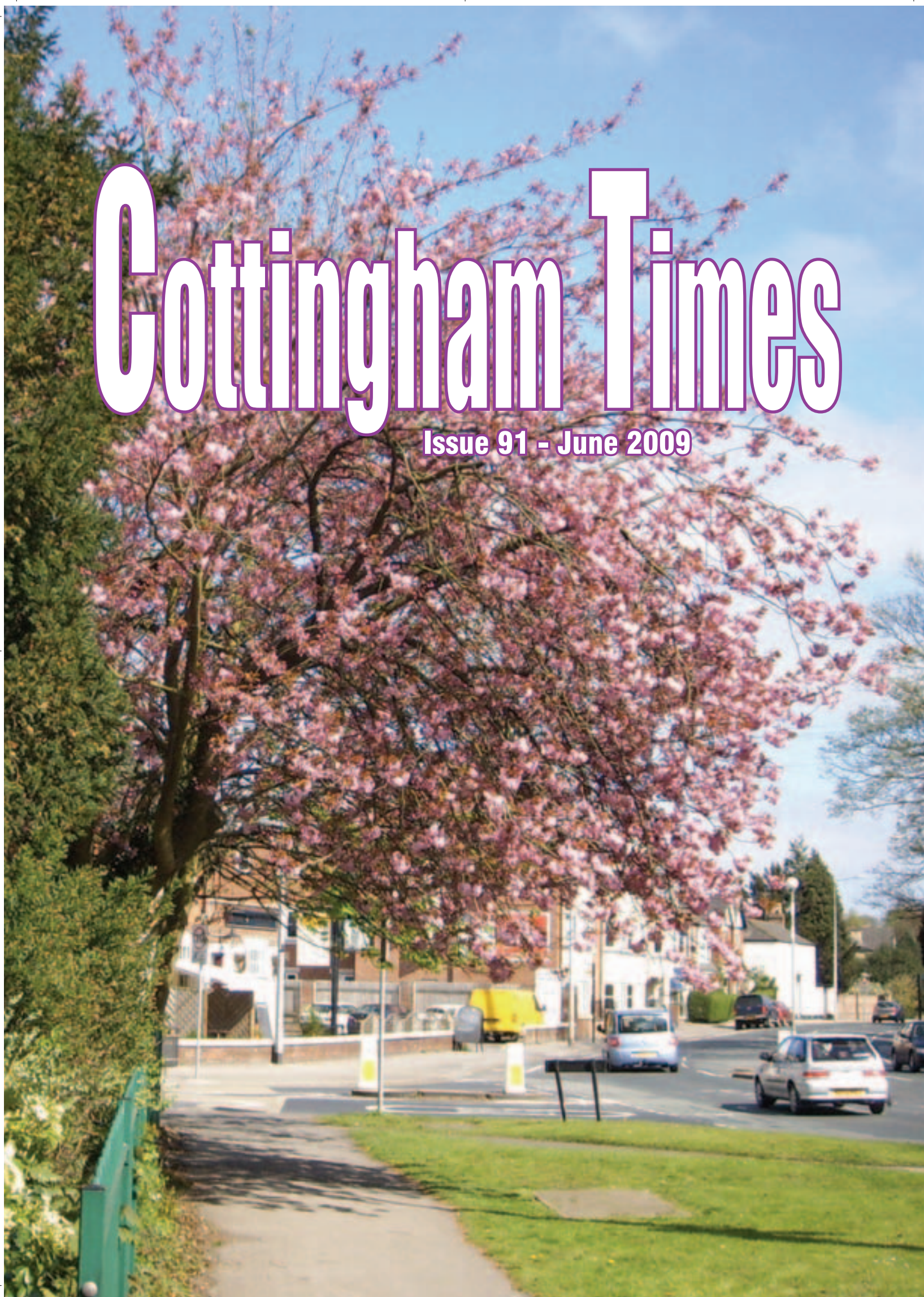


Cottingham Times

Issue 91 - June 2009



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The Westfield School Association

Saturday 6th June, Hog Roast with live entertainment at the Civic Hall, Cottingham, 7.30 till late, to raise funds for the school. Tickets £10.00 in advance for adults only. To buy tickets and for further information contact westfieldwsa@hotmail.com or telephone Paul Drury on 849471. All welcome.

The Cottingham Wild Spaces Group

Sunday 7th June, The Millbeck Wildlife Area and King George V Woodland, 10.00 am.

Cottingham Catholic Women's League

Monday 8th June, Make a Wish - Mr. & Mrs. Dave & Thelma Horner, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Women's Institute

Tuesday 9th June, Cooker Demonstration by Sheila Meadley, at 10.00 am upstairs at the Cottingham Civic Hall.

Cottingham Ladies Circle

Wednesday 10th June, Ms Lewis Turner, Talk "Fairtrade Awareness" at 7.30 pm in the Zion United Reformed Church, Hallgate.

Cottingham Green Women's Institute

Thursday 11th June, "Working in Mongolia" - Mrs. Hazel Armstrong, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 11th June, George Bleasby "Ringing Bells", in The Darby & Joan Small Hall, Finkle Street, at 2.00 pm.

Cottingham Men's de Luda Society

Wednesday 12th June to 23rd June - Images of Poland (Cancelled due to lack of interest).

East Yorkshire Embroidery Society

Thursday 13th June, - Tracy Curtis "Free Machine Embroidery and Creative Textiles", 2.15 pm in the Darby & Joan Hall, Finkle Street, Cottingham. Members £1.00; Visitors £2.00 (includes cup of tea and biscuits). (Membership £6.00 per year).

Cottingham Evening Townswomen's Guild

Wednesday 17th June, "Rise and Fall of Medieval Manor Houses of Cottingham - Gwen Staveley, at 7.30 in the Darby & Joan, Finkle Street.

Front Cover Picture: Looking down Newgate Street towards Beck Bank and the railway lines. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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Diabetes UK

Thursday 18th June, Dr. B. Ng, Registrar Diabetes, in 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.

Art in the Garden

Saturday 20th and Sunday 21st June, Art in the Garden, original art work by Monica L. Cook, B.A., 7 Parkside Close, Dene Road, Cottingham. 2.00 pm to 5.00 pm.

Wednesday Social Club

Wednesday 24th June, at 2.00 pm in the small Darby & Joan Hall, John Fewings - Maximise your Memory.

Cottingham Ladies Circle

Wednesday 24th June, - AGM with supper.

East Riding Flower Club

Monday 29th June, Ian Lloyd (National Demonstrator), Flower arranging demonstration "Bouquets from Hollywood". In the Civic Hall, Cottingham at 2.00 pm. Entrance £6.00 to be paid at the door. Enquiries Judith Robinson 01482 876279.

The Cottingham Wild Spaces Group

Sunday 5th July, The Dene. More volunteers are welcome to join us, and if we have more volunteers we could achieve more to improve the environment area of Cottingham. For more information 01482 840336.

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Cottingham Methodist Church Community News

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'Will Church Services need to be certificated in the future?'

Some services at Cottingham Methodist church may soon have to display age ratings, as the use of films to explore the relationships between God and human beings is becoming more regularly used. "Many films explore fantastic moral, ethical and spiritual issues" said the Rev Andy Lindley, the minister at Cottingham. A big fan of sci-fi Andy recalls, for example, the Matrix Trilogy, as being a fascinating exploration of the deep meaning of life. Nero, the hero, battles to uncover the truth behind an existence that seems somehow lacking in substance, a feeling that he is somehow missing something. Eventually he discovers that there is more to his reality than his senses tell him, and ultimately begins to operate, himself, on another level hidden to the rest of the world. The film draws on ideas from many religions and like many sci-fi films reflects contemporary society in questioning what is the ultimate truth. Interestingly for



Christians, Nero, who in the film is portrayed as 'The One', 'The Prophesied One', can be compared to Jesus in revealing a hidden reality, and unveiling a relationship with the maker that had hitherto been unprecedented. At the end of the trio of films Nero offers his life for the freedom of the world and is even depicted dying on a cross of light. The Matrix is quite dated now, but there are some great films around at the

moment, and we often use clips as a springboard to exploring how the bible and the Good News of Jesus is relevant today. From June we also plan to start showing entire films on Friday nights once per month. We will watch some for fun, but others we might

explore further on a Sunday. We will undoubtedly show some of the films which draw on biblical stories at some point, but actually almost any film can be used as a stimulation for discussion about the deeper realities of life. We hope to show a mixture of contemporary films, some comedies, some feel good films (like a famous recent musical based on Abba music), some more poignant films (like the one set in Mumbai). The limits of Copyright law mean we cannot divulge the titles outside the church before the night, but their certification will be available on the church notice board, and film titles will be available inside the church and in our magazine. The nights will be free and begin on the 26th of June at 7:30. Popcorn, crisps, drinks, ice-creams will be one sale to cover our costs.

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Skidby Village Hall Annual Charities Fair on Saturday July 11th

The Skidby Village is holding its Annual Charities Fair on Saturday 11th July 2009 (10am to 1pm)

Come and enjoy a wide range of Charity Stalls. Tables are free to Registered Charities on a first come-first-served basis.

For further booking details, contact the Secretary Kelvin Young 01482 843446

Windmill Walkers organise a series of short Summer Evening Strolls

The Windmill Walking Club, based in Skidby, has organised a series of short Summer Evening Strolls. Anyone who fancies a fairly leisurely walk on a Thursday evening is welcome to participate (Registration fee of 50p). Club membership is not required for these events, but the emphasis will be on peaceful easy-style walking. Each walk will be led by a competent leader, commencing at 7pm and covering a distance of 4 to 5 miles.

Thursday 11th June - starting at Woodhill Way, Cottingham (G.R. 022 344).

Thursday 2nd July - starting at Morrison's (Beverley) Car Park (north end) (G.R. 026 375).

Thursday 16th July - starting at South Cave Clock Tower (G.R. 023 314).



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Councillor - Resignations

At its Annual General Meeting the Parish Council regretfully accepted resignations from Cllr Cleary (Castle Ward) and Cllr Ward (Priory Ward) who were both unable to continue as Councillors due to other commitments. Cllr Ward was elected to the Parish Council at the elections in May 2007; Cllr Cleary took her place on Council following the co-option process in June 2007. The Parish Council would like to thank Cllrs Cleary and Ward for their hard work whilst they were in office.

Councillor – Vacancies

Due to the resignations detailed above there are two vacancies on the Parish Council. The vacancies have been advertised by posters in the Parish Council office window, ERYC Customer Services noticeboard and the Library; a notice is also placed in the Hull Daily Mail by East Riding of Yorkshire Council Electoral Services.

The election process requires that if ten or more electors residing in Cottingham write to ERYC requesting a bye-election then the vacancies will be filled by that process. The deadline for such a request is 27 May for the Castle Ward vacancy (which will already have passed by the time you read this article!) and 9th June for the Priory Ward vacancy.

A bye-election, if requested in either or both Wards, would be organised and staffed by the East Riding of Yorkshire Council although the cost of the process is borne by the Parish Council (and therefore the residents themselves!) However, if there is only one Candidate for each of the Wards then a poll would not be necessary and the candidate would be co-opted onto the Council.

If, however, the deadlines both pass without ten residents requesting a poll then the Parish Council can fill the vacancies by co-option.

Annual General Meeting

The Parish Council held its Annual General Meeting on Thursday 21 May and Councillors took up the following positions for the ensuing year:

Chairman of the Council

Cllr Angela DeVine

Vice-Chairman of the Council

Cllr Don Hardwick

Allotments Committee

Cllrs Abel, Cook, Hardwick, Knight and Leatham

Drainage Working Party

Cllrs Casson, Hardwick and Knight

8 June 2009 - www.cottinghamtimes.co.uk

Due to Cllr Cleary's resignation there was a vacancy on the Personnel Committee which is elected for the four year duration of the Council. Cllr Abel was voted onto the Personnel Committee to join Cllrs Casson and Cooper.

Cllrs Abel, Knight and Cooper were elected to represent the Council on the CCTV Group and Cllrs Cook and Knight remain as Council representatives on the Cottingham Wild Spaces Group. Cllr Cooper will also continue to serve as the Council representative on the KGV Friends Group.

All Councillors sit on both the Planning and Finance & Asset Management Committees.

Bricknell Avenue Pedestrian Crossing and Fence

Following complaints from the Parish Council, residents and Croxby School Governors a meeting was held at EYRC between the ERYC Officers, Ward Councillors and Parish Council representatives to discuss the pedestrian crossing and fence. The outcome of the meeting is that, although the pedestrian crossing was indeed built to the wrong plan resulting in a dog-leg crossing rather than a diagonal one – there are simply no funds available to rebuild.

East Riding officers did however agree to lower the height of the fence which has been the focus of many complaints – equally split between the fact that it is ugly and that the fact that it is more of a hazard than a road safety aid (which, believe it or not, is what it was put in place to be!)

The reduction in height should mean it is not much higher than the bushes that have been planted to screen it.

Cottingham Conservation Area Re-appraisal

A re-appraisal of the Cottingham Conservation Area has been undertaken by ERYC and a copy of the document is available through the East Riding of Yorkshire Council's website. Each resident should receive a letter from ERYC giving them details of how to access the document via the internet (there will also be a tear off reply slip should you wish to have a paper copy) with instructions on how to comment on the document. Please have a look – if your property falls within the Conservation Area it gives that land and building extra protection which can affect the planning process.

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Cottingham Post Office Donate Monster Easter Egg to Viking Radio's "Cash for Kids" appeal

A monster Easter Egg which was raffled at Easter by Cottingham Post Office, Finkle Street, and has been unclaimed by the winner has been donated to Viking Radio's "Cash for Kids" Appeal. Also donated to the appeal is the £205 collected from the sale of the raffle tickets.

The Belgian Chocolate monster Easter Egg is 4.5 kg in weight and stands approximately 3ft high (90cm) was handed over to Viking Radio's Rebecca Poppleton by Gary Mitchell the Postmaster at Cottingham Post Office.

Organ Recital at the Zion United Reformed Church, Hallgate, Cottingham on Saturday July 11th

An organ recital will be held at the Zion United Reformed Church, Hallgate, Cottingham on Saturday July 11th at 7.00 pm.

An excellent programme of music will be performed by Mr. Roland Dee, who has a B.A. in Music and is a Fellow at Trinity College London, an Associate of the Royal College of Organists and a Licentiate of the Royal School of Music.

His programme for the event will include the Arrival of the Queen of Sheba - G. F. Handel, and Prelude and Fugue by J. S. Bach.

The recital will be followed with a Strawberry & Wine reception. Tickets for the event are £8.00 and are available by phoning Judy Laws on 01482 845920.

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We explore the future trend of "Cloud Computing"

This month we explore something that is set to become a future trend - 'Cloud Computing'. That doesn't entail wearing silver suits and zooming around in our own personal flying machines as sci-fi predicted many years ago; but it will change the way we work with computers.

What it means is using the Internet as a workspace instead of storing everything on your own computer. Think of it like this. You have your own computer and inside is a hard drive that not only stores your operating system and all your programs, but you also keep all your own data on there as well. If you use Outlook Express, Outlook or Incredimail you are also storing all your emails and your address book on that same drive. Now, as soon as you leave your computer, all that information stays there.

If you then go to work, or friends or family and want something that you know is on your own PC, you'd have to go home and copy it or email it. And of course, worst case scenario, if your computer crashes, or your hard drive fails - all your data could be gone. Even if you are well organized and have a good backup on another disk drive, you can't access it without another computer!

The idea is simply that in the (very near) future, everything will exist in 'the Cloud' or in other words on the Internet. Your computer will be purely a means of getting online. And it won't have to be a high powered computer either, it could be a laptop, or a small device like a mobile phone, a Blackberry or even an iPod Touch. You could connect through a telephone line, a network cable, a wireless network or even mobile network. If you currently do your email through Hotmail, Yahoo or GMail, you're already doing it! Using these services, all that information is stored centrally on a server somewhere, and whenever you log in it all becomes available to you, but stays where it is.

So let's go to the next stage. You may well need to share documents or have access to them from somewhere else, let's say at work. What do you do? You create a new document (or spreadsheet, presentation or whatever) you copy it onto a memory stick or email it to a business address. Then when you get there, you open it up (if you remembered your memory stick or sent the email correctly - with the attachment!). Then you might start working on it again and make some last minute changes. So by now there are probably three versions of the same piece of work, all saved in different places.

The 'Cloud' idea is that you can use something like 'Google Docs'. This way you would first of all sign up for a free account with Google, just go to www.google.co.uk and click on the link to register, and you will also get a free Gmail address. Then you can if you wish download some free applications called 'Google Apps', this is just some simple software that lets you type letters, do spreadsheets etc. But the simplest way is just to create a document online, then when you get to where you're going you just sign in and open it up. And remem-

ber that could be anywhere you are able to get online; at work, on a train, at an airport, or even in another country. There are no boundaries to this technology.

If you want to share work with others, that's easy too. You can create a new document and then just click to share it, insert the person's email address and they will be sent a link that lets them view or edit the document, whichever you specify. If there are six people that need to collaborate on a piece of work and they all edit it online, there is only ever one copy and no confusion! I worked on this article at home and in the office and then when it was ready I was able to send a link to the Cottingham Times for them to download it and publish it - voila!

The subject of updates and downloads is something I am often asked about. So many things need to update themselves nowadays, Windows security updates, anti-virus and anti-spyware, Internet Explorer (now on version 8), Firefox, iTunes, even Adobe Reader, Java and Flash Player to name but a....phew! (The last two are bits of software that help webpages to display properly so are safe to download). All these things require a good speedy Internet connection, and for this reason some customers have that are still connecting via dial-up have commented on how long all these updates take. The best advice I can give is that modern computers really are dependent on a broadband connection in order function efficiently. So now is the time to take the plunge and get signed up for broadband! Some people say they don't use the Internet enough to justify the extra expense, but it does start from only £8.30 per month. But the reality is that if you have the Internet on tap all the time I can almost guarantee that you will use it because it is there, it's fast so you won't be waiting around for pages and emails, and you can use your phone at the same time!

A couple of bits of news here at RDM I'd like to tell you about. We are now in the new local Colour Pages directory under Computer Maintenance. Also, and this will please many I'm sure, we will shortly be able to accept payment by credit and debit cards. The other payment option we have also just added is PayPal. So if you have been busy selling things on eBay and have accumulated funds in your PayPal account, you can now choose to buy equipment or services from us without raiding your bank account!

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Cottingham Wildlife Watch win Chairman's Award 2009 in category "Enhancing the Environment of the East Riding of Yorkshire"

At a ceremony held in May, the Cottingham Wildlife Watch Group were awarded the Chairman's Award for 2009 in the category "Enhancing the Environment of the East Riding of Yorkshire".

Erica Scaife, co-leader of Cottingham Wildlife Watch, said: "We've had the group for twenty years - it teaches children about the environment and having fun. Events like tree planting, wildflower planting and litter picks make them more aware of the environment they live in and make them think and appreciate the wildlife.

"I'm shocked to have won the award, I think it's because we work with children and educate them to be aware, to look after their environment and where they live, and to tell their friends it's important. I just can't believe it's happened."

The Cottingham Wildlife Watch Group has been running for 20 years educating and involving children and young people in caring for their local environment.

The group has adopted several wildlife sites and helps the Yorkshire Wildlife Trust to look after a number of its nature reserves and volunteers arrange a variety of events and fun activities for families including trips to important wildlife sites at Flamborough Cliffs and North Cave wetlands to learn about wildlife and take action to help the local wildlife.

The Wildlife Group will be holding a 20 years celebration party for members from 1989 to 2009. Past members and current members are invited to the party on July 11th. For further details contact Roy or Helen on 845665 or Erica on 840336.

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Wordsearch - Laugh or Cry

Can you find the hidden words in the puzzle below, they maybe horizontal, vertical or diagonal, forwards or backwards.

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

Find the words in the letters above:

Bawl, Beam, Blubber, Bray, Cachinnate, Chortle, Cry, Giggle, Grin, Guffaw, Howl, Laugh, Roar, Scream, Screech, Shriek, Simper, Smile, Smirk, Snicker, Sniffle, Snivel, Snort, Snuffle, Sob, Titter, Wail, Weep, Whimper, Yawl.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 30 -

This is an easy challenge this month

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

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Respiratory Diseases After-Care Committee help provide equipment for Castle Hill Chest and Cancer Units

This committee was set up in 1916 to provide patient comforts and we have donated both large and small items to patients in need. We also provide funds for nurse education.

The committee sets aside funds each year to provide equipment for the chest and cancer units at Castle Hill Hospital and Hull Royal Infirmary. We sponsor the Open Airways Group and the Hull and District Respiratory Support Group.

The committee meets regularly and our chairman is Dr. J Kastelik, Consultant in Respiratory Medicine.

We are a registered charity, number 226112 and whilst we do not actively fund raise we welcome donations both from patients, their families and the general public, societies and charitable organisations.

If you would like further information or to make a donation please contact Mrs P. Hatfield, Honorary Treasurer, either by telephone on 01482 341025 or e mail pat_hatfield@hotmail.com.

"Curious thing, habits.
People themselves never knew they
had them."

Agatha Christie



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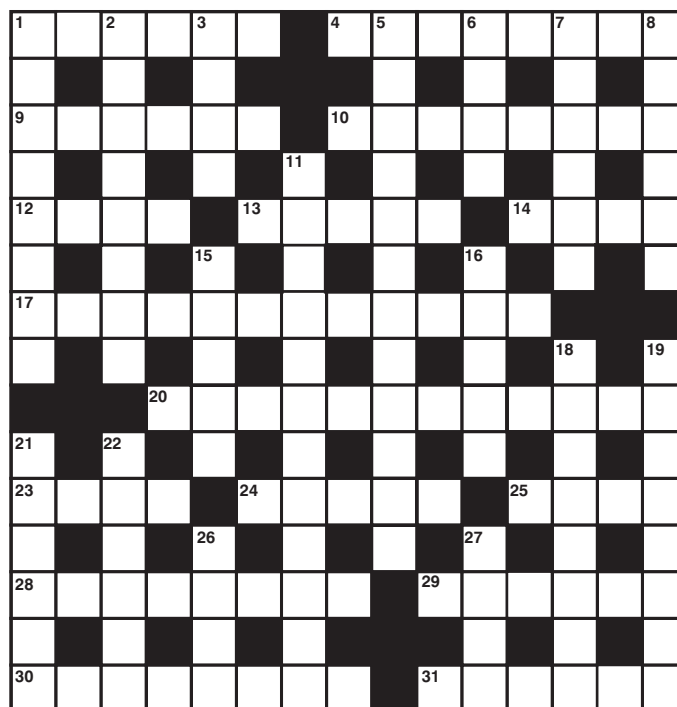
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Crossword - Solution on page 46



Across

1. Stress Mark (6)
4. Lively Spanish dance (8)
9. Gloss (6)
10. Grown new leaves (8)
12. Acidic (4)
13. 17th Century Irish battle (5)
- 14 and 29. Opium smoker's unrealistic fantasies (4, 6)
17. Submissively admit an error (3, 6, 3)
20. Those who deal with things beforehand (12)
23. Henry Pulling's travel companion in the novel by Graham Greene (4)
24. Member of race from Equatorial Africa (5)
25. Second in any series in Chemistry (4)
28. Passage linking rooms (8)
29. See 14 across (6)
30. Town in SW Wales, birthplace of Henry VII (8)
31. Deep, lidded dish (6)

Down

1. In a state of confusion and disorder (3,2,3)
2. Geld (8)
3. Police informer (4)
5. Removal of vestigial organ (12)
6. Arabian sailing boat (4)
7. Idiot (6)
8. Large quantity (6)
11. Mumbo jumbo (12)
15. Large breasted (5)
- 16 and 26. 1963 Yorkshire based Schlesinger film (5, 4)
18. System of pipes to carry away waste (8)
19. Murderer (8)
21. Rash, reckless (6)
22. County in Northern Ireland (6)
26. See 16 down (4)
27. Hindustanee (4)

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

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A Touch of Elegance receive Habia Gold Standard Award at Willerby Manor Ceremony

At a ceremony held on the 12th May at the Willerby Manor, A Touch of Elegance Hair and Beauty Salon received a Gold Standard Award from Habia - the Hair and Beauty Industry Authority. The award was presented by Wendy Nixon, the Business Development Manager of Habia.

The nationally recognised health and safety award is given to clean salons which carry out specified safe and hygienic practices necessary to ensure employee and customer safety.

Chris Dunnachie from the East Riding Council's Health and Safety Enforcement Team commented:

"The staff at A Touch of Elegance have shown real commitment and enthusiasm in maintaining excellent health and safety standards over the past three years, customers should feel particularly reassured by the achievement of the Gold Standard award. I hope customers can see the Habia certificate displayed in the salon and once again congratulate them on their success".

Situated at 2 Exeter Street, Cottingham, A Touch of Elegance who undertake all aspects of Hair and Beauty treatments have one simple aim: "To treat your Mind, Body and Soul, achieving a total sense of well-being both inside and out". Leanne (salon owner) would like to thank all her customers and staff for their support over the past four years.

During June, A Touch of Elegance are offering a free nail art (diamanté not included) when booking a pedicure.

A Touch of Elegance is open Monday to Friday 9.00 am to 5.00pm, with late opening till 7.00 pm Thursdays and 6.00 pm on Fridays. Saturday 9.00 am to 4.00 pm. Telephone 845472 for an appointment.

Pictured above celebrating their Habia Gold Standard Award are left to right: Carole Withill, Leanne Stather (salon owner) and Rachel Howlett.

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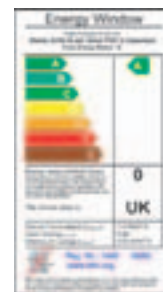
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In the Kitchen



Many associate meatballs with Italian and Swedish cuisines however meatballs in some form or other are eaten the world over.

Whilst the basics remain the same, i.e. minced (ground) meat which are formed into various sized balls, additional seasonings and flavourings vary widely from country to country which can transform run of the mill meatballs into exotic wonders.

Before you explore cooking meatballs from various cuisines, it's worth just going over some of the basics which, once mastered, will stand you in good stead for cooking all manner of meatballs.

Type of meat used for Meatballs

Meatballs can be made with beef, lamb, veal, pork, turkey, chicken and even offal. In fact, any kind of meat can be used and many traditional meatball recipes also call for a mix of meats such as beef and pork to be used together. Whichever you choose, it should be minced (ground) fairly finely much like that used to make burgers or koftas. Whilst an excessive amount of fat isn't good, some fat in the meat will add extra flavour and keep the meatballs moist during cooking, especially if they are to be baked in the oven.

Basic Ingredients for Meatballs

Apart from the meat, additional extra ingredients often include onion, salt, pepper, seasonings, herbs, egg, breadcrumbs (see note about using breadcrumbs below) and flour for coating.

In general allow:-

- 100g/4oz of minced (ground) meat per person. This can be reduced if you will be adding breadcrumbs to the mixture
- 1 tablespoon of breadcrumbs per 100g/4oz of meat (if using)
- 1 egg per 450g/1lb of meat (if using)
- 1/2 teaspoon of dried herbs per 100g/4oz of meat
- 1 teasp freshly chopped herbs per 100g/4oz of meat
- 1/4 of a small onion per 100g/4oz of meat
- 1/4-1/2 teaspoon of ground spices per 100g/4oz of meat

Is it necessary to use Breadcrumbs in Meatballs?

Unless the meat being used is very lean, the use of breadcrumbs in a meatball mixture serves no other purpose than to bulk the mixture out making the recipe more economical. However, it will slightly change the texture of the finished meatball.

Is it necessary to use eggs in Meatballs?

It is not usually necessary to use eggs in a meatball mixture unless the meat is very lean and the added ingredients make for a dryer than usual mixture.

Preparation of ingredients

One of the main problems associated with failed meatballs is that they fall apart. Although this can happen because the mixture is too dry, it is more likely to occur because the ingredients haven't been chopped finely enough. To avoid meatballs falling apart:-

Grate onions or process in a food processor until almost smooth. Remember, it's the flavour you want, not the texture

Very finely chop other vegetables being used or process in a food processor until almost smooth including chillies.

16 June 2009 - www.cottinghamtimes.co.uk



Making up the Meatballs

Once all the ingredients have been prepared, it is simply a matter of mixing them all together until well blended. This is best done in a large mixing bowl using your hands to mix and squash the mixture together. Unless the recipe specifically calls for it, avoid using a food processor to blend the ingredients together as over-processing can cause the mixture to become too soft and more pâté like.

Once the mixture is well blended, form into balls about the size of a large walnut. Don't flour your hands as this will just result in the meatball becoming stodgy. When forming the meatballs, try to compact them as much as possible by squeezing the mixture firmly before rolling them between the palms of your hands.

Have a large platter of flour ready and place the meatballs on the flour, but don't roll to coat them until you have finished rolling all the meatballs. The reason for this is that the meatball mixture will immediately start to moisten the flour and you could end up having to roll them all in flour again.

Once all the balls have been formed, then roll each one in flour to coat on all sides.

Cooking Meatballs

Meatballs can be placed straight in a hot oven (about 180C, 350F, Gas Mark 4) and baked for about 20 minutes. However, the usual method is to heat about 12mm/1/2-inch of oil in a large frying pan until very hot. Remove any excess flour from the meatballs then add the meatballs to the hot oil and fry on all sides until browned and sealed. This should take about 5 minutes. Allow the side which is frying to brown for at least 1 minute before attempting to turn them otherwise they will stick to the pan and break up.

It is important not to overcrowd the pan when frying meatballs. Each meatball should have at least 12mm/1/2-inch space all around it, so if necessary, fry the meatballs in batches or use more than one frying pan.

Once all the meatballs have been sealed you can continue frying them in one layer over a reduced heat for a further 10-15 minutes, turning from time to time transfer to a shallow ovenproof dish in one layer and bake in a preheated oven for 15-20 minutes or transfer to a shallow pan containing the sauce of your choice and "poach" them for a further 10-15 minutes. When using this method, the sauce should only come about three-quarters of the way up the meatballs, and you should baste the meatballs with the sauce several times during the cooking period but avoid actually turning them.

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Freezing Meatballs

Meatballs can be frozen raw or cooked, with or without the sauce. However, care should be taken to keep the individual meatballs separate to avoid them breaking up once they have defrosted. When freezing raw meatballs freeze separately from any sauce and keep them well spaced out.

Meatballs will keep for about 3 months in the freezer.

Meatball Recipes

When making up your own recipes, don't forget to add different seasonings and flavourings to make them even more tasty. Here are some suggestions:-

Freshly chopped or dried herbs

Garlic

Worcestershire Sauce

Tomato Paste

Curry Powder

Cumin

Allspice

Chillies

Soy Sauce

Paprika

Also, don't forget you can jazz up even the most basic meatball recipe with a well flavoured sauce.

Basil Tomato Sauce for Meatballs

Serves 4

Ingredients

25g/1oz Butter

2 Garlic Cloves, crushed

1 heaped tbsp Plain Flour

210ml/7fl.oz. Beef Stock

1 x 400g/14oz tin Chopped Tomatoes

3 tbsp Freshly Chopped Basil

Salt and Pepper

Instructions

1. Place the butter and garlic in a medium sized saucepan and heat until the butter has melted and begins to sizzle.
2. Sprinkle on the flour and cook for 1-2 minutes, stirring.
3. Gradually add the stock, stirring constantly and cook over a medium heat until thickened.
4. Add the tomatoes, sugar and basil to the sauce. Season well with salt and pepper, cover and simmer for at least 10 minutes.

You can then add well browned walnut sized meatballs to the sauce and continue to cook for a further 5-10 minutes, spooning the sauce over the meatballs from time to time.

Garlic & Mushroom Pasta - Serves 4

Ingredients

75g/3oz Butter

675g/1 1/2 lb Mushrooms, thickly sliced

350g/12oz Short cut Pasta (e.g. macaroni)

Juice of 1 Lemon

3 Garlic Cloves, chopped

2 tbsp Fresh Parsley, chopped

Salt and Black Pepper

Instructions

1. Melt the butter in a pan, add the mushrooms, cover and cook for 10 minutes, stirring occasionally.
2. Meanwhile bring a large pan of salted water to the boil, add the pasta and cook for 10-12 minutes.
3. Add the lemon juice and garlic to the mushrooms, cover and cook for a further 5 minutes, stirring occasionally. Add the parsley, salt and pepper and mix well.
4. To serve - drain the pasta well and toss in the sauce. Serve immediately.

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Strawberries

The strawberry is a member of the rose family and is unique in that it is the only fruit with seeds on the outside rather than the inside. They are also a very healthy fruit, being rich in vitamin C and a good source of folic acid as well as being high in fibre.

Origin and History of Strawberries

Strawberries were cultivated by the Romans as early as 200 BC and in mediaeval times strawberries were regarded as an aphrodisiac and a soup made of strawberries, borage and soured cream was traditionally served to newly-weds at their wedding breakfast.

Native American Indians were already eating strawberries when the Colonists arrived and it is believed that in 1780, the first strawberry hybrid was developed in the USA.



Baked Strawberry Cheesecake - Serves 8

Ingredients

For the base

225g/8oz Digestive Biscuits, crushed

75g/3oz Butter, melted

For the filling

450g/1lb Cream Cheese

1 teasp Vanilla Essence

3 eggs

75g/3oz sugar

125g/5oz Crème Fraîche or Soured Cream

Other Ingredients

400g/14oz Fresh Strawberries, hulled and halved

3 tbsp Redcurrant Jelly

Instructions

1. Preheat the oven to 170C, 325F, Gas Mark 3.
2. Mix the digestive biscuits and butter in a bowl until thoroughly blended then press evenly into a 25cm/10 inch spring-form cake tin. Bake in the oven for 10 minutes.
3. Meanwhile, in a large bowl, beat the cream cheese until soft then beat in the vanilla essence and eggs until well blended. Add the sugar and crème fraîche and continue to beat until well mixed.
4. Spoon the filling onto the baked base and smooth down lightly. Return to the oven at the same temperature and bake until just set, about 25-35 minutes. Cool and chill for 2 hours, before unmoulding.
5. Place the redcurrant jelly in a small saucepan with 2 teaspoons of water and heat gently, stirring until it dissolves. Brush half of it over the surface of the cheesecake.
6. Arrange the strawberries over the top. Reheat the redcurrant glaze a little, then brush generously over the strawberries. Refrigerate until ready to serve.

Recipes reproduced courtesy of (www.Recipes4us.co.uk)

www.cottinghamtimes.co.uk - June 2009 17

River Cruising down the Rhine and some hot tips

By Marion Owen

River Cruising along the Rhine has been a highlight in my diary this month, and the sun shone too!

I joined the Arlene mid way through her 4 rivers cruise. I have to say this little lady far outweighed my expectations. I was greeted on arrival by very friendly, efficient, safe and extremely happy guests.

This really was a fact finding mission to see if the ship is sellable to our travellers that rely on our expert opinion for an enjoyable and suitable holiday. Well I cannot wait to sail on her again!...

The captain, Hans and his wife Frances who own the ship are passionate and proud of their vessel tending to everyone's needs and giving their ship much TLC. The decor and comfort in the lounge, restaurant and reception are as good as any rivership I have sailed on. Last but not least, the food served is as good as a very nice restaurant; beautifully cooked and presented, I almost could not manage my sweet! Another nice touch was bowls of fresh fruit around the ship although, as we were all so well fed at meal times, very little was taken.

For those who enjoy entertainment, the dance floor is bigger than most river ships; well, as a matter of fact, there is a feeling of spaciousness throughout the ship and even the cabins. The cabins on the Promenade deck I feel are worth the extra as they have large opening windows, the weather was so balmy that I slept with mine wide open. The Arlene sails with an average of 90 guests and the age group is mainly 40's plus.

Unlike many river ships, the Arlene chooses not to sail during the night allowing you to enjoy an evening stroll ashore or sample the local nightlife. After a good night's sleep - rise for early morning coffee and enjoy the scenery and peace on deck as you sail to your next port of call. There are many reminders of times gone by in the way of ruins and very well kept castles on route and your tour guides on board are eager to keep you informed of their historical tales.

Many of the rivers in Europe are a main source of transport; the Rhine is wide allowing traffic to pass easily. Little ferries take passengers and vehicles from one bank to the other, freight is busy, one container barge we saw was equivalent to 88 lorries being on the road. Railway lines run alongside both banks of the Rhine, they too seemed very busy especially transporting new cars. Whilst for pleasure, cyclists were plying the tow path enjoying a nice flat scenic ride alongside the river and vine clad hills.

The ship is classed as a 3 star, but it is worthy of this and more.

To join the Arlene we offer a variety of departures via North Sea Ferries, at present we have an offer including pick up from your home, all excursions plus 10 Euros a cabin on board credit per day: prices start from £629 this summer. Festive sailings for Christmas £659 & New Year £599. Give me a call for full details and to make your booking.

Myself and Lynne are very proud to announce we now have first hand experience of more than 100 ships sailing the rivers and oceans of the world. Who could give better advice and guidance for your booking?



Hot off the press: **Northern Lights** this winter, we have a special departure on 14th November for 3 nights sailing the Norwegian coast, transport to the airport is included....a bargain at just £595 plus single cabins available at no extra cost, hurry when this one is gone it's gone!

Escorted touring: **Route 66 in the USA**. If you are driving for 2 weeks you are not going to see a great deal from behind the wheel, ask about the great tour we have up our sleeve - plus when you do the costing's it is great value too and the best thing is you will not miss a sight or take a wrong turn!

We have a group, visiting **China** on 24 October, couples and single guests. If this is a country you have always wanted to visit, why not come along? This is an escorted tour visiting the major highlights e.g. Great Wall, Teracotta Warriors, Guilin, River Li, Shanghai, Beijing.....14 days - £2130.

Dates for your Dairy: Singles open house Tuesday 9th June 5pm to 7pm; a new product is being launched, come along and see what we have to offer and meet likeminded travellers. Please call 212525 to advise you are coming before noon on the day.

Our Cruise & Holiday Fayre, Saturday 19th September, 10am to 4pm to be held at the Royal Hotel, Ferensway, easy to reach by train or bus and plenty of parking in St Stephens.

My special departure to Canada & Alaska departing this July is now on a request basis, if you are thinking of joining me hurry or it will be too late!

For all your travel arrangements, give my team a call, we are experienced in all corners of the world and our enjoyment is full filling your travelling desires & aspirations. We look forward to hearing from you.

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News from Cottingham Little Theatre

"DANGEROUS CORNER"

This was probably one of our more dramatic performances but the 300 or so members of our audiences seemed to appreciate the change from the comedies which we have done of late.

A big thank you to all who completed the questionnaire about publicity. This will help us to contact the people who want to come to see our shows. We have now updated our mailing lists to include everyone who asked to be included in it. You will receive details of our performances about two months in advance in future.

"THAT'S ENTERTAINMENT 2009"

Rehearsals started this week for "That's Entertainment 2009" which will be held in Darby & Joan Hall on Wednesday 15 July, Thursday 16 July and Saturday 18 July commencing at 7.30pm.

The show will follow our tried and tested format of short sketches, songs, dances and monologues. Tickets priced at £4.00 each (no concessions) will go on sale at Barkers, Newsagents, Hallgate, Cottingham from late June or from Margaret on Tel. 01482 846796.

SOCIAL EVENTS

The date of our Annual Spring Dinner has now been fixed as Friday 5 June and will be held at Wolds Village, Bainton.

A Treasure Hunt around Cottingham is planned for the afternoon Sunday 14 June followed by a meal at a local hostelry. In the event of inclement weather, it will take place the following Sunday instead.

PLAY READINGS

No Play Readings are planned for July or August. Details of the Reading to be held in September will be published in August. This is one of the ways in which we find future productions and if you would like more information please ring Sue on Tel. No. 01482 842250.

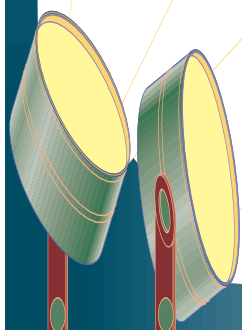
NEW MEMBERS AND FRIENDS

We always welcome any new members who would like to join us either in acting or supporting roles. So if you would like to join us either as a Member or as a Friend please ring:

New Members - Val on Tel. No. 01482 440588 or Margaret on Tel. No. 01482 846796

New Friends - Bob or Kaye on Tel. No. 01482 842270, or do have a look at our new Website www.cottinghamlittletheatre.co.uk

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Canine Partners - A Jewel in Hull's Crown

So what is unique to Hull in the north of England? A premiership football club I hear you say, well at the time of writing this that is true, but it may not be so by the time you read this!

I think Hull should be more proud of the fact that Hull is the only city in the north of England to have a Canine Partners satellite. What is Canine Partners I hear you say? In its own words "Canine Partners is a progressive charity which aims to transform the lives of people with disabilities, enabling them to lead more independent lives by providing them with highly trained assistance dogs."

The advanced training to work with disabled people starts when the dogs are fourteen months old and takes place at the charities headquarters in West Sussex. Before this the dogs are trained at satellite centres such as the one based in Hull. We at Kingston Veterinary Group became involved with Canine Partners originally by raising funds for them at our open day at the KC Stadium. I fondly remember the demonstration, when there was not a dry eye in the house as Frosty the demonstration dog, woke up his handler, pulled back the bed clothes and helped her dress and then followed up by emptying the washing machine. Shortly after this day, Canine Partners needed a new coordinator to run the Hull satellite and our dog training team of head nurse Louise Norman and trainer Ruth took on the role, something the practice is very proud of.

The role of the satellite is to train puppies from the age of 8 weeks old to about fourteen months in the basics of clicker training and for this we need several things. For one we need puppy parents, these dedicated volunteers adopt a puppy for about 12 months, attend once weekly puppy classes at our Beverley

Road surgery, train the pups in basic commands and socialise the pups by exposing them to all manner of situations. Because of their status as assistance dogs they are allowed to go shopping with their parents, into restaurants, on all kinds of public transport and get used to all the places they would have to go when working. This is a most rewarding vocation but you have to be strong as after a year the dog has to leave you to be specially trained. We also need foster parents who will look after the puppies when the puppy parents are on holiday. Louise, Ruth, the puppy parents and a whole host of other volunteers also work hard to promote the awareness of and raise funds for canine partners.



Hull Canine Partners Satellite team, Dogs from left to right: Jet-now at advanced training; Jodie-nearing the end of satellite training; Millie-8 months old, Nutmeg-5 months old; Tig-Ruth's training assistant.

Once the dogs have left us, they go down to the headquarters in Sussex where more specialised training take place, the dogs are able to respond to over 100 commands including:

- Operating a pedestrian crossing/lift button
- Loading/unloading a washing machine
- Retrieving items such as keys, inhalers or a phone
- Picking items off supermarket shelves
- Assisting with dressing/ undressing
- Carrying out a range of emergency response procedures

All the dogs receive huge amounts of praise, love and affection throughout the training, it is all reward based. The advanced training takes about 6 months after which time the dog is teamed up with its partner at the headquarters in Sussex in a special residential training centre. Training is also given in the partners own home and aftercare and support is provided for the whole of the partnerships working life.

To date over 140 dogs have been placed with partners.

We at Canine Partners Hull satellite and Kingston Veterinary Group are proud of the small part we play in this charity and would like to appeal for any help people think they can give. We are always on the lookout for puppy parents or foster parents and if you think this is for you please contact Ruth Bryant at the Cottingham surgery on 01482 843210. We are also always looking for ways to raise both money for and public awareness of the charity so if you want a talk and demonstration please once again ring Ruth Bryant (01482 843210). This year we have been very fortunate to have been adopted as Holderness Inner Wheel's charity of the year and they have raised a substantial amount of money for the Canine Partners.



Nutmeg taking a well earned rest after a hard days training.

So whether Hull City are in the premiership or not Hull will still be the only Canine Partner satellite in the north of England and we should be very proud of that and do everything possible to carry on the excellent work of Canine Partners.

Contacts: Ruth Bryant 01482 843210

Canine partners 01730 716015 www.caninepartners.co.uk

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Yet many still have not got around to making a Will, often because they are put off by the costs involved, and understandably so.

A Will is an important legal document. If the price is too low, people wonder whether the adviser has adequate knowledge or expertise; too high, and people wonder whether their Will requires the level of expertise the price implies.

The result for many is that they never get around to sorting out their Will.

That is why Andrew Jackson Solicitors have launched the **Wills, plain and simple** scheme for the over 55's.

Under this scheme, the price of Wills are fixed at £150 plus VAT for a couple. For a single person the price is just £100 plus VAT.

Additionally, if you attend our Wills clinic at Cottingham then we are offering a free initial consultation with no obligation if you decide you do not want to proceed at the end of the appointment.

The **plain and simple** label indicates that this scheme is aimed at clients whose requirements are straightforward.

You will still benefit from being advised directly by a solicitor, but provided your requirements are uncomplicated, the price will be in line with the **plain and simple** scheme.

If your requirements go beyond the limits of the scheme, for instance if you need tax advice, or your Will needs to include trusts or more complicated arrangements, we will tell you so and let you know what the cost will be for the Will before we start work.

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For more details or to book your appointment at the Cottingham Wills Clinic please contact Leanne Labrom or Caroline Beckett on 01482 325242.

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Elm Tree House (Cottingham Memorial Club) to hold Open Day on Cottingham Day 4th July

Elm Tree House was built in 1820 by a Hull draper, John Hebblewhite. On his death in 1832 ownership transferred to Richard Wilson, also a draper and in 1843 to John Clay a Hull merchant.

The last private owner was Gunter Lutze, a Hull coal exporter, who lived in the house from 1907 until his death in 1934. During this time the estate was extended and included all the land fronting the house to South Street and King Street to the east, including several houses and shops.

Prior to the last war, the house became an annexe to Needler Hall for students attending the University College, before becoming a St Johns first aid post during the war.

Cottingham Memorial Club was established in 1920 within the building now occupied by Halifax Bank in King Street. The Club moved to Elm Tree House in 1950.

The origins of the Club centred around the need to provide recreational facilities for those who had returned from the Great War. It also became the home of the British Legion in Cottingham.

Contrary to popular belief, it is not a British Legion or Ex-Servicemen's club. Membership is open to all, both men and women, over eighteen, on application. The Club is a popular meeting place for people of all ages who enjoy a quiet drink, conversation or meal. There are five snooker tables, a golf society, regular quiz nights, entertainment evenings and an extensive food menu.

As part of the Cottingham Day celebrations Elm Tree House will be open to the public from 12 noon to 4.00pm on Saturday 4th July.

Website: www.cottinghammemorialclub.co.uk

Email: contact@cottinghammemorialclub.co.uk

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OPEN DAY

at

ELM TREE HOUSE
(Cottingham Memorial Club)
Finkle Street, Cottingham

Saturday 4th July
12 noon to 4.00 pm

As part of the Cottingham Day Celebrations, the house will be open to the public to view a collection of historical photographs taken in the house garden early in the last century

Website: cottinghammemorialclub.co.uk
Email: contact@cottinghammemorialclub.co.uk



"The Tooth and Nothing but The Tooth"

by Chris 'Dr. Smile Maker'
Branfield

Keeping your Kids Smiling for Life - Part Two

Welcome back to the "The Tooth..". I hope you have had a good month. Last time I went on a bit about protecting your little loved ones smiles with diet and gave you some of my Top 'Dr Smile Maker' Tips. I hope to have a few more for you.

Tooth brushing: We all know that we should brush our teeth each day and that is no different for children. As soon as your baby's first tooth comes through it will need to be brushed. Now I have been here and it is not always easy but it needs to be done. Getting into a routine helps.

Top tips: Try and make it as fun as possible, do it together and let your young child help you with yours or watch you do your teeth. When my kids were younger I used to ask what sound a lion or a tiger made. While the mouth was open I would get in and clean the teeth. Now I am not saying that I could get them all done in one growl but it really helped and made it more fun. Be creative. What are your kids into? Cartoons? Disney? I am no behavioural therapist but fun with children seems to work.

When can kids brush their own teeth? Good question. I was taught that when a child had enough manual dexterity to tie their own shoe laces then they were ready. These days you might have to wait until the teenage years as we are living in the age VELCRO!

Top tip: When your children want to brush their own teeth but are too young you can brush them first and then ask them to do the important part of getting them really shiny clean. When you can see that they can do a good job then they are ready. Children are usually well into school days by this time though.

Visit your dentist and he/she will be able to tell you if a good job is being done and whether some parental help is still necessary. I see myself as a dental health personal trainer and coach and will give tips and handy hints to parents and children. Ask your dentist if you are unsure about anything.

Flouride helps to strengthen teeth and protect against decay. The action of this prevention of decay is almost like the old Lilt advert on the TV, TOTALLY TOPICAL. Did you see what I did there? Some younger readers will not have a clue what I am on about and I apologise.

Topical means that the action is on the surface of the tooth in the mouth and not after being swallowed. In fact, ingestion of too much fluoride can damage teeth and that is why fluoride drops are no longer used. Most tooth pastes have fluoride in and the ones for younger children have less.

Top tip: Always use a fluoride toothpaste and only put a small 'peasized' amount on the brush. Tell your child NOT to swallow the tooth paste but rather just spit out the frothy stuff. The key now is NOT to rinse as this will wash away the lovely, beneficial fluoride. With really young children with very few teeth use a 'milk teeth' type tooth paste and put very little tooth paste on the brush as it is more difficult to stop them from swallowing.

For children who are more prone to tooth decay more topical fluoride may be required and advised by your dentist. This can either be a fluoride mouthwash, gel, varnish or high concentration tooth paste. Another excellent invention is Tooth Mousse. This can prevent decay stop already established decay from progressing and help protect against acid erosion. My kids use it. We started when my son got some gastric reflux to help protect against the acid. Ask your dentist about it.

Sealants: Dentists, dental therapists and hygienists can place sealants on teeth. Teeth tend to be prone to decay in the fissures in the biting surface (where your cornflakes get stuck). Sometimes this decay can spread quickly and, when the fissures are deep, spread to the nerve of the tooth in no time. Sealants act to prevent or arrest decay (stop the spread of established decay).

It is a very simple procedure with no numbing and can prevent the need for fillings. These decay prone teeth need to be picked up early as sealants are generally used when there is no or very little decay. I love sealants as they are a very conservative technique and over the years I have seen outstanding success. This success is also borne out in scientific studies.

Dental trauma: Children will get knocks and bumps as part of growing up and we cannot do much about that. However, when they do contact sports such as rugby, boxing or hockey (I have seen dental trauma from a hockey stick) then a sports mouth guard is recommended. While your child is growing and losing baby teeth and gaining new permanent teeth then a custom made mouth guard is probably not appropriate as it will not fit for that long. During this time you can make do with an off the shelf, good quality mouth guard. However, once your child has got most of their permanent teeth it is very sensible indeed to have a custom made mouth guard for contact sports, as they grow the possible impacts to the teeth are greater. They are more expensive but will offer most protection and are worth it. They come in almost any colour and can be made in multi colours, union jacks, stripes or harlequins.

Orthodontics: This is the moving and aligning of teeth with 'braces'. There are all types of braces now. Some are available on the NHS some are not. Now I am no orthodontist and most dentists are not. However, we have had some training and can spot when a brace or at least some specialist advice is required. Orthodontics can be great for a child's self confidence and can prevent the need for veneers or crowns to camouflage misaligned teeth later in life if a brace is not wanted as an adult.

Top tip: Get the most out of your child's smile. Follow some simple tips on prevention of decay and trauma and visit your dentist to sort any problems that may arise early on and work together as a team. Team work and communication is the key to success.

Again I hope you have found this helpful.

Good Luck, Chris



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Walkington Hayride takes place on the Friday 19th and Saturday 20th June

2009 Walkington Hayride Events

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Friday 19th June 8.00pm

Victorian Barn Dance

At Northlands Farm, Northgate

8.00 pm - Midnight Please wear Victorian clothes if possible

Pie and Pea Supper served at 9pm

Tickets cost £9 from Maureen on 869912 or Chris on 860336

Saturday 20th June

Victorian Hayride Garden Party At White House, East End Gates
Open 1.50pm

Procession of costumed children up to 8 years old

2.00 pm Beverley Brass Band

2.25 pm Beverley Male Voice Choir

2.45 pm Country Dancing and Singing - Walkington Primary
School Children

3.10 pm Childrens Entertainment

3.20 pm Beverley Male Voice Choir

3.50 pm Beverley Brass Band

4.30 pm Raffle Draw and prize winners announced

Lots of Stalls, Pony Rides, and Lots, Lots More!

Produce, cakes and tombola prizes would be welcome

After The Garden Party

Saturday 20th June from 4pm onwards, The Great **Victorian Treasure Hunt** will take place throughout the village.

Just to add another dimension, five Victorian general knowledge questions will be added as a tie breaker. The successful family will win a meal (kindly donated by The Ferguson Fawsitt Arms)

Entry Forms will be available at the Garden Party, Price £2 to be handed in by 7.00 pm at the school.

Hayride Party Night

Walkington Primary School 6pm - 10pm

Hog Roast, bring your own drink and glasses. Soft drinks will be on sale. Entertainment from "Ace Disco Party Sounds"

Tickets are £7 for adults and £4 for children.

Tickets for these events can be bought from Jan Freeman 01482 871749 or the Walkington Village Shop.

Steam and Vintage Rally at Cowlam Farm, Little Weighton on 27th and 28th June

The Steam and Vintage Rally will take place at Cowlam Farm, Little Weighton, Nr Beverley, on the 27th & 28th June 2009.

Gates Open 10am each day. Attractions available include: Steam Engines, Vintage Cars & Motor Cycles, Miniature Steam, Barn Engines, Organs, Tractors, Military, Motor Cycles, Models, Crafts, Trade Stalls, Fair Rides, Car Boot, Refreshments, Licensed Bar and Working demonstrations throughout the day. There is Free Parking and admission is Adults £3.00; Children 50p.

In the evening there is the Saturday Night Road Run Into Little Weighton. Caravans and tents welcome for a small charge.

For more information telephone: 01482 848263. Money raised is used for supporting Local Charities.

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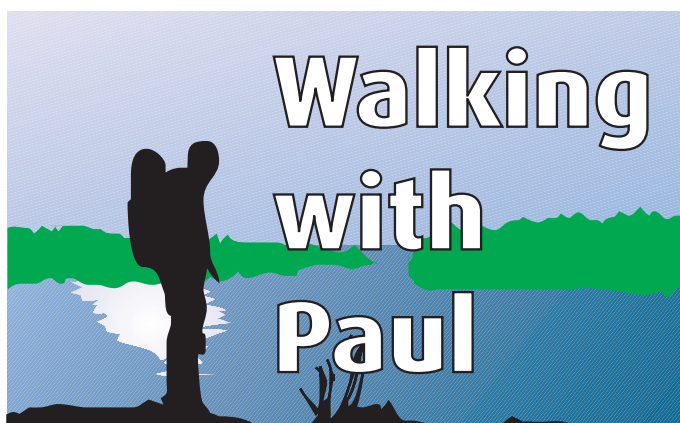
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Here is Paul's seventeenth walk in his monthly column.

This month his destination is Driffield Canal

Map: EXPLORER 295

Start at GR. 028572 Riverhead, Driffield.

Distance 7.0 Miles.

Leave the cars and walk with the canal on the left. Pass through metal gates and pass Lock Head bungalow on the left. Pass through a small wooden gate and continue walking on a grassy track with the canal on the left. Pass through a wooden gate and continue walking in the same direction eventually passing over a plank bridge with the Trout Farm on the right.

On reaching the access road to the farm, turn left, cross a bridge and then turn right and walk along the Wansford

road (B1249). Take care on this busy road. At the road junction at Wansford continue ahead until reaching the next junction. Turn left into Chapel Lane and then bear left to pass the Old Mill (Now a private House) on the right. Cross a wooden footbridge and stile and walk with Nafferton Beck on the right.

On reaching a road, turn right and cross the beck then immediately turn left and walk with the beck on the left. Cross several stiles and on reaching the next road, turn left and cross the beck by the bridge and then immediately turn right and cross a stile and walk across a small paddock.

Cross a stile, cross the railway line and then cross another stile to follow a path across a short field. Cross two further stiles and pass through a kissing gate and then head diagonally across a paddock aiming for the Church tower. At the end of this field emerge onto a road next to a house. Walk up the road towards the church.

On reaching the church, turn left into Westgate. Continue walking ahead. Westgate eventually becomes Markman Lane and continue along this surfaced lane/road until the road turns sharp right. Walk to the left of the farm building and then continue walking along the field boundary with the hedge on the right. At the end of the field, turn left and then at a small copse of trees turn right. Follow a well defined path heading for a wooded area.

Pass through a kissing gate and walk with the woods on the left and then pass through a wooden gate and follow the path through the wood. On approaching the railway line, cross a stile, cross the railway line and then cross another stile to emerge on a lane. Walk down this lane which becomes surfaced. At the road junction right onto Wansford road and then at the next junction turn left onto a road leading back to Riverhead.

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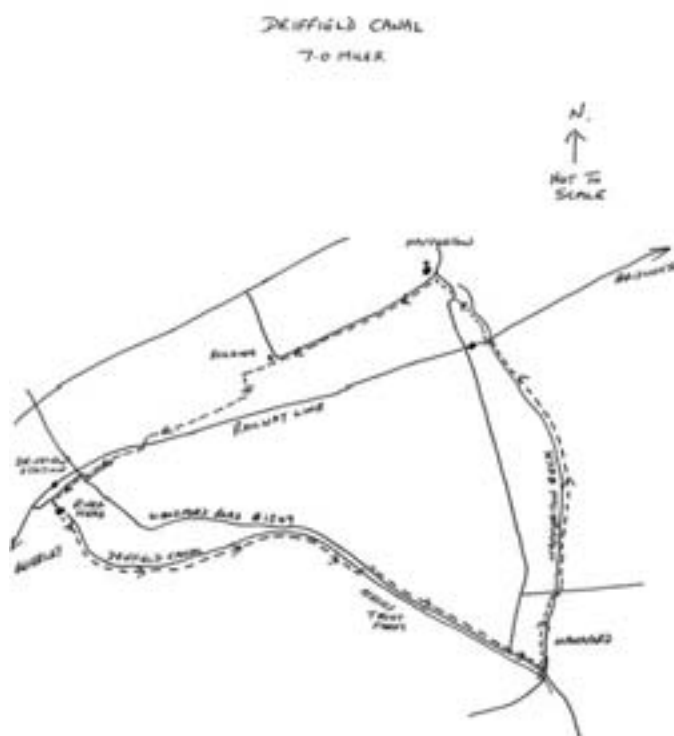
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Your Day - Your Village

Saturday 4th July from 12 noon

Just a reminder to everyone that **Cottingham Day 2009 is only four weeks away.**

On the day, the only place to be is in the village because loads of events will be taking place around the village centre.

Main areas are Grandads Park - loads for the kids; Memorial Club - Motor Bike display; Darby & Joan Hall - Stalls; Civic Hall - Shows and demonstrations; Hallgate - Classic Car Display; Memorial Gardens - Birds of Prey, and of course the Market Green - Live music, street cars and much much more.

To kick the day off, there will be a parade at 12 noon and as well as the above events there will also be face painting, various street entertainers, BBQ, competitions, demonstrations and much more.

Don't forget Hallgate will be closed to traffic all day from George Street to King Street so it will be really safe and easy to move around.

Hopefully many of the shops in the village will be doing 'Cottingham Day Specials' but more information about that nearer the time and on the day. KCFM will once again be running events on the stage, with fun and games in between a very busy afternoon of live entertainment.

This is the 5th Cottingham Day and will be the biggest and best yet and don't forget its **FREE!!!!**

If you want to know what is going on and at what time programmes will be available before the event and on the day from various locations around the village.

Also for the first time ever, Cottingham Day will be continuing into the early evening and will finish with a 'Round Cottingham Cycle Race' organised by Pete Dunn of Cottingham Cycles. This will be held around the village between 7.45 pm and 9.00 pm and should finish the day off superbly.

This is going to be a great day out for all the family, young and old, so make sure you make a note in your diary and don't Miss it!!!

Because of the size of the event, we are always looking out for volunteers to help on the day. We need people to man stalls, man barriers, give out programmes and generally help where needed throughout the afternoon. If you can help or would like to sponsor an event, then contact the Parish Council on 847623, or Willow Boyle on 843367 or Nick Russell on 848339.

Classic Motor Bike Display

Memorial Club Car Park

If anyone would like to display their motorbike and maybe win a prize, then contact Paul Fenwick on 845979 for an application form.

Classic Car Display, Hallgate

If you have a special vintage classic or unusual cars or vehicle and would like to show it off to others, then please contact Nick Russell on 848339 for an application form.



In the Garden



Fruit and vegetable garden

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.

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.

Vegetables

Harvest spring lettuce, spring cabbage, salad onions and radishes. Continue with successional sowings of these and other salad crops. Herb crops such as basil, coriander and parsley can also be extended with successional sowings.

Early potatoes may begin to be ready for harvesting. Many are ready when the plants come into flower. Take care when digging them up to insert your fork some distance away and to lift the soil carefully. Otherwise you may pierce and damage the tubers.

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.

Celeriac and self-blanching celery can be planted out this month. A well-prepared site with lots of organic matter dug in is essential. Planting celery in blocks aids the blanching process, as does placing a strip of plastic around the edge of the block to exclude some light and further improve the pale colour and sweetness of the blanched stems.

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

French beans are best sown in traditional rows, 45cm (18in) apart, at 15-22cm (6-9in) spacing.

Sweetcorn works best planted in blocks, at 45cm (18in) spacing, with two seeds per hole. The strongest seedling can be selected later, and you will have the safety of knowing there is a fall-back in case of slug damage. Any seeds sown earlier under cover can now be planted out into the same block pattern.

Runner beans benefit from well-prepared ground with lots of well-rotted manure and organic matter dug in. They need to be planted alongside suitable supports (often a frame or wigwam of bamboo canes tied together with twine) for the shoots to twine around and grow upwards.

Strings stretched along the sides of broad bean plants will support them and prevent them flopping once pods develop.

Peas need staking with pea sticks, netting, or pruned twigs from the garden.

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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 and prevent scorch

Courgettes, marrows and pumpkins can still be sown outdoors in early June. Encourage good fruit set by hand pollinating. Push the male flowers (distinguished by the lack of swollen stem/young fruit behind the petals) lightly into the female flowers.

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.

Flower garden

Plant out summer bedding and seed-raised plants, if not already done so. Make sure they are well watered in and keep moist during dry weather.

Plant out cannas and dahlias once danger of frost has passed.

Finish planting out gladioli.

Gaps in herbaceous borders are best filled with annual bedding at this stage in the season, delaying any planting of permanent perennials until the autumn or the following spring. One exception is wood anemones (e.g. *Anemone blanda* or *Anemone coronaria*), which take about three months to flower after planting. The rhizomes are best planted now, after an overnight soaking, 5cm (2in) deep in a suitably moist but free-draining soil or compost with lots of added leaf mould or organic matter.

It is not too late to direct sow a few fast growing, late-flowering hardy annuals such as *Calendula*, *Godetia* and *Clarkia*.

Thin out direct sowings of hardy annuals. This is best done in two or three stages at fortnightly intervals. Final spacings should be between 10-20cm (4-8in), using the upper limit for tall or spreading plants, and the lower limit for smaller plants.

Prick out indoor sowings when they are large enough to handle without damage, potting them on and then planting them out once they are robust enough to resist slugs, snails and the outdoor climate.

If you want to grow your own spring bedding for next year, many common choices (including wallflowers, pansies, and *Bellis perennis*) need to be sown between May and July in order to flower next spring, as they are biennials (which live for two years, and flower only in the second year, as opposed to annuals, which live and flower for one year only).

Polyanthus primulas are best sown only when temperatures are reliably warm, as they need a constant temperature of around 15°C (60°F). A sheltered cold frame in June or July usually provides the right environment for their germination and growth.

Winter bedding plants for the following winter can also be sown from May until July. Attractive choices include ornamental cabbages, kales and winter pansies.

Spreading and trailing plants such as the annual *Lobularia* (sweet alyssum), and the perennials *Alyssum*, *Geranium*, *Heuchera* and *Aubrieta*, can become tatty and patchy. Trimming them back after flowering encourages fresh growth and new flowers.

Euphorbia looks a lot better if spent flowers are removed, cutting the flowered stem back to ground level. This can be especially important with *Euphorbia amygdaloides* var. *robbiae*, as old stems of this



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cultivar are particularly prone to powdery mildew when grown in dry soils.

Deadhead flowering perennials such as *Lupinus* and *Delphinium* to improve their appearance and promote a second flush of flowers later in the season.

Pinch out the leading shoots on plants such as *Chrysanthemum* and *Helianthus* to encourage bushy plants. However, if tall thin sprays are preferred, they can be left un-pinched, perhaps removing a few buds (known as 'disbudding') to encourage larger blooms.

Divide *Primula* (primroses) after flowering, planting them in a nursery bed until they are ready for planting out again in the autumn, for a display the following spring.

Divide hostas as they come into growth.

Lift and divide overcrowded clumps of bulbs after they have finished flowering.

Lift clumps of forget-me-not once the display wanes, and before too many seeds are released. They can become invasive if left unchecked.

Stake tall perennials to prevent wind damage to flower spikes.

Sweet peas need training and tying in to their supports to encourage them to climb and make a good display.

Liquid feed containerised plants every two to four weeks.

Keep tubs, hanging baskets and alpine troughs well watered. Use collected rainwater, or recycled grey water wherever possible.

Tubs can be planted up with summer bedding if not done already. You can always keep some horticultural fleece handy to cover pots in the event of a cold night or late frost.

Growing vegetables in containers

Most vegetables can be grown in pots or containers provided they are large enough. This is particularly important for root crops such as carrots, or very large plants such as cabbages.

Many herbs will grow in pots which are just 7.5cm/3" in diameter and pots as small as 15cm/6" in diameter can be used to grow small crops of some vegetables such as radish, salad leaves (including Rocket), Spring Onions and baby Carrots.

The easiest containers to use are plastic ones because they are light and durable and come in many shapes and sizes. Particularly useful are 20cm/8"-deep troughs, which are excellent for growing vegetables such as spinach, baby beetroot and turnips, dwarf beans and carrots.

Growbags are recommended for trailing plants such as cucumber, courgettes and squash as well as peppers and tomatoes, although the latter may need support if cordon varieties are grown. Special growbag supports are available at many garden centres.

Terracotta containers are also suitable and often more decorative as are wooden containers.

Use compost or a compost/soil mix for containers to keep them as light as possible. Ensure all containers have drainage holes in the bottom so that the compost/soil doesn't get waterlogged.

If space is at a premium, why not grow a few vegetables or herbs amongst your flowers. Many have quite pretty foliage which won't look out of place amongst flowering plants.

Don't forget hanging baskets - there are now some tomato varieties which have been specially bred for hanging baskets.



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Your Stars for June 2009 -

By Kay Gower

Aries - (Mar. 21- April 20)

You're not the type to wait around, you're up and on to the next adventure. But you might benefit if you pause to reflect on what has happened over the last three weeks.

Taurus - (Apr. 21- may 21)

This month you'll have the endurance of Superman, so focus on finishing a project. and watch your list of accomplishments grow. Keep the midnight candle burning long enough to do a victory dance.

Gemini - (May 22-June 21)

It would be a shame for you to miss a great opportunity this month just because you think you have lost your nerve. Instead of wondering whether you can do it, consider what would happen if you don't.

Cancer - (June 22-July 22)

There are no guarantees that there will ever be a time when you'll feel safe, secure or inspired enough to do the thing your heart wants to do. So you'll just have to do it now! A great month for new beginnings.

LEO - (July 23-Aug 22)

You knew you had talent , and over the next five weeks you to get the accolades you deserve, especially for your work. Problems that at first seem overwhelming are the biggest opportunities for you to shine.

Virgo - (Aug 22 - Sept. 23)

Don't give in! You're almost there, though it's hard to see the finish line from your current position. Listen especially well to earth signs - that's Taurus, Virgo and Capricorn.

Libra - (Sept. 24 -Oct. 23)

The only people who really want advice are those who will pay for it. The rest just need a gentle listener. You'll take on this responsibility for someone this month. Your heart is open and non-judgmental.

Scorpio - (Oct. 24 - Nov. 22)

Contrary to popular opinion, you CAN have your cake and eat it, too. How? Well, by not eating the entire cake in one go. Mid month there could be a way to give in to a temptation, so be prepared to handle any "cravings" responsibly.

Sagittarius - (Nov. 23 -Dec. 21)

A financial bonus towards the end of June allows for renovations or even a move in August or late summer. Cancer and Sagittarius people are fantastically supportive.

Capricorn - (Dec 22.- Jan. 20)

You're stirring a pot, but don't know exactly what it is that you're making. Just keep stirring, Capricorn. Some concoctions can't be defined straight away, but when they're done, they taste delicious.

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

In the past, you've been afraid of failure, but then you've also being afraid of success. All of that mess is behind you now, Aquarius. This is your month, in fact this could be your year to, as they say, "nail it!"

Pisces - (Feb. 20-Mar. 20)

You feel as though you're preparing for something, but life has a way of fooling you - this is no dress rehearsal. You'll find that this month, it's the "warm-up act" that ends up being the main attraction.

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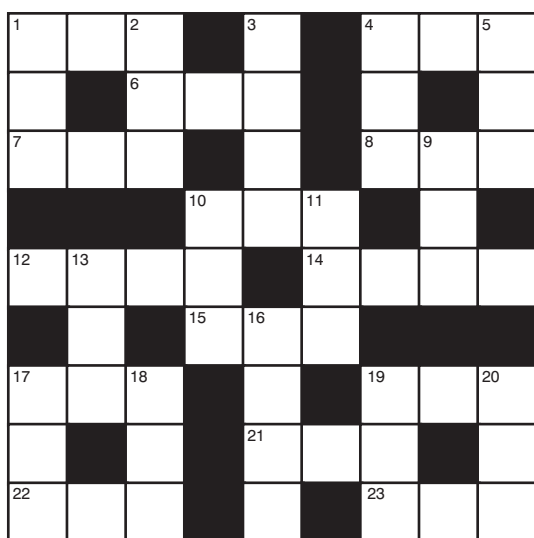
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4. 19 down minus five
6. 15 across plus eighty-three
7. 17 across minus two
8. 18 down plus thirty-eight
10. 19 across minus sixty-six
12. 3 down plus forty-seven
14. 12 across doubled
15. 13 down minus 150
17. 20 down minus sixteen
19. 5 down minus 133
21. Minutes in four hours
22. Four times 4 across
23. Five times 10 down

Down

1. 12 across divided by eleven
2. 1 down plus twenty-five
3. Minutes in three days
4. Dozen in twelve gross
5. Seconds in five minutes
9. 17 down minus eleven
10. 11 down minus eight
11. Minutes in three hours
13. 3 down divided by twelve
16. 23 across doubled
17. 14 across divided by eleven
18. 4 down times three
19. Months in nine years
20. 3 down divided by six

WE ARE ALL UNIQUE

Are you ready for a gorgeously Unique Summer?

As we fast approach our third birthday with Unique, we will be one of the hottest places in the city! And if you haven't yet indulged in a Unique experience - make this the season you convert.

From the moment we threw open our doors we wanted to offer a new concept - fantastic service and excellent hair styling within a stunning environment - and this has kept us truly Unique. It's hard to believe we opened with only nine staff and now have 34 across two salons - time flies when you're having fun.

Our Hessle and Cottingham salons are brimming with clients, buzzing with news and events plus great staff achievements. So please let us invite you to join in our birthday celebrations, with our Carnival of summer Treats and fabulous Sebastian Styling products Launch - to keep you looking fantastic and feeling good whatever the British summertime brings!

From catwalk to the high street every season there are certain styles and colours that dominate and this year is no exception. Colours are high impact, high colour accents give loud and yet sometimes muted messages.

For summer we always see a return to sun-kissed locks and for 2009 we'll see an introduction of soft, pastel shades and even a few subtle colours to add depth and interest to pale, ethereal tones.

Blondes will benefit from hues of coral and baby pinks, interweaved with butterscotch and caramel blondes capturing and exotic beach feel to the hair, whatever the weather.

For those who like colour a little fierier be bang on trend this summer with burnt oranges and hot gingers, with added nutmegs and toffees for softer undertones. Monochrome lovers meanwhile can indulge in blacks, purple and a spectrum of greys.

Styles are at their most versatile with something for everyone - hair is all about contrast and combining styles - straight and moving, matt and shiny, round and square. Ask your stylist to create a cut that you can change as often as your outfit, the occasion or even your mood.

You'll need your prescribed Wella SP products to keep your new look in fantastic condition in between salon visits and to keep colour fresh and protected from fading.

Sebastian Professional, the cult hair styling range has undergone a groundbreaking reinvention. Classic favourites such as Potion 9 have been retained, yet updated with the very latest technologies to further enhance performance. Coupled with a selection of brand new editions, this versatile range of multi-use, technically advanced styling products offers the ultimate tools for creating fearless fashion for your hair.

To guarantee excellence, Sebastian Professional spent two years speaking to over 10,000 consumers and stylists finding out what they really wanted. Intensive product testing followed, resulting in a brand new range of styling products that are innovative, creative and - most importantly - effective.

On Sunday the 26th of April the Unique team travelled across the Pennines to witness the launch of this unique range of products.

And they say the new Sebastian styling products are fabulous you are able to create any style you can imagine and keep your hair looking gorgeous and silky. It was a great event, inspiring us all.

So do call in and speak to our Unique team who will be more than happy to advise you on this fabulous range.

Thanks 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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I wish I knew

about Myeloma UK when I needed help

When my husband was diagnosed with Myeloma, we had so many questions. Talking to someone on the Myeloma Infoline would have made the world of difference.



National Myeloma Week - 21st to 28th June

During this year's National Myeloma Week, Myeloma UK is:

- Raising awareness of Myeloma in the GP population
- Raising funds to support our Myeloma research programme

Over the next 12 months Myeloma UK will raise awareness of Myeloma in the GP population so that fewer patients experience a significant delay in diagnosis.

Patients who are diagnosed late can experience an increase in symptoms and complications, greater anxiety and sometimes a decreased quality of life.

Raising awareness amongst GP's of the signs and symptoms of Myeloma, and how to make a diagnosis, may help them to suspect it earlier.

- Myeloma is a cancer of plasma cells which are found in the bone marrow.
- It is currently incurable, but it is treatable
- There are 4,000 new diagnosis each year in the UK
- There are 20,000 people living with myeloma in the UK at any one time.
- Most common symptoms include severe pain, bone fractures and fatigue
- The causes have not been proven but exposure to pesticides, atomic radiation and petroleum products are thought to trigger factors.

To reach our target of informing 2,500 GP's with our Myeloma Diagnosis Pathway, we are running the Myeloma UK pledge campaign. This year we want to raise £60,000 in funds which will go towards our innovative research model.

For more information contact 0131 5573332 or email nmw@myeloma.org.uk or www.myeloma.org.uk.

Myeloma remains an incurable, complex and debilitating cancer.

Proposed Car Parking Charges Meeting to take place on Thursday 11th June at the Civic Hall, Cottingham

A meeting to review the proposed car parking charges to be introduced in Cottingham and other villages, will take place at the Civic Hall, Cottingham between 4.30 pm and 7.00 pm on Thursday 11th June 2009.

It is important that as many people as possible attend the meeting to air their views regarding the proposed car parking charges, as these could have a very detrimental effect on businesses and services within Cottingham. Anyone is entitled to attend the meeting whether they are a resident of Cottingham or not.

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ROCK SOLID

Rock Solid celebrates its first anniversary in July of 2009.

Rock Solid is a youth group for 11-14 year olds which is run by volunteers from Cottingham Churches Together. The Churches, following consultation with people in the village, wanted to provide something fun for the teenagers on a weekend evening. Rock Solid is our first offering, as a group



of churches working together. "We currently have around 25 teenagers who join us regularly, along with several older

young adults who help in leading the activities" said Rev Andy, the minister at the Methodist Church. Each month there is a theme for the Rock Solid evening, and all the activities revolve around that theme. The activities are usually wide ranging to enable everyone to enter into them. Usually we have a mixture of group activities and challenges, from physical and boisterous

games, to silly party games and games that require you to think, some time to reflect individually, or in groups about a particular issue, and each week a guest speaker comes and explains briefly why that theme is important for them as a Christian.

As you can see from the photo, sometimes the games get a bit messy, and it is not always the teenagers who end up the worst off!

Rock Solid meets monthly on a Saturday evening from 7:00-8:30pm at the Methodist Church and there is a £1 entrance fee. We are currently limited to about 30 places, but if you would like to give the group a try, then please drop in at the start of a session with an adult to



Andy The Minister enjoys a Rock Solid Cream pie!

register you, or phone Rev

Andy on 01482 847164 to check availability. We are opening our June event to Year 6's to give us a try before we start our new school year in September. The dates for the next two events are June 13th and July 11th. We hope to see you there.

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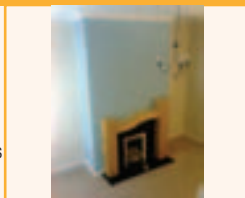


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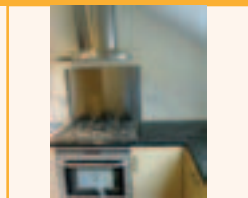


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More Volunteers needed to help as record numbers of girls join the Scouting Movement

Record numbers of girls in the North East of England are joining the UK Scout Movement according to the latest Scout Association statistics.

Contrary to popular belief, Scouting is not just for boys, as proven by the 23% increase last year of female members, now enjoying "The Big Adventure".

But it's not only female membership on the increase - the entire Movement, for 6 to 25 year olds, has grown by 4%, with a total national membership of just under half a million Young People. This is the fourth consecutive year that membership has increased - locally by 6% (2% above the national average), with around 48,000 members in the North East of England. This has helped make Scouting the largest co-educational youth Movement in the country.

With adventure at its core, Scouting helps young people achieve their full physical, intellectual, social and spiritual potential whilst developing life long skills in a fun, exciting and social environment, with hundreds of activities ranging from the traditional camping, climbing and canoeing, to glider flights, scuba diving, water skiing and water zorbing.

Downside of Scouting

There is, however, a down side to Scouting's increased popularity, as last year there were more than 33,000 names on waiting lists across the UK with 3,000 of them in the North East region. Though this area had the largest increase in adult volunteers nationally - people prepared to help, but not necessarily become 'uniformed leaders' - more are still needed.

Chief Scout Peter Duncan said "Scouting is about adventure, which means it's great fun for people of all ages - male and female. But more than that, it can be a really rewarding experience for the adults who give their time and volunteer.

He added: "If more adults helped out this would allow more young people to experience the adventure of Scouting. More adult volunteers mean more young people could join the Movement, Groups could be smaller or we could even open new Groups."

People interested in volunteering can sign up or find out more at: www.scouts.org.uk/join.

Adult volunteers in scouting - the facts

None of our Leaders are paid - they are all volunteers.

The majority of our Leaders are in full time work or study and have families.

44% of our Leaders are female.

Leaders get involved because they want to have fun and make new friends themselves.

Leaders don't have to be 'superheroes' who know everything. They are given training on the job and learn new skills as they go along.

Whilst all our volunteers are passionate about what they do, many help out on a flexible basis due to other commitments. Some may help out once a week or fortnight whereas others help once a term or at summer camp.

27% of volunteers help out in Scouting as they are a parent of a current Member. Many were not Scouts when they were young but have learnt new skills and made new friends through Scouting.

Not all volunteers wear uniform.

Many of our adult volunteers say they are more confident in their everyday lives as a result of their involvement with Scouting.

Not all adults who volunteer for Scouting work with young people. There are a variety of other jobs that need to be done such as gardening and general DIY, organising events, doing the accounts and writing press releases.

All our Leaders are covered by a comprehensive insurance policy while taking part in Scouting.

New Leaders in Scouting go through an enhanced criminal records



check to ensure they are fit to work with young people. People interested in volunteering can sign up or find out more at: www.scouts.org.uk/join

About Scouting

The Scout Association was founded on 1st August 1907.

Adventure is at the core of Scouting, and the Association passionately believes in helping their members fulfil their full physical, intellectual social and spiritual potentials by working in teams, learning by doing and thinking for themselves.

Over 200 activities are offered by Scouting around the UK, made possible by the efforts of 100,000 voluntary adult leaders. This has helped make Scouting the largest co-educational youth Movement in the country.

One of the challenges that the Scout Movement faces is finding more volunteers to plug the current gap. At present there are more than 33,000 young people on waiting lists.

Adults working in Scouting contribute in excess of 364 million hours of voluntary work each year to their local communities.

The number of volunteers working for Scouting is bigger than the combined workforces of the BBC (24,000) and McDonalds (67,000) put together.

Worldwide Scouting has 28 million members both male and female and operates in nearly every country in the world.



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Terry Young is Slimming World's - "Male Slimmer of the Year"

Terry Young was presented with his certificate for "Male Slimmer of the Year" at a ceremony held at his regular Slimming World class recently.

Terry attends The Slimming World classes held every Monday evening in the Darby & Joan Hall, Finkle Street, Cottingham at 5.30 pm and 7.30 pm. and all Bank Holidays. Classes are also available at Sutton Park, Hull on Tuesday mornings at 9.45 am. For membership details ring Theresa on 01482 823032.

Pictured above: Theresa Foster group leader of the Slimming World Classes at Finkle Street, presents Terry with his certificate for becoming "Male Slimmer of the Year".

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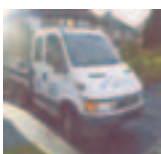
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"I consider my horses more important than me or any other human," writes Melanie Watson of Skidby Livery Yard, Middle Farm Main Street, Skidby HU16 5TG. "That is how we get results."

Melanie Watson explains why horses deserve a better deal in the first of her monthly column

I was hugely flattered to be invited to write a horsey column for the *Cottingham Times*. This is a great magazine and an essential part of living in Cottingham. Then it dawned on me what had I taken on? What a huge responsibility this is! In the months ahead, I want share my experiences with you, tell you more about rehabilitating horses - the fun of it and the anguish, and I want to entertain you whether you are a horsey person or not.

Frankly when I see what some humans have done to horses before the horses come to me for rehabilitation, I sometimes think I will give up on humans completely. No horse deserves to be raced to madness and then rejected as meat. Some of the horses I meet have no reason to trust humans at all and some never will.

Many have been sold on to an innocent buyer who finds out too late that the animal is unride-able or in desperate need of rehabilitation. I am going to tell you about my business, warts and all. There are no magic wands here, just patience, kindness, consistency and occasional failure (although at the risk of sounding like a show-off I have to say that this is rare for me).

My methods are instinctive - no drugs, no cruelty and I will

also tell you about the successes - beautiful horses like [Sophie or China Red](#) who come back to life and happiness with careful handling. I help them regain their majesty, put the damage behind them, live again as noble and respected creatures should.

Even if you are not a horsey person - you may have had the experience of turning a difficult teenager of toddler around or helping that pet from the rescue centre trust again - I hope you will like this column too.

Many of my equine friends are former race horses, I see too many of these beautiful animals, traumatised by racing. Two to four years olds, bone and muscles still unformed, they are subjected to too much stress before they are even fully grown. They reach the stage where they literally can not hack it.

That horse box represents another hideous sentence, another hellish experience and surprisingly enough they do not want to get in it. Perhaps the horse hates a human riding it so much they would rather topple over on their own back, risking breaking it, than tolerate being ridden. This is more common that you realise. My job is to help the horse stop pulling stunts like that for their sake as much as the humanís. Believe me, if they were sold on in that state in the sale ring by trainers who are less ethical than the ones who come to me, there could be deadly consequences for any pleasure rider.

But I also see pretty little ponies like Trixie who had the misfortune to be on the road when a car coming in the opposite direction frightened her. Horses and riders have to cope with so much these days when access to the countryside grows ever more limited and riding on the roads becomes an inevitable and risky consequence. High volume traffic in a hurry is a fact of life.

There is no room for error, either the horses or the car drivers. Again and again the accidents happen and every time humans are traumatised and horse and rehab, and retraining is the only way out of it. My job in this case was to help Trixie trust again and she does.

The majority of riders and owners I meet, have inherited problems - my job is to rid them of this horrible inheritance and wherever possible I do.

HERIB invite you to a Musical Evening at Burton Agnes Hall on Thursday 18th June

HERIB would like to request your attendance at our Musical Evening on Thursday 18th June. This fantastic evening is being held at Burton Agnes Hall, which has kindly been opened solely for us by our President the Lord-Lieutenant, the Hon. Mrs. Susan Cunliffe-Lister.

Throughout the evening guests will be treated to musical entertainment in and around the stately home with a string quartet and exerts from 'Magical Moments of the Fabulous 50s' performed by 'One-Off Productions'.

The guests are invited to explore the grounds whilst sipping a refreshing glass of wine and enjoying a delicious buffet.

HERIB is a local charity for local people. We have provided services and support to people with sight loss in Hull and East Riding since 1864. This evening is a valuable opportunity to raise awareness of the charity's mission and raise funds to develop and maintain our vital services.

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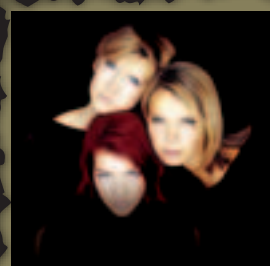


Surprise visit by Hull City Manager Phil Brown to Cottingham High School

On Friday 1st May 2009 the pupils in our Year 6 football team were treated to a special visit by Phil Brown (Hull City Manager). Mr Brown agreed to visit the school as Cottingham is used as a training ground for the Hull City Team. The pupils held a 30 minute interview with Mr Brown on various aspects of his role at Hull City.

As he left the school at 3.30 pm he very kindly called into our KS2 assembly and was met by gasps of disbelief from the 200 pupils who had no idea he was in school. All of the staff and pupils at Westfield were thrilled that Mr Brown had taken time out of his busy day to visit the pupils - it really made their day.

Pictured above: Left to right Angie Beaumont (Teaching Assistant) Phil Brown, Gail Henderson (Teacher) and Matthew Garnett (Teacher and Year 6 Football Co-ordinator).



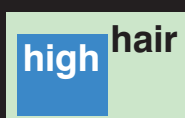
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Below: Answer to Sudoku problem No. 29 from the May issue.

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



“Art In The Garden” - A new exhibition by local artist Monica Cook

Art In The Garden, a new exhibition of paintings by local artist Monica Cook, will be on show at her home and in the garden on Saturday 20th and Sunday 21st June from 2.00 pm - 5.00 pm each day.

If the weather is kind enough, some work will be in her garden, where she grows many of the flowers she paints.

Local scenes and popular holiday venues such as Venice, Austria and Switzerland often feature in her work.

Although much of her working life has been spent in education, she has always had a strong interest in Art - studying at the Liverpool Art College before taking her degree at Hull College of Art in Queen's Gardens.

Monica's varied career ranges from teaching all ages from three to 83 years and has included teaching soldiers in Germany, prisoners in the East Riding and Trinity House boys. All through this time she has always turned to Art for relaxation, especially during the busy time when she was the Head Teacher at St. Oswald's Primary School and Nursery in Bransholme.

Some of her art has been displayed at several open exhibitions in Hull, Beverley, Driffield, Cottingham and Skidby. Two of her pictures of steam trains are to be seen in the entrance hall of the Quality Royal Hotel, Ferensway, Hull. This is her fourth “One-man” show.

Guided Tours round St. Mary's Church on Cottingham Day

There will be an opportunity to have a guided tour of St Mary's church at 11.15 on the morning of Cottingham Day. There are two weddings in the church in the afternoon, so anyone who wants to look round inside should visit the church during the morning.

Since Cottingham Day falls on 4th July this year, there will also be an “American Coffee Morning” in the Church Hall, so visitors have the chance to have some refreshments before or after the tour. There will be various activities for children in the churchyard too, so, whether you belong to Cottingham or are just visiting for the day, you will find lots to interest you if you take this opportunity to visit our parish church.

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Theresa Foster celebrates 20 years as a Slimming World consultant

Theresa Foster has recently celebrated 20 years as a Slimming World consultant. Theresa was presented with a Silver bracelet and card as part of the celebrations.

Theresa has seen many changes to the eating plans over the years and Slimming World has gone from success to success.

Despite health problems (an under active thyroid and anaemia), Theresa has lost 31/2 stone and has successfully kept the weight off using the new Extra Easy Plan.

The group has grown over the years from just seven members in the beginning to over 80+ members attending each week. Theresa has helped many people to lose thousands of pounds in weight over the past 20 years.

The Slimming World classes meet every Monday evening in the Darby & Joan Hall, Finkle Street, Cottingham at 5.30 pm and 7.30 pm. and all Bank Holidays. Classes are also available at Sutton Park, Hull on Tuesday mornings at 9.45 am. For membership details ring Theresa on 01482 823032.

Pictured above: Theresa at her Slimming World 20th Anniversary celebration.

Charity Golf Day in aid of Cancer Research UK at Cottingham Parks Golf Club on Friday 24th July

A charity golf day for Cancer Research UK is looking to raise as much as £3,000 this year.

The annual event, is open to golfers of all abilities, and will once again be held at Cottingham Parks Golf Club, with people teeing off all day from 8am to 4.30pm on Friday 24 July.

Continued on page thirty nine

A total of 42 groups made up of 168 players took part in last year's event and organiser Steve Fulstow, an accountant at East Riding of Yorkshire Council, is hoping to see even more people on the green this year.

He said: "This is the tenth golf day I have arranged for Cancer Research UK and I am looking to break the £19,000 mark this year, with my fundraising since I started organising the events - so I hope to raise something in the region of £3,000 this year. All are welcome - including ladies and juniors - as long as they are able to play golf.

"Cancer is a cause close to all our hearts, we all know someone, it may even be ourselves, who have suffered with this terrible illness. It has affected me and my family on more than one occasion and having seen first-hand what it can do, I felt I had to do something, no matter how small.

"Entry to the event costs just £25 per player, or £15 for Cottingham members, which I hope people feel represents good value for money to play the course, compete for some excellent prizes and most importantly raise a few thousand pounds for Cancer Research UK."

Mr Fulstow is also keen to hear from anyone who would be happy to donate a prize for the contest, or for the raffle that will be held. Goodwill prizes will help to ensure that more money can be given to the charity.

Anyone hoping to take part in the contest should contact Mr Fulstow for a tee off time and send their fees as promptly as possible to his home address. He is available on (01482) 394236 during the day and (01482) 651686 in the evenings, or on 07904 572971

Payment will be accepted until June 30, although early payment is appreciated.



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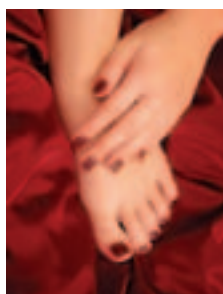
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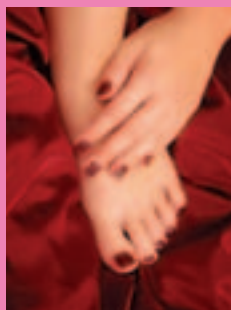
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He has won the coveted Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.

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

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

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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Triple Triumph for Cottingham Mini Tennis Teams



ORANGE CLUSTER MATCH 31/01/09

Cottingham's Mini Tennis Orange team produced a fantastic win in the first cluster match of 2009 at the David Lloyd Centre. Regular team members Isaac Nelson, Sarah Findley and George Ogden were joined by Johannus Monday who was playing up from the Red section. Everyone contributed in terms of results to give the Cottingham youngsters their first trophy of 2009.



RED CLUSTER MATCH 08/02/09

An early start on a Sunday morning at Goole isn't always popular with Mini Tennis parents but both the Beverley and Cottingham Mini Tennis Red teams were wide awake and ready for the morning's play. In the top half of the draw Cottingham took on Cannons 2 and came out victorious 5-1 with impressive wins for Johannus Monday, Harry Dai, Jack Brown and Joe Scales. Their semi-final opponents were the home team Goole who they dispatched 6-0, a match which included a fine 10-9 victory for Jack.

Beverley lost out in the first match against David Lloyd despite battling performances from Thomas Dickson, Joe Bellotti, Harry Kneeshaw and Joe Cooper. Their second tie against Swanland proved a much closer affair. Narrow defeats for Thomas and Joe were countered by wins for Harry and Joe to make the score 2-2. Both doubles were narrow 10-9 defeats in controversial circumstances. Beverley's last encounter against Cannons 2 saw them come out on top 5-1 with fine wins for Thomas 10-6, Joe 10-2 and Harry 10-3.

With Cannons 1 beating David Lloyd in the other semi-final, they set up a final with Cottingham. Narrow defeats for Johannus and Harry were balanced by wins of 10-5 for Jack and 10-3 for Joe and with the doubles shared, Cottingham won the trophy 49-46 on a games count.

GREEN CLUSTER MATCH 08/03/09

Cottingham's first outdoor tournament of the year was delayed slightly by driving sleet but the patient players and parents were rewarded with some late afternoon sunshine.



In a combined Beverley/Cottingham Mini Tennis Green team, wins for Hugo Borthwick, Tom Gregory, Rowan King and Imogen Witty sent them on their way to a 6-0 victory over South Cave. Cottingham's other team were given an easier time when the Hull YPI team failed to arrive again. Goole and David Lloyd's failure to raise teams left the final match in round 1 to Swanland and Cannons, Swanland coming out on top 4-2.

Round 2 produced wins for James Rhodes, Jonathan Allen, Rowan King and Imogen Witty for Cottingham, Cannons defeated South Cave and Swanland had a walk-over courtesy of the YPI.

In the final round Swanland narrowly defeated Beverley, and Cottingham, despite losing their first 2 singles, recovered to win 4-2 over Cannons thanks to singles and doubles wins for Jessica Addison and Amy Haldenby and a doubles win for James and Jonathan.

With match time at an end Swanland and Cottingham were declared joint winners.

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Do you remember coloured bathroom suites?

Village Bathrooms and Kitchens are replacing them weekly. In the seventies, white was out and bold, sometimes brash colours were in. Like the Mustard coloured suite in their showroom window on New Village Road, Cottingham. The bolder the colour, the better. This is an Ideal Standard from 1972.

As the fashion dictated, bathroom suite colours changed from Sage Green and Avocado to bold bright blue, brown and burgundy. It's hard to imagine how, but the cleaning involved with these dark colours was immense. After every use, the suite had to be polished, literally, as each and every water mark left its sign.

Later into the eighties, white became more fashionable, not because of the colour, many households were still fitting coloured suites, but a mellow cream and what was to become Pergamon.

White suites came back into fashion for cost reasons. The large DIY stores started selling inexpensive suites in white only. They were a 'shell' patterned suite and most were bought with gold taps. The baths were flimsy and flexed quite alarmingly as more and more people were turning to showers.

Along came the add-on expenses of a re-inforced bath for showering purposes. Now most bathroom suites are white, though you can still get a coloured suite if you prefer.

Toilets are another item that has evolved. All toilets in the seventies and eighties had a flush handle. That is unless you paid for an expensive European Push Flush. The same system you saw on holiday in Spain. We were told to place a 'brick' in our system and save water. Doing so, made your toilet flush very slow and we sometimes had to flush twice, defeating the objective of the brick.

In the late nineties push button flush became more prevalent, obviously as an add-on expense. Now, you will pay extra for the lever handle type push, it's called 'Retro Looking'. All toilets now have a dual flush button, giving you the option to flush three or six litres of water.

And the Seat!

Well, that's still cold to sit on in the winter, you will still get pins and needles after reading the paper, but you now have the option of soft close lids. Start the lid closing and step back. It keeps the kids quiet for ages. There is a downside, they only come in white.

View a blast from the past in Village Bathroom and Kitchens window. It's not for sale, but it does bring back weird memories.

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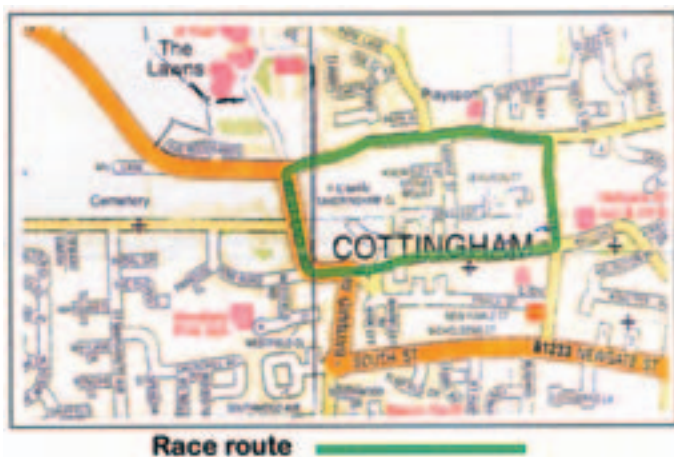
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“Wheelie exciting” end to Cottingham Day on 4th July with the Criterium Cycle Road Race

There will be a really exciting end to this years Cottingham Day festivities July 4th, with the Evening Criterium Cycle Road Race round parts of the village centre.

The Cycle Road Race will commence at 8.00 pm lasting approximately 11/4 hours taking in Hallgate, King Street, Northgate and West End Road. The racing cyclists will complete approximately 40 laps of the circuit picture below, all junctions will be barriered-off and marshalled. All residents and pet owners please note as the road closures may affect access to your property and parking.

Some of the Great Britain 2012 Olympic riders should be competing as well as many local cyclists. A great event for the people of this fine village and it's FREE. So why not come out to the kerbside and applaud these fine cyclists.

“Fun Run for Mia” through the Snickets of Cottingham

Haltemprice Lions have organised a different type of fun run which, with two exceptions, does not use the roads of Cottingham. The run is for children to the age of 14 years inclusive. It will be held on ‘Cottingham Day’, Saturday 4th July, 2009, starting at 10.30 a.m. from the playing field at Hallgate Primary School (King Street entrance) before the school’s carnival event.

The course will be about two miles around the snickets of Cottingham. The route will be heavily supervised and no entrant will be unsighted on the course from the presence of adult stewards. There are three categories, (1) under 7 year olds (must be accompanied on the run by an adult at all times) (2) 7 years to 10 years and (3) 11 years to and including 14 years.

There are prizes of £10.00, £5.00 and £2.00 to the first, second and third in each category. However all competitors will receive a medal on completing the course. There is an entry fee of £3.00 but the Lions are hoping the entrants will gain sponsors for their own efforts and should that be in excess of the entrance fee then no fee is payable. The proceeds from any sponsorship will be for the Haltemprice Lions in support of the Mia Fund.

The Mia fund? Well this fund supports a local girl, 3 years old Mia, who has been diagnosed with an incurable disease – she cannot sit, stand or even crawl and cannot communicate – but she does have a very happy disposition and smiles an awful lot! The Haltemprice Lions believe this is a novel event using the snickets and hope your readers agree the proceeds are for a very worthy cause.

Please help us by asking your child to participate. Arrangements are being made to have entry forms available at local schools but if you are unable to obtain one please contact Mr. Godfrey Burley at 6, Styles Croft, Swanland, East Yorkshire, HU14 3NU – this is also the address to which completed forms must be returned before 1st July, otherwise the entry fee is £5.00 on the day.

Please help us to give a little more happiness to Mia.

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Would you like to come and have fun and get fit with the Cottingham Fitmums (and Friends)?

Would you like to have fun and get fit? Each Friday at 5.45pm Fitmums (and friends) meet for a run around Cottingham. The group is open to anyone, male or female and you don't have to be fit or a mum!

You may be a runner (or have been in that period b.c (before children!)), or you may want to be. So why not join us?

Don't worry about what level of runner you are, although to get the most out of the session it would be advisable to be able to run 1 mile.

We use a shepherding system so that everyone can run at their own pace, all standards are catered for and no-one is left on their own.

It is fun, sociable and a great way to unwind at the end of the week and make new friends. For more details contact Sam Barlow on 07870 654586.

Rotary Club of Humberside raise £6,000 through Black Dyke Band Concert

More than £6,000 has been raised for local charities by a band concert held in Beverley Minster and organised by the Rotary Club of Humberside.

The concert by the Black Dyke Band - currently the champion band of Britain - was a sell out with more than 800 people in the Minster.

Charities that will benefit from the profits will be the Daisy Appeal at the new unit for cancer patients at the Castle Hill Hospital, the Dove House Hospice and Jacobs Well in Beverley.

It was the most ambitious event ever staged by the Rotary Club of Humberside and followed a brass band concert by the Humberside Police Band held at the North Ferriby Village Hall in the autumn of last year.

Speaking about the Black Dyke concert, Ross Allenby, chairman of the Rotary Club's Major Events Committee said: "It was a tremendous success. It is the first time we have attempted a venture like this and the first time Black Dyke had ever played at the Minster.

"We had no idea how people in the area would respond but every ticket was sold and there was even a waiting list in case of last minute cancellations.

Continued on page forty five

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"We're particularly pleased that people in Cottingham and Beverley gave us such terrific backing - well over three hundred tickets were sold at the Beverley Tourist Office".

Ross added: "Not only did we get such solid backing from the public but a considerable amount was donated by local firms in the form of sponsorship. That was extremely encouraging bearing in mind the current economic situation".

When the concert was over it was announced that the Band had been booked for a return to the Minister in two years time - on Saturday 14 May 2011.

Before that the Humberside Police Band will return to the North Ferriby Village Hall in the autumn.

Swanland U3A Choir to sing at Cottingham Methodist Church Hall on Friday 19th June in aid of Hull & District Deaf Children's Society

Swanland U3A Choir will be singing at the Methodist Church in Cottingham at 7.30pm, Friday 19th June, in aid of the Hull and District Deaf Children's Society. Tickets £5.00 on the door. Refreshments available. The Choir is now 10 years old and over those years has raised some £10,000 for a variety of charities.

The 45 members, directed by Diane Ford, usually sing unaccompanied, but on this occasion some works will be accompanied. Peter Sproston will join choir member Anthony Ford at the piano for the lively and beautiful "Liebeslieder Waltzes" by Brahms. On an even lighter note, the singers will be enjoying the cheerful tunes from "Oliver" by Lionel Bart.

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Alternative Health

Matters

by Carole Headley

Last September I wrote a brief item about STRESS, and with all the media 'hype' these days I thought I would write a little more how stress can affect us all. As I don't have a TV and very rarely buy a newspaper hopefully I don't get too stressed. Surprisingly we actually create our own stress! Have you noticed how some people seem to get stressed very quickly and others do not. It is how we deal with a risen situation that actually creates our stress and can have an adverse affect on our body.

The media can add to people's stress quite easily and quickly if those people are prone to becoming stressed quickly. I believe most of our stress arises out of fear! Fear of losing someone, of losing one's home, or financial losses or fear of what others might think! Does it really matter what others 'think' of us if we say 'lose our home' - other people will probably give us a three minute thought and then get on with their own lives.

Learning to not give way to stress is difficult for some people, others find ways of de-stressing, such as meditation, listening to relaxing or uplifting music (music is food for the soul) being with nature doing yoga or tai chi. Just taking some 'me' time. Other people find complementary therapies as a way of 'de-stressing' A massage, full body or back or Indian Head Massage, reflexology, ear candling, cranio-sacral therapy, these are all known to help 'de-stress' and relax the body. If you are stressed then you tend to get tension especially across the shoulders. In a relationship, especially with children in the household it is vital to everyone to have some 'me' time and everyone to help each other have that time.

A useful exercise is to sit down quietly and analyse yourself - not easy - and ask yourself some of these questions: Are you ruled by your desires and cravings? Are you fearful of survival whether financial or physical? Can you find a place of balance within yourself, a place that is not ruled by cravings or fears? (These are some of the things that lead to stress and sometimes illnesses within the body)

At the moment I am reading a very interesting book, *Your Body SPEAKS Your Mind* by Deb Shapiro. It is about understanding how your emotions and thoughts affect you physically. On the back cover it says "What do your symptoms and illnesses tell you about yourself? *Your Body Speaks your Mind* is the best selling classic book on the body-mind connection. In this expanded and updated edition, renowned teacher and best-selling author Deb Shapiro explains how understanding your body's 'language of symptoms' can increase your potential for healing. She examines the interconnectedness between your physical state and your emotional, psychological and spiritual health and reveals.

How unresolved emotional and psychological issues can affect your physical health

How your feelings and thoughts are linked to specific parts of your body.

How to heal your body with your mind, and heal your mind with your body.

Your Body Speaks Your Mind will enable you to decode the priceless information your body is giving you, and help you achieve better health and a greater sense of wellbeing."

So far I have only read half of the book and find it an amazing revelation of the mind-body connection. Even though I have learned this through training for the different therapies, this book is easy to read and understand. I have to confess also how accurate her findings are when I have sat down and analysed some of my own past health issues. A very useful book. Like I said, stress can affect some people more than others and it is how you deal with it or not as the case may be. Talk to someone, a partner, friend, family, vicar/priest etc. a therapist or find a way to deal with your stress - it is vital for your mind, body and soul. Must be plenty of men stressed at the moment, why not treat him to a gift voucher for a back massage for Father's Day and allow him to have some 'me time' I am sure he deserves it!!!

**Carole Headley, The Healing Hut, 221 Hallgate, Cottingham.
Telephone 01482 842078**

What lies behind us and what lies
before us, are small matters
compared to what lies within us.

Ralph Waldo Emerson



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Crossword Solution from page 14

1	A	C	2	C	E	N	T		4	F	A	N	6	D	A	7	G	8	O
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30	P	E	M	B	R	O	K	E			31	T	U	R	E	E	N		

VILLAGE BATHROOMS & KITCHENS

Don't Move IMPROVE!!!

Many people are now asking about 'eco' friendly bathrooms. A valid and important question. All toilets are now manufactured to be water saving devices, dropping less water than ten years ago and promising to flush. Most cisterns have a dual flush facility, allowing the chance to flush as little as three litres. The question is does three litres work?

We feel that it does, when buying the right toilet. You can buy a cheap "off the shelf" toilet and be offered a dual flush cistern. This cistern may have a dual flush facility but was it designed as such. You do get what you pay for and therefore we advocate buying inexpensive but good toilet. We sell a toilet and basin package for £159.99, cheaper than some DIY stores, but we also sell toilets designed to flush properly and they cost £159.00, so why buy a toilet for the price of a toilet and basin?

You will flush the cheaper toilet twice each time you use it, defeating the object of a dual flush water saving cistern.

So do you want to save water, do you want to save the environment or do you want to save a few pounds at the outset, which will cost you more in the long run.

If you want to save water, get rid of the bath and fit a good shower enclosure. Reduce the size of your basin and fit a good quality, yet not too expensive toilet.

Of course if you want to really save resources, recycle your existing bathroom.

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