

Cottingham Times

Issue 103 - June 2010



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St. Mary's Church, Cottingham

St. Mary's Coffee Shop is open daily Monday to Saturday 10.00 am to 12 noon, in the Mark Kirby Hall (behind the Church) Tea, Coffee and Hot Chocolate all 50p (including biscuits). A warm welcome ensured.

We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

Mary's Village Pop In - The small hall at the Village Hall, Skidby

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

Age Concern East Riding of Yorkshire

Every Friday 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and make bookings with our Fix-It-Teams. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Ecclesley, Club Chairman on 01482 840367 or visit our website www.cottinghamrangers.co.uk.

Cottingham Ladies Circle

Wednesday 2nd June, Ms J. Ward-Lomax, Talk and Slides "Tree Sculpture", 7.30 pm in the Zion United Reformed Church, Hallgate, Cottingham.

Dagger Lane Operatics Society

Wednesday 2nd June to 5th June - Present Gilbert & Sullivan's "Patience" 7.30 pm at the Northern Academy of Performing Arts, Anlaby Road, Hull. Adults £8.00; Concessions £6.00. Box office 01482 310690.

British Sugarcraft Guild

Saturday 5th June, "Something Weird and Wonderful", Kath and Carol, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Skidby Village Hall

Saturday and Sunday 5th & 6th June - Skidby's Annual Art Exhibition and Sale, in the Village Hall, from 11.00 to 6.00 pm. Admission £1.00. Please use designated car parks. Quality refreshments available on both days. This event links with the annual Skidby Open Gardens on Saturday 5th June from 12.00 noon to 5.30 pm.

Cottingham Women's Institute

Tuesday 8th June - Fashion Jewellery, Margaret O'Neill, Competition A Brooch, at 10.00 am upstairs at the Civic Hall, Cottingham

Cottingham Green Women's Institute

Thursday 10th June, Teazle Embroideries - Samplers, Sales Table, Plants and Flowers, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm. Sales table African Produce.

Front Cover Picture: A photo take from last years Cottingham Day Celebrations. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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Thursday 10th June, Member of Staff - Mires Beck Nurseries, in the hall at the Darby and Joan, Finkle Street, Cottingham at 2.00 pm.

Cottingham Catholic Women's League

Monday 12th June, May Time - Mid Summer, Mrs. Mary Wilkinson, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 16th June, Christine Clappison - The Sykes Family, at 7.30 pm in the Darby & Joan, Finkle Street.

Cottingham Ladies Circle

Wednesday 16th June, Full Day Outing.

Diabetes UK

Thursday 17th June, Dr. H. Kahal, ST4 In Diabetes, 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.

North Ferriby Gardening Club

Monday 21st June, Gardens/Nursery Visit. Details to be announced.

Wednesday Social Club

Wednesday 23rd June - Linda Witton - Wonders, Blunders of Weddings, in the Darby and Joan Hall, at 2.00 pm.

East Riding Flower Club

Friday 25th to Sunday 27th June - "Sunshine and Splendour" Flower Festival, at St. Peters Church, Anlaby.

Thursday 24th June - Service and Preview, 7.00 pm. Tickets £5.00

Friday 25th June - Festival 10.00 am to 5.00 pm

Saturday 26th June - Festival with Summer Fayre 10.00 am to 5.00 pm.

East Riding Brass Band Concert at 7.30 pm. Tickets £5.00.

Sunday 27th June - Festival open 12.30 pm to 5.00 pm.

Songs of Praise 6.30 pm. Free Admission. Contact Joan for details 01482 656340. Light Refreshments, stalls, music plus other attractions on Sunday.

Skidby Village Hall

Sunday 27th June - Village Car Boot Sale, on Skidby Playing Fields from 9.00 am to 1.00 pm. Gates open for traders from 8.00 am. Pitches £7.00. No need to book in advance - just turn up. Hot breakfasts, bacon-butties and teas available.

East Riding Flower Club

Monday 28th June - 2.00 pm. Demonstration by Heather Hayes (Bolton), "A Little Creativity". Visitors £3.00. In the Civic Hall, Cottingham.

Yorkshire Countrywomens Association (Skidby)

Thursday 1st July, The Work of a PCSO - Mick Overton and Danny Cammack. Meet the first Thursday of each month in Skidby Village Hall at 7.30 pm.

Cottingham Methodist Church

Saturday 3rd July - Cash in your Attic, a chance to get rid of all your unwanted childrens' clothes, toys, bric-a-brac. 10.00 am to 3.00 pm. Anyone interested in having a table contact Keith Gibson 842597 or email gibbol@supanet.com

British Sugarcraft Guild

Saturday 3rd July, 'Babies, Flowers and Fairies' Cathy Elliott, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

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Hull Savoyards present - Madness, Mayhem, BRIDESMAIDS at the Middleton Hall between June 16th to 18th

The bad baronets of Ruddigore aren't really evil, but are compelled by a curse to perform daily crimes on pain of death. It's enough to drive a man mad. And when long-dead ancestors get involved, things get really scary.

Gilbert and Sullivan's *Ruddigore, or the Witch's Curse* gathers evil aristocrats, innocent maids, fawning suitors, and a gang of very frustrated bridesmaids in a collision that questions the nature of evil and the virtues of, well, virtue. Ruddigore is Victorian melodrama amplified and set to music, in a delightful parody of all things horrific and pure.

Performance begin on 16th to 18th June 2010 at the Middleton Hall, Cottingham Road. All performances commence at 7.30 pm.

Tickets are £8.50 Adults and £7.50 concessions and are available from Hull City Box Office 01482 226655 or at the door.

The event will be a colourful production with great stage sets, wonderful costumes, superb orchestra and wonderful music.

Elderly Cottingham Residents may no longer feel alone with Age Concern's Volunteer Visiting Service

Elderly residents in Cottingham will no longer have to feel alone thanks to a new Volunteer Visiting Service provided by Age Concern East Riding. This is one part of Age Concern East Riding's services specifically for the residents of Cottingham which have been made possible thanks to funding left in a legacy from a Cottingham resident. Age Concern East Riding also provides a specific Home and Garden Maintenance and Information and Advice Service to people in Cottingham.

The pilot Visiting scheme provides friendship and support to lonely or isolated older people in Cottingham in the comfort of their own homes through regular visits from a volunteer. Due to the early success of this new service more volunteers are needed to meet the demand for Visitors.

Many older people who become isolated do so because of issues such as ill health, disability or bereavement. Loneliness no longer has to be an option as visits would provide much needed social contact for those who do not have any other visitors.

Volunteers provide social contact only- they do not provide any service that a paid carer does, such as washing, cleaning, shopping or personal tasks.

All volunteers are enhanced Criminal Record Bureau checked, provide references and receive training from Age Concern.

If you can spare a couple of hours a week to be a Volunteer Visitor please contact Jill Smithson, Befriending Co-ordinator at Age Concern East Riding of Yorkshire on 869181 for an information pack.

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Following the Parish Council Annual General Meeting the following Councillors were elected as follows:

Chairman of the Parish Council

Cllr Angela DeVine

Deputy Chairman of the Parish Council

Cllr Don Hardwick

Allotments Committee

Cllrs Abel, Cook, Hardwick, Knight and Leatham

Drainage Working Group

Cllrs Casson, Hardwick and Knight

Council representatives on the Cottingham CCTV Group

Cllrs Abel, Cooper and Knight

Council representatives on the Cottingham Wild Spaces Group

Cllrs Cook and Wright

Council representative on the KGV Community Trust

Cllr Cooper

Council representative on the Yorkshire Coast Community Rail Partnership

Cllr Knight

All Councillors are members of the Planning Committee and the Finance Committee.

KGv

Refurbishment work to the Pavilion is nearing completion. KGv Community Trust and the East Riding of Yorkshire Council are working hard to ensure facilities will be available during the summer.

Cottingham Wild Spaces Group

The group was formed in spring 2007 from the merger of two environmental groups in Cottingham. These two groups were the Friends of The Dene and Mill Beck Wildlife Group. The group organises litter picks, guided walks, practical tasks to enhance the green spaces and raising money to undertake specific projects. In 2007 the group in partnership with East Riding of Yorkshire Council produced an education pack for schools to use. A sculpture trail was installed in King George V Woodland and four leaflets were produced. The group has worked with three lifestyle teams two in The Dene and one at Mill Beck.

Recently the group was short listed in the East Riding of Yorkshire Council's Chairman's Awards for 2010 in the Tidy East Yorkshire Category.

Dates of the next events are:

Sunday 6 June Litter pick at Mill Beck Wildlife Area and King George V Woodland

10am – 11.30am Meet in the allotment car park

Tuesday 22 June Visit to North Cave Wetlands 7pm – 9pm

Sunday 4 July Litter pick in The Dene 10am – 11.30am

The Group provides the equipment and refreshments for the volunteers and welcomes new members who either want to help or learn about our local wildlife.

8 June 2010 - www.cottinghamtimes.co.uk

Cottingham Conservation Area

What do you know about the Conservation Area in Cottingham? Did you know that the concept of Conservation Areas was established over 40 years ago in the 1967 Civic Amenities Act? It was here that the idea of special protection for whole areas was realised, areas that represent "the familiar and cherished local scene" and embody "a distinctive quality and character." Today there are more than 9000 in England alone, with every district in the country having at least one Conservation Area and in the East Riding of Yorkshire there are 98 such Areas.

Then in 1990 the Town & Country Planning Act defined a Conservation Area as "an area of special architectural or historical interest, the character or appearance of which it is desirable to preserve or enhance." The purpose of designation is not to stop change, but to ensure it happens in a controlled and sensitive manner. This is the real reason why we have such an area in Cottingham.

Although often based on a concentration of older, historic buildings, it is principally the relationship that buildings have with each other and the open spaces between them, public and private, along with private gardens, historic street patterns, trees and field systems that should be protected and enhanced.

The Cottingham Conservation Area was designated by Beverley Borough Council back in 1974. It was reviewed in 1983, at which time it was extended along Hull Road. Then in 2005 the Government required local authorities to have up-to-date appraisals of all their Conservation Areas, and that review has just been carried out by the East Riding of Yorkshire Council, in conjunction with the Parish Council. The Review has identified proposals to extend the Conservation Area, which now has more than 200 houses and 25 listed buildings, and will be finalised later this year.

A copy of the draft Review can be seen in the Parish Council offices and a leaflet giving more details about Conservation Areas is also available.

S137 Grant

Both King Street section and Hallgate section of the Cottingham Christmas Lights Organisation were awarded funds to refurbish and renew features for the Christmas Lights.



Pictured above: Cllr Win Knight, Cllr Gary Cooper, Mr. Lal Kirby of the Christmas Lights Organisation, Cllr Ann Abel and Cllr David Cook

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Something old, something new, faster broadband for me and you

Didn't we used to call the television the 'gogglebox?' Well in a strange twist, Google has just launched a 'Smart TV' service that unites live television with the web. It will allow viewers to search and watch live channels as well as video content online, like YouTube. You'll need either a 'Googlebox' or a specially equipped TV set, that are set to be rolled out by the autumn. 'As if we didn't have enough channels already' you're probably saying!

Something else brand new is our website: www.rdmills.com (it also works without the w's). Here you'll find latest technology news, and you can download useful features and tips, plus recent editions of these articles. It is also really easy to sign up on there for a free newsletter that we plan to launch soon.

Some of the help articles we have just posted on the website are: 'Things to consider when buying a new computer' - 'PC vs Laptop' - 'Broadband connection problem solving tips' - 'Why go Broadband' - 'Email how & why'. All these helpful items are in PDF format which just means you need *Adobe Reader* on your computer to open them. As mentioned previously, if you haven't got it already, just download it free from www.adobe.com/reader

BT broadband in the KC area, could it be true? Word has it that there have been leaflet drops around the area offering BT broadband services. For info contact BT or go to www.broadband.bt.com. Watch this space for further news. www.rdmills.com

Karoo - our own dedicated provider of broadband services has been busy increasing line speeds again, and now quote up to 16Mb. I did set up a new connection recently and that achieved 14Mb straight away, which is blisteringly fast! There are factors to take into account though to get the top speeds. You need to be within a reasonable distance of the exchange, and have the latest equipment. You also need to be signed up to one of the latest tariffs; if you're on an old KC 500 tariff you'll only get half a Mb speed. Phone KC to check what you're paying and get yourself up to the latest speed.

iPad will be launched in the UK by the time you read this. This eagerly awaited bit of kit sold over a million in the first couple of months of sale earlier in the US. I had a sneak preview of one recently and was very impressed. If you've ever seen an iPhone, it's like a larger version of that, or akin to taking the screen of a MacBook Pro and walking around with it! It's been dubbed 'the iSlate' or tablet PC, for its compact size with a 9" high resolution touch-screen, and on-screen keyboard. There are no USB slots on there but you can use an Apple wireless keyboard if you want to sit down and type. It works as an e-reader so you can download and read your favourite books, and even adjust the colour of the pages – sepia anyone? Get the full lowdown at: <http://www.apple.com/uk/ipad/features/>

Microsoft launch the latest version of Office at the beginning of June. Based on the previous 2007 version, but with enhanced features, pricing is said to be keen. Office 2010 is also designed to be truly 'cross platform' i.e. that it should work on any computer operating system. There will also be web based applications set to compete with Google Apps. I have been trialing it for while now and must admit there are some nice touches, like the new print preview and choice of printers screen, and the ability to save a document as a PDF file.

You've probably used Google Earth by now, but this area has recently had the 'Street View' feature added. There are now numerous camera points shown on the map there might be one right outside your house! Make sure the Street View box is ticked in the menu at the left hand side of the screen.

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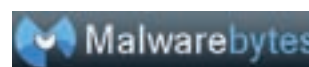
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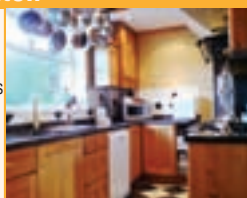


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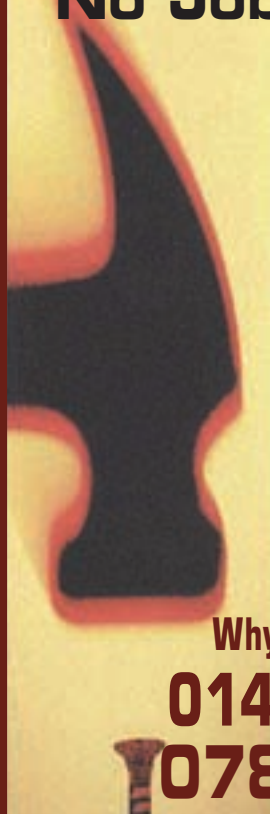
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Wordsearch - World Cup 2010

Can you find the hidden World Cup 2010 Teams. They may be horizontal, vertical or diagonal, forwards or backwards.

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A	Z	K	A	N	E	T	H	E	R	L	A	N	D	S	K	R	S	S

Find the World Cup 2010 teams in the letters above:

Algeria, Argentina, Australia, Brazil, Cameroon, Chile, Cote d'Ivoire, Denmark, England, France, Germany, Ghana, Greece, Honduras, Italy, Japan, Korea DPR, Korea Republic, Mexico, Netherlands, New Zealand, Nigeria, Paraguay, Portugal, Serbia, Slovakia, Slovenia, South Africa, Spain, Switzerland, United States, Uruguay.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 42 -

This is an easy challenge this month

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

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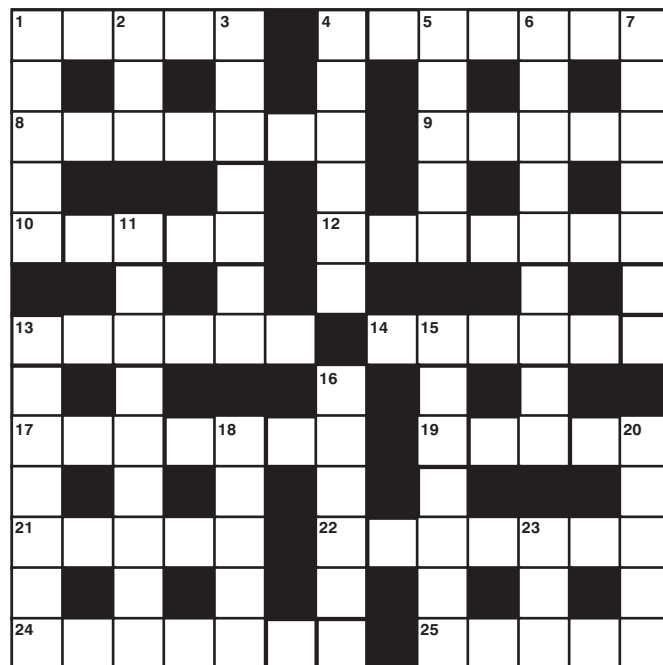
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Crossword - Solution on page 46



Across

1. Prank (5)
4. Small community (7)
8. Everlasting (7)
9. Accolade (5)
10. Wear away (5)
12. Voter (7)
13. Alter or regulate (6)
14. Refuge (6)
17. Repossess (7)
19. Travel lodge (5)
21. Mound of stones used as a marker (5)
22. Sincere (7)
24. Latticework (7)
25. Herd or flock of animals (5)

Down

1. Subject (5)
2. Frozen water (3)
3. Dog houses (7)
4. Smooth fabric (6)
5. Letting contract (5)
6. Flat (9)
7. Senior (7)
11. Target (9)
13. Fruit (7)
15. Stuck (7)
16. Hot fragments from a fire (6)
18. Declare invalid (5)
20. Supple (5)
23. Self (3)

Crossword courtesy of www.puzzlechoice.com

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In the Kitchen



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

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

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

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

In short – not idiosyncratic – just business ... and relatively big business too. Also, when you think about all the other sectors involved – ingredient suppliers including farmers, bakers, processors, fishermen) packaging including canning factories,



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

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

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



If you are making your sandwiches at home, Richies Deli in Hallgate, Cottingham sells all your favourite meats (Ham on the Bone, Turkey on the Bone, Corned Beef, Haslet, Salami, Pepperoni, Roast Pork and Bacon) so why not make your own fillings experiment with the following recipes (home-made means no added MSG or chemicals).

Beetroot Salad

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

Instructions

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

Coleslaw

Ingredients:

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

Instructions

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

Fresh Homemade Mayonnaise

Prep & Cooking time: 15mins

Ingredients

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



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Instructions

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

Tangy Potato Salad

Ingredients:

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

Instructions

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

www.cottinghamtimes.co.uk - June 2010 17



Cottingham Day 2010

Saturday 3rd July

from 12 noon

Your Day - Your Village!

Once again its that time of year when the biggest day in the village calender is about to happen.

Last years event was the biggest and best yet, but this years event is planned to be even better, with many more activities happening around the village.

The 6th annual Cottingham Day will take place all around the village in areas such as Grandads Park, Memorial Gardens, Market Green, Civic Hall, Darby & Joan Memorial Club, Methodist Church, St Mary's Church, Hallgate School, and Hallgarth Residential Home.

The day will kick off with the ever popular parade around the village starting at 12 noon, the parade will travel along King Street, then Finkle Street and back along Hallgate ending up on the Market Green.

It will be led by the impressive Horse Drawn Carriage, followed by Fancy Dress, Pipe Band, Classic Cars and more. At the end of the parade, the Chairman of ERYC Councillor David Rudd, will officially open the day from the stage on Market Green at around 12.40 p. m. and then the fun will really begin.

On the stage, sponsored by KCFM 99.8 and hosted by their top DJ Rob Langley, events kicks off with the Bonny Baby competition, followed by the Kingston Pipe Band, British Military Fitness, Accordion Music, the ever popular Cottingham Band 'The Monos' and will hopefully close with a performance by Alan Turner an X-Factor Finalist!!! (See programme for timings)

New this year on the Market Green will be a Bucking Bronco and a Sumo Wrestling Ring along with a Climbing Wall and make sure you look out for STIG and the Star Wars Stormtroopers and have your picture taken with them. There will also be the usual festivities such as Hull Cruise Cars, Tarot readings, Foot Massage, Tombola, Hull Stingrays stall, Win a Mini, Community bus, a Chocolate Board competition and much more.

This year the Civic Hall will host a range of Charity stalls and, for the first time, a Small Animal Show, sponsored by Kingston Vet Group. Cottingham High School will also be showing off some of their art and sculpture.

In the Darby & Joan Hall on Finkle Street, the Daylight Theatre and Line Dancing will be performing (see programme for times)

Also in finkle Street, the Memorial Club has an open day for all and is also hosting and sponsoring the very popular Motor Bike Display, which always guarantees big crowds.

As usual, Grandads Park is the place to be for kids. It will be hosting a Dog Show, Magic Carpet Theatre, Scrapstore, Plate Smashing, Red Cross, Fake Wounds demo, rides and much more all hosted by DJ Noel.

Hallgate will once again be closed to all traffic from 8am to allow the Classic Car Display sponsored by Cottingham MOT to take place and, for the first time, this year you will see a display of huge American Classic Cars, as well as a BMX raffle.

Along Hallgate, in the Memorial Gardens, there will be a Birds of Prey display by Holderness Falconry Club, music by the very popular

Coleen's Fancy Irish Folk Band, activities on a Plate and Face Painting.

Next door, the Methodist Church will be open for visitors and will have Fair Trade and local Food Stall and refreshments.

St Mary's church will also be open from 10am for a coffee morning, guided tours and they are organising a Treasure Hunt around the village.

Hallgate school will be holding it's 'Open Day' and will have a barbecue, cake stall, games and refreshments. Hallgarth House are also holding their 'Summer Fayre' between 11-3 with a barbecue, stalls and games.

In Cotta Court, Haltemprice Lions will be having a tombola, so please give them your support.

Although the whole day is due to finish around 5.30 pm, it will all start again in the evening.

After the success of last years First Ever 'Cycle Race' another will be held again this year. Organised by Pete Dunn of Cottingham Cycles, the race will start at 7.45pm outside the Methodist Church and the route will be along Hallgate, King Street, Northgate, West End Road and then back again along Hallgate.

The race will end around 9pm and all roads on the route will be closed to all traffic during that time.

Thank you in advance for your co-operation.

Please remember that the Cottingham Day event is organised and run totally by volunteers and relies on sponsorship and contributions to try and maintain the day as a 'FREE EVENT'

Buckets will be place around the events and activities and all contributions will be much appreciated, to help finance next years event.

Also, if you have any free time and would like to help out on the day, please ring Judith or Tina at the Parish Council Office on 847623 and leave your details.


There is also still time to enter your Classic Car or Motorbike on the day. Ring Nick Russell on 07561 529788 if you would like to enter your car or Paul Fenwick on 07778 312134 if you would like to enter your motorbike.

All events are subject to change and may be affected by the weather.

Thank you to the Parish Council and all our sponsors for their help in organising this event. See the Programme for the full list. The day could not happen without you.




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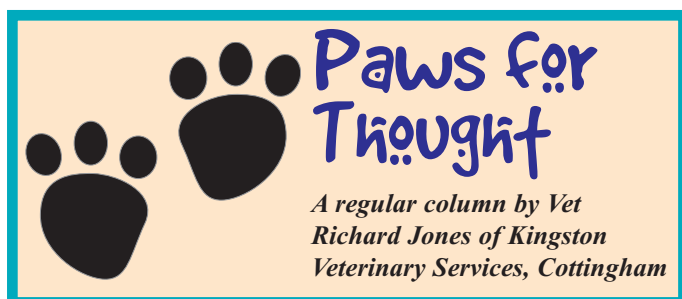
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To extend, or not to extend, that is the question

The sun was shining for our daily walk to the park, after our last adventure ending in a stay at the rescue kennels, Dad had decided a bit of 'recall' training would benefit. So there we were standing in the middle of the park, with a very strange contraption called a 'flexi' lead, attached to my collar. Gorse (who is my walking buddy) was howling!

Not in pain but laughter. His dad had spent numerous hours training him 'off lead' to the recall. My dad didn't have the time to spare, so to me, the thought of a taste of freedom was far greater than being by his side.

"Now Teal, lets see how we get on" I heard Dad mutter under his breath. But hey.....what's that? Pigeons!! And plenty of them. Whoosh – I was off racing across the field. My only intent was to scatter! Twang!!

My paws left the ground, my body spun backwards then thud. As I stared up into the clear sky, the pigeons flew past giving the odd coo as if it was a chuckle. Dad raced across



frantically trying to reel the lead in at the same time. "Come on girl, we'll try that properly". "You OK?" asked Gorse, trying to contain his squeals. We set off again at a more leisurely pace. My training carried on for an hour, dad gaining more confidence knowing that I was unable to run off and along with the clicker followed by a treat, this kept my attention more towards him. It was near to the end of the training, but then.....they were back.

This time the word had got out, and there were more pigeons!! My senses struck in and I began to thunder across the field. "Teal come!" I heard dad shout. Pigeons.....treat? Pigeons.....treat? Treat! I stopped in my tracks and headed back to dad, "Good girl, we've had enough now," so we headed home with Gorse and his dad by our side.

"Are you going to change your lead before we get out of the park?" Gorse's dad asked. "No need we'll be OK." We left the park and headed along the road home, "Had a good time today gorse, I think I am getting the hang of....." PIGEONS!!! More pigeons, a small group of grey plumage had gathered a few yards in front. Whoosh!!

I could hear the sound of the lead being frantically extended, drowning out dad's helpless shouts. My aim was to scatter. But then calamity, one of them decided to fly to a safe haven across the road. I swung round and shot across. This is fun I thought, oblivious of dad desperately trying to reel me in like a prize carp on the end of a rod.

The pigeon flew off as I stood at the other side, but then....BANG!! A passing cyclist had desperately tried to avoid the lunatic Labrador, but didn't see the lead with the red faced, breathless owner attached to the other end. "I am so sorry" dad spurted to the gentleman, attempting to get up off the floor. "You OK?" thankfully he was, but not after a few choice words made towards red faced dad. As for Gorse, well he was sitting safely at the other side of the road but the smug look of 'told you so' on his dad's face said it all.

We see a lot of the training leads on a day to day basis, but as much as they look like the give your dog more freedom, they can actually lead your dog into danger.

By Margaret Thompson, Head Receptionist.

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**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, TOTAL-LY 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 'pea sized' 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 mouth-wash, 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 born 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

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. www.castleparkdental.co.uk or email castleparkdental@aol.com

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They know that a Will ensures that when they die, the people they have chosen will take care of their estate and benefit from it.

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.

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

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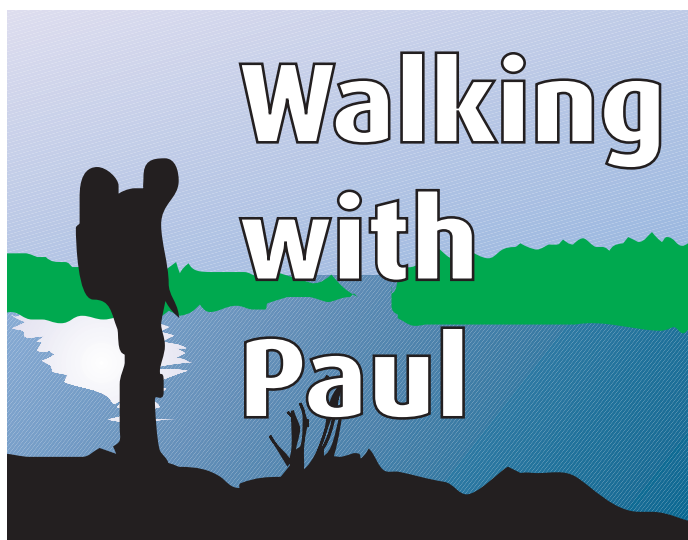
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Here is Paul's latest walk in his series of monthly rambles. This month his destination is Beeford

Map:- EXPLORER 295

Start at GR. 128543 Car Park area near Playing Fields.
Distance 6.0 Miles

Leave the car park area and pass across the playing fields and in the south west corner pass through the hedge on the left and then immediately pass through a second hedge on the right. Turn left then immediately right and head for a way mark post. Cross a farm track and continue ahead with the hedge on the left.

Cross a stile and walk diagonally across the field towards a small belt of trees. Pass through a large wooden gate onto a gravel drive and then immediately turn right and pass through a large wooden gate.

(Note the horse exercise wheel on the left) Keep the farm buildings on the left and locate and cross a stile and cross a wooden foot bridge, continue ahead with the fence on your left which eventually becomes a hedge. At the end of this track, cross a stile into a short paddock, cross a second stile and pass through another short paddock to a third stile and foot bridge and then emerge onto Foston Lane. Turn right and walk down the lane for about 0.75 miles and then locate a way mark on the left, cross a stile in the hedge and walk ahead with the hedge on the right.

At the end of this field, turn left and walk with Old Howe drain bridge on the right and walk with the hedge on the right heading for Foston on the Wolds. At the end of the field turn right and follow the farm track which becomes a gravel drive and eventually reach the road passing through the village. Turn right on reaching the road and pass through the village. At the road junction, turn left and follow the road sign posted Gembling passing a school on the right.

At the next junction continue straight ahead heading for Gembling on a Cul-de-sac road. At the next minor junction, turn right passing farm buildings to the right. Continue on this lane passing Gembling House Farm on the right.

After crossing a bridge, immediately turn left passing into a field then turn right and walk with the hedge on the right to skirt round the very impressive North Pasture Farm. After passing the farm the path swings first right then left and, immediately after turning left, turn right and cross a foot bridge then turn left and walk with the hedge on the left. At the end of the field, cross a wooden plank foot bridge and stile. Continue walking ahead towards a belt of trees with Woodhouse Farm on the left.

Cross a stile into the plantation cross the farm track, cross another stile then walk diagonally to the left across the corner of the field. Cross a stile then turn right and walk with the hedge on the right. Cross a stile and bridge over Pitwherry Drain and continue ahead. At the end of this field pass through the hedge and walk with the hedge on the left. At the corner of the field pass through a gap in the hedge and cross the playing fields to the cars.

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In the Garden



The 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 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.

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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

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.

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.

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.

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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Your Stars for June 2010 - By Kay Gower

Aries - (Mar. 21- April 20)

Sometimes not 'knowing' is better than knowing the wrong thing. Be just a little wary of what you hear, especially around the 11th. Get to the truth, and when you do, the problem you thought would never be resolved disappears in a flash of insight.

Taurus - (Apr. 21- may 21)

On one hand, you enjoy being needed. On the other, you'd like to be a little less in demand this month. Here's a quick fix: Make yourself available only to those that you love.

Gemini - (May 22-June 21)

You could spend most of the month sweating over a decision. But it's already been made in your heart. What you need now is the courage to follow through on what you know is the right choice. Late June early July will be a good time.

Cancer - (June 22-July 22)

You're always there for others. They'll probably confess that they couldn't do "it" without you. However, you may not care about "it" as much as they do. Being there for 'yourself' is trickier business this month. You really do need to have some 'me' time.

LEO - (July 23-Aug 22)

There is only enough room for one drama king/queen in your household, Leo. Remember this early on in the month, so that when things reach boiling point, (around mid June) you do the thing you do so well - take charge.

Virgo - (Aug 22 - Sept. 23)

There is a friendly, co-operative tone to the whole month. It is a good time for social activities and for getting in touch with friends. You need to be out and about, parties or other social events are favored.

Libra - (Sept. 24 -Oct. 23)

You might simply be asking for some help, but all someone else hears is a list of demands. Take this as a cue to bring your famous charm to the situation. You get what you want by using humour.

Scorpio - (Oct. 24 - Nov. 22)

You're protective to those you care about, and you feel what they're feeling. Being so 'tuned in' to others is a gift. This same gift helps you to understand when you should let them go their own way.

Sagittarius - (Nov. 23 -Dec. 21)

Meeting with people who share common ideals or purposes, either on a professional or personal level, will be very successful. You have a friendly, cooperative attitude that will help such gatherings flow smoothly.

Capricorn - (Dec 22.- Jan. 20)

Things may have felt a bit uneasy on the home front, but the situation improves this month. In fact, this is the start of an exciting new cycle. If you suddenly find yourself feeling joyful for no apparent reason - don't whatever you do question it.

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

Your ability to focus gets stronger by the day. Whatever it is that you're up to is working well, so build on it. As for what's not working this month - don't even look at it and it will shrivel on its own accord.

Pisces - (Feb. 20-Mar. 20)

Material wealth is not the only kind of riches, nor is it the best kind for most people. There's a divine intelligence been giving out blessings. Send a mental thank-you note for what you've recently received.

Steam and Vintage Rally at Cowlam Farm, Little Weighton on 26th and 27th June

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

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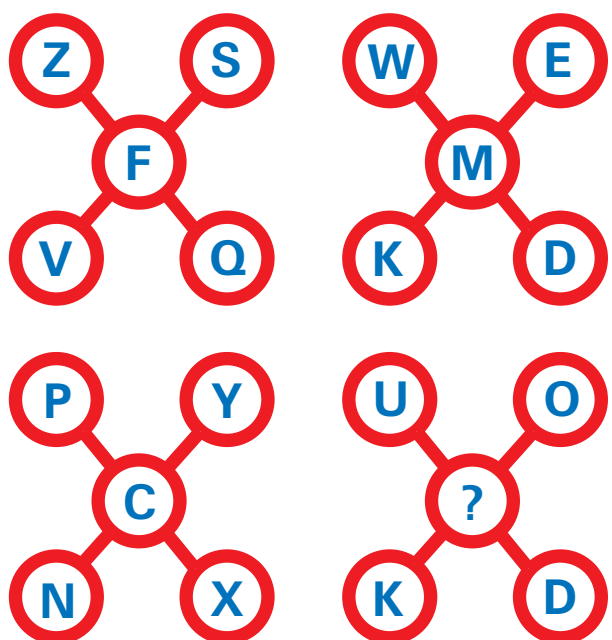
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Mind over Matter

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Answer on page 46.



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02 Feb	15 nt	Amazon
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01 Mar	15 nt	Caribbean & Cuba
15 Mar	15 nt	Eastern Caribbean
29 Mar	16 nt	Transatlantic sail home*

BOUDICCA - Sailing from the UK

01 Nov	25 nt	Eastern Mediterranean
26 Nov	14 nt	Canary Islands*
10 Dec	7 nt	Christmas Markets*
17 Dec	3 nt	Mini Cruise
20 Dec	16 nt	Canary Islands
05 Jan 12	14 nt	Canary Islands*
19 Jan	35 nt	Caribbean
23 Feb	13 nt	Northern Lights
07 Mar	13 nt	Canary Islands*
20 Mar	13 nt	Canary Islands*
02 Apr	14 nt	Western Mediterranean*

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Yorkshire In Bloom - Good News - Silver Gilt for the Spring Judging

Good News, a Silver Gilt has been awarded for the Spring Judging in the Yorkshire In Bloom Competition. There was a special mention for The Purple Cow, Duke of Cumberland and our hay racks by Southwood Farm Shop.

Also given a special mention were The Cottingham Parks Golf Club with its chalets and Eppeleworth Road cemetery. The judges appreciated all the hard work from various voluntary groups including Wildlife Watch, Wild Spaces Group, KGV Friends, NATs, Churches Together, and the Friends of Thwaite.

The judges are looking forward to their summer visit in July and hope to meet some of the representatives from the groups during their visit.

The Victorian Village Schools of



East Yorkshire

by Peter Railton

Price £7.50

Local author and historian Peter Railton's latest book "The Victorian Village Schools of East Yorkshire" available now

Local author and historian Peter Railton has just published his latest book "The Victorian Village Schools of East Yorkshire". The book takes a general background look at some of the individual village schools and their histories during the Victorian era.

The book is in an A to Z format, beginning with Anlaby and ending with Woodmansey.

The book priced at £7.50 is available from Barkers in Cottingham, W. H. Smiths, Browns Hull, The Book Shop in Toll Gavel, Beverley and Sokell in Driffild.

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King William IV in Cottingham is Runner-up in East Yorkshire Village Pub of The Year 2009

The King William IV (King Billy) in Cottingham was the Runner-up in the East Yorkshire Village Pub Competition 2009.

It is described in the CAMRA Good Beer Guide 2010 as a "Village centre pub with a traditional bar and lounge that are both free from music. At the rear a former brewery has been converted into a function room offering live music nights and sport on a large screen TV."

The pub is owned by Marston's Pub Company and run by well-known landlady Maggie Clarke.

Pictured above at the presentation is CAMRA Branch Chairman Alan Canvess and Maggie Clarke. (Photo courtesy of CAMRA).

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

Life On My Yard

This last week has brought on the next stage to the way my yard operates. The weather, as always, is the main contributory factor. I have finally turned out all the stabled horses for the summer. It is always a pleasure to see them living out with the sun on their backs! The older horses always need monitoring as they are less able to cope with the variable temperature changes. We tend to rug them at night to protect them from the cold bite that is still with us. The younger ones are now free to live "Au naturel"!

This change in operation never frees my staff from the dreaded



Pictured bottom left: Anika now successfully rehabilitated and Above: Lena with Shaky

mucking-out however! There are always training horses stabled at night which need cleaning out in the mornings and beds put back down late afternoons and the fields have to be kept clean on a daily basis. However, it is a pleasant change of scenery to be out in the fields with contented horses grazing alongside your wheelbarrow mooching about and coming over for a scratch or a nosey!

The training side has kicked in seriously now with a variety of animals in for a variety of reasons. For me and my staff this is the best time of year. We have 2 in to sell for clients. One is a very talented 14-2hh jumping pony from Newark called Squirrel. He is a little cracker and is going beautifully. Our role has been to improve his general schooling level and polish him up performance wise. He is advertised now and someone will be very lucky when they buy him.

Shaky is a 4 year old 16hh ex-racehorse who has arrived with his owner for a two weeks all round relationship type building work. He needs general improvement in manners and attitude and his owner "Lena", has much to learn about how he thinks and why he does what he does and then what to do about it! He has not been ridden since December and is bolshie on the ground. We have much to do in the two weeks allotted! Hey ho!

Anika is our seriously difficult case. She is another imported Dutch KPWN horse with serious emotional hang-ups (like Abby in past editorial). I have seen this so many times before. I dread to think what happens to these horses when they get broken in abroad....all force that is for certain. Anika came to us terrified of being ridden; she simply bolted off in complete panic.

She has totally traumatised herself and her owner, who has failed to make any headway in a year, despite two other trainers input. We have had her for two weeks and in that time we have made Anika face her fears and come out the other side. Using the natural based training methods; she is now being mounted in a relaxed way and is being quietly ridden away.

She is out on the roads in traffic happily, trotting up the housing estates with her ears pricked! Not once did we try to stop her reacting in panic, but using exercises putting positive reinforcement in place, she has slowly changed her mind. She has replaced fear with trust and panic with relaxation. The most important thing now is that we can team her up with her owner Vicky.

Vicky has to let go of all her fears now as part of the healing. She must lay aside all the fright of past experiences on Anika and grow in confidence in her own ability to move on. We are there 100% for her...and the lovely mare Anika. Wish them well.

Visit Melanies website: www.instinctivehorsetraining.co.uk and her facebook page www.facebook.com/pages/Melanie-S-Watson/152554798549



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New Summer Speech and Drama Festival announced for East Yorkshire

A new drama and musical theatre festival is to be staged this summer targeting performers up to the age of 18 from Cottingham and the East Riding of Yorkshire.

Stage 2010 will be held at Hull's Freedom Centre from **Thursday 8-Saturday 10 July** and the organisers have lined up a range of open classes where young people aged seven to 18 can enter, compete and showcase their talents

Geoff Groom from the Freedom Centre says: "It's a new fixture on the calendar for speech and drama in Hull and East Yorkshire and there is such a wide range of classes to appeal to performing arts students. The Festival will be adjudicated by industry professionals and the winners will have the chance to take part in a "Champion of Champions" event.

"It would be great to attract youngsters from across the Cottingham area, particularly those who have been doing school plays, Rock Challenge or recent youth theatre productions, and for them to enjoy a some extra end-of-term competition excitement."

There are 37 classes in total covering the age ranges.

For 7-11 years - Key Stage 2: Poetry and verse speaking, acting, dialogues, devised pieces of original work and musical theatre for individuals, duos and groups;

For 11-16 years - Key Stages 3 and 4: Poetry set pieces, storytelling, acting, dialogues, group drama and musical theatre, plus Classical Speech (pre-1960);

For 16-18 year olds: Contemporary speech (1960-present day), Classical Speech (1800-1960), Shakespearean, Elizabethan or Jacobean Speech, and Musical Theatre - individual, duo and group.

Entry categories are £5 each with small additional charges for the group sections, depending on the number of performers. There will also be time limits in the various categories.

Entry packs with full details of all 37 categories are available from Sarah Bullen at the Freedom Centre by calling 01482 710100, emailing sarah.bullen@freedomcentre.info or from Sarah at The Freedom Centre, Preston Road Village Centre, Hull, HU9 3QB.

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

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

He has won the coveted 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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Hallgate Teams win Cottingham Inter-Schools' Rounders

Tournament

Superb performances by Hallgate's two teams enabled them to finish as champions and runners up at this event, which took place at Cottingham High School on Tuesday 18th May. Competing against teams from Croxby, Westfield, Bacon Garth, Skidby and Dunswell, both Hallgate teams won their qualifying groups to set up a thrilling all Hallgate final.

An evenly balanced match was eventually won by Hallgate 1, beating Hallgate A by six rounders to four and a half. They will now represent Cottingham at the County Finals, which take place in Howden on 15th of June.

Picture above shows some of the victorious Hallgate squad. Back: Alice Rennison, Meave Chapman, Eloise Kettlewell, Oliver Bradley, Danny Lister.

Middle: Thomas Collingwood, Hayden Fraser, Sarah Waterhouse.

Front: Hannah Drake, Bradley Collingwood, Leah Ponsonby, Amelia Andrew.

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Westfield School Association Annual Summer Fair

Friday 9th July

The Westfield School Association Annual Summer Fair will take place on Friday 9th July at the Cottingham High School. Gates open 6.15 pm.

Due to major re-building work currently underway at Westfield Primary School our summer fair will be held at Cottingham High School off Harland Way this year.

All the usual stalls and entertainment will be in place.

The Westfield School Association (WSA) is very grateful to the Head Teacher and staff of Cottingham High School who have kindly allowed us to hold our Summer Fair at their school this year. Without this help the WSA would not have been able to hold this important event which raises funds for much needed equipment for Westfield Primary School.

Budgie Lost in Harland Way area

Deep Blue/Grey Budgie has been lost in the Harland Way area. If you have seen the budgie or have information about it, please contact Sharon on 07885 705001.



Skidby Scarecrow Festival event takes place on July 9th, 10th and 11th throughout the village

The inaugural event will take place over the weekend of July 9, 10 and 11, with more than fifty residents, clubs and societies taking part. Kelvin Young, Secretary of the Skidby Village Hall Management Committee, which is organising the festival, said: "We have lots of people taking part and some fantastic ideas for scarecrows."

Preparations are now well under way for the festival, which is inviting entries in five categories: Traditional Scarecrow, Celebrity Scarecrow, Unique Scarecrow, Scarecrow made by village organisation, Scarecrow made by local trade/business. Registration forms for anyone who would like to enter the competition are available from Mr Young on (01482) 843446. Anyone who wishes to sponsor or donate prizes should also contact Mr Young.

Visitors will be welcome in the village from 10am to 8pm on all three days and programmes will be on sale at various locations. Please make use of the designated Car Parks. The Village Hall will be open for refreshments between 10am and 4pm throughout the festival. Proceeds from the weekend will help to continue the work of the Village Hall within the community.



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Will help fund a Myeloma Support Group meeting

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Could pay for a nurse to attend a Myeloma UK Nurse Education Day to learn about the latest in research and treatment of Myeloma.

£582

Will fund a month's worth of information to be mailed out to Myeloma patients, their families and carers.

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Could fund a Myeloma UK Clinical Trial for a year

£1,500,000

Could fund a new Five year Myeloma Research Programme Grant

Below: Answer to Sudoku problem No. 42 from the May issue.

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

News from Cottingham Little Theatre

Breath of Spring - 6th, 7th and 8th May, 2010

Our first production of 2010 was well received and enjoyed by our audiences and we now look forward to our November production which will be our -

90th Anniversary Production

As announced at each performance of 'Breath of Spring', we have decided, for our 90th Anniversary production in November, to go right back to our roots and present 'A Christmas Carol', the classic book by Charles Dickens, but now adapted by Neil Duffield. As those of you who are familiar with our history probably know, 'A Christmas Carol' was the first play which was read, although not performed, by our Founder Members in the Autumn of 1920.

There will be four performances on Wednesday 24th November, Thursday 25th November, Friday 26th November and Saturday 27th November 2010. Neil Duffield's adaptation had its world premiere at the Octagon Theatre, Bolton, in November 2007 and is so designed that the cast can consist of just six actors or of up to 40+ actors. In this way we hope to include as many of our members as possible to take part, and we are planning one or two surprises along the way. More information as plans progress.

Interested in being involved? We always welcome new members, and with over 30 adult roles available, large and small, 'A Christmas Carol' could be the perfect opportunity to try your hand at performing. There are also a number of roles for children, including speaking roles for boys and girls from ages 7 or 8 years up to 14 or 15, and there are two non-speaking roles which might be suitable for younger children.

Auditions will be held on Sunday 13th June in the Small Hall of the Darby & Joan Hall, Finkle Street, Cottingham. Auditions for children will be from 2 pm to 3 pm, and for adults will be from 3.30 pm onwards. Auditions will be very informal and should be good fun. If you or anyone you know is interested in being part of this very special production, please phone Val, our secretary, to find out more. (Tel 01482 440588).

Social Events

Eight Members and guests thoroughly enjoyed the ten-pin bowling evening at AMF on Sutton Fields on Sunday 16 May. It was a very convivial evening where the opportunity to talk to each other and have fun was the main emphasis. We all look forward to the next one.

Our Annual Spring Dinner will be held on Friday 11 June at the Triton Inn, Brantingham and plans for our visit to Ladies Day at Beverley Races on Wednesday 11 August are well advanced. You can find out more information about these social occasions by telephoning our Social Secretary, Lynda, on 01482 849655.

Annual General Meeting

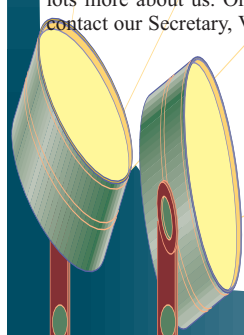
Owing to the non availability of the original venue, our Annual General Meeting for Members will now be held on Tuesday 22nd June in the Back Room of the Zion Church in Hallgate. This is your chance to let the Committee members know your views, and to influence the future direction of the Society.

Costumes

Many of our plays are set in and around the mid 20th century and we are always in need clothes and accessories of the 1940's to the 1960's. We would be most grateful to receive any items of clothing (male or female) or accessories (handbags, shoes, hats etc.) for our period productions. If you have anything suitable from this era and would be willing to donate them to us, please contact Jean on tel. No. 01482 875358.

New Members and Friends

If you fancy joining us, either as a Friend or a Member, have a look at our website www.cottinghamlittletheatre.co.uk where you can find out lots more about us. Or e-mail us at clt1920@hotmail.co.uk or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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Refreshments,
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Cottingham Bowling Club looks forward to the new outdoor season

Everyone at the Club is looking forward to the new outdoor season. The photograph shows Cottingham's own 'Last of the Summer Wine' group - It's left to you to decide who is which character! Seriously, our new members are showing great promise - they will give some of the old hands something to think about.

The greens are in great condition - all we have to do now is play and enjoy it. As I say every time in these little articles, if you fancy learning to play - give me a call on 01482 - 847303, Brian DeVine, Club Secretary.

Pictured above: Denys Abba (centre) Trustee of Pickering & Ferens and also Captain of Cottingham Bowling Club welcomes two new members, Roy Wilkinson (left) and Syd Bailey. Both are Priory Road tenants of Pickering & Ferens Homes.

Syd, who has previously bowled at Bridlington, says that he is very impressed with the professional set up at Cottingham. Roy, a new bowler, is very pleased with the warm welcome he has received and how he was immediately made to feel that he belonged.

Keep our Historic Churches Safe

Police in the Cottingham area are urging the public to be on their guard in the fight against theft and vandalism aimed at churches.

Since 1st September 2009 there have been 20 offences where lead has been stolen from church roofs in the East Riding of Yorkshire. In many cases the removal of lead from the church roof will cause thousands of pounds worth of damage, particularly when the church is then left open to the elements. One of the reasons for this spate of offences is due to the rising value of scrap metal.

The Cottingham Neighbourhood Action team in conjunction with the local Neighbourhood Policing Team are launching the "Church Safe" initiative to try and prevent churches in this area being attacked. The initiative has been running successfully in the Pocklington and Market Weighton area for several months.

There will also be an increase in police patrols visiting churches in the area.

PC Richard Beeforth, Crime Reduction Officer, says "We will be asking those people who live around our historic churches to be vigilant and report anything they see or hear that is suspicious day or night. If you can safely take vehicle registration numbers or descriptions of vehicles and people, please do so. You may help solve a crime."

Anyone who notices suspicious activity around a church should call the police on 0845 6060 222. If the crime is in progress then call 999.

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Another busy season comes to and end for the Cottingham Branch of the Hull City Official Supporters Club

Cottingham Branch of the Hull City Official Supporters Club brought their season to an end in style by holding their annual 'end of season dinner' at the woksoever Restaurant in Cottingham. Over a hundred people packed the restaurant to enjoy fine cuisine and a little flutter on the casino tables.

The Branch was delighted to welcome special guests ex Tigers legend Justin Whittle, BBC Radio Humberside sports presenters David Burns and Mike White and first team Fitness Conditioner Sean Rush. An 'extra special guest' popped in to see the fans too – Iain Dowie, Hull City Management Consultant. Dowie was well received by all the fans and stayed and answered questions and spoke about how he is enjoying his time at the Club.

The evening concluded with a raffle which raised £1030 and the money will be sent to 'Help the Hero's'.

After a well earned rest the Branch will recommence in the new season, for details of our next meeting, please check out our website www.cottinghamosc.webs.com or check out our Facebook page (Cottingham Branch – Hull City Official Supporters Club).

Many thanks go to the people of Cottingham for the support over the last season and let's look forward to a successful new season!

Pictured above: Ian Dowie and Ian Garmston at the end of season dinner held at the Woksoever Restaurant.

Summer Brass at St. Mary's Church, Cottingham, Saturday 19th June

The East Yorkshire Motor Services Band will be presenting an entertaining evening of music as part of their summer concert series at St Mary's Church, Hallgate, Cottingham on Saturday 19th June. The programme will feature a range of music including swing, traditional and modern brass and film music, as well performances from several of the Band's featured soloists.

Other concerts in the series will see the Band performing throughout the region and as far afield as Cockermouth in the Lake District.

Tickets priced £8 each (£6 concessions) for the concert can be purchased from Gilly's Balloon Co, 173 Hallgate, Cottingham; or by calling the Band's ticket line 07905 689921.

Further information about the Band and future engagements can be found at the Band's website www.cymsbrassband.co.uk, or by calling the ticket line number above.

Elm Tree House (Cottingham Memorial Club) to hold Open Day on Cottingham Day 3rd 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 3rd July.

Website: www.cottinghammemorialclub.co.uk

Email: contact@cottinghammemorialclub.co.uk



OPEN DAY

at

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

Saturday 3rd 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

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on
Cottingham Day 3rd July
ST. MARY'S MOTHERS' UNION
Will be organising two events in the village



A Marquee on Grand-dads Park
to enable parents of babies and toddlers
to change and feed their infants.



A Saintry Treasure Trail
Everyone can participate,
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Match up the Saints to their symbols
Take a leaflet and search the village
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THE GREEN, COTTINGHAM

Ern Shaw (1891-1986): The Boy Who Wouldn't Grow Up 19th June to 10th October

Discover the work of the prolific Hull born cartoonist Ern Shaw, who produced many cartoons and caricatures, illustrated books and designed games for children.

Come and see a broad range of Ern Shaw's work from the 1920s to the 1980s. From sporting cartoons and political drawings, to designs for children's card games, there's lots to see.

Ern Shaw developed his skills at an early age by taking a correspondence course in drawing. At the age of 12 he had his first successful drawing published, which set him off on his amazingly productive career spanning over 70 years. He was inspired by the cartoonist, Tom Webster (1886-1962), a British cartoonist and caricaturist who specialised in sporting cartoons. Able to capture a humorous scene, or sum up the outcome of a football match with great ease, Shaw's simplistic drawing style made people smile.

On display will be a selection of original cartoons for Hull City Football Club's Tigers magazine, Hull Daily Mail and the Dalesman Magazine. Also colourful ink drawings of cheerful characters, and working drawings for children's games. These plump characters, engaged in cheerful adventures, are very characteristic of Ern Shaw himself. There will also be storybooks, colouring books and games, all illustrated by Ern Shaw and some originally sold in British toy and bookshops.

Ern Shaw merchandise will be available from the Gallery shop.

Ern Shaw Family Launch Party – Wack it to 'em Saturday 19 June, 11am to 3pm

Have a go at drawing your own cartoon with Guardian cartoonist Patrick Blower. Participate in crafty activities and create your own comic strips.

Gallery Information, Ferens Art Gallery, Queen Victoria Square,
Kingston upon Hull HU1 3RA

Opening Hours: Monday – Saturday 10am - 5pm, Sunday 1.30pm
- 4.30pm Last Admissions 15 minutes before closing

Telephone: 01482 613902 Fax: 01482 613710

Website: www.hullcc.gov.uk/museums

Birthday Concert of Words and Music at the Methodist Church, Hallgate on Saturday 26th June

On Saturday 26th June at 7.30pm at the Methodist Church, Hallgate, there will be a concert of music and words to celebrate the recent 90th birthdays of Cottingham's long-time resident Jay Appleton and Hull-born Kenneth Leaper.

Professor Jay Appleton is well-known here. Formerly Professor of Geography at Hull University, he is a published writer and poet whose books are available at Barkeris and other book-shops. The concert will include readings from a selection of his poems both serious and amusing.

Kenneth Leaper moved from Hull after war service and for many years was the Principal of the Watford School of Music. His many compositions include mini-operas for school presentations (some first performances were at Anlaby School) and short song-cycles, four of which will be given during the evening.

The artists are well-known to East Riding concert-goers; Delia Fletcher and Pam Waddington Muse (sopranos), Peter Bingham (tenor) and Ann Airtton and Peter Sproston (pianists). The readers will be John Roach and Gwen and Norman Staveley.

Tickets are £7.50 and the full price will go to the Dove House Hospice, whose shop in Cottingham will be pleased to sell them to the many supporters it is hoped will support this great charity.

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Cottingham's Neighbourhood Action Team update

The spring Community Challenge took place on the morning of Saturday 20th March 2010. The group of 22 volunteers, including children, came from 'Churches Together', Police, East Riding Councillors and members of the Cottingham Neighbourhood Action Team.

The 'Community Challenge' had Litter Picking teams in various locations throughout the village, including Harland Way down to Hallgate, Eppelworth Road to the Cemetery, and part of Dene Road near The Dene.

The team also cleared the shrubbery by the Recycle Bins in Somerfield's Car park and the raised beds at the entrance to the super-market. Graffiti removal teams in St Margaret's Avenue achieved some success in removing the graffiti on the green Electric Boxes and the Post Box.

The same enthusiasm was applied to the green Electric Box on West

End Road. In the next few weeks The 'Friends of the Dene' will be attacking graffiti on the wooden fence surrounding the Dene.

After a somewhat damp morning a total of 40 sq meters of graffiti had been cleared and 14 bags of rubbish collected, the results of which makes our village a more pleasant place to live and work.

Charity Fund Raising Weekend at Skidby Mill 14/15th August

Charity fund raising weekend 14th/15th August at Skidby Mill. Hundreds of discount children's books from only £1, sold with entire proceeds going to 'Safe Haven for Donkeys in the Holy Land' (Reg. charity no. 1083468). Free admission to book sale, normal entrance fees to Mill apply.

Could You be our Humber Bridge Hero?

Healthcare charity Sue Ryder Care is calling for people in and around Hull to take part in the Humber Bridge Half Marathon on Sunday 27 June 2010, covering 13.1 miles and crossing the iconic Humber Bridge.

With every step you would be helping people with life-limiting and long-term conditions such as Multiple Sclerosis, Huntington's disease, Brain Injury, Stroke and Cancer. Locally we provide residential and respite care at Holme Hall our neurological care centre in Holme on Spalding Moor.

Running for Sue Ryder Care is a great way to get fit and challenge yourself. In return we will support you every step of the way from sign-up to beyond that finishing line with all the training and fundraising advice you need.

If you are interested in joining the Sue Ryder Care running team please call 01904 426920 or email lucy.nalton@suerydercare.org

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Notice to Advertisers

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Mind Over Matter Solution from page 29

The letters A-Z are valued 1-26. In each set, the difference between the top and bottom values on the left, plus the difference between the top and bottom values on the right, equals the middle value, so the mystery letter is G (7).

Crossword Solution from page 14

1	T	R	2	I	C	3	K		4	V	I	5	L	L	6	A	G	7	E
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Allergic rhinitis triggered by the pollens of specific seasonal plants is commonly known as "hay fever", because it is most prevalent during haying season. However, it is possible to suffer from hay fever throughout the year. The pollen which causes hay fever varies between individuals and from region to region; generally speaking, the tiny, hardly visible pollens of wind-pollinated plants are the predominant cause. Pollens of insect-pollinated plants are too large to remain airborne and pose no risk. Examples of plants commonly responsible for hay fever include:

- * Trees: such as pine, birch (*Betula*), alder (*Alnus*), cedar, hazel, hornbeam (*Carpinus*), horse chestnut (*Aesculus*), willow (*Salix*), poplar, plane (*Platanus*), linden/lime (*Tilia*) and olive (*Olea*). In northern latitudes birch is considered to be the most important allergenic tree pollen, with an estimated 15–20% of hay fever sufferers sensitive to birch pollen grains. Olive pollen is most predominant in Mediterranean regions.

- * Grasses (Family Poaceae): especially ryegrass (*Lolium* sp.) and timothy (*Phleum pratense*). An estimated 90% of hay fever sufferers are allergic to grass pollen.

- * Weeds: ragweed (*Ambrosia*), plantain (*Plantago*), nettle/parietaria (*Urticaceae*), mugwort (*Artemisia*), Fat hen (*Chenopodium*) and sorrel/dock (*Rumex*)

In addition to individual sensitivity and geographic differences in local plant populations, the amount of pollen in the air can be a factor in whether hay fever symptoms develop. Hot, dry, windy days are more likely to have increased amounts of pollen in the air than cool, damp, rainy days when most pollen is washed to the ground.

The time of year at which hay fever symptoms manifest themselves varies greatly depending on the types of pollen to which an allergic reaction is produced. The pollen count, in general, is highest from mid-spring to early summer. As most pollens are produced at fixed periods in the year, a long-term hay fever sufferer may also be able to anticipate when the symptoms are most likely to begin and end, although this may be complicated by an allergy to dust particles.

The goal of rhinitis treatment is to reduce the symptoms caused by the inflammation of affected tissues. In cases of allergic rhinitis, the most effective way to decrease allergic symptoms is to completely avoid the allergen.

Allergic rhinitis can typically be treated much like any other allergic condition.

Eliminating exposure to allergens is the most effective preventive measure, but requires consistent effort.

Many people with pollen allergies reduce their exposure by remaining indoors during hay fever season, particularly in the morning and evening, when outdoor pollen levels are at their highest. Closing all the windows and doors prevents wind-borne pollen from entering the home or office. When traveling in a vehicle, closing all the windows reduces exposure. Air conditioners are reasonably effective filters, and special pollen filters can be fitted to both home and vehicle air conditioning systems.

Because many allergens cling to clothing, skin, and hair, regular cleaning reduces exposure and therefore symptoms. Many people bathe before sleeping, to minimize their exposure to potential allergens that could have stuck to their bodies during the day. Some people use nasal irrigation to physically remove contaminants from their noses.

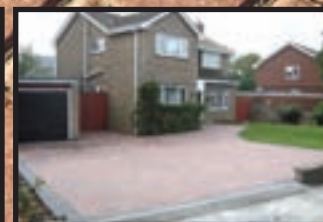
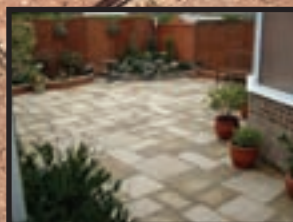
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