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Issue 104 - July 2010



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In Cottingham and District

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St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured.

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

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

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

Age Concern East Riding of Yorkshire

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

Cottingham Rangers AFC

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

Yorkshire Countrywomens Association (Skidby)

Thursday 1st July, The Work of a PCSO - Mick Overton and Danny Cammack. Meet the first Thursday of each month in Skidby Village Hall at 7.30 pm.

Cottingham Methodist Church

Saturday 3rd July - Cash in your Attic, a chance to get rid of all your unwanted childrens' clothes, toys, bric-a-brac. 10.00 am to 3.00 pm. Anyone interested in having a table contact Keith Gibson 842597 or email gibbo1@supanet.com

British Sugarcraft Guild

Saturday 3rd July, 'Babies, Flowers and Fairies' Cathy Elliott, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Cottingham Green Women's Institute

Thursday 8th July, Mr. Dennis Sunman "Armchair Exercises". Sales Table, Skin Care and Toiletries, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm. Sales table African Produce.

U3A

Thursday 8th July, Heather/Alwyn, Lotherton Hall, Leeds, in the hall at the Darby and Joan, Finkle Street, Cottingham at 2.00 pm.

Cottingham Catholic Women's League

Monday 12th July, Therapies on the Wolds, Mrs. Anne Rabbitt, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Front Cover Picture: Skidby Mill. 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 Women's Institute

Tuesday 13th July - Amy Johnson, Mrs. Michelle Beadle. Competition Bookmark, at 10.00 am upstairs at the Civic Hall, Cottingham

Diabetes UK

Thursday 15th July, Mr. Graham Dale, Advanced Practitioner in Psychotherapy, 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.

North Ferriby Gardening Club

Monday 17th July, Village Show. Help required to set up, steward and serve refreshments. Donations of scones, cakes, etc., to sell with refreshments would be appreciated. Meetings are held in the village hall starting at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 21st July, Lorna Storey, Howden Soap Co., at 7.30 pm in the Darby & Joan, Finkle Street.

East Riding Flower Club

Monday 26th July - Sue Spencer (Rotherham) "Quintessentially English", in the Civic Hall, Cottingham at 2.00 pm. Visitors £3.00.

Wednesday Social Club

Wednesday 28th July - Mr. Nethercoat, The Cevennes, in the Darby and Joan Hall, at 2.00 pm.

Yorkshire Countrywomens Association (Skidby)

Thursday 4th August, Summer Outing.



The Railway, Thwaite Street, Cottingham

Sundays - Country & Western with Barry John
Every other Tuesday - The East Coast Band
Wednesdays - Johnny Pat & The Aces, £2.00 at the door with a free raffle.
Thursdays - Karaoke

The Blue Bell, West Green (west end of Hallgate), Cottingham

Acoustic Nights - Every Wednesday, Hosted by Frank Johnson and Bobby Joyce (alternative weeks). Further information see www.myspace.com/frankjohnsonmusic

Hallgate Tavern, Hallgate, Cottingham

Live Music Alternate Fridays. For more information or to book a gig contact darrenbunting@yahoo.co.uk or telephone 07748 208679.

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Life Without a Computer . . . ?

You can live life without a computer, it is still possible. Go into a shop and spend real money, or queue up at the post office once or twice a year to pay your car tax. And why wouldn't you want to pop down to your local bank and speak to a real person; it's probably easier and quicker than trying to get through on the phone. Paying bills by post is not that difficult, so long as you have some stamps handy, and you get to the post box before 4.15

There are those who never use a computer, don't own one - maybe can't afford one, or just choose not to get involved in all that technical business. I sometimes go a whole weekend without touching a computer...well occasionally.

But wait, what light from yonder Windows breaks. Can it be true? What would we do without a PC, Laptop, MacBook, email, Gmail, mobile and texts? Where would I be without my SatNav, and how could I run without my iPod?

My daughters come home from school, fire up their computers and start chatting online to friends they just left on the corner; whilst eating and texting simultaneously. Communicating in the home (or shouting as we call it), can be difficult and tedious; that music is sooo loud. So we often text to say tea's ready; sometimes two or three times just to make sure.

There's no doubt that those of us who ride the digital wave, live the techno-life or whatever you like to call it, do enjoy distinct benefits. Like not having to queue up in the bank or post office, or maybe even the shops - you can do all that online. You can even read the paper and do a crossword. Communicate with

your friends and colleagues anywhere in the world without actually talking; and see life through a rose-tinted webcam. Take the easy route and check your bank balance online and pay those bills, your tax and even your credit card - all without rushing out of the house!

All these things are possible and should be in place to make your life easier, not more complicated! There is so much more to computers now than just 'beige boxes' and big ugly monitors! There's piano black and shiny white, flat screens, wide screens, broadband at high speeds (up to 16Mb now!), wireless networking and printing, home networks, radio and TV online, you name it and it's probably available. What can we do for you...?

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NEWSFLASH:- The date for this year's Hull Digital Live Conference has now been announced as Thursday 4th November - See <http://www.hd-live.co.uk>

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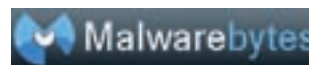
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Tim May the Butchers closes to make way for a “bigger and better” Richie’s

Tim May the butchers shop which has been a landmark in Cottingham since 1989 is closing to make way for a bigger and better Richie’s Delicatessen.

Tim May started working at the age of 12 as a Saturday boy for Turnbull the Butcher and later for Ian Coates.

At the age of 20 he became a shop manager and at 21 he opened his first shop in Chanterlands Avenue. By the age of 39 Tim had a total of four shops located in Askew Avenue, Chanterlands Avenue, which owned for 14 years, Priory Road, Hull, Thorngumbald which he owned for 13 years and lastly Cottingham.

With the advent of the Supermarket, retail butchers began to lose trade and over time Tim shut down three of his shops, leaving only his Cottingham shop on Hallgate.

With the opening of the delicatessen next door in 1995, with the help of his son Richie, Tim diversified into outside catering to pubs and restaurants throughout the area. With the closing of the butchery side which has been Tims’ life for the past 67 years, he now intends to take things easier, but will still be working in the background.

Over the years Tim May’s has won many awards for their hanging baskets during the Cottingham in Bloom Competitions.

Richies Delicatessen on Hallgate, will be re-opening on July 5th with the newly, beautifully refurbished and air conditioned shop serving a feast of freshly cooked meats, cooked on the premises daily to include: Chicken Curry, Lasagne, Meat Pies, Pork Pies, Sausage Rolls, Beef Chilli and many mouthwatering treats including Richies superb cooked ham, the best in the village, Speciality Breads will also be available.

The Sandwich Bar will be bigger and better than before, with



Tim May’s shop has covered 127, 129 and 131 Hallgate over the years. The picture below is from 1905. The photo shows the windows above and can be used as a reference to what is beneath today. Number 129 is Tim May’s butchers under the second window from the left on that block, number 131 is Richie’s Deli under the third one, number 133 is now part of the HSBC bank. All these premises have been altered several times over the years. Where Tim May’s and Richie’s are now were Brocklesby’s grocers in the 1930’s, Beal’s newsagents in the 1940’s, Hebblewhite’s florists and greengrocers in the 1950’s and 60’s and Weigh-a-Way self service dry foods in the 1970’s. These in turn had created from the conglomeration of small shops shown below.

(Photo and information courtesy of Peter Railton)



Tim May’s butchers and delicatessen, on Hallgate, pictured in 1995 when the delicatessen was first opened

a superb range of freshly made sandwiches with a wide range of fillings to await your tastebuds including: Ham on the bone, Turkey on the bone, Corned Beef, Haslet, Salami, Pepperoni, Roast Pork and many, many more. A serve yourself coffee machine (with a honesty box), serving freshly made coffee.

The Richies Loyalty Card is there to save you money on your future purchases, so pick up one when you first visit and a range of daily ready meals to takeaway will be on sale too.

A Buffet Catering service is available from £2.99 per head.

Richies will be open from 7.30 am - 5.00 Monday to Friday and 7.30 am to 4.00 pm on Saturdays.

Telephone your orders on 840409. All Major Credit Cards Accepted.

Richies Deli/Sandwich Bar

129-131 Hallgate, Cottingham

Re-Opens July 5th

The newly refurbished, air conditioned shop reopens for sale of Fresh Foods, Sandwiches, Meat Pies, Pork Pies and the best cooked ham in the village.

Serve yourself coffee machine
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The Minsters' Rail Campaign

The Parish Council agreed to support the Minsters' Rail Campaign at its meeting on Thursday 17 June. The Chairman of the Campaign, Mr George McManus, made a presentation to Councillors explaining the aims of the group. The Beverley to York line was scrapped in the 1960s as part of Government cost-cutting measures.

Reopening the line would benefit East Yorkshire's economy, environment and quality of life for people, it is claimed, including that of Cottingham and the surrounding area.

Under the proposals towns and villages including Market Weighton and Pocklington would once again be linked to the rail network. Campaigners say the railway would help reduce accidents, congestion and pollution on the notoriously dangerous A1079 Hull to York road.

In a recent Hull Daily Mail article Mr McManus had urged everyone to become involved in the consultation process for the East Riding of Yorkshire Council's recently published outline proposals for the Local Development Framework (LDF). He said that 'for the first time, it draws a line on the map for the proposed route of the Beverley to York railway and identifies station sites and other associated developments. People have a chance to engage in this crucial consultation and we want them to support it and let the Council know their views.'

Councillors offered their support by agreeing to become official supporters of the Campaign and they were pleased to confirm that they had already replied to the LDF consultation process giving their support for the protection of the land around the proposed route of the railway.

If you would like more information on the Minsters' Rail Campaign please visit their website at www.minstersrail.org.uk.

East Riding – Local Development Framework

At the meeting the Parish Council approved its replies to the Local Development Framework consultation document. Information produced in the Cottingham Community Plan had shaped the replies to the documents which, following the conclusion of the consultation process, will form the East Riding of Yorkshire Council's 'Preferred Approach' for managing growth and development in the East Riding until 2026.

The emphasis of the Council's views was that Cottingham must retain its sense of identity and the green spaces between Cottingham and other settlements must be maintained. All residents can be involved in the consultation process by visiting the East Riding of Yorkshire Council's website. There are instructions on how to access the documents and reply either on-line or in writing.

8 July 2010 - www.cottinghamtimes.co.uk

Litter Bins

The Council will provide another litterbin which will be sited near the snicket which runs from Southwood Road to Southwood Avenue. East Riding Council had agreed to move one of the litterbins on Green lane to a more appropriate site; this followed requests from residents.

Cottingham Day 2010

By the time you get this newsletter Cottingham Day will have happened. The Parish Council would like to thank the Cottingham Day Committee for their extraordinary hard work in organising this huge event. We hope that the weather was kind and that you all turned out to support this fantastic event.

For the future the Committee are always looking for extra volunteers – either for the day or to join the Committee in the future planning. If you have any ideas or constructive criticisms the Committee would love to hear them.

War Memorial – St Marys Churchyard

You may have noticed that the War Memorial in St Mary's Churchyard has been cleaned and the damaged lettering repaired. We think that Quibells did a wonderful job!

KGV Family Fun Day

The Friends of KGV Cottingham will be holding their Family Fun Day on the 12th August from 10am till 5pm with lots to do for all ages, refreshments will be available and the grand opening of the newly refurbished pavilion will take place at around 2pm. All are welcome.

CE Electric

CE Electric UK is responsible for the electricity distribution network in our area. This consists of overhead and underground electricity cables and the substations in the streets. They are not an electricity or gas supplier.

Following feedback from parish councils, community wardens and members of the community, the company has developed its website to make it easier to report routine maintenance problems associated with their equipment.

Problems can be reported online by visiting www.ce-electricuk.com ie

- graffiti, litter or overgrown weeds in substations
- trees growing close to overhead power lines
- requests for low-voltage overhead power lines to be shrouded whilst roofing contractors work on customers' homes.

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Typical Stamford homes



Elm Tree House (Cottingham Memorial Club) to hold Open Day on Cottingham Day 3rd July

Elm Tree House was built in 1820 by a Hull draper, John Hebblewhite. On his death in 1832 ownership transferred to Richard Wilson, also a draper and in 1843 to John Clay a Hull merchant.

The last private owner was Gunter Lutze, a Hull coal exporter, who lived in the house from 1907 until his death in 1934. During this time the estate was extended and included all the land fronting the house to South Street and King Street to the east, including several houses and shops.

Prior to the last war, the house became an annexe to Needler Hall for students attending the University College, before becoming a St Johns first aid post during the war.

Cottingham Memorial Club was established in 1920 within the building now occupied by Halifax Bank in King Street. The Club moved to Elm Tree House in 1950.

The origins of the Club centred around the need to provide recreational facilities for those who had returned from the Great War. It also became the home of the British Legion in Cottingham.

Contrary to popular belief, it is not a British Legion or Ex-Servicemen's club. Membership is open to all, both men and women, over eighteen, on application. The Club is a popular meeting place for people of all ages who enjoy a quiet drink, conversation or meal. There are five snooker tables, a golf society, regular quiz nights, entertainment evenings and an extensive food menu.

As part of the Cottingham Day celebrations Elm Tree House will be open to the public from 12 noon to 4.00pm on Saturday 3rd July.

Website: www.cottinghammemorialclub.co.uk

Email: contact@cottinghammemorialclub.co.uk



Are you up for the Challenge?

Martyn Hicks from Hull is one of over 6000 volunteers for Sue Ryder Care, helping one of the UK's largest providers of specialist long-term and end-of-care life continue their work. Last year, he was a key member in the organisation of the Yorkshire Wolds' Walk, which is back by popular demand and taking place on Saturday 3rd July 2010 in Brantingham, East Yorkshire.

A keen walker himself, Martyn got involved through Sue Ryder Care's corporate partnership with BAE systems in Brough, and soon became an active volunteer in the planning group. His huge contribution to the preparation and execution of the walk last year made it possible for over 50 people to take part in the sponsored challenge, but for 2010 we have already doubled that number.

Martyn says "The walk has some fantastic views, but is a challenge to most, so it was important that the walkers were looked after at the regular checkpoints throughout. We successfully managed this with a relatively small number of ardent volunteers by leapfrogging the walkers as they went round the course. I finished the day by walking the final miles with the last walkers to ensure their wellbeing, and the barbeque at the finish was probably the most satisfying beefburger I have ever tasted".

We're relying on people like you and Martyn to get stuck in, as our volunteers enable Sue Ryder Care to continue to provide quality care for people living with end of life and long-term conditions including Cancer, Stroke and Multiple Sclerosis. On the day of the walk you could be a valuable asset by helping with marshalling, registration, or even trying your hand at a good old British barbeque for much needed refreshment!

With the weather steadily improving, we have definitely had our first taste of the summer to come. The sun may have quite a task trying to break through and give us the weather we deserve after a hard winter, but are you ready to take on a challenge of your own with the walk itself?

There are two walks to choose from: the original demanding yet pleasant 30 mile figure of eight route, and for those who would prefer a gentler stroll in the countryside a more manageable 12 mile version. All you have to do is sign up and gather as much sponsorship as you can; bear in mind there are only 2 weeks left to register. If you're interested and would like to find out more, email lucy.nalton@suerydercare.org or call 01904 426920, or visit www.suerydercare.org/events.php/566/yorkshire_wolds_challenge_walk

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Free face mapping at Beauty at Your Fingertips



Deborah Crossland, owner of the salon 'Beauty at your fingertips' Cottingham is proud to announce her success in accomplishing a post-graduate diploma in beauty therapy, achieved through and awarded from the International Dermal Institute. An official presentation of the certificate was made by Sophie Alcon Milner who is the Corporate Trainer at the International Dermal Institute.

The Postgraduate Certificate of Achievement awarded by The International Dermal Institute is confirmation of Deborah completing one hundred hours of postgraduate training and the completion of an in-depth take-home written examination. All examinations are personally reviewed by an Instructor and as above Deborah was personally presented with the certificate from Sophie Milner.

In salon practise this means Deborah has been recognised and awarded for her ability to expertly complete skin analysis and provide solutions and advice to combat and aid skin problems.

Deborah provides free face mapping skin analysis **TM**. This is a Dermalogica (Dermal Institute) endorsed process where the facial landscape is analyzed from fourteen separate zones. The facial zones are sectioned and mapped out and are examined through touch and sight. All analysis is recorded on a prescription sheet.

This allows a client to have their individual skin needs met through accurate analysis and all information is recorded to keep track of progress and improvement as well as the accurate prescription of skin products. (Copyright: Lee Crossland).

If you wish to take advantage of **FREE** face mapping and would like to book a facial treatment at 'Beauty at Your Fingertips'. This advert will provide you with **20% off** all facial treatments at the salon.

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Wordsearch - Cartoon Characters

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

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

Find the Cartoon Characters in the letters above:

Arthur, Bambi, Barney Rubble, Betty Boop, Bugs Bunny, Charlie Brown, Daffy Duck, Donald Duck, Dumbo, Eeyore, Elmer Fudd, Felix the Cat, Fred Flintstone, Garfield, Goofy, Mickey Mouse, Mighty Mouse, Mr Magoo, Pluto, Popeye, Porky Pig, Road Runner, Scooby-Doo, Snoopy, Sylvester, The Simpsons, Tigger, Tom and Jerry, Top Cat, Tweety, Winnie The Pooh.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 43 -

This is an easy challenge this month

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



Swanland Festival 2010 takes place between July 9th and 20th with something for everyone

"Swanland has organised a Festival every two years since the original "one off" in 2000 to celebrate the Millenium and each one introduces something new but all put on "by Swanland folk - for Swanland folk" (and everyone else that would like to attend as well).

We have **Music** - for teenagers (Spark in the Park) through to pensioners (Fred Astaire Evening) via U3A choir, Gold Standards Big Band, South Hunsley School and 6th Form College musicians and singers, and the well known guitarist Gordon Giltrap is appearing with Garry Burnett.

We have **Dance** - from a Festival Ball to Green Ginger Morris Men and Green Ginger Garland Dancers.

We have **Arts** - art displays inside, art displays "On the Railings" outside, a display of wood carving and an exhibition

of local craft work.

We have **Fun** - for the brain and the body with a Poetry evening and a Quiz plus a Parish Boundary Walk, a football competition and a croquet afternoon.

To refresh - we have Supper with the Quiz, an afternoon of tea with the WI and a cream tea at the Bowling Club.

Up to twenty local gardens will be open to the public. We also have model boats on the pond, a Gala, a Teddy Bears' Picnic, and a celebration of the Festival by the pond on the final Sunday.

In fact, from 9th to 20th July - there will be something for everyone in Swanland.

For further details, please contact Yvonne on 01482 634863, Jan on 634583 or Phil on 634577.

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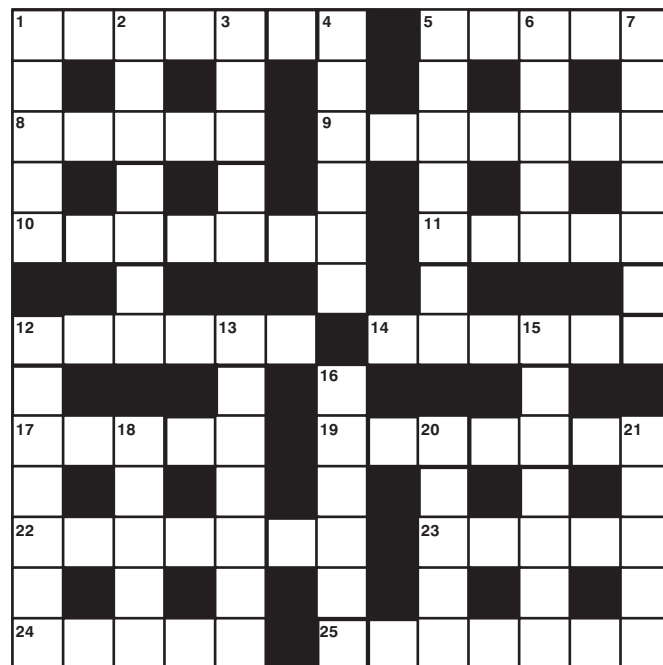
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Tel: (01482) 849005

32, Allanson Drive, Cottingham. HU16 4PF

Crossword - Solution on page 46



Across

1. Gallantry (7)
5. Subsequently (5)
8. Extreme happiness (5)
9. Considered unlikely (7)
10. Pills (7)
11. Paragon (5)
12. Gaped (6)
14. Concurs (6)
17. Proverb (5)
19. Recite (7)
22. Feed (7)
23. Water lily (5)
24. Frock (5)
25. Use again after processing (7)

Down

1. Established custom (5)
2. Arc of refracted light (7)
3. Publish (5)
4. Humble (6)
5. Risible (7)
6. Heading (5)
7. Conundrums (7)
12. Hankered (7)
13. Foes (7)
15. Flexible (7)
16. Fix firmly (6)
18. Angle less than 90 degrees (5)
20. Something that has survived the past (5)
21. Follow (5)

Crossword courtesy of www.puzzlechoice.com

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In the Kitchen



Ingredient of the month

Maple Syrup is probably best known as a pouring sauce, however its exquisite flavour and natural properties should rank it higher than other ingredients of the kind such as treacle or golden syrup and for vegans, higher even than honey, being a totally animal-free product. Properly processed, it is a very pure ingredient. Nothing is added and nothing taken away.... apart from water.

Origin and History of Maple Syrup

The technique of tapping maple trees for their sap was probably discovered by native Canadian Indians although no-one knows for sure if they were the first. It is safe to say that when first Europeans arrived in Eastern Canada the natives were already well practised in the art of collecting maple sap and boiling it down to sugar. They had many stories and legends about it and despite the fact that Maple trees do grow in Europe, the delicious sap was, at that time, not realised as a foodstuff by Europeans.

Some credit the French for the discovery, having come to the conclusion that the Native Indians wouldn't have had any "incentive" to have discovered the process. However, sickness or death brought on by malnutrition during the months when other foods were scarce seems motivation enough, as once the excess water had been boiled out, the resulting maple sugar could be stored and used as an extra source of energy and flavouring during the rest of the year, making that theory one of sheer bigotry.

In fact, a British Royal Society paper written in 1685 says "The Savages of Canada, in the time that the sap rises in the Maple, make an incision in the Tree, by which it runs out; and after they have evaporated eight pounds of the liquor, there remains one pound as sweet"

However, it was during the 17th and 18th centuries that Europeans enhanced the process and maple sugar became the main source of sugar for the French settlers as imported white sugar was extremely expensive and hard to get especially after the passing of the 1764 Sugar Act which imposed high tariffs on imported sugar.

It was only during the 1860s, that maple syrup as we know it, became a widely used commodity. The invention of the tin can and the technique of producing sheet metal was the main contributing factor in the development of maple sap evaporation pans, the precursors of



modern day evaporators which meant that the syrup could now be stored and preserved for much longer periods of time. Maple syrup and maple sugar were now the most common sweetener in the Canadian and American colonies, superseding cane and raw sugar, or molasses.

The Fourth of July or "Independence Day" is a major holiday in the United States, celebrating the birth of the United States of America in 1776, with the signing of the Declaration of Independence.

Like Thanksgiving Day, the Fourth of July is a national (Federal) holiday with most people getting the day off work however unlike Thanksgiving, being in the height of summer, the festivities are mainly based outdoors and traditionally the 4th July festivities generally end with fireworks displays, as has been done since 1777.

American Pancakes

Ingredients

100g/4oz Self Raising Flour
1/2 teasp Salt
2 tbsp Caster Sugar
120ml/4fl.oz milk
3 Eggs. beaten
A little Butter or Vegetable oil for frying
Maple Syrup to serve

Instructions

1. Place all the ingredients in a large mixing bowl and mix to a smooth batter.
 2. Heat a plain surfaced griddle or large frying pan over a medium heat and when hot brush the surface with a very little oil or butter then pour in a small ladleful of batter onto the hot greased surface. Depending on how large your griddle or pan is, you can cook a number of pancakes at the same time.
 3. Cook for a couple of minutes until firm and golden on the underside then turn and cook for a further 1-2 minutes. The pancakes will rise slightly. Repeat with the remaining batter.
- Serve warm with lots of maple syrup drizzled over the top.
- Fourth of July parties often have a Red, White and Blue theme and celebrations often take the form of picnics and barbeques, held in back yards or on the beach. It's generally a relaxed and informal occasion where friends and family get together to celebrate the birth of their nation.



What's in Season in July

Apricots | Artichokes | Beetroot | Blackberries | Blueberries | Broad Beans | Broccoli | Cabbage | Carrots | Cherries | Courgettes | Cucumber | Fennel | French/Green Beans | Gooseberries | Greengages | Kohlrabi | Lettuce | Loganberries | Mangetout | Mushrooms | Onions - main crop | Peas | Plums | Potatoes - Main Crop | Radish | Raspberries | Redcurrants | Rocket | Spinach | Spring Onions | Strawberries | Tomatoes | Watercress | Wild Mushrooms |

Gooseberry Cream Crunch

Ingredients

75g/3oz Gingernut Biscuits, crushed
25g/1oz Butter
275g/10oz Fresh Gooseberries
1 tbsp Water
75g/3oz Caster Sugar
180ml/6fl.oz. Double Cream, whipped

Instructions

1. Melt the butter in a saucepan and mix in the biscuit crumbs. Allow to cool.

2. Meanwhile, place the gooseberries and water in a pan, cover and simmer gently for 10-15 minutes until soft. Stir in the sugar then pass through a sieve. Leave to cool.

3. Fold the whipped cream into the gooseberry puree and spoon half the mixture into the base of 4 individual glasses. Top with half the biscuit crumbs then repeat the layers. If possible, chill before serving.

Pork Escalopes with Spiced Apricots

Ingredients

675g/1 1/2 lb Pork Fillet
1 teasp Freshly Ground Cloves
Salt and Black Pepper
8 Fresh Apricots, stoned and quartered
4 Whole Cloves
8 tbsp Water
4 teasp Honey

Instructions

1. Slice the pork into 12mm/1/2 inch slices and lay the slices between sheets of greaseproof paper. Beat with a rolling pin to flatten. Sprinkle with the ground cloves, salt and pepper.

2. Heat a large oiled frying pan or griddle until very hot. Cook the pork in batches for about 1 -2 minutes each side until tender; transfer to a warmed dish, cover and keep warm.

3. Add the apricots and whole cloves to the pan and cook, shaking the pan, for 2-3 minutes until they are slightly singed. Add the water and honey, scraping up the sediment and continue to cook until the apricots are softened but still hold their shape, adding a little more water if needed.

4. To serve - top the meat with the apricots and pan juices. Serve hot.



Meat Loaf

Ingredients

225g/8oz Minced Beef
350g/12oz Minced Pork
4 tbsp White Breadcrumbs
1 teasp Dried Thyme
1 teasp Dried Parsley
1 tbsp Worcestershire Sauce
1 tbsp Tomato Paste
1 Onion, finely chopped
1 Garlic Clove, crushed
Salt and Pepper
1 Egg, beaten

Instructions

1. Preheat the oven to 180C, 350F, Gas mark 4 and grease a 1kg/2.2lb loaf tin.

2. Place all the ingredients, apart from the egg, in a large bowl and mix well. Add enough egg to bind the mixture.

3. Turn the mixture into the prepared loaf tin, pressing it down well. Cover with aluminium foil and bake in the oven for 1 hour until firm.

4. Remove from the oven and stand for 5 minutes then pour off any excess fat. Allow the loaf to cool in the tin then refrigerate until ready to serve.

Mixed Berry Gratin

Ingredients

125g/5oz Blackcurrants, washed topped and tailed
125g/5oz Redcurrants, washed, topped and tailed
125g/5oz Raspberries, washed
4 large Egg Yolks
50g/2oz Caster Sugar
The grated zest of 1 Orange
210ml/7fl.oz. Crème Fraîche

Instructions

1. Preheat the oven to 220C, 425F, Gas Mark 7.

2. Place the fruit in a large shallow ovenproof dish. Set aside.

2. In a mixing bowl, beat the egg yolks with the sugar until light and creamy.

3. Add the orange zest and crème fraîche and mix well then pour this mixture over the fruit.

4. Place the dish on a baking tray and bake for 15-20 minutes until golden brown. Serve immediately.

Skidby Open Gardens event raises £1,040 for Church funds and local charities

THANKS to the very many visitors to our Skidby Open Gardens Event, all the residents who opened their gardens this year, Graphic Power for the printed banner and posters, and the team of helpers on the day, we raised the sum of £1,040 for St Michael's Church Funds including the restoration/repair of the East Window, and for The Salvation Army.

The weather was glorious, maybe even too hot for some, but it certainly brought in the crowds to the village and we are grateful to everyone who participated.

Below are just some of the gardens who were showing on the day.



MARION OWENTRAVEL & CRUISE CLUB

Tel : 01482 212525

July 2010

Is summer really here, has it been & gone? The weather pattern is just so erratic.

Turkey is selling well at the moment with some great bargains to be had. I think it is always wise to consider the cost for the quality of holiday, you may be lucky but generally you get what you pay for. Go with an open mind and then you are bound to enjoy your holiday.

Club Med offer great value, quality, all inclusive holidays plus children can have a reduction and do not have to share your room, which is very unique.

I am in Austria with our Oberammergau group everything is very lovely except for the weather: it really is a problem we have to get used too. The scenery is stunning, the fresh air is wonderful, the food and company are excellent, but some blue sky would be the icing on the cake. Yesterday we were in Innsbruck and all of the museums including the Hapsburg Palace were an escape from the rain - entry was free too! My group departures are always so immensely enjoyable..... no wonder I have so many regular companions!

Recently I had a cruise with Royal Caribbean Cruise Lines and then transferred to a Regent Seven Seas ship, the difference was unbelievable; you really do get what you pay for - as I like a balcony cabin, by the time I added up the on board spend on Royal Caribbean, the luxury of Regent Seven Seas was about the same yet it is so refined and all inclusive - I did not want to return home from the latter. Lynne has had a similar experience on Crystal too.

Myself and Lynne have recently seen newspaper adverts including Fred Olsen where they are quoting: "all of our cabins have private facilities, portage, leisure facilities etc". Please do not be misled by this; these are standard and included by the cruise line for all passengers. Ferries do not include meals, with cruise lines all meals, full board are included, along with all entertainment and many include room service to free of charge. We are aware of what each cruise line includes: all you need to do is ask.

Cruising from Hull - watch this space, we may have extra departures for 2011; please register now to be the first to know.... The Baltics cruise and the later Around Britain are selling well with cabin choice soon becoming a problem - so don't sit on the fence for long get booked now!

River Cruising for 2011: we now have a range of departures via P&O North Sea Ferries aboard the Olympia, myself and Lynne have not been out to see the ship yet but are assuming we can put it at a level above the Lady Anne and the MS Arlene.

Cruise & Holiday Exhibition Saturday 25th September 2010: mark the date in your diary and then tel: 01482 211913 for your fast track entry ticket. This years event is a bumper one: we have Warner's (adult only), Collette Tours, 1st Class Holidays (Canada & Australasia), Page & Moy, Just you (singles), Phoenix River & Coach Holidays, Great Rail Journeys, CAB Coach Holidays, Fred Olsen, Cruise & Maritime, Silversea, Regent Seven Seas, Seabourn, Hebridean, Swan Hellenic, Voyages of Discovery, Holland America, Carnival, Crystal, Paul Gauguin, Orion, The River Cruise Line, AMA (fabulous 5* river cruising), e-waterways (small ship cruising), Hapag Lloyd (exploration cruising including the great lakes), Voyages to Antiquity, Windstar & Star Clipper-tall ships. This show will offer something for everybody, we hope you will come along and join us at the Premier Inn over looking the River Hull & Humber just by the Deep.

The hotel offers ample free parking and CAB Coach Holidays will be operating a shuttle bus.

Whatever, wherever, however - try us for your next holiday. Although we specialise in cruising and tailor made world wide holidays, we offer a full, unbiased choice travelling by land, sea and air. We look forward to hearing from you. *Marion*

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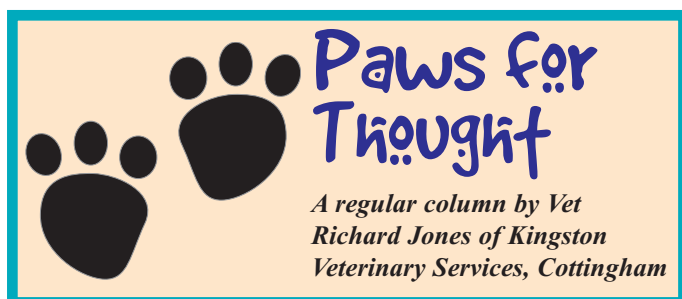
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pet show posters.
Entries to be in by 2nd July.

All Go for Age Concern East Riding of Yorkshire!

Age Concern East Riding of Yorkshire's weekly Information Session for Information and Advice, at the Methodist Church Hall in Hallgate, Cottingham, is proving to be a great success with local residents.

Since the start of this free Information Session, we now have a designated Volunteer who attends every Friday morning between 10.00 am and 11.30 am to give advice and information, as well as offer help and support to anyone over 50 years old. (No appointment is needed, just drop in).

This service has now become well established and the word is spreading across the local area; so much so, that due to demand, we have now opened a new Information Session at the Darby and Joan Club, in Finkle Street, Cottingham. This new service operates on the first Friday of the Month, from 11.00 am to 11.30 am.

Advice & Information Co-ordinator, Liz Pullen said: "It's great to see local people benefiting from the Information Sessions. We anticipate that they will go from strength to strength. It's good to be working in partnership with local Community Groups such as the Methodist Church and the Darby and Joan Club and we appreciate their kind support"

If anyone is unable to get to either of these venues, they can still contact us in person at our Information centre at 16 North Bar Within, Beverley, or telephone their enquiry through on 01482 869181 between 9.30 am to 4.00 pm (Saturdays 9.00 am to 12.00 noon) where our friendly team of Staff and Volunteers will be able to assist you.

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AGE Concern

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The Age Concern detailed above is a registered charity. Age UK is the new force combining Age Concern and Help the Aged. We will be known by our new name from Spring 2010. The Age UK family includes Age Scotland, Age Cymru and Age NI.

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"The Tooth and Nothing but The Tooth"

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

Life Changing Dentistry - Back to Basics

Hi there. How are you getting on with the tooth brushing technique? Did you have a go? I hope so.

I have realised that I have been writing "The Tooth.." for over a year now. How time flies eah? I have enjoyed it and would like to thank all the team at *Cottingham Times* for their support. I would also like to thank you for reading it and hope that you enjoy it and get something out of it. As I write I am a little apprehensive about England's last, must win, group match in the football world cup. I do hope that at the very least they put in a good performance to save a bit of face as well as give us something to cheer about and celebrate. Here's hoping.

Going All High Tech? Don't Get Splattered

The tooth brushing method that I described last time was with a manual toothbrush. However, the technique can be modified slightly when using an electric toothbrush. The difference is that you do not

need to agitate the bristles yourself once you have got them down to the gum line as the brush will do this bit for you.

Top Tip: The other thing to note is that when you put the toothpaste on to spread it round the mouth I wouldn't switch the brush on. If you have the brush on outside the mouth you run the risk of getting splattered with toothpaste. I like the oral B electric tooth brushes as seem to be the most cost effective and also have some independent research to suggest that may be more effective than a manual brush. You don't have to get the all singing and dancing model that wakes you up and makes you a cup of tea in the morning as the more basic models do very well. The battery ones are not that good as they lose their power quite quickly. You are better off with a rechargeable one so it is fully charged each time.

So Many Nooks And Crannies

So we have tooth brushing pretty much nailed I think. What about the areas that a tooth brush cannot reach? If you think about it, in a mouth that has teeth touching, there are a lot of areas that the bristles of a toothbrush, manual or electric, cannot reach. So, what do you do? In the majority of cases I think that the best thing is to use dental tape. If you don't clean these areas you are missing quite a high percentage of the surface area of the teeth and gums.

I've Heard Of Flossing But What Is Tape?

Dental tape is almost the same as floss but wider and flatter. I like it for a few reasons. Firstly, it doesn't seem to dig in your fingers as much as floss. Secondly, because it is wider it seems more efficient at lifting off the gubbins from the teeth. Thirdly, if you do have a little mishap whilst using tape it doesn't have quite the cheese cutter effect that floss can have.

Don't Tie Yourself In Knots

You only really need to clean in between the teeth once a day. It does not really matter when you do it but I tend to do it before I brush last thing on a night. However, if you have been to a party and had a few sherbets I would give it a miss and wait until the morning.

Top Tip: To use dental tape efficiently and effectively you need to have a short length between your fingers, finger and thumb or thumbs (whichever is most appropriate to you) at a time. Also pull this short length tight. In this manner you have much more tactile feedback and control over the tape. You can feel when you have taken the tape through the contact and put the brakes on without traumatising the gum. You do this by having a good size length of tape and wrapping around your middle fingers to secure it. Then using a short length at a time work it between the teeth and then gently under the gum using the tooth as a guide until you feel resistance. Whilst doing this you wrap the tape around the tooth up to 180 degrees and wipe long the tooth surface away from the gum to remove the plaque. Whilst you are between the teeth feed a clean bit through your fingers so you have another short length and repeat with the tooth next door. You can then remove the tape from between these two teeth and repeat between two other teeth.

Top Tip: If you have a tight contact between two teeth have the short length of tape pulled tight and use a sawing action to move through the contact. Once through the contact STOP the sawing action and use as above. If you need any more advice on using dental tape please do ask your dentist or hygienist. We probably could have done with a picture or two. I'll see what I can do for next time. I do hope that you don't tie yourselves up in knots.

The girls at the practice all completed the course for race for life. Well done everyone. Their current project is cups of tea or coffee to raise money for Marie Curie so you are welcome to drop in for a cuppa. I must be having a bit of a mid life crisis as I'm off for a few days to Koblenz in Germany on the back of a motorbike, which is a first for me. Wish me luck. I hope I return safely to write in next months issue. Take care and be good.

Chris

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 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. www.castleparkdental.co.uk

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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.

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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.

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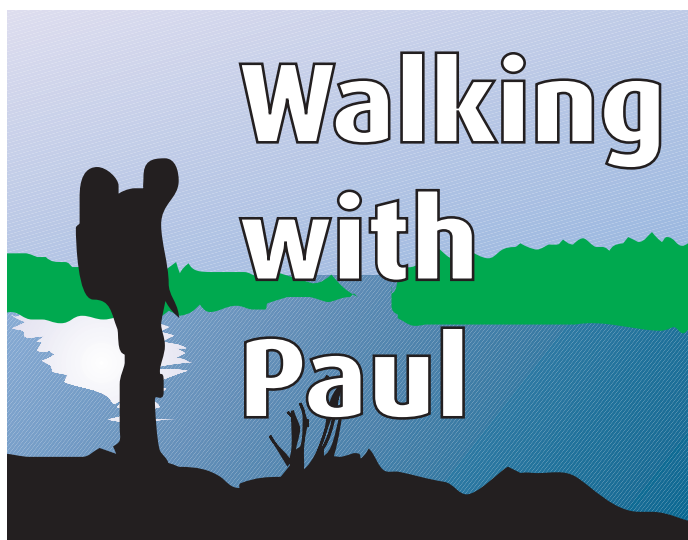


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Here is Paul's latest walk in his series of monthly rambles. This month his destination is Danes Dyke

Map: EXPLORER 295 or 301

Park near the sea front At Lime Kiln Lane GR193679.
Distance 7.0 Miles.

Leave from in front of the Coast Guard Station and walk north east along the cliff top. Pass Sewerby Park on the left and continue along the cliff top.

On reaching a junction of paths at Danes Dyke, turn right and descend by steps to the bottom of the cliff. On reaching the beach level, turn left and walk up the road. On nearing the top

of the hill, and where the road swings to the left, turn right and climb some steps, cross over a footbridge and ascend some more steps and on reaching the top of the steps turn right.

Continue on this footpath to meet the cliff top again and then turn east and walk along the cliff top. At the next gully, descend and ascend the steps and continue along the coastal path. On reaching the high point known as Beacon Hill, turn left and walk towards Flamborough village. Keep the fence on the left as it swings to the right and then left again. Cross two stiles and pass farm buildings (Being converted into flats).

On reaching the road, continue ahead towards the church and, on arriving at the church, turn left, cross the next junction and bear right and walk down Water Lane.

When the lane bends to the right, locate a kissing gate on the left and pass through this. Walk diagonally across the field to the top right corner and cross a stile.

Walk along a distinct path and on reaching a high hedge, turn right and walk with the hedge on your left. On reaching the Danes Dyke road, turn left and follow this to the car park. Leave the car park on the entry road heading north. After a while bear right onto a chalk path and continue along this path as it wends through the wood to the Flamborough road. Just before the road turn left and descend the steps, cross Danes Dyke access road and continue down steps and follow the path round to the left. Cross a footbridge and bear left. Continue climbing.

At about the highest point, a path comes in from the left. The alternative route from the car park would be to leave the car park and descend many steps, cross a footbridge, turn left on the level and then climb a set of steep steps to join the path at this high point.

Descend a small flight of steps to a junction of paths and turn right. Follow this path as it crosses the Golf Course and pass Sewerby Hall on the right. Follow the surfaced path through the fences of Sewerby Hall to emerge on the road at the Ship Inn. Walk along the road and after passing a row of garages on the left, turn left and follow the path back to the sea front and turn right to walk back to the cars.

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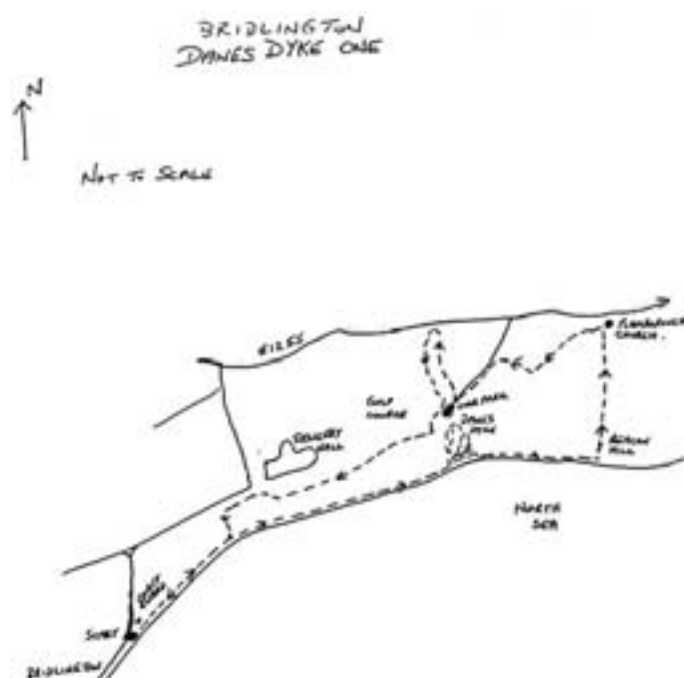
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The Darby & Joan Luncheon Club has vacancies for new members

The Cottingham Darby & Joan Luncheon Club, Finkle Street, which meets every Friday has some vacancies for new members who live within the HU16 area.

For more information please ring Mrs. Hodge on a Friday at the Club telephone 845819 or any other time on 849077.

North Ferriby's Traditional Village Show takes place on Saturday 17th July in the Village Hall

The North Ferriby Village Show, a traditional village show takes place on Saturday 17th July. With classes for flowers, fruit, vegetables, produce, handicraft, floral art, wine making & childrens classes. Entry fee is 10p per entry, children have free entry in any class.

The show opens to the public at 2.15pm to view the show. Cups & Trophies will be presented at 4.30pm. A RHS medal will be presented to the competitor with most points in the Horticultural Classes, and a National Vegetable Society Medal for the best exhibit in the vegetable classes.

Various trophies and prize money to be won in other classes. For more details or a show shedule contact Mal on 01482 632282.



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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.



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 2010 - By Kay Gower

Aries - (Mar. 21- April 20)

July marks the beginning of an exciting period, so broaden your horizons and take any opportunities for change that come your way. It may also be a good time to consider whether certain hopes and dreams should be changed as well.

Taurus - (Apr. 21- may 21)

Timing is always important, and this month the stars signify that now is a good time to push ahead with any plans to boost your status and earning power. Recognition and success are within your grasp.

Gemini - (May 22-June 21)

Every so often manners and good taste need to be put aside in favor of brutal honesty. This month isn't one of those times. Take a temporary vow of silence.

Cancer - (June 22-July 22)

Take life at a slightly slower pace and remember that you are not responsible for other people's misery or moods, this way you'll retain your sanity as well as making some progress over the coming three weeks.

LEO - (July 23-Aug 22)

Your finances receive important planetary protection, so do your best to feather your nest while it lasts. This is also a great time for throwing yourself into the lighter side of life, including romance.

Virgo - (Aug 22 - Sept. 23)

The stars promise to bring expansion and good luck in all matters related to foreign affairs and travel. If you have been feeling down recently, you will soon have good reason to feel much more hopeful about the future.

Libra - (Sept. 24 -Oct. 23)

If you really hate what you're doing, then perhaps you should stop telling yourself to hang in there. Your first duty is to 'you'. These are the days of your life. Spend them happily.

Scorpio - (Oct. 24 - Nov. 22)

Your guardian angel will be working hard on your behalf so the least you can do is give it a hand. Very soon it will become clear that your good luck is going to hold firm, and that your way with words is as magical as ever.

Sagittarius - (Nov. 23 -Dec. 21)

Forget about that diet for now, at least. Anything that even remotely resembles willpower will be nothing but a distant memory. That doesn't mean you shouldn't try again. Next month, perhaps?

Capricorn - (Dec 22.- Jan. 20)

The planets speak of major changes, which will make you more aware of your talents and help you to appreciate yourself a bit more. Make time to mull over private matters quietly in your own space.

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

When you put your mind to it, you can change someone else's mind, too. Observe and make your plans - but don't wage your attack just yet! There is a kind, gentle way to do this, and you will figure it out.

Pisces - (Feb. 20-Mar. 20)

Use this month to build upon your emotional strength. If you take what other people say too seriously it will throw you off balance. Listen for the validity in every comment, but stay centered on what you know is right.

Orange Blossom Florists to open at 1 Finkle Street, Cottingham in July

Orange Blossom is the new flower shop coming to Cottingham. Orange Blossom situated at 1 Finkle Street will be opening on Wednesday the 7th of July 2010 by Lucy Hunsley 22, which will be an excellent addition to Cottingham's shopping community.

It will provide low cost quality bunches of flowers from as little as £1 per bunch, Lucy will also be able to provide one off exquisite pieces for those special occasions, as well as wedding and funeral work at extremely competitive prices.

Lucy is said to be thrilled at the prospect of having her own business in such a sought after shopping location. She has gained a vast amount of experience from working at her parents flower shop located in Hessle. After completing a business degree she believes the time is right to embark on such an exciting venture.

Lucy looks forward to meeting you all in the future.

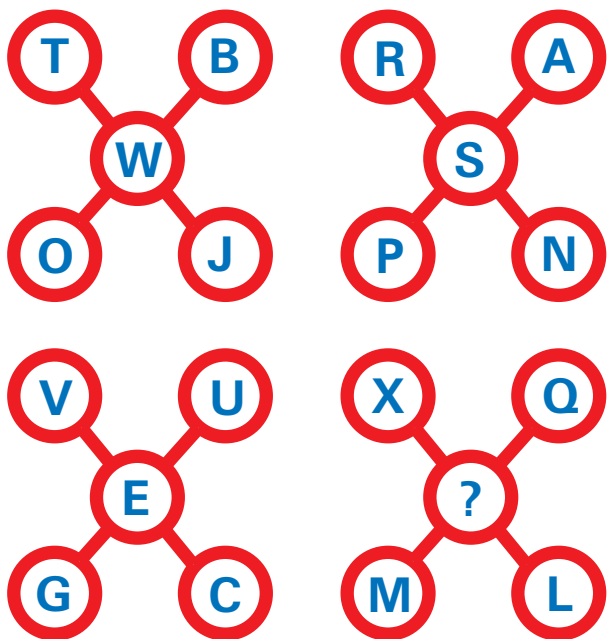
Swanland Open Gardens event takes place on Sunday July 18th between 11.00 am and 5.00 pm

The Swanland Open Gardens event takes place on Sunday 18 July between 11.00 am - 5.00 pm. There will be between 14 and 20 Gardens open, showing diversity in size and planting. Refreshments and plant sales.

Admission is £3 accompanied children free. Programmes will be on sale by the pond, 31 Mill Road and various gardens in the village, For more details contact Mal on 01482 632282.

Mind over Matter

Break the code to discover the missing letter, Hint: A-Z = 1-26
Answer on page 46.



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Welcome to Chris who will be reporting monthly with news and tips from the world of fishing

The 16th June has now passed, and for all you river anglers out there the close season is over. We are only one week into the season and already I am receiving good reports from our local river Hull and the Trent.

The Hempholme stretch and the Tickton stretch have both been producing a lot of good Roach. There have been reports on a huge shoal of bream showing 1/2 mile up from Tickton, but as yet nobody has caught any in any great numbers; I get the feeling that they may still be spawning.

A local lad from Hull showed me a photograph of his first ever Barbel this week, which he caught on his first ever outing on the river Hull on the magic June 16th! It weighed an impressive 6lb 30z. Well done and how lucky you are Neil. He caught the Barbel from the China Red stretch at Dunswell, using paste wrapped around a 14mm drilled pellet to a size 10 hook. The fish came on his second cast of the day after feeding a small bag of pellets, laced with particle mix, which he put down with a bait dropper.

As for the Trent, well what can I say apart from it's about time; there have been a number of good reports from many areas such as, Newark, Cottingham, and Farnham Ferry in fact all over. Fish are being caught on all sorts of methods. A variety of tack ticks are being used on these rivers, from the running ledger to trotting, bolt rigs to a simple ledger with a fixed paternoster.

For all those anglers out there that don't know how to use these methods, I will over the next few issues describe these methods along with methods for the pole, waggler and feeder. Anybody wishing to have a demonstration on how to set up any rigs or knots etc are more than welcome to come to my shop where I will do my very best to help.

The coarse season is now beginning its height, the spawning spell for the majority of venues is now over and the coarse angler can start baggin'. There are many local venues around our parts ranging in distance from a couple of miles to thirty. Over the next few months I will feature as many as possible and provide contact numbers and addresses.

As this is my first issue, I would like to welcome all anglers to get in touch with me with any funny stories or experiences that you may have, and want to share with other anglers in future issues. Together, with a little luck we will learn something, laugh at something and ultimately catch a lot more fish.

My name is Chris, and for now I wish you "Tight Lines"

If you have any fishing queries or requirements, contact Chris at Catchmoore Fishing Tackle, 259 Greenwood Avenue, HU6 9QA. Telephone 01482 803260.

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Property News from Martin English of Homelink



HIPS go, but EPC's are here to stay

Homeowners selling their properties will no longer be required to produce a home information pack (Hip), after the government announced they will be scrapped.

Hips, which were launched in 2007 and have since become mandatory for anyone selling a home, have been dogged by criticism. Estate agents have long complained they add red tape to the selling process, while sellers have grumbled about the £200-£400 price tag attached to the packs.

It was deemed by the new coalition government that HIPS were expensive and unnecessary and that it has increased the cost and hassle of selling homes, stifling a fragile housing market. As such the government took emergency action to suspend the Hip, bringing down the cost of selling a home and removing unnecessary regulation from the home buying process.

Clearly the HIP was not responsible for the downturn in the housing market alone, yet many feel the HIP has played a significant part in deterring properties from hitting the market. Personally I feel it is the right thing for the government to do, the HIP was not well thought out, and was adding little value to the whole process.

Whilst getting rid of the HIP for the property market as a whole seems like a good move, spare a thought for those that have invested lots of money in training and infrastructure to deliver the HIPS, some even jumping careers to do so. The abolition of the HIPS will clearly hit these individuals hard in what was an already competitive market.

The Energy Performance Certificate (EPC) which is contained within the HIP however remains. Sellers will still be required to get an energy performance certificate, showing how energy efficient a property is, within 28 days of putting their home on the market, as this is a requirement under EU law.

A property can be placed on the market under the new rules, however the EPC has to have been commissioned taking reasonable steps to ensure this is completed within 28 days.

The good news if you already have a HIP is that the EPC lasts for 10 years, and if you are considering renting your property out, you will also require an EPC, which is governed in the same way as if you were selling your home.

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



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A Huge "Thank You" to all the Nursing Staff at Ward One, Castle Hill Hospital

I would like to give a huge "Thank You" to all the Nursing Staff in Ward One at Castle Hill Hospital for their care and attention to my father during his long stay there after his recent fall, until his transfer to the superbly ran MHA Willersley House, Residential Care Home at Willerby, where he is now happily settled and once again enjoying life being cared for by their superb and caring staff.

I must also mention Marie the Occupational Therapist and Maggie the Physiotherapist and also Martin Inglis of the Social Services Department for all his help and advice to both myself and my father during this time.

Editor

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Hallgate Schools - continued January to December 1923

by Peter Railton (Author and Local Historian)

I back-track a little to a significant entry in the boys' school log book" Nov. 1st. 1922. I, Rowland Beckett Brookes, opened the Cottingham Council Boys' School this morning, having been appointed Headmaster by the East Riding Education Authority. The Staff is at present R.Becket Brookes, Headmaster; John E Cooke Std. VII and ex VII Earnest A Lacy, Std VI; Alice Webster Std V; James Fox IV; Fanny Youngson Std. III; Fanny Steel Std. II; Dorothy Lathem Std. I; The Rev. T. L.Moore, Chairman of the Managers, visited the School this morning at 11 O'clock."

This then was the first entry of the man who was to leave an indelible impression on the school and on the memories and the bottoms of many boys during his twenty one years at the school. Mr. Moorby would indeed be a 'hard act to follow'. He had earned the respect and affection of generations of Cottingham people; he and his wife were utterly devoted to the education and well-being of the children of the village. His entries in the log book do not do him justice - there is never any hint of self effacement - no claiming of credit for anything - just a record of the weekly routine and work of the department. Yet his strength of purpose shines through - devotion to the job, his championship of his 'lads' and the staff, his sense of fair play and his patience have been attested to by old scholars.

Education through discipline

Mr. Brookes has left us an interesting and illuminating log book, carefully compiled and with lots of entries which shows his attention to detail and organisation. What Mr. Moorby achieved through trust, patience and example, Mr. Brookes achieved by strict discipline.

Two members of staff left the school at the end of 1922 - Mr. Cooke to be Head of North Frodingham School and Mr. Lacy Head of Little Weighton School; both were presented with gifts of cutlery and water colour paintings of the village.

When school opened on the 8th of January 1923, many boys in the Wainfleet Avenue area of Finkle Street were away with scarlet fever, excluded on the orders of Dr. Sissons the school medical officer. Mr. Hoggard replaced Mr. Lacy in charge of Std. VI.

Mr. Brookes records in late January that -

"Mr. Vigrass the H.M.I, visited the school and reviewed the work done in all classes and expressed himself satisfied with the various means I have adopted for carrying on the work of the school. He also expressed pleasure at my application to the Managers for the conversion of the empty classroom into a woodwork room, which would supply a long felt want."

A purpose built woodwork room was erected later at the end of the boys' playground which many old 'lads' will remember.

Miss Annie Brimelow appointed as Headmistress

Miss Annie Brimelow took over as the Headmistress of the Cottingham Girls' School on the 8th of January 1923. Here again, many girls were absent through scarlet fever and measles. The Rev. Langland Moore and the Rev. H. Lowndes, Managers, plus Mr. Hobson from County Hall descended upon the department that week to talk over any problems and discuss plans and aspirations for the future; a few days later Mr. Moffat the L.E.A. Inspector turned up along with Mr. Vigrass the H.M.I.

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Mr. Hobson visited again the following week - perhaps to sympathise.

In her spare time the new Head was busy devising a new time-table for the girls; a fresh vigour was injected into the school and a lot of new and exciting events were planned, up-to-date apparatus was ordered for P.T., and closer links with parents were to be forged and their financial cooperation was to be sought for buying items for sewing lessons including a sewing machine. Visits out of school were to be a more important part of the girls' education - St. Mary's Church Tower proved popular, plus museums, nature walks, seaside excursions, and participation in inter-school sports.

Guide Group Formed with School

Miss Brimelow was an enthusiastic Guider and formed a group within the school which became affiliated to St. Mary's. More concerts, more sports days, more prize givings - a general involvement of everyone concerned with the school - a new impetus and drive was apparent. On Wednesday the 14th of February, Stds. VI and VII had tea in the 'schoolroom' - it was to be quite a while before the old nomenclature died out and the 'schoolroom' or 'big room' gave way to the Hall. This was followed by games and a concert involving staff for the first time and was declared a great success by all.

Continued on page thirty five

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

Flaming June!

I do hope that you all enjoyed summer . . . it happened two weeks ago! I am trying to get hay made between showers, cloud and generally miserable sort of weather! What happened to the long hot sunny days I remember through those rose tinted spectacles of youth?!

My horses are all living out now, enjoying the life a horse should really live . . . not stabled up at night, with rugs on and all the general cossetting that goes on through the long winter months. They are only missing one thing to make their lives better and that is sunshine on their backs! Aren't we all!

The season for flies is not quite underway yet so at least my horses are not plagued by those irritating little devils yet . . . that summer joy is yet to happen. I would so love to paint an idyllic picture but reality is often blighted!! However, it is one of my pleasures to look over a gate and see the horses in my care all lying down asleep, without an apparent care in the world. They twitch and squirm quietly as they dream horse dreams just like the rest of us. I often wonder what the content of a horse dream is full of!

However, the season for serious training of horses is well under way. Our yard busy with starting young horses and two seriously damaged remedial cases. We have just finished breaking in "Delilah". She is an 18-1 hh Shire, Clydesdale and Thoroughbred crossbred mare. Apart from being huge in height, she is a delightful horse. After the "Spitting her dummy out of the pram" stage, which is normal with any toddler, she is now getting it together with her owner James and they are doing well as a team.

I guess she will be leaving us next weekend. James is doing right by this mare in so far as he is only going to gently hack her around his locality for a month, then she will be turned away till next year. She may be a tall lady but she is only 3 years old and will need this time off to furnish her frame and mature in her mind. She will be an amazing future horse for him as she is bold and confident in her outlook yet calm and sweet natured in her manner.



Pictured top right and bottom right: Delilah the 18.1 hh Shire, Clyde Clydesdale and Thoroughbred.

Bottom left: Anika and Vicky June.

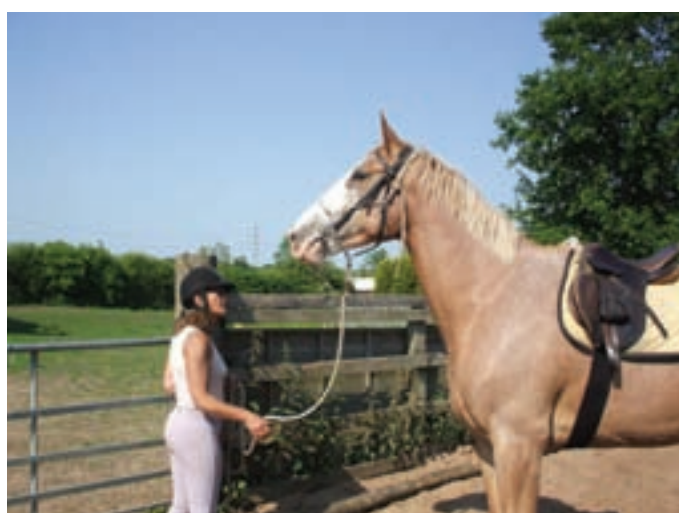
I have seen Anika and Vicky this week for a follow up session. They are having a few teething problems now that they have left the security blanket of Skidby. Anika is a typical youngster who is intelligent and will vie for opinion and position. Vicky is doing well with her but must stay one step ahead in order to maintain the positive leadership and keep the mares confidence. Non of it is easy as Anika had such a dreadful start in life, which Vicky inherited. She has had to find great inner strength to even get back on her in the first place. They are doing very well at home and we will always be there for support when needed.

We have "Harry the hairy Frisian" in for confidence work and backing. He is in defence all the time and is terrified of being ridden. His owner bought him off a Dutch breeders website....supposedly broken in and safe. Turns out he is only two years old and should never have been in work at all at that age. Our dilemma is just that . . . working so young an animal. The decision is that we try to get him to feel better about life and then for his owner to turn him away for at least a year. This will help him let go of whatever has frightened him so much in his past and allow him to be more trainable later on.

We have two ex-racehorses in for rehab and my own horses to prepare for sale. Never a spare minute nor a dull moment in the lives of myself and my staff! It is no wonder we are all so slim!

Update for you all to smile about and that is that Zander has a new home. He now lives near Harrogate with a lovely new owner called Charlotte. He is one lucky horse to have both been given a second chance and to have come out the other side to have a new life with someone to love him.

Visit Melanies website: www.instinctivehorsetraining.co.uk and her facebook page www.facebook.com/pages/Melanie-S-Watson/152554798549



Hallgate Schools - continued from page thirty three

In the boys' school Mr. Brookes and Miss Youngson were away with flu' in April and in Mr. Brookes case it turned into congestion of the lungs. Some old scholars will remember he was rather 'chesty' and this weakness was to wear him down in later years. On the 26th of that month all departments were closed for the wedding of the Duke of York and Lady Elizabeth Bowes-Lyon - the future George VI and Queen Elizabeth.

A sad entry in the log book on the 31st of May reads -

"I regret to have today record the death of the late Headmaster of this school, Mr. A.B. Moorby who has been seriously ill for some months. He is to be buried on Saturday June the 2nd. 1923."

Marvellous tribute to Mr. Moorby at his funeral

Literally hundreds of people were involved, either lining the roads to the cemetery in Eppleworth Road from St. Mary's, or walking behind the cortege. Family mourners, school teachers, managers, pupils and ex-pupils, representatives from County Hall, teaching staff from other schools, various village organisations, scouts, guides - the list was endless. One eye-witness recalled that the end of the procession was still in Hallgate near West Green when the funeral cars reached the cemetery. A fitting tribute to a fine Headmaster and gentleman.

Sunday School Feasts

The usual Sunday School Feasts were held and a half day holiday for Cottingham Clubs Peast. When 40 boys 'went up' to Std. I from the infants in July, the number of pupils rose from 258 to 296 but this bulge was deflated in the summer holidays when boys left at 14 years. A combined Sunday School trip to Bridlington, an 'open air' sale and Folk Dance Demonstration in the grounds of Elmtree House rounded off the summer. Four boys got scholarships - Tom Grant, Stanley Walker, Maurice Stephenson and Harry Wray. Only one day's holiday was given for Hull Fair that year - a sign of things to come.

In the girls' school, the start made in physical activities earlier in the year continued apace. In June a demonstration of drill and dance was given under the watchful eye of Miss Bickersteth from the L.E.A. which was attended by 150 teachers from other schools, and this was repeated to parents and friends in July. Also that month some girls took part in the Holderness Schools Sports at Sutton and were taken there by special bus; class exams were held and 24 little girls 'went up' from the infants where Mrs. Moorby continued as Headmistress. From around this time the description 'Class' begins to be used instead of 'Standard' i.e. Class 1, Class 2, and so on and 'Standard 1' starts to refer only to the level of attainment of pupils within that class in exams.

Student Teachers gain experience

On the 18th of October eight students from the Hull Training College visited the school with their tutor - they were to teach every Thursday morning, two to a class, until March 1924 to gain practical experience. In early December Mr. Vigrass the H.M.I. spent the day in school observing the work of the various classes and expressed his satisfaction, as he had done in the boys' school when he spent a day there in the same week.

The schools closed for the Christmas Holidays at 4pm. on Friday the 22nd. December 1923.

The photograph on page 32 shows Miss Brimelow in her Girl Guides uniform.

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Puppets of the World Exhibition at the Beverley Treasure House

The Beverley Art Gallery is to feature a collection of puppets from all over the world.

The gallery in the Treasure House, Champney Road, is holding the exhibition from 26 June to 18 July as part of the Beverley Puppet Festival taking place from 16-18 July.

Sally Hayes, gallery curator, said: "The puppets are spectacular. Some are very old while others are quite new but equally colourful and some represent folk tales from different cultures. They can also be a little bit scary, too."

"Unusually, we have set up a trail of puppets around the Treasure House for the children to follow, starting at the reception."

"Although the emphasis may be on children, it is equally interesting for adults as some of the puppets have intriguing backgrounds and are very ornately decorated."

The gallery is to open specially on Sunday, 18 July to give children and adults the chance to see puppets.

Sally added: "The gallery doesn't open on Sundays but we are doing on this occasion to give as many people as possible a chance to see the puppets before they are taken away."

Children taking part in during the three weeks of the exhibition will each receive a gift donated by East Riding Families Information Service (FISH).

One lucky child will also win a hand puppet donated by The Toy Gallery on Ladygate, Beverley. The puppet is a prize for the most correct answers to a questionnaire based on the trail.

The puppets are on loan from Indigo Moon Theatre Company to coincide with the 4th Beverley Puppet Festival, organised by Beverley Arts Trust.

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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.

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

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

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

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Charity fund raising weekend 14th/15th August at Skidby Mill. Hundreds of discount children's books from only £1, sold with entire proceeds going to 'Safe Haven for Donkeys in the Holy Land' (Reg. charity no. 1083468). Free admission to book sale, normal entrance fees to Mill apply.

Westfield School Association Annual Summer Fair Friday 9th July

The Westfield School Association Annual Summer Fair will take place on Friday 9th July at the Cottingham High School. Gates open 6.15 pm.

Due to major re-building work currently underway at Westfield Primary School our summer fair will be held at Cottingham High School off Harland Way this year.

All the usual stalls and entertainment will be in place.

The Westfield School Association (WSA) is very grateful to the Head Teacher and staff of Cottingham High School who have kindly allowed us to hold our Summer Fair at their school this year. Without this help the WSA would not have been able to hold this important event which raises funds for much needed equipment for Westfield Primary School.



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Cottingham Day 2010

Saturday 3rd July

from 12 noon

Your Day - Your Village!

Once again its that time of year when the biggest day in the village calender is about to happen.

Last years event was the biggest and best yet, but this years event is planned to be even better, with many more activities happening around the village.

The 6th annual Cottingham Day will take place all around the village in areas such as Grandads Park, Memorial Gardens, Market Green, Civic Hall, Darby & Joan Memorial Club, Methodist Church, St Mary's Church, Hallgate School, and Hallgarth Residential Home.

The day will kick off with the ever popular parade around the village starting at 12 noon, the parade will travel along King Street, then Finkle Street and back along Hallgate ending up on the Market Green.

It will be led by the impressive Horse Drawn Carriage, followed by Fancy Dress, Pipe Band, Classic Cars and more. At the end of the parade, the Chairman of ERYC Councillor David Rudd, will officially open the day from the stage on Market Green at around 12.40 p. m. and then the fun will really begin.

On the stage, sponsored by KCFM 99.8 and hosted by their top DJ Rob Langley, events kicks off with the Bonny Baby competition, followed by the Kingston Pipe Band, British Military Fitness, Accordion Music, the ever popular Cottingham Band 'The Monos' and will hopefully close with a performance by Alan Turner an X-Factor Finalist!!! (See programme for timings)

New this year on the Market Green will be a Bucking Bronco and a Sumo Wrestling Ring along with a Climbing Wall and make sure you look out for STIG and the Star Wars Stormtroopers and have your picture taken with them. There will also be the usual festivities such as Hull Cruise Cars, Tarot readings, Foot Massage, Tombola, Hull Stingrays stall, Win a Mini, Community bus, a Chocolate Board competition and much more.

This year the Civic Hall will host a range of Charity stalls and, for the first time, a Small Animal Show, sponsored by Kingston Vet Group. Cottingham High School will also be showing off some of their art and sculpture.

In the Darby & Joan Hall on Finkle Street, the Daylight Theatre and Line Dancing will be performing (see programme for times)

Also in finkle Street, the Memorial Club has an open day for all and is also hosting and sponsoring the very popular Motor Bike Display, which always guarantees big crowds.

As usual, Grandads Park is the place to be for kids. It will be hosting a Dog Show, Magic Carpet Theatre, Scrapstore, Plate Smashing, Red Cross, Fake Wounds demo, rides and much more all hosted by DJ Noel.

Hallgate will once again be closed to all traffic from 8am to allow the Classic Car Display sponsored by Cottingham MOT to take place and, for the first time, this year you will see a display of huge American Classic Cars, as well as a BMX raffle.

Along Hallgate, in the Memorial Gardens, there will be a Birds of Prey display by Holderness Falconry Club, music by the very popular

Coleen's Fancy Irish Folk Band, activities on a Plate and Face Painting.

Next door, the Methodist Church will be open for visitors and will have Fair Trade and local Food Stall and refreshments.

St Mary's church will also be open from 10am for a coffee morning, guided tours and they are organising a Treasure Hunt around the village.

Hallgate school will be holding it's 'Open Day' and will have a barbecue, cake stall, games and refreshments. Hallgarth House are also holding their 'Summer Fayre' between 11-3 with a barbecue, stalls and games.

In Cotta Court, Haltemprice Lions will be having a tombola, so please give them your support.

Although the whole day is due to finish around 5.30 pm, it will all start again in the evening.

After the success of last years First Ever 'Cycle Race' another will be held again this year. Organised by Pete Dunn of Cottingham Cycles, the race will start at 7.45pm outside the Methodist Church and the route will be along Hallgate, King Street, Northgate, West End Road and then back again along Hallgate.

The race will end around 9pm and all roads on the route will be closed to all traffic during that time.

Thank you in advance for your co-operation.

Please remember that the Cottingham Day event is organised and run totally by volunteers and relies on sponsorship and contributions to try and maintain the day as a 'FREE EVENT'

Buckets will be place around the events and activities and all contributions will be much appreciated, to help finance next years event.

Also, if you have any free time and would like to help out on the day, please ring Judith or Tina at the Parish Council Office on 847623 and leave your details.

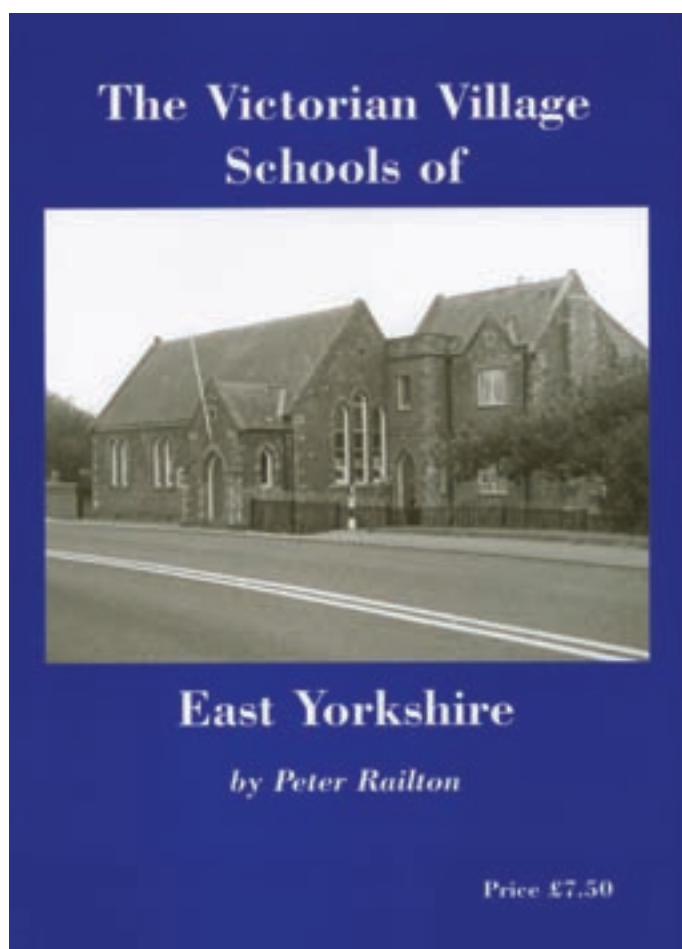
There is also still time to enter your Classic Car or Motorbike on the day. Ring Nick Russell on 07561 529788 if you would like to enter your car or Paul Fenwick on 07778 312134 if you would like to enter your motorbike.

All events are subject to change and may be affected by the weather.

Thank you to the Parish Council and all our sponsors for their help in organising this event. See the Programme for the full list. The day could not happen without you.



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Local author and historian Peter Railton's latest book "The Victorian Village Schools of East Yorkshire" available now

Local author and historian Peter Railton has just published his latest book "The Victorian Village Schools of East Yorkshire". The book takes a general background look at some of the individual village schools and their histories during the Victorian era.

The book is in an A to Z format, beginning with Anlaby and ending with Woodmansey.

The book priced at £7.50 is available from Barkers in Cottingham, W. H. Smiths, Browns Hull, The Book Shop in Toll Gavel, Beverley and Sokell in Driffield.



Skidby Scarecrow Festival event takes place on July 9th, 10th and 11th throughout the village

The inaugural event will take place over the weekend of July 9, 10 and 11, with more than fifty residents, clubs and societies taking part. Kelvin Young, Secretary of the Skidby Village Hall Management Committee, which is organising the festival, said: "We have lots of people taking part and some fantastic ideas for scarecrows."

Preparations are now well under way for the festival, which is inviting entries in five categories: Traditional Scarecrow, Celebrity Scarecrow, Unique Scarecrow, Scarecrow made by village organisation, Scarecrow made by local trade/business. Registration forms for anyone who would like to enter the competition are available from Mr Young on (01482) 843446. Anyone who wishes to sponsor or donate prizes should also contact Mr Young.

Visitors will be welcome in the village from 10am to 8pm on all three days and programmes will be on sale at various locations. Please make use of the designated Car Parks. The Village Hall will be open for refreshments between 10am and 4pm throughout the festival. Proceeds from the weekend will help to continue the work of the Village Hall within the community.

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“50 Years Service for ‘Mr. Cricket’ in Cottingham”

At a recent social evening, Cottingham Cricket Club made a surprise presentation to Mike Best in recognition of 50 years service to the club.

Mike from St Marys Avenue Cottingham, joined the club in May 1960 as a 14 year old, playing his first game at Patrington. By coincidence, the club's final game of the 2009 season was at the same ground, and Mike was there to see Cottingham secure promotion to the Premier League of the local East Yorkshire Cricket Alliance. He therefore completed his 50th season, at the same ground where it had all started.

Mike was elected Secretary to the Cricket Club at the age of 18, a position he still holds today, some 47 years later. He has seen the club grow beyond all expectations, from damp dark changing facilities at King George VI playing fields in the 1960's, to the clubs current home, and some of the best facilities in the area at the 'Roy Waudby Arena' at Hilltop in Cottingham.

Chairman Mike Gibson said 'most of this achievement was down to Mike's hard work, commitment and enthusiasm. He has been at the heart of all the clubs expansion.'

Mike has captained all three senior teams over the years, and was instrumental in the introduction of junior cricket to the club, with his son Paul. This section of the club has now expanded into one of the strongest in the area.

Off the field his work is no less impressive, playing a major role in each of the clubs ground moves. His organization of annual fundraising events for many years has raised in excess of £50,000 for club funds.

Mike Gibson said he was the 'steadying influence', the level headed committee man that made sure the club could walk before it ran.

Mike's achievement was also recognized by ERYC at their annual awards evening last month in the category for 'Services to Sport'.

Club Vice President, Derek Gregersen made a presentation to Mike and his wife Jean, to rapturous applause at the Hilltop Club. In reply the ever modest Mr. Best thanked the club, and said he looked forward to many more years' service, and the future success of the club.

Below: Answer to Sudoku problem No. 43 from the June issue.

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

News from Cottingham Little Theatre

90th Anniversary Production -

‘A Christmas Carol’ by Charles Dickens

We had an excellent turn-out for the auditions for "A Christmas Carol" on 13th June, including some new members who came to us courtesy of last month's article in the *Cottingham Times*.

It did feel a bit odd to be singing Christmas Carols in June - and even more odd to be dancing a ceilidh, "Strip the Willow", on a Sunday afternoon - but everyone joined in and worked very hard.

As a result, not only did we all have a good deal of fun (especially with the dancing), but we've also recruited a really strong cast of 25 - including some very talented children. Having said that, we could still do with another man or two, so if anybody out there does fancy giving it a go, please please do get in touch. It doesn't matter if you haven't acted before: we are a very friendly bunch (honest) and full training will be given!

We plan to have a first read-through of the play with the full cast on Sunday 11 July, and they have a break before rehearsals start in September. So, if you are interested, please ring our Secretary, Val, on tel. No. 01482 440588.

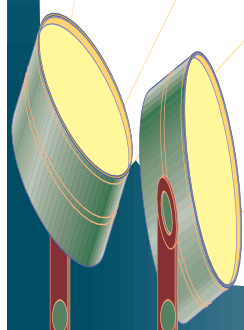
Social Events

Our Annual Spring Dinner was held on Friday 11 June, when twenty one Members, Friends and Guests enjoyed a delightful evening at the Triton Inn, Brantingham. The meal was good and the company relaxed and convivial.

We are now looking forward to our visit to Ladies Day at Beverley Races on Wednesday 11 August and we are hoping for fine weather and lucky betting!

New Members and Friends

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



**Act, Direct, Produce,
Stage Manage,
Do Lighting,
Do Sound Effects, Prompt,
Do Props, Do Costumes,
Do Front of House, Make
Refreshments,
Be a Gofa**



Man of the Year Award won by Ed Owst at Slimming World in Cottingham

The Man of the Year Award at Slimming World Competition has been won by Ed Owst from the 5.30 pm session, who has lost a total of 4st 61/2lb since last summer and now looks fantastic.

In the second session held at 7.30 pm, Brian Field was voted Man of the Year. Brian joined in April 2009 and has now lost 4st 11 1/2 lbs.

The 12 week challenge came to an end recently with fabulous results. The two sessions lost a massive total of 920 pounds which equals 65 st. 10 lbs. Everyone enjoyed the challenge and as always they continue to have very good weight losses, helping and encouraging each other to achieve healthy weight loss goals.

For information on Slimming World sessions held in Cottingham, telephone Theresa Foster on 823032.

Cottingham High School - Class of 1986 School Reunion

To celebrate the fact that the Class of 1986 will, or will already have, turned 40, then a school reunion has been organised for 31st July 2010, at Railway Hotel in Thwaite Street, Cottingham, 8.00pm - midnight. Tickets are priced at £8 each and this includes a buffet and disco.

Tickets are available from Railway, Chris Smith, Jackie Eastman or Sue Pape (Moor).

For more information please contact Chris Smith (07510 723815) or Jackie Eastman (0784 6437051) either by phone or via Facebook.

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A Marathon and a Half

This is a final call for people from across Yorkshire and the North East to take part in two world class running events the ING New York Marathon or the BUPA Great North Run to help provide care for people with life limiting conditions.

Few experiences match running the ING New York Marathon. With five bridges, five boroughs and two million spectators lining the course, this is an event that you most definitely should not miss!

We only have a few places left which must be filled by the end of this month so this is your last chance to take your place on that starting line on Sunday 7 November 2010 for the achievement of a lifetime!

We will pay for your flight and race entry in return we ask you to pay a deposit of £100 and to fundraise £2400. We will also support you every step of the way from sign-up to beyond that finishing line with all the training and fundraising advice you need.

Or

Do you already have a place in this year's BUPA Great North Run? Then why not put all that sweat and hard work to even better use and join the Sue Ryder Care running team! That way you will enjoy that 13.1 miles that little bit more knowing that with every step you are making a real difference to the lives of seriously ill people and their families.

Sue Ryder Care provides health and social care for people with life-limiting and long-term conditions such as Multiple Sclerosis, Huntington's disease, Brain Injury, Stroke and Cancer. Each year we provide 4 million hours of care and need to raise £74 million to fund our work.

If you are interested in joining the Sue Ryder Care running team please get in touch today, call 01904 426920 or email lucy.nalton@suerydercare.org.

KGV Cottingham Community Trust News

The Trustees would like to thank all those who came down to the facility users event on the 21st May, the response was absolutely tremendous and we look forward to working with all the community groups and organisations that expressed an interest in using KGV Cottingham in the future.

The Refurbished Pavilion has now been handed over to the ERYC and we plan to jointly roll out facilities and services over the coming days, weeks and months, for further information please contact Richard Bishop or Tony Clarkson on 652501 or Gary Cooper on 07702670022.

Finally The Friends of KGV Cottingham will be holding their annual Family Fun Day on the Thursday 12th August from 10am to 5pm, there will be lots of fun things to do for all the family including rides, sports, crafts and many other activities, refreshments will be available right through the day; a full programme should be available for publication in next months Cottingham Times. All proceeds raised will be invested in future community activities at KGV Cottingham.



East Riding Photography Competition

The East Riding Cultural Partnership is organising a photography competition to celebrate the diversity and uniqueness of the East Riding and to encourage people to get involved in the arts.

The two-stage competition will be followed by an exhibition at the Beverley Art Gallery with a smaller show of the prize winners touring local communities throughout the East Riding.

From October 2010 to September 2011 community groups will run local contests, inviting people to send in their impressions of the East Riding.

In autumn next year, groups will select their winners and these photos will be entered into an East Riding-wide competition, where judges will select the top 150 photographs for exhibition at the Beverley Art Gallery. Prizes will also be awarded.

John Newstead represents U3A Pocklington and District, one of the local groups involved in the project.

He said: "By hosting local events and competitions, we would hopefully encourage more people to join in, and show what the East Riding means to them through their photography and by sharing and showing our images with the wider community we hope to establish a sense of place in the East Riding.

"Too many of us never stray far from our doorsteps, and it would be a wonderful opportunity to highlight all that the East Riding has to offer through our photographs."

Councillor Jane Evison, cabinet portfolio holder for cultural services, housing and public protection, said:

"The competition is an excellent opportunity for photographers to be creative and take photos of what the East Riding means to them and with different cultures, beautiful scenery and abundant wildlife there is a wealth of subject matter.

"The exhibition will feature a wide variety of works and will give people the opportunity to reflect on the diversity and uniqueness of the East Riding."

All photos will feature on the 'Capturing the East Riding' website to showcase local talent.

If your group would like to participate in the project, please contact Annabel Hanson, leisure, tourism and culture policy officer, on (01482) 391678 or at senseofplace@eastriding.gov.uk, by Friday, 2 July 2010.

East Riding Photography Competition 1 (from left to right) Hilary Saynor, chair of East Riding Cultural Partnership, Annabel Hanson, leisure, tourism and culture policy officer, East Riding of Yorkshire Council, David Geekie, trustee of Burnby Hall & Gardens, John Newstead, Pocklington UA3 and Gordon Scaife, Principal leisure, tourism and culture policy officer.

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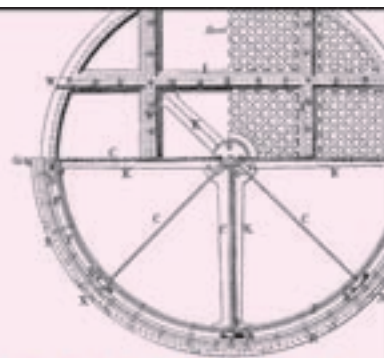
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The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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Eczema, Herpes, Psoriasis, Acne, Hair Loss, Itching, Athlete's Foot, and other Fungal Infections, etc.



Muscular, Neurological, Skeletal and Vascular:

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Internal:

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

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Women's Problems:

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Mind Over Matter Solution from page 29

The letters A-Z are valued 1-26. In each set, the difference between the top and bottom values on the left, plus the difference between the top and bottom values on the right, equals the middle value, so the mystery letter is H (8).

Crossword Solution from page 14

1	H	E	R	O	I	S	M		5	A	F	T	E	R
	A		A		S		O			M		I		I
8	B	L	I	S	S		9	D	O	U	B	T	E	D
	I		N		U		E			S		L		D
10	T	A	B	L	E	T	S		11	I	D	E	A	L
			O				T			N				E
12	Y	A	W	N	E	D		14	A	G	R	E	E	S
	E				N		16	A				L		
17	A	D	A	G	E		19	N	A	R	R	A	T	E
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24	D	R	E	S	S		25	R	E	C	Y	C	L	E

How to Invigorate the Face, Head and Neck With Chinese Facial Exercises

Rejuvenate your face, neck, and head with ancient Chinese facial exercises! The face is the first thing people see. Keeping your face relaxed and looking its best is important in making great first impressions. Aging is inevitable but you can age gracefully. Chinese facial exercises increases blood circulation, firmness, and energy. Turn back the hands of time with your own hands. Feel and look younger with smooth radiant skin using these invigorating Chinese facial exercise tips.

Step 1 Relax those tired stressed eyes. Gently circle the outline of your eyes with your fingertips 20 to 30 times. . Rub your fingertips gently across your closed eyelids. Repeat 20 to 30 times. Roll your eyes clockwise and counter clockwise slowly, making sure to hit every direction. Repeat 10-20 times slowly increasing speed.

Step 2 Work that chin to decrease a double chin! Lie on your back with legs and arms straight. Slowly raise your head, lifting your chin to your chest. Slowly lower back down. Repeat 10 times.

Step 3 Create a firm neck while tightening your jaw too! Put your bottom lip over your upper lip and slowly raise your head looking straight up. Repeat 10 to 15 times.

Step 4 De-stress your head and cure headaches with finger massages. Use your index and middle fingers to massage your forehead working from the middle to the temples. Massage your scalp with your fingertips from front to the sides and all around. Head massage are very relaxing and work well to cure headaches. Perform head exercises for a few minutes or as needed.

Learn to relieve many headaches. Try these simple, effective exercises for the head, neck, face, and breath that can provide natural pain relief for headaches

Step 1 Headaches can be caused by tight muscles at the base of the skull, which compress both the blood vessels and the nerves. You can release the tightness by tucking your chin, interlacing your fingers behind your head, and gently pressing your head back into your hands (which provide resistance). Hold for about a count of eight and repeat several times.

Step 2 Often when we have a headache, it feels as if our scalp is too tight. Loosen your scalp by placing your palms at the top of your forehead with your fingers facing back. Slide the flesh of your scalp back and forth over your skull with your hands. Repeat ten or more times, moving your fingers to different places as desired.

Step 3 Habitually holding your head in a forward position (with your ears lined up in front of your shoulders, rather than directly over them) can contribute to chronic headaches. Many of us have this tendency. To counteract it, try this pleasant exercise:

Sit upright and bring your shoulders comfortably down and back. Imagine that your head is a balloon, and slowly let it rise up and back, until your ears are directly over your shoulders and your head is level. Do this throughout the day, whenever you think about it, to help retrain yourself to hold your head in a neutral position.

Step 4 Try the facial part of a yoga pose called "The Lion" to help relieve overall facial tension, especially in the jaw. Take a deep breath through the nose. Then open your mouth wide and stretch your tongue out, curling its tip down toward your chin. At the same time, open your eyes wide and look slightly upward; contract the muscles on the front of your throat. Hold the expression while you exhale your breath slowly out through your mouth with a "ha" sound. Repeat several times.

Step 5 Gently tugging on your earlobes can help to relieve facial and jaw tension. To do it, grasp your earlobe, placing your index finger inside the rounded bottom portion of your outer ear and your thumb opposite, at the back of your ear. Gently pull your ear downward and outward, with a smooth motion, rather than a jerk. Hold for about a count of ten. This should feel good, so only pull as far as is comfortable.

Do not try these exercises if you suffer from any medical condition. Consult with your doctor first.



North Moor Farm & Fish Pond, North Moor Lane, Cottingham, East Yorkshire HU16 4JN P.O.A.



A most attractive farmstead extending over three acres including an income producing fish pond. The original farmhouse provides generous four bedroom accommodation which includes a 45ft entertainment/bar/lounge leading to the conservatory, currently used as a gymnasium. The farmstead offers an extensive range of outbuildings, some of which have been substantially converted, with potential for further residential or other uses. There are paddocks, stables and a former Olympic Ménage currently used as a large parking area, are just some of the additional benefits to this estate.

The accommodation is arranged on two floors and briefly comprises as follows:-



Ground floor: Storm porch, entrance hall, lounge with bay window and seat, cast iron fireside with open grate, dining room - fireside with open grate, television points and radiators, living room with brick and tiled Inglenook fireplace with corner seating, cast iron stove set on a flagged hearth, open beam ceiling, television and telephone points and two radiators, kitchen with fitted units connecting through to . . . fitted dining kitchen plumbed for an automatic washing machine, French doors, onto the terrace and garden, utility hall, entertainment bar/lounge/games room with substantial oak topped bar with sink, open beam ceiling, three sets of French doors, Chinese slate floor, conservatory with French doors onto the courtyard, Chinese slate floor (currently used as a gym).



First floor: Gallery landing on two levels with trap hatch to roof, master bedroom with built-in wardrobes, television and telephone points, en-suite bathroom, bedroom two with built-in wardrobes and drawers, television point and radiator, bedroom three with built-in wardrobes and drawers and double radiator, bedroom four with airing cupboard containing hot water cylinder fitted with immersion heater, television point and double radiator, fully tiled family bathroom with panelled bath fitted with an Essentials shower and screen, vanity basin and low level w.c., shaver point and heated towel rail.



Outside: The enclosed front and side gardens contain a paved terrace, gravel driveway, an area of lawn with ornamental trees and a substantial rockery. The courtyard at the rear of the house has remote controlled double doors and original farm buildings on two sides with potential for conversion to residential or other uses.

The Fish Pond: The income producing fish pond extends to about one acre and provides 18 pegs, which are let out on a ticket basis, seven days a week. A fenced gravel car parking area, formerly the Olympic Ménage, is positioned close to the pond.

Viewing is strictly by appointment with the sole agents, please contact the Cottingham Office for your free DVD. PART EXCHANGE CONSIDERED.



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