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#### **AgeUK East Riding**

Most Fridays 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and other services available. Tea and Coffee available. Telephone 01482 869181 for further details.

#### Cottingham Bridge Club

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

Front cover: A view down King Street, Cottingham.

Photo by: Paul Lakin.

<del>( ( )</del>

#### **Cottingham Rangers AFC**

Are one of the biggest football clubs in the area. We have a minisoccer 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.

#### **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.

#### **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.

#### Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. 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.

#### 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. In 2014 we will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at U9, 11, 13, 15 and 17 and all Girl teams at U11 and 13. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm 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 Hessle on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

#### **Cottingham Methodist Church Hall**

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

#### **Humber Raiders Basketball Club**

Training sessions are held every Wednesday evening between 7.00 pm and 9.00 pm and on a Saturday afternoon between 1.00 pm and 3.00 pm. If you would like to join us for a free starter sessions we would be pleased to hear from you on recruitment@humberraiders.co.uk or 07789 986323.

#### The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. Admission £2.00. For further information tel. 843253 - 07531 762593 or 473042.

#### The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: www. greengingergarland.com or team leader Jenny Pittock on 01482 657778.

#### **Cottingham Tennis Club**

Entrance off Hull Rd., next to Overland Road. New members welcome. Competitive rates: e.g adults £140 p.a. - play all year, no extra court fees. Reductions month by month for members joining after April. Tel. 847080 John Stones (Membership). 07785-543258 Paul Holtby (Coaching)

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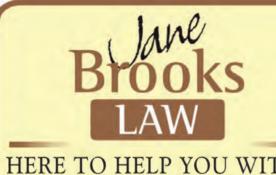
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#### Continued from page five

#### **Hull Alpha Probus Club**

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

3rd July - Coffee Morning

17th July - Lunch

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.

#### **British Sugarcraft Guild**

Saturday 5th July - A Craft Workshop by Gwyn Harriman. Meetings held at the Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. Meetings 2.00 to 4.00 pm.

#### **Cottingham Day**

Saturday 5th July - A Fun day for all the family, at various venues throughout the village.

#### **Cottingham Methodist Church**

Saturday 5th July - Cottingham Day. Church Open All Day for Refreshments including Light Lunches and Cream Teas. Various stalls/demos in the main Hall. Young People's Photography Competition Exhibition - 10am to 4pm. Why not pop in and have a look and encourage the young people of Cottingham.

#### **Cottingham Women's Institute**

Tuesday 8th July - Millinery Demonstration by Louise Cramond. Competition: Sun Bonnet (any medium), at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

#### Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 8th July at 7.30 pm

Tuesday 22nd July at 7.30 pm

Got a digital camera for Christmas and want to know more?? Why not pay us a visit and join a friendly group. Members are always happy to offer help, advice and support to new members. New members welcome. Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

#### **Cottingham Green Women's Institute Evenings**

Thursday 10th July - Visit to Smith's Upholsterers and Supper.

#### North Ferriby Gardening Club

Thursday 10th July - North Ferriby Flower Club presents a demonstration by Susan Maddocks at 7.30 pm in the Village Hall, North Ferriby. Tickets are Ł4 for non members and are available from Pauline Davies (Secretary) Tel: 01482 631312 or on the door. Susan is a well known demonstrator and not only are her arrangements outstanding, her stories are usually funny and entertaining. We finish the evening with a raffle of the flowers and a cup of coffee or tea and a chat with friends. Do come and join us.

#### U3A

Thursday 10th July - Janet Smart - School for Orphans in South Africa, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

#### **East Yorkshire Embroidery Society**

Saturday 12th July - Peggy Fearne - Creative Journey Through Geometry, followed by AGM. - 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits.

Continued on page eight







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#### Continued from page six

#### North Ferriby Gardening Club

Saturday 12th July - Village Show held in the Village Hall.

#### Friends of KGV Playing Fields

Sunday 13th July - How well do you know Cottingham? Find out when you take part in this stroll around your village, following clues that will lead you through the snickets and alleyways. Who knows where you will end up!

#### Little Weighton Open Garden Event

Sunday 13th July - An Open Garden and Strawberry & Cream Tea or Tarts, Mousse or Spritzers. Games for children. Station View, Little Weighton, off Rowley Road. £5 for Adults and £1 for children. 1 - 4pm. A fundraising event for the renovation of the village hall.

#### Hull and East Riding New Stitchers (H.E.N.S.)

Tuesday 15th July - Linda Westerman - Hidden Treasures. Meetings are held at the Endsleigh College Centre, Beverley Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

#### Cottingham Evening Townswomen's Guild

Wednesday 16th July - The Fate of the Eight, Clive and Kath Richardson, at 7.30 pm in the Darby & Joan, Finkle Street.

#### **Beverley Fine Arts Society**

**(** 

Wednesday 16th July - Impressionist Tim Stimson - Gustave Caillebotte: The Neglected. A freelance culture/art historian specialising in the 17th and 19th Century. We meet on the third

Wednesday of the month, excluding August and December. Our talks begin at 10:30 am, lasting for about an hour, with an opportunity to ask questions at the end. Meeting are held at: The Willerby Manor Hotel, Well Lane, Willerby, HU10 6ER. If you would like to join us, or possibly try us out for a meeting with a view to joining, then contact our Membership Secretary on 01482 843356 who will be pleased to provide more detail. (or if unobtainable, phone 01430 422114 to speak to another committee member) Website <a href="http://beverleyfinearts.wix.com/">http://beverleyfinearts.wix.com/</a> bdfas or Email: BeverleyDFAS@hotmail.com

#### Cottingham Singers.

Wednesday 16th July - The Cottingham Singers will be performing their Summer Concert, which includes a Wartime medley, on Wednesday 16th July at 7.30pm. This will take place at Bricknell Methodist Church on Bricknell Avenue. Tickets costing £5 (including refreshments) are available on the door.

#### **Diabetes UK**

Thursday 17th July - Dr. Jane Patmore (Consultant Diabetologist). Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

#### Wednesday Social Club

Wednesday 21st July - Speaker: Samantha Challis, Jubilee Sailing Trust, in the Darby & Joan Hall, at 2.00 pm.

Continued on page 29



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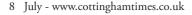
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## It's our anniversary year!

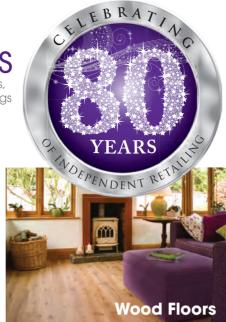
#### We're celebrating 80 years with very special discounts...

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customers in this area for a grand total of 80 years and we now have three stores. In each one we're celebrating with a special gift to you – pay only 80% of the marked price on stock carpets and all beds. This offer only runs until Tuesday 15th July, so make sure you come and see us soon!

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This voucher entitles the bearer to pay 80% of the marked price on stock carpets, remnants and all beds between Monday 16th June and Tuesday 15th July inclusive, while stocks last. Not transferable and not for use in conjunction with any other offer. Only one voucher may be used per purchase.













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#### New innovations and the world of Microsoft Office

have been off on my travels again, this time to the PCR Conference in London, organized by PC Retail Magazine for whom I wrote a monthly column for a couple of years. This was a valuable chance to meet up with my suppliers who are dotted about the country. Spire, my computer and components distributor was there showing off their latest wares and I attended a course on Microsoft Office where we went through the various purchase and installation options, and demonstrated some of their excellent hardware products, more on that below.

The conference kicked off with a useful insight into market trends and some encouraging statistics in how the economy seems to be improving. Apparently a good indicator is when people start going out to buy kitchen appliances and white goods, and that has been happening in abundance! So if your kitchen is state of the art and you have all the latest gadgets, take a look at your computer and see if it matches up. It may not be able to make the coffee, but it can do the shopping and a whole lot more for you in the long run!

Some of the highlights of the show were a new innovation for making a normal monitor into a touch-screen one by adding a framed overlay, connected with a usb cable, very impressive. An external hard drive that connects wirelessly to any computer equipment, making it possible to stream content to several devices at once. And some great new technology in the retail space from *Intel* (known best for their computer processors). One of these is the virtual mirror for use in clothes shops, where a customer can view themselves in an item of clothing, then change into various others, and using a phone app, the mirror will 'remember' the previous outfits and the user will be able to flick through the images without having to get changed again. On the food & drink front, I didn't know how much technology goes into some retail coffee machines. *Costa Express*, has commissioned a new design by *Pininfarina* (who style for *Ferrari*), which has a high definition screen, computer hardware and software inside, and even coffee shop sounds and smells wafting out of them!

Microsoft Hardware is a successful division of the world's biggest software company. You may already use a Microsoft keyboard and mouse, almost certainly if you have bought a computer from RDM in the last year or so. There is a whole range of devices designed with ergonomics to accessibility in mind. Something that caught my eye at the show is the



10 July - www.cottinghamtimes.co.uk

Sculpt Comfort Mouse with Bluetooth connectivity and has a dedicated Windows 8 button on the side, and a wheel which includes sideways scrolling, enabling you to move back up and forth through apps etc. I have been trying out this mouse and it is very comfortable and productive to use; and partnered with the Sculpt Keyboard which has an innovative design where the front of the keyboard is raised and has a gel pad to rest on, it makes using your computer a more pleasurable experience than some more outdated alternatives. For more information on pricing etc give us a call, or to see online go to: http://www.microsoft.com/hardware/en-us

Microsoft Office is the collective name for all the products you will be familiar with, like Word, Excel, PowerPoint etc. I often have conversations about this with customers particularly at the time of purchasing a new computer. There is a misconception that when you buy a Windows computer it automatically includes Office, or at least Word. This is not the case, so it is something to be considered when deciding to change over, as a many people have had to since the demise of Windows XP. The most popular version of Office is the Home & Student edition, which includes the three programs mentioned above, and is available to purchase for one computer. There are other editions for business and of course the full Professional version with all six programs included. The new alternative method is to subscribe annually to Office 365 instead of purchase, the advantage here is that the product covers up to 5 computers or Macs/iPads. Contact us for pricing and options.





How often have you said that the back of your computer look like spaghetti junction? It's something I have heard many times

which led me to look for solutions, so how about this for a before and after transformation? We are now stocking these cable management boxes plus accessories for braiding cabling together and even labelling it all. Intial feedback from satisfied customers has ben great. Call us for details.

Windows 8.1 - are you still trying to get to grips with Microsoft's newest incarnation? Well, fear not, we can customize it for you. Install a (third party) start button, change the screen layout, increase the size and give you some helpful hints and tips of working your way round it. There's nothing scary about Windows 8, it's just different to previous versions, but once you get used to it, there are some great features and it really is fast and slick to use.

Security: there have been more reports recently of hacking activity of email accounts, and online stores including eBay. Many of these providers have requested users to change their passwords as a precaution. When doing this, go directly to the site concerned and login and then change your password, do not follow email links in case they are bogus. Try to use a more complex password, i.e. letters & numbers or symbols and capital letters. Do not use the same password for multiple sites, this is how hackers can really go to town!



Wireless passwords. I often get calls from customers asking where they can find their wireless password, usually because they are trying to get online with a new or different device. The answer is that if you have a router from Karoo (Thomson, Zyxel

etc.) there is a sticker on the bottom of the router with the password. If it is one that I installed (TP-Link, Cisco etc.) there should be a document saved on the desktop called 'TP Link modem/router settings', or in your My Documents folder called 'wireless settings'.



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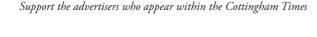
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Т	S	L	Ε	M	R	A	A	N	L	Α	K	G	N	1	K	I	٧	1
S	0	L	L	0	Р	Α	С	С	Е	E	s	ı	S	Е	N	E	G	G

#### Find the words in the letters above:

Aerobee, Apollo, Cassini, Clementine, Earth, Explorer, Genesis, Giotto, Helios, Hubble, Huygens, Image, Jupiter, Kosmos, Luna, Magellan, Mariner, Mars, Mercury, Mir, Muses, Neap, Near, Neptune, Nozomi, Orbiter, Phobos, Pioneer, Pluto, Ranger, Rosetta, Sakigake, Saturn, Selene, Skylab, Smart, Soho, Sputnik, Stardust, Suisei, Surveyor, Ulysses, Uranus, Vega, Venera, Venus, Viking, Yohkoh, Zond. Wordsearch courtesy of www.puzzlechoice.com

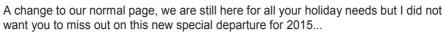
#### Sudoku No. 90

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

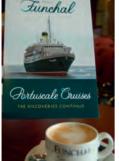
	2	6	5	8	9	3	7	
			4					
	9			2	6		8	5
7	4		1				6	
6	1				3		2	9
			7			1		4
		1	9		4		5	
9	5			1				3
	7							



## MARIONOWENTRAVEL







#### Cruise the Fjords to Hull

Hot news ... This fabulous new itinerary we have for next year departs from Liverpool on 27 May 2015. This nine night cruise takes in Kirkwall before exploring the fabulous ports of the Norwegian Fjords (Alesund, Geiranger, Flaam, Gudvangen & Bergen) arriving back into our very own port of Hull. Included coach travel provides you with a restful journey to Liverpool before embarking on this relaxing and scenic voyage. This is not the only service free as all your tips are also included for your cruise. The starting price of just £975 per person sharing a twin cabin includes a 25% early booking bonus (or buy one get one half price) this is a bargain.

Your ship... having just experienced the newly remodelled M/V Funchal I have to say it has been money well spent. This once tired and dated little gem of the ocean is unrecognisable as she has been totally transformed into a truly elegant lady of the seas.



The decor on board is very relaxed with a modern twist, appealing to traditional style cruisers who enjoy a small and friendly ship experience with a country house feel. Attention to detail is second to non and this is carried throughout the ship by her friendly and courteous crew. Holding just over 500 passengers she can get into the heart of her itinerary ports with elegance and ease.

Dining on board is a fabulous affair and everyone can be seated in one sitting plus there are also a number of tables for 2 available. Why not compliment your culinary delights with a bottle of wine from the ship owner's award winning Portuguese vineyard at only 15 Euros a bottle for a quality wine you will not be disappointed! In fact all drinks on board are great value.



The ships cabins are fairly spacious with more than enough room for you to hang your belongings. With only five single inside cabins on board these will be extremely popular. There is a range of cabins from inside to suites with an ocean view. (see the below panel for an idea of prices)

The lounge areas for your evening entertainment are conveniently situated on one deck, along with the delightful and compact shopping arcade. There is even a small out of the way casino with slots for your gambling pleasure along with a library and card room. There is also plenty of outdoor space to view your ever changing scenery from or perhaps take a dip in the pool.

This offer is valid until 31 August 2014, but please do not delay. This is not a mega ship with thousands of cabins to hang around. As they say small is beautiful!!

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To book your cabin tel: 01482 211913

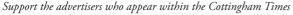
or call in person to: 23 Portland Street, HULL, HU2 8JX

For your financial protection this holiday is covered by ABTA number Y2812 - Marion Owen Travel









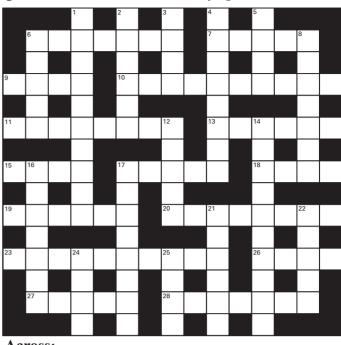
23/06/2014 12:09







#### Crossword - Solution on page 46



#### Across

- 6. Feelings of great intensity (British spelling) (7)
- 7. Order (5); 9. Devastation (4)
- 10. Became pals (10); 11. Protective coverings or structures (8)
- 13. Provide evidence (6); 15. Sexual craving (4)
- 17. Military blockade (5); 18. Female student (4)
- 19. A fragrant oleoresin (6)
- 20. Candidate (8); 23. Wild promiscuous gatherings (10)
- 26. Islamic prayer leader (4); 27. Chieftain (5)
- 28. Paginations (7)

#### Down:

- 1. Interprets (10); 2. Idiosyncrasy (6)
- 3. A German noble title (4) 4. Fragile (8)
- 5. Pottery oven (4)
- 6. Empty a toilet (5)
- 8. Pale cane syrup (7)
- 12. A sharp blow (5)
- 14. Deceits (10)
- 16. Not cognizant of (7)
- 17. Conferences (8)
- 21. Citrus fruit (6)
- 22. Dice game (5)
- 24. Utilizer (4)
- 25. Cuts or prunes (4)

Crossword courtesy of www.crosswordpalace.com





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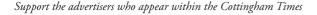




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## In the Kitchen



#### Thai Chicken Satav

Prep and cooking time: 30 minutes plus marinating Serves 4

#### **Ingredients**

4 Boneless Chicken Breasts, skinned 1 tbsp Curry Powder ½ teasp Coriander Powder ¼ teasp Turmeric A pinch of Cayenne Salt

#### Peanut Oil For the Thai Peanut sauce

300ml/10fl.oz. Coconut Milk ½ teasp Turmeric ½ teasp Curry Powder ¼ teasp Cayenne Pepper 2 tbsp Sugar 1 teasp Lemon Juice 100g/4oz Salted Peanuts, finely chopped

#### Instructions

- 1. Cut the chicken lengthways into long 5mm/ ½ inch thick slices. Place the chicken strips in a bowl and add the curry, coriander, turmeric, cayenne pepper and salt.
- 2 . Wet your hands and gently knead the spices into the meat, adding 5 ml/1 teasp each of peanut oil and water to help work the spice mixture in. Knead again. Cover the bowl with clingfilm and leave to marinate for at least 1 hour.
- 3. Meanwhile, place the coconut milk, turmeric, curry powder, cayenne pepper and sugar in a saucepan and cook over a medium heat, stirring, until the sauce comes to the boil.
- 4. Reduce the heat to low and add the ground peanuts and continue to cook, stirring constantly, for 2 minutes. Add the lemon juice and salt, to taste. Remove the sauce from the heat and set aside to cool to room temperature.
- 5. Thread the chicken onto skewers. The skewer should enter the meat 2-3 times, like a needle threading through cloth.
- 6. Brush the chicken sates with peanut oil and cook over hot coals, turning frequently, until the sates are cooked through about 5-8 minutes on each side. Serve hot with the cooled peanut sauce.

Satay

16 July - www.cottinghamtimes.co.uk

#### Courgette, Cherry Tomato & Goat's Cheese Quiche

Make use of the summer glut of courgettes and tomatoes with this exquisite rustic flan. Keeping the filling ingredients in larger pieces ensures each ingredient's flavour is distinct and can be enjoyed to the full.

#### **Ingredients**

200g/7oz Shortcrust Pastry
1 Onion
1 tbsp Olive Oil
25g/1oz Butter
2-3 small Courgettes ( zucchini)
Salt & Pepper
3 Eggs
120ml/4 fl.oz. Double or Single Cream
A little Milk
Ground Nutmeg
125g/5oz Semi firm Goat's Cheese e.g Chevre
8 Cherry Tomatoes

#### Instructions

- 1. Heat the oven to 170C, 325F, Gas mark 3. Roll the pastry out and line an 22cm/8 inch flan dish. Cover this with greaseproof paper and fill with baking beans. Bake blind in the oven for 10 minutes. Remove the paper and beans and bake for a further 5 minutes.
- 2. Cut the onion into 6mm/ ½ inch slices lengthways. Heat the butter and olive oil in a small frying pan until quite hot then fry the onion until golden. Remove the onion from the pan with a slotted spoon and drain on kitchen paper.
- 3. Cut the courgettes into pieces no smaller than  $12\text{mm}/\frac{1}{2}$  inch. Reheat the oil and butter until very hot then fry the courgette until well coloured on all sides. Season to taste with salt and freshly ground black pepper. Remove from the pan with the slotted spoon and drain on kitchen paper.
- 4. Combine the eggs and cream in a measuring jug and whisk thoroughly, adding enough milk to make the mixture up to 300ml/10fl.oz. if necessary. Season to taste with salt, freshly ground black pepper and grated nutmeg.
- 5. Cut the goats cheese up into 12mm/½-inch pieces and arrange evenly in the pastry case together with the onions, courgettes and cherry tomatoes. The object is to have discernable pieces of filling once the quiche is cooked.



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6. Pour the egg mixture gently over the filling, taking care not to dislodge the pieces of vegetables and cheese then bake in the oven for 30-40 minutes or until set and golden brown. Serve hot or cold.

#### **Special Strawberry Smoothie**

If your mother doesn't like eating breakfast in bed, why not treat her to this wonderful smoothie instead. Serve it in a champagne flute to make it even more special.

Serves 1

#### **Ingredients**

- ½ Large Banana
- 5 Strawberries
- 120ml/4fl.oz. Vanilla Yoghurt
- 2-3 teasp Honey
- 2 large Ice Cubes, crushed
- 1 Whole strawberry to garnish

#### **Instructions**

Cut the fruit into bite-sized pieces, place all of the ingredients in blender and blend until smooth.

Pour into a tall glass and garnish with a fanned strawberry.



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#### Strawberry Panna Cotta

Make the most of luscious ripe summer strawberries with this easy to make Panna Cotta recipe. Other soft berries such as raspberries or blackberries work equally as well as so frozen berries.

Prep & Cooking time: 15 minutes plus chilling Serves 4-6

#### Ingredients

325g/12oz Strawberries, hulled 180ml/6fl.oz Milk 3 teasp Powdered Gelatine or 4 sheets of Gelatine 180ml/6fl.oz. Double Cream 100g/4oz Sugar 1/2 teasp Vanilla Extract

#### **Instructions**

- 1. Place 225g/8oz of the strawberries in a bowl and mash well. Set the remaining strawberries aside to use for decoration) Alternatively, place in a food processor and process until smooth. Pass the purée through a sieve, discard the seeds and set the juice aside.
- 2. If using powdered gelatine, heat about 60ml/2fl.oz of the milk until hot but not boiling then transfer to a small bowl and sprinkle the gelatine over the top. Immediately whisk for 1-2 minutes until the gelatine has dissolved. If using sheet gelatine, place 60ml/2fl.oz of the cold milk in a small bowl, break the gelatine up, add to the milk in the bowl and leave to soak for 10 minutes.
- **NB** It is wise to check the instructions on the packet of gelatine you are using as various brands may have slightly different methods.
- 3. Place the remaining milk, cream, sugar and vanilla in a saucepan, heat gently to simmering point, stirring from time to time, then remove from the heat, stir in the gelatine mixture and continue to stir constantly for a couple of minutes until well blended.
- 4. Add the strawberry mixture to the milk mixture, mix until well incorporated, then pour into ramekins, allow to cool at room temperature then chill in the refrigerator for at least 3 hours, until well set.
- 5. To serve place each ramekin in a small bowl with enough boiling water to come 3/4 of the way up the side of the ramekin. Leave for a few seconds only then loosen the top edges with a sharp knife, turn onto a small serving plate and garnish with the reserved strawberries.



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18 July - www.cottinghamtimes.co.uk

## Free NHS health checks across the East Riding

ree NHS health checks offered to people aged between 40 and 74 years are being rolled out across the whole of the East Riding, following a pilot scheme in some parts of the area.

The five-yearly checks are now available from providers across the region, including some GP practices, pharmacies, East Riding of Yorkshire Council leisure centres and by the health trainers.

The checks will assess a person's risk of developing diabetes, heart disease, kidney disease, stroke and dementia. By taking early action, steps can be taken to improve health and help to prevent the onset of these conditions.

As this service aims to identify people at risk of developing cardiovascular conditions, anyone who is already being treated by a health care professional for any of the conditions listed or has been prescribed medication for these conditions, such as statins, does not need to be re-assessed and is therefore not eligible for the service.

Checks take 20 to 30 minutes and are based on straightforward questions and measurements, such as age, gender, family history, height, weight and blood pressure. There will also be a simple blood test to measure cholesterol levels.

After the check is completed, the results will be discussed and advice will be offered, such as how to get help to give up smoking, to be more active, to eat healthily or to cut back on alcohol.

If necessary, the person who has had the check can be referred to other services. The results of the check will be passed to their GP

Last year the pilot project carried out more than 6,500 health checks for people living in the East Riding. Now it is hoped that thousands more will take up the offer.

Residents wanting to have a check can find out more about the service at <a href="https://www.eastriding.gov.uk/health-checks">www.eastriding.gov.uk/health-checks</a>

Councillor Jonathan Owen, chairman of the East Riding health and wellbeing board, said: "I cannot urge people strongly enough to take advantage of having a health check.

"Catching the early signs of conditions that may develop later in life means that steps can be taken at an early stage to prevent illness developing and simple changes to lifestyle can often have significant impact on living a longer, healthier life."

Providers of free NHS health checks in the East Riding are:-

#### General Practice (GPs):-

Bartholomew Medical Group, Goole; Brough and South Cave Medical Practice; Church View Surgery, Hedon; Holme and Bubwith Medical Group, Holme on Spalding Moor.

#### East Riding of Yorkshire Council Leisure Services:-

Beverley Leisure Complex, Goole Leisure Centre; Bridlington Sports Centre; Hornsea Leisure Centre; Pavilion Leisure Centre, Withernsea; King George V Leisure Centre, Cottingham; Driffield Leisure Centre; Francis Scaife Sports Centre, Pocklington; Haltemprice Leisure Centre, Anlaby (from September 2014).

#### **Humber NHS Foundation Trust:-**

Health Trainer shop, Bridlington; Health Trainer shop, Goole; Pavilion Leisure Centre, Withernsea; East Riding Community Hospital, Beverley.

#### Pharmacies:-

East Riding high street branches of Boots, Lloyds Pharmacy and Superdrug.







#### "An Afternoon with Dean Windass" to be performed at The Duke of Cumberland on Saturday 26th July

n Afternoon with Dean Windass will be performed at the Duke of Cumberland on Saturday 26th July, in aid of the Ellie Mai charity fund.

It recently ran for two nights at Fruit Theatre with almost sell out crowds on both nights. Dean Windass himself came to the first night performance with his family and loved it.

Its a play that will allow all Hull City fans to relive their memories of the 2008 play off final, Deano's volley and where this amazing journey for the Tigers all began.

Here's a synopsis of the play:

Matt and Rachel have been married for a year, but recently, they haven't been spending a lot of time together and feel that their marriage is stuck in a rut and going nowhere. The only person who can save their marriage is Dean Windass, the man that Rachel is secretly in love with. The marriage hinges on whether the Tigers go up to the Premiership or not.

Can Deano not only lift the Tigers to the Promised Land, but also save a marriage from crumbling away?

The performance will take place on Saturday 26th July at 8pm upstairs at the Duke of Cumberland. Tickets are on sale from behind the bar with prices at £4 adults and £3 concessions with all the proceeds going to the Ellie Mai Fund. Alternatively, people can contact me on 07789276836 and leave a message for how many tickets they would like and they can pick them up on the day. Tickets will be on sale right up the performance.

Tickets are likely to sell out, so people will have to get in quick.





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#### The Heat is on . . .

ow, I'm being totally British here and talking about the weather yet again. It seems to be the thing we all do, especially as a receptionist .... after registering the client as 'arrived' we then talk firstly about the pet and then comes "Has it stopped raining yet?" or the client exclaiming "It's cooler in here" after being met with the cooling of the air conditioning. We are very fortunate to have air conditioning or fans to keep our temperature down but what about our pets who wear a fur coat 24 hours a day 7 days a week? They are not so fortunate and have to totally rely on our knowledge and common sense to keep them safe.

It was one very hot day this month, whilst visiting a monthly market, the idea for this article came to mind. I was amazed at how many owners took their dogs to the market. Not a problem, I quite agree but this day was one of the hottest so far plus it was noon, the hottest time of the day. So many dogs wearing heavy fur coats, dodging in and out of legs or worse still, stood in full sun whilst their owners are browsing or catching up with a friend they haven't seen for a while. Why not leave their dog at home or if they can't be left, go out early in the day when the sun isn't at it's full strength. The worse scenario is to leave a dog



20 July - www.cottinghamtimes.co.uk



in the car. Even in weather that seems cool, a vehicle can quickly become a deadly 'green house'. Did you know that on an 85 degree day, it takes only 10 minutes for the interior of the car to climb to 102 degrees? In half an hour, it can reach 120 degrees. Leaving windows open does cool things down inside the vehicle BUT it is just not enough. To make matters worse, dogs have a higher body temperature than people and they don't cool down as efficiently as we do. The car body is designed more for insulation from the cold than for cooling down, therefore, would we sit in a tin can wearing a fur coat in 90 degrees heat?

So what are the signs of our pets overheating?

Profuse and rapid breathing, bright red tongue, thick drooling saliva, vomiting and diarrhoea are the main signs.

If you think your pet is suffering from heatstroke, you need to take IMMEDIATE action .....

Move them to a cool area, offer small amounts of water to drink but never put water into a dogs mouth that can't swallow on its own and place cool wet towels over their body then recool with more wet towels.

Cats are also susceptible to heat stroke. As well as the above points, you may also look out for;

Restlessness to find a cool spot, staggering, vomiting and lethargy. Once again if you think your cat is suffering from the early stages of heat stroke, the same IMMEDIATE action must be taken as in our canine friends.

It is critical to your pets health, to cease all measures as soon as it becomes apparent that the treatment is working or their body temperature will continue to drop after the treatment stops and then they will become in danger of it becoming too low.

What can we do to prevent heatstroke? Most of it is common sense.......

Always make sure plenty of fresh water and shade is available at all times. A clean coat can help prevent summer skin problems so keep your dog/cat well groomed. Give your dog a shorter hair cut but do not shave down to the skin as this robs him of protection from the sun. A cat should be brushed frequently to keep their coat tangle free. In extreme hot weather, do not leave your dog standing on the street and keep walks to a bare minimum as his paws can burn on the hot tarmac.

Let us not forget the smaller species such as rabbits and guinea pigs because they too can also suffer in the extreme heat. Hutches should always be placed in a cool shady spot and runs should NEVER be left out in full sun. Be observant for 'Fly Strike'. This is a condition where blue bottles lay their eggs, mainly around the rear end of the rabbit, then maggots hatch out and feed off the skin. In some cases it can prove fatal. Making sure your rabbits rear is kept clean and tangle free, can help to prevent this.

If you do happen to find your pet in any of the above situations, please seek medical attention AT ONCE! Do not hesitate to ring any one of our KINGSTON surgeries where our dedicated staff will be on hand to give the necessary advice, 24 hours a day.

Please do enjoy the long summer days ahead and with a little common sense, it will be a happy and safe time for us all.







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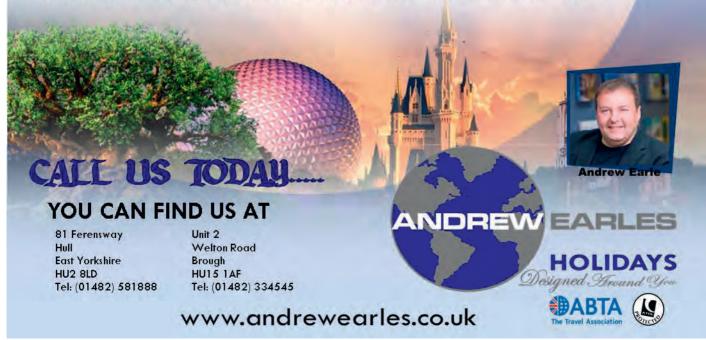
There is so much happening in Florida in 2015. Along with New Theme Park expansions finally being complete for guests to enjoy, there are also some fantastic deals available to us here in the UK.

Free Dining is coming back when staying at selected Disney Resort Hotels, discounted theme park passes, and the NEW interactive Disney Holiday planner 'my Magic +' has launched too which is exclusive to on site Disney Resort Guests only.

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You only have until 10th July 2014 to book this offer - So be quick and catch the mouse while its out!



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"The Tooth and Nothing but The Tooth" by Chris ' Dr. Smile Maker' Branfield

#### **Dentist in Bits**

ow, what a month. I managed the "Coast To Coast" bike ride from Barrow- in Furness to Whitby. By 'eck it was hard work. Hill after hill. All 3 days into the wind, often blustery and strong, some torrential rain and white out with mist at the top of Tan Hill. A well earned half-pint at the top with some hot soup and chips. I'm really pleased to have raised about £900 for my Dental Mayericks Charity.

#### **Working With The Eve Branson Foundation**



Five days after the bike ride I flew out to Marrakech before my transport to Asni in the foothills of the Atlas Mountains. Here I met up with colleagues, most of which I had never worked with before and some I had never met until then. This was a brand new project working with the

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22 July - www.cottinghamtimes.co.uk

Eve Branson Foundation getting children out of pain.

I have been to Northern Morocco four times before and was hoping that the teeth of the children in this different part of the country would be better. This was not the case. There were so many decayed teeth and we had to use our limited resources to concentrate on getting children out of pain by removing bad teeth.

Below left: Eve with children in Asni



#### **New Records Set**

On day one we were told that there were 30 children to see. We actually saw 130 kids. Word was out and they were walking 2-3 hours for teeth out to end daily pain. We were taking teeth out for children from as young as 3-years old up to 16 years. We soon worked together as a natural team and I am proud to have been part of it. This was "pain free" dentistry at its best.

In 2 days we saw 270 kids and we took 140 children out of dental pain and removed 325 bad teeth. Phew!

--This little tot had 4 teeth out, no tears. Just wanted to get on with her colouring in. Amazing.



#### **Emotion Nearly Got The Better Of Me**

There was a young lad called Mohammed. He was early teens and had 2 adult molar teeth that were rotten down to bone and not alot left. He was in pain and wanted them out. My colleagues tried but, unfortunately, couldn't get near him to even put in the little cotton wool rolls with sleepy gel.

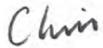
I was asked to "have a go". I did connect with

him and did manage to make a start. It did transpire that Mohammed had had a head injury that did leave a bit of brain injury. We were doing really well before he got a bit agitated again. I thought that we would need to give as I feared for our safety. Bless him though, he was adamant that he needed his teeth out and he filled up. I gestured to him 'one more go' and off we went again. We did a lot of deep breathing together and I said "Cava?" a lot. We got 3 teeth out on one side. They were really tough but we went really gently and did not rush. Mohammed needed a rest, so did I. We hugged each other for a bit before getting the last tooth out. He was so appreciative. I nearly caved in and nearly blubbed when an interpreter said that Mohammed said I was a good man. We were all humbled by the appreciation we received.

#### A Great Platform To Work From

I am really pleased with the collaboration with the Eve Branson Foundation. We were looked after really well and they were really chuffed with us as we exceeded all expectations. This is a great platform to progress and we can support each other to provide a "Teeth For Life" programme for the community.

Until next time. Take care and be good.



Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 21 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 Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now <a href="https://www.castleparkdental.co.uk">www.castleparkdental.co.uk</a>



## Ellie Mai charity fun day at the Duke of Cumberland, Cottingham on Sunday 20th July

charity family fun day will take place at the Duke of Cumberland on Sunday 20 July in aid of the Ellie Mai Fund. The activities will run from 12 noon until late and will include live music, stalls and food and drink including wonderful cakes form Ellie Mai's Team Room. There will also be a bouncy castle, swings and roundabouts. This is a fun day for all the family. We hope to see you there.



#### Charity Wedding Dress Ball raises £4,001.76p for Marie Curie Cancer Care and Skidby Primary School PFA

A Charity Wedding Dress Ball held recently at Willerby Manor Hotel, Well Lane, Willerby, in aid of Marie Curie Cancer Care and Skidby Primary School PFA, raised a total of £4,001.76p. The proceeds of the event your shared between the two charities.

Pictured above at the cheque presentation at Skidby Primary School are backrow: Mr. Steve Honey, Nina McNabola-Hutchinson and Christine Trever from Marie Curie Cancer Care. Front row from left-right: Daisy Saltmer, Lucy Mears, Sean McNabola-Hutchinson & PJ McNabola-Hutchinson.

#### I would love a



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

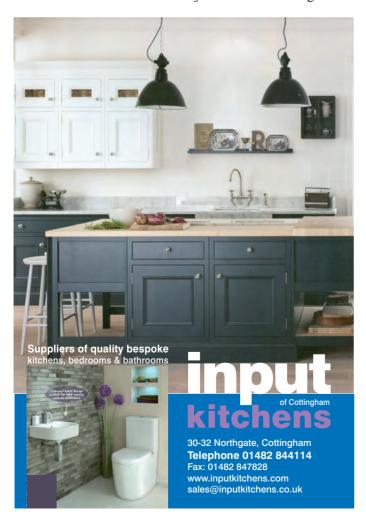
#### This month his destination is Coneysthorpe

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

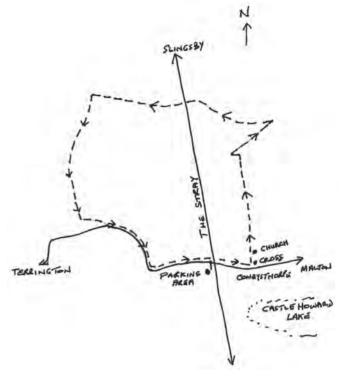
Map: EXPLORER 300

Start at Coneysthorpe Cross roads. GR. SE708713. Distance 5.5 Miles.

eave the parking area and take the road sign posted Coneysthorpe and walk along this road for about 450 metres then turn left just before the village cross



24 July - www.cottinghamtimes.co.uk



and walk slightly up hill through the village. At the top of the village, pass the small church on the right and continue ahead to join a farm track. Continue straight ahead and follow a rough grass track into a line of trees and then emerge from this tree lined path into a field and keep the hedge on the left. Pass under power cables leading to a patch of Gorse, pass through this climbing steeply for a short distance then follow the path to the wooded area. On entering the wooded area turn left for about 100 metres and then turn sharp right and follow the path as it climbs through the wood. On reaching the summit, turn left and follow a distinct path, cross the road (known as The Stray) and continue ahead.

After about one kilometre after crossing the road, turn left on a path way marked Hall Moor and descend steeply to emerge in an open area, follow a distinct track and then enter a wooded area climbing moderately. Pass to the side of a barrier type of gate and on reaching a way marker signed Coneysthorpe, turn left and eventually emerge on the Coneysthorpe to Terrington road and follow this road back to the parking area.



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ith the weather steadily improving and only up keep to do in the garden once all your borders and planters are filled, July is the perfect time to relax and enjoy the fruits of your hard work. Strawberries, raspberries, courgettes, broad beans, early potatoes and red currants should be perfect for picking if you decided to grow your own this year. There's still time to plant herbs like basil and coriander in the garden.

It's coming to the end of the summer bedding season and our bedding is now buy one get one free. Buy a 9 pack for £2.49 and get a 9 pack free or buy a 6 pack, which are bigger plants, for £3.49 and get a 6 pack free. Our hanging basket kits are also buy one get one free. Get two packs for just £8 and fill your baskets for less.

Enjoying your garden isn't just about filling it with colour. When the sun shines the flowers burst with fragrance that can be brought into the house and enjoyed. Creating a colourful garden as well as one full of fragrance is easy and can last all year round.



#### **Choosing Your Flowers**

To create your own fragrance garden it is key to know what scents you like. This is where a trip to the garden centre will help, as you can smell the varieties of plants first hand. The floral scents don't just come from the flowers blooming. Plants like lavender, sweetbriar roses, mint and some geraniums are grown for the pleasantly scented leaves.

Roses are revered for their enchanting blooms and fragrance but many find them a daunting plant. There are many other hardy and easy to grow fragrant plants to choose from at the Coletta & Tyson Garden Centre. Sweet Peas are a perfect example for this season as they can be grown in containers and easily trained to grow up structures. Their scents are soft and sweet, and can last throughout the season if you cut the flowers regularly. Once cut and put into a small vase, the Sweet Pea flowers can bring their perfume into your home.

After that you need to find complimentary scents. For year round fragrance you should pick a variety of plants that peak at different times in the seasons. For example, the scent of Lilacs in the spring will compliment Honeysuckle at the end of the season. Other fragrance filled flowers like Gardenia, Roses and Lavender are popular choices in local gardens. Bedding plants like Nicotiana are perfect for evenings sat outside as they share their perfume more freely after the hot day.



#### 10 Jobs for this month

- 1. Keep on top of weeding.
- 2. Water your garden regularly especially on hot, dry days but be water-wise.
- 3. Stake tall blooms.
- 4. Protect your plants against pests.
- 5. Deadhead and remove fading blooms to prolong flowering.
- 6. Begin harvesting your fruit and vegetables.
- 7. Feed your plants.
- 8. Paint fences and sheds while the weather is dry.
- 9. Watch out for Clematis Wilt and cut out if required.
- 10. Prune Wisteria, Magnolias and Lupins.

26 July - www.cottinghamtimes.co.uk



#### **Planting Your Fragrance Garden**

Once you have chosen your scents it is best to plant them in a protected part of the garden to prevent the wind from blowing their perfume away. Protected by hedges, fences or sheds and arbours, your garden's scents will stay for you to enjoy.

Choosing where to plant your fragrant flowers depends on the shape of your garden. You can have them individually planted around your garden or in containers so they are easier to over-winter. Plants like Lavender, Perilla and Phlox can help to create fuller and heavenly scented borders that erupt with perfume on sunny days.



#### Plant of the Month: Lilies

The plant of the month for July is the Lily. Lilies are plants that grow into magnificent flowers that will light up your garden. Their trumpet like flowers are bright and full of fragrance. You can enjoy their perfume from spring until the first frosts. Lilies are ideal to grow in containers and moved inside over winter.

They are best grown in full sun or partial shade in soil that is enriched with well-rotted organic matter. They prefer acidic to neutral soils.

For the month of July we have some amazing offers on the Plant of the Month. You can choose from Asiatic Lilies or Oriental Lilies in a variety of sizes. 1L Asiatic Lilies are three for £5. Or buy two 2L Asiatic Lily for £5. Oriental Lilies start from £3.49 for a 2L plant and £12.99 for a 12L plant.



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#### Your Stars for July 2014

By Kay Gower

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

The next five weeks issue a challenge to stay mentally and physically on form.

July and August are best for travelling. A renovation or change of location happens later in the year.

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

People will admire you this month for being decisive, but not for being impulsive. If the choices you make are incorrect you'll pay for it at the end of July, so take your time, as usual, with your mind on the future.

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

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.

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

A wonderful mental breeze comes to clear the air. Dark clouds begin to lift. Now you can see clearly what it is that you're dealing with. Take control this month, just realise that whatever you give will strongly influence what you get back.

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

The more you talk about your dreams the more real they become. The next 4 weeks brings about a positive change in your personal life. An investment pays off at the end of the month.

#### **Virgo (Aug 22 – Sept. 23)**

You can walk away from any problem. Remember this and it might keep you from feeling trapped. You have options other than the ones you currently see. There has been a lot of pressure around you for a while now. Be gentle and patient with yourself.

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

You have so much to be grateful for that it's almost greedy for you to want some more.

But it's not. July will be your month, so dare to ask for what you want.

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

You have a tendency to think that if you don't do it then no one else will. This is compounded by the fact that you often forget to include anyone else in your schemes. Let others in — they'll ease the load, especially mid month.

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

The wheels won't begin to increase their motion until mid July, but this is a month for looking ahead, caring, sharing and believing that your time is coming soon.

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

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

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

Spend the next few weeks working out exactly what you need so that you can focus more on

family matters. It may be a good idea to explore again a money making idea that you may have given up on.

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

This month brings more fun than you've had in a while. You'll make a new friend and soon this good influence will affect your life in a positive way.

#### Continued from page eight

#### Cottingham Catholic Women's League

Monday 24th July, Mr. Neil Pickford - Beverley Minster Below Stairs, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

#### **Cottingham Methodist Church**

Friday 25th July - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ice and chocolate for sale.

#### **Cottingham Churches Pupil Worker Trust**

The diary dates for the next few months for our monthly supper quizzes, held at the King Billy Pub Hallgate are as follows: Wednesday July 30th.

8pm start, £6 entrance, great food, prize raffle, good company. Contact: Keith Gibson on 842597 or email: <a href="mailto:gibo1@supanet.com">gibo1@supanet.com</a> for additional information.

The deadline for entries in the August "What's On" section, is Saturday 19th July.

#### North Ferriby Flower Club demonstration on Thursday 10th July by Susan Maddocks

orth Ferriby Flower Club presents a demonstration by Susan Maddocks on Thursday 10th July, 2014 at 7.30 pm in the Village Hall, North Ferriby. Tickets are £4 for non members and are available from Pauline Davies (Secretary) Tel: 01482 631312 or on the door.

Susan is a well known demonstrator and not only are her arrangements outstanding, her stories are usually funny and entertaining. We finish the evening with a raffle of the flowers and a cup of coffee or tea and a chat with friends. Do come and join us.

#### Hallgate Primary School Summer Fair to be held on Saturday 5th July

he summer fair is between 12 – 3pm and held on the school playing fields and playgrounds, which entrances from King Street, next to the clinic car park and Hallgate, opposite St Mary's church.

We are really looking forward to this event and it promises to be the best yet, with live music throughout the fair from Springboard, including the fantastic 'local singer' Ellie Pollard, visits from both the Hull City and Hull FC Mascots, Pimms Tent, BBQ, many traditional fairground stalls and games, donkey rides, tug of war competition organised by Tristan from Cottingham Parks, local craft stalls and much much more.

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

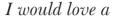
ver £1,000 was raised at an open garden event held recently at Linden House, Northgate, Cottingham.

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

The day would not have been a success without the help of my family and friends. Special thanks to Steve Naylor, for help in the garden and Peter Overborde for the potting compost, Philip Beale for the strawberries..

Since we started opening our garden have raised over £7,000. Grateful thanks is given to all who attended on the day.

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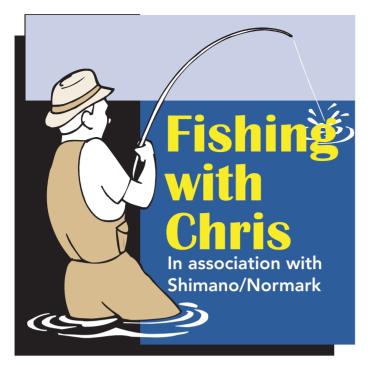
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#### Soduku Answer from page 12

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

ello and welcome once again fellow anglers to this month's fishing news and to another season of fishing. The date is 16<sup>th</sup> June and the River season is OPEN! Hurray! One of these days the powers that be will abolish the close season altogether, I hope. I do realise that there are a lot of arguments for and against this happening but for me personally I am all for it to be abolished.

We have a closed season on rivers for breeding animals such as fish, birds, otters, voles etc. Over time this has been proven to be unnecessary, the still waters have not had a close season for two decades or more now and it has never affected anything differently to how nature intended. As my friend Colin said, dog walkers, boat people and canoeists etc, they do not disturb the balance of nature. Well that is enough of me going on about that, I suspect no one is listening, shame though.

I do hope you all have a fantastic season this year.

Have any of you ever tried turning the clocks back to the seventies! By trying to make different baits that we used to use way back then? Ha! now is the time to dig out some of the old favourites. Let us see how many you remember of these:

The good old Chub bait, Cheese paste, remember it? Just a slice of medium white loaf with no crust and mashed up altogether with your desired cheese. Here is another one that we used to use for catching Barbell. Do you recall spicing up your meat with turmeric (also good for your maggots) curry powder and such like? Then there are the natural baits that we all seem to have forgotten about, slugs, lobworms, cadies fly larvae, wasp grub and wasp grub cake and not forgetting the good old gozza. Gozza, do you remember them then? They are just like a maggot only three times the size. You could never get them from a tackle shop and still can't but with permission they were easy enough to acquire. All you had to do was find a dead pigeon and expose a little flesh, then place the bird in an empty biscuit tin and pierce a small hole in the lid. My advice is to place the tin at the bottom of your garden (it will smell a bit). Green fly will be attracted to it and lay eggs on the pigeon. These in turn give us fantastic gozzers! I bet a lot of you know of many more old bait secrets that are not used anymore. Why don't you give them ago again? I have and I have been pleasantly surprised at my results.

Changing the subject a little, it is that time of year again when many top kits are broken, and more often than not it is because people are fishing, not so much with a too heavy elastic but with a too heavy a main line and with no hook length. The trouble is the fish in these commercials are getting bigger by the minute and people want to catch them, this I understand, but set your tackle accordingly as all of your carbon poles have a breaking point. If you have a 10lb line to a 20 elastic with no hook length then I am afraid if you hook that elusive monster there is only one outcome, BANG! Yep you guessed it your pole will lose. If you do have an accident don't forget that I do repairs. On that point if any of you out there have any spare sections you don't want please bring them in, then I can help more people out, thank you.

Next month I shall give you a river report as well.

**Sea scene:** now the sea scene reports have normally stopped by now, but I thought I would tell you about a couple of marks that are fishing their heads off. One of them is Out Newton and the other is Easington. There has been lots of reports coming into me about loads of Bass, Doggies and Skate being caught with the odd Smooth hound chucked in for good measure. Finally well done to Bernard Singleton whom whilst fishing on Heidi J at Bridlington caught his first ever Turbot which weighed about 2 ½ lb

The Castle Hill Cancer Charity tickets are now on sale once again. There are over 80 fishing prizes to be won, so please support us so we can give a substantial amount to Oncology and Cancer Research once again.

Finally watch out for the signs in the front shop window for the next big plant sale. That's right we now sell plants as well, from bedding plants, annuals, perennials, shrubs and seasonal vegetables plants. Plus speciality Chilli plants, edible ornamentals, mild chilli plants to the world's hottest chilli plants. 90 % of all plants available are all home grown. Weather permitting a stall will be outside most Fridays and Saturdays.

That's it for this month, so from me Chris and the rest of the Catchmoore crew we wish you all "tight lines".



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#### Hallgate Schools - continued

by Peter Railton (Author and Local Historian). The Year is 1947

Ilness and one of the worst winters on record greeted the opening of the new year, Mr. Panke, Mr. Bailey and Mrs. Atkinson were absent because of 'flu in the boys' department and Mr. Clarke could not get into school from the outskirts of Beverley for two days due to the blizzard conditions.

That winter coincided with my first job - I was an apprenticed engineer at a marine engineering works down Blanket Row in the old part of Hull not far from the Pier. The bad weather started after Christmas and grew steadily worse, persisting into March with severe frosts and deep snow - it often snowed without stopping for days at a time and was a challenging transition from the world of school to the adult world of work for a fourteen-year-old.

Getting there was never easy for eight a.m. and I often carried my bike down parts of Bricknell Avenue, the snow was too deep to ride through and the snow churned into frozen slush in town was a nightmare as traffic of all kinds battled the elements.

Points froze solid on the rail tracks down the dock sides and men poured boiling water on the rails to free them, the water in the docks froze over and workmen took short cuts across Railway Dock (the Marina now) to get to the hot, smokey coffee shop on Castle Street where hot cakes and mugs of hot tea awaited them. I was persuaded to accompany two of them when I had been sent to bucket water out of the bilges of a Russian trawler - they must have taken pity on that skinny, frozen looking lad, and bought me a hot cake and a mug of tea and I still remember that kind act with gratitude.

Back at school, absences abounded because of the weather - pupils living outside of the village had difficulty in getting to school and those from Eppleworth who came in by horse and covered wagon never saw school for days at a time - the road was impassable along with Northmoor Lane and Dunswell Lane and Skidby was cut off at times as Council men struggled to keep roads open and there were shortages of coal and even food supplies were threatened as the winter dragged on; 1963 was a bad winter but 1947 had to be lived through to realise just what it was like.

Eighteen boys were successful in scholarship exams that year remarkable under the circumstances P. Autherson, D. Dudding, D. Grant, D. Jarvis, D. Medforth, R. Barker, A. Buffey, J. Hall, I. Mangham, M. Turner, P. Kitchen, K. Rudd, R. Whitton, D. Brocklehurst, S. Dennis, M. Turner, R. Minors, C. Wilson. Four others, R. Hunt, J. Kilvington, G. Whitton and R. Scutt won places at Hull Technical College in the building section.

Mr. Matthews joined the staff in November, taking Junior 4b; unfortunately, the log book gets very sketchy now - weeks go by without an entry and even then it is only a word or two; winter absentees were the cause of some omissions but the winter did not last all year! Mr. Arnett's last entry appears on the 14th of June, checking stock and signing as usual "Chas. A ,.Arnett, C.C. School Manager."

However, a significant event occurred that year which is well worth quoting in full. It appeared in the Hull Daily Mail on May 23rd 1947.

"Today, Miss. N. Whitehead of 35 Kingtree Avenue Cottingham, severs her connection with Cottingham Council School, a school with which she has been associated for 62 years and soon she celebrates her 65th birthday. She started there at the age of three, attended daily as a pupil for 10 years and then was taken through to the head mistress of the infants, at that time Mrs. Moorby, who placed her in charge of a class. From that day she never thought of changing her occupation and feels today that she was not misplaced. Apart from a few months at a Hull school, she has given unbroken service to Cottingham School ever since and 62 years at one school must be something of a record.

Since Mrs.'Moorbys time, she has served under Miss Sowersby and the present Headmistress Miss Pearson and moved from the Primitive Methodist Sunday School building where the original infant school was held, into the building which now serves the girls and infants. Miss Whitehead has taught many children of her former pupils and grand-children of her fellow pupils"

In the girls' school, attendances dropped during the first weeks of January from 89% to 71% as 'flu and the severe weather took their toll.





On the 22nd of January workmen arrived to take out the old boiler and replace it and four classrooms were without heating and the girls were distributed between the hall, the staffroom, the medical room, one other classroom which was unaffected and the rest into the infants' hall, then more men turned up to knock down the air-raid shelters - all this amidst the dislocation caused by the weather - typical bureaucracy at work. Miss Stickney complained

"It was impossible under those circumstances to carry out normal work." Taxis began to replace the horse and wagon on the Eppleworth school run, but they were not much more successful, as huge snowdrifts blocked the road and school milk deliveries were interrupted, because the lorries were not able to collect milk from the farms in the first place - housewives had to resort to the wartime powdered stuff again. The school dentist van could not get into the school yard, but he did arrive to check teeth, leaving some of the girls in possession of their teeth for a while longer.

There was a treat in store for a party of senior girls on the 13th of March; Miss Wright and Miss Adamson took them by train to the New Theatre in Hull to see a matinee performance by the Metropolitan Ballet. The following week, Miss Stickney attended an interview for the Headship of Burlington School in Bridlington - she was offered the post, but later turned it down.

The school netball teams were in action once more in April, after the bad weather had cleared and both Senior and Junior teams had victories against Sidmouth Street, Thoresby High, Endike Lane and Paisley Street schools. More success followed in May against 5th Avenue High, and Withernsea Secondary schools. Not content with these results, the Senior team played the ladies of the staff and beat them 13 goals to 9. This was a fund raising venture actually, for the Barlby Junior School Flood Relief fund; severe flooding followed the melting of the snows in many parts of the country and rivers overflowed including the Ouse which caused devastation along its banks to homes and schools and thousands of pounds worth of damage was done to property and personal effects.

On the 15th of May, the Senior Girls' Choir, accompanied by several teachers, went to sing at the Displaced Persons Camp at Willerby. This was counterpart of the one down Priory Road and both came to be used to house refugees from Eastern Europe, many of them liberated from German labour camps

Thirteen girls won scholarships that year - S. Barry, C. Gibb, M. Graham, C. House, E. Kitchen, C. Moffat, P. Needham, E. Oxtoby, G. Walker, S. Westoby, M. Wilkinson, E. Wilson, V. Shepherd. Three girls qualified for entry to the Yorkshire Sports at Dewesbury in June - Betty Sturdy, Shirley Hagues and Sheila Tunlgry all won their events and brought more credit for the school and more success followed in the Holderness Sports at Hornsea School later.

In July the school photographer arrived to take class photos and Mr. Beckett, the Station Master gave a talk on the running of Cottingham Railway Station, and Nurse Brown brought a baby to school and showed Senior 3 girls how to bath it! I wonder who that baby was? A Cottingham resident perhaps.

Pictured above: The Under 15's second team with Mr. Clarke. Miss Whitehead's retirement notice - courtesy of Mrs. V. Jarvis, and Mrs Eileen Green whose late husband Dr. Ken Green supplied many of the photos used in these articles.

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

www.instinctivehorsetraining.co.uk



34 July - www.cottinghamtimes.co.uk



- 1. Target training a horse to explore and accept a white plastic bag.....Sunny totally freaks at these in hedges. +R training.
- 2. Waiting for voluntary movement and exploration...no force
- 3. Sunny needing time to think, relax and regroup in his own time. A very important concept missed by so many people who push and force.
- 4. Noah targeting a noisy tractor at liberty! He is rewarded with food for every try!
- 5. A brave touch!
- 6. And another.....such a clever boy!
- 7. The end result of a water training session with 2 young water shy horses and my solid Bella pony giving them the confidence to try.....here they are looking so beautifully casual at the achievement! Using another horse to help train horses is a very useful aid.....most will eventually follow of no hassle is used and food reward used for each try!





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## A day (well a few hours) in the life of a publican

Radio One blaring into my ear brings me out of slumber at 7.45am, I remember the day when still being in bed at that time of the morning represented a lie-in. Sunshine pouring through the window and my first caffeine fix of the day via a strong coffee starts the process of waking up, which continues till about four o'clock in the afternoon, I'm not what you'd call a morning person!

Sometime later Judy has already gone to work, I'm dressed and munching through my toast and marmalade studying my To-Do list for the day (my staff will know I'm not being quite truthful there, I'm not that organised) trying to remember what I have to do today would be closer to reality. I'm a bit like detective Jack Frost pulling bits of paper out of my pockets when I find

the shopping list that the Kitchen have given me to buy on the way to work, fresh romaine lettuce hearts for the Caesar salad, chestnut and portobello mushrooms and Panko breadcrumbs for Chefs new haddock and prawn fishcakes going on the specials board today. Until Chef asked me I admit I'd never heard of Panko breadcrumbs before and had to do a quick Google search so I could appear culinary knowledgeable and as always I am looking forward to my tasting later on. A perk of the job is that I get to taste before anything goes on the specials board.

Arriving at the Pub, the kitchen staff thank me for my arduous shopping trip while they've already made today's steak pie which is cooking in the oven, cut and blanched the chips for lunch time, prepared the marinated kebabs and just started on the fish cake mix made with fresh haddock and prawns.

My memory flashes that it's beer order day and Enterprise will be ringing shortly so pen in hand I review stocks and estimate next week's usage. Steve has already taken all the empty kegs out and finished the daily cellar cleaning with all stocks in date order, so I continue the arduous task of writing my list. What's next?

The tills have already been counted and daily paper work all done by Janet while serving in the Shop, so exhausted from my list writing I sit down and diligently start entering the prepared figures into the computer. Good grief is it coffee time already, where does the time go, I wonder if my fish cake is ready for tasting?

Cheers from Mike at the Half Moon, if you're off on holidays soon have a great one.

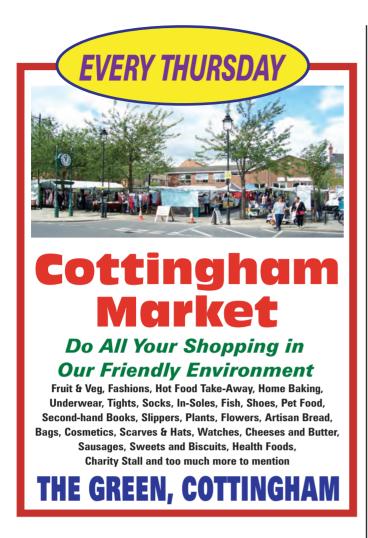
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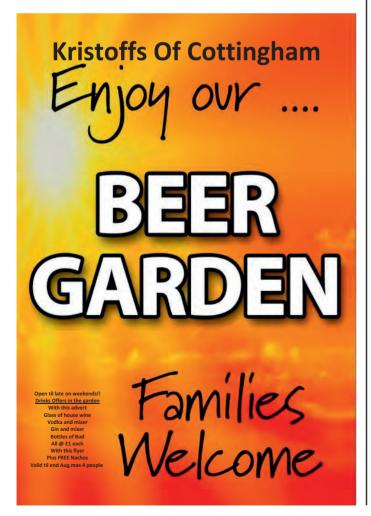


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#### 36 July - www.cottinghamtimes.co.uk

## Beverley Puppet Festival returns for 6th year

#### Fresh Line Up, New Website & Online Tickets Available for First Time

The eagerly awaited biennial Beverley Puppet Festival returns to East Yorkshire from 11th to 13th July with a full programme for children and adults, now available online via the new festival website and in the newly released brochure.

The festival's Artistic Director, Anna Ingleby, said:

'It has been two years since Beverley Puppet Festival livened up the town's streets and its return has been highly anticipated. Tickets are now on sale at Beverley Tourist Information Centre and Beverley Old Bookshop plus, in a festival first. we are now selling tickets online via our brand new website <a href="https://www.beverleypuppetfestival.com">www.beverleypuppetfestival.com</a> and on our facebook page.

"We have endeavored to ensure the weekend features acts for all ages, with 24 ticketed shows for children and adults plus children's workshops, tickets for which are also on sale now. We also have an exciting programme of street theatre in Beverley Town Centre, which is free."

An alien invasion of the woolly kind will launch Beverley Puppet Festival on 11th July, when Scottish Falsetto Sock Puppet Theatre's *Socks in Space* lands in Beverley. Described as 'The Abbott & Costello of the sock world' by Time Out, the satirical show has received rave reviews. Headline evening shows also include the highly acclaimed Stephen Mottram's Animata – *In Suspension* and Sokobauno's *Galoshins and The Horseman's Word*.

Due to the popularity of adult evening performances, <u>a brand</u> <u>new programme</u> of daytime shows has also been added. The daytime Adult Shorts are 20 minute performances and feature veteran puppeteer Jane Eve, renowned for her work with The Little Angel Theatre in London, who will be performing *Pierrot Lunaire* with the Portobello Booth company, and London based company On the Other Hand who bring their acclaimed *Moving Tales*.

This year's children's shows feature fairy tales, larger than life insects and monsters in pianos from puppet companies including, Garlic Theatre, Odd Doll Theatre of Puppetry, String Theatre, Indefinite Articles, Clydebuilt Puppet Theatre, Sea Legs Puppet Theatre, Pickled Image and Beverley / Hull based Indigo Moon Theatre.

In addition to its other town centre venues (which includes Armstrongs and the Masonic Hall) the festival team is taking over Beverley Friary in a bid to make the Festival Hub even more vibrant than before. The Hub will feature puppet shows for children and adults plus children's workshops, face painting, film screenings, stalls, specialist puppetry displays and books, a puppet caravan, acoustic music plus a bar and food.

Anna continued:

'The majority of puppet companies will be from the UK, making this a major showcase of home grown talent and arguably the largest festival of British puppetry in the world. The festival, a Beverley Arts Trust event, attracted over 4000 people to the ticketed and free events in 2012 and we hope to keep growing the event for future years. This would not happen without financial support from lottery funding through Arts Council England plus funding from East Riding of Yorkshire Council and Beverley Town Council and we are very grateful to them for their continued help.'





### Chloe Hamilton of Cottingham receives the ERYC Chairman's Special Award

hloe Hamilton, of Cottingham recently received the ERYC Chairman's Special Award in the Talented Performer Category.

Chloe is ranked in the top ten nationally in three different disciplines - fencing, pentathlon and shooting (air pistol). At just 13 she was selected for a sports scholarship and left home to board at Plymouth College. Now 15, she trains 23 hours a week, both at college and with the national squads. Her training regime includes swimming, running, fencing, shooting and horse riding.

As part of the England U15 Epee fencing squad she is currently ranked eighth in the country and has competed internationally. She

is also part of the GB Junion International Penthathlon Team and is ranked sixth in the England U21 air pistol squad.

When home from school for the holidays, Chloe appreciates the support from her coaches at her home clubs of Kingston upon Hull swimming, Yorkshire Pentathlon, Toro Triathlon Race Team and Hull Crusaders Fencing Club.

She currently has her sights set on the 2020 Olympics.

### Walking for Health in Beverley

ast Riding of Yorkshire Council runs a programme of health walks aimed mainly at people who take little or no exercise. It is part of the national Walking for Health initiative offering free walks for beginners.

East Riding of Yorkshire council's Sport, Play and Arts Service have introduced a new 45 minute walk in Beverley which is aimed to 'bridge the gap' from the 30 minute walk (which is held on the first Wednesday of each month) to a one hour walk. The new 45 minute walk will be held on the third Wednesday of every month (16 July and 20 August) from Beverley Leisure Complex. After the walk there is a chance to socialise and have refreshments. Everyone is welcome.

The walk will be of low intensity and is a great opportunity to get some exercise whilst getting a glimpse of the local surroundings.

Adam Gibson, East Riding Community Sports Coach and walk leader says: "Walking is a great way to get exercise, get some fresh air and meet new people.

"The new 45 minute walk finds that middle ground between the 30 minute walk being too easy and the one hour walk which is faster paced, being too intense".

If you would like more information or to book a place on the Beverley 45 minute walk please contact Adam Gibson, East Riding Community Sports Coach on (01482) 392528 or email: <a href="mailto:adam.gibson@eastriding.gov.uk">adam.gibson@eastriding.gov.uk</a>





# Moving Abroad? A monthly column by Nick Russell

ell things have certainly started to get busy over here since the last edition. The weather has also taken a turn for the better with average temperatures starting to reach the high 30s.

### **VISITORS**

We have had a return visit from Stephen and AnnMarie and they are our first visitors to use the full casitas. Last year they came on their own and were the first people to use just the bedrooms in the casitas, because the upstairs wasn't finished. This year they returned with their two boys, Jordan and Jared to give the whole casitas a good try out and had a really good time. Even the boys enjoyed the peace and quiet and having the pool to themselves and the weather was really good, with just the last couple of showers of spring wetting the ground on a couple of occasions. Hopefully they will return to see us again next year.

As they left, our friends from Bridlington, Pam and Steve arrived for a two week break to celebrate their 10th wedding anniversary. They visited last year for a week and enjoyed it so much they came back!!

As they were celebrating, they organised a two night break in Seville and asked us to go along. We had a great time in the city sightseeing, eating, and drinking. We stayed on The Triana side of the river which is a short walk into the historic part of Seville. The hotel, the Monte Triana was great and, very importantly, had an underground carpark which is imperative in a city like Seville. We did all the touristy things like taking an open top bus ride, having a cocktail by the river (very expensive) and walking around all the old narrow streets looking at ancient buildings. It was nice to have a big choice of bars and restaurants to pick from when we wanted to eat or drink but, unlike round here where we get free tapas with a drink, in Seville (and the rest of Spain) you have to pay for your food. One highlight of the trip was a fiesta right outside our hotel on our second day there. It was celebrating an ancient pilgrimage and was very noisy and colourful. It had music, dancing, singing, horses and dozens of colourful covered wagons pulled mainly by bulls. Apparently it was the start of a 160km journey in search of the Madonna.



38 July - www.cottinghamtimes.co.uk



On the evening we had a wander around the area near the hotel and found a small local bar and called in for a drink. After about 10 mins another customer picked up a guitar and started to play and sing. As we were the only customers it would have been rude not to join in and enjoy, so we did. It was a bit surreal listening to him playing Guns and Roses followed by the Beatles on a Spanish guitar but he was good and it was a great way to spend the first part of the evening.

We then moved on to a great Tapas restaurant which was recommended by the hotel and had some lovely food and a couple of bottles of wine to toast our friends 10 years together.

On our return, the hotel had left a bottle of bubbly in their room which was a nice way to finish the evening.

When we got back to our place they spent the rest of their holiday relaxing and, because they are into biking, taking out our bikes and doing a few miles around the olive groves visiting local villages and generally having fun.

For their second week, their daughter Elle flew out to join them but after a couple of days came down with a touch of the flu so didn't have much fun.

We now have a couple of weeks to ourselves before our daughter comes out for a holiday with her partner and our grandson, and as they go back after two weeks, our next visitors arrive for a two week break staying in the casitas so we have plenty to do to keep ourselves busy.

#### FIESTAS

I mentioned in last months article that the fiesta season was underway. Our granddaughter Katie was dancing at a big fiesta in Huetor Tajar and for the first time was at the front of the group and I have to say danced really well. As usual the dancing didn't start till 10pm!!!!

### **END OF TERM**

The grandchildren finish school on Friday 20th June for the 12 weeks summer holidays and head back to England to see their other grand parents for a week so Rita and I get a bit of peace and quiet before anyone else comes to visit.

If anyone would like information on our casitas and what dates we have available, then drop me an e mail on <a href="mailto:nickruss@hotmail.co.uk">nickruss@hotmail.co.uk</a> and I will send details. Don't forget the season out here lasts into October and flight prices are much lower when the kids are back at school so come out and see us.



### Croxby Primary School, Cottingham celebrates 50 years

ottingham Croxby Primary School is celebrating its 50th Year, along with the retirement of the Headteacher, Mr. Dave Ledgard with an Open Evening on Thursday 3rd July, between 4.00 pm and 7.00 pm. We would like to invite ex pupils, parents, staff, Governors and friends of the school to come along to tour the school and see how it has developed over the last 50 years!

We hope to see as many of you as possible, it will be an excellent opportunity to share your memories of school events and friendships. If you have any particular photographs or memorabilia that you would like to share, please bring them along.

We look forward to seeing you!!

### First World War exhibition open at historic Skidby mill

ntitled "While they're gone – East Riding Countryside in the Great War", an exhibition by the Volunteer team at Skidby Windmill is on display until Tuesday 30th September. This exhibition is part of Joining up the Humber, a programme supported by a £1 million grant from Arts Council England.

The initiative runs until 2015, and will support commemorations of the centenary of the First World War in the Humber region.

The exhibition looks at the effects of the war on farming and the local economy, as well as exploring the stories of local men who served.

The Mill is open daily 10am to 5pm (last admission 4.15pm).

Modest admission charges apply.

For more information call the Mill reception on (01482) 848405.











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### Looking for a challenge? Want to help to change the life of a deaf person?

tart training for the Great North Run to raise funds for **Hearing Dogs for Deaf People** 

National charity Hearing Dogs for Deaf People are asking members of the public to dig out their running shoes and apply for a place in this year's BUPA Great North Run on 7th September to raise money for Hearing Dogs.

Matthew James, 47, from North Shields is severely deaf and his life was changed eight years ago when he became the recipient of hearing dog Merry. Matthew successfully completed the 2013 BUPA Great North Run raising over £1200 in sponsorship for Hearing Dogs. Matthew said,

"Merry entered my life when he was two, as my first ever dog. Little did I know just how massively he would turn my life around by being this little soldier running about so eagerly wanting to please my every whim for rewards, in return for alerting me to all important sounds that surrounded me."

This is your chance to prove to yourself and those cynical friends and colleagues that you can be a lean, mean, running machine, well up to a challenge!

#### Half Marathon

The charity is asking people to join the 56,000 plus participants in the world's biggest half marathon while fundraising for Hearing Dogs for Deaf People, who aim to improve the quality of life for deaf people.

Hearing Dogs for Deaf People have a number of guaranteed places for this amazing event but demand is high and they're going fast and, just like a supermarket 'Manager's Special', when they're gone, they're gone! So if you want to run act now and apply today. This hugely popular event takes in Newcastle on 7th September 2014. Join the Hearing Dogs running team and raise much needed funds for this very worthwhile charity which helps to transform the lives of deaf people.

### **Guaranteed Place**

Whether you run regularly or are a complete beginner, there's still time to train and run. All the charity ask in return for a guaranteed place is a £50 registration fee and a commitment to raising at least £300 in sponsorship. Last year, several runners raised in excess £1000!

Hearing Dogs for Deaf People support their running team every step of the way by offering fundraising advice before the event and a warm welcome, refreshments and a professional



sports massage on race day. They also offer runners the chance to meet and greet some of the amazing hearing dogs with a behind-the-scenes tour of their training centre in Bielby, East Yorkshire.

Last year Melanie Nichol, 33, of Ashington, raised more than her £300 sponsorship target. Melanie said,

"The support I received in the run up to the event and the warm welcome in the tent at the finish were second to none. Fantastic cup of tea!"

### **Alerted to Imporant Sounds**

Highly trained hearing dogs alert deaf people to important sounds like the telephone and smoke alarm, as well as providing confidence and companionship, which can relieve the stress and isolation deafness can bring.

To secure your place in the BUPA Great North Run 2014 and for more information about Hearing Dogs for Deaf People please contact Community Fundraising Manager Lucy Ward on 01759 322255 or <a href="https://linearing.org.uk">lucy.ward@hearing.org.uk</a>

Do it today and challenge yourself to help change the life of a deaf person!

### What is PROBUS?

### The name is an acronym for PRO(fessional) and BUS(iness) hence PROBUS

These clubs are an organisation for retired men and women who want to and are able to remain active and also want to maintain a social network with others of similar interests. Today there are over 4000 clubs worldwide.

Since 1966 Rotary Clubs have formed PROBUS Clubs throughout Great Britain, Ausralia and New Zealand.

Clubs also exist in the USA, Belgium, India, South Africa and Asia.

PROBUS clubs are not service organisations and are non political and non-sectarian although many members are often active in community organisations and charitable works.

Clubs provide social events and invite speakers from all walks of life to keep members up to date with both local and national issues.

### Outings and visits are arranged.

Some have special interest groups such a golf or bowling. Some clubs meet monthly and others fortnightly, some just have coffee mornings with a speaker or a social event, while

have coffee mornings with a speaker or a social event, while others meet at a regular venue for lunch with a speaker.

The format is decided by the members.

### So what does this Club do

This PROBUS club was formed in 1969 and meets every second Thursday at the BACK ROOM, HALLGATE COTTINGHAM

We alternate these Thursday meetings, one being a coffee morning at which a ten minute talk is given (TMT) and the other alternate meeting is a luncheon with a speaker who gives a 30 minute talk on their specialist subject.

We pay an annual subscription of £20, and take a voluntary collection at each meeting, the proceeds of which goes annually to our designated charity.

Our Ladies are invited to "Spring" and Christmas luncheons usually held at venues other than the BACK ROOM.

We have days out during the summer.

#### **JOINING**

If you would like to consider joining us you can come along to one of our meetings and meet the members before joining. All you need to do is ring the Secretary on 01964 624238 prior to the meeting you would like to attend.





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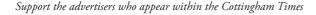
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### The YORswitch Cheaper Heating Oil Together for big heating savings in the East Riding

he YORswitch Cheaper Heating Oil Together scheme across the East Riding is attracting new members all the time – and the savings are growing.

The scheme sees East Riding of Yorkshire Council working in partnership with Humber and Wolds Rural Community Council (HWRCC) to deliver a bulk buying scheme for heating oil in communities across the area.

New scheme member Carol Wells of Hayton says she saved nearly £100 on her first delivery alone since she joined Oil Together. Carol says: "This is a really good scheme, and I hope that more and more people will get to know about it and then





sign up and save money."

Launched in December 2013, Cheaper Heating Oil Together is open to households, community buildings and businesses across the East Riding that use heating oil. Anyone interested can sign up to the scheme by completing a membership form, returning it by email or in the post, and then their local scheme co-ordinator will contact them each month to ask if they wish to place an order for oil.

The annual membership fee for the scheme is £20 per household (£30 for a community building or £30 to £100 for a business dependent on the number of employees) but membership is free for the first 200 households who sign up. Already 167 people have joined, so residents are advised to sign up quickly to take advantage of the free membership offer.

Each month, the scheme co-ordinator at HWRCC negotiates the best price from a range of local suppliers, and informs customers in the scheme - via their local co-ordinators - who the supplier is, the price per litre and the payment terms of the supplier. Oil is delivered within ten working days after the order being placed, but so far deliveries have been well within this timescale. The minimum order required is 500 litres.

#### **Promoted Locally**

YORswitch Cheaper Heating Oil Together is promoted locally by village co-ordinators across the area, especially useful in a region where over 100 of the East Riding's 168 parishes do not receive mains gas. The scheme has members in over 60% of parishes which do not receive mains gas, and is proving particularly popular with households in Bubwith, Skerne Wansford, Tibthorpe, Middleton on the Wolds, North Dalton, Fridaythorpe, Sledmere, Swinefleet and Millington, but new members like Carol are joining all the time. Already a church in Driffield is a scheme member, and a business in North Dalton.

Carol adds: "It's great to see the council – and the rural community council – running a scheme like this to help ordinary people. I like the fact that I can top up with oil when I want, not just when I run out."

Peter Hirschfield, who co-ordinates the scheme at the Humber and Wolds Rural Community Council, says: "We are achieving real savings for our members, and the numbers joining up have exceeded our targets. It's easy to join the scheme, and also very easy to order if you wish to do so. The more people who join, the greater our buying power, so I really hope that we can get lots more people to join the scheme."

Full details and the membership application form can be downloaded from the HWRCC website www.hwrcc.org.uk, or potential customers can contact the charity on 01430 430904 or email oil@hwrcc.org.uk.



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### The Swanland Festival 2014

Since the first Swanland Festival in the year 2000, to celebrate the millennium, there has been a summer extravaganza of art, music, crafts, games, sports, walks, exhibitions, dance and many more activities every other year.

This year is no exception and, in addition to many regular favourites such as the model boats on the pond, the Festival Ball, the Open Gardens, the Gala - there are several new events to tempt you into Swanland including a Chamber Orchestra, an Asian Event, a Poetry evening, a Heritage Exhibition.

This year's Festival runs from Friday 4th to Sunday 13th July and everyone is welcome to all the events. For further details please see <a href="https://www.swanland.info/Festival-2014.htm">www.swanland.info/Festival-2014.htm</a> or pick up a programme from Swanland Library, Village Hall, Swanland Nurseries and several of the shops and businesses.

### Barn Dance and hog roast charity event on Saturday 12th July

Barn Dance and Hog Roast is to take place at The Barn, Quarryside Farm, Main Street, Skidby in aid of three charities on Saturday 12th July.

The event will be a ceilidh followed by a hog roast, and takes place on the Saturday evening.

Tickets for the event are £17.50 including food. The dance begins at 7.00 pm with a late finish. It is a licensed event, but no children are allowed.

The money raised will be donated to three charities, Macmillan Cancer Care (50%), Diabetes UK (25%) and Skidby Cricket Club (25%)

Tickets available from Carl Bevan, 56 Main Street, Skidby. <u>Carl.</u> <u>bevan@uk.tesco.com</u>. Telehone 07977 397710.



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

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

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

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

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

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

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

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

### Problems and Diseases commonly treated by TCM Dermatological:

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



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#### Muscular, Neurological, Skeletal and Vascular:

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

#### **Internal:**

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

#### Men's Problems:

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

### Women's Problems:

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

### Ears, Eyes, Nose and Throat:

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

### **Cancer and Tumour:**

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

### **Addictions:**

Tobacco, Drugs, Alcohol, Reduce Weight etc.

### Mental and Emotional:

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

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

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



### Swanland Open Gardens, Sunday 6th July

wanland Open Gardens will take place on Sunday July 6 Swanland Open Gardens 11am - 5pm, 14 gardens open including 4 new gardens There will be a floral display in the foyer of St. Barnabas Church.

Plant sales, cream teas, refreshments & toilets are available through out the village. All day BBQ,

Floral display in St Barnabas Church - Noon - 5pm Art on the railings Village Hall car park 10am -4pm

Art exhibition in Christ Church, North Vestry, 10am – 4pm (Charitable Donation).

£3.00 adults, accompanied children free, allows access to all gardens. <a href="https://www.swanland.info/opengardens-2014">www.swanland.info/opengardens-2014</a>

scissors and hit his lung instead of his heart, thus saving his life. The wallet and the photographs, all bearing the bullet hole, have been kept by Albert's family and can be seen in the exhibition. There is also a bundle of letters sent home by Albert while he was recovering in a German POW hospital.

Albert Rice's wallet has kindly been loaned to the museum by his family for the duration of the exhibition.

Gillian Rice, Albert's granddaughter said: "Our family is very ordinary and Albert was just a private so we feel very lucky to have this amazing connection with such an important part of history."

"Keeping the Home Fires Burning" will run until 28 November 2014.

The Guildhall is open from 10am to 4pm every Friday, and from 10am to 4pm on Wednesdays until the end of October. Admission is free.

## Exhibition entitled "Keeping the Home Fires Burning" at the Beverley Guildhall

poignant object is featured in Beverley's First World War exhibition, "Keeping the Home Fires Burning: how the First World War was felt in Beverley", which is currently on display in one of the newly refurbished exhibition rooms at the Beverley Guildhall.

Albert Rice, father of well-known local figure, Bill Rice, carried a pair of nail scissors, together with a bundle of photographs, in his wallet while he was serving at the front. In March 1918 he was shot, but the bullet was deflected by the nail



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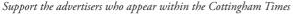
Call Beverley or Kat on Hull: 01482 353817

Email: kat.abcare@outlook.com we operate a 24hr on call system











### Celebrate V-Day at the Magnolia House, on Saturday 19th July

agnolia House is a large Residential Care Home on 42 Hull Road, Cottingham, Hu16 4PX. We are holding a war-time V-Day themed garden party fundraiser on Saturday 19th July between 1pm and 5pm in the home's beautiful garden, open to friends and families of the residents, but also to all members of the public.

There will be wartime themed entertainment, a BBQ, falconry, fun and games, as well as a raffle and tombola with some great prizes. Dressing up in wartime costume is encouraged and dressing up also automatically enters you into our fancy dress competition! Alternatively, wear Red, White and Blue to add to the atmosphere of the day!

Not only will it be a great day for all involved, but it also acts as a great reminiscence event for people with dementia and provides meaningful stimulation.

Entry is £1 for adults and 50p for children and all monies raised goes towards the Residents Fund, which pays for trips out, events and equipment within the home. For example, last year, we bought a large, wheel-chair accessible greenhouse ad a BBQ for the Residents to encourage outdoor activity.

Everybody is welcome! Just come along on the day - Magnolia House has some on-site parking but spaces may be limited. If anyone has any questions, just ring Magnolia House on 01482 845 038.

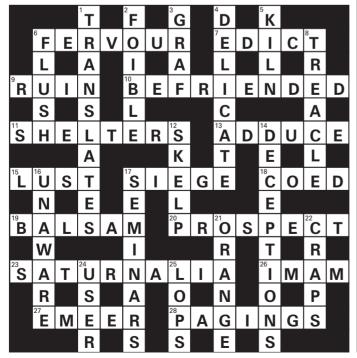
### The Skidby Scarecrow Festival is cancelled for 2014

The Skidby Village Hall Management Committee would like to remind everyone that, unfortunately, this year's Scarecrow Festival has regretfully been cancelled.

However, we are happy to say that the scarecrows will definitely be back next year and we look forward to seeing everyone in 2015.



### Crossword solution from page 14



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### Olive Leaf Extract

dding olive leaf extract to your world is yet anther way to heal your health, not to mention your life, from the inside.

Olive leaf extract is a substance that can best be described as a natural antibiotic. Consuming a dose of olive leaf extract on a daily basis can benefit you in many ways. Olive leaf extract has anti-bacterial properties, as well as anti-fungal and anti-viral properties. A dosage of olive leaf extract will destroy bad bacteria, while at the same time, leaving the good bacteria intact.

The top ingredient in olive leaf extract that makes it so healthy is a bitter phytochemical compound by the name of oleuropein. Oleuropein is turned into olive leaf extract when it is taken from the Manzanillo and Mission olive trees.

### The Many Benefits of Olive Leaf Extract

Olive leaf extract can do so many things to improve your health. It can fight off nasty viruses and bacteria that can lead to infections and diseases; it can boost your energy levels and it can give your skin an all over healthy glow! It is also very good for the heart. In fact the two could become best friends! Whether it is part of a supplement that contains vitamins and minerals or whether it stands alone, olive leaf extract has health benefits.

Olive leaf extract is also capable of keeping many respiratory problems away from your body, including the common cold, the flu, sore throats, bronchitis and pneumonia. It is also helpful for the digestive process and can prevent or reduce intestinal muscle spasms.

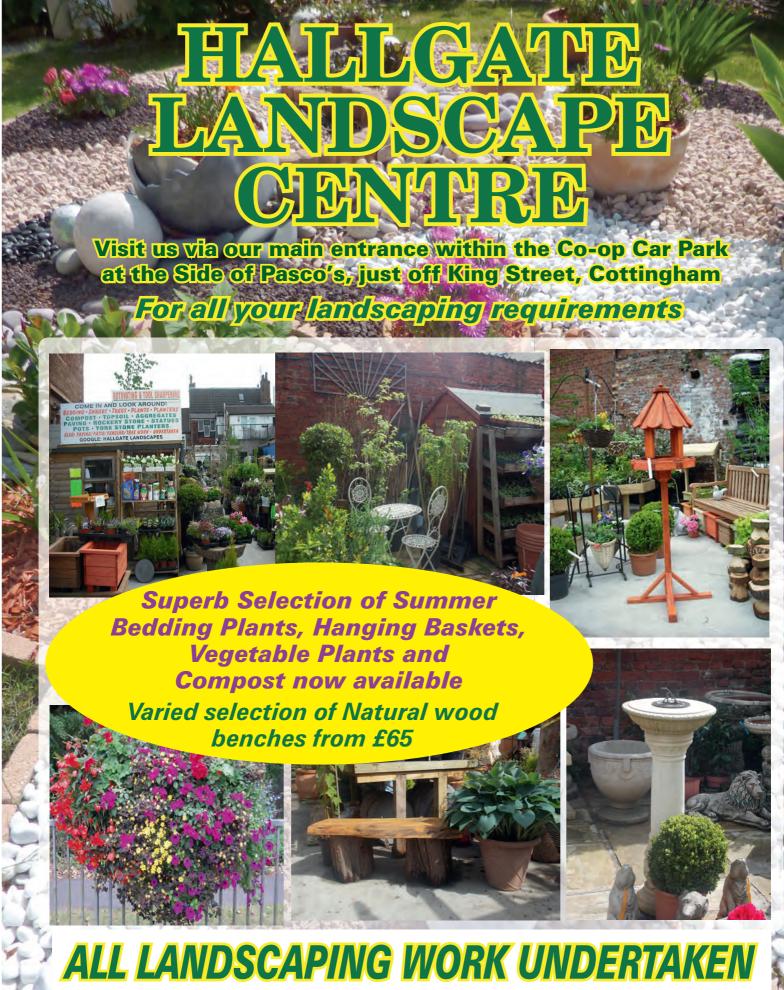
In particular, olive leaf extract can lend the body a helping hand in four areas. These include:

- Functioning of the Immune System- Helps to prevent the onset of diseases and helps the immune system to not become overwrought and exhausted.
- Pathogen Control- Fights the undesired attack of bacteria, fungi, viruses, retroviruses and parasites (as previously mentioned).
- Energy Assistance- Provides a boost to energy levels in a very natural manner. There are no manmade chemicals involved!
- Promotion of a Strong and Healthy Heart- Supports and encourages the cardiovascular system in doing what it is meant to do, which is to send blood to every area of the body in an efficient manner.

Research studies have even found a link between consuming olive leaf extract on a regular basis and warding off diseases such as herpes and shingles.

While olive oil that you use in recipes is good for you, olive leaf extract is even better! Look for olive leaf extract at health food stores or look for it in your local chemists. Taking better care of yourself is closer than you think!





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