

Cottingham Times

Issue 79 - June 2008

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The Sale of Goods Act 1979 and the Supply of Goods and Services Act 1982.

The legislation requires that items offered for sale by private vendors must be "as described". Failure to observe this requirement may allow the purchaser to sue for damages.

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In Cottingham and District

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Tuesdays and Fridays 10.00 to 4.30 pm. Started 1st April. Adults, Children and Young People Welcome. Call in at any time for a drink and a chat. Tea, Coffee, Hot Chocolate, Biscuits, Crisps and Sweets.

Cottingham Gardening Club

Tuesday 10th June, Evening visit to Dowthorpe Hall (Cost £3.00).

Cottingham Women's Institute

Tuesday 10th June, "Quill to Internet", East Riding Registration Service, K. Bull, at 10.00 am upstairs at Cottingham Civic Hall.

Cottingham Men's de Luda Society

Wednesday 11th June to 22nd June - Mediterranean Cruise.

U3A

Thursday 12th June, Inland Waterways - Barry Robins, at 2.00 pm in the Darby & Joan Hall, Finkle Street, Cottingham.

Cottingham Green Women's Institute

Thursday 12th June, Associated Country Women of the World, Mrs. Hazel Armstrong ACWW rep for EYFWI, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Skidby and Little Weighton Methodist Church

Friday 13th June, Soup Lunch at Skidby Methodist Church, commencing 11.30 am, Come and enjoy delicious homemade soup and breadrolls and make a donation to charity. Donations are for Open Doors at Princes Avenue Methodist Church & International House, Westbourne Avenue.

Embroidery Society

Saturday 14th June, Felicity Howatson (from Rugby in Warwickshire), Church Embroidery, Felicity creates fabrics with Lurex, organza, velvet and satin. In the Darby & Joan Hall, Finkle Street, at 2.15 pm. Members £1; visitors £2.00.

Cottingham Evening Townswomen's Guild

Wednesday 18th June, at 7.30 in the Darby & Joan, Finkle Street. Life as a Prison Officer, S. Hall.

Diabetes UK

Thursday 19th June, Network Manager\or Deputy Mrs. M. Kelly or Mrs. L. Pearce, at the Board Room, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

HOSPA - Hallgate Old School Preservation Association

Saturday 21st June, Table Top Sale, at the Hallgate Junior School at 10.00 am to 1.00 pm. Adults 20p, Children 10p, under fives free. Tables are available at £10.00 each. To book a table telephone H. Humphreys 845665. Refreshments, Cake stall, Plants and books. Profits in aid of HOSPA. Come and support your local community centre.

East Riding Flower Cluab

Monday 23rd June, Jean McClure (Saltburn), "Anything Goes". In the Civic Hall, Cottingham at 2.00pm. £3.00 at the door.

Wednesday Social Club

Wednesday 25th June, at 2.00 pm in the small Darby & Joan Hall, at the rear of the building, Michael Wood "Town Crier".

Front Cover Picture: This is a photograph of the weekly Thursday Market on the Market Green, Cottingham. The photograph was taken and kindly supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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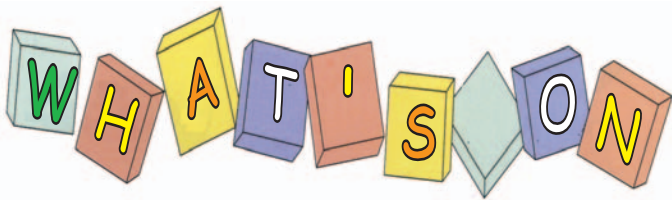
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In Cottingham and District

Skidby and Little Weighton Methodist Church

Friday 27th June, Little Weighton Village Hall 7.30 pm. In aid of Christian Aid. For more details ring 843678.

HOSPA - Hallgate Old School Preservation Association

Saturday 28th June, Film show to be held at Hallgate Junior School. Happy Feet showing at 3.00pm; Calendar Girls showing at 7.30pm; Adults £3.00, Children £1.50. Refreshments will be available. For tickets contact K. McClure 848014.

Hull and Holderness Branch, British Sugar Guild

Saturday 5th July, 2.00 to 4.00 pm., The Terrace, Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. "Sugar Flowers" by Margaret Morton.

Cottingham Women's Institute

Tuesday 8th July, Retired Policeman Gordon Acaster, at 10.00 am upstairs at Cottingham Civic Hall.

Cottingham Green Women's Institute

Thursday 10th July, Members Night (Sales Table), General and Cakes, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 10th July, A Day Outing to National Coal Mining Museum.

Skidby Village Hall & Institute

Saturday 12th July, Charities Fair, 10.00 am to 1.00 pm. Free Admission. Refreshments available. Registered Charities may book a table Free of Charge. Booking forms available from the Secretary Kelvin Young 843446.

MAD Academy - Summer Holiday Classes

Tuesday 22nd, 29th July and 5th August, Special Three week MAD Academy course at St. Mary's Church Hall, Cottingham. Thursday classes also available at David Lloyd Fitness Club. MAD Academy is high energy, free spirited music and movement classes for children aged 3 months to 5 years of age. Booking essential. For details or to book a place contact Kirsty on 01482 824143.



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Please send us your Society or Pub's information for the What's On column, and let everyone know what's happening in and around the Cottingham area. If people don't know they won't go.

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All Work and no Play *By Marion Owen*

Here I am enjoying a couple of hours off in the fresh air at a cricket match, my son loves the game and it is great to watch when the sun is out.

This month has been all work and no play, but I will be making up for it over the rest of the summer. The recent bank holidays I have spent my time sorting my collection of information, I always bring lots back from every trip and I never like to throw anything away. It was great to reminisce and I decided to put it all to use and make up my own Travel Tips fact sheets - another mammoth but enjoyable task I have set myself.

May has also been about sorting out future special departures, my Canada & Alaska adventure for 2009 is nicely coming together I have a great itinerary planned - well a few itineraries joined together actually. This will allow fellow travellers to do all or part of it.

The first highlight will be the Calgary Stampede offering something for everyone, fun and spectacular showmanship. From here we shall leave the cowboys behind and head into the Rockies with a twist before eventually arriving in my favourite city Vancouver. Travel will be by Coach, Tundra Buggy, Rail, and ferry through stunning scenery offering wonderful wildlife spotting and of course not along the regular tourist route.

If you fancy more or just want to join then it's a seven night cruise up to Glacier Bay in Alaska hopefully with Whales alongside all the way and a few bears waiting to be spotted. Rounding off with a quick scenic route back through the Rockies before its time to head home.

I am getting all excited about this jaunt; hopefully I will have prices to suit most pockets and I expect to be doing a presentation mid to late June. If you have not registered yet and want to come along, give my office a call on Tel: 211913.

The year 2007 was to be my last escorted adventure to this part of the world but they keep getting better each time and I keep having to go back for more. Oh, and by the way, the weather is generally good too as you can see from the photo on board the ship in Glacier Bay below so you will need those shorts.

Well back down to earth and this years holidays. If you have not booked or are in a position to book an extra holiday we have some fabulous under the counter cruise deals - you need to call for details they are too good to print, great for everyone including single travellers too - we all like a bargain! Peter Deilmann, Fred Olsen, Cunard, Hebridean and more.

Until the next issue enjoy your summer and if we can be of help with any travel arrangements we are just a telephone call away.



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Cottingham Floods Book due out next Autumn

In response to its appeal for photos and stories about the devastating floods of last June (see Cottingham Times 74, January 2008), the Cottingham Local History Society has received over 900 photos and 25 personal stories. The Society hopes to publish all the stories and a large selection of photographs in a book next Autumn.

The book will also contain a Foreword by BBC weather man, Paul Hudson, a chapter on previous flooding in Cottingham by local historian, Pat Elliott, and an expert analysis by Peter Kerr of Cottingham's drainage system, together with some suggestions for preventing future flooding.

Pictured above are a flood rescue team in George Street, Cottingham on June 25th 2007. (Photo: Chris Wright).



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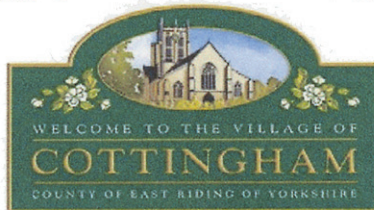
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Cottingham Parish Council



Chairman of the Parish Council

Councillor Angela Devine was elected Chairman of the Cottingham Parish Council and will serve as chairman until the next annual general meeting in 2009.

Deputy Chairman

Councillor Hardwick was elected as Deputy Chairman to Angela Devine for the forthcoming year

Allotments Committee

Five councillors were elected on to the Allotments Committee for the ensuing year. The councillors are Councillor Abel, Councillor Cook, Councillor Cleary, Councillor Hardwick and Councillor Leatham were elected to serve for the coming year.

Drainage Committee

The three councillors currently serving on the Drainage Committee were happy to continue in that role for the coming year. These are Councillor Casson, Councillor Knight and Councillor Hardwick.

Cottingham Wild Spaces Group

Three councillors volunteered to represent the Cottingham Parish Council on the Cottingham Wild Spaces Group. The councillors representing the Parish Council are Councillor Cleary, Councillor Knight, Councillor Cook.

The KGV Friends Group

Councillor Cooper who has been an active member of this group for the past year agreed to continue in this position for a further year.

Cottingham CCTV Group

Councillors Abel and Knight who have been actively involved in the CCTV group since it's inception were willing to continue their representation of the Parish Council on this committee.

Planning Committee Report

Councillor Casson reported due to a downturn in the housing market which has resulted in less planning applications being presented to the committee.

An amended application for the Cleminson Hall Development has been received and was discussed at the planning meeting on the 27th May.

Finance Committee Report

A grant of a £100 has been awarded to St Mary's church Cottingham towards their Flower Festival which is to be held in July.

Cottingham Day 2008

The organisation of events is gaining pace and the committee are working hard to raise sponsorship money for prizes and stage competitions.



Renewal CPRE membership

It was reported that the membership renewal cost for the CPRE membership for 2008 would cost £28 this was agreed and payment is to be made.

Cottingham Community Plan

The Cottingham Community Plan consultation day which had been held in the Civic Hall on the 3rd May had an encouraging turnout and the information received has yet to be assessed and collated.

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- Unfurnished



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Spruce up your garden this summer with a visit to Southwood Farm Shop and Nurseries

The nights are lighter and the sun is warming up the east coast, so why not make the most of the coming summer months by letting Southwood Farm Shop and Nurseries help spruce up your garden?

Situate just 15 minutes drive from Hull centre in the scenic town of Cottingham, the shop stocks everything you need to turn your fingers green, whether you're a keen gardener or a complete beginner.

Whatever the reason for our visit, there is sure to be something to interest all members of your family.

While mum and dad browse the extensive product range, younger ones can visit some friendly faces at George's Animal Farm.

The farm is home to goats, alpacas and other friendly creatures that offer a chirpy welcome to all corners.

There is also Lucy's the farm's very own coffee shop that serves a full selection of hot and cold meals and delicious home made cakes. Also a childrens play area.

One of Southwood's most impressive features its range of stylish outdoor furniture - a selection you will struggle to find at other outlets in the area.

Planning a barbecue, or relaxation with the family, a garden table and chairs set could be just the thing.

Prices for wood sets start at just £19.99 which includes four chairs and a folding table for easy storage.

There are also more luxurious models like the Atlantic Round Set, which is currently on special offer. It retails at £1,099 but is available from Southwood Farm Shop and Nurseries at £599.99.

If you want something equally good looking, but with less fuss, you can opt for a Texoline set, which is maintenance free and weather resistant. Prices start from £129.99.

One of the most popular products from this range this year has been the wicker weave and granite sets from £225 for the Grenada set that

comes in a stylish black finish. It also comes with five year guarantee and can be left outside all year round.

Or there is a selection of cane furniture, which is ideal for any conservatory, such as the Cadiz set, which comes in five fabrics.

It should retail at £599.99, but is now available for only £399.99 with a free side table while stocks last.

Chimineas and fire pits are once again proving popular this year and are perfect for keeping your patio and garden warm after dark.

Southwood has more than 10 designs in stock, with prices starting at £49.99.

Where plants and flowers are concerned Southwood is hard to beat.

Having been proud winners of Beverley in Bloom for the past four years, it stocks a massive selection of individually hand crafted hanging baskets to suit any garden, with prices from £8.99.

The nursery stocks more than 100 types of basket plants, including new varieties such as the giant deep purple fuchsia.

It also has an extensive selection of shrubs, trees and climbing plants, including the brand new Raymond Evison Clematis "Rebecca", with a six inch velvet red flower.

Owner Jane Jones said: "The most popular plant this year so far has been the colleus canina, otherwise known as the 'scaredy cat' plant. "We cannot believe how many people are bothered by cats in their garden. This plant lets off an odour, which deters cats but goes undetected by humans.

From compost to stoneware, to pots and stone sculptures, Southwood Farm Shop and Nurseries has everything you need.

The farm shop stocks fresh produce, fruit and vegetables, organic produce, jams, biscuits and other food.

Every Wednesday, pensioners receive a 10% product discount (terms and conditions apply)

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Wordsearch - Find the Types of Wood

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

Find the types of wood in the letters above:

Acacia, Alder, Ash, Aspen, Balsa, Bamboo, Beech, Birch, Bonsai, Boxwood, Cedar, Cherry, Chestnut, Cypress, Dogwood, Elder, Elm, Fir, Ginkgo, Gum, Hawthorn, Hazel, Hemlock, Hickory, Juniper, Kauri, Larch, Lilac, Locust, Mahogany, Maple, Oak, Obeche, Oxandra, Pawpaw, Pear, Persimmon, Pine, Poplar, Redwood, Sabicu, Sandalwood, Sandarac, Spruce, Sycamore, Walnut, Willow, Yew.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 18 -

This is a medium challenge

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

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Microsoft is putting its money where its mouth is in the battle of the search engines. In its quest against Google's dominance of the Internet search market, it recently failed in its attempt to take over Yahoo, who is the other major player in the search and advertising sector. So now Microsoft has recruited a list of major online resellers in the USA with whom it has agreed a deal that will see consumers rewarded by cash back whenever they make online purchases having found the goods via Microsoft's own Live Search facility. Could this be coming to us next? We'll have to wait and see.

AVG new version 8 has been out for a while now. Most users have been offered a free upgrade online from version 7.5 as part of the update process. If you haven't got it yet you can download the latest version and install it over your existing version. Make sure to download the correct one, either Anti-Virus or Internet Security ñ both versions now include anti-spyware protection. Your current license subscription will be valid.

We tend to take technology for granted; it's there when we want it. But of course in many countries that is not the case. Only recently, the people of Cuba are for the first time able to go out and buy a computer. The only problem is that they cost around \$800 and the average wage is only around \$20 per month. Even those who can afford one won't be able to online for a while yet.

The 'One Laptop per child' (OLPC) project I have mentioned before is gathering momentum. The aim is to provide a laptop to children in the developing world to help with their studies. The innovative \$100 machines have been under development for some time and are already in use in schools in Nigeria amongst other places. It now looks likely that a similar version will go into production for general sale following strong interest in the USA where the project was started. To help kick start proceedings the laptops were made available for a short period last year on a 'buy 2 and get 1' deal. The customer paid \$200 and received one laptop and the other went to a child in Africa. The project is now talking to Microsoft about collaborating on the software the laptop uses: <http://news.bbc.co.uk/1/hi/technology/7402365.stm>

Windows XP is due to be discontinued for sale by Microsoft

on June 30th. Public pressure originally forced this to be delayed from January of this year. Interestingly, Microsoft has made a concession in permitting XP to continue until January 2009 for 'ultra low-cost PC's' like the EEPIC mini-laptop (also known as sub-notebooks). So general support is likely to continue past then. We will still install XP when required until it goes off-sale.

Do you use System Restore? This is a neat utility developed originally in Windows ME (Millennium Edition). Since then it has been a feature of Windows XP and Vista. If you haven't used it before, here's how it works. By taking a snapshot of your system state when fully functional, it then files it away for future use. Windows will create such a point periodically but you can create your own whenever you wish. Importantly when installing new hardware or software Windows will normally create a point, so that if it all goes horribly wrong you can restore your system back to normal working order, even if you have to go into Safe Mode first. This does not affect your own data stored on the computer.

The latest MAC operating system known as Leopard (only for Mac computers), has a similar feature called 'Time Machine'. This not only saves the system state but backs up your data as well. See: <http://www.apple.com/macosex/>

On Radio Humberside recently I was asked to talk about some of the new technology that surrounds us all, as part of a series called 'Digital Doctors' that the BBC is running. For some time now the buzzword in the IT industry has been convergence. Basically this means how the computer world and the consumer electronics market are moving closer together. There are a lot of crossover points already; you can listen to the radio on your computer and now even watch TV programmes thanks to things like the BBC iPlayer. Look at computer monitors and TVs - they are the same technology now. Sizes have increased and many big screen TVs have a computer input (VGA) on the back of them if you want to play your pictures or go large on the internet! For details of digital content and the big switchover in 2011 see: <http://www.bbc.co.uk/digital/>

Following the historic event for Hull at Wembley recently, someone suggested Microsoft should name their next operating system 'Windass 2008'. Now there's a thought!



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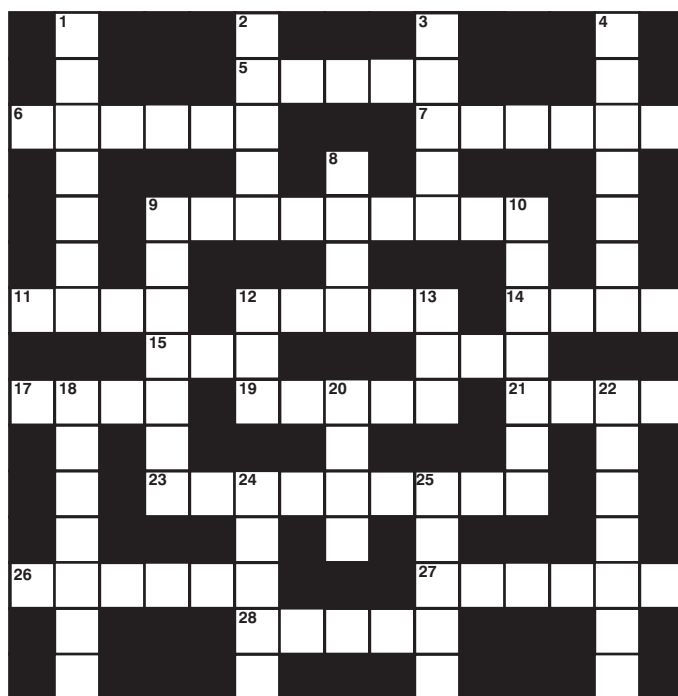


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Crossword - Solution on page 40



Across

5. Found error could be below, partly (5)
6. Reverses deed (6)
7. Common skiN complaint (6)
9. Skipper perhaps (9)
11. May be found in an illicit flower (4)
12. Opium source (5)
14. Too, as well (4)
15. Cassius once (3)
16. 15 across could give a cauliflower (3)
17. Mr Jack may lead you to this (4)
19. Flatten the media (5)
21. 9 across may head this way (4)
23. Im head pupil with flaw (9)
- 26 Make a clean one of it (6)
27. Red ray points to grim weather (6)
28. If you don't get it, the taxman will (5)

Down

1. Tranel may shed light (7)
2. To my ears, this is it (5)
3. Is part of a sabre ample to catch one? (5)
4. Poo with sump can be obnoxious (7)
8. Lose to spud on the way up (4)
9. Wynter in the east end (7)
10. Earnest may be closest to you (7)
12. Comes before a squeak (3)
13. Three quarters of the ayes agree (3)
18. You are found in 25 down (7)
20. To do so is only human (4)
22. Greater than the sum of its parts? (7)
24. Small minded tom could sing (5)
25. Defended latter part last (5)

"Crossword provided by www.dowedo.co.uk. Used with permission"

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What Needs to be on a VAT Invoice?

by Nick Robinson of Yorkshire Accountancy Limited

You must have a valid VAT invoice in order to reclaim VAT charged on the goods or services you buy. When dealing with a new supplier check that their invoice includes all of the following details:

- * The suppliers name, address and VAT registration number
- * The name and address of the person to whom the goods are supplied (this will be your business)
- * A unique identification number (see below for new rules)
- * Date of issue
- * Time of supply of the goods or services (this may be the same as the date of issue)
- * A description of the goods or services supplied
- * For each description of goods or services:
 - o The unit price (see below for exceptions)
 - o The rate of VAT charged
 - o The amount payable excluding VAT
- * The total amount payable for the whole invoice excluding VAT
- * Rate of any discount available
- * Total amount of VAT charged

VAT invoices must generally be in pounds sterling, but where you have received an invoice expressed in a foreign currency, as long as the sterling equivalent is shown for the total payable and the total VAT due, the invoice will be a valid VAT invoice. The wording on the invoice does not have to be in English, but if you get a VAT inspection you will have to produce a translation of the invoice into English if the VAT officer asks for one.

There are two relatively recent changes to the VAT invoice rules you should check for your own business:

Unit price

Since 2004 a VAT invoice must include the unit price of any 'countable' goods or services. So if you charge by the hour you need to show your hourly rate. However, if it is not the usual practice in your business sector to show this information you don't have to, as long as your customer doesn't demand it.

Unique identification number

From October 2007 each of your VAT invoices must have a unique and sequential number. If you restart your invoice numbering each year this could lead to identically numbered invoices in different years. You can use separate invoice sequences for different customers as long as each sequence of invoices is separate and unique. You can also use customer prefixes on the invoices, as long as no two customers have the same prefix.

Question and Answer Corner

Q. Can the sole director of his own company be paid £5 per night when away on business without producing receipts to cover expenses incurred?

A. The £5 per night limit is for personal incidental expenses such as laundry costs and telephone calls, which are rarely supported by receipts. As long as the company does not pay more than £5 per night on average per business trip, the full amount paid will be tax free. However, if the company pays in excess of £5 per night, the total is taxable. Any amount paid or reimbursed by the company for actual personal expenses, such as laundry bills, must be deducted from the £5 nightly limit.

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In the Kitchen



Ingredient of the Month

Chocolate

The common cacao tree is classified as *Theobroma cacao* and belongs to the family Sterculiaceae. They are very delicate and need much protection in their first four years of growth. With careful cultivation, the trees of most strains will begin bearing fruit in the fifth year. The fruit containing the seeds are about the size of a small pineapple when harvested.

How chocolate is made

The processing of the cacao seeds (cocoa beans) is not a simple task. Firstly the fruit is fermented which takes 3 to 9 days, during which the heat dries the seeds and turns them brown. The beans are then dried in the sun and cleaned in special machines before they are roasted. This loosens the outer shell which separates the shell from its center or "nib" which is further processed into Chocolate Liquor, by grinding it to a smooth, liquid state. Further processing takes place for the various types of 'eating' chocolate as follows:-

Dark Chocolate is chocolate liquor with additional sweeteners and cocoa butter.

Milk Chocolate is chocolate liquor with additional cocoa butter, milk, sweeteners and flavorings.

White Chocolate has no formal definition. White chocolate contains sugar, cocoa butter, milk solids and flavorings such as vanilla but does not contain non-fat cocoa solids, so is mostly used as a coating.

Couverture is a term describing professional-quality coating chocolate that is extremely glossy. It usually contains a minimum of 32% cocoa butter, which enables it to form a much thinner shell than ordinary confectionary coating.

Ganache is a thick, extremely rich chocolate spread. It is made by pouring hot cream over chopped up chocolate and whipping the mixture until the chocolate melts and the mixture becomes thick and stiff.

Cocoa contains as much as 20% protein, 40% carbohydrate, and 40% fat. It is also mildly stimulating because of the presence of Theobromine, an alkaloid closely related to caffeine.

A Brief History of Chocolate

1502 - Christopher Columbus introduces chocolate to Spain from his fourth voyage to the New World in 1502 but not as the product we know today. It was only consumed as a drink. The word "chocolate" was derived from the Aztec word xocolatl which means bitter water.

1615 - Anne of Austria (wife of Louis XIII) declares chocolate as the drink of the French Court, although this was only after much skepticism, as initially it was considered a "barbarous product and noxious drug".

1640 - chocolate finds its way to England, among other European countries.

1657- the drink becomes a best seller in England and excessive duties are imposed on chocolate. It takes almost 200 years before the duty is dropped.

1828 - Dutch chocolate maker Conrad J. Van Houten created the hydraulic cocoa press. The press enabled chocolate makers to crush the "nibs," or centers, of roasted cacao beans into a paste (Chocolate Liquor). After crushing, some of the cocoa butter was extracted.

1848 - English chocolate maker Joseph Storrs Fry created the first eating chocolate by further refining the cocoa, adding sugar, and mixing the cocoa butter back in.

1875 - Swiss Daniel Peter added condensed milk to chocolate and marketed the first solid milk chocolate bar.

Chocolate in cooking

When using chocolate for culinary purposes, use as high a quality as you can afford - i.e. containing higher proportions of cocoa solids, preferably 40% for milk chocolate and 70% for dark chocolate. This information can usually be found in the ingredients section on the label.

Be very careful when melting chocolate as too high a heat can make it spit. Therefore always melt in a heatproof bowl over very hot water in a small



saucepan. It can also be successfully melted in the microwave using a medium setting.

Chocolate Dream

225g/8oz Mascarpone Cheese
270ml/9fl.oz. Double Cream
4 tbsp Icing Sugar
Zest and juice of 1 Lemon
175g/6oz Plain Chocolate

Instructions

1. Break the chocolate into pieces then place in a bowl over a saucepan of very hot water. Stir to melt.
2. Mix the mascarpone cheese and cream together, then divide the mixture between two bowls.
3. Add the sieved icing sugar, lemon rind and juice to one bowl and mix thoroughly.
4. Stir in the melted chocolate to the other bowl.
5. In four individual tall glasses, place alternate layers of the chocolate cream first, then the lemon cream, finishing with the lemon cream.
6. Decorate with grated chocolate and chill before serving.

Mississippi Mud Pie

Ingredients
For the Filling
400g/14oz Plain Chocolate
225g/8oz Butter
2 tbsp Instant Coffee
30ml/1fl.oz. Boiling Water
300ml/10fl.oz. Double Cream
300g/11oz Brown Sugar
6 Eggs

For the Crumb Base

50g/2oz Butter
150g/-5oz Digestive Biscuits, crushed
25g/1oz Sugar

Instructions

1. Preheat the oven to 190C, 375F, gas Mark 5 and lightly grease a 20cm/8-inch springform tin.
 2. Melt the butter in a medium saucepan then add the crushed digestive biscuits, and the sugar, mixing well and adding a little more melted butter if necessary to bind the mixture.
 3. Spoon into the prepared tin, spreading it evenly and pressing it firmly down. Set aside.
 4. Place the chocolate, butter, instant coffee and water into a large saucepan and heat gently, stirring well, until the butter and chocolate have melted.
 5. Remove from the heat and beat in the cream, sugar and eggs. Mix well then pour the mixture on to the biscuit crust.
 6. Bake for 1½ hours or until the filling is set. Allow to cool before removing the tin.
- Serve cold with whipped cream.

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Cottingham girl Penny Oliver is Hairdresser to the stars

The Mark Hill Salon in Kirk Ella, is home to one of the UK's most successful hairdressers and the hub of one of the country's leading hair care brands, Mark Hill Hair Cosmetics. It's team are renowned within the industry for their creative talent and Cottingham resident Penny Oliver is fast establishing a reputation as one of the hottest talents around.

With a celebrity client list which includes Fearne Cotton and Myleene Klass, Penny regularly styles the stars for magazine cover shoots, TV appearances and red carpet events. Along with Mark Hill and the team, she created the head turning looks for Britain's 'A' list last month for the BAFTA Television Awards. As the official hairdressers to the event, they styled the likes of Tess Daly, Joanna Lumley, Dame Judi Dench, Joanna Page, Lacey Turner and Tamzin Outhwaite.

Starting her career as a Saturday girl in the salon at only 15, Penny went on to train under Mark Hill himself for 3 years gaining invaluable experience. After graduating with flying colours in 2006, she is now one of the salons' top stylists.

Penny says "It seems like only yesterday when I started work at the salon as a Saturday girl. I have learnt so much and really appreciate all of the opportunities I have been given. I think I am really lucky to be able to attend some of the most prestigious events in the country. But however glamorous that side of my job may seem, I still love working in the salon and giving my clients a really beautiful haircut that makes each of them feel amazing. I try to make every one I style feel great about their hair so they walk out of the salon, or down a red carpet feeling like a million dollars."

Penny and her family have been part of the Cottingham community for as long as she can remember. She attended local schools, and as well as still living in the area, her mum, and Grandad work together in her Grandma's business - Gwendoline Drury Solicitors based in George Street.

When asked if Penny will ever leave Cottingham she replies "most probably not, I love to travel but am proud of my roots and love living here".

Pictured above left to right: Penny Oliver, Myleene Klass and Lois Braim.

For appointments at the Mark Hill Salon, please call 01482 656424. If you have any questions about your hair, please feel free to call Penny or email her on info@markhill.co.uk

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COTTINGHAM DAY

Check your diary!

Cottingham Day 2008 is all over the village on Saturday 5th July

Bigger and better than ever with something for literally everyone-some old favourites are back and lots of new attractions to wet your appetite.

For the first time this year organisers are giving one lucky local child the chance to turn on Cottingham Christmas lights . . . thousands attend both events and by turning up on 5th July could your child be in with a chance this year.

The stage will be hosted by KCFM. Come and be entertained by the fabulous Abba tribute band Chiqitita; be amazed by magician Albert Alchemy; watch a hair makeover by the superlative Unique salon . . . and loads more. Bring your Bonny Baby and their older brothers and sisters for the ever popular Bonny Baby Competition, application forms are available now from the Parish Council offices on the Market Green. Hull City's famous mascot, Roary the Tiger will be there, prizes will be presented, Cottingham Parks will give a Body Pump demonstration-now there's a thought!? Try a ride on a rodeo bull; be over-awed by the modified cars on display and . . . and . . . there are even more attractions being organised as you read this!

Granddad's Park once again will play host to most of the child-orientated events. Shows already confirmed include the Dog Show; Football Skills Competition organised by Cottingham Rangers; mini-Tennis by Cottingham Lawn Tennis Club and the broken crockery stall provided by the Scouts. The St. John's Ambulance will be providing first aid cover with the local Red Cross doing post CPR demonstrations and fake wounds.

Scrapstore will entertain children all day with workshops and the Magic Carpet Theatre will provide circus skills displays. There will be children's rides and bouncy castle but . . .

. . . THERE WILL BE NO FAIRGROUND ON THE MARKET GREEN!



The day kicks off around 11am with the now-traditional parade through the village featuring local youngsters in fancy dress, Cheerleaders, Scouts, Guides and Brownies; cars, clowns, children's characters and even a Scottish piper bringing up the rear. The parade will start from Cottingham Clinic's rear car park and finish at approximately 12 noon in the Market Green for the presentation of prizes.

Then wander around the events and various venues-

The Civic Hall has a children's play by the Daylight Theatre Company, plus line dancing demonstrations. The Darby and Joan Club are planning to host an array of charity stalls and the Memorial Club are hosting an Open Day.

Hallgate has displays by the East Yorkshire Thoroughbred Car Club and the Morris Minor Owners' Club. The Memorial Gardens will see the Birds of Prey return.

The Methodist Church are holding a produce stall in combination with other local churches whilst further down Hallgate St Mary's Church has a flower festival, and Hallgate Juniors are hosting a Victorian School. Holy Cross will also be open throughout the day.

If anyone would like to donate prizes or sponsor an event please contact the Parish Council Offices on 847623. All donations are greatly appreciated and enable Cottingham Day to be a success.

There will be face-painting, balloon modelling with Mr Balloony and stacks of music . . . Listen to Wold primary Steel Band on the corner of King Street and Hallgate. And don't miss Coleen's Fancy, a terrific Irish folk group.

Back in the Market Green there will be a seating area, to take a breather, trade stalls, modified car displays, have a go at paint-balling with the Army, and catering, including a Hog Roast. While you're having a break why not guess how many balloons are in the limo?

With more attractions yet to be confirmed, sunny weather has been ordered so everyone will have a fantastic fun-filled day. The carnival has been organised . . . come on and join in!



Cottingham PCSO's presented with new bicycles

The Cottingham Neighbourhood Police Team have been presented with two new bicycles, at a handing over ceremony held recently.

The bicycles have been bought with a donation from the Cottingham Parish Council at a cost of just under £400, and were purchased from Cottingham Cycle Centre.

The bicycles were presented by Councillor Kevin Casson to PC Steve Morley and will be used by PCSO's Adrian Clark and Mark Bentley.

PC Morley said "The bicycles will give greater access, a much higher visible presence and enable the PCSO's to attend quickly to incidents which may be happening on the other side of the village to which they may be patrolling.

"They will also enable us to pursue criminals through the snickets surrounding the village, which are often used as a escape route after committing crimes".

Picture above at the handing over ceremony are (left to right): PCSO Adrian Clark, Pete Dunn (proprietor of Cottingham Cycle Centre), Councillor Kevin Casson, PC Steve Morley, PCSO Mark Bentley and Councillor David Cook.

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Crystal Healing, the belief crystals have energies and properties and are able to heal

Crystal healing is the belief that crystals have energies and properties that are able to improve health. The earliest records of crystal healing come from ancient Egypt and in traditional Chinese medicine from around five thousand years ago.

Crystals have a long tradition of being used for crystal healing. Each variety of crystal has a unique internal structure, which causes it to resonate at a certain frequency. It is this resonance that is said to give crystals their healing abilities. Applying this resonance in a coherent way can help to restore stability and balance to the body's energy systems, stimulating the body's natural healing mechanisms.

Crystal therapy is a gentle non-invasive form of alternative healing that works holistically to harmonize the mind, body, emotions and spirit, helping to increase our feeling of well-being, neutralise negativity, lift depression and to help us to become integrated, whole beings. Crystals can be used on the body in several ways or placed around the body in the aura.

Crystal Therapists determine where blockages of energy in the body's aura are located and then place a particular crystal on specific parts of the body. Crystals can be used in conjunction with the seven chakras for chakra balancing.

By using the appropriate crystals a therapist can return an energy system or rebalance a body's energies, thus improving well being. Different types and colours of healing crystals are promoted to have different healing powers. For example, amethyst is thought to calm the mind and uplift the spirit, sapphires are thought to help hearing and mental clarity, and rubies are thought to cleanse the blood and foster courage.

Each one is chosen based on the individual's needs and energy fields. Crystal Healing can be used effectively and safely on its own or in conjunction with other therapies for example Colour Therapy or Reiki. At Holistic Ascentuals (www.holistic-ascentuals.co.uk) I can offer you this healing modality alongside my other massage therapies and treatments. Call today to make an appointment or to chat about a treatment or just pop in!!!

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You can now catch up with stories or things you have missed by logging onto our website www.cottinghamtimes.co.uk. Back issues of the Magazine are available in downloadable PDF format. On the site we have many useful articles to read, many on health related issues.

We also have a heading 'Supermarket Checkout' where you can put in your weekly shopping list and you can compare cost of it against four of the main supermarket chains, this may help with the cost of your shopping. Some of our advertisers also have pages on the site, such as Gino's, Alishaan, UK Blinds, Discounts. There are also links for the Clubs and Societies in the Village. Pay us a visit!

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Cottingham Village Community Centre - will this be the future for the Hallgate Junior School buildings?

On July 18th, Hallgate Junior School will close. The school will move to new buildings on the site and become, with the Infant School, the new Hallgate Primary School opening in September.

Many people have been asking, "What will happen to the old school buildings?"

A group of Cottingham residents are negotiating with East Riding Council to transform the Victorian buildings into Cottingham Village Community Centre. Hallgate Old School Preservation Society (HOSPA) has been working for the last two years to make sure that the buildings will not be left empty and boarded up after the children move to their new classrooms this summer. However, the Council has still not come to a decision as to what it will do with the buildings and whether it will let HOSPA run them as a community centre.

As a taster of what could happen in a community centre, HOSPA has organised two events. On June 21st there will be a **Table Top Sale** and on **June 28th two films** will be shown. For full details see "What's On" on pages 4 and 5.

A lot of local groups and organisations, including Cottingham Guides and Scouts, would like to use the buildings for meetings, activities and events, for offices and training. Everyone says that more is needed for young people in Cottingham, so HOSPA would like to provide facilities for them. The aim is to make the Centre "a place for everyone", young and old.

For the Centre to be successful, HOSPA will need volunteers to help prepare the rooms for their new uses and will have to raise funds for improvements. At the June events, members of the group will be discussing their plans for the Centre. If you would like more information, please contact Katrin McClure on 848014 or e-mail hospa@mcclure.karoo.co.uk.

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EYMS Bus Photo Competition - Win tickets for London Weekend for two

The Hull-based East Yorkshire Motor Services bus company has announced a competition for amateur photographers, calling for colour photos which represent East Yorkshire or Scarborough and District current operations, with the top prize of a London weekend for two people.

The competition, thought to be unique in the region, will be judged by a professional photographer and a senior representative of EYMS. Entrants are asked to supply a colour print of anything they feel represents the essence of East Yorkshire's operations, whether that is a bus, coach or even a queue of passengers!

EYMS chairman, Peter Shipp, commented today that following the introduction of the company's new website a few weeks ago, the company asked for photographs of East Yorkshire buses to help illustrate the very popular enthusiast section of the website. "This had a huge response, said Mr Shipp, "so although we have always known that there are many bus enthusiast photographers out there, there may be far more than we think. I should emphasise however, that this competition is not just for bus enthusiasts, but for any amateur photographer who thinks they can produce a photograph which we could use for publicity purposes, for example in our bus timetables or holiday brochure. We are not looking for simple bus pictures but rather photos which show EYMS in the community and the composition of the picture will be a big factor in deciding the winners."

Full details of this free-to-enter competition are on the website www.eyms.co.uk, and the closing date for entries is 8 August 2008. Winning photos will be displayed at this year's 'Big Bus Day' which will be held at Hull's Streetlife Museum on Saturday 6 September. This has now become an annual event since the first one was held at the Museum to celebrate East Yorkshire's 80th anniversary two years ago.

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*Vicky Giblin - Artistic
Director/ Salon Owner*

Another year has past and as everyone is aware Cottingham Day is coming up on July 5th.

For all of us here at giblin:hall it is an exciting day because it also falls on our 1st Birthday. If you would like to join in the celebrations with us, then please come along, we will be having a stall on the Market Green and opening up the salon to anyone who would like a glass of bubbly and to indulge in our chocolate fountain.

We feel Cottingham Day is all about families, so bring your children to join in the fun, they can get their hair curled and nails painted, and everyone has chance to win on the raffle.

*Claire Hodgson
Beauty Therapist*



Is your skin dry and dehydrated or oily and congested? Pop along on Cottingham Day July 5th for your FREE Face Mapping, a unique zone by zone skin analysis. Learn about your skin type and how to look after it with Dermalogica products and treatments.



*Kelly Hall - Artistic
Director/ Salon Owner*

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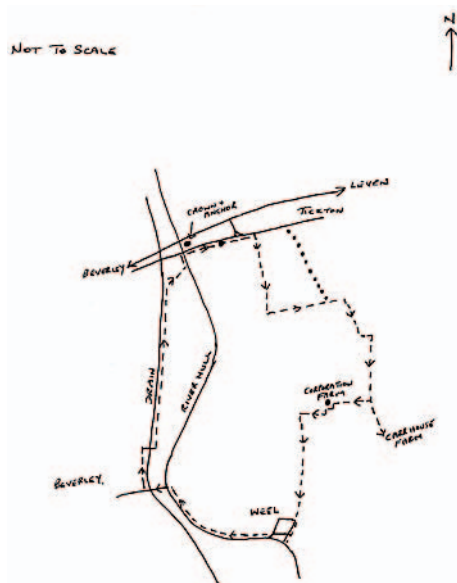
Walking with Paul

Here is Paul's fourth walk in his monthly column.
This month his destination is Tickton.

Maps:- EXPLORER 293

Start at GR. 059418 On road between Tickton and Hull Bridge.

Distance 5.0 Miles.



Walk towards Tickton and on entering the village locate a snicket on the right and walk down this between houses to reach a grass field. Cross this field on a well defined path and then bear right on a grass lane keeping the drain to the left. After about 300 metres turn left and keep the drain on your left. Cross a lane and pass a foot bridge on the left. Continue in the same direction on a track and, after about 200 metres (Waymarked) turn right, cross a field on a wide track and at the end of the field turn left onto a farm track and in about 50 metres turn right onto another farm track. Cross over a chain stretched across the track and turn right to cross a stile into a field. Walk with the hedge on the left.

Pass through a gate and cross a grass field to a second gate leading into a farm. Immediately turn left and pass the barn on the right. Swing right at the end of the barn and then pass through a gate on the left. From this gate walk diagonally to the right to cross the field and cross a stile in the corner of the field. Follow the path as it sweeps left and walk with the hedge on the left. Cross a stile near a metal gate and continue walking down a wide track. On approaching buildings, this then becomes a Tarmac track which you follow to meet a road in Weel village. On reaching the road, turn left passing a telephone box on the right and then turn right into Weel Road and then follow the River Hull towards Beverley.

On reaching a steel road bridge, cross the bridge and then after crossing a bridge over the drain, turn right and walk with the drain on the right. Cross a stile and immediately turn right across a foot bridge over the drain and then immediately turn left and cross a stile to enter pasture land.

Walk along the drain with the drain to the left. On approaching Hull Bridge, leave the drain on the left and head for the river Hull embankment, climb the bank and turn left, pass through a kissing gate and continue along the river to meet Hull Bridge. Pass through a gate and then cross Hull Bridge. Pass the Crown & Anchor pub and walk back to the cars.

The New Hallgate Primary School opens its doors

An Open Day to celebrate the new *Hallgate Primary School* is to be held on **Wednesday 9th July** between **10am and 3pm** when visitors will be able to see the new school buildings and pupils at work. One of Cottingham's oldest landmarks, Hallgate Junior School, is to close its doors at the end of the summer term as part of the LEA policy to promote continuous primary education rather than have separate infant and junior schools.

Hallgate Infant School will also close as the two former schools merge to become Hallgate Primary School. Past and present students, ex-staff, volunteers, friends and local residents are invited to take a final look around the old premises and follow a guided tour by the school council members around the new buildings.

The existing infant school has undergone an extensive rebuild to become *Hallgate Primary School* in September 2008. Eight new classrooms have been added as well as a large assembly hall, ICT and library unit and a family room for parents' meetings. Accommodating around 300 pupils, the new school will incorporate a private nursery for under five year-olds, and is hoping to offer before and after school care. The existing playing fields will still be used and an all weather play surface is planned, not just for the school's use, but for outside sports clubs' activities as well. The new uniform will be green and the school's mission statement will be "*Happiness, Performance and Success*" = HPS

Headteacher, Mrs Ann Hill said "This is a very exciting time for everyone at Hallgate. We are making history. Since 1892 there has been an infant and a junior school on our site. We are proud to be part of the new era that the amalgamation of the two schools will begin. The new primary school has been designed to provide 21st century education", she continued. "The up-to-date facilities will ensure the highest standards for all our pupils. Our school will be a centre of excellence; the doors will be open for extended school services before and after school, in the evenings and at weekends. Our facilities will be available for community use during the school holidays too. We are in the heart of the village, and an important part of the Cottingham community".

The future of the old junior school, designed by John Bilson in 1892, is still undecided and members of the Cottingham Community Centre group, HOSPA, will be present on the open day, not only to allow people to view the school before it is finally closed, but to answer questions, and discuss the possible future use of the Victorian building.

Cottingham Day
Saturday 5th July
OPEN DAY

at
ELM TREE HOUSE
FINKLE STREET,
COTTINGHAM
(Cottingham Memorial Club)
12 noon to 5.00 pm

As part of the Cottingham Day Celebrations the Committee of the Cottingham Memorial Club have agreed to allow people (over 18) to view Elm Tree House. The house is a Grade II listed building which fronts 'Grandads Park' and was built in 1820 for the draper John Hebblewhite.

Over the years it was the home of a number of prominent Hull merchants and became the home of the Cottingham Memorial Club in 1950 and now has a membership approaching 800.

For more information and historic pictures of the house please visit our website at:
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In the Garden



Fruit Garden

Thin out bunches of grapes on dessert grape vines to encourage decent-sized fruit. You should aim for one bunch per foot of rod (i.e. 10 bunches on a 10ft rod). Wine grapes do not need thinning.

Wait to thin plums and gages until the natural fruit drop has occurred, usually around the start of June. Then thin in two stages: in early June to 4cm (2.5cm/1in gaps between fruits), and then in late June to 7.5cm (3in) between fruits.

Shorten leaders and sideshoots on over-vigorous wall-trained apples and pears, to weaken their growth and divert their energy to fruit production rather than shoot growth.

Wait to thin apples until after the 'June drop'. Pears only need thinning if fruit set is heavy. Thinning can help improve the size and quality of the crop, and can prevent a cycle developing of 'one good year followed by one bad year' (known as biennial bearing).

Gooseberries can also be thinned - this will result in larger, dessert-quality fruits. The unripe thinnings can still be used in cooking.

Tie-in the new canes of blackberry and other hybrid berries to prevent wind damage.

Top 10 jobs

1. Hoe borders regularly to keep down weeds
2. Be water-wise, especially in drought-affected areas
3. Pinch out sideshoots on tomatoes
4. Harvest lettuce, radish, other salads and early potatoes
5. Position summer hanging baskets and containers outside
6. Cut lawns at least once a week
7. Plant out summer bedding
8. Stake tall or floppy plants
9. Prune many spring-flowering shrubs
10. Shade greenhouses to keep them cool.

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Put straw around strawberry plants to prevent soil splashing on to the fruit. Strawberries grown through black plastic do not need strawing.

If a small number of new strawberry plants are needed, you can peg down the runners that develop on existing plants, to encourage them to root along the stem. If a large number of new plants are needed, it is better to remove the runners before they start to creep along the ground. Leaving too many of them will sap energy from the existing plants and reducing yields. Removed runners can be potted up separately. You could even keep a couple of plants aside, pinching off any flowers to encourage them to concentrate on producing green shoots and runners only, for saving and potting up.

Harvest rhubarb stems until the end of the month, but leave crowns 'forced' earlier in the year to recover.

Vegetable Garden

Harvest indoor cucumbers regularly to encourage more fruit to set.

Early peas may be ready for harvest. Cut off the tops of the plants, leaving the roots in the ground to conserve valuable nutrients to the soil. Peas and other legumes can 'fix' nitrogen from the air.

Harvest salad onions, salad leaves, beetroot and radishes as they mature.

Harvest spring lettuce, spring cabbage, salad onions and radishes. Continue with successional sowings of these and other salad crops.

Continue to earth-up potatoes not ready for harvest (unless planted through black plastic). Earthing-up is the drawing up of soil around the stems of the plants, leaving just 5cm (2in) of shoot uncovered so that the plant has enough foliage to continue growing. Potatoes can also be grown in containers.

Continue with successional sowing of salad crops, beetroot, Chinese cabbage, pak choi and radish, to ensure an even supply over the season. In hot weather, leafy salad crops may do better when sown in partially shady sites. Hot dry weather can lead to bitter tasting leaves.

Plant out tomatoes if this has not already been done. Train them up canes or string, and remove sideshoots from cordon tomatoes. These sideshoots develop in the leaf axils (i.e. between the stem and leaf), and if allowed to develop will sap the energy of the plant and reduce the quality of the yield. Small sideshoots can easily be pulled off with a thumb and forefinger, and can be easily rooted to obtain more plants. When four flower trusses have formed, pinch out the growing point just above the highest truss.

Sow French, broad and runner beans, peas, squash, sweetcorn, and outdoor cucumbers directly into prepared beds outside.

Plant out other vegetables sown indoors earlier in the season, including winter brassicas and sweet peppers. Peppers can only be planted out when all risk of frost has passed. The gaps between winter brassica plants can be used for quick-maturing catch crops, perhaps radishes or gem lettuces, as brassicas take time to grow into their eventual spacing.

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Want to Get into Golf - then why not attend a FREE Golf Coaching taster session at Skidby Lakes Golf Club, for ladies on the 2nd, 5th, 9th, 12th, 16th, 19th, 23rd & 26th June 6.30-7.30pm.

The sessions are open to beginners/non members, and provide an ideal opportunity to experience the game of golf. To book a lesson, with a PGA Professional please telephone the golf club on 01482 844003, golf clubs and balls are provided free of charge.

FREE Golf Coaching is an initiative provided by the English Golf Union (EGU) and the English Women's Golf Association (EWGA), designed to help people get into golf. Beginners of any age, gender or background can experience golf for the first time by registering at a participating venue and receive a FREE coaching taster session with a PGA Professional. Details of all participating venues can be found at www.getintogolf.org.

The FREE golf Coaching campaign has been running for a number of years and has introduced thousands of beginners to golf and golf clubs. For more information and to read reviews from clubs who have already taken part visit www.englishgolfunion.org/fgc

Free Golf Coaching is one of several initiatives initiative jointly provided by the EGU and EWGA via England Golf's "Whole Sport Plan" for golf and is an integral part of England Golf's vision to "Grow the Game".

For further information please contact:

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Your Stars for June 2008 -

By Kay Gower

Aries - (Mar. 21- April 20)

You strike a happy chord in the hearts of others. The sweet feelings you generate make it a fun month, though one not without its challenges.

Taurus - (Apr. 21- may 21)

Something that you're involved in this month gives you creative enthusiasm second only to romantic passion or eating chocolate cake. And if you have all of the above, then you're in for a wonderful time!

Gemini - (May 22-June 21)

You meet your match. The chemistry between you is so exciting you either turn in your best work as a result, or you spend most of the month floating on a cloud. Finances will start to perk up in the first week of July.

Cancer - (June 22-July 22)

An unfolding change is healthy, although you would never guess this by the way you're fighting tooth and nail to keep things as they are! Let go this month. You're safe now - you really are.

LEO - (July 23-Aug 22)

A change is showing up on the horizon. Have conversations about the improvements you want to make. This is a lucky month and you come up with brilliant ways to add more zeros to your wage packet.

Virgo - (Aug 22 - Sept. 23)

It's difficult to crank up any steam for a project that has no apparent benefits. In order to succeed you must look for the not-so-apparent benefits. Try and rise to the occasion this month - it will all be worth it in the end.

Libra - (Sept. 24 -Oct. 23)

When a heart is hungry for affection, it's too easy to become what someone else wants you to be. This month resolve not to doubt your own power and lovability.

Scorpio - (Oct. 24 - Nov. 22)

A famous Rolling Stones song proclaimed that you can't always get what you want. But how about what you need? By the end of the month you may very well receive not only what you want, but what you need as well!

Sagittarius - (Nov. 23 -Dec. 21)

Some of the most satisfying art is often produced by accident, an unintended smudge or mistake that takes the work in a new direction. Let mayhem be your guide this month, Sagittarius..

Capricorn - (Dec 22.- Jan. 20)

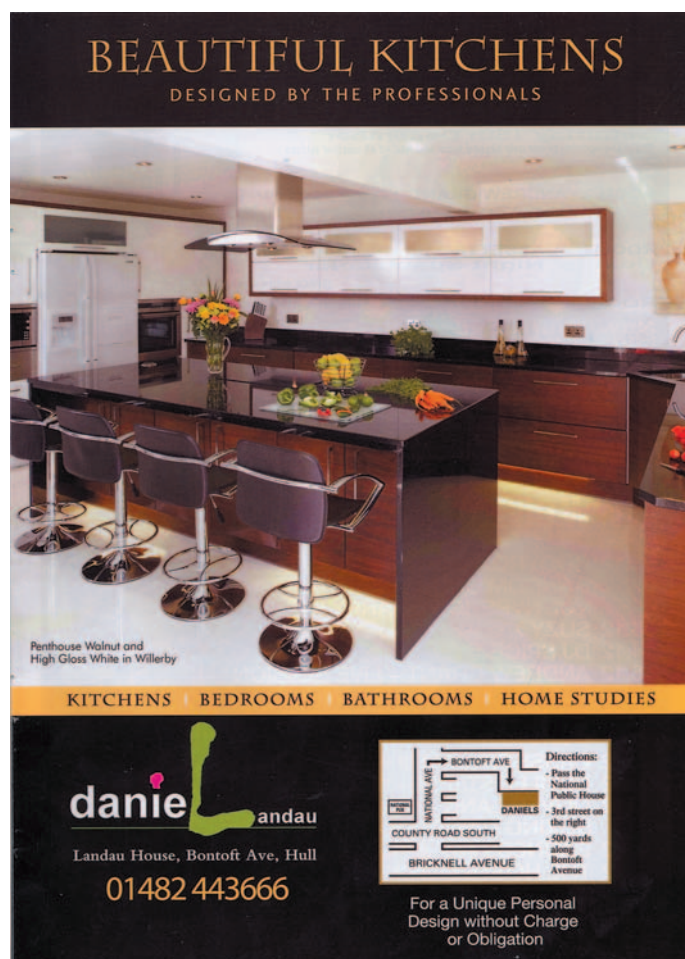
Try not to make any sudden moves this month. When it looks like you have to make a financial decision about where to put what, and how to spend it, thoughtfully pondering your options over the next few weeks would be a good idea..

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

Life is like a crossword puzzle. Some days you can work it out in a second; and the next day you're stumped. The good thing is, the answer always comes eventually. An Aquarius person will be your inspiration.

Pisces - (Feb. 20-Mar. 20)

If you love to laugh - and who doesn't, it's time to put yourself under the direct influence of funny people, entertainment, writing, etc. Once you make an effort, your everyday life becomes funnier to you, too. A good month.



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Classics in the Park 2008 10th Anniversary Extravaganza!

ORGANISERS of the much-loved annual classical outdoor concert are delighted to announce Hull Philharmonic's Andrew Penny has accepted their invitation to be guest conductor and musical director.

The award winning musical director, best known in East Yorkshire for leading the Hull Philharmonic Orchestra, will be directing this year's special 10th Anniversary event. He said today: "I am delighted to have been asked to direct this year's special 10th anniversary Classics in the Park. It is a superb event, which has delivered quality music-making and enormous contributions to local charities over the years. The addition of a chorus to the forces on stage will broaden the musical opportunities even more than usual. There will be instrumental solos as well this year, to complement our soloists. It should be one to remember."

Graham Henderson, production director for Classics in the Park, is delighted that Andrew is on board this year. He added: "We are thrilled to have Andrew leading our celebratory performance. Having been an instrumentalist for us for many years, he knows the orchestra and they know and trust him, which is a huge bonus. Add to that his encyclopaedic knowledge of music and opera in particular, we know we have a winning formula."

Tickets are now on sale for the 2008 concert, which takes place on Saturday July 12th at Brantingham Park, home of Hull Ionians, in Elloughton. The profits from the concert will go to The Daisy Appeal and South Hunsley School.

Recognised as an important part of the musical calendar, Classics consistently produces a quality show of operatic favourites, magical movie medleys and magnificent anthems. This year promises to be no exception and the concert organisers are expecting a sell-out crowd of 3,000.

This year's concert will include some firm favourites together with some special features - rounded off by the ultimate prom crowd pleasers of Pomp and Circumstance and Rule Britannia, in readiness for fanatical flag waving, reaching a climactic fireworks finale.

Organisers are advising fans to book tickets early to avoid disappointment. Tickets are on sale for £18 in advance, available from Hull City Hall box office on 01482 226655 and the Classics promotional stand at Sainsbury's in Hessle on May 3rd, June 7th and July 5th. Tickets bought on the gate are £23. More information and booking details can be found by logging on to www.classicsinthepark.co.uk



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WE ARE ALL UNIQUE

As I said in last month's addition of the Cottingham Times the 'eighties' look is back. Well of course in the salon we are still achieving this glamorous look. You will be aware that 'Sex and the City' is about to hit our big screens the fashion focus and hair is very influenced by glamour so let's all get looking glam and beautiful!

We have extended our team again with a new stylist on board so can I say from behalf of myself and team Unique, a massive welcome to Rachel.

Wedding seasons are with us shortly, if you would like us at Unique to be part of your big day come in for a free consultation with Paula or Sharon to discuss your hair requirements. Don't forget your big day takes a lot of planning so why not ease the pressure and let us look after the most important dressed hair of your life!

As we are coming to holiday mode, weather in the UK or abroad the sun takes its toll on your hair, at Unique we have an extensive range of sun care products to protect your hair against chlorine and UV filter. Please call in and we will be happy to give you advice for your hair requirements. All I can say is let your hair Shine, Shine, Shine. Oh yes and the sun I hope!

On a last note don't forget Cottingham day. Come along and see what fab make-overs we have achieved.

Bye for now
Ben



As a leading salon director and stylist Ben has been involved with major events such as the Wella Roadshow and has trained with the British Hairdressing Team. So make sure you don't miss next month's edition of the Cottingham Times for the Unique Hair Guide.

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Get The Look . . .

It can sometimes be bewildering to know where to start when it comes to your summer wardrobe. Our changing weather patterns, various family and friend functions that we attend throughout the summer, our work lifestyle and home entertaining, all add to our problem of what to wear when, and where. Everyone likes to look special. Everyone likes to be in fashion but also have their own style so combining them is a mammoth job.

This season there are trends towards more feminine looks with light silks and soft draping fabrics, flower and pastels. There is also a mediterranean St Tropez nautical look with stripes, linen trousers and coordinating accessories.

With influences from India and the Balearics, bohemian colours and textures are seen on the catwalks and in the stores.

Maxi skirts can be used to double up as



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From beautiful weddings, formal events, holidays, a day out with the family or a romantic evening not forgetting our basic clothes for work and leisure.

Cottingham shops can provide that 'perfect look' to make everyone look and feel extra special for every occasion.

To complete 'the look' there is an abundance of accessories, underwear, jewellery and shoes.

Once your summer wardrobe is complete why not pay a visit to one of Cottingham's hair and beauty salons and have your hair, face, body, nails and feet rejuvenated by the superb staff throughout the village. (there are many offers advertised in this issue of Cottingham Times)

To finalise the 'summer look' all that is left is a suntanned body where once again, can be found in Cottingham.

Why not start your summer wardrobe shopping in

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Anne at Elizabeth (Finkles

Street) Elegant Lady

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Cottingham Little Theatre raise £210.00 for the Joshua Wilson appeal at "Queen Elizabeth Slept Here" performances

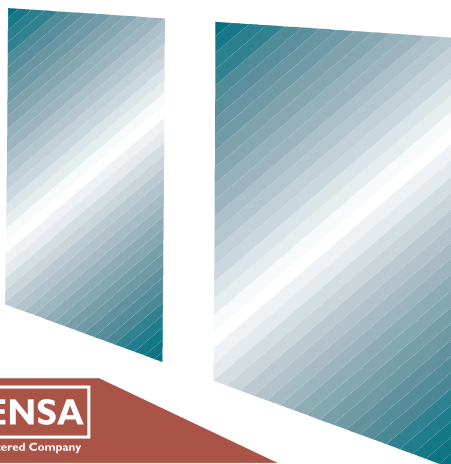
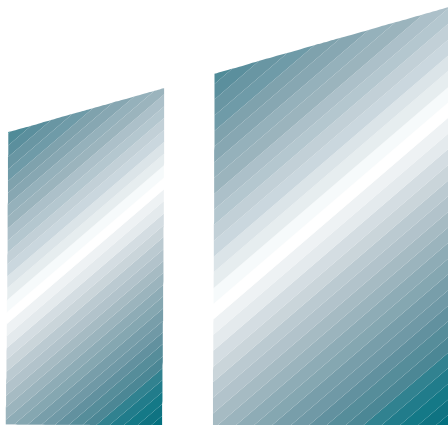
The Members of CLT decided to try to help to raise money and we held retiring collections at the end of each performance for the Joshua Wilson appeal. Joshua's Grandparents play an integral role within the Cottingham Little Theatre Group. Gerry built the stage set and Lou played Martha in the recent production of "Queen Elizabeth Slept Here".

At the beginning of each performance we told the audiences about the Appeal and our connection with it and they responded magnificently. Because of their generosity we are sending a cheque for £210 to the Joshua Wilson Appeal Fund.

All of us in Cottingham Little Theatre would like to thank all the members of the audiences who gave so generously and to say that we think we have the best audiences in the country. *Bob Minors.*

Pensioners Afternoons at The Black Prince, off the Parkway

The pensioners of Cottingham can have a wonderful afternoon at The Black Prince off the Parkway, Cottingham every Tuesday afternoon. There will be a live artist, bingo, raffle and free food. So don't stop at home wondering what to do, come down to The Black Prince, enjoy yourself and meet new people.



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

NEW!!! A superb range of new pasta dishes are now available at Gino's. These dishes consist of variety of pastas including such fillings as King Prawns, minced beef, spinach, garlic, mushrooms, fresh cream. Call in Gino's NOW and enjoy these new superb pastas.

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

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

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

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

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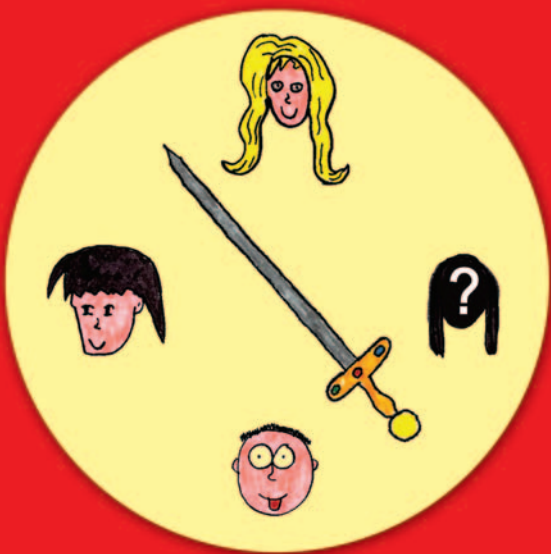
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The Sword Of Davalon



Tom Jolleys

Kirkella author Tom Jolley's book "The Sword of Davalon" is a success over dyslexia

Tuesday the 6th of May was a big day for myself, my wife Rowena and my daughter Jessica aged 11. It was the day when my first book, "The Sword of Davalon", arrived in boxes on two large pallets. I first started writing the book in I think 1985! But I have a lot of patience!

When I first saw the book I was very, very pleased. My printer, The Choir Press of Gloucester, had done a wonderful job. I am registered blind, but using a very special computer that talks to me, I was able to design the cover with ideas and drawings by Jessica and further input by The Choir Press. And it was actually as I had imagined it would be.

On the website - www.booksbytom.com - which may have been built as you read this, there is a competition for children (ten first prizes of a signed copy of, "The Trek of the Rainbow Warriors", which isn't yet published) and a competition for teachers (a bit of a brain teaser)

who can win book tokens for their school - first prize - £100. So good luck to everyone.

The Sword of Davalon is the first in a seven book series. The second book is already written. I just need to redraft it and then give it a final draft. Then I have to write the next five books - that's a bit scary but I do have a few ideas up my sleeve!

The 224 page book is on sale at Barkers in Cottingham for the princely sum of just £5.99. The staff at Barkers and other local shops have been very helpful and very supportive.

About the book

Eight-year-old Johnny taps into some form of time machine. With his older brother and sister, he goes back in time to meet Robin Hood. They are given special powers, which they need in order to battle against the white knights from afar...and also against the evil, the wicked, the most cruel, the most scary, the most malevolent...oops, I can't tell you any more. Well I don't want to spoil it for you now do I?

So far, feedback has been excellent - even my mother likes it - and mothers know best! Well I have tried to produce a really proper children's adventure story. When I was about ten, I read, "The Lion, the Witch and the Wardrobe", and I was entranced. Now if some children or adults think the same of my book, (surely there must be someone out there, only kidding), then I will be very, very satisfied.

Dyslexia Friendly

Although the book is for all boys and girls in roughly the age range of 8 to 12+, the layout has been specially designed to make it Dyslexia Friendly. Now it will still be difficult for some children but we have tried to make the print as clear as we can. This means that it will also be suitable for some children with poor eyesight. There is much more about this on the website and at the back of the book.

Hearing Dogs for Deaf People need You! OR Dog Lovers needed!

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All volunteers are provided with food, equipment, training and are given regular support as well as the all important dog!

You need to be able to have the time and patience to spend with the dogs and have your own form of transport. If any of this sounds interesting, whether you have a love of dogs or you want to help change a deaf persons life then please get in contact with us on 01757 638666 or contact stephbotham@hearingdogs.org.uk

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Cottingham Little Theatre to perform "Thats Entertainment 2008" at two venues in July

The third Summer Revue by Cottingham Little Theatre will take place during July. It will be held at two venues, one in Cottingham and one in Skidby.

The Revue will include sketches, music and, for the first time, dance.

The performances will take place on the following dates:

Thursday 17 July - Darby & Joan Hall, Finkle Street, Cottingham

Tuesday 22 July - Village Hall, Main Street, Skidby

Thursday 24 July - Darby & Joan Hall, Finkle Street, Cottingham.

All performances will commence at 7.30pm. Doors will open at 7.00pm.

Tickets priced at £4.00 are available from: Barkers Newscentre, Hallgate, Cottingham for the performances in the Darby & Joan Hall; also Mary at the Friday morning Pop In sessions at the Skidby Village Hall for the Skidby performance and Margaret on telephone number 01482 846796 for all performances.

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Salon 36 has been here for just over a year now, and what a successful year it has been, meeting new clients and our regular clients following us from our previous salon. Maxine, Tammi & Rachel would like to thank you all for your custom and support throughout the year.

We have made lots of changes to the salon throughout the year. We would like to thank you by offering all clients, old and new, one of the following offers available from Tuesday 17th June to Saturday 28th June.

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The History of Hallgate Schools - continued

by Peter Railton (Local Historian)

The completion of the new boys' school building in May 1913 created valuable space in the original School Board building and the Heads of the girls' and infant department made the most of it.

As regards the infants' school, 40 pupils were to be taught at the rear end of the hall (Hall B now) instead of occupying most of it for lessons; 40 went into the classroom through the door and at the top of the incline - this was traditionally the 'babies' or admissions room for many years - 40 into the room next to it; 48 opposite and 40 next door, with the Head's room at the end.

Similarly, the girls were spread out; there were to be 40 in a room at the far end of the hall (the library now), then classes of two 32's, three 40's and three 48's. The Head's room was off the hall and just across the corridor with a teachers' room at the far end of it. So the total accommodation was for 350 boys in their new school, 368 girls and 216 infants in the original building, but these totals were not often met, for example in July 1913 there were on average 256 boys in attendance.

Last minute alterations were being carried out in the girls' school at that time, so a further week's holiday was given for them while the place was being cleaned up - naturally, much to the disgust of the boys!

Responsibilities of Empire

In the boys' school, the 'Responsibilities of Empire' and good citizenship did not evidently extend to bicycles because one lad stuck a pin through the tyre and innertube of a teacher's cycle soon after such a lesson! He later apologised and promised better behaviour in future. Singing lessons were now held in the new hall, where a piano was made available for accompaniment, leading to an allround improvement in effort. There was a period of hot weather that summer which made everything 'very trying' for pupils and staff alike.

Sunday School Feasts

Four Sunday School Feasts were held in June and the usual arrangement for early finishing in the afternoons were made - Primitive Methodists, Wesleyans, Salvation Army and Congregationalists - no doubt there were pupils who attended all four churches at times thus getting the benefit of four sessions of buns and lemonade! On July 2nd a full day's holiday was given for Cottingham Clubs Feast - more buns and lemonade plus swings and roundabouts on the Market Green.

Later that month, boys in the ex-standard VII class had a 'special lesson' on land measuring in Mr Fisher's hayfield at Woodlane Farm. School re-opened after the summer holidays on 18th August with a full staff and 231 boys. Mr Moorby complained "there is considerable dampness in the walls affecting apparatus in the cupboards and pictures on the walls."

Miss Hancock left the school to take up an appointment in Wolverhampton and was replaced by Miss Steel. Some boys were admonished for taking apples from a tree near the school and were 'threatened with the police sergeant if it happened again.'

Special Lesson

Mr Moorby delivered another 'special lesson' on graphs to ex-standard VII boys dealing with area, proportions, statistics and movements, plus a lesson on his visit to Belgium during the school holidays - a country to be very shortly in the news and to which Mr Moorby would refer back to. We can see the new impetus in education in these 'special lessons' given by the Headmaster and driven by him as much as by the LEA. It was this stepping up from the traditional subjects that put Hallgate on the path along which pupils could make the most of the opportunities presented to them and which often led to a scholarship but in any case better equipped them for work after leaving school.

However, there were naughty boys to deal with - two brothers had gone to school at 7.30 am, entered the unlocked building and proceeded to take caps and hats left behind by pupils the afternoon before.

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They were caught by the caretaker Mrs Richardson. Also, several boys 'dealt with' for "rude and unaccountable behaviour" on the way home from school one afternoon.

In the girls school, Alice Brown and Edith Chester were awarded scholarships to Beverly High School for Girls. In October Miss EH Greer began duty as a teacher having served as a pupil teacher at Blundell Street School in Hull and "managed a large class very well." There were several cases of illness in the school that autumn - Violet Coupland and Gladys Tuttle had been absent since the summer holidays and Nora Bentley was suffering from diphtheria and the case was reported to the MOH at Beverley; Ethel and Hilda Missin had chicken pox and others were away with assorted colds and sore throats. No doubt everyone, pupils and teachers alike, were glad when school broke off at dinner time on Christmas Eve 24th December - but 1913 ended in the new boy's school with a partial collapse of a ceiling and a heavy fall of plaster in a cloakroom - luckily no one was in the place at the time. The last episode in what had been a difficult year for the schools.

End of an Era

That year, 1913, marked the end of an era. The Victorian and Edwardian ages finally disappeared and dramatic events abroad were to have their repercussions on society, and the schools were to be swept into this state of flux. Great changes were ahead in education; the First World War showed up deficiencies in the health and the education of young people and great efforts were to be made to remedy them. An Education Act of 1918 completely swept away the old labour exams for partial or total exemption from school for pupils aged 12 or 13. The new Act brought into effect the minimum school leaving age of 14 which was to remain in force until after the Second World War. The old rigid systems in schools which had been geared to exams for grant purposes gradually gave way to more enlightened work and approach, although tests and exams were still conducted to determine progress.

A Wind of Change

Hallgate was already breaking with tradition as we have seen and was, I suppose, a microcosm of what was happening nationally. However, these events were still some years away when Hallgate Schools reassembled after the Christmas holidays on 5th January of that fateful year of 1914, the beginning of a four year period in which children's fathers, brothers, cousins, and friends were killed or injured who had themselves been pupils at Hallgate. In Cottingham, as in other places, few people were left untouched by the war to come.

St Mary's Church Cottingham Flower Festival

A Flower Festival will be held in St Mary's Church Cottingham from Friday 4th to Sunday 6th July organised by The East Riding Flower Club.

On Friday and Saturday the church will be open from 10am - 5pm and on Sunday from 1pm - 5pm with a small admission charge of £2 on the door.

The general theme of the Festival will be a celebration of Cottingham Characters including luminaries as actor Brian Rix, poet Philip Larkin, novelist Winifred Holtby, court dressmaker Madame Clapham, MP Lord Nunburnholme as well as more recent local individuals who may well be remembered by visitors.

There will be a preview Evening on Thursday 3rd July at 7pm with tickets at £6 (including wine and refreshments) which can be obtained from Barkers, Hallgate or telephone 01482 841194.

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Remarks from the Cottingham in Bloom Judges gives great hope for the future

Considering the recent floods the overall effort has been tremendous. There are many groups working together in partnerships giving good community spirit throughout the village. A very good effort has been put in by East Riding CC and the Parish Council, the Friends groups, school children and Brownies all involved in the many projects around the village are paying dividends. A good portfolio, early presented, gave time to review the work done.

SECTION A - FLORAL DISPLAYS

Judges were particularly impressed by:

1. Good floral themes throughout the village
2. Well maintained flower beds and roundabouts, weed free and litter free
3. East Riding input into planted areas
4. Involvement of the public in the flower displays

Areas suggested for future development:

1. Encourage more business involvement in baskets and tub provision
2. Encourage sponsorship of plantings/tubs/flower beds/roundabouts etc.
3. More evidence of residential front gardens
4. Visit to include school developments and involvement

SECTION B - PERMANENT LANDSCAPING, INCLUDING SHRUBS

Judges were particularly impressed by:

1. Epplworth Road cemetery layout and general maintenance
2. Southwood Avenue planting of trees and spring bulbs by locals
3. Royal Court gardens around the flats
4. Recovery from last seasons floods in residential areas
5. Thwaite garden project.

Areas suggested for future development:

1. Possible review of the war memorial area
2. Visits of judges to commercial premises showing sustainable plantings
3. Potential to develop further the Thwaite garden area
4. As the Worklink project develops potential for further community involvement
5. Visit by judges to the Worklink to assess development

SECTION C - LOCAL AGENDA 21 AND SUSTAINABLE DEVELOPMENT

Judges were particularly impressed by:

1. Mill Beck wildlife area and the leaflets and records maintained by the volunteers
2. Impressed by the work and development of the Thwaite gardens

Any other comments - The potential of the Thorn Collection being housed there

Areas suggested for future development:

1. Future development of the Dene fish ponds and trees including the interpretation signs and general furniture uplift
2. Contact for the Thorn Collection needs to be developed to help sustain the garden contact at nccpg.com
3. Inclusion of waste management and recycling areas and other schemes.

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SECTION D - LOCAL ENVIRONMENTAL QUALITY

Judges were particularly impressed by:

1. Judges very impressed with the overall cleanliness of the village
2. The absence of litter and graffiti and the weed free borders and beds was complimentary

Areas suggested for future development:

1. Use the larger wooden planters with a balance of permanent and seasonal planting
2. Consider improving the quality of street furniture and signage in the Market Green area

SECTION E - PUBLIC AWARENESS

Judges were particularly impressed by:

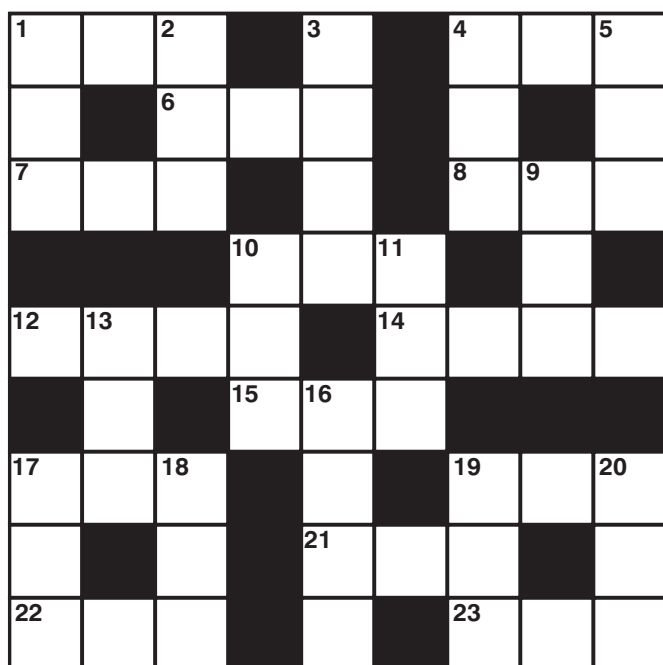
1. The promotion of the "In Bloom" group on plant containers
2. The "in kind" sponsorship that has been provided by local businesses

Areas suggested for future development:

1. Bigger drive on "In Bloom" group promotion on the judging route
2. Further evidence of commercial sponsorship and press coverage of the group's activities

The Number Cruncher

If you like your numbers and enjoy racking your brain, then give this little maths crossword a try. You may need a pencil and paper or just do it in your head.



Across

1. Nine times eighty-seven
4. 8 across plus twenty-seven
6. Five times 19 across
7. 12 across divided by six
8. Four times thirty one
10. 10 down minus six
12. Minutes in four days
14. 3 down minus 232
15. 13 down minus twenty five
17. 4 across plus six
19. A gross
21. Eleven dozen
22. 21 across tripled
23. 22 across doubled

Down

1. 6 across plus nine
2. 20 down minus sixty-two
3. 150 score
4. 4 across minus fifty
5. Eight times twenty three
9. 17 across plus 119
10. 4 down times seven
11. Months in 10 years
13. Five times 17 down
16. Eight times 589
17. 11 down plus thirty-three
18. 23 across minus sixteen
19. 9 down minus 149
20. Three times 19 across

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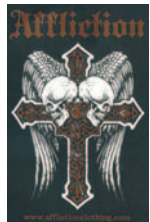
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Hallgate Junior School pupils receive Lifestyle Awards for Junior Rock Challenge

Pupils at Hallgate Junior School recently took part in Junior Rock Challenge, a dance and drama competition run by the Lifestyle team from Humberside Police. The aim of Rock Challenge is to encourage young people to enjoy and express themselves without the aid of alcohol, drugs or tobacco.

Hallgate Junior School began thinking about Rock Challenge in November 2007 when they held a Citizenship week. As part of Citizenship week PCSO Michael Dale and PCSO Lindsay Sewell gave an assembly about local issues in Cottingham such as littering and criminal damage. It was from this that the children came up with their theme for Rock Challenge; respecting the environment and respecting each other.

In this the first ever Junior Rock Challenge, the pupils had to put on and perform a stage event. They set up their own committees, created their own dance routines, hair and make up, lighting, and stage set design. PCSO Dale and PCSO Sewell worked alongside them assisting with advice where necessary, but all decisions regarding the stage performance were made by the pupils themselves. It was to be a long day, starting at 9.00 am creating the setting for their performance. Four schools took part in this first event, Hessle, Leconfield, Sproatley and Hallgate. Hallgate were the first school to perform their nine minute show in front of a packed Ice Arena audience including pupils from all four schools, the Chief Constable of Humberside Police, BP and members of the Council and a panel of professional judges.

The Hallgate pupils were awarded Best Lighting, Best Video Performance, Best Drama, Best Student leadership. The Rock Challenge is to continue next year with many more schools competing to become the next Rock Challenge winner.

Pictured above with their awards are from left to right: Ben Lewis, Jamie Branton, PCSO Lindsay Sewell, Mia Bannister, Amy Kirk, PCSO Michael Dale, Miriam Green and Ruby Wilson.

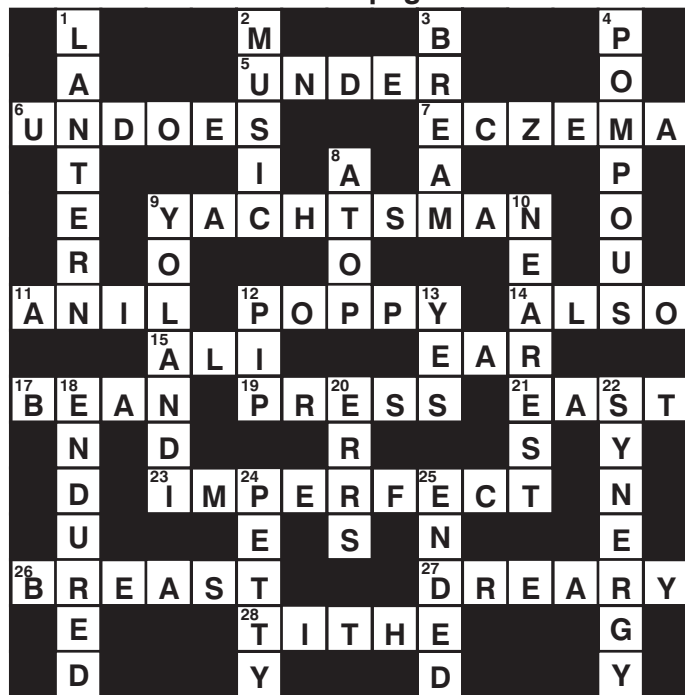
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Crossword Solution from page 14



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New owner stamps his mark on Cottingham Post Office

The Cottingham Post Office in Finkle Street, is now under new ownership, following the recent round of network closures. The Post Office is now owned by Gary Mitchell who has worked in the postal network for the past 13 years, mainly in Doncaster where he lives with his wife Julie and his two boys who are aged one and six months. Although from Doncaster, Gary is a life-long Leeds United supporter.

He has an Award for Customer Service and believes the Post Office should be a happy and friendly environment for the public to visit whilst using its facilities, which have been increased since Gary's arrival a few months ago. The Post Office now has an excellent range of sweets, soft drinks, etc. which have been incorporated into the newly laid out interior making it a pleasurable shopping experience.

Gary is happy meeting the residents and becoming involved with the everyday life of Cottingham.

Keith Bradley of Llandudno remembers days in Skidby

From Ex pat living in Llandudno. Having viewed the May issue of Cottingham Times I noticed that Skidby seemed to be in the forefront. I gave thought to my days in Skidby from 1941 to 1948.

My Father thought the family would be safer at Skidby than in Hull. He bought an old Hull tram and made a home for us all (Mum,Dad, Dennis, my brother and me.

I attended Skidby Church School. I remember the Leveridges, Bob, Stan and Don. A particular mate was Charlie Horne (Chuck). The Gower family lived fairly near to us. Cricket was "The game" as far as I was concerned. Many happy hours were spent learning the game along with another good mate David Hodgson (later he became a Solicitor). At 11, David,Muriel Grubb and I all passed the 11plus. Muriel went to Beverley High School, David was sent to Boarding School and I went to Beverley Grammar School. There was also Cyril Leaf who I met again about 25 years ago when he came to Llandudno on holiday.

Skidby School had Miss Stafford as the Head Mistress.

Often after school and during the holidays we would watch the Blacksmith at work. His name was Billy Bugg....what a character!

Neville Dixon and I travelled to Hull every Saturday to have piano lessons with Mrs Robinson. Neville lived a Grantham's farm which was another great place to spend time during the holidays.

If anyone who reads this can add more or wishes to contact me my E.Mail is kdbabbotsfod@tiscali.co.uk

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Alternative Health Matters

by Carole Headley

Nutri-Energetics

What is it?

Nutri-Energetics Systems (NES) is a pioneering approach to integrative, holistic health and well-being. Practising holistic health means choosing to take responsibility for your own wellbeing through certain lifestyle choices such as a healthy diet, the right amount of exercise and relaxation. People who choose to follow the holistic approach look for natural methods to enhance their overall health. NES offers an alternative, holistic approach to wellbeing. Using revolutionary new technology, the Nutri-Energetics System offers a safe, quick and non-invasive means of addressing many health issues.

Information transfer occurs between all the chemicals in the body as they go about their daily business. The science of Biophysics suggests that a master information field (NES call this the Human Body Field) directs this information transfer, which then coordinates the chemical activity. The body-field (a term used by NES) is considered to be the master control system for all metabolism and growth. It is in constant interaction with the environment, and is influenced by and responds to magnetic fields, toxins, pollutants and stress.

How does NES work?

The NES programme works to identify errors in the body-field and determine the required correctors. These correctors are called infoceuticals, which are given as drops as drops in water. They are designed to restore integrity to the body-field and correct errors in information transfer.

What can I expect at my first visit to a practitioner?

NES therapy takes approximately 2 hours by a qualified practitioner, and simply involves resting your hand on a palm-sized scanner. This is a completely safe procedure - no signal or voltage is emitted. You will remain fully clothed,

and will feel nothing. The results are then displayed on a computer screen and your practitioner advises which infoceuticals (drops in water) you need. The infoceuticals are designed to activate your body's natural healing and detoxification processes, helping with your overall wellbeing.

What results can I expect from NES?

Many people have reported increased energy, better sleep patterns, emotional balance, and mental clarity.

For more information about NES and to book a consultation call Carole on 01482 842078.

'Information medicine to be the medicine of the future'

Within months of leaving university, Harry Massey, an enthusiastic mountain climber, suffered an almost fatal attack of Chronic Fatigue Syndrome (CFS). In 2001 Harry met Peter Fraser, a fellow sufferer of CFS, and together they set up the company Nutri-Energetics Systems Ltd (NES).

Harry says: 'I blamed my illness on a virus, thinking that the problem wasn't mine. It wasn't until I realized that it was my actions that had made me ill in the first place, that I could then take responsibility for trying to get better. The way forward is to learn more about health, not illness. He continues: 'NES is a new system of getting healthy - a manifestation of the principles underpinning homeopathy. What we do is to work out how the body's 'software' or 'information system' has gone wrong and then correct it with the exact piece of information it needs.


Harry concludes: 'NES saved my life and I will continue to promote it as the cutting edge of medicine as we know it today. By integrating information medicine into the health system we'll be able to prevent people getting ill in the first place, in turn helping the nation's health, productivity and reducing health costs'.

NES has gained numerous testimonials from practitioners and clients, many of whose stories are documented in Harry's and Peter's book, *The Unturned Stone* and on their website: www.nutrienergetics.com.

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Village Bathrooms and Kitchens

Have enjoyed giving local customers discounts and accessories in April. "The response to our move has been favourable" says Steve, the showroom manager.

"We have fitted two kitchens and four bathrooms. Customers understand the service we provide and are willing to let us into their homes and their community."

"Cottingham is a busy and lively village. It has a growing number of houses being sold, with a growing number of 'Make Overs'.

We can compete with the likes of B&Q, like for like, and provide a quality product for the ever increasing discerning buyer. I genuinely believe that if you can get the same quality elsewhere, you will be paying more".



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