time of the discovery of gelatin is not known, but considering it is derived after the boiling of animal skin and bone, it is quite likely to have been quite some time ago. Whenever it was, it is certain that chefs utilised its wonderful setting properties to create gastronomic works of art, which were both pleasing to the eye and tempting on the palate.

In England during the Victorian era (late 1800's to early 1900s) Gelatine was widely used in both savoury and sweet dishes. Cooks were renowned for using fancy moulds in all shapes and sizes, from tall and fluted to long and low and even some in the shape of fish and other animals.

Commercially produced gelatine appears to have started in Holland around 1685, shortly followed by England in about 1700. The first commercial production of gelatine in the United States was in Massachusetts in 1808.

Cultivation and Processing

Gelatine does not occur "free" in nature. It has to be made or manufactured. However, it is a natural ingredient, in that it derived from natural ingredients and has no additives. Nowadays, it is made mainly from beef bones and hides and pork skin, which contain protein collagen, the essential ingredient required for the production of gelatine.

It is a lengthy process in which extraneous substances, such as minerals, fats and albuminoids are removed by chemical and physical treatment to give a purified collagen. It involves several cleansing and purification steps and is finally dried in an air chamber, then processed into the end product (sheets, granules, powder).

Gelatine in Cooking

Gelatine is available in sheets (leaf), powder or granules and in clear sheets or leaves. Generally speaking, 6 sheets of gelatine is the equivalent of 3 teaspoons of powdered gelatine (a 10g sachet). This is enough to soft-set 480ml/16fl.oz. of liquid.

To dissolve powdered gelatine, sprinkle it into a small bowl or cup containing 3 tablespoons of warm water, stirring constantly, then place the bowl into a container of boiling water and stir constantly until completely dissolved and transparent. NEVER boil the gelatine mixture.

To prepare leaf gelatine, soak it in cold water for 4-5 minutes, allowing it to swell. Remove the swollen leaf gelatine from the water and gently squeeze it out. When using in warm dishes add the squeezed out gelatine directly into the warm liquid and stir until it has completely dissolved. NEVER add gelatine to boiling liquids as this impairs its setting qualities.

When using in cold dishes place the squeezed gelatine in a saucepan over a very low heat together with a few tablespoons of the cold mixture into the dissolved gelatine mix very well. Remove from the heat



then add the rest of the cold mixture and mix thoroughly. NEVER add the gelatine to the mixture....always add the cold mixture to pan of gelatine. You can dissolve it in a microwave. Just place the squeezed out gelatine in a little bowl and melt it on high power for about 10 seconds. Then continue to prepare your dishes as if you were dissolving gelatine in cold dishes.

Raised Game Pie

Ingredients

675g/1lb Game Meat (Pork or chicken can be used instead of game),
(Pheasant, Partridge, Hare or Rabbit)
225g/8oz Sausage Meat
300g/11oz Hot-Water Crust Pastry
100g/4oz Streaky Bacon
100g/4oz Mushrooms
Salt and Pepper
2 teasp Freshly chopped Marjoram
2 Teasp Freshly chopped Sage
2 tbsp Freshly chopped Thyme Leaves
1 Egg
300ml/10fl.oz. Aspic or Gelatine

NB: You can marinate the game meat with the herbs and some port for 4-8 hours before starting the recipe.

Instructions

1. Preheat the oven to 200C, 400F, Gas Mark 6 and roll out 2/3rds of the pastry on a floured surface and use to line a greased pie mould.
2. Place a layer of bacon at the base of the mould then cover with a layer of half the sausage meat, then a layer of game, the remaining sausage meat and finally the mushrooms, seasoning well with the herbs, salt and pepper between each layer.
3. On a lightly floured surface, roll out the remaining pastry just large enough to make a lid and cover the pie. Press the edges together to seal and trim off any excess pastry, reserving the trimmings for decorations.
4. Decorate with the pastry trimmings, brush with beaten egg to glaze and cut a hole (about 12mm/1/2 inch in diameter in the centre to allow steam to escape. Bake for 30 minutes then reduce the heat to 150C, 300F, Gas Mark 2 and bake for a further 1 1/2 hours.
5. Remove the pie from the oven and allow to cool.
6. Heat the aspic in a saucepan over a low heat until just melted then pour into the cooled pie through the steam vent using a funnel. Chill for 6-8 hours before serving.

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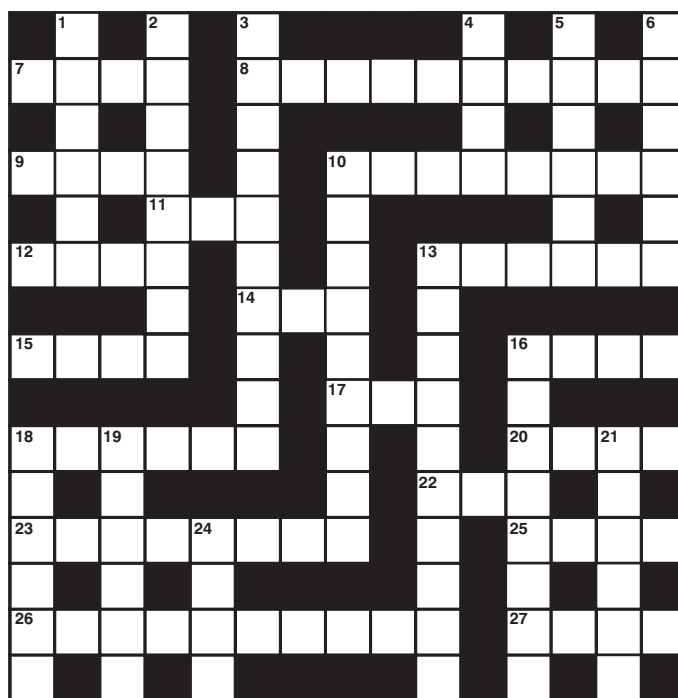
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Crossword - Solution on page 34



Across

7. Smell (alt spelling) (4)
8. Enrol in the Services (10)
9. Carbonated Water (4)
10. Spiders say (8)
11. A person of wealth (3)
12. Cleopatra's Snake (4)
13. Give bother to (6)
14. A type of grass (3)
15. A low platform (4)
16. A type of ship (4)
17. Number (3)
18. In harmony with (6)
20. A herb plant (4)
22. A line of (3)
23. He puts up the money U.S. (8)
25. I swear, a promise (4)
26. Full of regret (10)
27. It follows a comet usually (4)

Down

1. Fools (6)
2. U.S. State (8)
3. Repayment (10)
4. Small machine gun (4)
5. Part of an eye (6)
6. A drooping eye lid (6)
10. Show feelings to (9)
13. Decent (10)
16. A field of battle (8)
18. Docks (London) or Prince (8)
19. "the flicks" (6)
21. A style of building (6)
24. Girls name (4)

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Another busy year for the Haltemprice Lions

June sees the end of the Haltemprice Lions' year when the Presidency will pass from Godfrey Burley of Swanland to John Dickins of Thorngumbald. It has been another busy and interesting year for the members of the Haltemprice Lions with varied activities with involvement in fundraising, service to the local community and - of course their own social activities.

The Lions' Craft Fairs continue to be popular, the next is the Christmas Fair to be held at the Cottingham Civic Hall in December - many stalls are already booked but there is availability and if interested contact John Brumpton of 01482 657838.

During the year the club arranged a bowling night for the disabled youth from a Hessle home - always competitive! - also Diabetic screening sessions at the Cottingham Civic Hall and Princes Quay in Hull, these were arranged with the support of Lloyds Chemists and over 300 people took advantage of the screenings. The annual golf match, organised by John Dickins, at Hornsea Golf Club raised £1,500.00 in support of the Marie Curie Fund.

This year's match is at the same venue on 11th July, golfers are welcome to enter teams, call John on 01964 623281. Haltemprice Lions sponsored a local disabled person and her carer to sail on the Sailing ships from Southampton. This is an opportunity for the disabled to participate in an activity organised by the Sail Training Trust.

Together with funds from other sources the Lions were able to contribute to the purchase of an exercise machine to strengthen the leg muscles for those suffering from Multiple Sclerosis and will be used by the local Multiple Sclerosis Hull and East Yorkshire Branch. Of course the money to support these and many other service activities has to be raised and one of the mainstays of the Lions' fundraising activities has been their charity shop in Walrus Arcade, Hessle.

Always welcoming donations of clothes, bric-a-brac and small items of furniture, the proceeds of the sales are put to good use. If you can help with any donations please call the shop on 01482 645784. Two years ago a North Cave 4 mile Run was organised by the members and has grown to become an annual event and this year's run was held on the 22nd June, again the proceeds assist the Lions in their future activities.

The club was able to respond to the calls of assistance during last year's floods and will continue to be available to support and assist in the local area. Of course, many social activities are organised and the Lions are able to include the fast growing 'Haltemprice Lions Friends' section in many pleasurable evenings.

The Haltemprice Lions are based in Cottingham and meet on a regular monthly basis, should anyone wish to have further information on the club or any other club in East Yorkshire, please call David Whincup (Telephone 01482 847367).

Pictured above: John Dickinson (left) and Lions President Godfrey Burley (right) presenting a cheque for £1,500 to Cheryl Barratt of Marie Curie Fund from the proceeds of the golf match in 2007.

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Wordsearch - Find the Universe

Can you find the words hidden in the puzzle below, they maybe horizontal, vertical or diagonal, forwards or backwards.

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

Find the Universe items in the letters above:

Asteroid, Astronaut, Astronomy, Betelgeuse, Big Bang, Black Hole, Callisto, Comet, Constellation, Corona, Cosmos, Crater, Earth, Europa, Galaxy, Ganymede, Gravity, Jupiter, Leonids, Light Year, Mars, Mercury, Meteor, Milky Way, Moon, Nebula, Neptune, North Star, Oberon, Orbit, Phobos, Planet, Pluto, Pulsar, Quasar, Red Dwarf, Saturn, Sirius, Space, Star, Sun, Sunspot, Supernova, Titan, Uranus, Venus.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 19 -

This is a medium challenge

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

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Cottingham Flooring celebrate first successful year of trading in Cottingham

On the 16th of July Cottingham Flooring will celebrate a hugely successful first year in the village, thanks to the continued and valued support of the local community. Ian Robinson and Barry Clarksoln, who between them have over thirty years experience in the flooring industry, own the business. They also provide the expert carpet and wood fitting service for the shop, so customers are guaranteed first class workmanship with every job.

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'As our first anniversary approaches, we have exceeded all expectations and feel that we are now an established member of the local business community in Cottingham' said Darren. 'Our aim was to provide a professional, competitively priced flooring service locally and we feel that has been achieved. We asked local people to give us the opportunity and they have done just that. A lot of our work is repeat business and also recommendations from very satisfied customers. This coupled with our hugely successful advertising campaign in the *Cottingham Times* has ensured that our reputation has grown rapidly.'

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On-line blog brings personal touch for Discount Plants of Cottingham

With more competition online, garden centres need to stand apart, John Holdsworth a student currently completing the Royal Horticultural Society level-two certificate in horticulture has been working to give his local store Discount Plants Garden Centre in Cottingham a boost with his online blog.

Owned by Derek Lawson the blog gives Discount Plants an edge by using a regularly updated blog, a cheap and easy tool that few local competitors have. The idea of the blog is to help back up the website and promote it through the use of blogs and a forum.

The blog allows visitors to get a feel for the garden centre, with images of products on the web. Visit Discount Plants at www.discountplantscottingham.co.uk.



What's New In Your Market?

If you ventured into the Cottingham Thursday Market on the 19th June you may have seen a new stall secreted in the middle of the usual vibrant mixture of other commodities - from french patisserie and vegetables to DIY equipment and clothing.

The Churches Together in Cottingham stall, manned with volunteers from the six churches, had a book stall on which we had a selection of books provided for us by Wesley Owen in York.

This is one of our Hope 08 events through which we aim to reach out to our community. The stall sported modern bible translations, like the Message, books addressing everyday life, biographies, humour, as well as a wide selection of children's books. In addition we had four types of delicious fairly traded divine chocolate (pictured above is one of our biggest chocolate customers!).

We had a great day on the market. The regular stall holders were very welcoming to us amateurs and it was great to chat with so many of them and you. We hope to repeat the exercise on July 24th and August 21st, but would highly recommend popping into the market on other weeks too. It's amazing what you can find on most stalls, if you can't find it, the stall holders are usually willing to get it for you by the following Thursday.

Rev Andy Lindley on behalf of Churches Together in Cottingham.

Pensioners Afternoons at The Black Prince, off the Parkway

The pensioners of Cottingham can have a wonderful afternoon at The Black Prince off the Parkway, Cottingham every Tuesday afternoon between 2.00 pm and 4.30 pm. There will be a live artist, bingo, raffle and free food. So don't stop at home wondering what to do, come down to The Black Prince, enjoy yourself and meet new people. Telephone 07970 715301 for more information.

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Charity Golf Day in aid of Cancer Research UK at Cottingham Parks Golf & Country Club on Friday August 1st

People are invited to help raise money for cancer research UK by taking part in a golf day on Friday, August 1.

Steve Fulstow, organiser, said: "The golf days have been running since 2000 and have so far raised around £13,000, with £2,400 last year alone.

"Last year 160 people, making up 40 teams took part and we would like to attract a similar number of people again this year and bring the total money raised up to £15,000."

He added: "The golf days are a great way to raise money for a really good cause and I would like to encourage people to come along and enjoy the day with us."

The 18-hole event takes place at Cottingham Parks Golf and Country Club from 9.00 am to 4.30 pm and costs £25 per person (£15 for Cottingham members).

The competition is open to men, women and juniors.

Those taking part are asked to adhere to the golf club dress code; no jeans, no trainers and no t-shirts. Golf shoes must be worn.

For more information or to enter the tournament, call Steve Fulstow on 07904 572971 or email golfdays08@fulstows.karoo.co.uk

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Cottingham Parish Council



Local Police Report

PC Morley attended the meeting to inform Councillors of the situation in Cottingham. He was pleased to report that the local policing team was up to full strength. PC Neil Chambers was now in post with the responsibility for Cottingham North; PC Morley was responsible for Cottingham South although their duties crossed over as and when necessary. The bicycles donated by the Parish Council are in use and he thanked the Council for their generosity.



PC Morley reported that a burglar who had been responsible for a spate of robberies over March/April had been jailed. There had been problems in March/April with gangs of youths from Orchard Park abusing staff in some of the bigger stores and shoplifting. One of the ringleaders was identified and threatened with an ASBO which appears to have stopped the trouble. Criminal damage figures had increased by 150% through March and April with another gang of youths coming into the village. Again some of the culprits had been identified and threatened with ASBO's and the trouble seems to have stopped with the criminal damage figures going back to a normal level for this area.

There had been some complaints from residents of Park Lane about drivers racing their cars up and down Park Lane. The police had stopped and warned the drivers about their behaviour and Section 59 letters had been sent out. ie if the drivers are involved in such behaviour again their cars would be confiscated. Cllr Hardwick thanked the police on behalf of the residents on Park Lane.

Cllr Leatham asked if the police were aware of the beggar outside Somerfields; PC Morley was aware and would monitor his behaviour.

8 July 2008 - www.cottinghamtimes.co.uk

Report from Planning Committee

Erection of a single garage at the side of a house in Eppleworth Road, Cottingham. The deadline for replying to ERYC had passed and that a Notice of Decision had been received in respect of this application and the East Riding Council Planning Committee had approved this application

A change of use from a retail shop and cafe to form a cafe, erection of a single storey extension to side and installation of a new shop front at 145-147 Hallgate for Coopland & Son Ltd. The plans had been discussed were unchanged. The Council supported the application.

Cllr Hardwick commented on the correspondence between Red Roofs Nursery, ERYC and Swifts.

Swifts have agreed to pay for alterations to the junction on Northmoor Lane.

Report from Allotments Committee

Cllr Hardwick reported on the Allotments Committee Meeting which had taken place on Tuesday 10th June. He stated that the allotments were in a good state and any problems there may be were being dealt with.

Drainage Committee

Cllr. Hardwick reported that the Drainage Committee meeting that had taken place on Tuesday 3 June had gone well.

The culverts in Crescent Street/George Street had proved difficult as a sewer runs through it, but operations are still ongoing.

Update on Community Ownership Project at KGV

Cllr Cooper displayed photographs of the suggested design for the replacement pavilion at KGV. The design used the original steel structure which lends itself to a modular style which can be added on to in the future and included an eco-friendly plant room which also allowed for expansion in the future.

Cottingham Day

Cottingham Day 2008 - With just over two weeks to go last minute arrangements are being put in place.

Everyone is looking forward to the event and hoping that it will be bigger and better than last year

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Impact of Revised 2008/09

Tax Allowance by Nick Robinson of Yorkshire Accountancy Limited

Although the changes in income tax rates (abolishing the 10% rate and reducing the basic rate from 22% to 20%) were announced in March 2007, most people took very little notice at that time. When the new rates took effect in April 2008 there was an almighty fuss. Due to the loss of the 10% band those on lower wages began to pay more tax, and as the basic rate had been cut to 20% those with taxable incomes between about £18,000 and £35,000 had lower tax deductions.

After much dithering the Chancellor proposed a crude solution, which will not fully reimburse those on the lowest incomes who have lost out. The personal allowance for 2008/09 has been increased by £600 to £6,035 and the higher rate tax threshold has been reduced by £1,200. These changes are effective for the current tax year that started on 6 April 2008, and should result in a tax reduction of about £120 for basic rate taxpayers for 2008/09.

There are four main effects to consider...

1. If you run a payroll you are not expected to implement these changes until at least September 2008. HMRC have said they will issue instructions in the next few weeks on how the higher allowance and lower 40% threshold should be handled for PAYE purposes. The most straightforward solution would be to reissue all 22 million PAYE code numbers for 2008/09, but that would be very expensive for HMRC. We will let you know as soon as HMRC have decided what to do.

2. If you are self-employed you will not feel the full effect of the tax reduction until 31 January 2010, when you pay your final tax bill for 2008/09. You may be able to reduce your tax installment payments due on 31 July 2008 and 31 January 2009, but that will be risky unless you know the level of profits that will be taxed for that year. We will only

be able to work this out accurately once your accounting year finishes and your accounts are finalised.

3. As a shareholder/director you may be used to drawing a salary exactly equal to your personal allowance, which is now £503 per month. However, if you increase your current salary above £453 per month you will pay more NICs as the earnings threshold, where NICs become payable at 11%, has not moved up with the personal allowance.

4. If your total income exceeds £41,435, you will see no difference in the tax you pay in 2008/09, but if you try to keep your income within the basic rate band you need to revise your calculations. As the higher rate tax threshold is now £34,800 not £36,000, you will need to restrict your dividend income to stay within that lower limit. Alternatively you could increase the pension contributions you pay by £480 (net).

July Question

Q. We pay our employees a mileage allowance for business journeys in line with the Taxman's recommended rates. Can we reclaim any VAT in respect of those payments?

A. You can reclaim the VAT but only on the proportion of the mileage allowance that relates to fuel. The mileage rate of 40p per mile has a large element of reimbursement for the vehicle's other running costs. You need to use as a reference point the HMRC advisory fuel only rates which vary according to the size of the car, and are reissued several times a year. For example, if the vehicle has a 1500cc petrol engine and you reimburse the driver for 1000 miles, the value of the fuel used is 13p per mile: £130. The VAT element is $7/47 \times £130 = £19.36$. However, the employee must supply you with fuel receipts totalling at least £130 to allow you to reclaim the VAT shown on those receipts.

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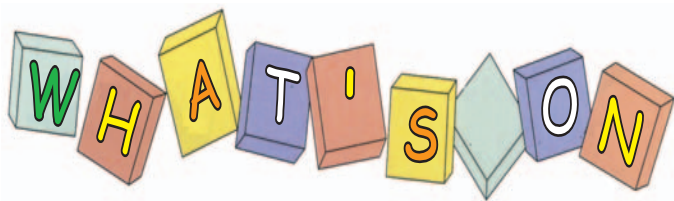
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In Cottingham and District

Diabetes UK

Thursday 17th July, Mrs. B. Brown (Senior Psysiotherapist), 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.

Cottingham Wildlife Watch

Sunday 20th July, 10.30 to 3.00 pm, Filey Brigg. Rock pooling, meet at the Cliff Top carpark. Gr TA121815 (Parking pay and display). Family camping weekend from 18th to 20th July at Westfield Farm, Burton Fleming contact Amanda Jones tel. 01377 255644 if you are interested.

Mad Academy Summer Holiday Classes

Tuesday 22nd, 29th July and 5th August. Special three week Mad Academy course at St. Mary's Church Hall, Cottingham. Thursday classes also available at Dunswell Sports Hall. Mad Academy is high energy, free-spirited music and movement classes for children aged 3-months to five years of age. Booking essential, for more details or to book a place contact Kirsty on 01482 824143.

Wednesday Social Club

Wednesday 23rd July, at 2.00 pm in the small Darby & Joan Hall, at the rear of the building, Ms Susan Harr, Women and War.

East Riding Flower Club

Monday 28th July, Practice - Title "Fantasia" (niche) Setting up 10.00 am. Judging at noon, 2.00 pm workshop "Contemporary Work" Judging and Workshop by Pam Kitchen (Leeds). In the Civic Hall, Cottingham at 2.00pm. Members only.



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In Cottingham and District

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

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Cottingham Green Women's Institute

Thursday 10th July, Members Night (Sales Table), General and Cakes, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Westfield School Fair

Friday 11th July, 6.00 pm until 10.00 pm. There is a bar, BBQ, pony rides, refreshments, disco, tombola, face painting and lots of other stalls.

Cottingham Support Group for Marie Curie Cancer Care

Saturday 12th July, are holding a "Blooming Great Tea Party", in celebration of Marie Curie's 60th Anniversary at the Zion Church Hall, Hallgate from 9.30 am to 12.30 pm. There will be live musical entertainment, tombola, handcrafted cards and a cake stall. Admission £1 includes drinks and biscuits.

Skidby Village Hall & Institute

Saturday 12th July, Charities Fair, 10.00 am to 1.00 pm. Free Admission. Refreshments available. Registered Charities may book a table Free of Charge. Booking forms available from the Secretary Kelvin Young 843446.

Cottingham Catholic Women's League

Monday 14th July, "The Minster Way", Mr. Ray Wallis, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Gardening Club

Tuesday 15th July, Members Rose Show, followed by David Drayton talking about Roses, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

The Cottingham Singers

Wednesday 16th July, Annual Summer Concert, at Bricknell Avenue Methodist Church, Hull starting at 7.30 pm. The programme includes many popular songs and several solo items. Tickets £3.50 including refreshments. For further details please ring 654535 or 506643.

Cottingham Evening Townswomen's Guild

Wednesday 16th July, at 7.30 in the Darby & Joan, Finkle Street. Social Evening.

Front Cover Picture: This is a photograph looking down South Street, Cottingham. The photograph was taken and kindly supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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