

Cottingham Times

Issue 116 - July 2011



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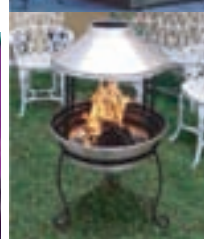
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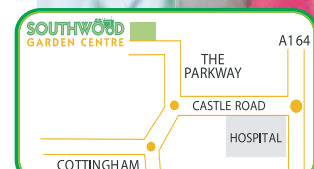
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1 Forge Place, South Rise, Skidby, Cottingham HU16 5UL
Telephone: 01482 840035

Editor: Keith Teale

Published Monthly by: The Cottingham Times

Enquiries: Advertising

Tel: 01482 840035 - Fax: 01482 840035

Editorial and Contributions

Tel: 01482 840035 - Fax: 01482 840035

Accounts: Tel: 01482 840035 - Fax: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

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

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

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

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.

Zion United Church, Hallgate

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

Cottingham Singers

Friday 1st July - A Summer Concert, at the Holy Cross Church, Carrington Avenue, Cottingham at 7.30 pm. £3.00 including refreshments. Payment at the door.

Cottingham Wildlife Watch

Saturday 2nd July - Cottingham Day.

Hull and Holderness Sugar Craft

Saturday 2nd July - Nicky Fuller, at 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club. Visitors are welcome. For more information contact Lesley Davy on 846611 or the Golf Club 846030.

Yorkshire Countrywomens Association (Skidby Branch)

Thursday 7th July, Green Ginger Morris Sword Team, in the Skidby Village Hall at 7.30 pm.

East Yorkshire Embroidery Society

Saturday 9th July, Jane Rodgers - Inspirations from the 20's and 30's, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshments.

Cottingham Catholic Women's League

Monday 11th July, Christine Clarke - China Before the Olympics, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Front Cover Picture: An unusual scarecrow from last year's inaugural Skidby Scarecrow Festival. Photo by the Editor

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Cottingham Women's Institute

Tuesday 12th July - The Wheels Off The Bus - Angela Mason.
Competition: Old Childhood toy or book, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

Cottingham Green Women's Institute Evenings

Thursday 14th July, Guided Walk in Cottingham - Pat Elliot, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 14th July, Heather Brabner and Alwyn Wright - Outing.

North Ferriby Gardening Club

Saturday 16th July, Village Show.

Holderness Alpha Probus Club

Saturday 16th July - Grand Charity Garden Party, in the gardens of 13 and 15 Windsor Close, Cottingham, between 11.00 am to 5.00 pm, to raise money for Dove House and the Cancer Scanner Appeal. Entry £2.50, children £1.00.

Cottingham Evening Townswomen's Guild

Wednesday 20th July, Social Evening, at 7.30 pm in the Darby & Joan, Finkle Street.

Diabetes UK

Thursday 21st July, Mr. J. Falmer (Orthotics), Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

Cottingham Methodist Church

Friday 22nd July - 7.00 pm Free Film Night. Popcorn, Ices and Snacks for sale.

The Busy Bees Return (Lifestyle Project)

Saturday 23rd July - at the Cottingham Pavilion, Come to a brilliant fun day for children, ages 4 to 10, raising money for Teenage Cancer. There will be a huge range of different activities, such as Bouncy Castle, Face Painting, Soccer School, Raffle, and lots of Arts and Crafts. Come any time between 10.00 am and 2.00 pm. (We have a wrist band system, so you will get 1 hour to 1 1/2 hour of fun). Entry £3.00 per child, per session and families of two children + a £1.00 off per extra child. (Show wrist on each activity and you get on free). Tea, Coffee included for parents.

East Riding Flower Club

Monday 25th July - "Summer Selection", floral demonstration by Ian Buxton (National Demonstrator). In the Civic Hall, Cottingham at 2.00 pm. Admission £8.00 each. Tickets from Judy Robinson 876279.

Wednesday Social Club

Wednesday 27th July - Peter Railton - Hallgate Schools, in the Darby and Joan Hall, at 2.00 pm.

Cottingham Wildlife Watch

Saturday 30th July - 11.00 am to 2.00 pm. Mappleton, meet at the car park GR:TA228438. High tide 4.24 pm, fossil hunt, beachcombing and sand art. Picnic lunch. See website for directions.

Yorkshire Countrywomens Association (Skidby Branch)

Monday 1st August - Outing.

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Get Knitting to raise funds for older people

Age UK East Riding is again appealing to keen knitters to help raise funds to keep older people warm next winter.

The charity is teaming up with Innocent, Sainsbury and Boots to launch the 2011 Big Knit campaign, and is calling for knitters of all abilities to join in.

People across the East Riding and the UK will be supporting the campaign by knitting a total of 650,000 little wool hats which will sit on Innocent smoothie bottles for sale in Sainsbury and Boots stores across the country later this year.

For each hat-wearing smoothie sold, Age UK will receive 25p, which will be used to fund Winter Warmth projects.

Last year, knitters in the East Riding knitted nearly 7,000 of the little hats, which helped to fund projects in the local area. The hats also remind everyone of the difficulties faced by older people when the temperature drops, with nearly 90 percent of all excess winter deaths being people over the age of 65.

This year Age UK East Riding is hoping that knitters in the area will again support the appeal by getting their needles busy.

Knitters can pick up a sample hat pattern from Age UK East Riding offices at 16 North Bar Within, Beverley, HU17 8AX (tel 01482 869181).

Patterns are available for beginners, intermediate or experienced knitters and people asking for them to be sent by post should please enclose a stamped addressed envelope.

Copies of the patterns are also available from Age UK shops in the East Riding.

Mark Rounding, Chief Officer at Age UK East Riding, said: "The more hats we make, the more money we can raise. It really is fun and relatively quick to do as the hats are so little. Anyone can make a hat

for us and good knitters could use this opportunity to share their talents by teaching someone else how to make one."

The completed hats should be sent or delivered to the Age UK East Riding office in Beverley, or to Age UK East Riding shops.

The charity is being asked to send in as many hats as possible before mid-August, so knitters are being asked to start sending their hats in before then.

The hats should be sent in packages clearly marked with the number of knitted items and the name and address of the sender.

Family History beginners day at the Beverley Treasure House

Tracing your family history is a fascinating and rewarding hobby, but it can be difficult to know where to start.

A family history beginners day will be held at the Treasure House on Saturday, 9 July to get people started in tracing their family tree.

The day will be lead by an expert tutor, who will introduce different ways of finding information about ancestors.

Over the course of the day participants will have the chance to start finding out about the history of their family, meet other new family historians and enjoy a buffet lunch.

At the end of the day, participants will leave with a pack of information to help them research further and the beginnings of their family tree.

The day costs £25 and booking is essential.

For more information or to book a place, call the East Riding Archives and Local Studies Service, on (01482) 392790.



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Cottingham Singers present their Summer concert at the Bricknell Avenue Methodist Church on Wednesday 20th July

The Cottingham Singers will be giving their annual Summer concert at Bricknell Avenue Methodist Church on Wednesday 20th July next.

The concert starts at 7.30pm and consists of a wide range of music with a seasonal theme, and several solo items.

Tickets for the event cost £3.50, including refreshments, and may be purchased at the door.

For further information please call (01482) 506643.



Haltemprice Lions Donate £8,850 to Local Organisations.

At their Annual Charter Dinner this month the Haltemprice Lions were in generous mood supporting other organisations with much needed donations. The Hull, Beverley and Holderness Branch of the Multiple Sclerosis Society received £3,000.00 which included the proceeds from the Lions' Cricket Celebrity Dinner held earlier this month.

Others to receive donations were the Marie Curie Trust, £1850.00 and the Mires Beck Nursery at South Cave which was given £1,500.00 to build a gazebo to keep their volunteers shelter from the sun whilst bedding out plants. As a result of Haltemprice approaching other Lions' Clubs in the Humber area, £2,500.00 was presented to the Humber Rescue in support of their work in the local area.

The Haltemprice Lions work throughout the year on different projects and fundraising activities to benefit others in the community. These donations were an example of how they can assist others but much more is given to other individuals and causes in the local, national or international community.

The date of the Haltemprice Lions' Christmas Fair has now been fixed for Saturday 3rd December, tables are available by contacting David Whincup on telephone 01482 847367 or email; dwhincup@dwhincup.karoo.co.uk. The Haltemprice Lions are always appreciative of the support they receive from the residents of Cottingham and East Yorkshire.

Photo shows the President of Haltemprice Lions, Neel Kamal, presenting a cheque for £3,000 to Ann Wordingham, Chairman of the Hull, Beverley and Holderness Branch of the Multiple Sclerosis Society.



Cottingham Junior School 'A' Team 1970-71 Season - Where are they now?

This photograph of the Cottingham Junior School 'A' Team 1970-71 Season's team was sent to us recently, with the question Where are they now? forty years on.

The team members were, back row left to right: Nigel Jenney, Michael Atkinson, Frank Saunders, Gavin Bell, Mr. Chandler, Jonathan Agyeman, Michael Dixon, Darren Williams. Front row: Darren Deighton, Andrew Dennison, Terry Pipes (capt.), Derek Longbone, Paul Swindells, Paul McKee.

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Refurbishment of the Memorial Gardens

Many of you will have noticed the changes to the Memorial Gardens over the last year. The gates and railings have been renovated; the shrubbery to the front of the gardens has been cut back and the Roll of Honour plaques have been updated and will soon be reinstated.

The Parish Council has also commissioned work to reinstate the gas lamps that were a feature of the original gardens. All that remains of the two original impressive gas lamps are the barley twist stems. Councillors plan to incorporate the original barley twist stems into a new metal structure to match the refurbished gate posts and mount new solar panel lamps on the top. The solar lamps would be fitted with timer switches so that they were not lit all night.

The next job is to tidy the vegetation.

The East Riding tree officer has inspected the trees and recommended the felling of the plum trees which are suffering from various problems. There is fungus at the base of one which is destroying the roots, another has decaying cavities from removing branches, while another has a mineral deficiency and all of them are over mature.

Two conifers have outgrown the site - one is still growing and could reach a height of 40 metres.

Also the yew trees have been damaged by ice and snow and need to be wired into shape.

As the Memorial Gardens are in the Conservation Area planning permission is required for the tree works and an application will be made to ERYC as soon as possible, although the work itself cannot be carried out until August at the earliest.

If permission is approved the result of the work will be a lighter space where appropriate new trees will be planted and we can have flowering shrubs and herbaceous beds that will provide colour for residents to enjoy all year round.

Thinking of Extending or Alterating your Home?

Do you need planning permission? Save yourself money, frustration and time! By following the next few steps:

1. Always talk to your neighbours about what you are trying to achieve.
2. Ring the East Riding Planning Office (01482 391737) and explain to them what you intend to do, they will be able to advise you if you need full planning permission or not.
3. If you are, for example, applying for a large extension or an unusual alteration, ask for a site visit, they can then advise you whether the application is feasible.
4. After taking on board neighbours' views (and the planning officer's comments if necessary) have your plans drawn up and submitted.

If you follow the above steps in order this should save you time, money and frustration.

The majority of planning refusals could have been foreseen by contacting the East Riding planning officers before time and money was spent on plans. Please remember we are here to help not hinder. Our work is to ensure that the best interests of all Cottingham residents are observed. Cllr Kevin Casson

8 July 2011 - www.cottinghamtimes.co.uk

ERYC Council extends blue bin collection

Over the next six months residents will be able to recycle glass, a wider range of plastics and Tetra Pak cartons in their blue bins.

East Riding of Yorkshire Council's latest kerbside collection for up to 150,000 households will take up to six months to roll out in phases.

Councillor Symon Fraser, portfolio holder for environment, housing and planning, said: "This new service aims to provide residents with an easy way to recycle even more materials while, at the same time, saving council taxpayers' money."

The rollout timetable for Cottingham is:

- 22 August to 14 October 2011 – Willerby, Anlaby, Cottingham, Hessle, Swanland, Kirk Ella, Brough, South Cave and surrounding villages

John Skidmore, head of streetscene services, said: "We are expecting this new service will keep an additional 3,800 tonnes of glass out of landfill.

"It has become possible because new technologies are now available which can handle mixed papers, cans, plastics and glass."

As part of the new service, the council is offering residents the choice of a larger, 240 litre blue bin in exchange for the smaller one that most households currently have.

Cottingham Clinic

The official opening of Cottingham Clinic is scheduled for Thursday 14 July – Councillors were pleased that finally the Clinic will be reopened following the disastrous flooding of 2007.

Friends of KGV

Will be holding their Annual Family Fun Day on Wednesday 10 August – all are welcome. Come along and have a look at the new facilities which we are very proud of.

Eppleworth Road Attenuation Scheme

The work on the Eppleworth Road attenuation scheme is on target for substantial completion by the middle of July although landscaping work will not take place until later in the year.

Graffiti and Criminal Damage

If you see anyone defacing property or causing damage please report it to Humberside Police either by telephoning 0845 60 60 222 or by e-mail (with a photograph if possible) to safe.communities@eastriding.gov.uk. You can also use the form at 'contact us' on www.humberside.police.uk. Many thanks to the Neighbourhood Action Team who during their recent clean up day cleaned off a lot of the graffiti.

Contact Details

Should you wish to speak to a Parish Councillor, contact details are displayed in the noticeboards around the village. Alternatively, you can ring the Parish Council office on 01482 847623.

Keep up to date with what is happening around the village by visiting www.cottinghamparishcouncil.org.uk

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Cottingham Lawn Tennis Club circa 1929/30

This photograph of members of the Cottingham Lawn Tennis Club pictured in 1929-30. The photograph was sent to us by a local Cottingham resident. The only person he can name is Bobby who is pictured second row, far right.

Free Sport and Play Sessions in Beverley

East Riding of Yorkshire Council's community play ranger team will be at Burden Road play area in Beverley, every Wednesday until the summer holidays, to deliver fun free play sessions.

Youngsters will have the opportunity to try stilt walking, play football and rounders, make art and crafts, learn how to juggle and try many other fun activities.

Sessions are from 3.45-5.30pm every Wednesday and children under five years of age must be accompanied by an adult.

Vicky Jude, play and early years projects officer, said: "These play sessions allow children the freedom to play with their friends and try lots of different activities in a safe environment, run by experienced and fun play workers".

For further information contact Emma Simpson on 07917 531399.

Macmillan Cancer Support says 'Thank You' to Humber Bridge Walkers

Macmillan Cancer Support would like to thank all those who took part in the Humber Bridge walk on Sunday 22 May, and welcomes more walkers to take part in the Yorkshire Three Peaks, Local fundraising manager, Eleanor Malcolmson, says "The Humber Bridge walk was a brilliant event and we are really grateful to all the walkers who took part. All the money raised will be a huge help to support people living with cancer."

The charity is hoping that the success of the Humber Bridge walk will inspire people to take part in a more challenging walk for Macmillan. Eleanor says "registration is still open for the Yorkshire Three Peaks walk on 9th July. We'd really like more people to take part in this event." The challenge starts in Horton-in-Ribblesdale and scales three mountains.

Walkers will climb over 1,600 metres covering 25 miles up Pen-Y-Ghent, followed by Whernside and finishing with Ingleborough. Although this walk is challenging, the sense of achievement whilst crossing the finishing line is wonderfully uplifting. Not only will you gain a fantastic personal challenge, you will also be helping change the lives of those living with cancer.

If you would like to take on this challenge, please register on line at www.macmillan.org.uk/walking, alternatively email y3p@macmillan.org.uk or call 01925 846740.

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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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Herbgarden have been situated in Butcher Row, Beverley, for the past seven years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.

For further information and appointments, telephone 01482 888152 or call in at the Herb Garden, 28 Butcher Row, Beverley.



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Music Lovers, Make a Note . . .

ELIZABETH ALTMAN, International Concert pianist and great favourite in the East Riding, is making a return visit to Hallgate Methodist Church on Armistice Sunday 13th November for a solo concert comprising major works of Schubert and some excerpts from movements of the most popular piano concertos in the whole repertoire of the great composers.

COME AND BE ENTHRALLED by the superb interpretation which Elizabeth can render to these great works.

Concert starts at 2-30 pm and further details will follow in future issues of the Cottingham Times.

Meanwhile, if you live on the edge of Cottingham or an outlying village and would like to distribute a few leaflets, please contact Richard on 01482 847122 and we shall be extremely grateful, as this would help to promote the occasion to a wider market and help us keep costs down!

Enjoy a 'Girls Night Out' with a Midnight Walk for Dove House Hospice!

Have you registered and secured your place in Dove House Hospice's Midnight Walk? If not, then get signed up today at www.dovehouse.org.uk/midnightwalk. This fantastic 'Girls Night Out' will take place on Saturday 13th August and continue into the early hours of Sunday 14th.

Starting and finishing at Princes Quay Shopping Centre, the new six mile route will take you on a journey through the finest streets of Hull, old and new, before walking alongside the Marina and Riverfront. In conjunction with Hull City Council and Humberside Police, the route has been carefully planned to show off Hull City in the night sky.

Fundraiser Maya Richardson said "With a new route taking place this year we have been able to add some great treats in the evening for the ladies. We have a local act performing for us before the walk, along with a chocolate sensation treat on route!"

Registration is £10 per person and includes a pink t-shirt, tutu and light refreshments on the night.

For further information on this or any other Dove House Hospice event please do not hesitate to contact the fundraising department on 01482 785743, visit www.dovehouse.org.uk or email fundraising@dovehouse.org.uk.



Cottingham resident receives crystal decanter for 100 blood donations

At a ceremony held recently Mrs. Hildyard of Ottawa Close, Cottingham received a Crystal Decanter from the National Blood Service for the donation of her 100th pint of blood.

It is unusual for women to achieve this milestone, as many women miss out donating during bringing up their children.

Lifeguard Course to start at Haltemprice Leisure Centre

Haltemprice Leisure Centre, Haltemprice, will be running a National Pool Lifeguard course starting on Thursday, 21st July, over a two week period.

The course, which costs £210, is being offered to competent swimmers who are aged 16 years or over.

For more information and to book your place contact Helen Hathway on (01482) 652525 and press option 2.



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Wordsearch - Writings

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

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

Find the words in the letters above:

Adaptation, Author, Autobiography, Biography, Book, Chronicle, Composition, Diary, Dissertation, Document, Draft, Editorial, Epic, Epistle, Essay, Issue, Journal, Ledger, Letter, Limerick, Literature, Manuscript, Memo, Memoirs, Notation, Note, Novel, Paper, Play, Poem, Prose, Publication, Record, Script, Scripture, Sonnet, Text, Thesis, Tome, Treatise, Verse, Volume, Writer, Writings.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 55 -

This is an easy challenge this month

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



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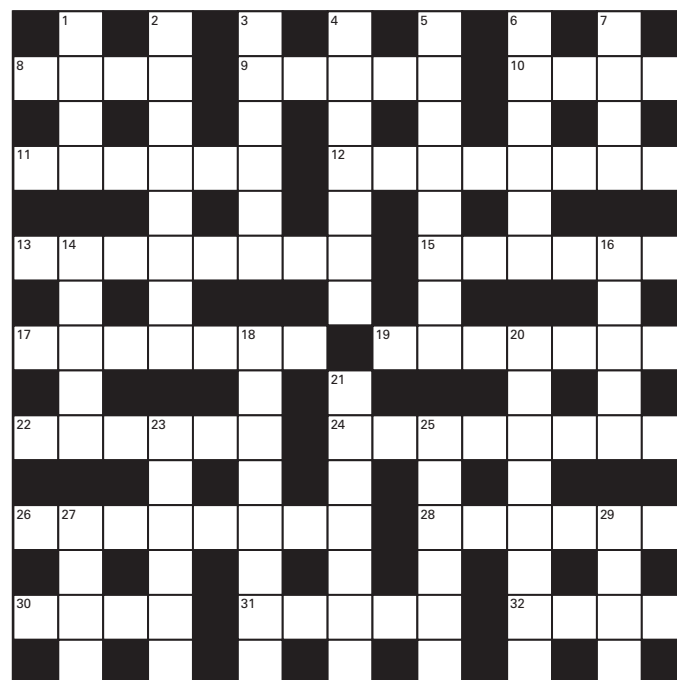
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Crossword - Solution on page 46



Across

- Canoe (4)
- Submits (5)
- Gremlins (4)
- Missile (6)
- Male chickens (8)
- Hatred of women (8)
- Hangman's knots (6)
- Subjugate (7)
- Got away (7)
- Scholastic scores (6)
- Occasionally (8)
- The provision of things (8)
- A frenzied woman (6)
- Past tense of "To be" (4)
- A group of south Pacific islands (5)
- Coagulate (4)

Down

- An African parrot (4)
- Finance (8)
- In large part (6)
- Double crosses (7)
- Amazes (8)
- Restaurant (6)
- Box (4)
- Not outer (5)
- Each and all (5)
- Unusual largeness (8)
- Group of spectators (8)
- Regards highly (7)
- Drenches (6)
- Not a reptile (6)
- Litigated (4)
- Berserk (4)

Crossword courtesy of www.crosswordpalace.com

Sewerby Hall and Gardens - Coast, Sea and Sky Competition Extension

Due to the amount of interest generated, the Coast, Sea and Sky amateur photography competition which is to be held at Sewerby Hall and Gardens, Sewerby, has been extended by a month.

The deadline for entries has now been moved from Friday, 1st July to Monday, 1st August.

Full details of the competition are available from www.sewerby-hall.co.uk where you can download an entry form and view the full set of competition rules.



Internationally-acclaimed “The King’s Singers” in concert at the Hull City Hall on Saturday 9th July

The Internationally-acclaimed “The King’s Singers” will be in concert at the Hull City Hall on Saturday 9th July accompanied by the City of Hull Youth String Orchestra and the Yorkshire Wolds Versatile Brass.

The concert is aid of the Salvation Army’s Kitchen Development Scheme at the Hull Citadel Community Church.

The concert begins at 7.30 pm and tickets are from £10 to £21 and are available from the City Hall Box Office. Block booking offers available. Contact the Box Office on 01482 226655 or visit www.hullcc.gov.uk and follow the events links or 01482 781969 for further information.

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In the Kitchen



It's Barbeque Time Again!

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

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

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

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

Cooking Foods on the Barbecue

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

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

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

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



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

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

Barbecue Safety

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



Lamb with Garlic and Rosemary

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

Instructions

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



Herby Beef Burgers

Ingredients

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

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Instructions

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



Chicken Kebabs with Coriander

Ingredients:

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

Instructions

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

Apricot Parfait

Ingredients

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

Instructions

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

Come have a “Buggy Burn” work-out with the Cottingham Fitmums

William 15 months and Harvey 20 months are two Cottingham babes benefiting from the latest expansion of Fitmums & Friends – Buggy Burn!

Buggy Burn is a session designed to provide a cardiovascular and toning workout with babe in tow. Claire Lyon (pictured below), Buggy Burn Leader says “Buggy Burn is a great opportunity to exercise with your baby. It offers a great workout and the babes benefit from fresh air and a happy mum, dad, or grandparent!”. Buggy Burn involves a two or three mile walk of varying paces to suit all; power walking for those who



Pictured above: William (15 months) and his mum Katherine.

want or a more gentle pace for others. Using the green spaces in Cottingham, the session also incorporates a toning session to give an all-round workout.

Katherine, mum of William says “walking is fantastic post-natal exercise and Fitmums Buggy Burn is a great way to socialise and exercise at the same time, without needing childcare! The group is very welcoming and friendly and we usually have some new faces each week. Fitmums Buggy Burn has proven to be a real success and is a fantastic addition to the Fitmums and Friends training schedule. I really enjoy my walks with Fitmums and William enjoys watching the world go by and babbling to the other babies. I would encourage anyone who is looking after a baby and enjoys exercise to join us – mums, dads, grandparents are all welcome”.

Buggy Burn is relaxed and informal and takes into account the needs of babes who need nappy changes, feeding, and attention! There is no weekly charge for Buggy Burn only membership to Fitmums & friends - £20 joining fee which includes the trademark pink vest (blue for boys!).

Kelly mum of Harvey says “I love it because I don't need to get a babysitter and the other mums are really friendly. You are out in the fresh air and it doesn't feel like exercise because you are socialising with the other mums and having fun whilst also burning calories. We usually go to the soft play session at the Pavillion afterwards so that the babes can get their exercise and the mums can relax and have a cuppa whilst their toddlers play. I recommend Buggy Burn to anyone wanting to come and try it”.



Buggy Burn is another Fitmums initiative to help increase the opportunities for parents to exercise. Fitmums also offers a run session linked to Blue Kangaroo play centre in Cottingham which offers child care facilities to enable parents to run. For more details of the full range of Fitmums & Friends options for walkers as well as runners see www.fitmums.org.uk.



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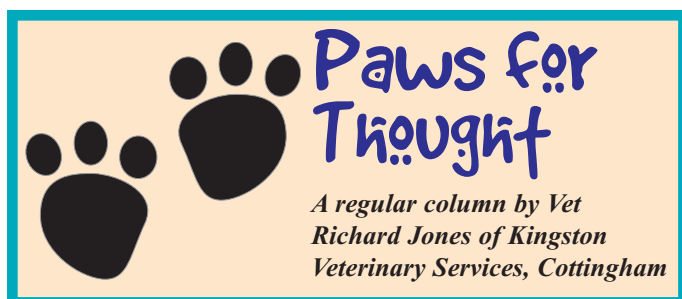
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Keeping your garden and pets happy

At this time of year everything is in full swing in the garden, all the plants are growing and the dogs and cats are also enjoying the garden!

My wife's pride and joy is her lawn which we treated to a new lay last year from Bravo Landscapes of Cottingham (there you are Jim free advertising). The lawn survived the harsh winter but can it survive my two female dogs? Very soon the typical brown scalding patches started to appear where they go for a pee. Why does this happen? The most likely explanation is that dog's urine has high concentrations of nitrates which in moderate amounts are actually fertilizer like but at higher concentrations kill the grass. This explains why around the brown patches the grass grows more vigorously. Bitches are thought to make the problem worse as they urinate in one concentrated stream whereas male dogs will cock their leg everywhere!

I was at loss on how to stop the dogs ruining the lawn until receptionist Margaret mentioned a product called Dog Rocks.



These are paramagnetic igneous rocks from Australia, a natural product that apparently increase the properties of boron, manganese, barium and strontium and decrease tin levels in the water. So you just place these rocks in your dog's water bowl. Sceptical I was but it's worth a try and coincidence or not the patches stopped appearing so they may be well worth trying if you have the same problem. The other problem with the lawn and the dogs is that our beautiful lurcher is obviously hearing things and thinks there are rabbits under the lawn. As soon as your back is turned she will dig a hole and look very pleased with herself. How could you get mad with her?

At this time of year as a gardener slugs are my number one enemy, but you won't find any slug pellets on our garden as I have seen far too many times cats and dogs poisoned by slug pellets. Slug pellets contain metaldehyde and methiocarb which cause animals which ingest them to have fits. Treatment involves heavy sedation and drugs to control the seizures however not all cases have a successful outcome. I prefer to leave the slugs to the frogs in the garden but even this can have its problems as the cats love hunting frogs and eating them, however the frogs have the last laugh as nothing makes a cat vomit like a frog.

Many other chemicals in the garden are also toxic to your pets so be very careful about using them.

An often asked question we get is which plants are toxic to dogs, cats and rabbits. The list is exhaustive and easily available on websites such as the feline advisory bureau and RSPCA, but fortunately animals themselves seem to know what will do them harm. If only that list included strawberries, raspberries and blackberries as my dogs seem to think I grow these just for them.

So when gardening bear your pets in mind so you can all enjoy the garden.

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Wills - why use a solicitor?

Currently, will writing is an unregulated industry in England. This means that you may be charged a fee for the preparation of a Will regardless of training, supervision, insurance and qualifications.

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All firms of solicitors are required to be registered and regulated by the Solicitors Regulatory Authority ("SRA"). Regulation means that solicitor firms must abide by a Code of Conduct which should ensure that they provide a high level of care to their clients. Solicitor's firms must provide advisors who are properly trained to offer the specific legal advice requested. They must also have appropriate insurance in place for the work that they are carrying out. Should any problems arise, you will have reassurance that the SRA will be able to help you.

Solicitors are required to be upfront and clear about costs. There should not be any hidden surprises along the way. When contacting a firm of solicitors, we recommend that you should always ask for details of cost in advance.

You would advise you to ensure your solicitor is a specialist in Private Client law – not all solicitors prepare Wills regularly. Look out for specialist qualifications such as membership with the Society of Trust and Estate Practitioners (STEP) and members of the Chartered Institute of Taxation (CTA). When arranging an appointment, don't be afraid to ask about the experience of the individual you will be seeing and for details of their supervisor, if appropriate.

Flaws in your Will may only come to light when you are not here to correct the problem. For peace of mind, we would advise you to always check:

- * the experience and qualifications of your advisor
- * whether they are regulated by a professional body
- * what insurance they hold
- * that you receive a clear estimate of charges in advance

Solicitors not only provide legal advice on individual, family and financial situations, but they are also equipped to provide advice on other issues such as powers of attorney, creation of trusts and care home fee assessments that may arise whilst discussing your Will.

For further details, please do not hesitate to contact Leanne Labrom or Caroline Hepworth on 01482 325242.

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"The Tooth and Nothing but The Tooth"

by

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

Getting Rid of Nasty Niffs

Hello again. I hope that you are well. Now then, there has been a bit of changeable weather in June to say the least. We did need a bit of rain and that's fair enough but the temperature has been up and down like a yoyo, and sometimes in one day. A nice settling down for the school holidays would be good.

I was interviewed for Premium Practice Dentistry this month. They just phoned me up out of the blue which was a surprise. They found the charity trip interesting (I couldn't help it and had to mention it), so are going to do a bigger piece next month and interview me again. Hopefully, we will get a bit more exposure and get some more sponsorship for Dental Mavericks.

Stopping The Rot

Last time I started to explain that when protein is broken down and rotted by bacteria then smelly gases were given off. If there is a lot of tooth decay then this needs to be treated and a preventive regime or programme initiated. This will involve some coaching from your dentist. A really acute and painful smelly condition of the gums is acute necrotising ulcerative gingivitis or ANUG. Here the gums are rotting in front of your eyes and it can be very destructive so needs to be treated

very quickly. In third world countries, in malnourished people this can become cancrum oris where it can spread and literally rot away the cheek so that you see directly inside the mouth. This is really horrible and I didn't mean to put you off your breakfast or anything, sorry. ANUG needs to be treated with antibiotics, cleaning and coaching in home cleaning and maintenance, antibiotics alone is not enough. Abscesses from teeth, gums or wisdom teeth can also be a problem.

Perhaps A Bit More Relevance

The above stuff may seem a bit obvious and the majority of you will not have rampant tooth decay or ANUG. So what are the other causes? It is always bacteria but there are other more common predisposing factors. A lot of the time the bacteria causing bad breath are hiding away on the back third of the tongue. This bit doesn't really rub against anything, certainly not the teeth or hard palate, so can get a bit stagnant. This is especially true if you have a cold or a sinus problem and have a nasal drip where mucous drips down your naso-pharynx onto the back of the tongue. Some people have chronic sinus problems due to allergies and such like.

Does Anybody Get Stressed?

I reckon so. Stress can be a factor in bad breath. Saliva is there to protect, lubricate and aid in primary digestion. It has cleansing and antibacterial properties. Stress can reduce saliva flow and hence lead to a more stagnant environment where bacteria can have a party and munch on protein to give out gases. Add coffee and/ or smoking to this and off you go. There are many causes of dry mouth and I will talk about this another time.

The trick here is to clean the very back of the tongue as well as possible. Have any of you seen tongue scrapers? Well that's what you need. You can buy tongue scrapers; some tooth brushes have something on the back of them. You could use a plastic spoon turned over. The key is to get as far back as you can to scrape the stinky coating off. Now this can be a bit of a challenge but can be made much easier with a little top tip.

Dr "Smile Maker" Top Tips: Use the acupuncture point CV24. Now I am not saying to start sticking needles and pins and stuff in, oh no. I would like to make that quite clear. However, if you use pressure on the spot (acupressure) then this can really reduce the gag or retching reflex and so make the whole procedure possible and much more comfortable and uneventful. I use this technique a lot at work for x-ray taking or for impressions if necessary. CV24 is in the fold between your lower lip and your chin in the midline. Using a the end of a finger or thumb press quite firmly until it starts to get a bit uncomfortable and after about 30 seconds you should be ready to go for it. Keep the pressure applied while scraping. Another top tip is to slowly and smoothly breath through your nose if you can. As you breath out feel the tension release from your muscles and begin to relax....relax....relax. Now don't fall asleep!!

Mouth Washes can help but you really need to gargle to get it right back there and be careful not to swallow or inhale.

Football Recruitment

I hope that you don't mind but Beverley Whitestar Falcons girls football team are moving up to 14 and under 11 a-side next season and are looking for a couple of new players for the team, especially a goal keeper. They had a good season and finished a very good 4th place. The girls will be in year 8 in September. It is a cracking little team who have fun and enjoy it. There is a great family atmosphere. Car lifts are available for games. We nearly have a full squad now so hurry if you want to play. Contact Anthony on 07794438511 or email antgreen@orange.net. Here's to another great season. I hope that the Tigers have a good one as well.

Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 18 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. www.castlepark-dental.co.uk

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World's Biggest Coffee Morning

Macmillan Cancer Support's World's Biggest Coffee Morning will take place on 30th September this year.

The World's Biggest Coffee Morning is Macmillan Cancer Support's biggest fundraising event. People across the UK – and sometimes further afield – hold a coffee morning, where donations on the day are made to Macmillan. Last year's 43,000 coffee morning hosts helped to raise over £8 million for people living with cancer, and this year, the charity are hoping that even more money will be raised. Local fundraising manager, Sally Millington, says "this year is Macmillan's centenary and we are hoping to do everything bigger and better than before!

The coffee morning is such an easy way to raise money to support people living with cancer, and everyone can get involved".

The event started in 1990, when a local fundraising committee decided to hold a coffee morning where people came along to meet and mingle - as they might ordinarily do - but donate the cost of their coffee to Macmillan in the process. The first National World's Biggest Coffee Morning was in 1991, when 2,600 people registered to hold coffee mornings across the country.

Since then it has raised over £60 million in total for Macmillan Cancer Support. The World's Biggest Coffee Morning has grown over the years to include many different types of event. Sally says "We want our supporters to do whatever suits them - and have fun doing it. Whether it's a traditional coffee morning at home, work or school, or something different altogether – a garden party, pub quiz, or karaoke night - the main thing is getting together with friends and knowing that your collective efforts are making a huge difference to people affected by cancer".

To register for and organise your coffee morning, or for more information, please visit <http://coffee.macmillan.org.uk/Home>.

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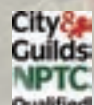
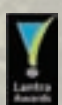
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SKIN SCANNER EVENT.

The skin scanner is back at Beauty At Your Fingertips on Thursday 28th July.

The Skin scanner is an advanced form of skin analysis, accomplished by using the woods lamp. You can make an appointment from 1 o'clock, to have your skin assessed by Laura from the International Dermal Institute. The effects of the skin scanner show areas of the skin that are blemished or have sun damage that is not visible to the naked eye. Laura will also be able to identify dehydration, dead skin, congestion and pigmentation on the skin. Laura will end the treatment by giving you a prescription on how to improve your skin. There will be 25% off all Dermalogica on the day, so don't miss out and stock up.



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For more information ring Lee at 'Crossland Quotations' on 07999506757 or e-mail crossland10@hotmail.co.uk



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

Map :- EXPLORER 291

**Start at GR. 874338 Grass verge on Snake Hall Lane.
Distance 7.0 Miles.**

Leave the cars and walk in a westerly direction down Snake Hall lane. On reaching North Carr Farm and Hutt Farm, bear right and follow the farm track as it passes to the left of Glebe Farm. At a small belt of Conifer trees and feed silos, turn right passing these on the right and follow a farm track as it passes through Hotham Carrs plantation.

On emerging from the plantation, turn left and follow a farm track with Carr Dike Drain on the right. Pass a small plantation (not

marked on the map). Pass a footbridge on the left and, when Wholesea Grange is on the right, turn right and cross the drain and follow a track towards the Grange with the hedge on the right. Keep the farm buildings on the left and, when arriving at the northern end of the Grange, continue ahead in a westerly direction along a surfaced lane. Cross a bridge over Market Weighton canal and immediately turn left walking with the canal on the left.

After a short distance, cross a footbridge adjacent to a disused lock and then continue walking with the canal on the right.

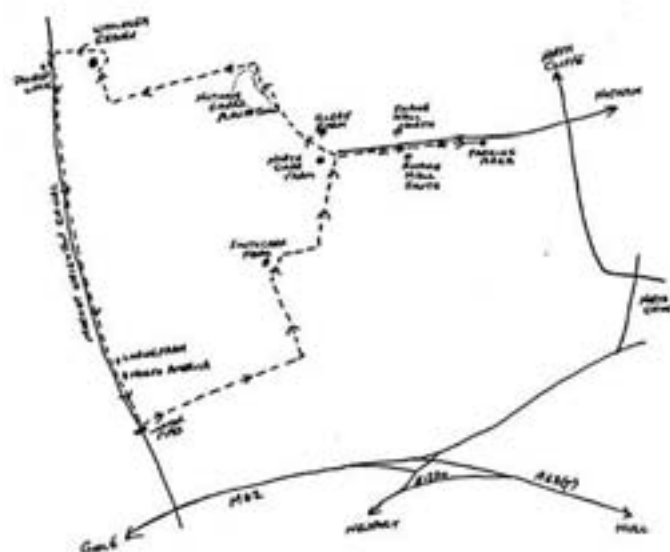
After about one mile, cross a stile and continue in the same direction to cross a second stile. Pass Lorne Farm and North America on the left and keep to the right of a wall. At the end of the wall, climb onto the wall and pass through onto a track. After about 300 metres and just before some large water pipes, turn left onto a muddy track.

Continue along this track to meet a partly surfaced road and turn left towards South Carr Farm. Keep the farm to the left and cross a short grass field and pass through a large wooden gate onto a farm track and turn right. This track eventually turns hard left to North Carr Farm. On passing the farm, turn right onto Snake Hall lane and walk back to the cars.



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Special exhibition of paintings and drawings by local artist Shirley Goodsell at St. Mary's Church, Saturday 2nd July

St Mary's Church will host a special exhibition of paintings and drawings by local artist Shirley Goodsell on Cottingham Day, Saturday 2nd July. Shirley Goodsell lives and has her studio in Cottingham and, while her work is quite wide ranging, she is especially known for paintings depicting local scenes.

This exhibition will feature sketches and new paintings, including paintings of St Mary's Cottingham as well as paintings of Beverley Minster and Beverley Westwood. Framed and mounted prints will also be available for sale, and, for those who like to start their Christmas preparations early, there will be Christmas cards featuring local scenes in winter. The exhibition will be open throughout the day.

Hallgate Primary School Summer Fair, Cottingham Day 2nd July, 12 noon to 4.00 pm

The Cottingham Day Fancy dress parade will start from the Hallgate Primary School 12.00 on Cottingham Day, Saturday 2nd July.

The fair will include: Inflatable assault course and bouncy slide, Children's games and stalls, Cream teas, BBQ, Face painting, Cottingham Rangers penalty shootout, Cottingham Lawn Tennis Club,

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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

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.

they are tied in sufficiently to supports. Branches can easily snap off as the fruits mature. Leaves shading larger fruits can be removed to maximise sun exposure for ripening.

Any non self-blanching celery cultivars will need earthing up (with a protective collar of paper between the stems and the soil).

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

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

Fruit

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

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



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

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

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

Start collecting seed from plants you want to grow next year, especially annuals such as Calendula, poppy and love-in-a-mist. Perennials and biennials can also be grown from seed, but will take a year to bloom.

Some seeds are best planted just after collection, and others may need specific climatic conditions to break dormancy (e.g. some alpine). If unsure, then sow seeds in 'batches', i.e. one immediately after collecting, one in winter, and one in the following spring.

Plants with a carpet-like growth habit, e.g. some alpine, 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 2011 - By Kay Gower

Aries - (Mar. 21- April 20)

You'll meet someone new who is in a position to help you get where you want to go — that is, if you really know where you want to go. If you do, this month will be the start of an exploration of your interests, talents and desires.

Taurus - (Apr. 21- may 21)

With Jupiter the great benefactor in your own sign the outlook or work and business is still positive. Your intuition will be strong all month, now is a good time to back all your hunches.

Gemini - (May 22-June 21)

A skill you've been keeping under wraps could soon turn out to be very much in demand. Your money prospects perk up. Family dynamics and a current relationship will improve mid month.

Cancer - (June 22-July 22)

You might not think that what you're doing is so interesting, but other people sure do! If you want your privacy, then you will have to ask for it. Otherwise, nosy parkers will be par for the course.

LEO - (July 23-Aug 22)

If the choice is between staying at home or doing something you've never done before, there's really nothing to deliberate about. Get out there, this month. You won't regret the things you did, only the things you didn't do this summer.

Virgo - (Aug 22 - Sept. 23)

Spend the next few weeks working out exactly what you need so that you can focus more on family matters. It may be a good idea to explore again a moneymaking idea that you may have given up on.

Libra - (Sept. 24 -Oct. 23)

It might be easy mid month to make wrong assumptions about people, especially if they remind you of someone you knew in the past. Try to resist jumping to conclusions. Ask questions.

Scorpio - (Oct. 24 - Nov. 22)

If loved ones seem to be a little jumpy around you this month, it's probably because you have a slight edge to your voice. Get some overdue "me time." Don't wait until you're dangling off the cliff-edge to realise you're at the end of your rope.

Sagittarius - (Nov. 23 -Dec. 21)

Patterns are comforting. There's security in knowing what's coming next. But this month, you get a distinct feeling that you've been there and done that, and the last thing you want is a refresher course. Be guided by this feeling.

Capricorn - (Dec 22.- Jan. 20)

When you only hint at what it is that you want, only the keenly observant will get your drift. Subtle messages sail right over some people's heads this month. Be bold and to the point.. You still might not get what you want, but at least you'll know you made yourself clear.

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

A family member or co-worker who is in a highly charged, emotional situation might ask your opinion. This is actually an invitation for you to join in the fight. Try not to get sucked in to this type of situation. Your best move would be to gently distance yourself.

Pisces - (Feb. 20-Mar. 20)

You are presented with an impressive array of choices. This is the variety you've been wishing for. But now that you see what's out there, deciding might be a bit daunting. This month, it won't hurt to try a little bit of everything.

The British Red Cross Garden Party in Thwaite Hall Gardens on Saturday 7th August

The British Red Cross will be holding a fundraising Open Garden at Thwaite Hall Gardens, Thwaite Street, Cottingham on Sunday 7th August from 11am to 4pm. Entry £3 for adults - children free.

There will be refreshments available throughout the day and several stalls, including cakes, books, plants, bric a brac and tombola. Please note, pedestrian entrance and disabled parking only via the Botanic Gardens, Thwaite Street, NOT via Thwaite Hall entrance.



Cottingham-based Barbara Johnson creates floral impact at the 'Moda' fashion fair at Birmingham's National Exhibition Centre

Cottingham-based florist Barbara Johnson has recently created a great impact at the UK fashion trade's principal fair, Moda, held at Birmingham's National Exhibition Centre.

Barbara, whose shop at 38 Finkle Street, Cottingham celebrates its 28th year of service to the region, was commissioned to design and supply unique flower arrangements and trees for international fashion house IC Companies at the prestigious Moda event in February. Moda is the only event in the UK to showcase each new season across all areas of fashion. It features 1450 fashion brands, including womenswear, lingerie and swimwear, accessories, menswear and footwear. Barbara's creations were displayed together with IC Companies brands Jackpot, Matinique, Cottonfield, Part Two, Soaked In Luxury and In Wear. In keeping with the event's focus on the autumn-winter half of the fashion calendar, Barbara designed tree displays using cones in place of leaves. All of the arrangements were designed in autumnal shades.

Barbara Johnson Florist is no stranger to such trade shows, having supplied flowers to corporate events across the UK since the 1980s. Barbara invites readers of the Cottingham Times to come and view the shop's current window display, in which a selection of the trees used at Moda can be seen changing colours with the seasons.

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

Hello and welcome once again to this month fishing news. It is the 19th June. Well now, how has your catch rates been; not very good I expect! We all know the fish do not feed as well as normal during spawning, but come on, him upstairs has thrown everybody out by about 1 month, not only the rain (which was much needed, I must agree), but also the constant low pressures.

It has made it a nightmare to fish! Just in case you do not know the effect of low pressures on a fish, it makes them feed very differently; imagine if I put a great big Sunday lunch in front of you whilst you are suffering from a stomach ache. You will not eat very much, if anything at all.

Then there is the weather, have you all noticed that from Monday to Friday, whilst we all toil at work the weather is great! I think we should change the Saturdays to a Wednesday, don't you all agree? Due to all of the above problems we have all endured whilst fishing, I have not had many good match results from anywhere.

The pleasure anglers that have been fishing mid-week have had some good results. In view of that point it may be a wise decision for the next week or so to go to waters that are not

heavily fished on a weekend. You may find you have a much better day. A couple of venues that have been talked about are: Lakeside ponds at Fitlin, Tiger Lake at Brands burton, and Rush Lavies at Hedon and believe it or not, Pickering Park! Give them a go you never know you might have one of those red letter days.

Top tip: this has to be the top tip for the month, because a lot of top match anglers are only catching on one method, and that is rod 'n' line. I personally think this is due to the fact that the poles being used in shallow waters near all the features such as the margins and islands etc, are spooking the fish. When a float is cast out from a rod the results have been much better. The flat method feeder has been the better method to use than any other at the moment. Again give this a go.

Catchmoore A.C news: We have just had a match at Albrough caravan pond, in the worst conditions I have ever known at this time of year! What with 60mph winds, rain coming down in buckets, spawning and incredibly low pressures. Needless to say it was bad for all of us.

Mark won with 19lb 6oz with just 4 fish: 3 Carp and 1 Ide. He had to drop down to a size 18 hook and 4lb main, with a single maggot on the feeder. We also had four blanks on the day. Never mind eh, that is why it is called fishing and not catching!

Sea Scene: the coast seems to have slowed down a little as well, but some good smooth hounds are still being reported from marks like, Hillstone and Easington. They are being caught on a cocktail of Gully and Crab. There are still some flatties and bass coming out inside Spurn. They seem to be caught on small Sand eel.

From us all at Catchmoore, fingers are crossed for great weather and great results from fishing, till next time "tight lines".



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July 2011

News from the helm

I am now away on our Germany & the Danube tour - don't worry, the office is still open and the team are busy taking bookings especially for the new cruising out of Hull in 2012. I am delighted with our itineraries. The Baltic twist is my very own creation; something different, even if you have visited this area before, there is a good collection of new ports, especially for those of you who only like to sail from Hull.

We have included 2 cities twinned with Kingston Upon Hull - Szczecin in Poland and Reykjavik in Iceland.

This is the first cruise from Hull to Iceland, the itinerary also takes in the Orkney's, Faroe's & Shetland Islands. This will be a cruise of many landscapes so cameras at the ready folks!

Wamernunde, Rugen Island and Hamburg also feature on the Baltic twist. Call now for further details. Single cabins are limited, don't delay!

We are taking registrations for the Gardner's Delight (which is a cruise & tour) until we have prices. When prices are available you will then get your choice of cabin in order of registering. This is a short cruise to Ostend, Honfleur, the Scilly Islands & Falmouth; we will then tour overland for two days including the Eden Project. Register now.

If you are on the web, visit our new site www.hullcruising.co.uk

Our weekend in North Wales was excellent. If you bump into our Cottingham ladies that came along, they will give you glowing reports, they especially enjoyed Dave's commentary! Our next tour is to Paris - hurry if you wish to join us, as we need to finalise numbers soon.

Fred Olsen now have their full brochure on sale for 2012/13 and I have set up many special departures, not only to save you money but also to offer the option of transport from your door. All bookings made before the 31 August 2011, are guaranteed no surcharges - music to our ears.....!

Hurtigruten: operate the Norwegian Coastal Voyage; they are offering a Classic round voyage on 7 dates in November from just £999 per person.

Are you interested in a mid week London Theatre break? If so, please register your interest with Connor on Tel: 212525. We are also taking names for Gardeners World along with other gardening shows in 2012.

If you are looking for something different and travelling further a field is no problem, my expedition cruise from Darwin to Broome along the Northern coast of Australia is the one for you! Departing on 31 August visiting this beautiful area, mainly inaccessible by road, you will not be disappointed.

Last month I had the wonderful opportunity to experience the Aegean Odyssey with Voyages to Antiquity; the excursions were wonderful as was the ship. Very much like the Hebridean Spirit in atmosphere for those of you lucky enough to have sailed on her. I need to go back for more! Many sailings offer no single supplement too.....

Don't forget, if you ever are in need of a gift for anyone and do not know what to get, you could give the pleasure of helping to send them on their travels with a Marion Owen Travel gift voucher that can be used on our own tours or any other holiday of the recipients choice.

Myself, Lynne, Kayleigh Sarah & Connor look forward to being of service; please call for more information and to book your next escape, wherever it may be in the world.

Marion.

PS Remember we are independent and can offer you a full service. You have the complete choice as we book all tour operators plus our first hand knowledge of the world is hard to find in any other travel agency.



**For further information & to make
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14 October: A Weekend in Ostend & Bruges at Beer Festival time £169

A quick weekend out Friday night back Monday morning

23 October (half term) Disneyland Paris

6 days (3 nights Disney) **Family of 4 £1255**

Prices includes overnight ferry each way and 3 nts B&B at the Explorers Hotel including a 2 day Disney Park hopper ticket. Please ask for other family combinations.

05 November : Orient Express Evening £220.

Guy Fawkes - a sumptuous dinner, fine wine & champagne in elegant surroundings aboard the Northern Belle.

18 November : Irish Country Music £239

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

www.instinctivehorsetraining.co.uk

Youngsters and our favourite work

It is extraordinary to think that the decisions one makes can end up being in opposition in reality. Horses you meet you think are impossible and turn out possible.....and visa versa. People you meet turn out to have hidden agendas, thankfully animals don't. Horses don't think about what may happen a week on Tuesday, or playing people off against each other, they live for the moment.

The past and all that has gone on before is all, out in the open for all to see and you can either handle the repercussions or not as the case may be. Horses come and go as do people. Some you remember for whatever reason, many you don't. People are a big part of our job here,



fix their horse, fix them along the way too you hope. Some become friends and stay involved for years, in one way or another. Some are off the radar as far as help is concerned....which is always unsettling. Horses can always be put down!!! Ask some of the horses and they would definitely wish for the same option to be open for their owners! Pity! Now that has got you all thinking! ?

This is always our busiest time of year. From early summer onwards all the baby horses either are introduced to the world of work or are brought back into work after having been started last year. Many are given time off to grow and develop their physical frame as well as their mental maturity. We have both sorts in just now. We have a little 3 year old Arabian gelding, called Ivan, in from Manchester for breaking in. Sadly even in his short life he carries very real mental scars. He was trapped in a stable fire as a yearling where other horses perished. He suffered facial burns and singed legs on the physical side but what must have remained in his head has led to him always being in fear of everything around him.

He is especially influenced by noises, especially crackly ones like plastic bags make. He is instant in his reaction to flee and who can blame him. As far as training him to accept commands, accept roads and to accept a rider, all has gone perfectly. However you have to sit tight when he fears something because he reacts in flight instantly. Alongside the fact that sounds frighten him, he constantly watches to see what is under his feet...any changes in tarmac colour, road markings, puddles, man hole covers etc make him leap sky high or shoot off.

To combat all this we have spent hours desensitising him with anything and everything! Tarpaulins for him to try to be brave enough to walk on or wear, huge plastic bags inside and outside his stable, stroking him with bags, plastic bottles hanging full of stones which rattle....you name it. The picture is of him wearing one on his back, one rapped round his front legs and one which he has to stand on in order to eat his food. He is getting there and starting to accept so very much more and to feel stronger and calmer inside his own head. All this will make him a safer riding horse and will give him the wherewithal to cope with life in general for ever more.

The whole yard was buzzing at the return of Delilah! We broke her in last year at 3 years old and 18 hands high (which is HUGE!) She has come back to be restarted and ridden away, only now she is 19 hands high....which is colossal! ? Bless her, as enormous as she is, she is such a sweet, kind and gentle soul. We are thoroughly enjoying playing with her and she is enjoying all the attention. She has caused quite a stir through Skidby village as all the obvious remarks are made by passers-by! She dwarfs cars, mini buses and us!

British Cactus and Succulent Society Show, at Sewerby Gardens on Sunday 3rd July

Come to Sewerby Hall and Gardens, Sewerby, and learn about the fascinating world of cacti and succulents on Sunday, 3 July between 12noon and 4.30pm.

Traders will be on hand to chat about their hobby at Bridlington Branch's 38th annual show, and plant sales, tombola and information desks will be available on the day.

The aim of the day is to enjoy and promote the study, conservation, propagation, and cultivation of cactus and other succulent plants.

Despite last winter being a difficult time for cactus growers, with frosty temperatures both night and day, organisers are expecting a glorious and colourful display of healthy plants, fit for the show bench with exhibitors from Yorkshire and the surrounding counties.

For further information call Sewerby Hall and Gardens on (01262) 673769 or visit www.sewerby-hall.co.uk or contact Richard Hudson on (01262) 678767 or visit www.bridlington.bcsc.org.uk.

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The Skidby Scarecrows are back again!

The village is looking forward to welcoming visitors over the weekend of Friday 8th, Saturday 9th and Sunday 10th July. We hope to have an even better display of Scarecrows and more village stalls, attractions and entertainment. The Beverley Brass Band will be on site during the Sunday afternoon. Quality refreshments will be available at the Village Hall from 10.00 am to 4.00 pm every day.

Visitors arriving by bus can use the EYMS 180 service from Hessle, Anlaby, Willerby, Cottingham and Beverley. Visitors arriving by car are requested to avoid parking along the Main Street. Please make use of the parking facilities at the Half Moon Inn, or the Village Primary School. Additional over-flow car parking is available at the Playing Field in Manor Garth.

Scarecrow Festival Programmes will be on sale (£1) at both main car parks and at the Village Hall which will remain open until 9.00 pm for evening visitors. For further information please visit our website at www.skidbyvillagehall.btik.com or contact the Scarecrow Secretary (Kelvin Young) on 01482 843446. We are looking forward to a brilliant weekend of fun and entertainment for all the family.

Pictured right: A selection of last year's Scarecrows from around the village.



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Stavross the landlord has a reputation in the area of his excellent cooking. He previously owned Black Prince, The Hotham Arms, and The Star Inn, Nafferton, near Driffield, before acquiring the Half Moon 18 months ago.

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★ Please keep this safe ★

Beware Phishing and telephone Scams!!!!

Not the nicest subject to begin with, but security is always of paramount importance, and unfortunately email phishing scams are on the rise. If you receive an email purporting to be from your email provider asking you to verify or change your password, don't do it! A customer recently fell for this and has now had her Hotmail account hacked and all her contacts are receiving junk mail. Microsoft are very inflexible in this matter, and it has caused huge problems trying to re-instate her account, and the end result is that she has lost all her emails and contact details. Because Hotmail is an internet based service (like Yahoo, Gmail etc) and designed to be accessible from any computer, it does not download anything to your computer, unless you have it set up in Outlook Express or other email program. But there is a way to back up your contacts in case your account ever gets hacked or locked. Sign into Hotmail as normal, then click on Contacts, and Manage, and Export and it will then offer to create a .csv file (an excel spreadsheet), with all your contacts listed. Worth doing, as you can always import this into another email program or service if required.

The telephone scam I have mentioned is still on the go too! Don't speak to anyone offering unsolicited computer help, even if they say they are working for Microsoft. Police are aware of the scam.

Microsoft Word has been the universally accepted form of word processing for many years. But back in 2007, in their wisdom, the software giant decided to change the standard format of saved documents from doc to docx. So what you might ask? It's no problem if you are using Office 2007 or 2010, but if you have a previous version and someone emails you a .docx file you won't be able to open it. However you can download a converter for this, go to www.microsoft.com/downloads and search for compatibility pack for Word.

Microsoft Office has often been considered by many people to be too expensive for home use. However prices have fallen considerably in the last few years, with the Home & Student pack that includes licences for up to 3x computers being the best value.

The pack includes the most widely used programs: Word, Excel & Powerpoint.

You may have noticed a Browser Choice icon on your computer. This started appearing some time ago, but it's worth a reminder as I often get asked what Google Chrome and Mozilla Firefox are. Basically a browser is just a piece of software to get you online. The one that has always been included with Windows is Internet Explorer – the big 'blue e' icon. But you don't have to use that. Try one of the afore-mentioned browsers instead, or Safari. They are all free to download and use, and it's always good to have a choice in case of any problems. My favourite is Chrome.

Following hacking attacks on the websites of the Serious Organised Crime Agency (Soca), CIA, Sony and NHS; Police working with the FBI, have arrested a 19 year old in Essex. He is suspected to be part of the Lulz security hacking group.

Karoo's offering of combined broadband and telephone bundles has proved suitable for some internet users locally. But as always, the advice is if you haven't checked what monthly plan you are on for a long time, give KC a quick ring and check you are on the right one for your usage. If you have an old Speedtouch modem (black or silver with two lights), upgrade to a router for a faster more efficient service.

Local broadband services could be shaken up later this year. Two companies are investing in super-fast fibre optic cabling around the region, and should be rolling out services to residential customers, not just businesses. Watch this space.

Want to check what speed you are getting online? Try this website for a good guide. www.speedtest.net It will measure your download and upload speed, and even keep a history of the readings for you, as it can vary from day to day and time etc.

Questions and answers section:

Q: My ESET anti virus is expiring soon, what can I do?

A: Just phone us for the discounted renewal figure, and we can action it for you. You have up to 30 days from the expiry date to renew, and it's the same price as online!

Q: What is download and upload?

A: Download is when your computer brings down data or files from the internet. Whereas as you might expect, upload is when you want to transfer things online from your computer, like photos etc. Downloading is always a faster speed.

Q: Someone has emailed me an Excel spreadsheet (or Word or PowerPoint), but I don't have the program to open it with. What can I do?

A: Go to: www.microsoft.com/downloads and search for Excel or Word or PowerPoint viewer. These are free and let you view these types of files.

Q: Where can I get a good free photo editing program?

A: Get Picasa from www.google.co.uk It has lots of great features and will find and index all the pictures on your computer.

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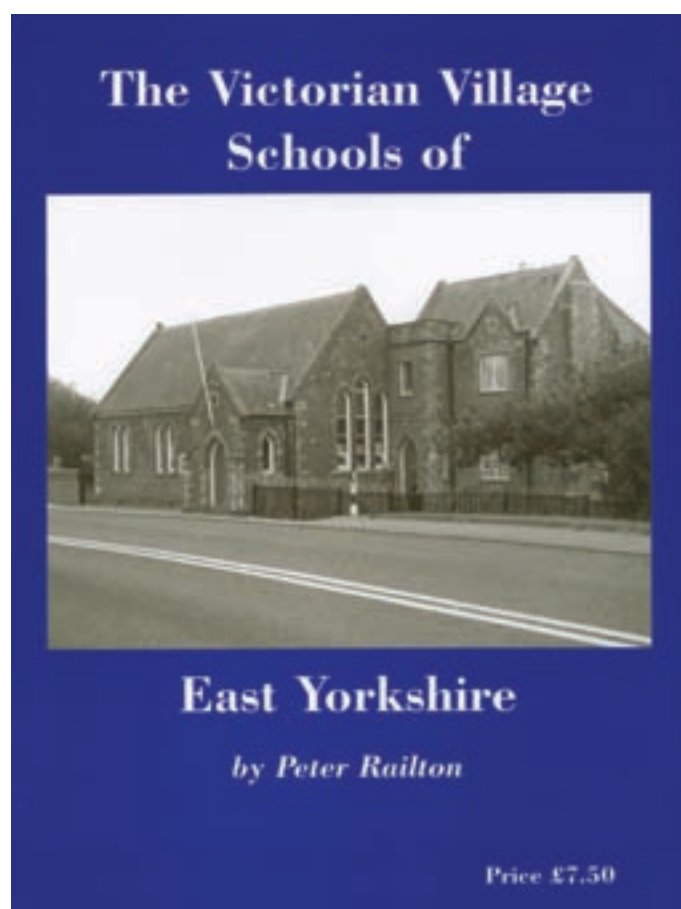
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Local author and historian Peter Railton's latest book "The Victorian Village Schools of East Yorkshire"

Local author and historian Peter Railton's 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.

Below: Answer to Sudoku problem No. 54 from the June issue.

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

News from Cottingham Little Theatre

"A SUMMER DOUBLE BILL"

WEDNESDAY, THURSDAY AND SATURDAY, 6, 7 AND 9 JULY, 2011

Just to remind you, the first half our "Summer Double Bill" will be "The Cagebirds" by Michael Campton and the second half will be "The Real Inspector Hound" by Tom Stoppard. This show will be quite different from our recent summer productions and we have done this quite deliberately to allow as many of our members as possible to take acting roles as well as "blooding" new Directors. We have, of course, performed both of these plays before but not since the 1970's. We wonder how many of you will remember them!

So if you haven't already bought your tickets please give Kaye a ring on 01482 842270 to find the latest availability. Prices are unchanged at £6.00 for adults and £5.00 for concessions and, as usual, seats are unreserved, except for Patrons of the "Friends of Cottingham Little Theatre" scheme.

The show starts at 7.30 pm and doors will be opened at 7.00 pm and, yes, there is no performance on the Friday evening.

SOCIAL EVENTS

We are really looking forward to our visit to Ladies Day at Beverley Races on Wednesday 10 August when we hope for fine weather (same as last year) and "skilful" (or lucky) betting!

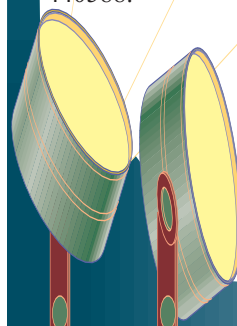
PLAY READINGS

Our Play Readings, which are open evenings for anyone who wishes to come along and either take part or just listen, or to find out more about us, are held in The Old Brewery Bar of the King Billy Inn, Hallgate, Cottingham and they start at 7.30 pm.

Our next Play Reading will be in September and if you would like to know more, give Margaret a ring on 01482 846796.

NEW MEMBERS AND FRIENDS

If you fancy joining us, either as a Member or as a Friend, and would like to help us as we move towards our 100th Anniversary, please 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.



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

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Gino's have not increased their prices despite the increase in VAT in January, so come and enjoy a superb takeaway at really value for money prices.

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

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

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

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

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

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





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This month we will be taking part in Skidby's Scarecrow Festival on the 8th, 9th & 10th July, come take a look at the scarecrows on show in the café courtyard and around Skidby Village.

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Hallgate Schools - continued

The Year is now 1929

by Peter Railton (Author and Local Historian)

When school opened on the 2nd of January, it was to the accompaniment of an epidemic of measles 'and other sicknesses' in all departments.

In the boys' school Miss Steel was succeeded by Mr. Witty who took charge of St. II, and after only two days the M.O.H. ordered the closure of the schools for three weeks and all the buildings fumigated. This news was probably not disappointing to the pupils.

On the 14th of February, 214 boys were present, and some of the teachers including Miss Warwick, were away with colds or 'flu. A St. VI scholar, William Jackson, won a Trinity House Sea Training Scholarship and F. Welch and K. Raper both secured a drawing scholarship, given by the British and Dominions School of Drawing valued at £7.00, which entitled them to materials and free home tuition for one year.

Department broken into

In April the department was broken into and books from desks in St. VI and VII rooms thrown about. A boy who had left the school the previous Christmas was seen on the roof the evening before, but denied entry to the building. The police sergeant was informed, but there is no record of the outcome.

On the 6th of May 130 boys with teachers and helpers, competed in the annual Choral and Dance Festival at York and the successes of 1928 were repeated and second places were taken in several events. After lunch, the Minster, Castle Museum and a walk on the walls was 'enjoyed by all.' East Yorkshire coaches were used as last time. The Whitsuntide week's holiday was observed as usual - this is now generally referred, to as Spring Half Term. The department was closed on the 30th because it was to be used as a polling station in a General Election.

The Holderness Sports Festival was held on the 13th of June at Craven Park, the home of Hull Kingston Rover's rugby team. Mr. Brookes proudly records that Cottingham Schools took first place and won the Lambert White Shield by a total of 57 points and a margin of 20 points over any other schools - the hopeful prediction of the previous year was justified.

Medallion Presentation

A silver button Medallion was presented to Frank Stabler, a senior pupil, by the Hull Elementary Schools Football Association who played in the 1928-29 team and subsequently for Hull City Boys. The medal was presented at the annual Open Air Sale and cricket match and sword dancing demonstration on the 27th of June, by Mr. Dixon, Chairman of the Managers. A cake was made and elaborately decorated by Mrs. Boynton, the mother of one of the pupils, and was won by Mrs. Wright who came nearest to guessing its weight!

Leonard Sudderby won a County Minor Scholarship that year, and the usual Church Feasts and Flower Show came and went - Mr. Newton got married and Mr. Witty left, to be replaced by Miss Dorothy Brown who had taught at Walkington School. The Rev. Dakin joined the school managers and was introduced to the staff by Mr. Brookes in September.

Pupil killed in car accident

A sad entry records the death of Herbert Tuttle, a pupil on his way to school and was knocked down and killed by a car in Hallgate on the 4th of October. A collection was made in the school and a wreath taken to the funeral by a representative of the school. Safety was brought sharply into focus by this unhappy event - the Heads and teachers of all departments exhorting their pupils to look

continued on page forty four



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Continued from page forty two

carefully before crossing roads at all times. Mr. Brookes 'spoke sharply' to six boys who lived at the New Village side of the Hull to Beverley railway line who had been reported to him playing on the lines in front of on-coming trains, and was un-gated then. The danger inherent at the crossing point near the old warehouse led to a tragedy a few years later - not to a pupil, but to an ex-member of staff.

A lantern lecture on the 26th of October was given by Mr. F. Sawyer of Hull Education Authority - the subject 'Our South African Colonies' ... had a journey across the country as its theme; it transpired that a former pupil and scholarship winner J. Kingdon, 'now occupies an important position in the Government of South Africa', and gave added interest to the boys, who were exhorted to follow the example of an ex-scholar.

Two boys, Eric Smith and Alfred O'Connell laid a wreath on the Church Cenotaph on Armistice Day - sons of fallen Cottingham soldiers. £1.10s.10d was collected for the Earl Haigh Fund.

As we have seen, all departments were affected by illness for several weeks and many girls were still away when schools reopened at the end of January. Numbers were depleted again in February when heavy snow and hard frosts set in, bringing colds and 'flu to girls and staff - Miss Buttery was the first teacher to be struck down, followed by several others causing much disruption to the work of the department.

Talking Films and Gramophones (New Technology)

The Easter holidays were early that year - 28th of March to the 8th of April - and the department opened with 98% attendance and a very belated Christmas party! On the 17th of April a party of girls was taken to see a 'talking film', with Miss Buttery in charge. It is not recorded what the film was or where it was shown - possibly at the Colosseum opposite Market Green. During May, two teams of girls entered classes at Hull Music Festival and the senior team took a second place.

In June Mrs. Alice. Holtby, very kindly lent her gramophone to the school with records of Miss Winifred Holtby's lecture on 'Life in the 14th Century'. The elder girls enjoyed the records, 'Talking films, now a gramophone with records - whatever next'. Miss Brimelow proudly records the combined schools' success at Graven Park and the Shield was to be put on show for six months in the boys' hall and six in the girls'. Miss Vera Hall, a former student teacher, joined the staff in September, thirty six ex-infants 'went up', plus three new girls who had moved into the area from Hull.

A significant entry in the log book records -

"In the Senior School more specialising is being done this year, Geography, History, Sewing, Handwork, Dancing are the subjects involved."

A teacher would take other classes apart from their own in a subject that they were particularly interested in - a new departure from the usual single class teacher. This specialisation, though limited, was part of a 'new look' in education nationally and was a component of a government report in 1926, "The Education of the Adolescent", which came to be known as the 'Hadow Report' from the name of the chairman of the committee of inquiry examining the future of elementary education, which had been gradually developing from the school board days and was still aimed at a basic education for the broad mass of children. The grammar and similar schools provided a higher education through fees and scholarships. Hadow sought to create a superior standard of education to the age of 14 or 15 and L.E.A.'s were encouraged to build, adapt or extend schools for the purpose. In Cottingham, the simple expedient was to create a Senior corridor and a Junior corridor - merely an extension of the situation at the time, but it sounded ".better - officially now, Senior pupils and Junior pupils.

The photograph on page forty three shows Mr. Brookes with the boys who won the Holderness Schools Sports Shield.

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Barbara Johnson, the Finkle Street florist receives her degree from the City & Guilds Institute

Barbara Johnson of Barbara Johnson Florist has recently been given a prestigious Degree qualification by the leading awards body in the UK, City & Guilds. This is a Graduateship of the City & Guilds Institute, awarded in 2010 and presented in April of this year at the famous Merchant Taylors Hall in the City of London.

City & Guilds are internationally respected as the biggest name in vocational education in Britain. Founded in 1878, C&G has two million learners working towards its qualifications each year. Their granting of this new qualification to Barbara is testimony to her having reached 'the top of the ladder' in floristry. It acknowledges her completion of all examinations; her many years of experience in running an independent business; and her status as a teacher of the art of floristry, which culminated in her obtaining the D32/D33 Assessors' Award.

Barbara said 'It takes many years to obtain this Degree, and it's very gratifying to be officially acknowledged by City & Guilds for my work over the last 28 years.' Barbara Johnson Florist deals with local, national and international orders for all occasions and events. Find her at 38 Finkle Street, Cottingham.

Charity says 'Thank You' to Runners

Macmillan Cancer Support would like to thank all those runners who took part in the Leeds 10K run on Sunday 19th June, and welcomes more to take part in the York 10K on Sunday 31st July.

9,000 runners took part in the 5th Anniversary Leeds 10K, raising large amounts of money for a number of charities, including Macmillan Cancer Support.

Local fundraising manager, Sally Millington, says "The 10K runs are brilliant events, and it's fantastic that so many people took part! We really appreciate all the money that is raised for Macmillan Cancer Support in events like this, it's a huge help to us and allows us to support more people living with cancer."

The charity is hoping that runners in the Leeds 10K might now be inspired to take part in another run. Sally says "If you enjoyed the run in Leeds, why not do another one?! Or if you didn't run yourself, but are inspired by those who did, sign up for the York 10K!"

The York 10K run will be on Sunday 31 July. The length of the race makes it accessible for many different people, and running is not a requirement!

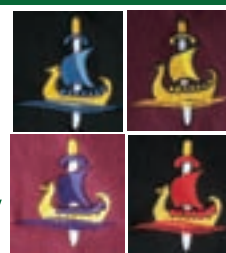
To sign up for the race, please visit www.macmillan.org.uk/Fundraising/Runningevents/GuaranteedPlaceRuns/York10k/York10k.aspx or email york10k@macmillan.org.uk.

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Yoga

Yoga is something you may or may not have tried. Perhaps you practice yoga all of the time and wouldn't want to live without it. Or maybe you find it a little strange and put it into the category of "new age" therapies that are not for you. It helps to gain a better understanding of what it is really all about in order to demystify it. Let us delve into the philosophy that underlies yoga.

Yoga is a holistic therapy that has as its purpose the redirecting of negative energy and stress in order that stress will not have the opportunity to build up in the body and lead to problems in the form of disease and illness. In fact the preventative approach is what makes up most holistic practices.

Yoga practitioners (also sometimes referred to as yogis) feel that what we want most from life is to find joy and happiness.

However they believe that many people settle for so much less. They feel that at some point in time the desire for deeper and lasting happiness is something that everyone wants to find. This is what yoga seeks to do – discover a deeper feeling of bliss that comes from inside, as opposed to fleeting pleasures that come from the outside.

If a person feels that their life is lacking in bliss, joy and a sense of purpose then yoga can help them to find meaning that comes from within, as opposed to meaning that is sought through external avenues such as their work or the money they earn. Yoga is something that can be practiced at any age but many people do not make it a part of their lives until they find themselves needing more from their lives than they presently are receiving.

As the spirit evolves in your life (which is what yoga taps into – the spirit that lies within everyone) an individual can discover a greater sense of both peace and tranquility within themselves. This comes from the core of what makes you who you are.

As your life progresses and your spirit grows wiser and more insightful you are brought to a new stage of your life in which you yearn for a greater sense of well-being, and want more happiness, joy and peace. Yoga can help bring you that. You can work towards renewing and enriching your spirit and this can motivate you to higher stages of growth.



Acupuncture

Acupuncture is a type of alternative therapy that got its start in China and has been used for centuries.

As a form of natural healing, acupuncture has been part of the Chinese culture for over 2,000 years. It is finding its way into western society more and more all of the time. While acupuncture is not generally used to replace Western medicine, it can often work as a complement to it.

Acupuncture Restores Balance

The Chinese believe that imbalances in the body are a result of an imbalance of vital energy known as "chi". This energy is believed to circulate throughout meridians in the body which are invisible energy lines. It is the belief of the Chinese that the body is made up of 12 meridians and each one is connected to different organs. When an imbalance occurs to chi, that is when disease and sickness arises.

In order to restore the balance and harmony of energy back to normal, you can visit a qualified acupuncturist who will insert fine needles into the relevant points along the meridian lines that relate to the problem you are experiencing. There are approximately 1,000 acupuncture points on the human body that can be utilized for this purpose.

The Purpose of Acupuncture

Acupuncture is very strange in the way it is administered but if it does what it was meant to do, does it really make that much difference? The purpose behind it is to restore one's health to a positive state and to lessen pain and discomfort. In particular, acupuncture has shown a tremendous amount of promise in helping chronic pain sufferers, such as those who suffer from osteoarthritis and fibromyalgia. It has also shown promise for cancer patients and for those who suffer with fertility issues.

Theories about How Acupuncture Works

Acupuncture is one of the most well known of all of the natural healing therapies.

How acupuncture works however remains somewhat of a mystery. There have been a variety of theories put forth to explain its success at relieving pain. For example, some researchers theorize that acupuncture manages to stimulate the release of endorphins in the brain which then counteracts pain. Others think along the same lines but believe that neurotransmitters are released during treatments, thus sending nerve impulses to the brain.

Some individuals believe that acupuncture affects the electrical currents in the body which then facilitate healing. Two other common theories are that the insertion of needles along the meridians stimulate circulation or that acupuncture impacts the autonomic nervous system.

Which theory is correct is not known but studies have shown that acupuncture can help to alleviate certain types of pain. Enough said?

Many people are frightened off by the thought of needles because they think that acupuncture is a painful form of therapy. While you may feel a slight sting to your skin when the needle is first inserted, once it is in the discomfort will be no more. In fact most acupuncture patients describe the treatments as being relaxing, peaceful or calming.

If it helps your pain, even if it seems a little unusual, acupuncture is worth a try. Wouldn't you agree?

For more information on acupuncture see page 10 or telephone the Herb Garden, 28 Butcher Row, Beverley on 01482 888152.

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Crossword Solution from page 14



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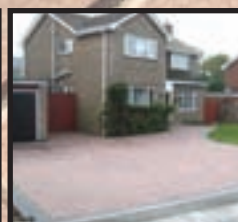
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