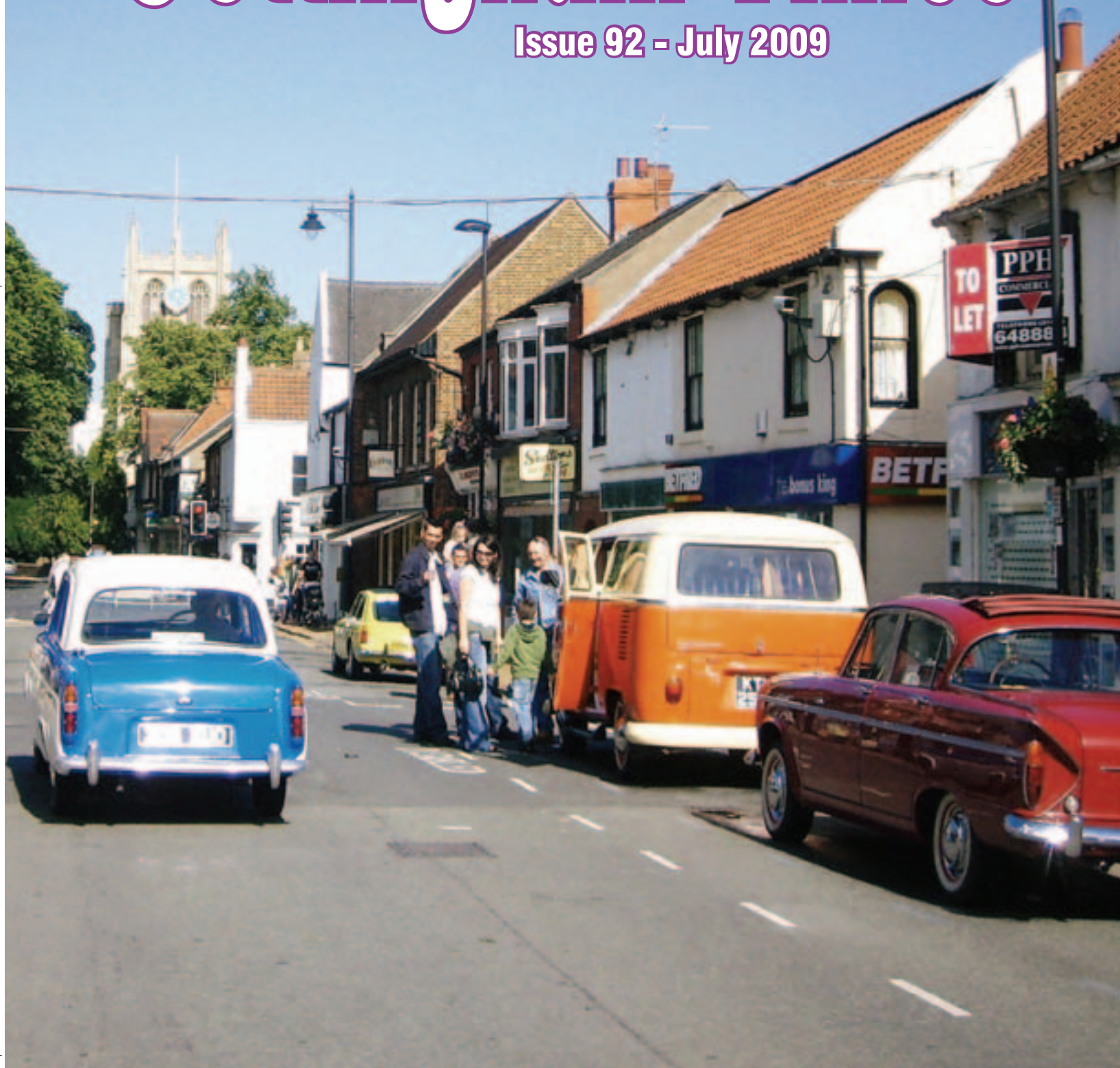


# Cottingham Times

Issue 92 - July 2009





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We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

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

Tuesdays and Fridays 10.00 to 4.30 pm. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

### The Cottingham Wild Spaces Group

Sunday 5th July, The Dene. More volunteers are welcome to join us, and if we have more volunteers we could achieve more to improve the environment area of Cottingham. For more information 01482 840336.

### British Sugarcraft Guild

Monday 6th July, Anenomes, A demonstration by Lesley Davey. 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

### U3A

Thursday 9th July, Outing to Temple Newsham House Leeds.

### Cottingham Green Women's Institute

Thursday 9th July, Members Social Night "Show off your talents ladies", in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### The Cottingham Singers

Friday 10th July, A Special Event by the Cottingham Singers, Music for a Summer Evening. Tickets £3.50, available from the Photo Shop, King Street, or telephone 848472 and at the door. Starts 7.30 pm, door open 7.00 pm. Proceeds for Church Funds.

### The Westfield School Association

Friday 10th July, Westfield Summer Fair, from bouncy castles to BBQs, to beat the goalie we have lots of fun activity for all. Rain or shine please join us to help raise funds for Westfield School. Opens 6.00 pm to 10.00 pm.

### Cottingham Wildlife Watch

Thursday 11th July, 11.30 am to 1.30 pm - Celebrate Cottingham Wildlife Watch Group 20th Anniversary at Hallgate School.

### East Yorkshire Embroidery Society

Thursday 11th July, - Janice Williams - Gold Work, Past Present and Future, 2.15 pm in the Darby & Joan Hall, Finkle Street, Cottingham. Members £1.00; Visitors £2.00 (includes cup of tea and biscuits). (Membership £6.00 per year).

### Cottingham Catholic Women's League

Monday 13th July, Thwaite Gardens, Mr. Charles Levitt, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

### Cottingham Women's Institute

Tuesday 14th July, "Ghosts of Beverley" by Paul Schofield, at 10.00 am upstairs at the Cottingham Civic Hall.

Front Cover Picture: A view down Hallgate showing some of the Classic Cars on show on Cottingham Day 2008. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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#### **Cottingham Evening Townswomen's Guild**

Wednesday 15th July, Social Evening, at 7.30 in the Darby & Joan, Finkle Street.

#### **Diabetes UK**

Thursday 16th July, Keren Miller, Dietician, in 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.

#### **The Soroptimist International**

Friday 17th July, Welcome Evening. This is a worldwide organisation for professional women, working through service projects to advance human rights and the status of women and children. Come and learn about us. For more information 01482 342622. 7.00 pm Village Hotel, Hessle.

#### **Wednesday Social Club**

Wednesday 22nd July, at 2.00 pm in the small Darby & Joan Hall, Speakers Mr. & Mrs. Cochrane, Housekeeping with Dorothy Wordworth.

#### **East Riding Flower Club**

Monday 27th July, Jan Faulkner (Middlesbrough) "In the Summertime". In the Civic Hall, Cottingham at 2.00 pm. Visitors £3.00 to be paid at the door.

#### **The Cottingham Wild Spaces Group**

Sunday 2nd August, The Millbeck Wildlife Area and King George V Woodland, 10.00 am.

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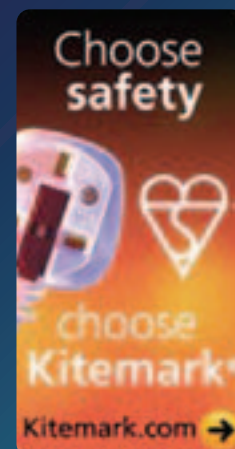
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# Property News from Martin English of Homelink



## Leasehold and Freehold Property

The terms 'freehold' and 'leasehold' refer to the two main different ways in which properties in England and Wales can be owned.

This article explores the differences between freehold and leasehold, and provides an outline of some of the main issues surrounding leasehold, the more complex of the two.

## Freehold

If your property is freehold, you own it, and the land on which it is built, outright. When you die, it is part of your estate and can be bequeathed to your heirs. Your entitlement to do with it as you please is limited only by planning and other laws. Any necessary repairs are your responsibility, but you can generally choose not to carry them out if you so wish.

For these reasons, freehold properties (or, in the case of a flat, a property with a share of the freehold) are usually more desirable than leasehold ones, and so are often worth more.

## Leasehold

Though houses can be leasehold, this type of ownership applies more usually to flats. Under a leasehold agreement, you own your property only for the period stated in the lease. The freeholder (who, as we have seen, owns the property outright) grants you the right to do so, and ownership reverts to him when the lease expires.

The length of a lease, naturally, diminishes over time; its initial term can be up to 999 years. Not surprisingly, the duration of the lease pur-

chased has a direct bearing on a property's value. In some cases, leaseholders have the right to extend their lease or even buy the freehold.

Because leasehold is, in effect, a form of tenancy, an annual fee (known as ground rent) is payable to the landlord (that is, the freeholder or his managing agent). Ground rent may be a nominal sum. A maintenance (or service) charge is also levied, to cover things like managing the building, external redecoration and repairs, gardening, window cleaning, buildings (though not contents) insurance, and so on. Such charges may rise annually without limit, but they are required by law to be reasonable.

The leaseholder usually owns everything within the walls, including the floorboards and plaster, while the freeholder owns the structure, the land on which it is built, and the common parts (which include communal entrance halls, staircases and so forth). The freeholder may be an individual, a company, a local authority, a housing association or a residents' management committee, under which leaseholders join forces to buy the freehold of their building.

Leasehold's main advantage is that it assigns clear responsibilities for upkeep and repairs, protecting individual leaseholders in the event of, say, a leak from a flat above. On the downside, it can be more difficult to obtain a mortgage on a leasehold property; much will depend on the length of time the lease will have left to run after the end of the mortgage term.

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



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## Windmill Walkers organise a series of short Summer Evening Strolls

The Windmill Walking Club, based in Skidby, has organised a series of short Summer Evening Strolls. Anyone who fancies a fairly leisurely walk on a Thursday evening is welcome to participate (Registration fee of 50p). Club membership is not required for these events, but the emphasis will be on peaceful easy-style walking. Each walk will be led by a competent leader, commencing at 7pm and covering a distance of 4 to 5 miles.

Thursday 16th July - starting at South Cave Clock Tower (G.R. 023 314).

## Skidby Village Hall Annual Charities Fair on Saturday July 11th

The Skidby Village is holding its Annual Charities Fair on Saturday 11th July 2009 (10am to 1pm)

Come and enjoy a wide range of Charity Stalls. Tables are free to Registered Charities on a first come-first-served basis.

For further booking details, contact the Secretary Kelvin Young 01482 843446.

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## Presentation by Mr Hadfield, ERYC, on KGV Project

Mr Hadfield attended the Parish Council Meeting to give an update on the project at KGV. Cllr Cooper said that there had been on or two problems with the setting up of the Trust which had caused a delay but the problems were not insurmountable and the project was back on track. Mr Hadfield emphasised that the sustainability of the Charitable Trust company was the key element to the project being successful. The group was currently working towards a five year business plan. The proposed timescale would see work commencing on the site in November/December 2009 subject to monies being available. The insurance money for the original building will not totally cover what is being planned for the replacement facility but there are other funding streams that can be accessed by both the KGV Trust and the ERYC.

A joint KGV Group/ERYC press release will be sent out over the summer, once there is something definite to report which will inform the people of Cottingham of the plans for the Pavilion.

The Friends Group meet on the first Monday of the month at 7.30pm in the Parish Council Office – if you've any suggestions, complaints or just want to see what's going on – please come along.



*Above: Councillor Ann Abel presents a grant award cheque to Roy Humphrey of the Cottingham Wildlife Watch under the S137 Local Government Act 1972. Also pictured; Erica Scaife, Helen Humphrey and Councillor Gary Cooper.*

## Police Statistics

Just a reminder that anyone can access police statistics for themselves by visiting the Humberside Police website – [www.humberside.police.uk](http://www.humberside.police.uk).

## Cottingham Day

For anyone who still goes around the village with their eyes shut you may not know that Cottingham Day takes place on Saturday 4 July 2009 beginning with a parade at 12 noon. There are various banners and posters around the village giving information of what is happening on the day.

When planning began for this year's event, the Committee decided that because of the doom and gloom which has dominated everyone's lives over the past year, they wished to produce a day of events which would cost as little as possible! We hope that you can bring your children, friends, pets and more mature members of your family and find something to do that will not cost a fortune!

Programmes detailing times and venues (subject to last minute changes) will be available from various places around the village and the Parish Council Office very soon – please come and ask.

## KGV Cottingham Community Trust

KGV Cottingham Community Trust will be holding a Family Fun Day on Thursday 13 August – activities are planned to start at 10.30am and will continue until 3.30pm; they include family sports and activities, attractions and food.

8 July 2009 - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

## Cottingham Christmas Lights

Councillors have agreed to fund the refurbishment of the King Street section's lights for the forthcoming Christmas season. Hopefully this area will soon rival the other parts of the village.

## Cottingham Leaflets and Maps

The maps in the Parish Council owned noticeboards are long overdue for updating. We are now ready to reprint both the maps and the Discover Cottingham leaflets and these updated versions will soon be out there. We are also going to replace the Perspex sheets in the noticeboards that have been damaged and this should improve your viewing pleasure of both the maps and the notices which are displayed on the other side.

## Two New Councillors

Cllr Bob Minors and Cllr Alan Wright were unanimously co-opted onto the Parish Council for the remaining two years of the four year election period. Cllr Minors will represent Castle Ward and Cllr Wright will represent Priory Ward. They are both very welcome additions.

## Car Parking Roadshow

The Council would like to thank all those residents who turned out to the roadshow on Thursday 11 June; it seems we had the largest turnout of all the roadshows in the East Riding. It also appears that we have given them something to think about!

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## The British Red Cross – Care in the Home Service (East Riding)

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



Volunteer your time and make a world of difference...

Are you aware that the British Red Cross provides a Care in the Home Service in your area?




Photo: Lavin Thompson

If you enjoy talking and listening to people and want to find out more about the service and what our volunteers can do, please call Diane or Jenny on **01482 623076**

[www.brc.org.uk/ehamscotland](http://www.brc.org.uk/ehamscotland)

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# Windows 7 could be launched on October 22nd

**W**indows 7 could be released as early as 22nd October this year according to various news sources, including the BBC website. As mentioned previously, we have been testing the 'Beta' and 'Release Candidate 1' versions for a while now, and it certainly performs much better than Vista. One advantage will be Windows *XP mode* - a virtual mode that can run older applications that might not run on Windows 7. There will no doubt be a free upgrade offer for anyone buying a PC with Vista installed - coming soon.

However, one crucial item missing from Windows 7 will be *Internet Explorer*. This follows legal action just over a year ago, when Microsoft was fined 899m Euros by the European Commission for anti-competitive behaviour over bundling the web browser (and *Media Player*) into Windows. The idea is to encourage users to have their own choice of web browser, such as Firefox, Opera & Safari etc. Not surprisingly, Microsoft has said it intends to make it easy for users to download and install *Internet Explorer*.

**Vista Service Pack 2** has been made available through the Windows Update site recently, and for those on XP there is Service Pack 3. These contain important security updates so are worth downloading. Other miscellaneous updates include *MSN Live Messenger*, *Java* (which helps to display webpages) and *Adobe Reader*; these are all quite safe to download and install.

The **Digital Britain report** was released recently with talk of a 50p per month levy on every telephone line to fund the further expansion of broadband networks particularly to areas not already covered; and upgrading to higher speeds. It is estimated that 75% of households will be on broadband by the end of this year. Any move to help rollout faster and more efficient digital services has to be applauded, but sceptics say that the government has for a long time eyed the Internet and email as a possible revenue stream.

We have had instances where customers report having an email blocking their system (usually a message with a large attach-

ment), so that no other messages will download. The best way to fix this is to close the email program (Outlook Express etc), go to your service provider's website, whether it be Karoo, Tiscali or whoever, and log into your email account there. This will display all the messages waiting in the inbox, if you see one at the top with a large attachment, try to see what it is and whether you want to receive it anyway, and if not delete it. When you open your email program again it will download all the remaining messages as normal.

**What is the difference between email services like Karoo** where you download your mail into a program as detailed above, and services such as Hotmail, Yahoo or Gmail? The latter are known as 'online email services' because you can log onto any computer, anywhere, and see your mail. The reason is that you are viewing it online, direct to the inbox, instead of downloading it to your computer. You can still read it, print it, reply, forward etc., but it is not saved on your computer, but on the host's computer, so it stays there and is available wherever you happen to go. And of course they are free to use; you just sign up online for a free account.

**Now for a couple of interesting websites.** If you are into space travel try: [www.nasa.gov/ntv](http://www.nasa.gov/ntv) for some great video footage of the Space Shuttle, rocket launches and views from space. Or for more down to earth pursuits, with the start of the annual Tour de France on 4th July, have a look at the official website [www.letour.fr/indexus.html](http://www.letour.fr/indexus.html). A fitting date for US rider Lance Armstrong to make his comeback to the Tour, after previously winning 7 times.

Richard Mills

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## Cottingham Methodist Church Community News

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[www.cottingham-methodist.org.uk](http://www.cottingham-methodist.org.uk)

### 'Cottingham Day at the Church'

On the 4<sup>th</sup> of July we celebrate Cottingham day once again. I for one think it is a day worth celebrating. Our village, large as it is, still operates like a community. Those of you who attended the Council forum, addressing whether parking charges would be instituted in our village, will have sensed the spirit of our community working together. It was great to see a mixture of people from businesses, churches, local government and local organisations, gathered to debate this topic. Many familiar faces were present; people we see as we walk around the village; people in other words who form our community. If you delve into your history books, you soon come to recognise that Cottingham is a village that has fought to maintain its identity, and its values, for many generations. It is, therefore, a delight for the churches to be able to join in these celebrations on the 4<sup>th</sup> of July. The event begins a little later this year at 12 noon, but as a Methodist Church we plan to hold our mini farmers market once again. It may seem a strange thing for a church to do, but in many ways the market encompasses both our faith and our hopes for our world. It may be a surprise to you to know that under those acres of greenhouses in Cottingham grow tons of peppers, cucumbers and tomatoes, but you have to look carefully in our shops to find them. Our area offers a range

of local honey, some of which is available at the Thursday market and farm shop. Skidby Mill grind wheat grown in Goole (now they have sails again) and we can buy the flour on our doorstep. Yorkshire Orchards at Wilberfoss grow over a hundred varieties of Apples which are readily accessible on a trip to York. What a shame to make do with the two or three varieties of apple imported to our Supermarkets! We

hope to showcase several of these suppliers at our market. Despite this wealth of local products we ought to have available to us, much of what we see in the shops sadly comes from much farther afield. Of course supporting these local suppliers instead is also supporting local jobs,

our local community and lowering our carbon footprint. We recognise, however, not everything grows locally, and we will have fair trade products available too, which although well travelled, do at least come with the knowledge that those who produced them are given a standard of living that allows them to educate and care for their families. Our Christian faith demands that we must be good stewards of our world, and we can make a start in the way we choose our food.

**Rev Andy**



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## Wordsearch - Painters

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

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

Find the words in the letters above:

Botticelli, Canaletto, Cezanne, Constable, Dali, Da Vinci, Degas, Gainsborough, Gauguin, Goya, Holbein, Klimt, Manet, Matisse, Michelangelo, Monet, Picasso, Pollock, Raphael, Rembrandt, Renoir, Turner, Van Gogh.

Wordsearch courtesy of [www.puzzlechoice.com](http://www.puzzlechoice.com)

## Sudoku No. 31 -

This is an easy challenge this month

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

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## Come and Enjoy your Sweets of Yesteryear and Re-live those Childhood Memories with the delights of Finkle Sweets

The idea for Finkle Sweets came about when a friend expressed a wish for some liquorice torpedoes. This led to quite a search to find somewhere selling traditional sweets. Sweets obtained, passed to friend, job done. The idea then formed that the traditional sweet shop, selling old fashioned sweets in the old fashioned way from jars had practically disappeared.

It was a unique idea so the search was on to find a suitable place to put the idea into practice. After careful thought elimination of various places and a landlord who was keen to give the village something it did not already have, it was decided that Cottingham would be the ideal place to benefit from a Traditional Sweet Shop and the added bonus of putting Mr Moo's locally made ice cream in would compliment the sweets.

Finkle Sweets is now coming up to it's first anniversary trading in the village. Based in Finkle Street slightly off the beaten track, customers new and old continue to purchase their favourites, stock is constantly changing and customer service is a priority.

Mr Moo's ice cream is always available. Pucker Powder is a favourite and the Jelly Bean Factory is always popular. Stock is constantly changing with over 250 jars on the shelves. Finkle Sweets would like to thank their customers for their constant support over the last year.

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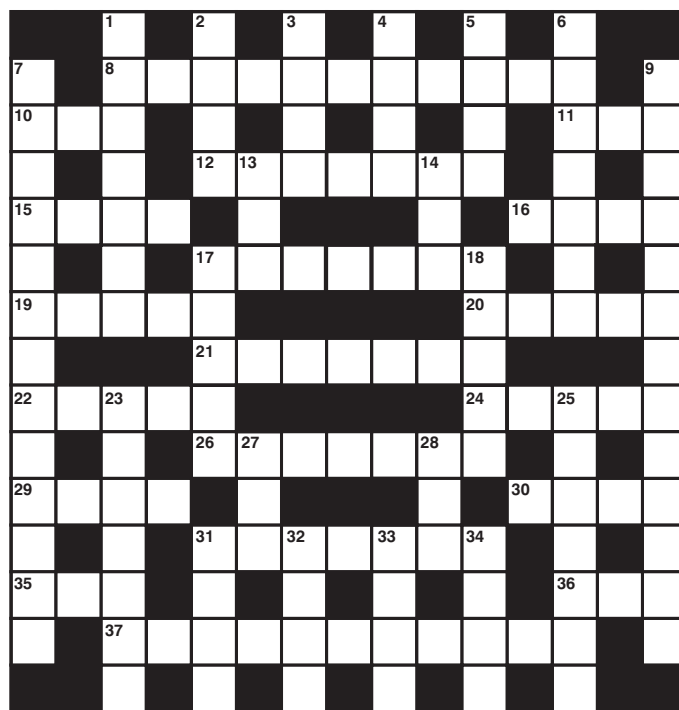
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## Crossword - Solution on page 46



### Across

- 8. Mountain of Waste (11)
- 10. Much of this is about nothing (3)
- 11. Regret (3)
- 12. A dreadful idea of things to come (7)
- 15. He could drive you to love, looking back it hurts (4)
- 16. Sounds as if the relative doesn't agree (4)
- 17. If you hang around here it could be the end of you (7)
- 19. The meat sounds dreadful (5)
- 20. O the Italian sauce is a nuisance (5)
- 21. You have got to solve this clue from the correct angle (7)
- 22. Does Edinburgh do this (5)
- 24. Former partner goes on stage (5)
- 26. Lip in a hurry, but fell over (7)
- 29. Man evolved from the rice (4)
- 30. Throw a line for the members of the play (4)
- 31. Fictional detective, shirley was a big one (7)
- 35. Tax on the container (3)
- 36. Have one, give it a try (3)
- 37. One of the little people? ask Gulliver (11)

### Down

- 1. Up front person (7)
- 2. Scan the tins (4)
- 3. Lonely fish (4)
- 4. A slight call to get ones attention (4)
- 5. Urge to make a face at the food (4)
- 6. Jumps from the well (7)
- 7. The services go on vacation (13)
- 9. Future means of travel? (13)
- 13. Whistling vegetable (3)
- 14. Back from war, it still hurts (3)
- 17. See 27 down (5)
- 18. The starting price will get you up to this (5)
- 23. Letter telling a story (7)
- 25. First male worker becomes a pop star (7)
- 27 and 17 down, Finishing coat for part of the face (3, 5)
- 28. Either way, here's looking at you (3)
- 31. Old one at sea (4)
- 32. What a journey (4)
- 33. Beat up the business (4)
- 34. Go right to get help (4)

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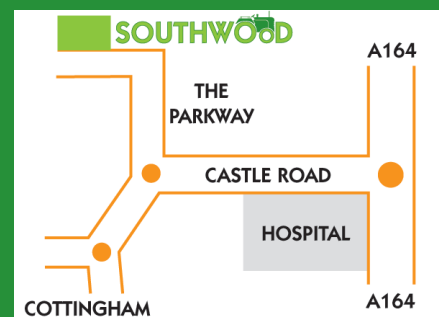
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# In the Kitchen



## The Weatherman said we're in for a BBQ Summer - have we heard that before?

Certainly in the UK, it's not often that we can plan a BBQ day in advance, however barbecue food can be made into gastronomic wonders which are worthy of cooking in the kitchen (if the day gets washed out by rain). Just an hour or two is sufficient time to prepare delicious and exciting food.

**DO** - Marinate fish, poultry and meat. Some people like their food plainly cooked. That's fine. But what a difference added seasoning makes, turning an everyday ingredient into something to tantalise the taste buds. With BBQs marinating is a God-send. Not only does it add flavour, but with meat and chicken, it has the added benefit of tenderising it. Marinating for even half an hour or so will benefit most meats. Most of us have the basic ingredients in our kitchens....oil, some sort of acid (lemon juice, wine or even a decent vinegar), seasonings such as onion, garlic, pepper and herbs....even dried herbs will do. **USE THEM....EXPERIMENT ....BE BOLD!** And if it rains, it's good enough to be cooked indoors.

**DO** - cook EVERYTHING on the BBQ - 1st course, main course, vegetable accompaniments and desserts, especially good in foil parcels laced with butter or olive oil and a sprinkling of fresh herbs.

**DON'T** - stick to sausages, burgers and chicken drumsticks. There are too many other fabulous foods which taste great when barbecued.

### Cooking Foods on the Barbecue

Vigilance is the key. A common mistake often made is to put the food on the BBQ grill then leave it and go off to have a glass of wine and a chat for 10 minutes. 10 minutes is a lifetime in BBQ-world. No-one would put a chicken breast under a very hot grill then leave it without checking how it's doing, probably lowering the heat at some point and turning or basting it. With BBQ's it's even more important.

Place food in the centre over the very hot coals and seal on all sides so it's a good colour but not too dark. By the time that's done, the outer parts of the BBQ have burned away enough to be further away from the grill enabling food to be moved to those parts to cook through without charring.

This also enables you to cook different types of foods at the same time much as you would in the kitchen. So, for example, if you are cooking chicken quarters, sausages and burgers, you should start the chicken in the centre of the BBQ first as this takes the longest time to cook. Once they are well browned on all sides, move them towards the outer edges of the grill and place the sausages in the centre. Once they are browned, move those towards the outside and place the burgers in the centre. Voila! all your BBQ meats will be ready at the same time.

Make use of the various holes BBQ manufacturers have provided to raise or lower the grill. They are there for a reason, primarily because charcoal has a mind of its own and once alight, will just burn away selfishly with no thought of temperature or the fact the cook wants to enjoy the sunshine and have a laugh with their friends. It's so easy just to transfer the partially cooked food to a plate, move the HOT grill up or down, making sure you protect your hands with oven gloves, then replace the food on the grill. Alternatively, special racks can be pur-



chased which can be positioned around the edges or in the slots provided to keep food away from the fiercest part of the coals.

Frequent Turning and repositioning is also very important, especially if you have a fixed BBQ grill.

Baste .... often .... with the marinade or other liquids such as olive oil or melted butter. Keeps the food moist and succulent.

### Barbecue Safety

- Always keep raw and cooked meats separate and keep uncooked meat, fish and vegetables separate from each other when preparing.
- In very hot weather throw away BBQ'd food left out for more than an hour.
- BBQ'd food may look well cooked when it isn't. Burgers, sausages and chicken should be cut open and checked. If necessary continue grilling until cooked through.
- Never part-cook on a BBQ and finish cooking later. However, you can par-cook, or par-boil poultry in the kitchen, keep it chilled, and then finish it off on the BBQ to add flavour.
- To light charcoal, always use proper BBQ lighter fuel; never ever use petrol or other inflammable liquids.
- If using gas, ensure that the grill is lit immediately. If the grill fails to light at first or second attempt, turn off gas immediately and leave for a few minutes before relighting.
- Position BBQ's on level ground, well away from fences, hedges and trees, or anything that could catch fire.
- Ensure that you have sufficient preparation and serving areas and keep these two apart. If using separate tables ensure that they are kept away from the hot grill.
- Use long handled utensils such as tongs and turners or spatulas when cooking food on the barbecue as it can be deceptively hot even 1 ft away from the coals.
- Remember that BBQ's can be dangerous, the grill is very hot and can cause nasty burns, or even serious fires if knocked over.
- Have a fire extinguisher ready in case of accidents.
- Ensure the charcoal is cold and/or the gas securely turned off or disconnected before retiring for the night.

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### Lamb with Garlic and Rosemary

8 Garlic Cloves, crushed  
2 tbsp Fresh Rosemary Leaves  
6 Lamb Tenderloins cut into 2.5cm/1-inch pieces  
180ml/6 fl oz. Robust Red Wine  
120ml/4 fl oz. Olive Oil  
Salt and Black Pepper

#### Instructions

1. Place the garlic and the rosemary in a pestle and mortar together with a little salt and crush together to form a paste.
2. Rub the lamb with the paste and place in shallow dish. Pour over the wine and olive oil and leave to marinade for at least 2 hours.
3. Remove the lamb from the marinade and dry on kitchen paper. Set aside.
4. Pour the marinade into a small pan bring to the boil and cook for 10-15 minutes until reduced.
5. Cook the lamb over hot coals for 5-8 minutes, turning from time to time and basting with the reduced marinade. Serve hot.



### Herby Beef Burgers

#### Ingredients

1 Onion, very finely chopped or grated  
1 Egg, beaten  
450g/1lb Minced Beef  
1 Stick Celery, very finely chopped  
1 tbsp Tomato Paste  
1 tbsp Tomato Ketchup  
2 teasp Dried Mixed Herbs  
2 tbsp Worcestershire Sauce  
50g/2oz Fresh White Breadcrumbs

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#### Instructions

1. Place all the ingredients in a large mixing bowl and mix thoroughly with your hands until well combined.
2. Divide the mixture into 8 and form each portion into a ball. Use your hands, pressing the mixture together firmly. Turn each ball onto a lightly floured surface and press down with the palm of your hand to form burgers.
3. Cook over hot coals for 5-8 minutes each side or until cooked through. Serve with a hot barbecue sauce.



### Chicken Kebabs with Coriander

#### Ingredients:

1 Red Capsicum, (sweet pepper) cut into 2.5cm/1 inch pieces  
1 Green Capsicum, cut into 2.5cm/1 inch pieces  
2 Courgettes, ( zucchini ) cut into 2.5cm/1 inch thick slices  
4 Large Boneless Chicken breasts, skinned  
12 Cherry Tomatoes  
100g/4oz Button Mushrooms  
The Juice of 1/2 a Lemon  
1 tbsp Olive Oil  
2 tbsp Fresh Coriander, chopped

#### Instructions

1. Preheat the grill. Bring a large pan of water to the boil then add the peppers, courgette and mushrooms and blanch for 2 minutes. Drain well.
2. Cut the chicken breasts into 5cm/2inch cubes then thread the chicken and the vegetables alternately on to four skewers.
3. Mix the lemon juice with the oil. Cook the kebabs under the preheated grill for 12-15 minutes, turning occasionally and basting with the lemon juice mixture. Sprinkle over the coriander and drizzle with olive oil just before serving.

### Apricot Parfait

#### Ingredients

450g/1lb Tinned Apricots  
300g/11oz Vanilla Ice Cream  
25g/1oz Ground Almonds  
175g/6oz Curd Cheese  
175g/6oz Raspberries (fresh or thawed frozen)  
1 tbsp Flaked Almonds

#### Instructions

1. Drain the apricots, reserving the syrup and set aside 2 apricot halves for decoration.
2. Place the remaining apricots in a food processor and process until smooth.
3. Transfer the pureed apricots to a large mixing bowl together with the ice cream, ground almonds, curd cheese and 2 tbsp of the reserved syrup and mix well.
4. Divide the raspberries between 4 serving glasses, top with the apricot mixture and decorate with the remaining chopped apricot halves and flaked almonds. Serve immediately.

## Tales from Behind the Desk

By Margaret at the Kingston Veterinary Group

### And Teal Makes Two

“I’m not ready yet”, I told my daughters. I was referring to taking on another dog after my gorgeous 16yr x bearded collie, Tammy, sadly passed away. She had been my shadow, following me everywhere, from P.A.T. dog to school visitor, never leaving my side. Tammy had been my four legged confident/soul mate... how could I ever replace her?

But then along came Teal, a nine week old black Labrador brought into our Cottingham surgery with her three siblings for their first vaccination. Knowing I had a passion for labs, the vet pointed out the ‘laid back’, if I had known, barrel on legs sitting on the consult table. “If you are going to choose, then I would pick this one”, she remarked. One week later Teal arrived!!

At first, things took off slowly. One by one she met the remaining Thompson tribe, Saffie, Bisley, Jaffa (who by now could give a greyhound a race for their money!) and Suiki who was the eldest but very much Top Cat! Last but not least, Charlie, my daughters eight month old Tibetan Terrier, who I must say is now Teal’s constant companion. I had been told crates are essential in puppy training and I found out later, they are a gift from heaven!

The first sign of mischief was discovering the 2’ x 2’ pond.... small to some but olympic standard to Teal. Even more appealing, was when she realised that frogs can swim too! Then came the discovery of my prize 8’ display of clematis. It didn’t take me long to see why it had not flowered. The stems had been chewed one inch off the ground all the way along! Never mind I tried to tell myself, it’s only the puppy stage. One by one my plants started to migrate from garden to lounge with Teal sitting proudly amongst the makeshift garden like a stone ornament! It’s only the puppy stage.

With no plants left outside, the inside of the house took on a new meaning, ‘play time’. After six leads, three remote controls, two telephones and numerous other household items ENOUGH WAS ENOUGH

A crucial training programme was due, I had been training Teal during this time but drastic measures were required. I also need the training! So there I was, facing Ruth (our nurse/canine behaviourist) on the first week of the 9 week Scallywag course we run at our Beverley Road surgery. At first, Teal thought it was an extension of the park but as the weeks went by I noticed a rapid improvement ..... not only in Teal but in myself. We had become a partnership!

The respect I got from Teal then on, was noticeable. Stay means stay, heel means heel and leave really does mean leave. (although she did decide to eat our Kennel Club Good Citizen Dog rosette). Don’t get me wrong, she still has her moments. Like the time she

broke into the shed, opened a sealed bottle of slug pellets and devoured enough to be admitted, as an out of hours emergency at the Park Street surgery, to have her stomach emptied followed by a three day stay to be monitored. Thank goodness for Pet Insurance.

Training is made easier by the labs known insatiable passion for food and yes, I am sorry to say, I have possibly yet another pet heading towards joining the weight clinics.

I do still miss Tammy, my wonder dog who NEVER chewed a thing in her life, but as you can see, life with a Labrador is never dull. Would I swap her NOT FOR THE WORLD!

As for the crate mentioned at the beginning? Teal does use it during the day, when the house is empty and for her little ‘sanctuary’ during the night.

I wonder if there is a market for crates human size?

If any of our four legged friends are interested in training their unruly owners, come and join us on one of our Scallywag Training courses. Please contact any of the surgeries for details.



### Cottingham Library start second Reading Group due to popular demand

Cottingham Library invite you to come and join us ‘Richard and Judy’ style on the first Tuesday in the month at 2.00 pm in the Cottingham Library as they start their second reading group due to popular demand.

If you enjoy reading and want to share this interest with others, discover new authors and perhaps expand your reading choices, please feel free to join us for an informal and friendly group discussion.

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## Maddy Stamp gains place at the prestigious Phil Winston's Theatre Works

**M**adelyne (Maddy) Stamp age 19 from Hull has decided to follow her dreams, just like her grandma, Yorkshires' own Barbara Buttrick-Smith, a previous Women's Worlds Champion Boxer. After years of hard work to develop herself as a dancer, Madelyne has managed to gain a place at Phil Winstons Theatre Works, a very highly rated performing arts agency in Blackpool.

Phil Winston studied at the infamous Royal Ballet School but after turning professional his career took a more commercial route leading to appearances in various television and theatre shows. He established himself as an international Choreographer/Director and was appointed onto the examiners panel of International Teachers' Association in 1984. After helping to reconstruct the modern jazz I.D.T.A technique he then decided to open his own school (Phil Winston Theatre Works) which has gained an outstanding reputation in the industry.

After passing all her GCSE's at Cottingham High School, Maddy joined Wyke College where she gained a BTEC Diploma in performing arts and also a LAMDA level seven. During this time she also performed in super league side Hull FC's Cheerleading squad, as well as taking part in Hull Trucks' ground-breaking performance of 'Slavers' at the House of Parliament.

Maddy took her dancing to a new level in 2008 when she was one of 20 students picked from a huge 800 to study at world famous LIPA, a performing arts institute set up by ex-Beatle Sir Paul McCartney. During her years training at LIPA she was picked to model in Liverpool One's fashion show and also in the Liverpool Style Awards, alongside pop-group The Saturdays.

Her hard working attitude and natural ability gained her this much coveted place at Phil Winstons in September of 2009. However, with no local authority funding available for this course Maddy has been left to try and raise the fee of £3, 762.50 p/a plus living costs all by herself.

Maddy says 'When the offer letter arrived, all of my dreams started coming true. I was overwhelmed when I found out that I had earned a place at Phil Winstons. They offer all the training I need to succeed in my life long ambition to perform professionally on stage and screen. My grandmother has always told me to follow my dreams, as she followed hers and became a Women's World Champion Boxer. I really hope that someone in our community can share my dreams and help me with funding my course, but I know it is an awful lot to ask'.

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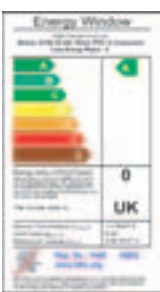
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This month Ruth Bryant is writing the column, discussing separation anxiety. Ruth does our behaviour work at Kingston Veterinary Group, she has a HNC in canine training and behaviour and is about to complete her Centre of Applied Pet Ethology Diploma (See [www.COAPE.co.uk](http://www.COAPE.co.uk).) I'm sure it will be more entertaining than my usual column.

### Home Alone

Oh Dear, I'll follow – she is going upstairs – she is spraying her hair – not a good sign. I've got butterflies in my stomach. Now she's putting on the funny high shoes and going down stairs. I had better keep close. She is picking up the keys and putting her coat on. Is she taking me with her?

My hearts beating faster and I'm starting to pant. Now she is talking to me and fussing me, its nice but not a good sign, I'll try and follow, I need to be with her to feel safe. She is pushing me back into the house.

She's gone! Now I feel really panicky, My heart is going faster and I'm panting and drooling I need to be with her – I will try and scramble my way out of the door – no good. If I howl she should come back – now I need to make a mess. I'll



keep howling – it's the only thing that I can do to bring her back. Next door are shouting and knocking on the wall, its terrifying. Keep howling – maybe she will hear me.

Joy – I can hear the car, now the door is opening – what a relief. No - its not – she is shouting at me, I'm feeling scared and confused, try and appease her, I'll look away and look smaller, that will show I'm not a threat..

"It's such a pity; he is so good most of the time. He follows me everywhere I go and is very loving. But when I go out he makes messes in the house. He has ruined the hall carpet and scratched and bitten chunks out of the door.

The hall wallpaper has been torn off around the door. The neighbours have complained and say they are going to the council. He knows he has been naughty because when I get back he looks so guilty. I tell him off but it doesn't do any good. I don't know what I am going to do".

One of the problems that owners come to me with, as one of Kingston Veterinary Group's Veterinary Nurses specialising in Canine Training and Behaviour, is dogs that are unable to cope with being left home alone. It is clearly distressing for dog, frustrating for the dog's owner and possibly disturbing for the neighbours. Dogs can be taught to feel differently about being left on their own, but it is a slow process, taking a lot of commitment from their owner, with support from a someone with knowledge of canine behaviour modification.

Teaching puppies to cope with short periods of isolation, accustoming them from puppyhood to sleep in their own bed rather (than the owners), and giving dogs plenty to tire them out mentally and physically (so they are ready for a rest when you leave) may help avoid developing a problem. Any behaviour problem is best treated early, so that mild fearful feelings never develop into full blown panic attacks.

If you have a dog with this or any other behaviour or training problem please get in touch with Louise or Ruth at Kingston Veterinary Group on 01482 843210.

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## Haltemprice Lions would welcome New Members

**H**altemprice Lions would welcome any new members. If you are interested please contact David Whincup telephone 01482 847367.

## HERIB - Still have places available for the Great North Run on Sunday 20th September 2009

**C**alling all runners and aspiring runners, HERIB have only 4 places left for this years Great North Run.

The Great North Run is the most popular half marathon in the world, and one of the most exciting events in the sporting calendar. In 2009 this wonderful event will take place on Sunday 20th September, starting in Newcastle city centre and finishing 13.1 miles later in South Shields.

Contact Lisa on 01482 342297 or email [lisac@herib.co.uk](mailto:lisac@herib.co.uk) to secure your place!!!

## Organ Recital at the Zion United Reformed Church, Hallgate, Cottingham on Saturday July 11th

**A**n organ recital will be held at the Zion United Reformed Church, Hallgate, Cottingham on Saturday July 11th at 7.00 pm.

An excellent programme of music will be performed by Mr. Roland Dee, who has a B.A. in Music and is a Fellow at Trinity College London, an Associate of the Royal College of Organists and a Licentiate of the Royal School of Music.

His programme for the event will include the Arrival of the Queen of Sheba - G. F. Handel, and Prelude and Fugue by J. S. Bach.

The recital will be followed with a Strawberry & Wine reception. Tickets for the event are £8.00 and are available by phoning Judy Laws on 01482 845920.

## Charity Golf Tournament at Hornsea Golf Club on Friday 24th July

**A**nnual Charity Golf Tournament will be held at the Hornsea Golf Club on Friday 21st July. Teams of four £110. All proceeds to Marie Curie Cancer Care and Lions Charities.

Entry forms available from David Whincup on 01482 847367.

## Help with Osteoporosis

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## "The Tooth and Nothing but The Tooth"

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

### Dentistry, A Positive Experience - So Much More Than Just Teeth - Part One

**H**ello again, I hope you are all well. Over the last couple of months I have gone on a bit and given some of my Dr Smile Maker top tips and handy hints ( a bit like Viz for those who have read it. I haven't read it for many years) about how to keep your kids smiling through good oral health. Well now time for something a little bit different.

Many people see the dentist as someone who just drills and fills teeth or see it as a negative experience when they have to go. I would like to point out over the next few articles that there is a lot more to modern day dentistry and that dental visits can be a very positive and even life transformational experience. This is why I like my job. This is where I get my kicks, so to speak. Of course there are the immediate

benefits and positive experience of pain relief in a toothache situation or fixing a broken tooth but this is only the tip of the iceberg. So here goes blowing the trumpet a little bit for 21st century dentistry.

Dentistry is about forming relationships with people and communicating to promote, maintain and improve oral health and general health and well being. This includes listening, to understand and find ways to overcome obstacles to receiving appropriate treatments. Oral health obviously includes the teeth, gums and mouth lining. It is stretched out though to include the jaw joints, jaw moving muscles and glands around the jaws. These should be checked at a dental examination. Sometimes the real cause of chronic headaches, earaches or neck and shoulder pain can be found in this way. This can often be treated simply and effectively by a dentist. Oral cancer can be treated if found early enough, but you have to look to find it. It can only be found early enough if a thorough examination is carried out regularly. This is life saving stuff.

Above we have touched on a couple of general health and well being issues but there are many others as well as emotional and social well being. Dentistry can help in the way people see or feel about themselves or the way others feel about you or perceive you which can lead to better social relationships. E.g. sorting out bad breath or restoring decayed and broken front teeth.

**General Health.** It was recently national smile month. The dates I found to be rather strange if not a bit random, 17th May -16th June, but I suppose this is irrelevant. This charity focused on the relationship between good oral health to prevent systemic disease and poor general health. There has been scientific research that links gum disease to heart disease, strokes, diabetes and premature and low birth weight babies and in recent study to infertility. For more information go to [www.nationalweek.org/](http://www.nationalweek.org/). In a survey most people did not realise there was any risk to health from poor oral/dental health.

**Top Tip:** Prevent or treat gum disease and then maintain gum health. Your dentist and his/her team can be your dental health personal trainer and coach to help you to help yourself to better gum health through proper effective brushing and flossing etc.. There may be some other treatment necessary but the coaching and self efficacy is the foundation. If you have gum disease in your family it is important to get checked out.

How can gum disease cause heart disease and all that other stuff? Well I will tell you how it was explained to me. When gum disease is present there is a pocket formed between the gum and the tooth. The pocket lining is ulcerated because it is inflamed by the coating of bacteria on it. In advanced cases of gum disease the total surface area of the ulcers added together could be up to the size of a forearm. If your forearm or even a fraction of it was ulcerated and covered with bacteria I think you could expect some bacteria to get into your bloodstream and cause some ill health. It is easier to see how it works when you put it like that, don't you think?

Now if you were not on enough of a downer oral cancer is on the increase and especially in young women. This is mainly because of smoking and binge drinking. Smoking and alcohol, especially spirits, cause oral cancer.

**Top Tip:** I bet you've guessed this one already. Stop smoking and drink in moderation. Smoking can be a cause of gum disease also so you have the double whammy with the heart disease and stroke etc. Also get yourself checked out regularly.

So, after all this doom and gloom there is a ray of sunshine. A lot of the above can be prevented with proper, thorough, regular examinations/reviews relationship building and communication. A dental examination/check up is more than a swift shuffly round the teeth. So hip hip hooray to life enhancing, life saving and life transformational dentistry.

I hope this has been of help. More next month.

Take care

**Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for over 16 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry.**

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Most people over 55 years old know they should have a Will.

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Yet many still have not got around to making a Will, often because they are put off by the costs involved, and understandably so.

A Will is an important legal document. If the price is too low, people wonder whether the adviser has adequate knowledge or expertise; too high, and people wonder whether their Will requires the level of expertise the price implies.

The result for many is that they never get around to sorting out their Will.

That is why Andrew Jackson Solicitors have launched the **Wills, plain and simple** scheme for the over 55's.

Under this scheme, the price of Wills are fixed at £150 plus VAT for a couple. For a single person the price is just £100 plus VAT.

Additionally, if you attend our Wills clinic at Cottingham then we are offering a free initial consultation with no obligation if you decide you do not want to proceed at the end of the appointment.

The **plain and simple** label indicates that this scheme is aimed at clients whose requirements are straightforward.

You will still benefit from being advised directly by a solicitor, but provided your requirements are uncomplicated, the price will be in line with the **plain and simple** scheme.

If your requirements go beyond the limits of the scheme, for instance if you need tax advice, or your Will needs to include trusts or more complicated arrangements, we will tell you so and let you know what the cost will be for the Will before we start work.

This means that you will always know the maximum cost of your Will.

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**For more details or to book your appointment at the Cottingham Wills Clinic please contact Leanne Labrom or Caroline Hepworth on 01482 325242.**

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The office's trained and friendly staff are always on hand to provide customers with all the advice and support they need when purchasing their product or service. In an age which is becoming increasingly technology driven, this kind of personal, face to face service is invaluable to older people, many of whom feel most comfortable with local services of this kind.

Your local Age Concern East Riding currently offers Home Insurance, Car Insurance, Motor Breakdown cover, Travel Insurance, Energy products, Independent Financial Advice, Funeral Plans, Legal Services and Aid Call Personal Alarm.

Age Concern East Riding of Yorkshire is concerned with the well-being of older people. As a caring organisation we are committed to the effective promotion and delivery of good quality services and products to enable people to get the most from later life.

These include offering a free Advice & Information Service, a telephone befriending service, an internet shopping service and a handyperson scheme, covering gardening, decorating and basic DIY for £9 per hour.

All its products and services are specifically tailored to meet the needs of older people in the community and as a result customers are often immensely appreciative.

For more information pop into Age Concern East Riding of Yorkshire in Beverley or call 01482 869181.

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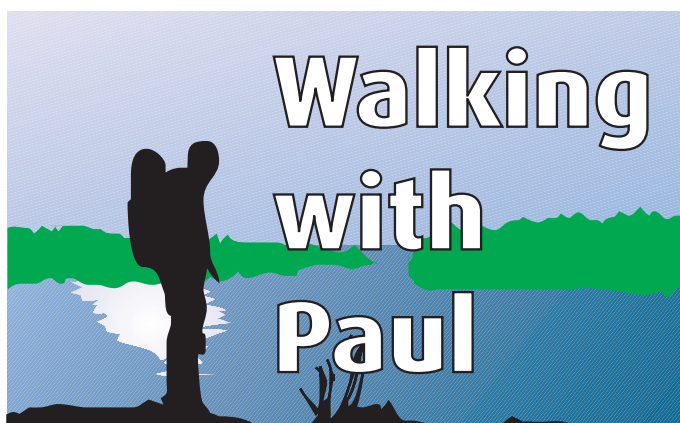
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Any Age Concern detailed above is a registered charity. The four national Age Concerns in the UK have joined together with Help the Aged to form new national charities dedicated to improving the lives of older people.

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**Here is Paul's eighteenth walk in his monthly column.**

**This month his destination is Huggate**

Map: EXPLORER 294

Start at in the vicinity of the Wolds Inn

GR. 882550.

Distance 5.7 Miles.

**P**ass in front of the Wolds Inn walking in a westerly direction and at the first cross roads turn right and walk down hill through the village. At the bottom of the hill turn left and walk down the surfaced road towards Glebe Farm. As the surfaced road sweeps sharp right near the farm, continue ahead on the grass track and walk in front of the farmhouse to meet the surfaced road on the other side.

Follow this surfaced road and when the road sweeps sharp left, continue ahead on the field boundary with the hedge on the right. On reaching the end of the field, pass through a metal gate into the dale and immediately turn left and walk along the top of the dale and after about 200 metres walk diagonally down the dale. On reaching the bottom of the dale pass through a wooden gate into a grass field and walk up the field in a dip.

On reaching the top of the field, cross over a stile into a farm track and continue up this track. Pass through another gate and continue walking in the same direction to meet the surfaced road leading to Wold House Farm. Turn right on reaching this road and then on reaching the farm bear left through the buildings and then right to leave the farm on a stone surfaced track.

On reaching the end of this stone track, turn left and walk with the hedge on the right on a farm track. Follow this track as it sweeps to the right. On reaching the end of the field, cross a stile into Holm Dale and walk down the depression as it sweeps to the right. Continue along the dale bottom.

On reaching a fence, cross the stile (or pass through the wooden gate) and then turn right and follow a well defined path diagonally to the left as it climbs Horse Dale.

On reaching the top of the dale bear right and walk with the hedge on the left for about 200 metres then locate a wooden gate. Pass through this gate and walk with the hedge on the right. On reaching the surfaced farm road, turn right and follow this tree lined farm road back to Huggate.

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# In the Garden



## 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.

Carrots can still be sown, but beware carrot fly when thinning existing seedlings

Last chance to sow French and runner beans (south of England only).

Beans need sufficient watering to help the seed pods set.

Remember to pick your bean and pea pods as they mature, to stop them becoming tough and stringy later in the summer.

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.

Climbing or cordon-grown vegetables may need checking to ensure they are tied in sufficiently to supports. Branches can easily snap off as the fruits mature. Leaves shading larger fruits can be removed to maximise sun exposure for ripening.

Any non self-blanching celery cultivars will need earthing up



(with a protective collar of paper between the stems and the soil).

Herbs can be harvested to keep the young shoots coming throughout the summer. Excess pickings can be dried for use throughout the year.

Ensure all vegetables get a regular, consistent supply of water, using rainwater or recycled grey water wherever possible. This will aid healthy development, and help to avoid diseases, disorders and bolting.

## Fruit

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.

Sideshoots that form on pinched-out grape laterals can be stopped at one leaf. Leaves that are shading grape bunches can be removed, to speed ripening of the clusters. Harvest indoor grapes when the skin becomes translucent.

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## 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.





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.

If possible, water tree, bush and cane fruit thoroughly once every seven to 10 days during dry spells. Mulching will help them retain water. Keep large-fruited apples, such as 'Bramley's Seedling' particularly well watered to help avoid problems with bitter pit.

Remember to water plants regularly, to ensure healthy development of fruits.

Protect ripening peach, nectarine, and apricot fruits from the birds; trained trees can be covered with nets fairly easily.

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. Protect them from birds.

## Flower garden

Cutting back plants in baskets followed by feeding can encourage new growth and help revive tired displays.

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.

Divide clumps of bearded iris.

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.

Liquid feed containerised plants and keep well watered in dry spells.

Some late-flowering border perennials may benefit from a quick-acting feed before they come into bloom, especially if the soil is not very fertile.

Mulching borders can help retain moisture, and keep down the weeds - this will save a lot of work. A really thick layer of

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mulch (5-7.5cm/2-3in all over) works best.

Take cuttings of patio and container plants ready for next year.

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 alpiners). If unsure, then sow seeds in 'batches', i.e. one immediately after collecting, one in winter, and one in the following spring.

Plants with a carpet-like growth habit, e.g. some alpiners, can become patchy, with central areas dying off. These patches can be in-filled with gritty compost, to encourage re-growth.

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## Your Stars for July 2009 -

By Kay Gower

### Aries - (Mar. 21- April 20)

You're intriguing, and you can't help but attract attention this month. Loved ones may become curious; you'll have to work hard at keeping your own secrets.

### Taurus - (Apr. 21- may 21)

You'll be singing a freedom song over the next few weeks. No longer ruled by what you "should" be doing, you will be making decisions that are perfect for your new future.

### Gemini - (May 22-June 21)

Loved ones will be extremely generous with you. But sometimes what you get isn't what you need. Still, for once you're on the receiving end of things, and that will feel rather nice.

### Cancer - (June 22-July 22)

While you're wishing you weren't in the place where you are, moments slip by. Like a commodity, time is yours to decide how to spend. Don't let it escape unnoticed this month.

### LEO - (July 23-Aug 22)

You've been giving so much without expectation of a return - now you'll be blessed unexpectedly. Past good deeds catch up to you and bring luck (mostly financial) this month.

### Virgo - (Aug 22 - Sept. 23)

A person who's a breath of fresh air renews your outlook. Next month, the moneymaking opportunities come one after another. What you learn through work brings fabulous results.

### Libra - (Sept. 24-Oct. 23)

July and early August brings success in your work. You are quick witted enough to be able to turn any situation to your advantage. Use your intelligence and intuition to make job contacts which will offer plenty of scope to improve your finances later in the year.

### Scorpio - (Oct. 24 - Nov. 22)

A sparkling opportunity to indulge your creativity emerges mid month. Others will be more receptive to your ideas and are likely to seek you out. Use this time as an opportunity to advance. Over the next four weeks you will break down a barrier to love and your world will be transformed.

### Sagittarius - (Nov. 23 -Dec. 21)

You will get praise for your talents this month, and financial shifts at the month end will put a little extra money in your account. On a different note, relationships will be complex, try and dodge tough questions if you can.

### Capricorn - (Dec 22.- Jan. 20)

You will need to be alert and on your toes this month. The pace of life is likely to be fast, even hectic. A good month to be seen out and about - just be aware of nervousness or irritability due to stress and increased demands.

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

Keep well away from the person with the bad attitude, especially around the 12th. Such things are catching, but luckily, so is a good attitude. Spread your optimism to those who seem open to it.

### Pisces - (Feb. 20-Mar. 20)

Slow down, you need a break, Pisces. Rip up the 'to do' list. Be fine with accomplishing less this month. Besides, travelling at the speed of light, even if it were possible, would only ruin your hair-do.





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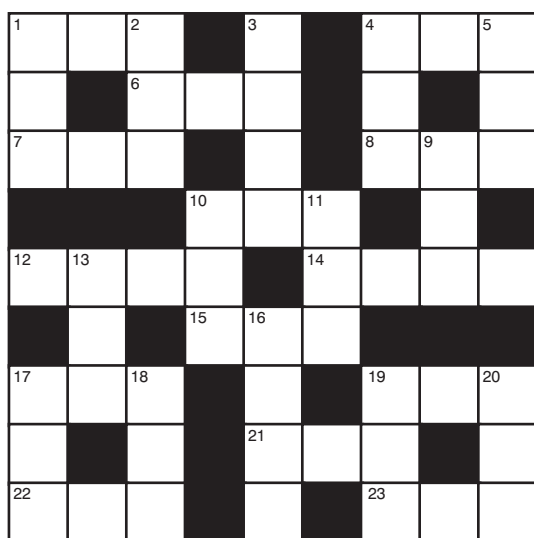
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For more information on how to advertise your holiday home in our next edition please telephone Cottingham Times on 01482 840035.

## Number Cruncher



#### Across

1. 17 across plus fourteen
4. 12 across minus 2198
6. 14 across divided by six
7. 13 down plus eighty
8. 1 across times five
10. Dozen in nine gross
12. 19 down times three
14. 12 across minus three
15. 12 across divided by eleven
17. Months in twelve years
19. 11 down plus fourteen
21. 1 down doubled
22. Minutes in three hours
23. 21 across plus twenty

#### Down

1. 20 down minus 115
2. 8 across plus fifty-four
3. 23 across times eight
4. 6 across minus 184
5. 9 down minus 770
9. 2 down plus eighty-six
10. Hours in eight days
11. 5 down plus 669
13. Three times 1 across
16. 15 across times seven
17. Three times forty-seven
18. Seconds in seven minutes
19. 8 across plus thirteen
20. Minutes in five hours

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## WE ARE ALL UNIQUE

Wow what an exciting summer we are going to have here at Unique. We are fastly approaching our 3rd Birthday in August, the years have flown by. I would like to take this opportunity to thank all our clients for their continuing loyal support.

It may be our birthday but we are quite happy to be giving out the gifts - for our birthday month in August we want to celebrate in style. If you bring this copy of Cottingham Times with you for your appointment we'll give you a gift voucher for £10, (available from Monday 3rd to Saturday 22nd August and is to be redeemed against any service except blow dry or retail products) Come and join us for a glass of bubbly to celebrate our big day in August.

This is always a great time of year for us. We have an extremely full diary ahead. Our first big event is: along with East Riding Council we will be sponsoring Classics in the Park at Brantingham. This year the organisers are having a break from tradition, the music will be taking you through a musical journey of the 40's, 50's and 60's and will be provided by the big band Chris Dean's Syd Lawrence Orchestra. So please come along and show your support as all the proceeds will be donated to The Daisy Appeal.

The next big date in our diary is the all important Ladies Day at Beverley Race Course. This is the event of the year when all guests must dress to impress. Again we are one of the main sponsors for this event. My predictions for hair this year is we will see lots of alternatives to fascinators and hats. One current trend is contemporary hair accessories such as head scarves and head bands as worn by Paris Hilton and Nicole Richie.

If you're wearing a traditional fascinator or hat you need to wear your hair fuller than normal, think Cheryl Cole and Twiggy. Wearing your hair fuller will give you a much better balance when you add your hair accessories.

We still have a few appointments left for Ladies Day and the salon will be open at 8am. So give Cate or Danny a ring on 01482 847111 to book in for one of the remaining appointments so as not to be disappointed. I look forward to seeing you all there and don't forget ladies dress to excess.

#### In Salon News

We are extremely busy in the salon at the moment as everyone is preparing to go off on their summer jaunts. Below are a few tips to make sure your hair looks it's best over the summer months:-

1 - Regular trims are a must before you go away! You really don't want dry, tired looking hair when you're away..

2 - Conditioning treatments are great for both before and after your holidays, as they replace moisture and last in your hair up to 7 shampoos.

3 - Avoiding the sun is a big must for your hair. You don't want to come back with dry, split hair. System Professional Suncare products are an absolute essential. They help keep your hair in tip top condition and give your hair and scalp the protection they need. Call into the salon for a complimentary consultation on your summer suncare programme..

4 - Having your hair coloured when you get back is great for blondes as this adds tone which helps to give you the expensive blonde look you want. For brunettes having your hair coloured before freshens the ends of your hair and disguises any root regrowth you may have, this helps add that all important shine.

Our Premier stylist Jane is enjoying working with the Wella Trend Focus Team, the course lead by the hair industry giants enables team members to pick up trends as they emerge from the runway, and then interpretate the new shapes in fashion into current hair trends. Jane has been truly inspired by the course and is very honoured to be taking part in it.

Lastly 3 members of the Cottingham team have won a national prize (sponsored by Wella) for their continued product awareness. Sharon, Paula and Rachel will be attending a seminar at the Wella Studio in London hosted by a leading international stylist. They will also enjoy an evening at a top London restaurant. I'm quite sure there'll be plenty of time for Christmas shopping, the shops wont know what's hit them!! By the way girls anything from D+G, Prada or Selfridges will do for me.

Have a wonderful summer and do enjoy those chilled our barbecues.  
**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.

**UNIQUE**

**01482 847111**

7-8 The Cottages, Market Green, Cottingham

# This month our mystery diners visited Kristoff's in Hallgate, Cottingham

My wife and I have lived in Cottingham for more than 20 years and in that time, have never visited Kristoff's in Hallgate. Having visited most of the other eateries in the village, we thought we had better rectify the situation. So to that end, I booked a table for two on a Saturday in June.

Kristoffs has been part of the scene in Cottingham for many years, originally as Tearooms above the Orchard Fruit Shop and now the large double fronted building just near the traffic lights on Hallgate. With plenty of places to park coming by car is not a problem, but as we live in the village, we decided to walk.

The restaurant is open during the day for snacks, sandwiches and drinks and on Thursday, Friday and Saturday it becomes an English Restaurant.

As you enter the front door, there is a bar area to the left, fitted out with comfy leather settees. To the right is the downstairs dining area, holding around 20 diners with a bigger room upstairs. This is available also for private parties.

After having sampled the delights! of three of the local hostelrys in the village, we arrived at 8pm to be shown to our table by the very attentive waitress. We sat downstairs in the window overlooking Hallgate, so we could watch the 'world' go by while we ate.

There was already a few diners in when we arrived but quickly filled up to capacity, and with a party of 25 upstairs, it was certainly a busy night.

The kitchen is run by owner Kris, who is the son of Derek, the former owner of the Tea Rooms, so the family tradition continues to thrive which is always nice to see.

The waitress brought us our menus as well as the 'Specials' black-board for our perusal.

The A la Carte menu is very comprehensive with the choice of both a dozen starters and main courses. The starters range from £3.75 (Potato wedges with relish) to £4.95 (Fish Cakes or Filo Prawns) and the main courses from £9.95 (Mushroom Stroganoff) to £16.95 (Fillet Steak). There is plenty of choice for everyone with Lamb, Chicken, Duck and Fish Dishes all available.

What we did like was the set menu. This offers a good choice of six starters, seven mains and deserts and, unlike some restaurants is available every night. With plenty to choose from a price of £14.95 per per-



son, we decided to choose from this. For a starter I went for the House Pate which was served with warm onion bread and a salad, and my wife chose the Sweet Onion Fritters with garlic dip, which is a bit different from the usual Onion Rings.

For the main course I went for Medallions of Pork Tenderloin pan fried in a garlic and wine sauce, which was very tender and quite tasty.

My wife chose the Strips of Beef in a pepper sauce, from the specials board, and was equally impressed, both with the quality and the quantity. All the main courses also came with boiled potatoes and a selection of steamed vegetables, which were served piping hot with a pat of butter. Although feeling well fed, we decided to go ahead and have a dessert. From the dessert menu we selected a Belgium Chocolate Sponge with custard and a Bakewell Tart with custard. Both portions were on the large size and we struggled to finish them, although the chocolate sponge was delicious.

To complement all the fine food is a small but comprehensive wine list, covering reds and whites from France, South Africa, USA, Italy as well as sparkling and champagne.

We plumped for the House White Dry French, which was served well chilled and went down very nicely and was reasonably priced at £11.95.

Just a comment about the service, which was very efficient with dirty plates cleared very quickly and if I had to criticise it would be that at times it was too quick. We had finished our starters and the time taken from clearing the plates to being served our main meal, was not long enough for me to get upstairs to the toilet and back!!!!

When the bill arrived it was well under £50, which is very acceptable for the quality and amount of food. For a Saturday night I think that is great value for money.

A bit of a breather between starter and main course would have been nice, but that is a minor observation. I somehow don't think it will be another 20 years before we return. Good luck to Kris and his staff for the future and hopefully this restaurant will remain on the Cottingham scene for some time to come. A good night with good food at very reasonable prices!!!!!!

Kristoff's

of Cottingham

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Sunday Lunch £6.95

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# Some Helpful and Handy Hints from the Cottingham Post Office

## Royal Mail

The price of stamps went up on the 1st April. The new prices are as follows:-

- 1st Class 39p
- 2nd Class 30p
- 1st Class Large 61p
- 2nd Class Large 47p

We have enclosed a template to help you with the correct sizing (see page 33). If in doubt, we are always there to help!!!!

If a stamp purchased before the 1st April only indicates 1st or 2nd no additional postage is required.

## Basic rates of postage to Europe have also increased

- Up to 20g's 56p
- Up to 40g's 81p

## Worldwide

- Up to 10g's 62p
- 11 - 20g's 90p
- 21 - 40 g's £1.35

**N.B.** Cottingham Royal Mail delivery office and Cottingham Post Office are two separate businesses. For general mail enquiries Royal Mails telephone number is 01482 845254 For The Post Office enquiries the telephone number is 01482 843858

## Travel Services

EHIC's otherwise known as E111's are now expiring. Please check your cards for the expiry date as new forms are now available at the Post Office.

*Continued on page Thirty Two*



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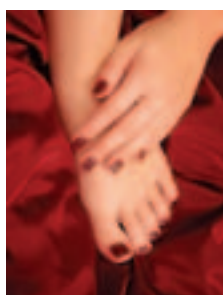
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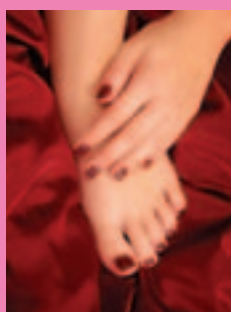
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Continued from Page Thirty One

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	2 weeks in Spain	£25	£50
	1 week shopping in New York	£46	£90
Annual	Europe annual	£50	£80
	Worldwide excluding USA Canada and the Caribbean	£75	£110
	Worldwide including USA, Canada and the Caribbean	£90	£140

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I hope you found this helpful. If you are going away, happy holidays from us all at Cottingham Post Office.

Letter guide is on page 33 opposite.

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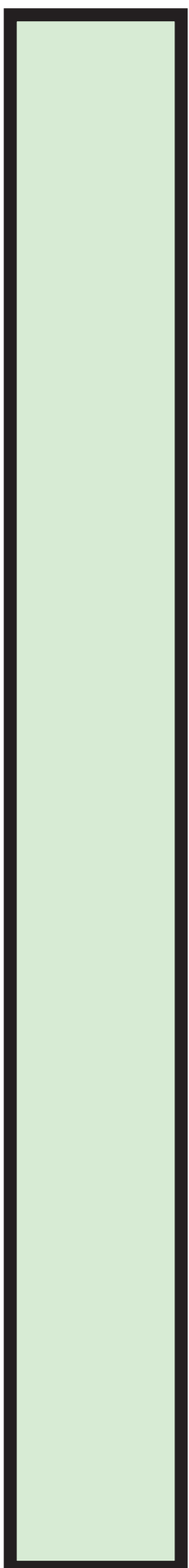
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## Letter Size Guide

Letter size is the green area within the black border.

**Letter Size Guide - Large Letter 25mm wide x 250 mm long**



**Letter Size Guide - Small Letter 5mm wide x 165 mm long**



These sizes should be used as a guide only, if in any doubt, double check your letter using the official Post Office Letter Guide at the Cottingham Post Office.

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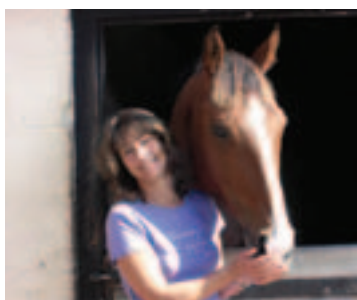
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**Melanie Watson of Skidby Livery Stables with the second of her monthly articles**

## I would like to tell you a story . . . . .

One day I was invited to a friends party in Lincolnshire. There I met an elderly man who spent all night telling me about his son, Andrew, in London. Andrew, amongst other things, owned racehorses. Apparently, he was in a dilemma over how best to re-home these animals when they retired. There was a conflict of interest between some of the syndicate members and the racehorse trainer over how best to dispose of the unwanted horses.

At the end of their racing careers, most thoroughbreds are relatively valueless. The choices range from sending them to the sales where they fuel our live horse meat trade to Europe. Some are bought by dealers who ultimately sell them on to the general public (not in any way, shape or form, retrained.) Many are shot at the trainers yards as they are too lame or too mentally unstable to be let out of their control. Some trainers send them straight on the meat wagons.

Just a very few get the lucky chance of being properly retained..... This however costs a lot of money and relies on the conscience and good nature of the owners and trainers. There



*Pictured above: Melanie with a quiet and happy "China Red"*

are some brilliant trainers and owners out there who are prepared to give their horses a chance out side of racing .

Andrew wanted his horses to have a chance of a new life. That was how we met and all this was 15 years ago. Over the years Andrew persuaded each syndicate member agree to keep a portion of each horses winnings back to pay for re-training and re-homing at the end of its career.

The first horse he sent was "B The One"... A very tall chaser who wind sucked badly (a bit like a chain smoker in human terms!!) This chap was, and still is, a complicated character who suffers from panic attacks. With his bad habits and his peculiar ways poor old Humpy (as he was affectionately known) was always going to be difficult to re-home..... so he stayed!!! He now has a wonderfully caring lady who has him as her own and he will never leave my yard.

The next horse was one of the biggest challenges of my career... China Red. His reputation was appalling for being unmanagable and uncontrollable on board!!! Oh boy, were they right!!! Bless him, he had the biggest eyes and the sweetest nature ever, but as a ride he was so dangerous. I experimented with the "Natural Approach" to retrain China. He became calm and relaxed and a pleasure to ride. I learned so much from this horse and I fell in love with him, I took him on as my own. China proved to me, as a trainer, that even the most damaged and dangerous horses can be turned round given the chance. China Red rode out for all the rest of his days with me in a simple rope halter with no bit in his mouth. Sadly I had to have him put down some 4 years ago now, but remain grateful to him for the profound lessons he taught me and I smile at the peace and pleasure he found with us.

Andrew has sent me a fair number of horses over the years. First Light, Greenaway Bay, Mitzar, TuTu (who is with me now) and Zarzu are a few who all have a storey to tell....but who all ended up happy in their new lives. I am grateful to racehorse owners like Andrew who renew ones faith in human nature.

For further information [www.instinctivehorsetraining.co.uk](http://www.instinctivehorsetraining.co.uk).

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### 'Schools Worker Update'

Many people in Cottingham will not be aware that the six churches in the village that make up Churches Together in



**Merry Springate**  
**Pupil and Family**  
**Support Worker –**  
**working in**  
**Cottingham High**  
**School**

Cottingham currently employ a 'Pupil and Family Support Worker' at Cottingham High School. Merry Springate, who currently holds the post, works alongside the existing Pastoral Team at the school. They in turn work collaboratively with other agencies to provide support to the children. Merry's unique status also allows her extend support beyond the children to their families, as in many cases the problems the children encounter either originate from, or spill over into, family life. Merry is a qualified social worker and experienced youth worker in her own right, but in consultation

with the school has undertaken additional training this year to allow her to offer advice and training in parenting skills and building self esteem. Merry works with around a dozen, children, parents or families at any one time. These include families from

both Cottingham and Hull. So far she has dealt with issues as broad as confidence issues, anger management and even on occasion substance abuse. Sarah Hill, Pastoral Manager at the High School writes...

*"Merry has settled into the Pastoral Team extremely well, she has shown that her experience and skills have been invaluable to a large group of students of various ages. These students and their families have presented with a number of social, emotional and physical difficulties, and Merry has and is working with each student on an individual basis.*

*I feel that without this support, these individuals would not be achieving their full potential. Also, Merry has shared good practice and expertise throughout the Pastoral Team and we Look forward to Merry continuing to be part of the pastoral staff."*

In order to continue funding Merry beyond two years we need to seek further funding. We would love to sign up some regular givers to supplement the funding the churches are offering. If this is something you think you could help us with, then please contact Rev Andy Lindley at [minister@cottingham-methodist.org.uk](mailto:minister@cottingham-methodist.org.uk) or by phone on 01482 847164

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# Small can also be beautiful when you're cruising

By Marion Owen



It is that busy time of the year right now where fitting everything in becomes tricky. Well, this month my travels have not taken me very far at all, just to Greenwich for a day aboard Azamara Journey. Azamara ships are small and beautiful in contrast to sister companies Royal Caribbean & Celebrity. Carrying just over 600 passengers there are eight identical ships afloat and they are exceptionally nice, appealing to the adult market as child facilities are not available on these little ships.....I also have a little secret to share!

This ship has only a few inside cabins, the majority of the outside have balconies but for anyone wanting a bargain looking for peace and quiet on a nice piece of deck this is the deal. For just \$99 (approx £65), whatever the duration of your cruise, whatever cabin you are in, you have access to the fabulous spa area at the back of the ship. I can just see myself poised in the hot tub looking out to sea!!

Myself and Lynne now have first hand experience of more than 102 ships and this is due to grow over the coming months as we race around from port to port.

Well, have you anything sorted for the summer? If not why not count up your pennies, call us with your budget and we can see what we can find. Greece and Turkey are offering some great, late offers at prices equivalent to 20+ years ago. To get a last minute bargain you really need to be flexible on when you can depart, generally if you need to travel weekend to weekend the cost is higher. Susan & Kayleigh will be happy to speak to you and remember holiday insurance, up to 80 years of age a week is £16 and 2 weeks £20 when travelling to Europe including Egypt, which also is offering great value for money.

Remember, if you are wanting a cruise with our door to door transport you need to book early. Late bookings are not always possible as transport is full or not operating for your chosen departure; if this is important to you now is your time to book even for 2010/2011. If you are not fussy about where & when you cruise there are some excellent late offers but remember, transport from your door is not often an option but we will try to assist.

Fred Olsen and P&O have just launched their 2010/2011 full brochures, if you would like a copy please give us a call. Music lovers - Fred Olsen has just released their Music at Sea brochure, featuring all styles of music from classical to pop including on one cruise featuring LULU!

Northern Lights: a brochure for this winter is now available if you missed the TV programme with Joanna Lumley, why not call for a DVD and sit back and enjoy the phenomena before booking in search of the real personal experience?

Oberammergau Passion Play 2010: only every 10 years. All top tickets, 9 nights, half board departing 17 June: £1200 twin share & £1350 single. Over half full, includes 5 nights in Austria including sightseeing. Call for details.

In the last issue I was talking about the lovely river ship Arlene, well I am delighted to share with you departures for 2010 departing from Hull via North Sea Ferries. We are taking bookings now, singles hurry as cabins for you are limited and the best are the cheapest for you, which I know does not make sense!

6th & 21st Apr	Holland & best of the Bulbfields	5 nights	from £389	single from £544
03 May	Bavaria & the Danube Valley	12 nights	from £999	single from £1344
	This departure is escorted by me and is a quirky itinerary off the beaten track connecting the River Main to the Danube			
23 May	Vienna, Budapest & Blue Danube	10 nights	from £949	single from £1204
08 Jun	Four Rivers (fabulous itinerary)	10 nights	from £919	single from £1234
16 Jun/26 Jul	Rhine to Switzerland	10 nights	from £929	single from £1244
11 Aug	Magical Moselle & Rhine to Cologne	10 nights	from £949	single from £1264
04 Sep	Moselle to Luxembourg & Saar Valley	10 nights	from £929	single from £1244
30 Oct	Heidelberg & Black Forest	8 nights	from £599	single from £814
18 Nov	Turkey & Tinsel	6 nights	from £399	single from £574
25 Nov	German Christmas Markets	5 nights	from £339	single from £494
22 Dec	Christmas Rhine	6 nights	from £499	single from £674
29 Dec	New Year Rhine	5 nights	from £449	single from £604

Prices include 2 nights room only aboard North Sea Ferries in an inside 2 berth cabin, All excursions, pick up from your door and full board plus 10 Euros per twin cabin a day whilst on board Arlene towards your bar bill.

Next month will be hot off the press from Canada, lets hope for

some sunny days before then and if you need to get away on a holiday, just pick up the phone and call 01482 212525. We look forward to assisting you where ever you wish to travel in the world and by whatever mode.

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## The Darby & Joan Hall seek a volunteer to act as Booking Secretary

The Darby and Joan Hall Trust Management Committee are currently seeking a volunteer to act as a Booking Secretary for the hall. This involves dealing with enquiries for use of the hall, with everything from one off bookings to long term arrangements.

Keeping a diary of those booking and ensuring payment for usage are made and associated tasks. To express an interest or for further details, please contact Revd. D. Coote, Chairman of the Management Committee on 01482 650991.

## HERIB - Are You Up for a Skydiving Challenge?

Are you up for a challenge? Lisa Cooney, HERIB's fundraiser, is jumping out of a plane from 15000ft and wants you to jump with her!

You can do this sponsored tandem skydive for free and enjoy the experience of a lifetime!

Lisa and her team will be jumping on the 1st August at Hibaldstow airfield.

Contact Lisa at HERIB on 01482 342297 or email [lisac@herib.co.uk](mailto:lisac@herib.co.uk) to book your place.



## French Polisher Mike Dobson hard at work in his Willerby Square Workshop

French Polisher Mike Dobson, seen above in his Willerby Square workshop, has worked with wood since starting his apprenticeship in 1962.

He has worked on all types of furniture repairing or restoring them to their former glory. Mike undertakes domestic, commercial and antique repair work. He has worked on the ship Sir Winston Churchill creating some of the beautiful woodwork aboard the ship.

If you have a piece of furniture which may have seen better days, or needs repairing contact Mike at his workshop on 01482 845976 or mobile 07754 479238.

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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](http://www.cottinghamtimes.co.uk) under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.



OUTSTANDING ACHIEVEMENT AWARD OF DISTINCTION  
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By The Good Food Guide 2005

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Pizzas

Burgers

Kebabs

Fried Chicken



## News from Cottingham Little Theatre

### "THAT'S ENTERTAINMENT 2009"

Rehearsals are going very well for "That's Entertainment 2009" and performances will be held in Darby & Joan Hall on Wednesday 15 July, Thursday 16 July and Saturday 18 July commencing at 7.30pm. Doors will open at 7pm.

IN ADDITION, FOR THE FIRST TIME, WE ARE PERFORMING A MATINEE ON SATURDAY AFTERNOON, COMMENCING AT 2.30PM. DOORS WILL OPEN AT 2PM.

We hope that the matinee will provide an opportunity for those people who are not keen on coming out late in the evening to see the show, as well as families with children.

Tickets are priced at £4.00 for all the performances but, as a special concession, for the matinee performance only, tickets for accompanied children under the age of 13 years will be £2.00 each. They are on sale at Barkers, Newsagents, Hallgate, Cottingham and from Margaret on Tel. No. 01482 846796.

### SOCIAL EVENTS

We held our Annual Spring Dinner on Friday 5 June in The Gallery at Wolds Village, Bainton, when twenty-six Members, Friends and guests enjoyed a buffet meal in convivial company.

Our 'Friend' Alison arranged a Treasure Hunt around Cottingham on the afternoon of Sunday 14 June. The weather was absolutely glorious and ten Members and guests found their way (eventually) around the Village following clues to find the Treasure.

We rounded off a very enjoyable afternoon with Sunday Lunch at The Duke of Cumberland. Our thanks to Alison for the excellent clues, which made us think and look very hard indeed.

### PLAY READINGS

No Play Readings are planned for July or August. Details of the Reading to be held in September will be published in August. This is one of the ways in which we find future productions and new Members and Friends. If you would like more information please ring Sue on 01482 842250.

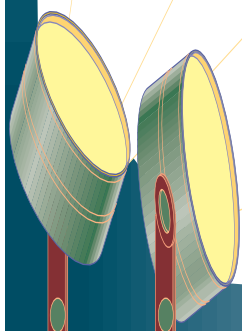
### NEW MEMBERS AND FRIENDS

We are always delighted to welcome new Members who would like to join us either in acting or supporting roles and 'Friends' who offer such valuable support, both financial and in person at our shows and social events. So if you would like to join us either as a Member or as a Friend please ring:

New Members - Val on Tel. No. 01482 440588 or Margaret on Tel. No. 01482 846796

New Friends - Bob or Kaye on Tel. No. 01482 842270 or have a look at our updated Website [www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk) or e-mail us at [clt1920@hotmail.co.uk](mailto:clt1920@hotmail.co.uk)

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**Below: Answer to Sudoku problem  
No. 30 from the June issue.**

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

## Hallgate Schools - continued

By Peter Railton, *Local Historian*

On the 3rd of April 1917, Miss Coulter left the boys' department to get married and was presented with a silver cake dish which had been subscribed to by almost every boy in the department; she must have been a popular teacher because the degree of popularity is measurable by the amount of cash raised by the pupils - and still is!

Garden operations were held up by snowfall on the 17th April and the weather was 'bitterly cold', but had improved by the 23rd. On the 30th Mr Moorby records "Splendid weather and gardening in full swing as most seeds should have been sown some weeks ago. A record of work done is being kept."

### Empire Day

The Empire Day celebrations next day had a dominant theme - economy in foodstuffs; the lads were implored to eat up at meal times and throw nothing away and help in their gardens at home to grow vegetables just as they were doing at school. Nationally, it was vital to produce as much food as possible to feed the population in those difficult times, especially when shipping space was needed for war purposes. A collection raised twenty one shillings for the Overseas Club to send tobacco and cigarettes to soldiers and sailors.

On the 18th the attendance was down, due mostly to a visit to Hull of the King and Queen (George V and Queen Mary) to see the Zeppelin damage to the city. On the 28th the 'buzzers' sounded at 1.30pm and several parents went to school and asked for their children to be allowed to go home. There was no official notice of a raid - perhaps the sirens had tone off accidentally, or it was a 'false alarm', but a serious question was raised - what action should the Head take in this situation? A meeting was hastily arranged with the Rector, who was chairman of the school governors, and a decision was reached that immediately the 'buzzers' sounded the Head would send all those home who lived a reasonable travelling distance away with instructions to get indoors as quickly as possible and stay there, then to take those who remained at school down into the boiler room below the school for safety until the 'all clear' was given.

### Low Attendance

The average attendance for the school year September 1916 to July 1917 was 217 the smallest for many years, due to the air raids and outbreaks of mumps and flu'. But the weather was generally good in that summer of 1917 and the school garden and allotment 'looked excellent' though in need of a shower of rain.' On the 30th of August there was a sale of the garden and allotment produce, chiefly carrots, turnips, cabbages, parsnips and beetroot. Evidently there was a 'brisk trade'. In September, Dr Moffat conducted medical examinations; another old scholar Sergeant Tom Wright called to see staff and pupils. Mr Moorby records that - "scarcely a week passes without a visit from one or another old scholar at the front".

In the same month the King Edward potatoes were dug up and sold at one shilling a stone - five pence in today's money - and 40 stone was sold; a few were given to the caretaker and more to children from poorer families and the rest were stored for seed next year.

The 19th and 20th of October were Hull Fair holidays; the Aaron Chief potatoes were dug up and yielded 44 stones, six stone was kept for seed and the rest sold. The usual requests for boys' labour were made by local farmers to get the potato harvest in and these were looked at sympathetically again as last year.

### Old Scholars and New Teachers

Two more old scholars, Privates Richardson and Stephenson visited the department on the 3rd of December and school broke for the Christmas holidays on the 21st after a concert was given by some of the boys to the rest of the school.

In the girls' department a Miss Marshal, an uncertificated teacher from Norton, started at the school in April 1917, and a 'war bonus' was paid to all the teachers in the schools by the L.E.A.

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In May, a number of students from the Catholic College visited the girls' department - presumably the one on Beverley High Road. Five candidates took the County Council scholarship exams on the 12th May, and exemption certificates were awarded to Lizzie Bone, Norah Bentley and Olive Thompson, and Kathleen legard truanted as usual that month.

The Wesleyan Sunday School Feast was held on the 6th of June and school exams also took place that month with generally satisfactory results throughout the department. Thirty eight girls moved up from the infant school on the 2nd of July and the summer holidays began on the 13th.

### Miss Hardy

When school reopened on the 20th of August, Elizabeth Hardy began duties as a certificated teacher after a spell at a training college - she had been a successful candidate from a County Council scholarship in 1912 as some readers may remember from past articles. Though she started her teaching in the girls' department, she served in the boys' school for many years. There must be ex-scholars who remember Miss Hardy and were in her class at Hallgate. I was in her class only for a few days when our teacher was away and she appeared to me to be a very formidable lady, but those who spent a year in her class say that she was a very nice teacher. She often took other classes for P.T. in the boys' department during the second world war when most men teachers were in the forces, and we would be sent shivering into the playground on cold winter days and leapt up and down and raised and lowered our arms to blasts from the whistle blown by an enthusiastic Miss Hardy dressed in a white blouse and short black P.T. skirt - I for one, was always glad when this ordeal was over! I digress.

### Air Raids cause low attendance

On the 21st of August only 80 girls were present due to an air raid the previous night, and they were sent home again and all departments closed for the day.

At the end of the month, girls from Sts. V1 and V11 went across to the Vestry Hall, Arlington Hall now, to attend a demonstration of fruit bottling at 3.3pm

A student teacher, Miss Brown, completed her year of training and five sisters named Atkinson joined the school from Dunswell in September. Cookery and laundry classes went ahead as usual but were sometimes altered to different days or times after air raids the night before which often resulted in low attendances.

### Teachers Leaving

Miss Lait left the school to teach in Jersey and Mrs Wigglesworth, who lived in Exeter Street on New Village Road, took her place in October. Six pairs of socks were knitted by some of the girls for six Cottingham soldiers who were prisoners of war in Germany. A 'pleasant hour' was held in the Hall when the girls sang carols for their patents who were invited to join in , on the 19th December.

School opened on the 2nd of January 1918 - the final year of the war. Mrs Tether joined the staff from Hedon and was to remain at the girls' school for many years - again a lot of 'old girls' will remember Mrs Tether - she generally taught Std 1. The winter weather was 'rather severe' at times but attendances were usually good.

An allotment of land at the back of the school had been used by the boys the previous year, but this plus other allotments were taken over by W W Dunling who was going to trun the whole lot into a nursery and market garden; this caused great consternation but Mr Moorby eventually prevailed upon Mr Dunling to allow the boys to continue using some part of it. Dunlings Nursery was where the playing field is now, at the back of the schools and straddled the path which led from Hallgate to Northgate and which is interrupted by Canongate now. Tall wooden fencing stretched the length of the path at each side and doors gave access from one side to the other for the workers. The main entrance and buildings were on Northgate, opposite Mill Beck Lane.

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## South Cave's Arts & Literature Festival begins July 4th to July 11th

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**An ART EXPERIENCE - CAVE CASTLE -**

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**MONDAY 6th July -**

**QUIZ NIGHT AT THE FOX & CONEY INN, S. Cave**

General knowledge quiz - Have fun and see if your team can win a prize - £1.00 per table

**MONDAY 6th JULY - 7.30pm**

**LADIES NIGHT – CAVE CASTLE HOTEL**

Beauty & hair demonstrations - also a sale of wigs, jewellery, designer hats and handbags. Tickets £2.50 - concessions £1.50

**TUESDAY 7th JULY - 7.30pm**

**AN EVENING OF POETRY & MUSIC**

**8 Station Road, South Cave**

Book early for this delightful event which will include new work by 4 local poets and singer-songwriters - raffle - Profits to Parkinson's.

Tickets £5.50, includes wine and nibbles.

**WEDNESDAY 8th July - 7.30pm**

**ANTIQUÉ VALUATIONS**

**CAVE CASTLE Hotel, South Cave**

Caroline Hawley from Hawley's auctioneers (TV's Dickinson's Real Deal) will discuss antiques; you are invited to bring your collectables along to be valued; £1.50 each – maximum 2 per adult. Bar & snacks available Tickets £2.00

**WEDNESDAY 8th July - 7.30pm**

**VOYAGES of DISCOVERY**

**CAVE CASTLE HOTEL, South Cave**

Local writers read their work, inspired by the fact 2009, is the 150th anniversary of the publication of Darwin's 'Origin of the Specis.'

Bar & snacks available Tickets: £3.00

**THURSDAY 9th July 11am to 4.30pm - FREE**

POP-IN-ART – see an artist working in oils and discuss techniques. THE WOLDS GALLERY, 65 Market Place

**THURSDAY 9th July – 8pm – 11.00pm - DANCING to the**

**FRANK CLEVELAND ORCHESTRA, CAVE CASTLE HOTEL – South Cave**

A 1940's to 1960's extravaganza; time to swing and join in the fun - come dressed in the period (not compulsory) – uniform or hippie; we look forward to some colourful attire.

Surprise us - Prizes for the best costume

Patio doors give access to the terrace overlooking the gardens & lake for you to enjoy drinks or snacks. Tickets £7.50 Also a raffle and gift stall with profits theThe Parkinson's disease Society.

**THURSDAY 9th JULY, 7.30pm**

**CREATIVE WRITING WORKSHOP**

**ELLERKER VILLAGE HALL**

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**FRIDAY 10th JULY, 7.30pm:****'HEAVEN'S ABOVE!'****All Saints Church FAMILY CENTRE**

An evening of comic sketches, written by Dorothea desForges & performed by the Cave ensemble – profits to All Saints Church  
Tickets £4.50 – sen. cit's/children £2.50

**FRIDAY 10th JULY - 10.30pm to 4pm****ART, PHOTOGRAPHY & SCULPTURE EXHIBITION****for admissions only - max. 3**

£1.50 per exhibit. Open to all local artists. If you wish to show and sell your work please send a SAE to 5, Ferry Rd., South Cave HU15 2JG, for a form to be forwarded. SCOUT HALL –Rawdale Close, South Cave.

**SATURDAY 11th JULY – 10.30 am to 3.30pm****ART, PHOTOGRAPHY & SCULPTURE EXHIBITION -**

Your opportunity to buy an original painting at a reasonable price or just browse and enjoy the diversity of the work. Entrance £1.00 (includes programme) . Vote for your favourite exhibit

**SATURDAY 11th JULY – 7.30pm****'ENCORE' an evening of****MAGIC. MUSICAL MEMORIES****ALL SAINTS CHURCH, SOUTH CAVE**

The 50 strong, Hessle Theatre Company Choir perform a wide selection of favourite songs from the shows. Tickets £4.50 – Senior citizens/children £2.50

**SATURDAY 11th July - 9am - 3pm****BOOK SALE - at the Playgroup Hall, S. Cave**

Donations will be gratefully received. For information contact: 01430 422737

**SUNDAY 12th July – 7.30pm****SPECTACULAR FINALE**

Let us delight, amuse & educate you with an inspirational evening of family entertainment Meet the renowned film-maker, speaker, writer and dolphin expert Dr. Horace Dobbs, showing his film about dolphins as well as his NATIONAL GEOGRAPHIC award winning film about WW2 shipwrecks.

**'DOLPHINS MAKE YOU HAPPY' & 'SHIPWRECKS of the PACIFIC' at RUDSTONE WALK –**

Enjoy an idyllic countryside setting – large patio doors give access to the terrace looking out onto the Vale of York. Find out more about Dr. Dobbs' amazing work with dolphins.

He will also be signing copies of his books.

Tickets £4.00 - sen.cit's/children £2.50

PLEASE NOTE

Prize presentation for art & photography, 6.30pm

All TICKETS AVAILABLE from: The Wolds Gallery, 65, Market Place, South Cave. 01430 471228 or Dorothea Desforges 01430 421275 or [e-mail: dorotheadesforges@rocketmail.com](mailto:dorotheadesforges@rocketmail.com)

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**AN EVENT NOT TO MISSED**

**11th to 19th JULY – 10.30am to 5pm –**

**WOLDS GALLERY, 65, Market Place, South Cave**

**A PHOTOGRAPHIC EXHIBITION**

Showing South Cave residents 'At Work & Play' and photographs of the village, 'Now & Then'.

also an artist's interpretation of many residents –

Exhibits and photographs can be purchased from the Wolds Gallery - Profits to the Caves Festival of Art & Literature and All Saints Church, South Cave.

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## Skidby Open Gardens Saturday 6th June 2009

I would like to thank everyone for all the hard work that went into making our Open Gardens Event so successful. Despite the weather forecast of rain, cold and wind, we didn't get the rain, the sun did shine occasionally, and once again we had many visitors to the village events during the afternoon.

Our proceeds from the day including donations came to £946. The money will be split between St Michael's Church for the internal decoration and The Queen's Centre for Oncology and Haematology at Castle Hill Hospital, for cancer treatment Research, and for a new project 'Families Together' support for cancer patients with young families.

Thank you for participating and for the kind donations received. We had many compliments on the lovely gardens here in Skidby and all in all it was a very worthwhile event.

Next year if we are to hold this event again I would like to form an Open Gardens Committee with other gardeners and a representative from the Church, so please let me know if you are willing to join, and there will be no need for any meetings until next year.

I would also be grateful for any feedback from this year's event.

Thanks again to everyone.

Kind Regards Jackie Scoble

*Pictured below are just a few of the superb Skidby Gardens on show during the Open Gardens Day.*







## Village Tea Rooms opens at Croft Park, Little Weighton

The Village Tea Rooms re-opened at Croft Park, Rowley Road, Little Weighton, Cottingham on Thursday 17th June. The Village Tea Room will be open from 10.00 am to 4.00 pm Tuesday to Sunday, serving a superb range of Teas, Coffees, Snacks, Cream Teas, Sandwiches and Light Lunches. Homemade bread will also be available to purchase.

The Tea Rooms will be managed by Katie Lewis, who until recently worked as a Solicitor in Leeds, commuting from Brough by train everyday and had been looking for a new career for some time.

The Tea Room has a calming atmosphere and enables you to "Relax in tranquil surroundings" whilst enjoying your light lunch or snack. There is also an outside seating area to enjoy your meals al fresco.

Visitors to the Tea Rooms can also enjoy the Museum contained within the premises containing antique Motorcycles, Radios, Cameras, TVs (9 inch black and white sets) and much, much more.

The Village Tea Rooms is situated within the Croft Park Caravan Park, Rowley Road, Little Weighton, which is a small, select family run site near Cottingham and Beverley, situated just four miles from the South Cave junction on the A63.

The site is an "exclusive adults only" site where customers can relax in friendly, clean and well maintained surroundings. Croft Park accepts touring caravans, motor homes and recreation vehicles. The park's natural environment will offer a calming pleasure. It is set in mature landscaped, tree lined grounds with wooded copses, natural hedgerows and wild flowers. This creates a wonderful habitat for birds and wild life.

There are spectacular views of open countryside all around and no large development for miles.

Croft Park is a multi award winning park also with the top five star rating from The Yorkshire Tourist Board and is a member of the Tranquil Parks Association.

Village Tea Rooms can be contacted on 01482 84110. Croft Parks can be contacted on 01482 840600 or view [www.croftpark.net](http://www.croftpark.net) for further information

*Pictured above at the opening of the Village Tea Rooms, from left to right: Stephen Fairburn, Dawn Roe, Katie Lewis (Manager), Katy Wood and Denise Yorke-Fairburn.*

*Below: A view of the Croft Park site.*





# COTTINGHAM DAY 2009

**DON'T FORGET - THIS SATURDAY,  
ALL OVER THE VILLAGE**

**Grandad's Park, Market Green, Civic Hall,  
Memorial Club, Darby & Joan Club, Hallgate,  
The Memorial Gardens, Cotta Court, King Street**

**LOADS GOING ON FOR ALL THE FAMILY**

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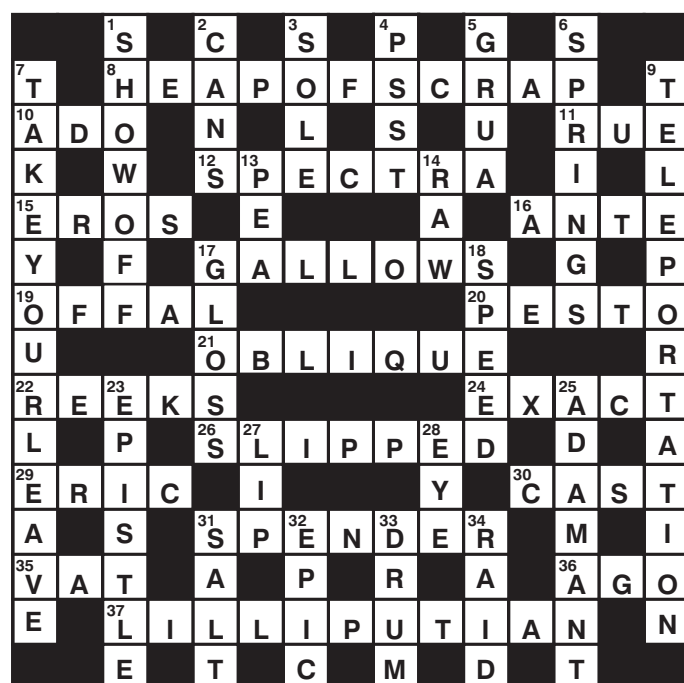
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## Crossword Solution from page 14



# Alternative Health Matters

by Carole Headley

## Have you heard of EFT (Emotional Freedom Technique) and do you know what it is?

Emotional Freedom Technique is an energy therapy that works on re-balancing the flow of energy that gets disrupted as it flows through the channels of your body known as 'meridians'. As with many other therapies, the therapist will work on or around the 'meridians'. The Chinese have used this method for thousands of years.

**How does it work?** the therapist will tap certain parts of your body whilst focussing on the problem and speaking certain phrases. The tapping routine only takes a few minutes to apply and can be used to overcome many problems including physical pain, low self-esteem, painful memories, exam anxiety, fear (flying, water, etc.) cravings (so can help to lose weight by not overeating) and has been known to help stop smoking. The idea is to do the tapping and at the same time focus on the negative problems, the tapping is done on those meridians nearest the skin surface, and the energy is re-balanced.

**What happens during a session?** The practitioner will carry out a consultation and allow time to discuss your problems and make sure you feel comfortable with that person, this is extremely important, if you feel uncomfortable with the therapist you will not open up to them and discuss your anxiety, fear, or memories etc. Once you feel comfortable and settled the practitioner may tap on your meridians (located on the face, collarbone, hands, under the arm and top of the head) or may ask you to do the tapping as you repeat certain words and phrases. You may be asked to do things that seem strange, like roll your eyes, hum and count, but don't worry, this is purely to get your brain into gear!

**What will I feel?** Everyone will experience different things, as we are all individual. Some people feel a tightness or tingling in the body, warm, emotional, light-headed or just very relaxed. None of these are harmful it's just you being able to feel your energy moving around your body.

**What can cause an energy block or disruption?** It can be a number of things, for example imagine, as a child, being locked in a dark cupboard, this could for some people cause fear of the dark or confined spaces. EFT can really assist with this. As you grow up these fears could be 'triggered' again at any time. Boarding a plane (a confined space) or in the cinema (a dark place when the lights go down) these fears could possible be triggered then but you would probably not associate the connection with your childhood trauma. Again it's the mind-body connection.

EFT is a complementary therapy and should always be applied responsibly - as with any other complementary therapy - It can be used to achieve results in a wide range of physiological and psychological problems, however, please do not view or use it a remedy or substitute for medical treatment in the case of acute problems.

I am not a practitioner in EFT however I have tried it and was pleased with the results. If you wish to look into this therapy please contact me and I will put you in touch with a practitioner, however please as always consult your GP first if you are suffering from acute problems.

Carole Headley, The Healing Hut, 221 Hallgate, Cottingham. Telephone (01482) 842078

Therapies available are: Reflexology, Indian Head Massage, Full Body Massage, Ear Candling, Aqua Detox, Craniosacral Therapy, Nutri-Energetics, Reiki. You may also order Aloe Vera Products.



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We deliver free of charge and don't throw them around the van. It's our business and we like to offer service that's still missing these days.

Within our showroom, we know all about the things you need to know. What taps look nice with this basin, or what tiles look good with that bath? (We have a discount agreed with local tile shops and are willing to pass that discount on to you.)

### So can we save you money?

A basic bathroom can be purchased in our local service-led shop from **£249.99**.

A 'p' shaped shower bath suite can be purchased from **£349.99**.

We have roll top baths from **£349.99**.

What about a bathroom spruce-up. Taps are available from **£79.99** a set.

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