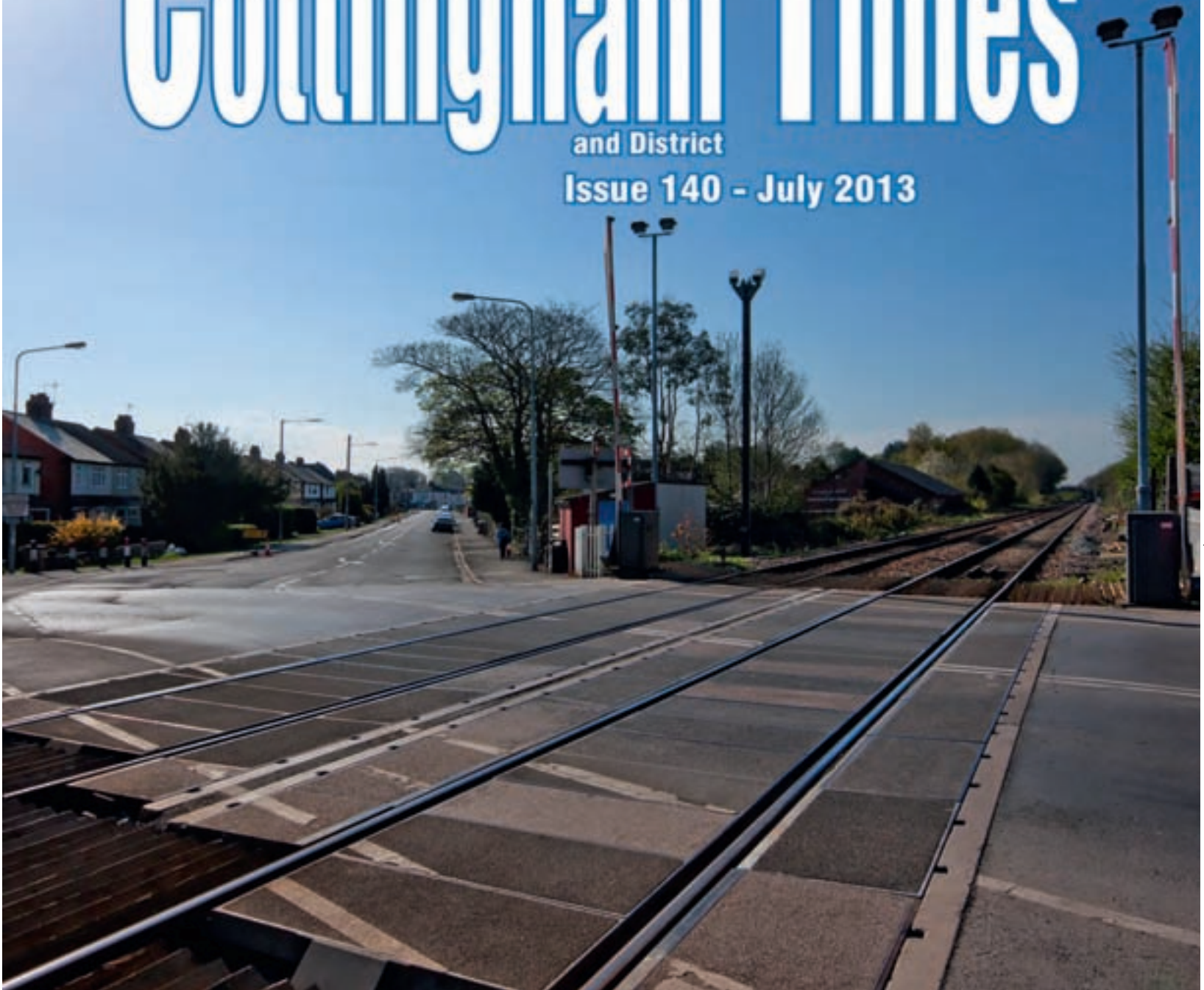


Cottingham Times

and District

Issue 140 - July 2013



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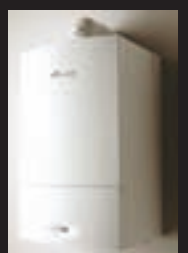
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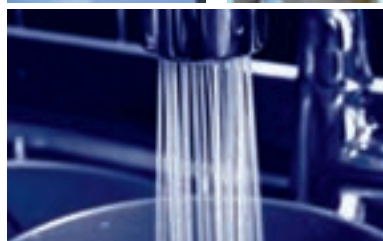
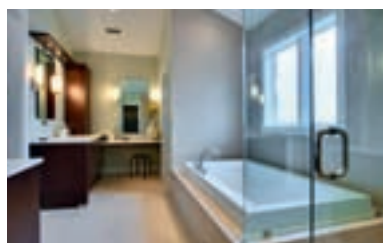
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In Cottingham and District

St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured. We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

Viewfinder Photographic Society

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

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.

Front cover picture: An unusual view down New Village Road and Station Road, titled "Cottingham at the Crossroads". Photo courtesy of Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Telephone: 01482 846804

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 Jon Constable, Club Secretary, telephone 01482 840377, or visit our website 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.

Scottish Country Dancing Club

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

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.

Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

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

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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 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. From 2013 the club will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at Under 9, 11, 13, 15 and 17 as well as an all girl team. Training starts in January with Indoor Nets at the new Thomas Ferens Academy for all age groups on a Tuesday evening and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hesse on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

Cottingham Methodist Church Hall

Card making Class meets every Monday afternoon (except Bank Holidays) 1.30pm to 3.30pm at Cottingham Methodist Church, Hallgate, Cottingham. All Levels. Contact: Ann on 079328 33578.

Hull Alpha Probus Club

The Hull Alpha Probus Club will be meeting at The Back Room, Hallgate, Cottingham on the following dates:-

4th July - Coffee morning

18th July - Lunch

1st August - Coffee Morning

Lunches are from 12.00 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards. If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information. **PLEASE NOTE NEW VENUE.**

Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 4th July - Call My Bluff - Ken Walker. Meetings held in the village hall Skidby on the 1st Thursday in the Month at 7.30 pm.

Willerby Methodist Church

Saturday 6th July at 1.45 pm is the official opening of the Willerby Community Garden performed by Radio Humberside's Blair Jacobs. This leads into the annual summer fete. Entry is free. There will be a bouncy castle, face paintings, lots of stalls, cream teas, games etc. All are welcome.

The British Sugarcraft Guild (Hull and Holderness Branch)

Saturday 6th July - 'Boys Cakes' - A demonstration by Grace and Wendy. At the Cottingham Parks and Country Club, from 2.00 pm to 4.00 pm.

Cottingham Catholic Women's League

Monday 8th July, Alan Richards - The Lost High Street. How did the south end of High Street look before World War II?, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 9th July - Educating Africa Trust - Shirley Walters. Competition: Old School Book, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Green Women's Institute Evenings

Thursday 11th July, An outing to Amplethorpe Abbey.

East Yorkshire Embroidery Society

Saturday 13th July - Jo Owen - Stitched Swimmers, followed by AGM. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

Continued on page six

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North Ferriby Gardening Club

Saturday 13th July - Village Show in the Village Hall..

Hull and East Riding New Stitchers (HENS).

Tuesday 16th July - We are a friendly and informal group of embroiderers who meet once a month at the Endsleigh Centre, Beverley Road, Hull at 7.15pm. This months meeting is a stitch and chat session in which you can bring your own work, see what others are doing and have a chat. Visitors and new members are welcome. Details from Norah on 01482 854618 or Brenda on 01482 708525 or visit our website www.hullandeastridingnewstitchers.weebly.com.

Cottingham Evening Townswomen's Guild

Wednesday 17th July - Social Evening, at 7.30 pm in the Darby & Joan, Finkle Street.

Diabetes UK

Thursday 18th July - Amanda Stubley (Charge Nurse Ward 10, HRI), 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 24th July - Peter Richardson - Various slides, in the Darby & Joan Hall, at 2.00 pm.

East Riding Flower Club

Monday 29th July - Audrey Foster (Whitby) will demonstrate flower arranging. The title of the demonstration will be announced on the day. Visitors are very welcome. £5.00 payable at the door. In the Civic Hall, Cottingham at 2.00 pm. Enquiries Judy Robinson 01482 876279.

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ERYC's Drop-In to discuss the refurbishment of the Woodhill Way Travellers' site and the extension to the Eppleworth Road site (Westfield Rd, Skidby)

East Riding Council organised a public 'drop in' at the Methodist Church Hall, on Thursday 30th May, and residents from both Skidby and Cottingham were invited to attend. Three officers were in attendance and there was the opportunity to view the maps and discuss the two sites with the officers.

Woodhill Way – Government funds have been provided to refurbish this site and in doing so, while retaining the same footprint, by repositioning the location of the current pitches the number of pitches will be increased from 23 to 24. This will be carried out in a similar manner to refurbishing council houses and so some of the travellers will have to be temporarily rehoused.

The officers have recommended using the Jackson Construction compound, on Harland Way, which was set up for the A164 upgrade. Of the 80 or so residents who called in to see the plans this was the most controversial part of the refurbishment. Almost all the comments highlighted the road safety issues due to increased speeding traffic and the proximity to the Skidby roundabout. The travellers are very family orientated. It was also felt that as there would be a very high risk of accidents as the travellers went back and forth to the old site visiting extended family and friends.

There was also the question of the children at the temporary site accessing the village schools. The compound is not served by a foot path and somewhere down Harland Way these travellers will be randomly crossing the road, raising more road safety issues. Despite the officers' assurance, all the residents at the drop-in expressed a lack of confidence in the Council's statement that the temporary site would not default to a permanent status.

An overwhelming majority of the objectors agreed that the temporary site should be located in the close vicinity of the existing site and that would remove all the health and safety issues. Cottingham North & Dale Ward members and both Parish Councils have also voiced their objections to the use of the construction compound.

In conjunction with the drawing up of the Local Plan (future housing needs) ERYC commissioned external experts to undertake a needs assessment based on the current traveller population and their projected population increase. The suggested sites include current locations and also identify additional new sites round the county. Many of these new sites have already been discounted due to ownership problems and the lack of services and the locations.

Failure to provide additional accommodation for the increasing local traveller population could well leave the Council exposed to the Government Inspector failing the whole county wide Local Plan and also seriously undermine the Council's ability to take enforcement action against any illegal Traveller encampments. This would be the same situation that we would find ourselves in if we had no Local Plan, developers could then decide where and what they wanted to build, with residents having little or no say as to what happened. At ERYC's Eppleworth Road site officers have identified space for additional pitches which will go part way to addressing the needs assessment.

Ward Members and Parish Councillors are very concerned that we already have a high proportion of the County's permanent Travellers sites in our area and it now becoming apparent that we are being expected to take even more. The proposed expansion of the Eppleworth Road site was also met with unanimous objections by those residents who attended the drop-in.

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The Connected Home, wireless networks, SSD drives and mobile phone signals

People always used to joke about video recorders and how they had to ask their children to explain how to use them. All these years later, the situation is apparently much the same as according to a survey by John Lewis and Microsoft, 67% of parents ask their children/grandchildren for technical advice on computers and mobile phones etc!

You know you're not up with the latest high tech when the last item you purchased involved Bakelite!

The Connected Home is another techno-term being bandied about. It is however quite a straightforward strategy of using technology to its best and help combine your computing and entertainment needs. Most people have a wireless network nowadays, and if you buy a TV it may well be a *Smart* model, which means it is capable of connecting to the internet to enable catch-up services like iPlayer, or even display web pages and download other content like YouTube. There are different ways of connecting these devices together, just call us for advice on how to do it the most cost effective way.

Talking of wireless networks, (aka Wi-Fi, wireless lan etc.), many people have had a wireless router for many years, and I have found recently on quite a few occasions that people have purchased new equipment like iPads, Kindles etc. and cannot get them online. The reason has usually been that older routers use a more basic security standard (but very long passwords!), that modern equipment cannot connect to. If this has happened to you, it's time to replace your router; call us for details.

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What is an SSD drive? This stands for Solid State Drive, and is a newer type of hard drive for computers and laptops (also found in tablets and other mobile devices). It has no moving parts, so therefore is much faster and should be more reliable in the long term. Because the technology is newer it is more expensive than traditional drives, therefore you get less capacity for the same money. A 60 GB SSD costs about the same as 500 GB hard drive. This will change no doubt as sales increase.

Many of you will be familiar with the term SD card, as it is the probably the memory card inside your camera. But did you know there is a site called www.SDcard.org ? This tells you all about the standard and has a very useful formatting tool for cards that leaves the 'protected area' required by cameras untouched.

Intel has introduced an exciting new processor called the Haswell. This new cpu uses less power and creates less heat, particularly important in laptops.

In a recent review of mobile signals in this area, EE (the company that owns T-Mobile & Orange networks) came out top. But to be fair, that is probably because they are the only network currently offering 4G (the new faster type of mobile broadband). Most would probably concur with my opinion that mobile coverage is not brilliant in this area, I certainly wouldn't want to rely on it for internet usage! In fact, after complaining of poor signal quality just receiving (or missing) calls to my mobile phone in and around my office recently, T-Mobile supplied me with a **Signal Box**. This is a neat little device that connects to your internet router and uses it to boost coverage when the normal 3g signal gets too low. It has worked extremely well so far I have to say.

Google has recently filed patents for the use of face movements, grimaces etc. to be used as 'passwords'. This could be an interesting innovation, as many users already make faces at their computer sometimes!

It's funny how computers take on a human dimension when they are misbehaving. As in: "it won't let me in" "it won't let me print" "it won't allow me to..."

If you own a laptop and have had it for a while, have a look at the Windows COA sticker on base, and make a note of the 25 digit number and the version of Windows, i.e. XP Home, Pro, Vista, 7 etc. This is your Windows licence number, and if your laptop ever crashes and needs Windows re-installed, this is the number that will be needed to re-activate the product. Being underneath the label suffers from a lot of wear and tear, and manufacturers are not usually any help if this sticker becomes unreadable, and so you may end up with a useless copy of Windows.

Office 2003 has been added to the 'end of life' list along with Windows XP in April 2014. Basically it means there will be no more support or security updates and fixes from Microsoft for either product. Office 2013 is now available in various editions for those wanting to upgrade. Re XP, many customers have decided to go for a new computer now, whilst Windows 7 is still available. For further advice just give me a call.

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Tree planting at Mill Beck with trees donated by Waitrose of Willerby

To celebrate their 75th anniversary of Waitrose, the Willerby store donated 8 trees to Cottingham Wild Spaces Group. The trees have been planted at the entrance to Mill Beck Wildlife Area.

Cllr Lena Slater 'This was a wonderful gesture from the Waitrose partners which will enhance the Mill Beck area and be greatly appreciated by the residents of Cottingham'.

The group will be back at Mill Beck Wildlife Area on Sunday 4th August at 10.00 am for the regular litter pick. More volunteers are always welcome so why not come and give us a hand. We will also be cutting back vegetation from the footpaths and around the trees. Meet at the entrance to Mill Beck Wildlife Area we usually finish with coffee and a biscuit at 11.30 am.

Contact Erica Scaife for more details 01482 840336.

Pictured above: Waitrose Store Manager Mr. Paul Johnson and ERYC Councillor Lena Slater with volunteers.

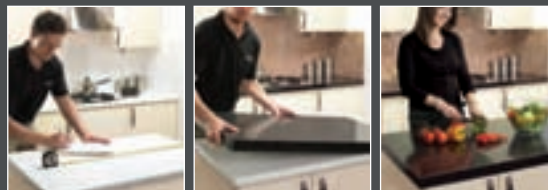
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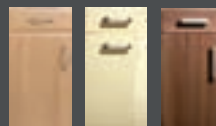
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Wordsearch - All in the Mind

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

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

Find the words in the letters above:

Accomplished, Adroit, Analytical, Astute, Brainy, Bright, Brilliant, Canny, Clever, Creative, Cunning, Educated, Enlightened, Gifted, Imaginative, Incisive, Ingenious, Intelligent, Inventive, Keen, Learned, Logical, Perceptive, Prodigious, Proficient, Rational, Resourceful, Sensible, Sharp, Shrewd, Skilled, Smart, Talented, Thoughtful, Wily, Witty.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 79

This is an easy challenge this month - Answer on page 29

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

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MARIONOWENTRAVEL

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Local, independent & passionate about travel !

Many of you we know enjoy organised tours; leaving from our area with like minded, fellow travellers. Do remember - although we have many exclusive departures, we sell all cruise lines, package holidays and coach holidays. Why book anywhere else? We do not charge you any extra for our service and often can save you money with our expertise and knowledge. We are on hand to step in 24/7, should you encounter any difficulty. Plus you know who you are giving your money to. June was an example: with the late snow and heavy rain, the Danube and the Elbe flooded badly - with less than 24 hours to go we had put together an alternative holiday to offer to our guests expecting to sail on the Danube. We enjoyed a tour including the River's Rhine, Neckar & Moselle, with good food, excellent company and very kind weather!

TIP: Don't forget, when you leave home, keep your mobile on and tell your next of kin where you can be reached—better still, leave them a full itinerary.

I am working on a growing selection of special departures by air to compliment our coach tours for those who wish to fly. Of course, we can tailor make any holiday to your requirements; in fact this is an area we specialise in worldwide, especially the USA, Canada, Australia, New Zealand and Asia. Kayleigh currently is out of the office experiencing Vietnam & Cambodia; we like to ensure we keep abreast with our first hand knowledge.

Special holidays by air..... A sample below ~ Call for full details

CHINA—20 DAYS 06 OCT 2013 An inclusive tour with all the major sights & full board even your visa! From £3279 per person Limited availability	KERELA - INDIA 07 NOV 2013 Join Marion - 10 nights Rejuvenate and enjoy wonderful wildlife & culture From £2098 per person	MADEIRA 17 FEB / 17 MAR 14 The beautiful garden island, mild year round. Great for a walking holiday too! From £629 per person 7 nights half board
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DUBAI— 4 DAYS 07 AUG 2014 4 * Royal Ascot Hotel Flying with Emirates From £779 per person 3 nights B&B	REGENT 7 SEA 05 NOV 2014 Join Marion on this 8 night All inclusive Caribbean Cruise Excursions, drinks & tips inc. From £2569 per person The champagne will flow.....	NEW YORK—5 DAYS 27 NOV 2014 Christmas shopping time. 3 nights & transfers From £969 per person Hurry these dates fill fast!

For your financial protection all of our air holidays that we sell are covered by ATOL, with our own coach holidays being covered by our ABTA tour operators license.

As you know, we sell all cruise lines but the one sailing from Hull is Cruise & Maritime. Sales are well up for 2014, I think the idea is to fill the ships now! They have extended their early booking offer until the end of July - this will be the final deadline. This is how the prices work for 2 sharing a cabin:- call for full details, what a bargain.....
e.g. a summer 2014 cruise at full brochure price £825.

Brochure £825	Discount £200	You Pay £625	2nd Adult pays £315	Total for 2 £940
------------------	------------------	-----------------	------------------------	---------------------

Looking ahead, if you want to escape for Christmas, we have a world of opportunities including a good selection for single travellers by coach - picked up from your door too! The end of the page always comes too quickly, if you have not booked your summer holiday yet we have lots of ideas and offers to everywhere in the world.

Our Warner Adult Holidays are also a snip, offering great savings on direct bookings & transport to your hotel too! If you can only spare a few days, treat yourself; many guests say it is like a cruise on land - enjoying quality time in comfortable surroundings.

All prices correct at the time of publishing in June 2013 but subject to availability at the time of booking—don't delay, call today.....

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11 Oct	St Albans & Windsor 2 nights half board	£ 129
16 Oct	Wicked Matinee & afternoon tea Manchester	£ 85
21 Oct	Warner's Littlecote 4 nights half board	£ 294
22 Nov	Thursford Xmas Spectacular 3 day	£ 229
2 days!	Thursford - 26 28, 30 Nov & 12 Dec	£ 149
05 Dec	Putting on the Ritz - 2 days half board	£ 85
04 Dec	Chatsworth at Christmas - just for the day	£ 39
13 Dec	Antwerp & Christmas Market weekend	£ 179
14 Jan	Potters World Bowls 3 days o bowling /3 nights	£ 269
24 Jan	London sights & shopping 2 nights HB	£ 129
30 Jan	World of Rhubarb & a 3 course lunch	£ 45
03 Feb	Torquay - the Gleneagles Full board & Bar*	£ 249
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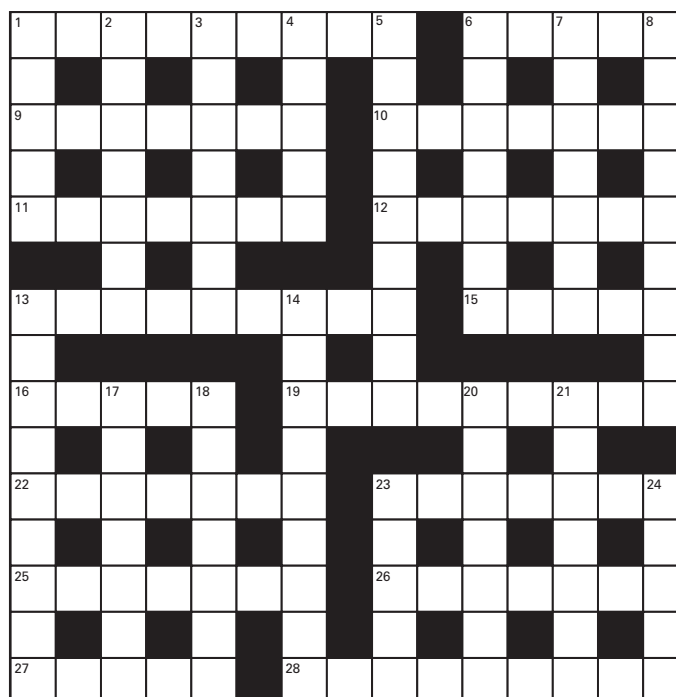
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Crossword – Solution on page 46



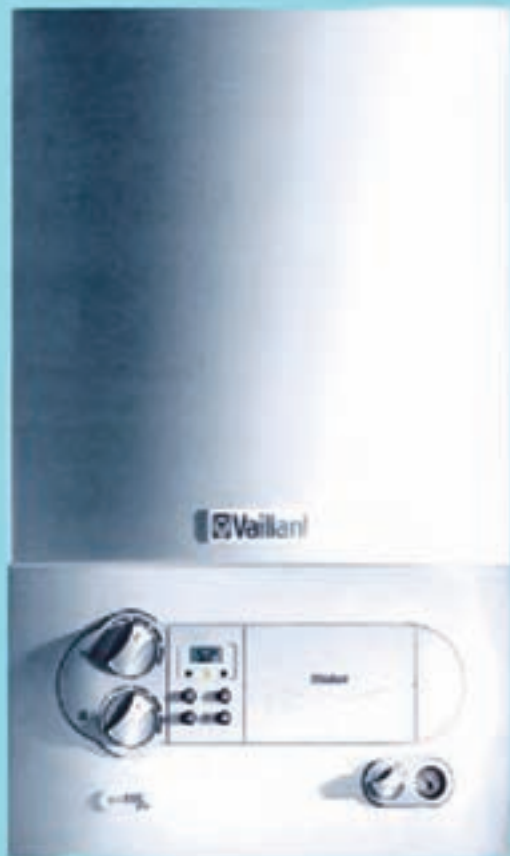
Across

- Meet (9)
- Islamic jurist (5)
- Absorbent paper (7)
- Put in place (7)
- A line of trees used to block winds (7)
- Giving a speech (7)
- Land around barns (9)
- Inhabit (5)
- The anvil bone in your ear (5)
- Without happiness (9)
- A reference book (7)
- Flapjack (7)
- Hunting guide (7)
- Motives (7)
- Smooths (5)
- Put forward (9)

Down

- Arm joint (5)
- Singer (7)
- Completely (7)
- Toss (5)
- In an extremely harmful manner (9)
- Condiment (7)
- Easily damaged (7)
- Unlawfully (9)
- Stew (9)
- Lack of acceptance (9)
- Put together (7)
- Footwear (7)
- Drag along (7)
- Harbour (7)
- A place for wives and concubines (5)
- Made easier to bear (5)

Crossword courtesy of www.crosswordpalace.com
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In the Kitchen



It's Barbecue Time!!

Lamb with Garlic and Rosemary

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

Instructions

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



Herby Beef Burgers

Ingredients

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

Instructions

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



Chicken Kebabs with Coriander

Ingredients:

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

Instructions

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



Watercolour by Carol Davidson titled "Whitby after Storms" voted public favourite at art exhibition

A watercolour painting by Carol Davidson entitled "Whitby After Storms", was voted the most popular by the public who visited the Haltemprice Art Exhibition held during April at the Civic Hall, Cottingham.

Other prize winners judged by our adjudicator, Mr Robin Storey, were: Armstrong Trophy-Best Watercolour: The Island in Summer by Gill Stansfield; Cochrane Cup-Best Acrylic/oil, Sunbeams by David Goldsmith; Hipson Trophy-Best pastel-Three's a Family by Olive Hickson; Bagnall Cup-best mixed media-Mountain Air-by Barry Jarvis; Walgate Cup-best still life/flower study-A Touch of Spring by Lynne Lobar; Ada Walker Memorial Trophy-best portrait-Ken by Mavis McGowan; Nicholson Cup-Adjudicator's favourite-Simply Flowers by Doreen Dawson; Booth Cup-Best Landscape-Trees are Green by Maisie Smithson; H.H.Rodmell Cup- Best progress-Kathleen Bayston

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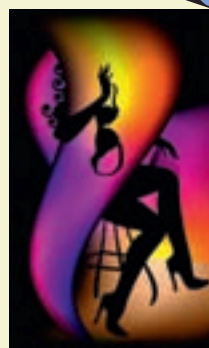
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Over £1,000 raised for various charities at open garden event

Over £1,000 was raised for various charities at an open garden event held recently at Linden House, Northgate, Cottingham.

25% of the money raised was donated to Dove House, the nominated charity, with the remainder being shared between other deserving charities.

There will be a visit by the Skidby Gardening Club to Linden House on Thursday July 18th at 7.00 pm, and if anyone wishes to attend please ring 01482 847788 for further information.

Grateful thanks is given to all who attended on the day.



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OFFICIAL PRESS RELEASE FROM PLANNING POTENTIAL ON BEHALF OF THE DEVELOPER ALDI



New Aldi supermarket proposed on Newgate Street, Cottingham

Aldi is pleased to announce plans for a new neighbourhood food store to serve Cottingham on vacant land on Newgate Street. The proposals will also include a new car park that can also serve the district centre.

The nature of an Aldi will offer the opportunity for linked shopping trips, retaining expenditure within the town and offering choice and competition for local people. Aldi will help enhance the vitality of the centre – the nature of their products means that people are more likely to need to shop elsewhere in addition to their main food shop.

The store will be carefully designed to complement the surrounding area and will offer 30 local jobs. Aldi have just been awarded the highly prestigious Grocer Gold Award 'Grocer of the Year 2013' along with 16 Gold and 10 Silver at the Grocer Own Label awards 2013. They were also awarded Which Best Supermarket of the Year 2013.

Aldi are seeking views from the local community and will be holding a community consultation event on Wednesday 10th July at 3.30 pm to 7.30 pm at the Darby & Joan Hall, 58 Finkle Street, Cottingham, HU16 4AZ.

The proposed supermarket would be built on the site of Cottingham House which has stood empty for many years and backs onto Longman's Lane and Newgate Street, Cottingham.

Above and below: Artists impression of the proposed development.



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Ear comes the sun!!

It is on beautiful days like today, when we are able (if you are one of the fortunate few) to relax, sit in the garden with a cool drink in one hand, a good book in the other and enjoy the warm sunshine. I must admit, I for one, do feel better when I begin to get that 'healthy glow' look. You know the one, when friends ask if you have been on your holidays and you reply with a wry smile saying 'Costa Del Garden'. As the sun beats down, the day gets hotter and our skin begins the tanning process of turning milk bottle white to tomato red (as it does in my case), we re-apply the sun screen, taking note of increasing the strength as the day goes on. Now, we are all aware of the dangers of the sun's rays when we holiday abroad and how many of us spend a fortune on the different factors of sun cream.... factor 50 to start with going down to 25 or maybe less as the holiday progresses. With our climate changing so rapidly in this country, hopefully our education of protecting our precious delicate skin will extend to over here, after all there is only one sun and its rays are the same everywhere.

So there we are, applying the cream liberally to ourselves, children and grandchildren alike taking special attention to shoulders, faces, necks and not forgetting ears! How many of us do forget though? Forget to protect one of the most delicate parts of our body where the skin is so fine it only takes a few minutes to burn. Sadly, this is where my story begins but it didn't happen to me or even a member of my family, not human anyway, but to my beloved cat.



I fell in love with my gorgeous white cat Bisley over 16 years ago, after watching him being delivered by caesarian and he has been a member of my family ever since. Like most cats, he likes to be outside, doing the things that most cats enjoy, hunting, eating and.... lazing in the warm sunshine. I would often find him catching 'rays' on the garage roof or laid stretched out in his favourite place, the doorway of the garden shed.

Working within the veterinary field I have learnt over the years that white cats can be more of a candidate for sunburn than other coloured cats, especially on their noses and ears where the fur is much thinner. It's a bit like red/blond haired people who have a much fairer skin than dark haired so they tend to burn more quickly in the sun. Also cats are slightly more prone to burn than dogs, due to us not knowing their whereabouts every minute of the day (e.g. constant sun bathing!) and their ears are upright unlike their canine friends which are predominantly down.

With this in mind, I tended to Bisley's ears most days with a strong factor sun cream, paying particular attention to the tips. Now you may be thinking, as I did, that this would have been enough prevention from the sun's rays but sadly it wasn't.

I first noticed the change towards the end of last year. It was whilst tending to Bisley that I noticed a small spot on the tip of his right ear. At first I wasn't too concerned and just thought he had caught it on something or had a bit of a tussle with another cat but then the spot began to grow and turn crusty. Over the months it grew, then one day it bled as he knocked it against something in the garden. Time for a visit to see the resident vet at our KINGSTON Cottingham surgery, Barbara Wynn. After a thorough examination my worse fears were confirmed.... sun damage! WHY???

I began to question all I had done for Bisley...was it enough? Maybe, it was because I wasn't applying the cream every so many hours EVERY day like we would to ourselves or the factor wasn't strong enough OR as Barbara suggested, I should have used more of a thick sun balm, a bit like the one skiers or swimmers use on their lips and cheeks. This would have then made more of a barrier and perhaps stayed on his ear longer.

So poor Bisley was admitted the following week, for surgery on his ear but it wasn't for just the lump to be removed. He had to have half his ear amputated! As Barbara explained, this was to make sure that all the cancerous tissue had been removed. Also, on examination of his left ear, it has begun to show the first signs of sun damage. Hopefully, we have caught it in time.

Exactly two weeks to the day of the operation, Bisley is still recuperating. The actual procedure has not perturbed him at all but its the buster collar (or lampshade as it is affectionately called) which he has to wear to protect his sutures from his claws, that is causing him the most annoyance. Hopefully by the time this month's article comes out, he will be back out in the garden basking in the sunshine but this time wearing his sunblock!

As for my dilemma? To rename Bisley... Van Gough?

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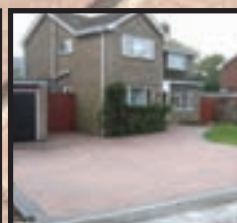
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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Bransfield

Accidents do happen . . . and for the better!!

Hello again. I hope that you are well. I don't know about you, I cannot believe that we had two good May bank holidays on the bounce. I loved it. I think that you can take your surroundings for granted, especially when you are busy. It was great to have a bit of good weather to appreciate what a nice area of the world the East Riding is. Oh, I've done a bit more research into sensitive toothpaste. Read on.

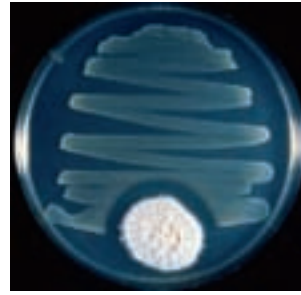
Penicillin Was A Fluke, Apparently

I have read that Alexander Fleming discovered penicillin by forgetting to tidy his workstation of bacterial samples before going on holiday. When he got back he noticed that the fungus had stopped the bacteria from growing. This was back in 1928. It was one of the most important medical discoveries.

For All You Sensitive Souls

Bioactive glass and NovaMin

One of the key technologies in Sensodyne Repair & Protect toothpaste was also the beneficiary of scientific happenstance. The NovaMin technology - a bioactive glass - was patented in 2002, but its origins go back a lot further, to a chance meeting



Penicillin



Alexander Fleming

in 1967 between a scientist from the University of Florida and a US army colonel.

At the time, Professor Larry Hench was researching the resistant properties of glass to nuclear radiation. In August 1967, he shared a bus journey to an army materials conference in New York with a US army colonel who had just returned from Vietnam.

During their conversation Colonel Klinker - who according to Hench was not particularly interested in the effects of radiation on glass - posed a question which Hench later said changed his life. Having seen hundreds of limbs amputated every week in Vietnam because the patients' bodies rejected the metals and plastics used to mend their bones, the Colonel asked the following question:

"If you can make a material that will survive exposure to high-energy radiation, can you make a material that will survive exposure to the human body?"

Two years later, Hench achieved exactly that. He created a material that in effect could form a 'living bond' with bone, and bioactive glass was born. Trademarked as Bioglass, it has been successfully used in medicine ever since to mend bones and accelerate bone growth.

It Starts To Get Good For Teeth. Just add water

In 1996 other workers found that in the presence of saliva and water, a calcium phosphate layer forms and crystallises to form hydroxylapatite, which is similar both chemically and structurally to the minerals in teeth.

They found that particles of this hydroxylapatite could fill the tiny holes in teeth that allowed sensations like sweet, hot or cold to reach nerves and cause pain and sensitivity. So, Novamin it was and it is used in toothpaste.

It is often difficult to find the right sensitive tooth paste but repair and protect seems to tick the right boxes.



It's All Go At Castle Park . We Are On The Move.

It must be in the blood. My Dad was a Bricklayer. I had to lay a foundation block. A mystery prize if you can guess where we are going! Answers to castleparkdental@aol.com

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 20 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that, Chris is founder member and trustee of the Dental Mavericks charity - ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now www.castleparkdental.co.uk

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Chris
Chris 'Dr. Smile Maker' Branfield



Is this You, or anyone you know?

by Paul Smith

The uncle and the grandmother

A husband and wife were killed together in a car crash (it was a Saturday night and he'd been drinking). They left behind a daughter aged 5. The man's brother (the uncle) said he would bring up the little girl, and everyone agreed, because he was really nice and had two little girls of his own. However, the man's mother (the grandmother) insisted that she would bring up the little girl – "She's my son's daughter".

Prior to this, the uncle and the grandmother had always got on. However, they fell out over who should bring up the 5 year-old and the dispute became bitter. Eventually it ended up in the courts, and the judge decreed that the uncle would have the little girl Monday to Friday and the grandmother would have her at the weekends. At the weekends, the grandmother would continually tell the girl that her uncle was horrible – which of course he wasn't.

This would all have been avoided if the parents of the girl had made a will specifying who would be the guardian of their daughter. This is even more important if you are a single parent with one or more very young children. If you die unexpectedly, you should have also appointed trustees. This is because your house, car and possessions will be sold and invested, hopefully wisely, by the trustees until your children reach 18, when everything will be paid over to them. (They are called trustees because they are trusted to look after your money until your children reach 18.)

Sometimes trustees and guardians are different people. Trustees need to be good with money. Guardians need to be loving. If they are different, they need to get on with each other.

There is a will-writer called Barrie Marklew. He is aged in his sixties, he comes to your house, gets your instructions, goes away, does the will and comes back to your house for it to be signed. He does a simple will appointing guardians and trustees for £70.

If you have young children, it's worth spending £70. His number is 01964 500315

Excitement! You might have an unclaimed premium bond prize.

I was surprised to read that £44 million is available to be claimed in unpaid prizes. There's no deadline for claiming a prize. I am the proud owner of an entire premium bond, bought 40 years ago, and I've lost it. However, it's really easy to see if you have an unclaimed prize – you just go into <http://www.nsandi.com/savings-premium-bonds-have-i-won> and simply enter your holders number (not the number of every premium bond you've bought). Anyway, feeling really thrilled and

quivering with excitement, I entered my holders number to see how much of the £44 million I had won.

I hadn't won a penny.

How Helen Keller learned to write.

In 1882 Helen Keller became deaf, blind and mute at the age of two. At six she was spoiled, wild, stubborn and prone to raging tantrums. Her parents asked a working-class girl called Anne Sullivan to try to teach their daughter to communicate. Anne Sullivan herself had many disadvantages – she was born in poverty, her mother died when she was young, her father abandoned the family soon after, she was poorly educated, was only 21, and her sight was so poor she was almost blind herself. However, she had two advantages – she was very bright, and she understood what it was like to be blind.

Teaching a young child who cannot speak, see and hear you is very difficult. However, Anne guessed a way to do it. She poured water over one of Helen's hands and spelt w-a-t-e-r with her finger on Helen's other hand. Helen didn't understand what was happening. But Anne persevered, time and again pouring water over one of Helen's hands and spelling on the other. Eventually, Helen grasped what was happening – because she wrote the word water on Anne's hand. Anne's method of teaching had proved ingenious.

Helen then picked up other objects and asked Anne to spell them on her hand. By that evening, she had learned 30 words. She then nearly exhausted Anne wanting to know the names of other familiar objects. Within a matter of months, aged only 6, she had learned nearly 600 words, most of her multiplication tables, and how to read Braille.

It shows what inspired teaching can do.

A pub (especially the ones I go to)

A pub is a place where the men have no future and the women have a past.

The above suggestions are intended to be helpful. Opinions are the author's own. Everything is described in very simple terms, so before taking any action you must take appropriate professional advice.

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Here is Paul's latest walk in his series of monthly rambles.

This month his destination is Hutton Buscel

The map is for a general guide only. Please use an Ordnance Survey Map or similar if possible when walking.

Map:- EXPLORER OL27

Start at GR. 973842 On road near to St. Matthews Church. Distance 6.0 Miles.

Leave the cars and walk in a westerly direction passing the church on the left and then turn right into Great Moor Road, pass the Pinfold on the left (this is a circular walled area where stray animals were kept until claimed by their owners). After about 500 metres, locate a path on the left and



follow this across the field with the hedge on the left. Cross a foot bridge over a stream and walk through a boggy area in the same direction eventually passing through a wall, turn left and then bear right at the corner of the field and continue with the hedge on the left. On reaching Wykeham Lane, turn right and then after 100 metres locate a path on the left and follow this to emerge on Ruston Lane. Continue along this lane to a "T" Junction and turn left heading for a house (Rowhowe House).

On reaching the house, walk behind the house and turn left then right keeping the hedge on the left. At the end of this field, bear right and follow the muddy path downhill through gorse bushes, cross the stream at the bottom and then turn left and follow the path diagonally up the hill passing steps on the left.

At the top of the hill, enter the village of Sawdon on Low Lane. At the road junction, turn left. On reaching the sharp right hand bend, continue ahead on a lane to a large wooden gate. Pass through the gate and follow the track to a second wooden gate set diagonally to the left. Pass through this gate and follow the short sunken track to the bottom and then veer right heading for a gate in the distance.

Pass through this gate, cross a stream and pass through another gate and turn right, then walk with the stream on your right. At the end of the third field, emerge onto the road (Ruston Lane) and turn left for about 150 metres then turn right and follow the enclosed path (walked on the outer section) On reaching Wykeham Lane, turn right and then left and follow the path.

On reaching a stile, cross the stile and then bear right heading to reach a point to the right of the buildings. Cross a stile and emerge on the road in Hutton Buscel. Turn **left back to the cars parked near the church.**

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July is often one of the hottest months of the year and a great time to sit out and enjoy your garden. Fingers crossed the sun comes out this year. Keep your plants looking good by regularly dead-heading and you'll enjoy a longer display of blooms. Make sure you keep new plants well watered and hoe off weeds, which thrive in the sunshine. Not only can we enjoy our plants in the Summer we can also relax and unwind in the garden on the warmer evenings with a chimenea, garden furniture or hopefully a few bbqs.



A guide to watering and feeding your garden

If you want a healthy garden with an abundance of flowers, watering and feeding are essential. Without water, plants will simply wilt and die. A complete fertiliser or specific nutrients are essential – particularly for plants growing close together. But when should you water and feed? During long hot dry spells, plants definitely need water – but make sure this is given at the right time and in the right way. Plants need to be fed during periods of active growth – not when it could encourage new growth later in the season.

How to water

Watering cans: Use one fitted with a fine watering can rose. This leads to less soil disturbance and possible root or plant damage.

Sprinklers: Try not to use them in hot sunny weather as this can cause leaf scorching. More importantly the water applied has more time to be absorbed in the soil when applied in the cool of the evening or in the early morning.

Trickle or soaking hoses: deliver tiny amounts of water over an extended period of time.

Root Watering: Sink 5–8cm diameter pipes or plastic soft drink bottles with the bottoms cut off in the soil next to trees or shrubs, or in containers. Top these up with water on a regular basis.

Watering Tips

- It's better to soak plants from time to time rather than watering little and often.
- Make sure water gets right down to the roots, by placing the hose or watering can spout at the base of a plant and water gently. If soil is very dry, water twice.

- Do not water plants too forcefully. Never direct a jet of water at the base of a plant as it will wash away the soil, exposing the roots. Make a hollow around the plant base and fill with water.
- Re-use 'grey water' from baths and sinks or recycle rainwater by using a water butt.



New Plants

New plants need a good deal of care and attention to help them adjust to their new surrounding and grow away well.

- When planting new plants, prepare the soil to ensure they get enough water and food.
- Dig the soil between 25 and 50cm deep. This will let in air and water to prevent root suffocation.
- Add some water-retaining gel or try some well-rotted manure, garden compost or peat alternative, as these will act as a sponge, retaining water.

Lawn Irrigation

- If grass does not spring back after it has been walked on, water as soon as possible, as long as there isn't a drought!
- If it is very dry, spike your lawn with a fork before watering.
- The quickest way to water your lawn is to use a sprinkler but to ensure you don't over-water in one place, place a jar next to your sprinkler and move it once the jar has 2.5cm of water in it.

Caring for Containers

Like new plants, those in pots and hanging baskets need special care as they run out of water more quickly than established border plants – which have bigger root systems and more soil from which they can reach water.

- Add water-retaining granules or gel (right) to compost in pots and place a small pipe or plastic bottle in the compost to help with root watering.
- Aim to keep the compost moist at all times, watering daily in hot weather.
- If the compost looks pale, has shrunk away from side of the pot, or if plants are droopy and wilting, stand the container in a bucket or pan so that it can soak water right up into the compost.

10 Jobs for this month

1. Place Conservatory plants outdoors
2. Regularly de-weed your borders and keep on top of weeds
3. Dead head bedding plants and repeat flowering perennials
4. Paint sheds, decking, fencing and furniture while its dry
5. Spray roses with fungicide to ward against black spot and mildew
6. Be water wise, use your water butt and keep on top of watering bedding in particular
7. Feed your lawn, particularly if you didn't do a Spring feed
8. Look out for Scarlet Lily beetles on your Lilies before they ruin them
9. Also keep a look out for other pests as they thrive in warm weather
10. Chop lupins, delphinium and poppies down once they have finished flowering



Dealing with drought conditions

Attach a water butt with a tap to your drainpipe to collect rainwater.

- Keep borders well weeded as weeds compete for moisture.
- A 5–7cm protective layer of mulch such as compost, cocoa shells, bark or even gravel spread on the soil between plants reduces evaporation.
- Stop sprinkling lawns in drought – in autumn they will recover!
- Hoe weeds at the roots to save time and avoid disturbing the soil and increasing water loss from the surface.
- Leave grass clippings on the surface of the lawn after mowing to recycle nutrients.

Drought tolerant plants

Plants with small, leathery, grassy, succulent, hairy or silver leaves tend to thrive in dry conditions.

- Euphorbia characias (spurge) A hardy shrub for full sun with lime green flowers and grey green foliage.
- Eryngium (sea holly) A clump forming perennial with branched stems and silver to purple-blue thistle-like flowers in summer.
- Potentilla fruticosa (shrubby cinquefoil) This hardy, compact shrub with white, yellow and pink flowers blooms all year.
- Genista has masses of pea-like flowers that smother the bush. These shrubs prefer a sunny spot and not too rich a soil.
- Robinia Thriving in a sheltered, sunny location, this deciduous tree has pink and white flowers.
- Kniphofia (red hot poker) has attractive spiky foliage and dazzling summer flowers.
- Perovskia 'Blue Spire' (Russian sage) has plumes of long-lasting flowers and soft grey foliage.
- Echinops ritro (globe thistle) blue flowers, great for pollinating insects and for cut flowers.
- Verbena bonariensis has tall stems with clusters of small rosy-purple flowers in late summer and autumn.

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Your Stars for July 2013

By Kay Gower

Aries (Mar. 21- April 20)

Relax.

Everything is unfolding as it should. Have faith that if it's supposed to happen, it's happening. Strained relationships ease up. Life becomes comfortable again towards the end of July.

Taurus (Apr. 21- may 21)

We live in an age when many people spend what they don't have to buy what they can't afford to impress who they don't know. Your realistic and modest approach is a breath of fresh air.

Gemini (May 22-June 21)

There are times when we all value cheerfulness, but you don't always have to be cheerful, especially when it's just you. A wide range of emotions will colour this month, and you'll find something of value in each tone.

Cancer (June 22-July 22)

Hidden in the dark corridors of our unconscious are treasures and booby traps. Sometimes there is no logical way to tell the difference. Still, even without logic, you do a brilliant job of sensing your way through this maze of a month.

Leo (July 23-Aug 22)

Know that your friendship is valued and will be cherished this month. The next five weeks issue a challenge to stay mentally and physically on form. There's a juicy prize to win, too. July and August are best for travelling. A renovation or change of location happens later in the year.

Virgo (Aug 22 – Sept. 23)

You'll be at peace with everyone in your world. Many would consider this a hard thing to accomplish, and yet there is an easy way to do it. If something doesn't feel peaceful this month, just let it go.

Libra (Sept. 24 -Oct. 23)

You may feel like a square peg in a round hole, but don't assume it's you who must change. More than likely, all will be well in your world just as soon as you find a square hole.

Scorpio (Oct. 24 - Nov. 22)

Just because love is true it doesn't mean it's easy. Are you up for the adventure, though? Loyalties will be tested this month. You'll learn more about the person you love, and even more about yourself.

Sagittarius (Nov. 23 -Dec. 21)

You want a change, and your desire for it is the ingredient that will make it happen this month. As you let your desire move you, it strengthens. The stronger your desire the faster the change will come about.

Capricorn (Dec 22.- Jan. 20)

It's as though the sun is beginning to shine after long days of rain. The mud is beginning to dry, and you can free your wheels from the ditch in which they've been spinning. July is the time to get back on the road.

Aquarius (Jan. 21.- Feb. 19)

There are those who believe that crying is a form of weakness and is to be avoided at all costs. They are forgetting that there is a healing balm inside every tear. Tolerate the tears of others, and of course, accept your own.

Pisces (Feb. 20-Mar. 20)

Persevere with the things you believe in. There will always be reasons to give up. Those reasons may look like immovable objects, when really they're only shadows you can pass right through. Stay on course.

Waitrose through the Grapevine

Tom Greef, Wine Specialist, Waitrose Willerby
*Hello everyone and welcome
to my new monthly column.*



Whether it's simply "vodka and coke", "gin and tonic" or the more complex "Long Island Ice Tea" most people will have tried a cocktail of some sort in their life. Their beauty lies in the sheer volume of combinations that are possible, and the flavours that can be created from such simple ingredients make them appealing to so many.

Cocktails date back over 200 years. There are many arguments to say that they originated in America however new evidence suggests it may have been Britain that were the pioneers (of course!)

As with all drinks, they go through phases of popularity. Usually brought on by their relevance in popular TV and films. Sex and the City saw a rise in the demand for a Cosmopolitan – a heady mix of citrus vodka (usually lemon), Cointreau, cranberry juice, lime juice and angostura bitters. Its flavour combinations make it a fantastic cocktail and it deserves far more respect than it gets.

Of course we can't forget one of the most famous cocktail lovers in film history – James Bond. A mix of gin, vodka and vermouth with a twist of lemon as a garnish creates a Martini and keeps 007 happy in between driving flash cars and taking down bad guys living in hollowed out volcanoes!

Whilst my role as Wine Specialist isn't as exotic and thankfully doesn't require me to take out evil geniuses or bodyguards with deadly bowler hats! I do get the chance to try out making and tasting cocktails now and again.

One of my personal favourite is a Whisky Sour. I first had the chance to try it a few years ago when I visited Sin City itself – Las Vegas. The barmaid passed me a tumbler of brown liquid garnished with a cocktail cherry and after some slight hesitance at its appearance; I bravely took a sip and never looked back.

It's such a straightforward cocktail to make that I urge you to try it, even if you don't like whisky – this has enough about it to please almost everyone's palate. All you will need is whisky (50ml), Monin Gomme (sugar syrup – 25ml), lemon juice (25ml) and angostura bitters (around 4 drops – believe me, you won't need more). More traditional recipes call for egg whites (1tsp), this adds more depth of flavour and a creamy head to the drink but don't worry if you don't want to add them, it's entirely up to you.

It helps if you have a cocktail shaker for this, however do not panic if you don't, just add the four ingredients to a glass and make sure you give them a really thorough stir to combine. Now if you want to pretend you're Tom Cruise in Cocktail then grab your cocktail shaker and give the mix a really good shake, then strain into a tumbler filled with ice, garnish with a slice of lemon or lime, sit back, relax and enjoy the magic that those four simple ingredients create.

The other beauty of this cocktail is the diversity of its components. You can poach fruit in sugar syrup, such as pears for a lovely dessert. Whisky can be used in a number of other ways, leave out the lemon juice and egg whites and make yourself an Old Fashioned, and as for angostura bitters, well they can be used in everything from drinks to soups and even gravy!

For a really refreshing change, if whisky isn't your thing then try Amaretto. So go ahead and give it a try, you might be pleasantly surprised by your efforts.

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Sudoku Answer from page 12

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



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

Hello and welcome once again fellow anglers to this month's fishing news. It is the 14th June. I hope that by the time you come to read this article that it is still sunny!

Well, the fish have spawned and are bang on the feed. The match results I am receiving in the shop are fantastic, I would say it is the best year for fishing since the shop opened 5 years ago. Plus, hurray the rivers are open to fish again so get out there and fill your boots.

People often come into the shop and ask if I am going anywhere fishing at the weekend, the answer 9 times out of 10 is yes. To give you a clue I have 3 Sundays off from now till September, and the other Sundays are taken up with matches.

At the moment my wife is winning the championship. I would like to take all the credit for teaching her, but "no". Once you have been taught it is up to you the angler to get the best from the swim you have in front of you, so well done Katrina.

On that point it does bemuse me when some people never stop to look for signs of fish before setting up. The things you should look for are:

Watch for any signs of side vegetation moving.

Swirls on or just below the surface (if you are very quiet and tread very carefully you may see clouds of mud on your inside swim).

Change your tactics, many people don't change their tactics, for instance if you are watching me really bagging up with good Ide or Carp 1ft deep, to change tactics is the obvious thing to do. If you're

using your pole and not having much success but the bloke next to you is using a feeder rod with success, get your rod out too. You might not win the match but you might catch more fish.

You may notice now that the fish have spawned that from tea time onwards, if the weather is fine, that a lot of bonus fish are just below the surface. Try to catch one or two with floating baits such as soft floaters, dog biscuits, bread etc. It is great to catch a large Carp on the top. You will find this method of fishing very frustrating but very exciting too. The frustrating part is watching the big fish sucking in every loose offering except yours. The exciting part is seeing a large fish swim to your bait and to see its mouth open and take your bait, all hell breaks loose and your adrenaline goes through the roof, it's great! Give it a go and you will see what I mean.

On the local front, Sam Hostics at Plaxton Bridge is fishing its head off, all three ponds I am pleased to say.

The Folly and Tench at Risby Park, Walkington is the same. Good bags of small fish are also coming from the Carp pond. If it is Rudd you want with the odd bonus fish thrown in you won't go wrong taking your kids or grand kids to Northmoor Lane Nursery, there is a small lake here at the bottom of the car park, and it is stuffed with fish.

The next thing I would like to talk about involves a great big thank you to quite a lot of you. Do you remember last year when I organised a charity match at Halsham in aid of cancer for our Castle Hill Hospital? Well, I am doing it again this year and the thirty peg match was fully booked in just two days. For all of you who wish to still donate by means of raffle tickets etc. can still do so right up to the 28th July. It is nice to put something back into something good. As like last year I will be once again splitting the monies raised between Oncology and Cancer Research. With your help we should reach my desired target of £500, and thank you again to all those who have made a donation so far.

Next is I cannot believe that I am going to tell you that Dimlington has been fishing its head off lately! All the forums are full of reports of large catches of Smoothies, Skate, Bass, Doggies and Cod. At the moment the baits to use seem to be Crab or Squid. Most of the Smoothies have been caught with double squid on a pennel rig at distance. The Crab and Worm baits are for closer in work. Oh! Here's one for you, did you hear about that boat angler from Whitby who caught a 71lb Halibut, brilliant eh? I wonder how much that was worth!

Finally, I know I say it month in month out but please order your sea bait in advance, if you don't you may not get any as my digger has said if there are no orders he is not going to go digging at this time of year. Once again we do supply a vast range of frozen baits for you.

Next month I will let you know how our rivers are doing and where.

New stock is nearly arriving daily, pop in and check us out.

Till next month myself Chris, and the rest of the Catchmoore Crew wish you all "tight lines".

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Sidney Scarecrow and his friends are back!

**Friday 12th, Saturday 13th and
Sunday 14th July.**

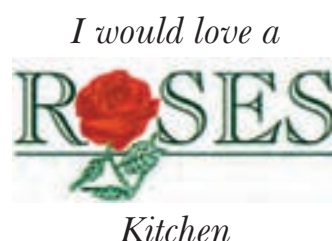
Skidby is again looking forward to welcoming visitors to its 4th Annual Scarecrow Festival, which will take place over the second weekend in July. This year's theme is "Anything goes – just scare those crows!" We believe that this open-ended theme will attract a wide variety of interesting and entertaining scarecrows.

Additional fun for spectators will be provided by S.J. Superstars Stage School (Saturday morning); The White Rose Falconry Group (Saturday); a Zumba Gold demonstration (Sunday afternoon) and the Beverley Brass Band (Sunday afternoon). We hope to have a "live" scarecrow lurking unsuspectingly around

the village and there will also be a number of Charity Stalls. The most popular exhibit in the Festival will be chosen by a public vote.

Programmes and home-made refreshments will be available in the Village Hall. Further programmes will be available at the Half Moon Inn, where an additional range of family fun activities will be taking place, together with live music on Saturday and Sunday evening. Visitors are requested to avoid parking vehicles along Main Street. Ideally, cars should be parked outside the village or at the Playing Field. Only limited car parking space is available at the Primary School and the pub.

Further information may be obtained from the Scarecrow Secretary Kelvin Young on 01482 843446 or downloaded from the Skidby Village Hall website www.skidbyvillagehall.btck.co.uk. All proceeds from the Festival will go towards the maintenance and up-keep of the Village Hall.



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Hallgate Schools -

by Peter Railton (Local author and historian)

The Year is 1941

In January, Councillor Arnett made his feelings quite plain that insufficient precautions for the safety of the pupils had been taken. Part of an entry in the boys' log book reads -

"Beyond a few windows blocked up, nothing has been done for the childrens', masters', mistresses etc., protection. I would suggest that without further delay, sand, sufficient for each classroom with a surplus stored conveniently outside, be provided. Also stirrup pumps, at least one to each two classrooms, be provided and the elder children be instructed in the use of them also that sprays be fixed throughout the different passage ways."

This concern for the welfare of all pupils at Hallgate Schools and the uncompromising way in which he 'made his feelings clear' was typical of Councillor Arnett. He had the reputation of a 'fire eater' and one who got things done.

Cut arms and immunisation

On the 4th of February, Gordon Dobson aged 10, left the playground and went into the playing field alongside to build a snowman (snow had been falling heavily the previous night.) He fell and cut his arm badly on broken glass concealed under the snow; he was taken to Mr. Brookes who applied temporary first aid, then Miss Hardy took him to Dr. Nunnerly who inserted two stitches and then took him home.

During February and March, many boys were immunised against diphtheria. I remember we went into the hall class by class, formed a single file, rolled the shirt sleeve of one arm up high, and proceeded slowly to the awaiting doctor and nurse. As we got ever closer to the dreaded needle, the boy in front of me suddenly fainted and crumpled up on the floor. A teacher and the nurse lifted him up and laid him on one of the large, rough, P.T.

mats which were thoughtfully sited close to the table. I looked bravely away as the cotton wool swab was applied to my arm and then the nasty prick of the needle - I confess to seeing a few stars myself - probably brought on by the sight of the pale lad on the mat.

Continual air raids

Two air raids took place on the afternoon of the 27th of February, the first at 1.30 pm; some boys went to the cloakrooms as usual and some turned around and ran back home (lunch time was from 12 noon to 1.30 pm then). The all-clear sounded at 2.20 pm and pupils emerged from the improvised shelter of the cloak-rooms and the boys who had gone home set off again for school; at 2.35 pm the sirens sounded again, so back to the cloakrooms went those in school and the lads setting off to return to school from home did a quick about turn - they were probably thanking the Luftwaffe for its timely arrival! The all-clear sounded at 3pm - too late to go back anyway. Difficult days - it is surprising that any pupils at all were able to benefit from school then, there was so comparatively little of it; for example 67 boys out of 300 arrived for school on the 19th of April due to all night alarms.

The Hull Blitz

Councillor Arnett swung into action opposing the system of letting children run home, back and forth, exposing them to danger in an air raid - he pushed for the building of shelters as the answer and in due course some were erected in the school playgrounds.

The most severe raids occurred on the 6-7th, 7-8th, 8-9th and 11-12th of May, the Hull Blitz, usually lasting all night on and off, with tremendous damage and loss of life the result; at least Cottingham pupils had a school to go to next day - many Hull schools were damaged or destroyed resulting in pupils having to be accommodated at other schools, often quite a long way from their local one.

The manual room was broken into in mid-May and emergency rations stolen or destroyed; these were the property of the W.V.S. and to be distributed in Cottingham in the event of heavy damage

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to food shops and property - tea, sugar, cocoa, biscuits, tins of sardines etc., clothing, towels, cutlery were strewn about -" wonton, barbarous treatment " was the verdict of Mr. Brookes.

On the 15th of May he recorded the death of an old scholar, Pilot Officer Peter Foster Freer who was killed in action over London. He lived in Harland Way and a photograph of him is displayed in the new Hallgate Primary School. He was buried in Cottingham with Military Honours.

Sleeping on floors

There were raids on 14 nights in June, but Michael Rodmell, John Shirtcliff and Donald Curtis passed scholarships exams. Eleven raids in July saw many more people 'bombed out' and a lot came to Cottingham where many of them were accommodated' in the school halls, sleeping on the floors on make-shift beds and being fed and looked after by the teachers who worked tirelessly in shifts during those dark days and nights and what was left of the emergency rations were used for the new arrivals. Eventually, the L.E.A. closed the schools for two days so that the staff could get some sleep.

Food Shortages

The school was closed again in October as many boys and girls helped in the fields in the area picking potatoes - these were desperate times as the U.K. faced big food shortages and every hand was needed to harvest the corn and potato crops. In the girls' department, the year opened with a poor attendance due to a mixture of measles, snow, fog and air raid warnings. The College students were present on their teaching practice, with tutors paying visits to monitor their progress. Miss Buttery and Mrs. Evans were both away ill for two weeks.

There were several alerts during the first week of February - the Luftwaffe were not deterred by snow and fog. Pupils travelling in from Eppleworth by horse and cart were absent for a week along with other pupils who lived quite a distance away. In late February Dr. Herman, the M.O.H. came to immunise the girls - I wonder if any of them fainted? Measles made their appearance again in March and this, plus night air raids, kept attendances down to 75% at times. Councillor Arnett and Rev Hebron visited the school frequently to see all was in order as far as possible. The difficulties of the times for pupils, parents and teachers alike is very well conveyed by Miss Brimelow in the school log book in May -

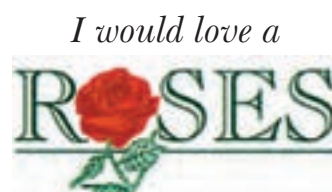
"All through the week we have had terrible air raids lasting until 5 am or 6am in the morning. These have been very distressing and frightening, many girls have spent the night in the shelters. Some damage to life and property has also been reported in Cottingham and the surrounding district. The lessons have had to be given out of order but as far as possible the work has been as usual."

Air raids during daylight hours

In June most raids took place in daylight hours and this, plus good weather, saw an improvement in attendance. Miss Brimelow echoed Mr. Brookes in describing the influx of men, women and children into the building and having to help as they made their beds on the hall floor each night - some stayed all day and others made their way back to their homes in Hull next morning, hoping that they were still standing. In the midst of all this activity and disruption, termly exams went on - there was a grim determination to carry on in the schools in spite of everything; some of the staff were Civil Defence volunteers by night and everyone was thankful when the summer break arrived on the 20th of July - this was extended until the 18th of September, partly because of children helping with the harvest and partly to allow time to tidy up the premises after the Hull evacuees had gone, e.g. re-polish the floors and touch up some of the paintwork.

Thirty one infant girls 'went up' after the holidays and work proceeded as usual. The Poppy Appeal raised £5.11s.10d that year and £1.10s.51/2d was collected for the Russian Fund - they were our allies now after the German attack earlier that year. All departments closed for the Christmas break, from the 23rd of December until the 7th of January 1942.

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

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So many passionate people!

I must have touched on a subject close to people's hearts which created a lot of interest in my article last month. Thank you all very much for such positive feedback.....to have a love of animals is a very real blessing for everyone.

When you look at what motivates animals of any species to either be what they are by nature or to become what we desire them to be for our own benefit then it leads into a complex science. Understanding those motivations.....both desirable and undesirable.....is fundamental in our ability to train them in a positive way.

Keeping things simple

Keeping things simple is a great start. Training in bite sized chunks is another. Positively reinforcing correct behaviour is essential. Understanding their stress or apparent inability to learn is another backed up by an understanding of how they perceive their world through their own eyes.

Past experiences, both good and bad, have an enormous impact on present "offered up" behaviour in any animal of any species. A lack of trust and feelings of fear present at one end of the emotional scale extending to a dominant lack of respect and bullying attitude whereby owners, handlers or trainers are being held to ransom at the direct opposite end of the scale.

Most of us own dogs and cats.....predators by nature of species. Mostly we wish our dogs would not attack or defend, until it suits our need. Our well fed cats' still hunt wild birds by nature of species, which is no longer necessary when readily available food is present.....species first dictates they will always hunt.

Diverse group of people

At the 1st International Animal Trainers Conference at Twycross I talked about in the last edition I met an extraordinary and diverse group of people. Some care for and train inside Zoos, where others are out in the "bush"! Literally! I met and listened to a guy called Cyril Stannard and a lady called Anne Beckhelling from the Cheetah outreach in Paardevlei, Somerset West. South Africa.

Their work is two fold. Using cheetah ambassadors trained from birth to bring conservation reality to local schools of young children, collages of young adults (who could all start to make a difference) and communities who are affected or governed by their rural surroundings.....all in the hope that seeing the reality of the elegant beautiful touchable feline in their midst creates a bond with their bush surroundings, awareness of slaughter through poaching and farming herd protection using indiscriminate snaring and poisoning.

Training Anatolian Shepherd Dogs

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The farmers benefit by reducing stock losses by 98%! The wild life (which includes all the large carrion birds, herbivores like Springbok, Gemsbok and Impala as well as the carnivores like the Serval, Leopard, Cheetah and Lion) benefit immensely by the removal of horrifically cruel indiscriminate killing by poison laying and horrendous myriad of variations in snaring.

Win Win situation

It's a Win Win situation! The dog never leaves the flock for all the rest of its lifeby training its natural instincts of protection and herding in guarding its charges. The farmers will provide all the care and nutrition the dog ever needs and is honour bound to preserve the wildlife. You may never look at your cat or dog in quite the same way again!

It is such a blessing to find people who dedicate all of their lives to work in such fields with immense passion and dedication. I found it all quite fascinating as well as humbling.

Change of attitudes

Hopefully we all do our bit to make sure we tend to, care for and protect all the people and animals in our lives and that we create no harm. It's good to feel that we may play some small part in changing attitudes, opinions or actions in others which may create harm or maybe we donate time or money to a chosen charity doing good works. It is always humbling to meet people who give their whole lives and "being" in order to protect, nurture and care for wild animals, their environments and the indigenous people in order for our children to inherit a wonderful and diverse world of wild life.



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Salads, Spices and Scarecrows at the Half Moon, Skidby

Salads and Spices

With rays of sunshine occasionally peeping from behind the clouds our Summer Menu has finally been launched..... While maintaining our favourite main course items, Steak & Ale Pie in suet pastry, Fresh Haddock & Chips, Prime Sirloin Steak etc., we have added a range of Salads, including an unusual tender Spicy Beef topping as one option on our House Salad, a Chicken and Bacon Caesar Salad and a chunky Greek Salad with gorgeous Kalamata Olives.

Our summer additions to our fresh hot food include Meatballs with Egg Noodles dressed with a light Sweet and Sour sauce; fresh Haddock Bites marinated in our blend of Thai spices and a tender cut of Lamb Rump with a sauce of wonderful Aromatic Moroccan spices. I'm really delighted with the choice of flavours and textures we have put together in this new menu, (I obviously had to test everything first, an arduous task I know, but someone's got to do it !!!)

Scarecrows

The main event in Skidby's calendar is the Scarecrow Festival and "Skidby's Village Pub" is wholeheartedly supporting the event with a Fun Filled Family Weekend.

From 12.00 Saturday and Sunday we'll have two Bouncy Castles, a Gladiator Mat, and a selection of Giant Games situated in our grassed area at the rear of the Pub. A Bar-B-Q and a Pimms Tent with Strawberries and Cream and obviously a fully stocked Bar.

With a fun filled entertainment programme as follows:-

Friday 12th July

Live Entertainment from 9.30pm with the fabulous Donna Marie.

Saturday 13th July

Sid the stilt walking, balloon twisting, Scarecrow will be entertaining the children while Dangerous Steve will perform two shows of daring do's with unicycles and ladder balancing etc. and the Beverly Garland Dancers will be honouring us with a performance during the afternoon. Followed in the evening with more live musical entertainment from 9.00pm with the superb Leanne Smith.

Sunday 14th July

The Great Mysto will be entralling us all with close up magic tricks as he walks amongst our visitors, while Jazz P'zazz a brilliant strolling jazz band will be getting your feet tapping as you tuck into your hot dogs.

So all in all a fabulous weekend is in store and all free, (oops a quick disclaimer needed - not the food and drink). So tour the village, visit the many brilliant Scarecrows on show, vote for your favourite and soak up the village hospitality, we look forward to seeing you. For further information and bookings tel. 01482 843403.

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Wills - why use a solicitor?

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

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

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

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

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

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

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

We believe the information contained in this article to be correct at the time of going to print. While all possible care has been taken in the preparation of the information, no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by the firm or the authors.

Andrew Jackson
Solicitors

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Moving Abroad?

A monthly column by Nick Russell

I can't believe that, as I sit and write this, we have nearly reached the longest day. Where has the year so far gone? We are already half way to Christmas.

A visit home

Since my last article Rita and I, along with her sister Pat, who also lives in Spain, made a quick visit to the UK to celebrate their other sisters 50th in Birmingham. Rita and I also went back to Hull to see our daughter, Nicola and her partner Andy and our grandson Jack. We drove rather than fly so we could buy a few things that are difficult to get hold of out here (dutch hoe, lawn feed and weed, flat bed sheets, printer ink to list a few things) and load up the car on the way back. We managed to do the 1500 miles in 2 days, despite the weather both ways through France been absolutely wet and horrendous. Its a bit more expensive than flying but much more fun and you see more of the country side through Spain and France as well as being able to buy whatever you want without the fear of luggage surcharges!!

Most of the motorways through the two countries are toll roads, so if you ever decide to drive don't forget to add around £120 each way to the costs. Diesel prices also vary tremendously



from 1.22 euros per litre in Spain to 1.50 euros in France and even more in the UK but even with an overnight stop eachway, food and refreshments, the total cost for the three of us was about £650.

While I was at my daughters I had a walk around Cottingham to catch up with a few old friends and one thing that struck me was how quiet and lifeless it felt in the village. Not many people about and very quiet in the shops, even though it took me a while to find a car parking space. Its also sad to see some of the old established businesses either changing hands or closing down, leaving more empty shops in the village. I didn't have a lot of time and I am really sorry I didn't see more people.

Returning to Spain

Since returning home to Spain, we have finished the bedrooms in the casitas, had more people staying and more bookings for the summer. The weather has dramatically improved as well this month and is currently averaging about 32°C and is hot and sunny. The pool is warming up nicely and getting plenty of use by the guests and the grandchildren although not by me...its still too cold.

I have been spending days in the Olives trying to get rid of all the weeds and getting bitten to death in the process, despite covering up and spraying myself in insect repellent. Its hard work and as its so hot, I can only do a couple of hours a day, so its going to take a while.

Poppy, our Jack Russell, has been having a great time catching rabbits, rats and a couple of snakes out in the undergrowth. She sits patiently until they try to make a run for it and then she pounces, and there is always only one winner.

The return of mains water

After having no mains water since the end of April, we have finally got a mains supply back on. I am still not sure what the problem was but when we returned from the UK still not having any mains water, I wrote to the water company asking them to sort it out.

After the first visit we had done everything that their engineer asked us to do and more. We changed the non return valve,

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disconnected the pipe from the tank and flushed water down it to the meter and it flowed freely so we knew we had no blockages or leaks on our side.

When the engineer returned he still didn't understand why we had no water and left, saying he would investigate further.

The next day the water company had engineers, diggers and pumps in the village digging up the road and working away. I guess the problem was with their mains supply because the following day we had fresh water pouring into our storage tank, thank god.

A trip to Rio Frio

When our friends Dawn and Steve stayed, we had a night out in a little village about 20mins from our house called Rio Frio. It's a small village of about 300 people but it is known as the trout and caviar capital of Andalucia, probably Spain. There are about a dozen restaurants in the village, all serving full menus but specialising in trout from the local organic fish farm. If you like fish, especially trout, then you will love this place. We visited a restaurant we had been to be before and the food is really nice and great value. If you are ever in the area, pop into any of the restaurants and try the Trout in garlic, a full fish with head and tail on or Trout Genovese, an open filleted fish covered in ham and cream. Both are delicious and I guarantee you will go back.

The caviar is from organic sturgeon and is indigenous to this area of Andalucia and sells for about 90 euros for a very small tin.

My fish pond

After the disaster of last year when I lost more than 50 of my adult fish from my pond, I am hoping I don't have the same problem this year. Currently we have about 60 full grown brown carp and gold fish as well as over 100 babies and I hope they all survive this year. If anyone has any advice please e mail me. I will be very grateful.

Drinks and Tapas

One of the nice things about living out here is taking guests and friends out for a drink and watching their faces when the waiter brings out a snack, or tapas, as well as the drink. The usual comment is "do I have to pay for this?" Well in this part of Spain if you buy a drink, you get a tapas free. The more you drink then the more food you get. The history of receiving a free dish of food goes back hundreds of years when customers were given a plate with a piece of bread to put on top of their drinks to keep the flies out. Its great if a few of you go out for the night because you never know what tapas you are going to get when you buy a round. The tapas can vary tremendously from cheese or ham on a piece of crusty bread to a pork stew or seafood or salad or mini burgers. It's always a surprise and I find it amazing that the bars can afford to do it especially in the current economic climate here in Spain.

More information

As I said earlier, we now have two 2 bedroom suites, each with their own bathroom. One suite is in the house and the other is the newly refurbished one in the casitas. All are available on a B&B basis at the moment so if you fancy coming out for a holiday in the real Spain and enjoy a bit of peace and quiet, then send me an e mail for more information on prices and other services we can offer. If you want to see more pictures and are on Facebook, look for Rita Russell (profile picture is our house). Although we are busy we would love to hear from you and if you want to come out I am sure we will be able to accommodate you. Our email address is nickruss@hotmail.co.uk

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Cottingham's first Notary Public for at least a generation, Neil Oakes, is open for business in George Street. Notaries make up the oldest and smallest branch of the legal profession and generally deal with clients who are involved in transacting legal matters abroad. Neil is delighted to have moved into Cottingham after many years practising as a solicitor/notary in Hull. Neil's office is within, but is independent from, Jane Brooks Law Solicitors at 2/4 George Street. Among the services that Neil offers are:

- Authenticating the execution of documents for use abroad;
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Beware of Holiday Scams!

East Riding residents planning a summer getaway are being warned to be on their guard against holiday booking scams, with a warning 'Look before you book!'

Trading standards say there has been a rise in cases of holiday booking fraud, when people hand over money only to discover that their holiday, accommodation or flight doesn't exist, or the booking hasn't been made.

Fraudsters are scamming consumers by using fake websites, false advertising, bogus phone calls and phishing emails.

Recent research from the National Fraud Intelligence Bureau (NFIB) shows nearly 1,000 cases of holiday fraud reported in 2012, costing consumers about £1.5 million.

Common types of holiday booking scams include fraudsters targeting group bookings for sports and religious packages by offering 'special deals' for major events in long haul destinations which are often expensive because of high demand; fake airline tickets or tickets that never arrive; and fraudulent advertisements for holiday villas and apartments for which consumers are asked to pay directly into the owner's bank account.

An emerging target for fraudsters is the cloning or fraudulent websites for visa applications, with the ESTA visa required for the United States the most common target.

East Riding Trading Standards are advising local residents to avoid becoming a victim by taking a number of precautions.

These include:-

- * Check the website address that appears in the top window is correct. Fraudsters can clone legitimate websites but will change the last part of the web address, such as from co.uk to org.

- * When entering personal details online, make sure the site is secure by having a padlock in the address bar and an address beginning http or https.

- * If you are booking accommodation online, avoid using sites where the owners advertise it directly and never pay directly into an owner's bank account.

- * When applying for a foreign visa, search thoroughly online to check the correct website information.

Councillor Jackie Cracknell, East Riding of Yorkshire Council's portfolio holder for community involvement and performance, said: "The majority of us work and save all year to be able to go on holiday, so to find that your booking was actually a scam and you have no holiday is particularly distressing. I hope that by warning holidaymakers what to look for it will help to prevent them being duped."

Anyone who is a victim of fraud should report it to Action Fraud at www.actionfraud.police.uk or speak to a specialist advisor on 0300 123 2040. People who have paid for the holiday using their credit card should report the fraud to the card issuer.

For advice or to pass on details of scam companies, ring the Citizens Advice consumer service on 0845 4040506 or visit www.adviceguide.org.uk.

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Exhibition in St Michael's Skidby during the Scarecrow Festival

During the Skidby Scarecrow Festival on the weekend of July 12th – 14th, in addition to having a Scarecrow entrant outside the church, we will be having an exhibition inside of old photographs and documents, on loan from the Treasure House in Beverley.

There will also be other attractions inside the church and members of the congregation will be on hand to answer any questions and join you in reminiscing about how the village and church used to be. You might even see someone you know in the photographs!

Please do pop in and see us when you come to look around at the scarecrows, you will be made very welcome.

Cottingham Singers to perform their annual Summer Concert on Wednesday 17th July

The Cottingham Singers will be performing their annual Summer concert on Wednesday 17th July next at Bricknell Avenue Methodist Church.

The concert starts at 7.30pm and is made up of a variety of music to hopefully suit all tastes.

Tickets for the event cost £3.50, including light refreshments, and may be purchased at the door. For any further information please call 01482 506643.



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New partner joins Shahin at the Alishaan restaurant in Cottingham

A new partner has joined Shahin at the Alishaan Indian restaurant on Hallgate, Cottingham. His new partner is Mr. Salika Tarafdar who is the owner of the Tandoor Mahal Restaurant on Anlaby Road, Hull since 1977, and the Zaffran Restaurant on Kingston Road, Willerby since 2011, has joined with Shahin Ahmed who has been at the Alishaan for 15 years.

The Alishaan will continue to serve quality Indian food as the new partnership team looks forward to seeing customers old and new at the Alishaan on Hallgate.

Regular customers will also continue to see some familiar faces such as Shahin Ahmed and chef Shab Uddin, who are both continuing on at the Alishaan.

The Alishaan Restaurant is open 7 days a week (including Bank Holidays), Sunday to Thursdays 5.30 pm to 11.30 pm; Friday and Saturday 5.30 pm to Midnight. Telephone 01482 847255 for bookings and further information.

British Legion (Cottingham branch) seeks new members

The British Legion (Cottingham Branch) are seeking new members. They meet on the first Thursday in the month at The Memorial Club, Finkle Street, Cottingham.

Meetings take place between 7.00 pm and 8.30 pm. There is no need to have been a member of the Armed Forces to become a member.

For further information contact the secretary Dave Cross on 01482 847804.

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

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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:

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Women's Problems:

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Beverley and District Widows' Friendship Group

About a year after my husband died I joined the Beverley and District Widows' Friendship Group and found it a very helpful and comforting experience as everyone knows how you are feeling. Last month (June), with the aid of a grant from Beverley Town Council, the group celebrated its 20th anniversary with an outing to Sheffield to see the musical High Society.

Normally we meet every Thursday at The Grovehill Hotel in Holmechurch Lane, Beverley, starting at midday if, like most of us you have a meal, otherwise about 1.30. We have a varied programme with speakers about once a month. We also have quizzes, play games, garden days, book sales etc. and a "good chat".

Once a month we go out for Sunday lunch and some of the group also go away together for New Year. I have made lots of new friends and have been away on holiday with some of them. Also, if you want to go to the theatre for example, and have no-one to go with, just ask around, someone is bound to join you.

New members will be made very welcome. Either just come along any Thursday, or phone our chairman, Jenny Hallas (01482 666156) or secretary, Kathleen Teyen (01482 352564) for more details.

Diana Fairhurst



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Do you think that your life leaves little time for exercise?

Having little time to fit exercise into your schedule cannot be used as an excuse to not keep fit when there are lots creative ways to do so.

Finding time to exercise can be a challenge when you seem to work all of the time, not just at your job but at home as well! The good thing is that there are lots of ways to include physical activity into your day that do not involve going to the gym.

Take your children for a walk in the park or around the neighborhood. If you prefer get out the bicycles and go for a bike ride instead (or do both!). Doing chores around the house will provide you with exercise and will burn calories and help to increase your metabolism. Do your dusting, mopping, sweeping and vacuuming and do not be afraid to be vigorous about it! put on some music to add some enjoyment to the tasks. Before long you may find yourself dancing as you go about your otherwise mundane household chores!

Do some stretching exercises or even some light yoga moves when you are cooking supper or talking on the telephone.



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Recently Amended - National Planning Rules and Procedures

Central Government has made changes to planning requirements aimed at reducing the 'burden' on local Councils and Authority's that effect your Parish Council's ability to influence applications of various types with the following broad outlines;

- Residential Planning. The new rules introduced on the 30th May 2013 allow for a 'neighbour notification' system which gives immediate neighbours an opportunity to lodge an objection to a planning application submitted by a neighbour from an adjoining property within 21 days of notification. The Council can then consider the objection on the grounds of residential amenity only and must do so within 42 days otherwise the application will be deemed successful. The Parish Council plays no part in this process any longer.

- Applications are subject to the same building regulations and must meet maximum size criteria.

- Applications submitted for consideration within a conservation area must fulfil the previous planning requirements and The Parish Council will be given an opportunity to make recommendations.

- Changes to commercial applications for extensions and rights of use have also been implemented but again if the property is in a conservation area previous rules will apply.

These changes remove the opportunity for local Councils to have any kind of stake holding interest in a large number of planning applications which effectively become 'notifications'. These changes will remain in place for a minimum of three years when a further Government review will take place.

Whilst the Parish Council may no longer have an input into many aspects of the planning process if you are concerned or require advice about building works at a property near you please contact us for further assistance.

More information can be found on East Riding of Yorkshire Council's website using the following link <http://www2.eastriding.gov.uk/environment/planning-and-building-control/planning-applications/home-extensions/>. Or alternatively visit the Cottingham Parish Council website on www.cottinghamparishcouncil.org.uk.

Crossword solution from page 14

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16	I	N	C	U	S			19	J	O	Y	L	E	S	S	L
	C		O		A		E					N		E		
22	A	L	M	A	N	A	C			23	H	O	T	C	A	K
	S		P		D		T				A		R		P	A
25	S	H	I	K	A	R	I			26	R	E	A	S	O	N
	E		L		L		O				E		I		R	E
27	E	V	E	N	S			28	N	O	M	I	N	A	T	E



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