

# Cottingham Times

and District

Issue 128 - July 2012

## STEPHEN RICHARDSON

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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.

### AgeUK East Riding

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 other services available. 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](http://www.cottinghamrangers.co.uk).

### Zion United Reformed 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.

### Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

### Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham.

### Fitmums and Friends Running and Walking Club

The club meets at the Pavilion, King George V Playing Fields Wednesdays at 7.00 pm; Fridays 6.15 pm. Buggy Run: Thursdays 1.00 pm. Mondays at the Blue Kangaroo, Finkle Street, Cottingham at 9.45 am. Suitable for men and women of all ages (over 18) and fitness levels.

### Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

Front Cover Picture: Dene Woods, Cottingham.

Photo by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN.  
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### Cottingham Bridge Club

Every Friday evening at the Darby and Joan Hall. Duplicate Bridge, for more information telephone 845873.

### The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1 30pm to 3 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

### Cottingham Wildlife Watch

Saturday 7th July - Themed Fancy Dress of the 1950's. Join us in the parade through the village. Jubilee medals for all fancy dress entries.

### Cottingham Green Women's Institute Evenings

Thursday 8th July, Members Outing.

### Cottingham Catholic Women's League

Monday 9th July, An illustrated talk by Gordon Acaster on Walking the Beat, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

### Cottingham Women's Institute

Tuesday 10th July - Cooking Demonstration, Sheila Meadley. Competition: Sport related memorabilia, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

### Cottingham Singers

Wednesday 11th July - Summer Jubilee Concert. At Bricknell Avenue Methodist Church, the concert starts at 7.30 pm and is made up of a variety of music to suit all tastes. Tickets cost £3.50 including refreshments. Maybe purchased at the door. For further information call 01482 506643.

### East Yorkshire Embroidery Society

Saturday 14th July - Jacquie Hyman - Clothes to Die For - Medieval Egyptian Children's Clothes, followed by the AGM, in the Darby & Joan, Finkle Street, 2.15 pm. Members £1.50; Visitors £2.50 including refreshments. Yearly membership £6.00.

### North Ferriby Gardening Club

Saturday 14th July - North Ferriby Show - a traditional village with classes for Flowers & Plants, Fruit & Vegetables, Produce, Handicrafts, Photography and a Children's Section. Various Trophies can be won in all classes including the prestigious RHS Banksian awarded for most points in the Horticultural Classes. Children can enter any class free. Where to obtain a Show Schedule ring 632282. Staging of exhibits from 8am - 10.45am. Show open to the public at 2.00 pm

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Continued from page five

**Alpha Probus Club**

Saturday 14th July - Garden Party at 13-15 Windsor Close, Cottingham. 11.00 am to 5.00 pm. Craft, Art, Cake, Vegetable and Plant Stalls, Face Painting and various entertainments. Zumba Dancers, Music Group and refreshments.

**Cottingham Evening Townswomen's Guild**

Wednesday 18th July - Speaker/Social Evening, at 7.30 pm in the Darby & Joan, Finkle Street.

**Diabetes UK**

Thursday 19th July - Dr. Chris Walton (Consultant Diabetologist), Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

**Wednesday Social Club**

Wednesday 25th July - Tony Featherstone - Village Life in the 30's, in the Darby and Joan Hall, at 2.00 pm.

**East Riding Flower Club**

Monday 30th July - Eileen Baraclough (Shipley) will give a floral demonstration. In the Civic Hall, Cottingham at 2.00 pm. Doors open 12 noon. Visitors: £5.00 at the door.

**Claire's Hooping Fitness Classes**

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 Monday 10th September - 7.00 pm @ Jack in a Box, Beverley

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## KGV Jubilee Celebrations finish with a bang!

Monday 4th June 2012 – a special day for Queen Elizabeth II – and even more special for KGV Cottingham Trust. It was our biggest event to date and to say we were nervous was an understatement.

The day dawned dull but dry, the first dry day for awhile and given the celebrations in London had been dampened by continuous rain we felt someone up there was looking down on us! The team assembled at 8 am to prepare the 40 loaves, kindly donated by Wm Jackson & Son, ice the buns and top the jelly off with custard to feed the 200 children who had booked for the street party.

Whilst the girls got on in the kitchen the men marked out running tracks for the children's races, assembled goals for the 5-a-side, cut up tiles donated by Tile Giant and put in place the large sheet of plywood donated by Boards of Cottingham which was to make a mosaic as a lasting memento of the very special day.

At 10 am the Army arrived in the form of Cottingham Army Cadets. They very swiftly and efficiently proceeded with the task of creating the all important beacon from wood received from East Riding of Yorkshire Council and Boards of Cottingham. By 1.30 pm the hall was dressed in red, white and blue and an exhibition of Cottingham in the 1950s put together by Katrin McClure was in place, everything was ready and the team were briefed on what the rest of the day had in store by our Co-ordinator Alicia Mail.

2pm prompt Cllr. Don Hardwick, Chairman of Cottingham Parish Council who had helped sponsor the occasion, officially opened the event and the fun began! Children took part in egg & spoon races, running races, dressing up races & three legged races. Then the adults joined in with a race to get their Queen to the finish line first. There were all kinds of stalls to enjoy including a very well supported cake stall, face painting, tattooist, craft stall & Cottingham Allotments plant stall where everyone could bag a bargain! During the course of the day the guests were invited to write in a memoir book donated by Barkers Newsagents and to place a tile on the mosaic which is to be placed on the fence at KGV as a lasting reminder of the day.

It was time now for the first sitting of the day! With 200 guests this had to be split into two sittings with the little ones going first and the older ones having to wait for their turn. While the children were being taken care of the adults were entertained by Claire Lyon who gave a fantastic Hooping session followed by The Halogens, a superb band of youngsters from our very own Cottingham High School, Victoria Eastwood, female vocalist and Max and Josh, two local guitarists who really wowed the audience. Before proceeding with the celebrations the task of choosing a King and Queen for the day fell to Cllr. Don Hardwick who, after long deliberation, chose King Jack and Queen Gabriella!

After everyone had had their fill and the lads had finished their 5-a-side tournament out came the tug-o-war rope and the battle lines were drawn. There were three hard fought fights but the victors on the day were – of course – the girls!!

The day had now moved on and at 7pm the Hessle Ceilidh Band struck up and the evenings entertainment began. There was much whooping and hollowing as the residents joined in this wonderful entertainment! At 10 pm the crowds were escorted outside to watch the lighting of the beacon by King for a day, Jack Hindle. This was a fantastic spectacle followed by an even more fantastic firework display which marked the end of what was definitely the best event yet we have held at King George V Playing Fields, Cottingham.

It only remains for me to thank all those who supported us with donations or help on the day, especially one very kind art teacher Kate McHugh who took over the mosaic from me on the day, but most of all to all the residents of Cottingham who never fail to amaze me with their support and generosity at these events.

Jan Tweedale, KGV Trustee

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## Swanland Festival from Thursday 5th July to Sunday 15th July

**A**lmost thirty events will be taking place in Swanland from Thursday 5th to Sunday 15th July, with something to suit every age and taste.

For the young - a Teddy Bears' Picnic; for the young at heart - a Festival Ball; for music lovers - Peter Bingham & Delia Fletcher; a Big Band; guitarist Gordon Giltrap; a Piper; for sports enthusiasts - a "Question of Sport Quiz; a Gala with Olympic feel; for theatre goers - an evening with John Godber and Jane Thornton; a Murder Mystery; for gardeners - Open Gardens; Flowers in the Churches; for the artistically minded - two Arts Festivals; Stitchers, Calligraphy; Quilling; plus Wine Tasting; Cream Teas; a History Exhibition; Fairtrade Sales; Model Boats on the Pond; a farm walk; Morris Dancers (Tuesday), finishing with an outdoor Final Service by the pond.

Everyone is welcome so please look out for posters, 'phone Jan on 634583 or Yvonne on 634863 or check us out on line at [www.swanland.info/Festival-2012.html](http://www.swanland.info/Festival-2012.html).



## Swanland Open Gardens Sunday 8th July 11.00 am to 5.00 pm

**C**ome along and tour the excellent gardens in our lovely picturesque village. There is a rich variety of gardens to suit every taste. These gardens have not been open for two years and therefore this is your chance to see how they have changed since your last visit. Two new gardens will be open.

Plant sales, cream teas, refreshments & toilets are available throughout the village.

Floral display in St Barnabas Church - Noon – 5pm

Art on the Railings – local artists display their art on the village hall railings Noon – 4.30pm.

Cost: £3.00 adults, accompanied children free, Proceeds from entrance fees go towards village projects.

Maps on sale by the Village Pond & 31 Mill Road. Further information: Phone: 632 282. [www.swanland.info/opengardens-2012](http://www.swanland.info/opengardens-2012).





## Free Zumba trial sessions as part of the Queen's Jubilee celebrations

**L**isa Godman did a free zumba trial session for all the family to celebrate the Queens diamond jubilee on the Monday 4th June. Lisa said it was a great way of showing people how much fun you can have while exercising without realising it.

Lisa teaches zumba at the Darby & Joan Hall 2.00 pm and the Zion Church Hall 7pm on Mondays in Cottingham, also at Walkington Village Hall on Fridays at 10.15am. She also holds a Zumba gold class at Skidby village hall on wednesdays at 1:30pm. For more information contact Lisa on 07852121609, email: [lisa.zumba4fun@live.co.uk](mailto:lisa.zumba4fun@live.co.uk).

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## Cottingham Care Home Worker voted the Best in Britain

**M**ick Wise, the maintenance man at Hica's Overton House care home in Cottingham, has won a national award in a prestigious care home awards scheme.

Mick competed against eight other regional finalists in the Great British Care Home Awards to win the Ancillary Worker category after beating hundreds of regional entrants to reach the national finals.

At a gala awards dinner held recently at the Grosvenor House Hotel in London, Mick was presented with a glass plaque by Roger Pratap from Majesticare, who sponsored the award.

Mick later said: "When my name was called I was in absolute shock. To be nominated for the award was a great privilege but to be announced as the national winner was beyond my wildest dreams."

"It was very humbling to gain an award for what I consider to be just doing my job. I am very fortunate to work in a great environment with a wonderful team of people and I consider the award to be not only for me but also for everyone at Overton House," he added.

The organisers of the award were so impressed with Mick's dedication that they are planning to keep in touch with him so that he can help them to inspire others and to promote care and empathy in the profession.

The judges said that Mick "demonstrated a real understanding of what it means to be person centred. It was clear that he knows each resident, their likes and dislikes. He is happy to do extras and goes home smiling."

Mick, who started working at Overton House 15 months ago, carries out a "maintenance person's" role at the care home and also helps out at events and outings.

*Pictured above left to right: Roger Pratap from Majesticare, Mick Wise and Awards host Ben Shepherd.*

## Hannah gets her wheelchair!

**"H**annah Anderson is a brave young girl living in Cottingham who overcomes her disability with involvement in many outdoor events, she is also a member of the Girl Guides. She had an ambition to be involved with her parents and friends to enjoy the open areas of the moors and the dales but being occasionally wheelchair bound this was out of the question with the wheelchair she possessed. A wheelchair which could be used on all terrains was identified as suitable but the cost of over £4,000.00 was prohibitive.

Her parents and friends then arranged fund raising events to raise the funds for the wheelchair. Haltemprice and Beverley Lions Club heard of Hannah's cause and donated the final £1000.00 towards the cost of the wheelchair. It was therefore a joy for all when she was presented with her wheelchair recently and now Hannah is free to roam over any terrain!!

The Haltemprice Lions were able to donate £250.00 to the St. Mary's Church, Cottingham for the 'Church Lights' appeal. This was from the proceeds of the very successful Band Concert featuring the East Riding of Yorkshire Band in the Church earlier this year. The Lions' have a stall at Cottingham Market on Thursday 5th July, please come along, see if there is a bargain or just to say 'hello'.

*Picture below Hannahs shows the Presidents of Haltemprice and Beverley Lions presenting cheques to Hannah Anderson to purchase her 'all-terrain' wheelchair.*



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FSB MEMBER







## Brian Smith asks - does anyone remember?

**M**y name is Brian Smith and I was born at 15 Thwaite St which was a house owned by Hull Brewery. It was demolished on the death of my Grandmother – Alice Nicholls – in 1959 to make way for the Railway Inn to be replaced by a newer Railway Inn. I lived in Cottingham until I was 25 when on marriage we went to live in Willerby. We now live in Guisborough North Yorkshire.

I have many very happy memories of growing up in Cottingham and one of those memories was brought flooding back when I found the attached 'photo of the class of Junior 6 in 1952. Mr Pancke was the Headmaster and Geoffrey Howe was our class teacher. He emigrated to Canada shortly after 1952.

The 'photo was taken in the school yard looking towards what was then the woodwork room. We had a student teacher at the time but her name escapes me.

*Pictured above from left to right top row : Roger France, Geoff Stork, ? Colin Grantham, John Hasnip, ... Jarvis, John Liddle, Roger Norrie, ?, Michael Musgrave.*

*Second row; Martyn Fish, Eric..., Myself, Allan Woodward, Paul Tranmer, ... Bell.?, ?, Gerald Nunn, Dickie Bird.*

*Front row: ? , Kelvin Casson, ? ,Colin Askham, David Cotterill, John Stevenson, Russell Bell, Bart Simmons I think, ?. Seated cross legged: Sid Hagues and Kipper Casson*

After nearly 60 years, I am afraid I cannot remember all the names and I have marked these with "?". They were great days. The following year in Junior 8, I went into Mr Altass' class which was held at the rear of the Zion Congregationalist Church as we outgrew the school space. Roger France always opened the Carol Concert at St Mary's, I know Roger Norrie went on to become an accountant in Hull, Dickie Bird lived at the Tiger Inn and his granddad had the largest collection of birds eggs ever from humming bird to Ostrich (strictly non friendly nowadays), Kelvin Casson was a very good artist and my good friend Allan Woodward who also lived in Thwaite St followed a career in education.

I hope this isn't too boring for you and some people may find it of interest. I would be pleased to hear what happened to any of these school chums. Also when we were in the Infants school, I remember Elizabeth Kirkwood whose mum was the local District Nurse/midwife and also Mary Nellis whose father had a woodwork class on one evening a week at the Toc H club in Finkle Street. Please contact Briain via email [annbrith@btinternet.com](mailto:annbrith@btinternet.com)

*Kind regards, Brian Smith*

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## Wordsearch - What's Cooking

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

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

Find the words in the letters above:

Bake, Barbecue, Basin, Boil, Braise, Broil, Can Opener, Chef, Coddle, Condiment, Cook, Cups, Fork, Fried, Frying Pan, Grill, Heat, Knife, Marinate, Microwave, Mixer, Oven, Pepper, Plate, Poach, Recipe, Relish, Roast, Rolling Pin, Salad, Salt, Sauce, Saucepan, Sieve, Skillet, Spatula, Spoon, Steamed, Steeped, Stir Fry, Timer, Toasted.

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

## Sudoku No. 67 -

This is an easy challenge this month - Answer page 29

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



# MARIONOWENTRAVEL

Having just returned from our Garonne River Cruise, I'm as fresh as a daisy! We enjoyed the cities of Bordeaux, Poitiers and Orleans plus for wine enthusiasts, the area offers many opportunities to taste and purchase including the picturesque town of St Emilion; I hope to offer another departure to this area in 2014.

Last issue I mentioned our selection of exclusive river cruises departing from Hull via P&O North Sea Ferries in 2013. We have 3 very special departures and bookings are coming in.

**The River Meuse** is a journey from Dinnant to the North Sea. This cruise finishes in the Belgium harbour of Ostend. There is only one ship offering this route and we are lucky to have secured just 15 cabins on this very sought after itinerary. This is a modern ship in comparison to ships generally available via North Sea Ferries with the 8 day holiday starting at just £895 per person sharing a twin & £1195 as a single traveller.

**The Rhine & Moselle** - a popular and scenic route but this is a luxury river ship with a lift! Large cabins, each en suite with a bath plus a separate shower! 10 days from £1559

**The River Danube** is a 7 night cruise sailing south to Budapest and back. Enjoy the delights of the Rhine en route to your ship with overnight stops in Rudesheim on the mighty Rhine and Boppard "Pearl of the Rhine". This creates a lovely holiday - 12 days from £1599. Call for full details today and make sure you get the cabin you want!

We also have many options for river cruising to suit all tastes and budgets by air - often with the option of flying from Humberside Airport.

A highlight in the calendar for 2013 is the 10 yearly International Garden Show in Hamburg. This is a huge exhibition with a monorail in place to help you explore the site. Our tour in August is bound to be popular so early booking is recommended. If you are not impressed by gardens you will also have the opportunity to visit Minatur Wunderworld; this is great for all ages and is a growing miniature scale of the world we live in! On the other hand you may just wish to enjoy the sights of Hamburg. You will also enjoy a day in Lubeck the former capital of the "Hanseatic League". Departs 10 August via P&O North Sea Ferries from £459 for 6 nights including half board.

Do you need ideas for your Christmas preparations and presents? Why not enjoy a day out at the BBC Good Food Show in Birmingham? We have 2 dates available for £49 return. This includes your entrance, a super theatre seat, recipe cards and show guide.

**Fred Olsen's 2013—2014** brochure has just landed in our office hot off the press. If you are looking for future inspiration, they have a good selection of cruises from 2 nights to 112! A choice of 4 ships sailing to all corners of the world. Although they do not sail out of Hull yet, we can offer our home to port service on many departures, allowing you a relaxing start and finish to your holiday. Call myself or Lynne for more details.

**Florida** is proving popular for 2013; there are many options: cruise and stay & fly drives, but we are noticing that Orlando and Micky Mouse are a hit too! Package prices are now available to book - give Kayleigh a call, she will be happy to give you a quote. For those of you perhaps looking to see Micky closer to home, watch this space as we hope to have a special to Disneyland Paris during the Whit school holidays.

**Are you a theatre goer?** Top Hat in London sold out quickly and we are expecting Singing in the Rain to sell out too! We are also offering nights to the theatre in York, Leeds, Manchester etc. Call and leave your details and I will keep you up to date.

If you travel with a group or society, why not ask for a quote? If you can't fill a full coach yourself, we are able to offer a private small group tour maximum of 15 or, perhaps fill a tour with like minded travellers to join you?

If you haven't made plans for this years holiday it is not too late; if you are totally flexible, you could pick up a bargain whether you are looking for a holiday abroad or in the UK via land, sea or air - just pick up the phone. Before you contact us, work out your possible dates and a rough budget and we can do the rest for you! A place I personally would consider for value & warmth is Northern Cyprus - visit before everyone else does, I hate it when places become too commercialised.

We look forward to sending you on your travels or even joining me on one of our own tours. We have destinations and prices to suit everyone and book all tour operators - (we do not add a surcharge for this service) including Titan, Great Rail, Rivera Travel, Newmarket, Travelsphere etc., past passenger offers are honoured too!

Myself, Lynne, Kayleigh & Sarah look forward to being of service. Please call for more information and to book your next escape.....

.....wherever it may be in the world!

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16 Sep Floriade 4 days inc. 2 day ticket £295

12 Oct Blackpool Lights weekend half board £169

19 Oct Ypres, Antwerp & Beer Festival £169

27 Oct Orient Express full day Edinburgh £345

29 Oct. Autumn in Oban 5 days half board £229

04 Nov Chrysanthema 6 days Germany £325

16 Nov Thursford 3 days half board, top seats £215

25 Nov Manchester at Christmas 2 days HB £79

28 Nov Chester & Sound of Music 2 days HB £85

29 Nov BBC Good Food Show £49

30 Nov Cologne Weekend £169

02 Dec BBC Good Food Show £49

2013 departures on sale, the list is still growing!

30 Jan Singing in the Rain London 2 days £129

15 Apr Torquay fab. hotel full board & drinks £295

24 Apr Isle of Man 6 days half board £425

03 May Weekend Away singles no sup 4 days £235

Inc. Heights of Abraham, Chatsworth, West Mids Safari Park +

19 May Isle of Wight 6 days quality half board £395

04 Jun Danube River Cruise 12 days £1599

04 Jun Austrian Lakes & Germany 12 days HB £995

23 Jun Emerald Island Explorer 12 days HB £995

10 Aug Hamburg & Lubeck 6 days HB £459

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26 Aug Rhine & Moselle River Cruise luxury £1599

26 Aug Rhine & Moselle Boppard half board 10 days £759

10 Sep Meuse River Cruise 7 nights £895

04 Oct St Albans & Windsor 3 days half board £129

Thursford 2013 advance bookings now being taken!

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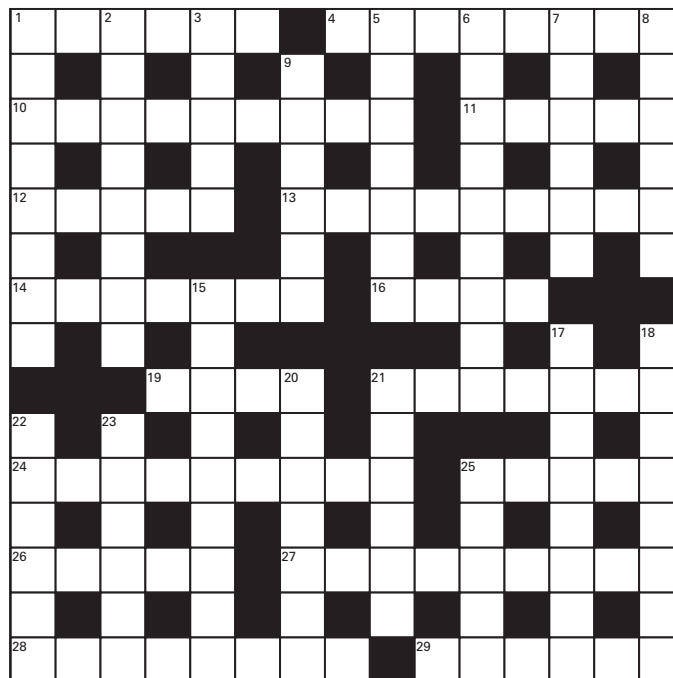
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## Crossword - Solution on page 46



### Across

1. Consternation (6)
4. Announce (8)
10. Clams, crabs and lobsters for example (9)
11. Labor organization (5)
12. Lubricated (5)
13. Exciting (9)
14. Cold-blooded (7)
16. Make a melodic noise (4)
19. Skim or dart (4)
21. An ancient Egyptian musical instrument (7)
24. Lip service (9)
25. Rot (5)
26. Enlist (5)
27. Naivete (9)
28. Hold spellbound (8)
29. Came up (6)

### Down

1. Dictatorial (8)
2. Sneaky (8)
3. Afflicted (5)
5. Engages for work again (7)
6. Matings (9)
7. Proofs of innocence (6)
8. Be in charge of (6)
9. Nipped (6)
15. Elemental (9)
17. Diagrammed outlines (8)
18. The highest heaven (8)
20. Of little importance (7)
21. Expression (6)
22. Cheddar or gouda, for example (6)
23. Any incorporeal supernatural being (6)
25. Furnishings of a room (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)





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# In the Kitchen



So seriously do we take our sandwiches, we even have an official sandwich organisation ! Sandwiches get their name from an Englishman who invented them. The story goes that John Montagu, the Fourth Earl of Sandwich, was such an enthusiastic gambler that he didn't like leaving the gaming table whilst playing so instead of breaking for dinner, he asked that someone bring him some meat between a couple of slices of bread. Later on, others would do the same saying something like "I'll have what Sandwich is having" and eventually, people would just ask for "a Sandwich".

The British Sandwich Association was founded in 1990 and states itself as being "The trade body representing the UK sandwich industry, including both commercially made sandwiches and the ingredients used for making sandwiches in the home." According to their website, their primary aims include safeguarding the integrity of the sandwich industry; promoting excellence and innovation in sandwich making; promoting the consumption of sandwiches; and providing a collective voice for all those involved in making, distributing and retailing sandwiches.

## But is there really the need for a whole association just for sarnies or is this one of those British idiosyncrasies?

Well, approximately 2 billion sandwiches are purchased in the UK each year with the commercial market being worth approximately £3.5 billion – that's huge – bigger than the UK pizza market which is only worth £1 billion. Around another 2.67 billion sandwiches are eaten by way of lunchboxes which contain sandwiches and it's thought that 6.24 billion sandwiches are made within the home taking the total amount of sandwiches made to 10.96 billion per year – that's almost 200 sandwiches per person each year.

In short – not idiosyncratic – just business ... and relatively big business too. Also, when you think about all the other sectors involved – ingredient suppliers including farmers,



bakers, processors, fishermen) packaging including canning factories, cellophane, paper bag manufacturers) distribution, sellers including sandwich shops, pubs, restaurants, train stations, petrol stations and numerous other outlets – a significant contributor to employment., according to The British Sandwich Association "The commercial sandwich in the UK employs in excess of 300,000 people – more than agriculture".

What do we Brits prefer in our sandwiches? Top of the list comes chicken. Here's the top 20 as sold in the UK.....of course, it doesn't take into consideration what we may make at home:-

- Chicken Salad Sandwich
- Mixed Selection
- Chicken and bacon Sandwich
- Egg & Cress Sandwich
- Bacon, Lettuce & Tomato Sandwich
- Cheese & Onion Sandwich
- Ploughman's
- Prawn Mayonnaise Sandwich
- Tuna & Sweetcorn Sandwich
- Chicken Sandwich
- Cheese & Ham Sandwich
- Chicken & Stuffing Sandwich
- Chicken Caesar Sandwich
- Tuna & Cucumber Sandwich
- Cheese, Ham & Pickle Sandwich
- Egg & Bacon Sandwich
- Salmon & Cucumber Sandwich
- Cheese & Tomato Sandwich
- Hoisin Duck Sandwich
- Ham salad Sandwich



If you are making your sandwiches at home why not make your own fillings experiment with the following recipes (home-made means no added MSG or chemicals).



## Beetroot Salad

4 Medium Freshly cooked Beetroot, peeled  
1 tbsp Wine or Raspberry Vinegar  
1 tbsp Sugar  
Salt and Black Pepper  
2 tbsp Olive Oil

### Instructions

1. Slice the beetroot as thinly as possible – wafer thin then arrange on a large serving platter in 1 layer.
2. Sprinkle with the vinegar and then the sugar and allow to stand for 15 minutes.
3. Sprinkle with the salt, pepper and oil and leave for a further 30 minutes.

## Coleslaw

### Ingredients:

1 Small Firm White Cabbage  
3 Carrots  
3 tbsp Olive Oil  
2 tbsp Wine Vinegar  
Salt and Pepper  
6 tbsp Mayonnaise

### Instructions

1. Cut the cabbage into quarters, remove the core and very finely shred. Place in a large mixing bowl. Grate the carrot onto the cabbage.
2. Add the olive oil, vinegar, salt pepper and mayonnaise and mix thoroughly. Allow the coleslaw to stand for a while before serving.

## Fresh Homemade Mayonnaise

Prep & Cooking time: 15mins

### Ingredients

2 Egg Yolks at room temperature  
1 teasp ready Made Mustard  
1/2 teasp Salt  
240ml/8fl.oz. Bland Vegetable Oil e.g. corn , groundnut or sunflower  
1 tbsp Fresh Lemon Juice or White Wine/Cider Vinegar.



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### Instructions

1. Place the egg yolks, mustard and salt in a large mixing bowl and mix well.
2. Start whisking in the oil a teaspoon at a time, whisking well between each addition to incorporate the oil into the egg yolk mixture.
3. After you've added half the oil as above, which should take about 3 minutes, keeping the whisk running constantly at high speed, add the remaining oil in a slow thin trickle, stopping every once in a while to collect any mixture which has gone to the sides of the bowl.
4. Once all the oil is added and the mayonnaise is thick and standing in peaks, add the lemon juice and whisk briefly to incorporate.
5. Transfer to a serving bowl, cover with clingfilm and refrigerate until ready to serve.  
Will keep covered with clingfilm in the refrigerator for about three days.

## Tangy Potato Salad

### Ingredients:

350g/12oz Potatoes  
120ml/4fl.oz. Soured Cream  
2 teasp Olive Oil  
3 teasp Freshly Grated Horseradish  
Salt and Black Pepper  
1/2 teasp Sweet Paprika  
1 teasp Freshly chopped Chives

### Instructions

1. Cut the potatoes into even sized cubes about 2.5cm/1 inch square. Place in a saucepan with enough cold salted water to cover, bring to the boil then simmer for about 20 minutes or until tender.
2. Meanwhile, in a large bowl, mix together the mayonnaise, olive oil, salt, pepper and horseradish.
3. When cooked, drain the potatoes then add to the mayonnaise mixture whilst still hot. Mix thoroughly making sure all the potato pieces are completely coated. Leave to stand for 1 hour.
4. To serve - mix again, turn into a serving bowl and sprinkle with paprika and chopped chives.

www.cottinghamtimes.co.uk - July 2012 17





## Lace for the High Sheriff

**M**aureen Bromley, Chairman of the 'Wolds Lacemakers' was contacted last November by Julie Good to ask if it was possible to have handmade lace to complement her outfit for the role of High Sheriff of East Yorkshire.

A small team of lace makers, Judith Adkins, Dianne Chapman and Julie Medland agreed to help Maureen with the project, which entailed making a jabot and cuffs in torchon lace. Julie Good chose a pattern by Joyce Symes which was based on an old lace design. This was adapted slightly to make lace in two widths to allow layers to overlap in the finished jabot and cuffs.

Most people are used to being able to buy machine made lace by the metre which is quick and relatively cheap to produce. By comparison handmade lace is costly in time and is made to the size required. In this case, two lengths 16 inches long for the jabot and four lengths 24 inches long, two for each cuff. The lace took between 3 and 4 hours to make an inch in length. In all the jabot and cuffs took about 500 hours to make.

The finished Jabot and cuffs were handed over to Julie Good on 31st March ready for her inauguration as High Sheriff of East Yorkshire. She was thrilled with the finished articles

For members of Wolds Lacemakers it is good to know that our lace will be seen by people across the county as the High Sheriff carries out her role as the Queen's representative for law and order in East Yorkshire during the coming year.

As with any handmade items we make the lace because we enjoy keeping the craft alive and demonstrating our skills. I am pleased to say that Julie was delighted with the finished lace and in recognition for our hard work presented the Wolds Lacemakers Society with a donation. This money will be spent on furthering the Society's aim which is to promote lace making and maintain the skills for generations to come.

Anyone wishing to know more about lace making in the area can contact the society via the website [www.woldslacemakers.co.uk](http://www.woldslacemakers.co.uk).

*Pictured above: Julie Good (High Sheriff) presented with the completed jabot and cuffs. Maureen Bromley, Dianne Chapman, Julie Medland, Judith Adkins. Photograph courtesy of Roger Bromley.*

## Skidby Playing Field Association Car Boot Sale on Saturday 15th July

**S**kidby Playing Field Association in conjunction with the Scarecrow Festival, welcome you to their Scarecrow Car Boot Sale on the Playing Field in Manor Garth on Sunday morning 15th July between 9.00 am to 1.00 pm.

Site open for traders to set-up from 8am. Breakfast hot-dogs, Homemade Cake Stall and refreshments available. Pitches cost £7 (payable on arrival) and further details may be obtained from the SPFA Secretary on 01482 843446.



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## New solar power tariff will 'sift out fly-by-night firms and secure jobs'

**A**N East Yorkshire company believes forthcoming changes to solar power feed in tariffs will 'sift-out fly-by-night operators and secure jobs in the industry.'

Payments to homeowners who install solar panels to generate electricity were due to be cut on July 1 but this has now been delayed to August 1, giving people another month to qualify for the higher feed in tariff.

Chris Whitelock, managing director of Cottingham-based Pure Renewables, believes the new tariff will benefit specialist firms and reassure homeowners the scheme is here to stay.

He said: "The initial tariff was so lucrative it was almost a no-brainer for people to go for it. There was a huge growth in the industry. Companies were springing up all over the place and quite frankly a lot of them out of industries with very little experience and knowledge of solar.

"What you ended up with were some very poor companies. The reduction in the tariff will sift out a large number of these businesses and leave the stronger experts and specialists in the market place.

"It will allow specialist companies to plan for the future and secure jobs. It will also reassure businesses and homeowners that this scheme is here to stay so they can plan their investments properly."

Energy and Climate Change Minister Greg Barker recently announced that from August 1 the feed in tariff will fall to 16p per KW hour from 21p to reflect the falling costs of solar panels. Earlier this year, the tariff was reduced from 43p to 21p.

The length of the tariff payments will be reduced from 25 to 20 years, although the export tariff – the amount consumers get for selling electricity back to the national grid – will increase from 3.2p to 4.5p per KW hour.

The current rate of return for a typical solar installation is about 7-10 per cent. Under the lower tariff it is estimated that homeowners will still get on average a 6 per cent return on investment.

To qualify for the current feed in tariff, the solar system must be installed and commissioned by July 31 and registered with the Microgeneration Certification Scheme (MCS).

A typical installation takes about three days but solar power companies are warning there could be a rush on stock as people seek to register before the deadline.

Pure Renewables was one of the first green-energy companies in the region when it was established five years ago. It has carried out more than 75 renewable-energy installations at homes across East Yorkshire.

Mr Whitelock added: "The original tariff was way too high and has had to be adjusted to bring it into line with a more sustainable model.

"We are in favour of that happening. The issue is how it has been implemented. The Government has given us very little time to respond and react to the changes they have been making. It could be said that they are adjusting it for austerity purposes but it was unsustainable in the first place."

It is estimated that there were around 25,000 people working in the solar industry nationwide before the tariff was cut from 43p.

Announcing the change, Energy Minister Greg Barker said the plans represented an 'exciting chapter for the solar industry.'

He added: "We can now look with confidence to a future for solar which will see it go from a small cottage industry, anticipated under the previous scheme, to playing a significant part in Britain's clean energy economy."

**For further information contact: Chris Whitelock, Managing Director, Pure Renewables: 01482 846005.**

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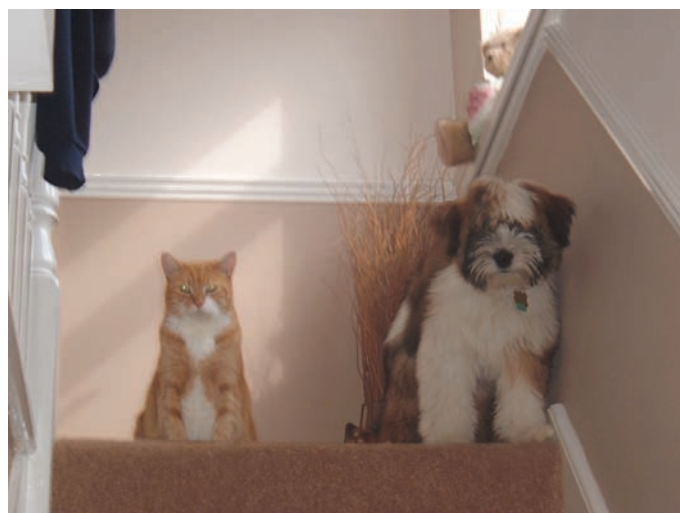


## Dog Versus Cat

It's strange isn't it? Strange that we turn out to be either cat or dog lovers. I must admit, I come under the dog lover category, although from reading past articles, you may have already guessed this. But what you may not know is that as well as owning two dogs, I also have three cats. Well I say three, but only one is mine...the other two belong to my daughters.

Bisley was born in February 1997 by caesarian. I was working for another local veterinary practice at the time when a gorgeous cat was rushed in by its panic stricken owner. The lady's cat was having difficulty passing, what was thought, her last kitten but it turned out there were another 3 to come. She was taken quickly into theatre and was soon peacefully coming round in the cattery area with her kittens.

Fascinated, I took a peep and fell in love with the runt of the litter.. a tiny bundle of white fur outlined with three grey spots on his head. Bisley soon became a lively member of our household with a personality and funny little ways that can only belong to him. He likes no more than to sit on my shoulders whilst I'm gardening, which makes a strange sight or jump into my car to sit



on my knee whilst I go down the drive. He does have a stubborn streak like the time I was taking all three for a weeks stay at Beechwood Cattery whilst my daughter Jenni was getting married.

The time came to get out the baskets... Bisley took one look and... 'puff' ... he was gone. This was Tuesday and by the Friday I rang Jenny, who owns Beechwood, to tell her I had given up coaxing him back into the house. He hadn't disappeared because I kept getting sightings of him, he was just so stubborn to actually come back home. Various sightings and 3 months later, in strolled a very fat Bisley.

FAT!!!! This leads me onto Jaffa who was born in the September the year after Bisley. He was a 13th birthday present for my daughter, Natalie, who had always wanted a ginger tom cat. Over the years, Jaffa grew ..and grew .. and grew until one day when he was about 7 years old, he developed cystitis which can occur in overweight cats.

After a visit to KINGSTON, we came away with a course of antibiotics and a DIET chart!!!! How embarrassing! For one, we always thought of him as cuddly and came out with all the excuses under the sun of how he doesn't eat much at all...and two...I WORK THERE.

Red faced we arrived home determined to stick to the weight plan (how can we cheat when every day I will be asked). So with, commitment, determination and the 'nervousness' of going into work every day, we got Jaffa down from 9lbs 7ozs (don't worry you read that right) to 5lbs. This lazy, yet cuddly, cat turned into a super slim agile athlete on paws. We saw a different Jaffa... more lively and playful. One of his most loving traits is to groom Teal, my overweight labrador (yes another diet candidate). The look on Teal's face is sheer bliss as Jaffa licks her ears.

Finally, I bought Saffie as a birthday present for my eldest daughter, Katherine. She had fallen in love with the Whiskas kitten on TV, so after great searching I finally found a gorgeous grey tabby with little white socks. With all her playmates around her and constantly being handled, she is still rather skittish and tends to run around our legs at such a fast rate of knots, I'm surprised we haven't tripped over her before now. And even more surprising? Being told Saffie would much rather stay with me than move in with Katherine when she left home seven years ago. I am sure alot of readers can relate with this.

So this is me and my menagary . It can go on.... we've had rabbits, guinea pigs, a hamster and two rats but they're another story!

*Whilst writing this months article, we lost Jaffa. He passed away peacefully, at home, after a short illness. We will miss our 'gentle giant'.*

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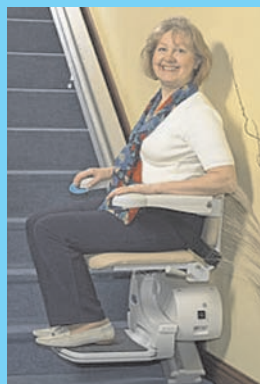
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## "The Tooth and Nothing but The Tooth"

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

### Why Dentistry can be really important for the very ill - A few things that you need to know

**H**ello again. You may or may not have noticed but I have changed my picture. Somebody commented that I looked too young on the last one. I couldn't believe. Anyway, I didn't want infringe on trade description or anything!

Well it is the season for sport. Take your pick from football, tennis, Olympics and more. I do hope that the Olympics go well and Boris doesn't drop any clangers.

#### Special Care Dentistry

The whole Castle Park went to an evening presentation on special care dentistry here in Hull. A very interesting and thought provoking

evening. It especially looked at the dental care of people who have been diagnosed with cancer. The actual treatment for the cancer can have an adverse effect on the mouth, either on the bone or on the lining of the mouth or the salivary glands. I have spoken about dry mouth before and this can be caused by chemotherapy and radiotherapy. Another treatment that is often given for advanced cancer is a drug in the bisphosphonate family. It is given when the disease has spread to bone.

#### Is Quality Of Life Important? Of Course It Is

The bisphosphonates affect the bone and can cause an untreatable condition where the jawbone dies of and is exposed (osteonecrosis). This is more common after a tooth extraction but can just happen on its own. This condition can really reduce quality of life. The key here is to have the mouth as healthy as possible before starting the drugs. The difficulty here can be that there may be a lot of work to get the mouth healthy but you don't want to be hanging around but get on with the cancer treatment. It can be particularly challenging if you are a nervous patient. Another thing is that even in these cases dentistry is not free if you are not exempt from NHS charges.

#### The Same Goes For Osteoporosis

The bisphosphonates are also prescribed for osteoporosis. They usually end in "onate" or "onic acid" e.g. Alendronic Acid. The risk of the bone dying is relatively low in most cases but I feel that it is important for patients to be counselled by their Doctors and advise to have a comprehensive dental MOT and service, if required, BEFORE starting the medication.

#### Scare Mongering - NOT

I am really not trying to scare monger at all. That is not my style. I have placed dental implants on a lady who was on the medication under controlled conditions and it went perfectly. All I am saying is that it is best practice to try and avoid really nasty stuff happening if it is avoidable. A healthy mouth can give a much better quality of life.

#### In Training For Teenage Cancer Trust



The son of a close friend of mine was diagnosed with leukaemia last year. He is doing well with his treatment but has another couple of years of chemo to go. Andy his dad, a few other mates and I are doing a "coast to coast" bike ride. Now none of us are athletes but we wanted to do something positive. We are doing Morecombe to Bridlington in September. So, it is a case of trying to get some miles in the old legs. We are collecting at the practice, or any one can donate at the following just giving site. Thanks.

[www.justgiving.com/Coast-2-Coast-Challenge?fb\\_ref=fundraising-page-new&fb\\_source=profile\\_multiline](http://www.justgiving.com/Coast-2-Coast-Challenge?fb_ref=fundraising-page-new&fb_source=profile_multiline)

Until next time. 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 19 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk).

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## Cottingham Tigers get a helping hand from local firm

Local amateur rugby league side, Cottingham Tigers, have benefitted from Hedon Insurance coming to the village by gaining a valuable sponsorship package which includes smart, branded shirts for the under 8's and under 9's age groups.

Cottingham Tigers were formed just 15 years ago and have made remarkable progress to become one of the most progressive and well-organised clubs in local amateur rugby league. In addition, the club are one of only a very few amateur rugby clubs (in either code) nationally to have been awarded the coveted Club Mark Gold Award.

Six years ago, the club established its current base at the New Hilltop development on the site of the former De La Pole hospital as part of the Cottingham Young Peoples Sports Foundation sharing the facility with Westella and Willerby A.F.C and Cottingham Cricket Club.

Cottingham Tigers spokesman, Rich Firth is delighted with the club's latest sponsorship deal which he hopes will be the start of a long term relationship between amateur rugby league and the East Riding Insurance Broker.

'As a community club, we are committed to providing access to rugby league to as many children as we can. All our funding comes from sponsorship and fund raising' Rich Firth explains 'In all, we provide the facilities for up to 200 children to play rugby league. The under 8 and under 9 age groups are key ages for children taking up the game and the deal with Hedon Insurance has been a welcome top up for our clubs funds in general and this age group in particular'

'Funding any large scale sport operation requires a lot of good will from parents and tireless fund raising throughout the year by everyone involved at the club, as we strive to maintain and improve the community's facilities. It's always nice when a local firm provides a little extra support' Rich Firth explained, adding 'We hope that Hedon Insurance receive some commercial recognition from the community for the support they have provided the club with their sponsorship and we hope that it is the start of a long relationship with Junior Rugby League in Cottingham.'

Hedon Insurance recently opened their branch in Hallgate, Cottingham as part of an expansion programme for their home and motor insurance brokerage business and are keen to be involved with the local community in Cottingham (as they have been in Hedon, Hornsea and East Hull).

'All of our offices rely on the support of their communities to stay in business and so we like to try and give something back by supporting worthwhile, local projects when we can' explains Anne Walters, MD of Hedon Insurance 'We liked what Richard and the rest of the team were doing with the Cottingham Tigers - whenever you see the children playing they are always smiling - we wanted to help support that. Who knows maybe they'll even produce a future Challenge Cup winner, like Paul Cooke!'

*Pictured above: Ben Mullins, leading try scorer Under 9s, on his way to scoring at West Hull.*

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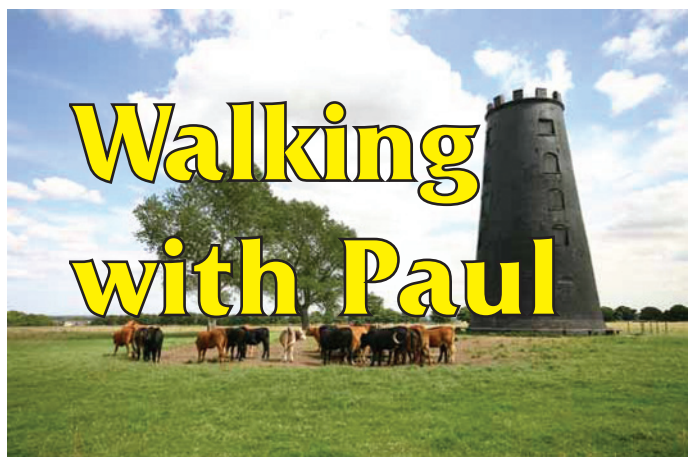
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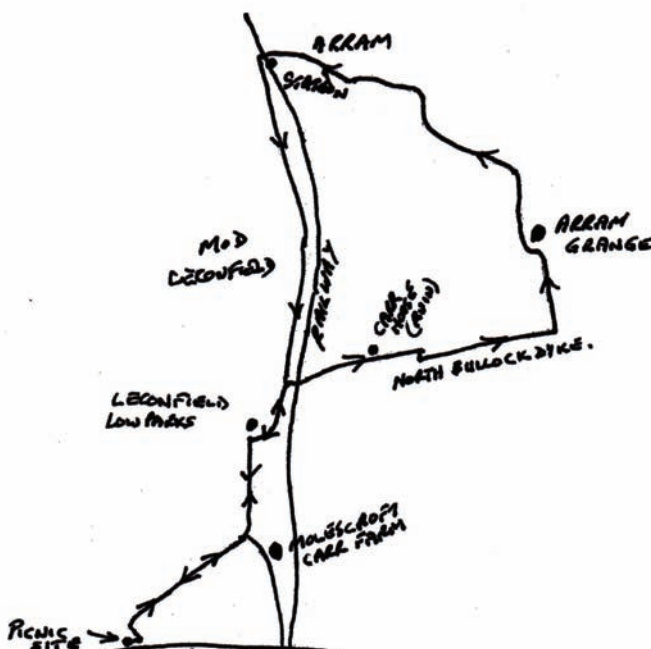


Here is Paul's latest walk in his series of monthly rambles. This month his destination is Beverley. The map is for a guide only, please use an Ordnance Survey Map or similar if possible when walking.

Map:- EXPLORER 293 & 295

Start at GR. 029415 Picnic site to the north of Beverley. (Opposite the Hayride Public House). Distance 5.0 Miles.

Leave the picnic site and on reaching the tarmac lane heading north west, turn left and shortly swing sharp right as the lane (known as Carr Road) bends. Follow this lane for about 700 metres and when you reach a sharp right bend, turn left and walk along a farm track.



On reaching Leconfield Low Parks Farm, turn right before the farm and walk with the field hedge on the left. Skirt round this field to reach the Beverley/Arram railway line. At this point, turn left and cross a wood plank foot bridge and then cross a stile to enter a field. Walk across this field keeping the fence/hedge on the right.

At the end of the field, cross a stile and immediately turn right and pass through a metal gate and cross the railway tracks. Walk in an easterly direction keeping North Bullock Dyke on the right, pass the derelict Carr House Farm and then in a short while, cross over the dyke and then continue in the same direction but with the dyke on the left.

After about 600 metres, turn left and follow a farm track to Arram Grange. On reaching the Grange, turn left and follow the farm road as it twists and turns to pass through Arram.

Keep to the road and cross the railway track and then immediately cross a stile on the left and walk with the track on the left.

Cross a second stile and then a third stile (or use the metal gate) and walk with the track to the left and the MOD ground to the right.

After about one mile, cross a stile and walk the earlier route in reverse past Leconfield Low Parks Farm and back to the picnic area.

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# In the Garden



## Flower garden

**C**utting 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.

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.

## 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.

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 alpenes). 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 alpenes, can become patchy, with central areas dying off. These patches can be in-filled with gritty compost, to encourage re-growth.

## 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. 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.



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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.

## Vegetables

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

Pick courgettes before they become marrows.

Overwintered onions can be lifted and used.

Plant out leeks and brassicas for a winter supply, if not yet done.

Sow spring cabbage, turnips, Oriental vegetables, chicory, fennel, and autumn/winter salads such as lamb's lettuce.

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

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

Beans need sufficient watering to help the seed pods set.

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

Climbing beans may need stopping, to maximise cropping on existing sideshoots. Stop them when they reach the tops of their supports.

Summer cauliflowers may need shading to prevent the curds scorching in bright sun.

Don't forget to stop cordon tomatoes by removing the main shoot. Look for the leaf that's above the fourth truss and cut it off here. This should ensure that all the fruits ripen by the end of the season. Bush tomatoes can be left to their own devices.

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

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

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

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

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## Your Stars for July 2012 -

**By Kay Gower**

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

You love to shine, but not all the time.

Sometimes attention is unwanted. Luckily, you are able to play with the size of your inner light ... turn it up when you want, or bring it in to a small tight circle around you.

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

Taurus is connected with the second house of money and wealth, but those born under the sign of the bull should be careful not to get too wrapped up in 'finances'. This month you are wise enough to realise that your relationships are your true wealth, so you're already ahead in the game.

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

Daydreaming is fine for a little while, but a dream snatched out of the sky and made to walk the earth is even better. If there is something you can do to bring your dream closer then do it this month.

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

A friend's well-intended but misplaced advice leaves you wondering why you tell your problems to anyone. Think on this: That same friend recently said something that all but saved you. Don't put too much importance on any one act..

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

Mid month, someone you know may go through a drama that you may or may not be a part of. The advice for July is this: If you're not involved in this turmoil, stay as far away from it as you possibly can. Unless someone needs your protection ... stay out of it.

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

Don't confuse caution with cowardice. People are always touting the virtue of charging into a new situation with all guns blazing. Your habit of surveying a situation before you enter it has worked for you for a long time now. It will work again this month.

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

My Gran used to say that 'For every Goliath, there is a stone'. Recently you've been searching far and wide looking to find that giant-slaying stone. This month you'll find that it's right in front of your nose. You have nothing to fear now - just keep calm and take aim.

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

You'll be in a doubting mood this month - and there are plenty of things to be dubious about, including the very basic structures of our society and even human nature in general. But why go there? Stay on the sunny side of the street, even when it makes no sense.

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

There is a saying "You can't judge a book by its cover". But still, there's often something in a person's face that reflects who he or she is inside. Your gut feeling about a new acquaintance will be spot-on.

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

Take your time. You are wise to resist the temptation to jump into the next new thing. You're a planner. Stick with what you know, and watch it work for you.

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

You're doing the best you can. Sometimes that doesn't seem like enough. Usually, the sensation of "lack" comes after you've compared yourself to someone who appears to be doing better. Stop doing that.

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

The compassion you give to yourself is the most precious kind. You'll have the sense that all is forgiven. Truly you can let bygones be bygones and begin anew at any moment. Try it this month.





## Bronze Medal for Cottingham Karate Club Student

Joe Munro who trains at the Zanshin Karate Club within the Cottingham Pavilion was in action on June 3rd, at the 4 Nations Championships in Glasgow. On this occasion, Joe would be competing in his Cadet age group for the last time at a major championship.

Joe is a member of the English Karate Federation National Squad, in the 14-15 year old Cadet section and was eager to move into his new junior section for 16-17 year olds on the back of a good performance here. Joe is no stranger to podium finishes and expectations were high on this occasion also. Managing to despatch his early opponents without too much trouble, Joe set himself up for a semi-final which guaranteed him a medal of some description.

This was to be his final match however, as his next opponent managed to steal the only point of the match right at the death. This did mean though that Joe had achieved his objective of winning a medal in his last competition as a cadet.

Details of the Zanshin Karate Club can be obtained through Tony Dent on 07752 897886.

### Sudoku Answer from page 12

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

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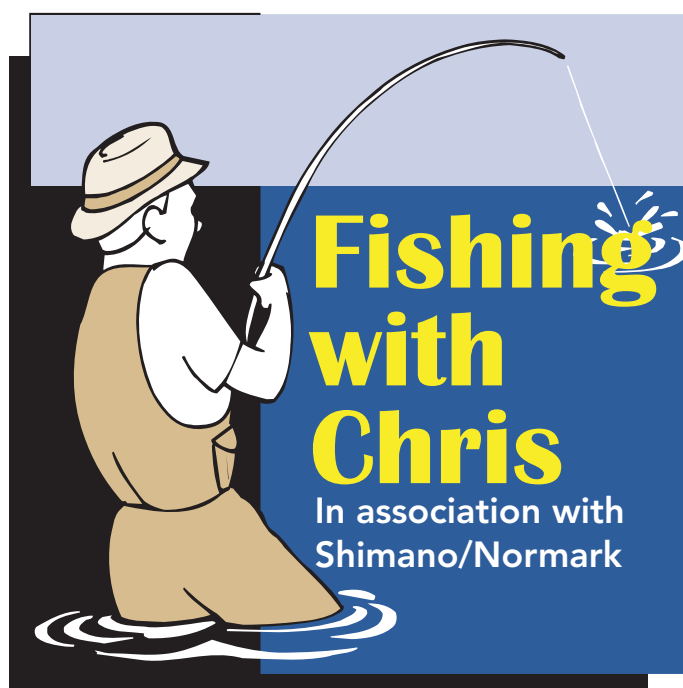
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**Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing**

**H**ello once again fellow anglers to this month's fishing news the date is; 18th June.

It is that time again anglers, the magic river season has started, and it is brilliant to hear good Barbell reports despite the high waters we have been experiencing. The River Trent at Collingham has produced good Barbell from the Weir which we expect, but by far the biggest so far has come from Tins at an impressive 12lb 9oz, plus my friend caught seven in the one session. Unfortunately I have not had any reports from our River Hull yet, I will let you know how and where it is fishing next month.

I had a knock up match at Sam Hosticks of Plaxton Bridge at Woodmansey in the Kingfisher Lake the other day, and what a cracking day I had! My choice of tactic on the day was a long pole 12" from the far bank. For feed I fished a whole bag of 4mm RS Elite expander pellets and fished white maggots over the top. By the way I went through four pints of white maggots. My pole float was connected to a

5.5lb breaking strain tied to a B911 size 14 hook. It was none stop action from start to finish with Carp, Bream, Skimmers, Ide, Perch and a beautiful Golden Orff. I unfortunately was smashed off 6 times.

This was due to the far bank reeds being very close and the fish I had hit were very large. There was no point in using stronger gear as the fish I was hooking where very strong, it was just best to cut my loses and set up again.

Anyway, just after 41/2 hours I weighed in with an impressive 58lb. I won the match which was 6 hours long but as you may have guessed I had leave to early, (it was my daughters engagement party, if I had dared to be late she would have killed me!). On that point I wonder what I would have weighed in if I had caught the 6 bonus fish and fished for the full 6 hours, 100lb may be.

Here's one for you that I had heard from Rob the Tackle Tart. One of his carping crew has been fishing Ray fosters at Leven, and he has had 3 Tench into double figures, the largest being 14lb. The lad in question, who wishes not to be named, was on float fishing tactics with corn on the hook.

Again, as I have mentioned before there are some fantastic fish on this venue, such as Carp to 20lb, plus bream to well into double figures and Rudd pushing to 4lb. Plus at only £3 per day ticket, if you have not been then definitely go and check it out.

**Sea scene:** I am still getting good reports coming in from places such as Cowden and Dimlington etc. At these marks there are Skate and Doggies, and believe it or not an odd Cod still coming in. Bass are still coming in fairly regular from inside Spurn Point down to Chalky Point.

Fresh Lugworm is still available, but please book as early as possible to avoid disappointment. If you are too late for fresh Lug don't forget there is always loads of frozen baits available.

Please except my apologies now, but sorry to mention this but as we know time goes very quick and Christmas is only round the corner. I would like to remind you that here at Catchmoore tackle we have an all year round savings scheme. With things being a little tight, a bit like fishing little and often, it could be a good for you. Pop in anytime and ask for a page in the book.

**Anyway till next time from me and the rest of the Catchmoore crew "Tight Lines".**

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# Billions, Trillions, Tablets & Pi

**L**et's hope we all survive 'internet doomsday' on the 9th, and all enjoy Cottingham Day on the 7th! In the meantime, let's have a look at what's happening in the tech world this month onwards...

**Windows 8 for £14.99...** I've mentioned a few times now about the forthcoming release of Windows this Autumn, and with this big launch coming up, Microsoft know that some people might put off making any computer purchase until the latest software is available. So with that in mind a scheme is in place from now until next January; buy a qualifying Windows 7 PC or Laptop and you will be able to register for a £14.99 upgrade version of Windows 8 as soon as it becomes available. See [www.windowsupgradeoffer.com](http://www.windowsupgradeoffer.com).

**Microsoft has revealed that it is entering the tablet market, with its own offering to rival the iPad.** At a launch event in California at the end of June, CEO Steve Bulmer announced and demo'd the 'Surface Tablet'. It is made of magnesium with an in-built kick-stand, a large 10.6" screen with Nvidia graphics, a clever magnetic cover that doubles as a flat keyboard, and will run the mobile version of Windows 8. Pricing is yet to be announced, but is likely to be at the upper end of the market.

**The one billionth mobile customer in China switched on his/her device within the last few weeks. Quite a staggering statistic in a country of 1.3bn people!**

**The Internet is running out of addresses,** which is not surprising when you read the previous paragraph. The way the unique address system was set up originally (see last month's article), obviously didn't foresee the massive growth in internet connected devices. So along comes IPv6, a new system that will be able to handle up to 340 trillion trillion unique internet addresses. That should be enough keep us all going for a while... <http://www.google.com/intl/en/ipv6/>

**In 1993 there were just 623 registered websites – wow you could have seen them all in one day! But now in the UK alone there are 10 million.**

**Dirty, dirty computers.** According to a report in PC Retail Magazine this month. A survey was carried out on businesses to find out how often they cleaned their computers and keyboards etc. Around half said they were never cleaned, and many others said they weren't sure. Particularly when more than one person is using a keyboard and

mouse, in the office or at home, it is important to keep them clean, especially when there is food and drink involved as well! With the computer switched off, keyboards can be hovered lightly with a brush attachment, and then wiped over with a moist cloth, or wet wipe. This can also be used on your mouse. And if they are that bad, buy a new set, they're not expensive.

**Smart meters to be installed in homes by energy companies are now being seen as a possible security risk.** The Government agency GCHQ, say the plans could mean that homes are vulnerable to attack by terrorists or overseas hackers who could switch off supplies remotely to individual properties or even whole areas. There are also concerns that the Government to choose to cut off supplies during times of fuel shortages.

**Going Contactless.** Switch cards, like Visa debit, are being replaced by cards that enable small purchases (up to £20) to be made just by swiping your card over a terminal displaying the logo shown above. So when you want a quick coffee and newspaper you won't have to 'chip and pin.'

**I received an email the other day with a subject line: Tax Refund Notification!!! However my suspicions were raised, as I don't think the Revenue would be so excited to pay back money as to add three exclamation marks.**

Raspberry Pi, with an e, would be a delicious summer confection. But without, it's the world's smallest computer. The tiny credit card sized circuit board, more like a 'cat's whisker' than a computer, is the result of a University of Cambridge project to encourage more children to develop programming skills. Costing less than £30 the unit can be plugged into a standard monitor, keyboard, mouse and ethernet cable and boots up from an SD card running a simple version of Linux.



After a couple of months on the waiting list, mine is being shipped at last! For info see: <http://www.raspberrypi.org/>

Richard Mills, RDM Computers, Cottingham  
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	<b>Wedding Fayre</b> <b>Sunday 9th September</b> 11am till 3:30pm Over 35 Exhibitors Free entry with a glass of sparkling wine and prize draw	
<b>Haunting Halloween</b> <b>Saturday 27th October</b> Halloween is not just for kids, get creative and dress to fright!! Enjoy a 2 course hot & cold buffet, with dancing till late. £19.50 per person 7:30pm to 1am		<b>Blues Brothers</b> <b>Saturday 17th November</b> Join our tribute to this fantastic music genre with a 2 course dinner followed by live music and dancing till late. £22.50 per person 7:30pm to 1am
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## Hallgate Schools - continued

By Peter Railton - Local Author and Historian

### The Year is 1935

Schools opened on the 7th of January with 285 boys present out of 300 on role. Several teachers rotated illness, with one or two being away at any one time all through the month - colds and 'flu were the usual reasons.

A lantern lecture on the 15th of February was well attended by senior boys and girls, teachers and some parents; 'Kindness to Animals' was the topic and Capt. Howarth of the R.S.P.C.A. the presenter. He dealt with the health, feeding and housing of dogs, cats, horses and smaller pets and went on to give accounts of animals and birds found wild in Yorkshire. Rev. Dakin was the Chairman, supported by Mr. D. S. Locking of Cottingham and Mr. Brookes worked the lantern; this was evidently a very popular show.

Geoffrey Stinson of St. 2 fell in the playground on the 26th of the month and cut his chin 'rather badly'. He was taken to Dr. Halliwell who lived in Hallgate nearly opposite the present Cottingham Mobility shop. He was in practice for many years and was our family doctor in the 1930's and he lived to a ripe old age, Geoffrey returned to school next day after a stitch and appeared non the worse for his fall.

A prize was offered and presented by Mrs. J. C. Jackson of Harland Rise for the best essay written by a pupil on any part of the recent lantern lecture. This was won by Leslie Davies of St.7 and certificates were awarded to Roy Elder, William Walker, Peter Hagues and Roy Ware for good efforts.

### The Health of the Nation

The general health of the nation had been occupying the thoughts of government for many years, and as we have often seen locally in our schools, sickness and absence through sickness was endemic and it was felt that if recommendations by doctors, nutritionists and dentists were followed, and every child had access to milk this would alleviate many of the problems and would help to build healthier bodies that could ward off a lot of illnesses. So the Government School Milk Scheme began in 1935 and around 180 boys at Hallgate purchased a small bottle of milk; for a penny. The Grade A milk was supplied by Mr. W. Moore of Spring Park Farm in Park Lane (the Golf Club and Riding Stables) under arrangements with the L.E.A.

"The Scheme gives promise of being highly successful and satisfactory," Mr. Brookes recorded; he would have been surprised at just how satisfactorily the scheme developed and grew into the free school milk for every child nationally, the burden of provision gradually being taken up by the larger suppliers - e.g. locally, Riley's Dairies and the Co-op, and continued until the late 1970's except for those with special needs.

### Jubilee Year

This is Jubilee Year, 2012, but 1935 saw another Jubilee and the schools were closed from May 4th to May 8th in honour of the Silver Jubilee of King George Vth and Queen Mary. An extensive programme of events to celebrate the occasion was drawn up by local councillors, school heads and other village worthies. Monday the 6th of May was the day, upon which many of the main events fell. The programme was drawn up as follows -

11.30 am. Relay of Rational Broadcast service from Cottingham Market Green. Assembly of scholars and teachers on Market Green and procession with the Cottingham Silver Prize Band to Grange Park for Sports Programme (now part of the High School)

2.00 pm. Scholars Sports; 5.00 pm Tea for Elderly People in the school buildings.

5.00 pm. Tea for Scholars and distribution of souvenirs in the various Sunday

Schools. 6.00 pm. More children's sports. 8.00 pm. Adult races. 9pm. Presentation of Prizes.

9.30 pm. Fireworks Display.

10.30 pm. God Save The King. A sum of £30 was granted by the H.U.D.C. for the purchase of prizes. Hard on the heels of these celebrations came the Combined Cottingham Schools House Sports. All pupils, teachers, parents etc. assembled at the Ellerman's Sports Ground on the 6th of June and was very successful except for a rainy spell in the evening which prevented the Cottingham Silver Band from attending as planned. Prizes were awarded to the winning 'Houses', Shackleton in the boys' department, Baynard in the girls' and, in a new section, Buttercup in the infants' - yellow presumably.

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An appeal for flowers to be sent to the annual Hull Sailors Orphan Homes Whitsuntide Festival to help decorate their floats, stalls etc., met with an excellent response and were sent to the Homes by carrier. Bernard Grimston, Alan Clark, John Williamson got scholarships to Beverley Grammar School.

In the girls' department a full staff is recorded but only 89% of pupils during January. The school had been visited by H.M.I. Mr. Lock the previous December and a very favourable report was received by Miss Brimelow. It covered all aspects of work including each subject taught and commented on the degree of specialisation which had been a recent feature, as in the boys' department. The report ends -

"In all branches of instruction, good, conscientious work has been done and the Headmistress and her Staff deserve credit for the results achieved." Students from the Training College began teaching practice in Sts. 1,3,5, and 7 where they found many pupils away through mumps, chicken pox, scarlet fever and some cases of diphtheria and others, though at school, were far from well with colds and 'flu. The lantern lecture given by Capt. Howarth of the R.S.P.C.A. in the boys' school was repeated in the girls' and the Rev. Dakin wrote in the log book -

"I should like to pay tribute to the excellence of the essays submitted at a recent competitions these displayed an ability to reproduce the work learnt."

On the 7th of March, a fresh contributor appears in the log book -

"I examined the Registers and found these correct. The children are happy and contented and their teachers take great interest in outside work, exercise etc. Chas. N. Arnett."

#### Death of Mrs. Moorby

Mr. Arnett lived in Cottingham and was a member of Haltemprice Urban District Council. He was a military looking man, very smart, with a grey waxed moustache and usually carried a walking stick under his arm; I understand that he had been a warrant officer or sergeant major in the regular army in his younger days. The month of March also saw the death of Mrs. Moorby, the first Headmistress of the infant department at Hallgate. She had still lived in Lindon Avenue and used to visit a friend in Exeter Street and always crossed the railway line near the old warehouse in Station Yard. Tragically, she stepped out in front of a train leaving the station - she had gone very deaf in later years which probably contributed to her death.

Certificates for the R.S.P.C.A. essays were presented, and that written by Enid Bell was sent to the Society H.Q. in London. An interesting entry at the end of March records -

"The children from the Cold Harbour District made their last attendance at the school. This district is not a part of Hull and the children must attend Hull Schools."

The problem referred to in May was therefore resolved, plus the pupils living in Settings and Priory Roads had to attend Ainthorpe Grove School later that year - thus solving the problem of the buses.

The Jubilee Celebrations were received just as enthusiastically in the girls' school and each girl, and boy, was presented with a tin of sweets bearing the images of the King and Queen - there must be still some kept as souvenirs - now probably minus the sweets.

The photograph, taken on Sports Day shows Councillor Arnett immediately behind Miss Brimelow, with Mr. Brookes next to the Cup holder. The toy engine was ruffled and the money shared between the departments for sports equipment. Photo courtesy of Eileen Green.

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## People really love their horses

I am still delighted to see just how much people are prepared to sacrifice in order to heal their damaged horses, as well as the sheer distances they are prepared to travel in order to send them to me. Their love and profound wish for change will give them the confidence to take a huge leap of faith in order to make those changes happen.....and I am, after all, a stranger to them until I meet them face to face. At the end of the day I can shout from the roof tops and give all the talk in the world but walking the walk is all about results.

I have recently had three interesting horses in, extraordinarily, all with the same issues and fears. They bolted off with a rider on board and were all scared of everything including their own shadows.

**HUGO** from Oban in West Scotland was a fine upstanding 16.3 Frisian gelding who at seven years old had never accepted a rider in any way, shape or form. He spooked at every sound and external movement...e.g. leaves, birds or noises behind hedges etc. He had never faced traffic...which made Skidby quite a culture shock in its own right. Their choosing me to be their trainer meant that it took them 10 hours to travel their horse to my yard....wow. A huge commitment on their part.

**OLIVER** was from Manchester. He was a Welsh section D 14.2hh, 5 year old pony who had lived a Gypsy start as a youngster, as a result

of which was frightened of any new human and was in fear of pain and punishment from any direction. He would blow up into manic snorting at the slightest thing and got lost somewhere in his head when he could not cope. There was defiance and defence all in one as he had learned to protect himself by biting or stamping at you....always to keep you in front of him. He protected behind his eye line completely.

**JUSTIN** is from Ilkley. What a little poppet he has turned out to be! A whole lifetime of naughtiness all bundled up inside this little 13.2hh frame. Anger was worn on his sleeve as soon as you took him in the ménage, alongside a profound fear of punishment. Hence he was unrideable, bolted off as quickly as a wink and launched the rider up into the air with a horrid panic stricken type leap. At 12 years old he was always going to be an uncertain outcome as eliminating a lifetimes worth of learned behaviour is obviously a tough undertaking.

What can I say? I see these types of learned behaviours all the time. The price that horses pay on an emotional level is huge when humans get it wrong in their early dealings especially when training is done in a forced or unthinking way.

All three horses needed extensive de-sensitising to anything and everything in order to allow them to start to make rational choices instead of reverting back into their instinctive flight mode. We use plastic bags on long poles....by waving them high up above the horse and then back down and repeating the high, back down, high etc. We also use a very large gym ball to kick, throw and touch them everywhere with it including bouncing it on the ground, bouncing it on their backs, ribs, legs etc.

We end up being able to touch them everywhere with the bags, balls, plastic sheeting and tarpaulins. Anything you can think of can be used. A good one is a plastic bottle full of stones! So scary! These techniques allow us to change the way the horses feel inside their own heads. Instead of being terrified of everything and in permanent flight mode they become calm, accepting and start to interact with all of this.

The trick is to know when to put the pressure on and when to take it away. Because the horse is frightened of something we habitually and instinctively try to hide it from it....the opposite approach is needed.

The pressure of the object or noise goes away when they stop and look.... not when they runaway! The key is having the control in place to allow this to happen. When you can start to limit flight, teach them to trust and become willing to stay then all this will work. I always know when I am winning with an individual horse the minute it chooses to start to investigate its world and the scenarios we set up. Investigation and inquisitiveness is the key to all the changes needed. They start to participate and play ..... in direct opposition to their original total inability prior.

Once they no longer feel that everything is a potential predator we can then start to introduce the rider behind the eye line. Traffic is chased away....not run away from! The list goes on and on in the scenario's we use.

All empowering stuff for both the horse in question as well as giving the owner the confidence to carry that mind set on with once they return home.

All three have come through with flying colours and are all enjoying being ridden. How fabulous is that?! Their lives are now about EXPLORING their worlds back home, with owners they trust and have bonded with. No more running away.

*I love my job!*



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## ERYC Council needs to know your views on the planning application for a Supermarket on Station Road, Cottingham

**A**lthough the initial opportunity for comment has now passed residents can continue to make representation to The Council's Planning department up to the date of the planning hearing, which has yet to be announced.

This development will have an impact upon the village and it is important that as many residents as possible express their views, whether for or against, to the planners. Planning considerations include overlooking and loss of privacy, adequate parking and servicing, contamination by previous use, effect on Listed Buildings and Conservation Areas, access and highways, traffic generation, noise and disturbance from the scheme, flood risk and planning gain.

Thought should also be given, and expressed, regarding the effect on the material wellbeing of the village itself. Please make the effort to express your views as soon as possible.

Comments can be made by e.mail to [Hannah.Coldwell@eastriding.gov.uk](mailto:Hannah.Coldwell@eastriding.gov.uk). Letters can be sent via Customer Services in The Green or by post to Mrs Hannah Coldwell c/o ERYC, Planning Dept., County Hall, Beverley, HU17 9BA. Please quote ref 12/01994/STPLF on all communications

*From your Cottingham East Riding Councillors.*

## "The Hesse Twelve" to hold art exhibition in the All Saints Church Hall, The Square, Hesse

**T**he Hesse Twelve' although some of the group now live in the Cottingham area. A great range of paintings, craft items, greetings cards and home made preserves will be for sale.

The exhibition takes place at All Saints Church Hall, The Square, Hesse, from Wednesday 1st August - Friday 3rd August 10.00 am to 5.00 pm, and Saturday 4th August from 10.00 am to 4.00 pm.

This is a ground floor venue with disabled access, and parking at the rear of the church hall. Admission is free, although donations are welcome for the Church Hall Funds. Refreshments are also available. For further information please ring 01482 640939.

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## Socatots - at the Children's Centre, The Garth, Cottingham

Socatots is a Children's Centre which is based on The Garth, Cottingham and is designed to provide opportunities for local families with children from pre-birth to five years old to find support and advice, to share new play and learning experiences together, and meet new friends. Anyone caring for a child is welcome, including mums, dads, grandparents, foster carers, childminders, etc.

It is a one-stop shop for health and family matters, play and learning opportunities, or just drop-in for a chat! Sometimes you may need a little extra help. This support could be support to attend appointments, getting out and about in the community, or some emotional support to help you through the challenges of family life. They can offer one-to-one support through home visits. When visiting the centre you may also meet other services such as Midwives, Health Visitors, Adult Education and many more.

Socatots is also aimed at giving children their very first start with the ball. EVERY SATURDAY. (Except Bank Holidays)

9.00 am - 9.30 am (mobile to 2 years)

9.40 am - 10.30 am (2 years - 3 years)

10.40 am - 11.30 am (3 years - 5 years)

The cost is £3.60 per child. To book your place, please call Cottingham Children's Centre on 01482 845636.

**Come and visit them on Grandads Park on Saturday 7th July where they will be promoting their services.**

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

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

He has won the coveted Fast Food Guide Quality Award for Excellence in 2010 and now 2011. He also has the Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.



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](http://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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Chips, Breaded



# Moving Abroad?

## A monthly column by Nick Russell

### New Home in the Sun

**This month's issue follows the Russell family as they begin the move to Spain. Having now bought their new home in the sun, they have to pack up, leave family and friends and hope that all the work that needed doing has been done in preparation for their arrival, if you would like more information or if you are thinking of a move to Spain, contact Nick on [nickruss@hotmail.co.uk](mailto:nickruss@hotmail.co.uk).**

**S**o in October 2011, we finally signed for our house in Spain. It's ours, we have the keys and all we have to do now is move from Cottingham to southern Spain. Because of the proximity to Christmas and family commitments my wife Rita and I decided to revisit the house in January for three weeks. This was to make a start on clearing all of the rubbish the previous owner had left and to start painting the whole of the interior white.

My son Tom and his wife Adel, along with our two grandchildren Aiden and Katie decided that they would like to visit for a week with a view to moving out with us.

The plan was to stop at the house and tackle as many jobs as possible, ready for the final move sometime in April. We also thought about tackling the garden, pool and pond area, none of which had had any care or attention for more than two years. As neither of us are particularly brilliant gardeners or know anything about pools or ponds, I asked Paul the estate agent if he knew anyone who may be able to help. He introduced us via email to a guy called Anthony, who was a gardener and knew a bit about swimming pools.

He visited the house in November to price up the job of sorting the garden, cleaning and filling the pool and tidying up the pond and surrounding areas. He estimated it would take two of them five weeks to complete everything on the list, which I thought was a bit hopeful, but we agreed a timetable and price and he started in the December 2011. That's when we started to hit problems. The main concern was the lack of water supply to the property.

Although the mains water supply had been reconnected, the water storage tank emptied after five minutes and then took ages to refill. Also the well water wouldn't come through at all. Anthony said he knew somebody who would be able to check out the water pumps. These proved to be ok so he called in another friend, a builder, to check out the supply for leaks etc. Between them, they were unable to resolve the problem easily so we arranged to all meet when we came out in January. It didn't stop Anthony making progress on the conifers, grass, weeds, trees and all the foliage that was well overgrown. Because of the lack of water, Rita and I decided we wouldn't be able to stop at the house, so we stayed on the coast at our holiday home. It did mean trips of 11/2 hours each way, but at least we could shower and do our washing.

So we arrived in Spain in early January and met up with Anthony the gardener, Tommy the electrician and Charlie the builder. The progress that Anthony had made in the garden was amazing, although there was still a long way to go. The water problem was a major hiccup and Charlie talked us through a possible solution. It all appeared to be typical Spanish plumbing – our stop cock and meter was nearly a mile away on the edge of the village and the pressure could be better. He felt the only way to be 100% sure of a constant water supply was to have a 15,000 ltr underground storage tank fitted in the garden and have all new feed pipes fitted. We also wanted to replace the electric hot water tank with an instant gas hot water boiler and have the oil fired central heating system checked and serviced as well as the oil tank topped up. Once again a price was agreed, which along with the gardening, took all our contingency money so we hoped for no more surprises. Charlie the builder was a bit of a life saver, and still is today as he speaks great Spanish, albeit with a Glaswegian accent. He

organised skips for us so we could clear the rubbish left in the house and, having spent two weeks painting a couple of bedrooms, we realised this job would take forever so he organised a team of painters to finish the job when we left at the end of January. If he hadn't I think we would still be painting now.

My son Tom and his family spent a week out with us and decided they would like to move out as well, which is great as Tom is a joiner and very handy for all the work that would be needed to get the guest accommodation up and running. On our return home we decided on the moving in date of April the 17th giving us about 10 weeks to get packed, and people informed and believe me we needed that time scale.

So now we had to organise the moving of two homes to Spain as well as six people and a dog. Because we would need a vehicle in Spain Tom and I decided to sell our cars and buy an eight seater mini bus/people carrier and drive to Spain. For the removal side of things, I approached Andy Dickerson at Britannia Removals for a quote and the help and advice he gave us in planning the move was much appreciated. We set the UK removal date as 13th April with the lorry then meeting us in Spain on the 17th. It was going to be a bit of a dash but do able. One thing we learnt when packing is don't underestimate how much stuff you will have to pack and how long it will take, even if, like us, you had de cluttered beforehand. Also no matter how much you mark the boxes, when you get to your destination you will still not find everything you want, three months on and we are still unpacking and looking for bits and pieces!!

So 13th April arrived, the lorry was loaded with the contents of our two houses, the minibus was packed with four adults, two kids and a dog and everything you could possibly think of for a four day trip down to Spain. One thing I didn't really expect was how traumatic it was, not only for us, but family and friends we were leaving behind. Tears flowed on both sides along with hugs and kisses. Because of the kids and the dog I had pre booked all our hotel stops on the way down, so we set off for the Euro Tunnel and our first night in Calais.

Over the next 3 days, we covered 1500 miles and arrived at our house on the morning of 17th April. Our new house is about 500m up a narrow track through the olive trees and I don't know how he had done it, but Gary the lorry driver had managed to get his 40' artic up the track and was parked outside the gates-brilliant. The Britannia team of four lads arrived from Malaga, started unloading at 9.00 am and by 4.00 pm had finished and gone home.

Like the guys loading in the UK, nothing was too much trouble for them making the whole experience as smooth and stress free as possible. We were now in our new home, surrounded by boxes and bags but fortunately during the afternoon my son Tom had built all the beds and my wife had found the boxes of bedding so at least we had some home comforts. During the weeks leading up to our arrival, I had been in regular contact with Charlie and Anthony at the house, as all we wanted was hot and cold water in the house and a pool ready to use. I had also asked Charlie to sort out the well water supply for the garden pond and pool as well as the olives. This turned out to be a major job and, of course, a massive expense as all the pumps and underground pipe work had to be replaced. The whole job ended up costing half our renovation budget, but it had to be done.

Anyway all the requested work was done, we were in, had hot water the electricity was on and the central heating worked (it was cold the first few nights!!). We all went to bed worn out ready to start sorting out our stuff in the morning. One of the main things we noticed as we drove through France and Spain was the difference in price of a litre of 4 star. In France it was about 1.80 Euros (£1.48) but when we arrived in Spain it was about 1.45 Euros (£1.20) and is now at 1.36 E (£1.12) it makes filling up a little less painful.



## Fitmums reap their rewards

An awards night was held recently by Cottingham Fitmums and Friends to celebrate the success that comes from encouragement and inspiration.

Members of the running, walking and 'buggy burn' club, who now number over 270, voted in a number of categories, including 'most encouraging run leader' and 'rear of the year'. Awards were sponsored by local businesses and were handed out at a glittering ceremony at Willerby Manor, hosted by Radio Humberside's Ruth Barcroft.

The award for 'most inspirational Fitmum' was won by Sam Barlow, the club's founder and driving force. 'This is so well-deserved,' said one member. 'Sam works tirelessly for the club, despite having a full-time job and a young family, and if it wasn't for her there wouldn't be so many people enjoying the benefits of being fitter and healthier.'

'It's not just about fitness, though,' said another member. 'I really like coming to Fitmums because it's so supportive and friendly and I've made loads of friends. The social side of it is just as important as the fitness bit for me.'

The awards night was a splendid opportunity for Fitmums and Friends to celebrate all the things that are making it the region's favourite running club: support for everyone, no matter what their fitness level, the chance to make new friends and the opportunity to get fitter, slimmer and healthier.

Many of the awards went to those who had the fastest times in special 'timed run' sessions, or who beat the rest of Fitmums at Cottingham's Sport Relief day, hosted by the club. 'We really want to encourage people to challenge themselves,' said Sam. 'It's amazing what they can do, given a bit of support. We've had people moving from our walking to our running group who never thought they could run a mile and are now doing six!'

The club hopes to make the awards night an annual event to give more members the chance to shine and help them realise how much their Fitmums friends value them.

*Pictured above: Ruth Barcroft with Sam Barlow (the Club's Founder).*



## "Affairs of the Heart"

### Concert in aid of Castle Hill Cardiac Unit at St. Barnabas's Church, Swanland on Tuesday 10th July

Four heart patients are giving a concert in aid of the Cardiac Unit at Castle Hill, supported by Professor Andrew L Clark with an interval talk. 7.30pm Tuesday 10th July at St Barnabas' Church, Swanland. Delia Fletcher (soprano), Peter Bingham (tenor), Jennie Thomas (reader) and Peter Sproston (piano).

Between them have had heart attacks, bye-passes etc, but still performing at professional level. Ring 634104 for more information. Full press release available.



**Age UK East Riding** operate a cleaning service for clients called **Spic and Span** and are looking for experienced part time cleaners for general home cleaning within private properties. Duties include dusting / polishing, vacuuming, sweeping / mopping, changing bedding. Ironing and other related duties.

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## Classics in the Park

This year Classics in the Park open-air concert has an amazing line up, you will not want to miss!!

Along with the world renowned classical string quartet, girl group Bond, the Classics Orchestra, directed by Mark Pybus will be joined by two mesmerising local female Soprano's Alexandra Boanas and Sharon Nicholson Skeggs, complimented by renowned Tenor Nicholas Sales. They will perform a wide range of popular classics, opera, musical theatre and film favourites and a few surprises thrown in to boot!

Former South Hunsley School and Sixth Form College student and Royal Northern College of Music graduate Matthew Wilkinson will be showcasing his astounding guitar ability. He will firstly entertain with a mesmerising solo performance, followed later in the evening with an exclusive arrangement with the Classical Concert Orchestra.

Not one but two choirs will join our musical extravaganza, the award-winning Hymers Junior School Choir and The Beverley Chamber Choir.

Our programme will commence with The Barton Town Band from 4pm and end with a spectacular firework display at Brantingham Park, Elloughton on Saturday 14 July 2012.

Proceeds from the concert will go to three local charities, The Daisy Appeal, Teenage Cancer Trust and Dove House Hospice's Love you 2 Appeal.

Tickets £25.00, in advance, free car parking is available and premiering this year a pitch side refreshments and picnic hampers available to pre order via our web site and collect on the day. Gates will open at 2pm, visit our website for further details [www.classic-sinthepark.co.uk](http://www.classic-sinthepark.co.uk).



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## UPDATE

### CALENDAR GIRLS – NOVEMBER 2012

We are proud and delighted to announce that in November we will be presenting the world famous story of "CALENDAR GIRLS", written by Tim Firth. This marvellous play has been made available for amateur dramatic groups for eighteen months only, from September 2012.

Our production will be directed by Lynda Danby and, as most people know, it is the story of a group of W.I. Ladies in the Yorkshire Dales who have raised over three million pounds for Leukaemia and Lymphoma Research by producing a calendar of photographs of themselves in the altogether! Their story subsequently became a smash hit film then a stage show.

It will be quite a challenge for us but our ladies were queuing up at the auditions to try to get one of the roles.

As this is such a special play we have decided to put on FOUR performances instead of our usual three. So the performance dates will be:

Wednesday 28 November,

Thursday 29 November,

Friday 30 November and

Saturday 1 December, 2012

commencing at 7.30pm at our home, the Darby & Joan Hall in Finkle Street.

Tickets will be at the usual price of £6.00 (Concessions £5.00) and details of how to buy them will be made available a little nearer the time. BUT, make no mistake, this will be a very popular show and we are already receiving enquiries.

### PLAY READINGS

Approximately once a month we hold our play readings in "The Snug" at the Duke of Cumberland on Market Green, commencing at 7.30pm. The dates of the next three play readings are:

Monday 2 July

Monday 3 September and

Monday 1 October.

Look for our posters round the village and our website for more information. Everyone is welcome to come to these Open Sessions and learn more about us. For more information give Margaret a ring on 01482 846796.

### NEW MEMBERS AND FRIENDS

If you would like to join us, either as a Member or as a Friend, have a look at our website [www.cottinghamlittletheatre.co.uk](http://www.cottinghamlittletheatre.co.uk) where you can find out lots more about us. Or e-mail us at [clt1920@hotmail.co.uk](mailto:clt1920@hotmail.co.uk) or you can contact our Secretary, Val, on Tel. No. 01482 844567.

## Amendments to the Energy Performance of Building Regulations

**E**ast Riding of Yorkshire Council has written to landlords and letting agents in the area as part of an ongoing programme of informing and advising, following recent presentations by the council at landlord forums.

The letters inform landlords and letting agents of their obligations under the Energy Performance of Buildings Regulations 2007, which underwent a number of amendments at the end of 2011 and were enacted from April this year.

The changes relate, in particular, to the responsibility of making an Energy Performance Certificate (EPC) available to prospective new tenants, which should be done at the earliest opportunity, when the prospective tenant is given information in writing or when a pre-arranged viewing of the building takes place.

There are a number of new duties placed on landlords and their agents in terms of ensuring an EPC is either in place or has been commissioned before marketing commences.

Additionally, Trading Standards officers now have the power to require landlords and persons acting on their behalf, such as letting or managing agents, to produce a copy of an EPC or evidence that one has been commissioned.

There are also changes around the marketing of properties. The front page of an EPC should now be attached to written particulars concerning properties for sale or rent, including those made available electronically, for example website marketing.

For rental properties, an EPC should be attached where the written particulars include at least two of the following, a photograph of the building or any room in the building, a floor plan of the building, the size of the rooms in the building, the measured area of the building or the proposed rent.

East Riding of Yorkshire Council will continue to inform and raise awareness amongst landlords and their agents and encourage compliance with the regulations.

Further information can be obtained in a guide produced by the Department of Communities and Local Government at [www.communities.gov.uk/documents/planningandbuilding/pdf/2122141.pdf](http://www.communities.gov.uk/documents/planningandbuilding/pdf/2122141.pdf) or by contacting the council on (01482) 396331.

## STA Certificate in teaching swimming (STC F) at Haltemprice Leisure Centre

**H**altemprice Leisure Centre will be holding an STA certificate in teaching swimmers (full) course from Saturday, 16th June to Saturday, 14th July, from 8am-4.30pm.

Open to all members of the public, the course costs £350.00 and qualifies those who pass to teach swimming lessons.

Candidates must be at least 18 years old at the time of the examination,

hold the Safeguarding and Promoting the Welfare of Children certificate (available online at [www.trainsta.co.uk](http://www.trainsta.co.uk)) or acceptable equivalent, hold an acceptable life-saving qualification, hold the STC[B], or an acceptable equivalent and attend an STA course of instruction that will have a minimum duration of 26 hours. Candidates must attend for at least 28 hours.

Candidates are assessed during the course and take a practical teaching examination and a written theory examination at the end of the course.

For more information contact Helen Hathway on (01482) 652525 and press option 2, or visit [www.haltempriceleisurecentre.co.uk](http://www.haltempriceleisurecentre.co.uk).

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## East Riding Schools dazzle audiences at prestigious Rock Challenge Finals!

The stunning Northern Grand Finals of Humberside Police Rock Challenge took place at the Grimsby Auditorium on Thursday 21st, Friday 22nd and Saturday 23rd June involving 36 schools and a grand total of 3,115 students! Fifteen schools from the Humberside Police area shone in a bid to be their best as they competed alongside schools from the North of England, Scotland and Ireland! Cottingham High School came in 2nd place on Thursday and have been promoted as a 'Premier School' for 2013.

### East Riding

- **Cottingham High School, Cottingham Thurs**
- \* **Overall 2nd place and promoted as a Premier School for 2013**
- \* Andrew Marr International Award for **Soundtrack**
- \* Think! 2012 Rock Challenge®: Stay Alert On The Roads Award for **Drama Skills**
- \* Ansvar Insurance Award for **Performers' Choice**

Their performance, 'Just Another Day' was introduced on stage by student representative, Charlotte Horne who said, "Our piece reflects upon the confusion, devastation and sorrow that ripped through the streets of London on 7th July, 2005. We celebrate the togetherness and sense of community that emerges in disaster and the profound sense of strength and human spirit. Join us as we explore our diverse Capital City on what should have been 'Just Another Day'".

As a member of the audience I was totally drawn into Cottingham's performance the mood the team created on stage unaware of the impending disaster, then it strikes, a day those people will never forget. The team depicted the pain and sorrow felt by the people affected and the dynamics of the teams performance gave the audience a mature and professional performance.

Humberside Police are proud to have brought Rock Challenge to the North of England in 1997 and have given a firm commitment to its continuation. In Humberside this year we have hosted seven Rock Challenge Events including the first ever Youth Division event set to take place in Hull on 17th July. In the heats, 45 schools took part involving 3,118 students.

Humberside Police acknowledge Rock Challenge is one of the best ways of demonstrating to young people how to lead a healthy and happy lifestyle without the need for any artificial stimulants. This initiative plays such an important and

unforgettable part of these young people's lives and encourages positive interaction between communities and Neighbourhood Policing teams.

Chief Superintendent Tony Forbes of Humberside Police said, "Having attended my first Rock Challenge event my biggest regret is that it was my first. Anyone who is even vaguely considering getting involved should do. It has been a fantastic evening and I have enjoyed seeing so many young people full of energy with incredible talent. The Police don't need to tell young people that an adrenaline high is far better than any high from any substance. You just need to come along to watch Rock Challenge and speak to the great young people both on the stage and experience the cheering from the auditorium."

Superintendent Samantha Manning, Head of the Humberside Police Community Safety Unit said, "The Grimsby Auditorium has been the perfect venue for the finals of Rock Challenge bringing together schools from across the North of England and Ireland. These stunning events capture the ethos of the initiative illustrating that young people can excel whilst achieving the all important natural drug free high through performance."

Humberside Police would like to thank all of our supporters who have made the events a reality, including Andrew Marr International, Arco, Aunt Bessie's, East Riding of Yorkshire Council, High Sheriffs' and Humberside Police Tribune Trust, Hull & East Riding Charitable Trust, Hull Health Authority, Humberside Police Authority and Humberside Police Federation, Joseph & Annie Cattle Trust, Kingston upon Hull City Council, Hull City Safe, KC, North East Lincolnshire Council and Vivargo Fuels.

### Background information

Rock Challenge is a competition for schools and colleges, focussing upon young people performing a piece of choreography, in a professional theatre and working with theatre and stage crew. Each school performs an eight-minute themed piece on stage and students and teachers come together and work on stage set, costumes and lighting design to an exceptionally high standard.

In 2012 we are proud to introduce the very first Rock Challenge Youth Division supported by Vivargo Fuels. The Youth Division is aimed at young people outside of the education system. This event will take place on the 17th July at the Hull New Theatre. Please contact Lisa Whitton on 01482 220702 for more information.

As a result of Rock Challenge in our policing area alone, 92% of participants have reported they felt their confidence, self-esteem and teamwork skills had improved, we can also report a reduction in the number of students who smoked, drank alcohol or have used drugs as a direct result of the competition.



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## See You There

### Skidby's 3rd Scarecrow Festival

**Friday 13th, Saturday 14th  
and Sunday 15th July**

**S**kidby is looking forward to welcoming you to its Annual Scarecrow Festival which will take place over the second weekend in July. We believe that our unique collection of scarecrows will both entertain and amuse all of our visitors, whatever their age. Additional fun for spectators will be provided by S.J. Superstars Stage School (Saturday morning); The White Rose Falconry Group (Saturday); a Scarecrow Car Boot Sale (Sunday morning) and Beverley Brass Band (Sunday afternoon).

There will also be a "live" scarecrow around in the village! Programmes and refreshments will be available at The Village Hall. Visitors are requested not to park vehicles along the Main Street, but to make use of the designated Car Parking areas.

Further information may be obtained from the Scarecrow Secretary Kelvin Young on 01482 843446 or downloaded from the Skidby Village Hall website. All proceeds from the Festival will go to the maintenance and up-keep of the village hall.



*Last years overall winner Skidby Scarecrow competition 2012.*

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### The Half Moon, Skidby to provide family fun, music and excellent food over the Scarecrow weekend

**T**he Half Moon Inn is delighted to be supporting the Skidby Scarecrow Festival and providing one of the official car parks. Throughout the weekend the new Landlord, Mike and all his staff look forward to providing you with a warm welcome.

#### Live Music

On **Friday Night 13th July** from 9.30pm we have **live music** from the fabulous female vocalist and entertainer Jenna, so come and join our regular Friday night revellers to kick off the week-end.

#### Fun and Games

On **Saturday 14th and Sunday 15th** our grassed area at the back of the car park will be a **Fun and Games** area for Children and the "Young at Heart". We have an adult size **Bouncy Castle** as well as a smaller one for the younger children; we have a **Gladiators Jousting Mat** to challenge your friends or settle old scores, (keep it friendly though), plus a variety of **giant games, hula hoops, space hoppers** etc. or just enjoy a gentle, skilful game of **French Boules**. There is no charge for the use of any of these facilities.

On our front lawn throughout the week-end you will find a more relaxing facility, a **Pimm's Tent** where you can enjoy a glass of Pimm's with **Strawberries and Cream** without having to travel all the way to Wimbledon.

From 11.30am on both Saturday and Sunday our **Bar-B-Q** will be proving a range of **Beef burgers** and **Hot-Dogs**, plus a selection of **Salads**. While a full range of liquid **refreshments** and **snacks** are available from our **Bar** throughout the day.

Our normal dining room facilities will be closed on Saturday, however we will be opening for our popular **Sunday Lunch** of Beef, Pork or Turkey between 12.00 and 3.00pm for **bookings only**, please book early to avoid disappointment.

So following your visit admiring the ingenuity, humour and skills of the residents of Skidby during the Scarecrow Festival, or before, call in at the **Half Moon Inn, Skidby** and sample our hospitality, our great cask ales, or our classic pub food menu. You'll be most welcome.



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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



### Muscular, Neurological, Skeletal and Vascular:

Arthritis, Sciatica, Back Pain, Lumbago (lower back pain), Frozen Shoulder, Tennis Elbow, Gonitis, M.E., Stiff Neck, Hemiplegia, Neuralgia, Facial Pain, Stroke, Sprain, Sports Injury etc.

### Internal:

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

### Men's Problems:

Ejaculation Praecox, Low Sperm Count, Impotence, Prostatitis, Sex Drive Problems.

### Women's Problems:

Irregular Periods, Infertility, Habitual Abortion, Anaemia, Menopausal Syndromes, Premenstrual Tension, Discharges, Fibroids, Cysts, Endometriosis, Morning Sickness, etc.

### Ears, Eyes, Nose and Throat:

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, etc.

### Cancer and Tumour:

Herbal therapy can build up your immune system to support any other medical treatment for more serious medical conditions.

### Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

Anxiety, Depression, Stress, Panic Attack, Insomnia, Dementia, etc.

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## Take Good Care of Your Skin by Going Organic

If you are someone who buys organic food then you are helping yourself and your family to live healthier lives. What you may not know is that organic does not just apply to what you put into your body but also what you put on the outside of it.

Organic skin care is becoming more and more popular and significant all of the time as both customers and manufacturers alike become more conscious and environmentally aware of what ingredients are good and what ingredients are bad for them.

You may have heard of the term "organic skin care" and wonder what it is all about. How is organic skin care equated to natural skin care? The answer is a very simple one. A skin care product that is organic is one where the raw ingredients that make it up such as oils, plant extracts and waxes have not been treated with any type of chemical or pesticide.

This is where organic skin care and organic food are very similar. A series of tests must be conducted to guarantee that a plant is pure. This is necessary for the product to be given organic status from the start of production to the end. The process is rigorous and must meet the high standards that are set for it.

### The Products You Use May be Detrimental to Your Health:

It has been estimated that the average individual (this includes both males and females) uses 20 or more skin care, beauty and personal hygiene products in the course of a day (day after day after day). These include such things as soap, deodorant, shampoo, conditioner, hair gel, hair spray, cleanser, toner, moisturizer, body wash, shave gel (or shaving cream), body lotion, cologne or perfume, cosmetics, nail polish, etc.

The products you apply to your face, body and hair are absorbed into your skin.

Some of the chemicals from these products can build up in the body over time. At present it is not entirely clear at what level these chemicals can become toxic to the body. As well, scientists do not know how the chemicals from skin care products will react with DNA and to what extent they can cause health problems to occur. What we do know is that all of those products when used on a steady basis are doing SOMETHING to the body.

When you stop for a minute to think about all of the products you use every day you may feel overwhelmed by it. What this amounts to is that every individual is absorbing an abundant supply of chemicals on a daily basis. The solution to this is to switch to milder and more natural skin care products that are organic and do not cause damage to the skin or to the human body in general.

### Add Organic Skin Care to Your Shopping List:

If you take the time to look you will discover that many stores are stocking their shelves with healthier non-synthetic and non-chemical products. Always read the ingredients listed on the products very carefully. Look for natural products listed as ingredients on the labels. Steer clear of products that list any type of parabens on the ingredients list, such as propylparaben and methylparaben. In the same way, avoid products that contain petrochemicals, sulphates, propylene glycol and urea (such as imidazolidinyl urea).

Look for products that use natural preservatives instead such as tea tree oil. It is also wise to look for products that contain a combination of essential oils such as lavender, lemon, sandalwood, sage, rose and rosemary. Other natural preservatives to look for include honey and grape seed extract.

While organic skin care products do tend to be a little more expensive than other skin care products they will do your skin and your body good both in the short-term as well as the long-term. Choose organic every time and you will not go wrong!



### Crossword Solution from page 14

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28	E	N	T	H	R	A	L		29	A	R	I	S	E	N	



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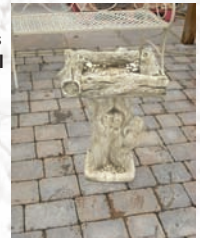


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