

# Cottingham Times

Issue 115 - June 2011



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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](http://www.cottinghamrangers.co.uk).

### Zion United Church, Hallgate

Every Thursday morning, term time. From 9.30 am to 11.30 am. Tea and Coffee are available and there is a book stall. It all takes place in the Church Hall, situated at the back of the Church, access by a passage at the side of the Church.

### Cottingham Ladies Circle

Wednesday 1st June, J. Pietrufiak, talk on gardens in "Villages in England", in the Zion United Church, Hallgate, at 7.30 pm.

### Skidby Village Hall

Saturday 4th and Sunday 5th June - The 38th Art Exhibition and Sale. From 11.00 am to 6.00 pm. Many of the original works of art are available for sale. Quality refreshments available all day.

### Cottingham Wildlife Watch

Sunday 5th June - 10.00 am to 12 noon. Millbeck Nature Area. World Environment Day.

### National Gardens Scheme

Sunday 5th June - 56 Hull Road, Cottingham. 1.00 pm to 5.00 pm. 1/3rd of acre garden, leads visitors through several distinct areas featuring mature trees and shrubs, mixed borders, patio and pergola with old wisteria, formal pond, ye hedges, fernery, gravel garden, antique summer house and lots of seating areas to rest and enjoy the views. Admission £3.00; children free.

### Cottingham Green Women's Institute Evenings

Thursday 9th June, Mr. Jim Lyons - An Introduction to Dowsing. Sales Table: Plants and Flowers. Competition: What I Found in the Garden, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Front Cover Picture: Cottingham Day 2010.

Photo by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Tel. 846804.

# STEPHEN RICHARDSON



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**U3A**

Thursday 9th June, Mr. Chris Blackburn - Mercy Ships, in the Hall at the Darby and Joan, Finkle Street, Cottingham at 2.00 pm.

**East Yorkshire Embroidery Society**

Saturday 11th June, Dionne Swift - To Devore and Beyond, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshments.

**Cottingham Catholic Women's League**

Monday 13th June, Peter Asquith-Cowen - Myths and Legends of the Olde White Harte, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

**Cottingham Women's Institute**

Tuesday 14th June - Cake Decoration: Sugar 'n' Spice Cakes, Competition: Folded Table Napkin, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

**Cottingham Evening Townswomen's Guild**

Wednesday 15th June, Mrs. S. Waters - Swanland School in Nairobi, at 7.30 pm in the Darby & Joan, Finkle Street.

**Cottingham Ladies Circle**

Wednesday 15th June, Mr. G. Clark "A Quiz on Antique and Unusual Objects", in the Zion United Church, Hallgate, at 7.30 pm.

**Diabetes UK**

Thursday 16th June, Elaine Walker (Diabetes Specialist Nurse), 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.

**Skidby Methodist Church**

Friday 17th June - Free Family Film Afternoon, 4.00 pm. Hot Dogs and Snacks for sale.

**Myeloma**

Saturday 18th and Sunday 19th June - Collection and Awareness Stall 10.00 am to 4.00 pm. Cottingham Co-operative.

**North Ferriby Gardening Club**

Monday 20th June, Garden/Nursery TBA.

**Wednesday Social Club**

Wednesday 22nd June - Kay Morley - Community Care Act, in the Darby and Joan Hall, at 2.00 pm.

**Cottingham Methodist Church**

Friday 24th June - 7.00 pm Free Film Night. Popcorn, Ices and Snacks for sale.

**East Riding Flower Club**

Monday 27th June - Sue Maddocks (from Halifax), will do a Flower Demonstration called "Summertime". Entry £3.00 at the door. In the Civic Hall, Cottingham at 2.00 pm.

**HERIB**

Thursday 30th June - Hull Male Voice Choir Celebrating their 100 Hundred Years of Song are to perform at Burton Agnes Hall. A cheese and Wine Evening. Tickets £15.00; Come along to the beautiful Burton Agnes Hall and enjoy an enchanting evening.

**Cottingham Singers**

Friday 1st July - A Summer Concert, at the Holy Cross Church, Carrington Avenue, Cottingham at 7.30 pm. £3.00 including refreshments. Payment at the door.

**Cottingham Wildlife Watch**

Saturday 2nd July - Cottingham Day.

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## Kingsway residents celebrate the Royal Wedding with a spectacular street party

To celebrate the Royal Wedding the residents of Kingsway held, what turned out to be, a spectacular street party. The afternoon kicked off with the National Anthem played by the local band "The Monos" followed by a feast of traditional food and BBQs that the residents supplied and generously shared.

As the sunny afternoon continued games and competitions were enthusiastically enjoyed by old and young. Old friends enjoyed each others company and new friendships were kindled. The younger residents were kept entertained with crown making competitions, nail painting and face painting. We even had a delicious wedding cake that was ceremoniously cut by Elizabeth Midgley and one of the youngest residents Abigail Jackson, helped along by mum Helen.

The celebrations continued into the evening with more dancing and fabulous live music from "The Monos". The party not only celebrated the beginning of a marriage but also the rekindling of a long lost community spirit. Roll on the Diamond Jubilee!

## Hallgate Primary School Summer Fair, Cottingham Day 2nd July, 12 noon to 4.00 pm

The Cottingham Day Fancy dress parade will start from the Hallgate Primary School 12.00 on Cottingham Day, Saturday 2nd July.

The fair will include: Inflatable assault course and bouncy slide, Children's games and stalls, Cream teas, BBQ, Face painting, Cottingham Rangers penalty shootout, Cottingham Lawn Tennis Club,

Drama performance by "Platform", Cake stall, Toys, games and books stall and Ice cream van.

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## S137 Grants

The Council was pleased to support the following organisation with funding under S137 of the Local Government Act 1972:

Cottingham Christmas Lights – Westend Section  
Cottingham Christmas Lights – King Street Section  
Cottingham Christmas Lights – Hallgate Section

## A Little Bit of Parish Council History

In early May bound copies of the minutes taken at Cottingham Parish Council meetings between 1999-2007 were handed over to the East Riding of Yorkshire Council, Treasure House, which is situated at Champney Road, Beverley. The Archives and Local Studies Service looks after over 6,000 metres of shelves with documents and printed local studies material from the 12th century to the present day. They provide a secure and environmentally controlled storage for records in a modern purpose built repository, they work within The National Archives Standard for Record Repositories and are recognised as an approved place of deposit of public records.

The minutes are a record of decisions taken by the Parish Council since its inception in 1999 and as such are part of the history (albeit recent) of the village. In the future residents and historians will be able to look back at how the Council dealt with the problems and challenges faced by the village as it went into the 21st century.

These records belong to the people of Cottingham and you are very welcome to go along and have a look at them during The Treasure House opening hours which are Monday, Wednesday and Friday 9.30am-5pm, Tuesday and Thursday 9.30am – 8pm and Saturday 9.00am-4pm.



*The picture shows the Chairman of Cottingham Parish Council, Councillor Don Hardwick, handing over the minutes to Mr Sam Bartle of East Riding of Yorkshire Council, Treasure House.*

## Election Results

The results of the Parish Council elections for Cottingham were as follows:

Castle Ward: David Cook, Bob Minors, Ros Jump

Croxby Ward: Gary Cooper, Sam Kind

Millbeck Ward: Kevin Casson, Don Hardwick

Priory Ward: Ann Abel, Win Knight, Alan Wright

Although there were four seats in the Priory Ward, there were only three candidates which left a vacancy. At the Parish Council Annual General Meeting, held on 19 May, Mr Doug McLaren was co-opted onto the Council to fill this vacancy.

8 June 2011 - [www.cottinghamtimes.co.uk](http://www.cottinghamtimes.co.uk)

## Annual General Meeting

For your information I give below information on the make-up of the various Committees and Working Groups on the Parish Council and which Councillors represent the Council on other groups. All Councillors are members of the Finance & Asset Management Committee and the Planning Committee.

Chairman: Cllr Don Hardwick

Deputy Chairman: Cllr Ann Abel

Allotments Committee: Cllrs Abel, Cook, Hardwick, Knight and Minors

Personnel Committee: Cllrs Abel, Casson and Cooper

Grievance Committee: Cllrs Jump, Knight and McLaren

Drainage Working Party: Cllrs Casson, Hardwick, Jump, Knight and Minors

CCTV Working Group: Cllrs Abel, Cooper and Wright

Cottingham Day Committee: Cllrs Abel and Wright

Snow & Ice Working Party: Cllrs Abel, Casson, Knight, McLaren, Minors and Wright

Memorial Gardens Refurbishment Working Party: Cllrs Abel, Hardwick, Jump and Knight

Council Against Car Parking Charges Group: Cllrs: Cook, Hardwick, Jump, Kind, Minors and Wright

Cottingham Wild Space Gp: Cllrs Cook and Wright

KGV Friends Group: Cllr Cooper

Cottingham KGV Community Trust: Cllr McLaren

YCCRP: Cllr Knight

ERNLLCA representatives: Cllr Knight and Wright

## Annual Accounts and Annual Return

The Annual Accounts and Annual Return for the financial year to 31 March 2011 were approved and signed by the Chairman on behalf of the Parish Council.

## Dog Warden Patrols

In conjunction with our local PCSOs, ERYC Dog Wardens are planning some out of hours patrols in this area. The Parish Council has been asked to inform them of some of our more problem areas. Persistent dog fouling on pavements and grass verges is one of the more common complaints dealt with by the Parish Council – if you are an irresponsible dog owner who does not clean up after your pet then watch out – there is a hefty on the spot fine if you are caught!

## Graffiti and Criminal Damage

If you see anyone defacing property or causing damage please report it to Humberside Police either by telephoning 0845 60 60 222 or by e-mail (with a photograph if possible) to [safe.communities@eastriding.gov.uk](mailto:safe.communities@eastriding.gov.uk). You can also use the form at 'contact us' on [www.humberside.police.uk](http://www.humberside.police.uk). Many thanks to the Neighbourhood Action Team who during their recent clean up day cleaned off a lot of the graffiti.

## Contact Details

Should you wish to speak to a Parish Councillor, contact details are displayed in the noticeboards around the village. Alternatively, you can ring the Parish Council office on 01482 847623.

Keep up to date with what is happening around the village by visiting [www.cottinghamparishcouncil.org.uk](http://www.cottinghamparishcouncil.org.uk)

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# News online and Beware of Malware!!

**B**BC Radio Humberside invited me in again last month to follow up on the BBC First Click campaign, and the Government's Race Online initiative. Guests included a tutor from a local community learning centre, and two of ladies from her class. It was encouraging to see the enthusiasm with which these people spoke about computers, and how technology had opened up a whole new world of experience for them. If you have interested in finding out more, you can phone the BBC Helpline to find out about free courses on: 08000 150 950. Or visit the Library or Cottingham Adult Education Centre.

Last month I talked about the way that newspapers are moving toward more of an online presence, and in some cases chargeable content. Indeed the omnipresence of the internet is changing the way we do things and how information is dispersed. The recent 'super-injunction' fiasco just showed that although you can stop the press from publishing stories (in England!) , anyone with a computer or mobile device can find out much more from Twitter or Facebook etc. It is interesting that a the chairman of panel of judges said that the internet had "by no means the same degree of intrusion into privacy as the story being emblazoned on the front pages of newspapers", which "people trust more".

However, he warned that modern technology was "totally out of control" and "society should consider other ways to bring Twitter and other websites under control". This last comment has worrying implications in terms of freedom of speech online, as currently no-one controls or censors the internet.

Malware is a continuing threat to online computer users, and comes from compromised web pages, catching out innocent surfers and infecting their Windows operating system. Now a similar threat is affecting Apple computers, as there has been a dramatic rise in the number of reports of a fake security program called 'MacDefender'. The Mac operating system has until now been virtually free of any such infection. Windows users would be well advised to purchase a good line in protection such as Malwarebytes, only around £20, call us for details.

Recently we have had a number of laptops that have suddenly developed problems that have turned out to be terminal. Laptops can be very expensive to fix, so major repairs are sometimes just not viable. So look after your laptop, and if it getting 'past its sell by' do make sure you make a good back up of your data in case the worst ever happens. See the Q&A section below.

Internet Explorer 9 (for Windows 7 & Vista) seems to have been causing a few problems since its recent launch. As it arrives through the normal Windows Update procedure, and you cannot un-install it, the only way to go back to the previous version if you are having problems, is to use System Restore. Start, Programs, Accessories, System Tools, System Restore. As mentioned last month, Windows XP users remain with version 8

Wireless networks are now extremely popular, and for some the only way they connect to the internet. The main thing is to make sure yours is secure.

When you connected the first time you should have entered a password, also know as a WEP or WPA key, that your computer would save against the name of the your network. This prevents any unauthorized access from outside. Remember that wireless has quite a long range, so some of your neighbours will be able to see your network, as you will theirs. If you click on the list of wireless networks in the corner of your screen, you will be able to see next to the name whether they are secured or not. Another tip is not to use your own name or house number as your network name, as it would make it to obvious to anyone with hacking intentions!

**Checking your email online in an internet café or other public place?** If you use a computer other than your own, be careful to ensure it is not set to retain username and passwords on pages such as Hotmail, Yahoo etc. Be wary also using your own laptop or mobile etc on public wireless networks; financial transactions are not a good idea here.

## Questions and answers section:

**Q: My ESET anti virus is expiring soon, what can I do?**

A: Just phone us for the discounted renewal figure, and we can action it for you. You have up to 30 days from the expiry date to renew, and it's the same price as online!

**Q: I can't shut down my computer, what can I do?**

A: Hold in the power-on button for about 8 seconds, that will switch it off completely. This works for laptops too, and it is usually a good idea to remove the battery also and leave it for a few minutes before replacing and restarting. Only do this when there is no other option.

**Q: How can I back up my treasured photos, music and documents?**

A: Buy yourself an external hard drive, (some even come with special backup software), or even a memory stick or two. It is as simple as copy & paste to get all your data on there. Or you can use a CD or DVD. However you do it, do it today, who knows what will happen tomorrow?

**Q: Is it safe to do my banking online?**

A: This really depends on your computer. If it is a fairly modern machine and is completely up to date in terms of anti virus software and Windows updates, then yes it should be safe to do. Make sure your firewall is switched on too, and if you use a wireless connection at home, make sure it is secure (see below)

**Q: How do I know if my firewall is switched on?**

A: Click on Start & then Control Panel, and depending which version of Windows you are using, double click on Windows Firewall or click on Windows Security Centre. If you have a program like ESET home security or Norton 360 etc, these have their own firewall that replaces and switches off the Windows one.

**Richard Mills, RDM Computers, Cottingham**

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## Internationally-acclaimed "The King's Singers" in concert at the Hull City Hall on Saturday 9th July

The Internationally-acclaimed "The King's Singers" will be in concert at the Hull City Hall on Saturday 9th July accompanied by the City of Hull Youth String Orchestra and the Yorkshire Wolds Versatile Brass.

The concert is aid of the Salvation Army's Kitchen Development Scheme at the Hull Citadel Community Church.

The concert begins at 7.30 pm and tickets are from £10 to £21 and are available from the City Hall Box Office. Block booking offers available. Contact the Box Office on 01482 226655 or visit [www.hull-cc.gov.uk](http://www.hull-cc.gov.uk) and follow the events links or 01482 781969 for further information.

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Advanced Yoga @ Hallgate primary school - Tuesdays 7.30 pm  
Baby Yoga @ Cottingham sports pavilion - Wednesdays 11.00 am  
Yummy Mummies Yogalates @ Cottingham sports pavilion - Fridays 10.00 am  
Pregnancy Yoga @ Cottingham sports pavilion - Fridays 11.00 am

For more details and to book a place contact:-

**Claire - 07771 873457**

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## Flower demonstration by Jane Jones of Southwood Farm Shop in aid of Marie Curie Cancer Care

A packed audience within Lucy's Coffee Shop at the Southwood Farm Shop, Cottingham were recently treated to a superb demonstration of flower arranging by Jane Jones the proprietor of Southwood Farm Shop in aid of Marie Curie Cancer Care.

The audience included members of the North Ferriby Garden Club and other guests and friends.

As part of the event "Sainsbury's Local" of Cottingham supplied the ingredients for the Cream Teas which were served during the display.

*Pictured above: Jane Jones during her flower demonstration preparing flowers for a hanging basket.*

*Below: Part of the audience enjoying the proceedings within Lucy's Coffee at the Southwood Farm Shop.*



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## Wordsearch - Americana

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

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

Find the words in the letters above:

Annie Oakley, Bat Masterson, Billy the Kid, Boot Hill, Buffalo Bill, Calamity Jane, Cochise, Daniel Boone, Davy Crockett, Doc Holliday, Dodge City, General Custer, Geronimo, Gold Rush, James Bowie, Jesse James, Kit Carson, Oregon Trail, Pat Garrett, Pioneer, Pony Express, Prospector, Sitting Bull, Stagecoach, Wagon Train, Wild West, Winchester, Wyatt Earp.

Wordsearch courtesy of www.puzzlechoice.com

## Sudoku No. 54 -

This is an easy challenge this month

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





## Skidby's 2nd Scarecrow Festival - Friday, Saturday, Sunday 8th, 9th & 10th July

The village is making preparations for a bigger and better festival this year. Dozens of amazing Scarecrows are being produced by residents and local businesses. The village greens will accommodate a variety of stalls and attractions, with refreshments available all day in the Village Hall. Beverley Brass Band will be providing entertainment on Sunday afternoon.

All Scarecrows must be registered with the Scarecrow Secretary (Kelvin Young 01482 843446). Please obtain your registration form from the Secretary, the Village Pop-In or download from our website at [www.skidbyvillagehall.btk.com](http://www.skidbyvillagehall.btk.com).

Anyone wishing to donate prizes for the Grand Scarecrow Raffle or offer help in any way should contact the Skidby Village Hall Management Committee on 01482 843446. We are looking forward to a brilliant weekend of fun and entertainment for all the family.

## Little Weighton School Summer Fair, Saturday 11th June

The Little Weighton School Summer Fair takes place on Saturday 11th June from 11.00 am onwards. There will be lots of stalls and fun games including: BBQ, Refreshments, Cake Stall, Tombola, to name but a few!! Come along, Everyone welcome. Fun for all the family!

## Special exhibition of paintings and drawings by local artist Shirley Goodsell at St. Mary's Church, Saturday 2nd July

St Mary's Church will host a special exhibition of paintings and drawings by local artist Shirley Goodsell on Cottingham Day, Saturday 2 July. Shirley Goodsell lives and has her studio in Cottingham and, while her work is quite wide ranging, she is especially known for paintings depicting local scenes.

This exhibition will feature sketches and new paintings, including paintings of St Mary's Cottingham as well as paintings of Beverley Minster and Beverley Westwood. Framed and mounted prints will also be available for sale, and, for those who like to start their Christmas preparations early, there will be Christmas cards featuring local scenes in winter. The exhibition will be open throughout the day.

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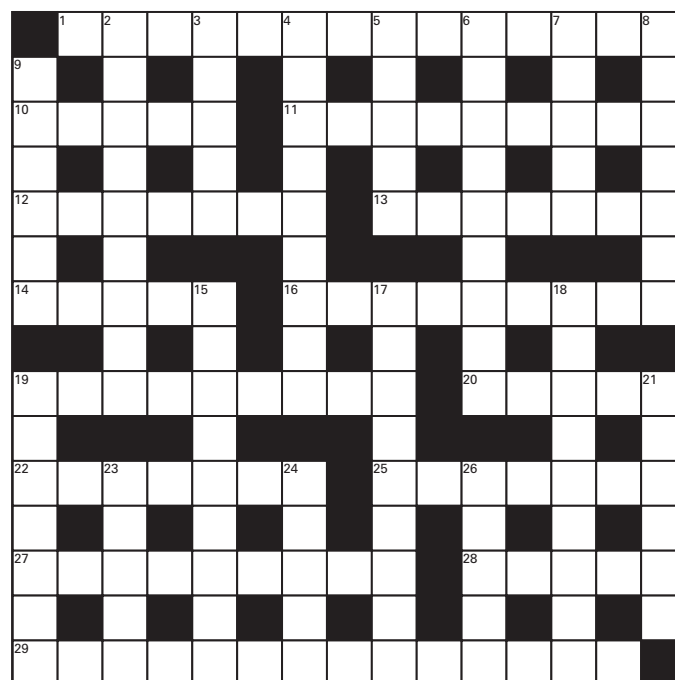
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## Crossword - Solution on page 46



### Across

- 1 Suggesting (14)
- 10 Pork strips (5)
- 11 Location (9)
- 12 Normal (7)
- 13 City in Washington state (7)
- 14 Outdoor storage buildings (5)
- 16 Weightiness (9)
- 19 Translate (9)
- 20 Nigerian monetary unit (5)
- 22 Issue (7)
- 25 Stone pillar (7)
- 27 Iota (9)
- 28 Exhilarate (5)
- 29 Contrasted (14)

### Down

- 2 Receiver (9)
- 3 Terror (5)
- 4 Burial chamber (9)
- 5 Snares (5)
- 6 Surgical procedure (9)
- 7 Clumsy (5)
- 8 Amasses (7)
- 9 Slackens (6)
- 15 Napkin (9)
- 17 Space traveller (9)
- 18 Do away with (9)
- 19 Levied (7)
- 21 Foot joints (6)
- 23 Abbreviated (5)
- 24 Cut into two equal parts (5)
- 26 Swelling under the skin (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)



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# In the Kitchen



## Lamb

### Lamb Steaks with Thyme

#### Ingredients

- 4 Slices Leg of Lamb, about 2.5cm/1 inch thick
- 2 tbsp Olive Oil
- 1 tbsp Lemon Juice
- 20 Sprigs Lemon Thyme
- Salt and Pepper

#### Instructions

1. Rub each steak on each side with olive oil, lemon juice salt and pepper.
2. Pull the leaves off the thyme and scatter over the meat, on both sides. Leave for 1 to 2 hours.
3. Preheat the grill to hot. Grill the steaks for 5-10 minutes on each side, according to taste.

### Lamb with Basil Sauce

#### Ingredients

- 1 teasp Olive Oil
- 2 Garlic Cloves, crushed
- 4 Lamb Steaks
- 100g/4oz Sun-dried Tomatoes
- 2 tbsp Fresh Basil (including stalks)
- 2 tbsp Fresh Parsley, (including stalks)
- 300ml/10fl.oz. Fresh Lamb Stock
- Salt and Black Pepper

#### Instructions

1. Heat the oil in a pan, add the garlic and fry gently for 2-3 minutes. Add the lamb and sauté for 6-8 minutes each side until cooked through.
2. Meanwhile, place the sun-dried tomatoes, basil, parsley, stock and seasonings in a blender or food processor and process until smooth. Transfer the sauce to a pan, heat through and serve with the lamb.

**N.B.** You can also use lamb chops or cutlets. Allow 2-3 per person depending on their size.



### French Leg of Lamb

#### Ingredients:

- 1.8kg/4lb Leg of Lamb
- 2 Cloves of Garlic
- 1 teasp Crushed Rosemary leaves
- Juice of half a Lemon
- 50g/2oz Butter
- Salt & Pepper

#### Instructions

1. Heat the oven to 220C, 425F, gas mark 7.
2. Cut the garlic cloves into slivers. Make small slits all over the lamb with the point of a small, sharp knife, and insert the garlic slivers deeply into the slits.
3. Combine the crushed rosemary leaves with the lemon juice, butter and salt and freshly ground black pepper to taste. Spread the mixture evenly over the lamb and place the meat on a rack in a roasting pan.
4. Place the meat, uncovered, in the oven for 20 minutes. Reduce the heat to 170C, 325F, gas mark 3 and continue to roast for 25-35 minutes per kg/12-20 minutes per lb, or until done to your liking.
5. When cooked, transfer the lamb to a heated serving dish and let it stand for 15 minutes before carving.





## 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.

## Strawberry Soufflé

### Ingredients

4 eggs, separated  
75g/3oz Caster Sugar  
20g/3/4oz Gelatine Leaves, soaked  
The Juice of 1/2 a Lemon  
6 tbsp water  
300g/11oz Strawberries, sieved  
150ml/5fl.oz. Double Cream  
Grated Chocolate to decorate  
Whipped Cream to Decorate

### Instructions

1. Encircle 4 dariole moulds or small ramekins with greaseproof or parchment paper, so that the paper overlaps and stands approximately 2 inches above the rim of each mould and fasten with string or sellotape.
2. Place the egg yolks and sugar in a bowl and place over a pan of hot water. Whisk until thick and creamy then remove the bowl from the heat.
3. Place the gelatine, lemon juice and water in a bowl and place over a pan of boiling water. Stir until dissolved then beat it



into the egg mixture. Remove from the heat and set aside to cool and slightly set.

4. Meanwhile, in another bowl, whisk the cream to the soft peak stage then fold in the strawberry puree. Pour the gelatine and egg mixture into the strawberry and cream mixture, stirring all the time. Blend well.
5. Whisk the egg whites until stiff. Add a quarter of the egg whites to the strawberry mixture to lighten it, then gently fold the remainder of the egg whites into the strawberry mixture. Pour into the moulds, refrigerate and leave to set overnight.
5. To serve – carefully remove the paper from each mould. Gently press the grated chocolate on the protruding sides of the soufflés and decorate the top of each with piped cream and a whole strawberry.



## Strawberry With Mascarpone

### Ingredients

250g/8oz Fresh Strawberries  
100g/3oz Caster Sugar  
1 tbsp Vanilla Extract  
1tbsp Vodka  
200ml/7fl oz Single Cream  
250g/8oz Mascarpone Cheese

### Instructions

1. Place the strawberries in a mixing bowl, reserving 4 whole ones for garnishing, and crush lightly with a fork.
2. In another bowl mix the caster sugar vanilla, vodka and cream together.
3. Add the mascarpone to the cream mixture and beat until smooth.
4. Spoon a little of the crushed strawberries into the bottom of serving glasses then add a layer of the mascarpone mixture. Repeat the layers finishing with a layer of the cream and garnish with whole or cut strawberries.

Cottingham Day 2011 -  
Saturday 2nd July from 12 noon  
Your Day - Your Village

Everything is now in place to make this years COTTINGHAM DAY the biggest and best ever. As you will see from the enclosed program there is loads to do and see for all ages, spread over 13 different areas in the centre of the village.

The whole thing kicks off with the biggest parade yet through the village, starting at 12 noon, including classic cars, pipe band, cheerleaders, dancers, floats and led by a horse drawn carriage.

The parade is once again sponsored by the *Cottingham Times* and will, as usual, start the day in style.

Once again, we have the stage on Market Green, sponsored and DJ'd by KCFM 99.8 with music and magic for all ages and tastes, so don't miss that.

The rest of the Market Green is taken up with stalls, games and competitions for all ages. Keep an eye out for CAPT JACK SPARROW and HALO and have your photo taken with them

This year the CIVIC HALL is given over to a Combined Charities Fair, with entertainment on stage by the Hull Ukelele Band..... don't miss it AND it is free entry!!!

Grandads Park is the place to be for our younger visitors with a Dog Show, Magic Carpet Theatre, Scrapstore and a Childrens Fair all taking place during the afternoon

Next door to the park, in the Memorial Club car park will be a display of around 100 motorbikes as well as a chance to look round the Club.

Hallgate will have all the cars along both sides this year, that is Classic, Vintage, American and Street as well as vintage tractors and the Fire Service Trailer. Music, outside the King Billy will be from the ever

popular Colleens Fancy. In the Darby and Joan Club, you will find the Daylight Theatre, Line Dancing and a Drama and Music Workshop for young children.

For those who like Birds of Prey, the Holderness Falconry Club will be showing in the Memorial Gardens along Hallgate, where you will also find Face painting for the kids.

At the corner of King St and Hallgate, music will be provided by a steel band and a pipe band throughout the afternoon.

Hallgate School and Hallgarth Residential Home are both holding their summer fayres with refreshments, tombolas, games and stalls.

St Mary's Church are holding TOWER TOURS on the day as well as an exhibition of paintings and photos of local interest

Cottingham Day Chairman Nick Russell says " Following the success and growth of previous Cottingham days, it was felt by the committee that this years should try and continue that trend and I certainly feel it has the potential to be the biggest and best yet. The day is for Cottingham, its residents and visitors and is FREE to come to. Some events on the day do charge, some ask for a donation and many are totally FREE so bring along your whole family and friends and have a great time."

Also don't forget the evening is finished off once again with a bike race around the village, which has proved a great success since it started and this will be its 3rd year. While you are in the village for the day, make sure you look in all the shops as many of them are holding special events and offers for the day, to make your shopping experience very enjoyable indeed.

Because of road closures during the day, extra parking can be found at the Lawns carpark at the junction of Northgate and West End Rd, only a five minute walk to the action.

Sunny warm weather has been ordered, so make sure you put the date in your diary and come along and join in the fun.

Chairman Nick Russell says “This day is organised and run by a team of dedicated volunteers who work really hard for six months to make this day happen and I would like to thank them all in advance for all their hard work to make this day the success I am sure it will be. Without them, and the sponsors listed in the program, COTINGHAM DAY would not happen”.

The enclosed program gives all the locations and approximate timings of events, but they are all subject to change and are all weather permitting.

If you have a vehicle you would like to display on the day, please give Nick Russell a call on 07561 529788 or 01482875300 before 20th June for an entry form.

If you have a motor bike you would like to display on the day, please call Paul Fenwick on 07778 312134 before 20th June for an entry form.

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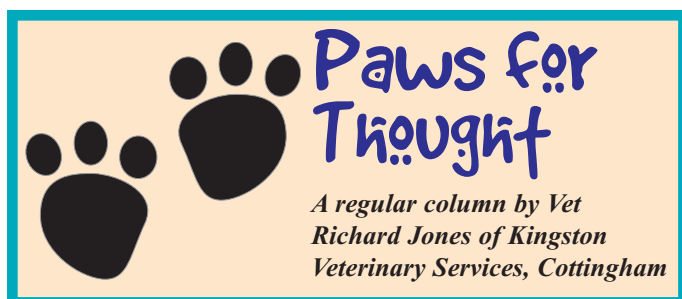
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**P  
&  
D**

**Curtains/Blinds**



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## Run, Fat Vets Run!

Every year we try as a practice to raise money for local animal charities such as at Christmas collecting food. About March this year the talk in the practice was about trying something different and I think it was Laura, the receptionist at park street who came up with the bright idea of entering the Jane Tomlinson "fun" run in May and getting some sponsorship organised. Some of the staff are serious runners so they soon volunteered, but to encourage some of the rest of the staff I thought I had better volunteer, after all if an unfit, 45 year old, 17 stone boss was going to do it then what excuse did anybody else have. So soon we had a 12 strong team doing the race! In a moment of madness I volunteered to run in a dog suit, which duly arrived courtesy of a drug company. This idea was soon dropped as I tested the suit out while having a serious meeting only to nearly pass out after 5 minutes. The "serious meeting" finished very quickly in hysterics.

Well I thought with two months to go I would have plenty of time to train. Some of the unfit gang downloaded a fitness programme guaranteed to get to doing 10k in six weeks and gave me a copy. All started well for two weeks with the training, I would get up at 5.30 in the morning as at least then no one would see me training and start walking 1 min and jogging 1 min alternately, but it is amazing who is out at that time in the morning! I must thank the local constabulary who



aided my training as they always seemed to be kerb crawling looking for suspicious characters and the sight of an unfit bloke trying to jog was obviously suspicious so I wouldn't dare stop running as they cruised the streets.

Two weeks into training I hit the wall, I could only get up so many days at 5.30 train and then work for a full day, so the training stopped. I wasn't alone however, and every morning the chatter would be "did you train this morning" and the truthful answer was "no".

The day of the race soon came and we all met at park street to go to the start enmasse, I was nervous as I had put myself up to be shot down by both clients and staff alike. The race itself soon started and we soon dispersed as a team, I was soon jogging on my own. Never having done anything like this before I didn't know how it would go but the atmosphere was great and I had soon done 3k without walking, how could you stop in this tide of runner being cheered on by onlookers. I thought 90 minutes would be a goal to aim for and was shocked as after 50mins I had run, crawled, walked 8k, the last bit was painful but it was mind over fat and I managed even to run the last 500 metres!

### FINISHED 1 HR 4MINS 54SECS

The staff obviously had ultimate confidence in me, the pros like Zoë, Paul Salmon, Jackie and Laura the Cottingham nurse who all finished in less than an hour were gobsmacked at my time, the rest of the staff finished at least a quarter of an hour behind me and thought I was in the hospital tent!

Well I won't be taking running up as a hobby, but as a work experience it was great, we all learnt a bit about ourselves and each other and more importantly we raised over £1,400 for HULL ANIMAL WELFARE.

A big thank you to all those clients, family and friends who supported us all.

*Pictured top: Richard and his team, before the run and below, after the run.*



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## Cottingham Rangers AFC wish Maggie Clarke of the King William IV, a fond farewell

**P**ictured above are some of the executive committee members who gathered to wish good luck to The King Billy's departing landlady, Maggie Clarke.

In recognition of her support of the local football club over many years she was presented with flowers and a framed keepsake to remind her of her time at the pub, and her association with the club.

*Pictured L to R are – Simon Wilson (Secretary), Geoff Golliker (Vice-chairman), Maggie, Simon Eccersley (Club Chairman), and (not in photo) Dean Banyard who designed the keepsake.*

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## "The Tooth and Nothing but The Tooth"

by  
Chris 'Dr. Smile Maker'  
Branfield

### Who's A Jammy Dentist Then?

**H**ello again, I hope that you had a great May as we speed on into June. I know that I am always going on about it but I cannot believe we are almost half way through the year already. It must be my advancing years. I have just renewed my Hull City season pass as I do have a masochistic side it seems. Only joking, I love going with the kids.

#### Dental Award Winners

I mentioned in last month's issue that I was off to "The Dental Awards" in London on 6th May. The Dental Mavericks (of which I'm a founder) was up for Dental Team of the Year. We actually won Team Of The Year for the North and came runners up for the whole UK. We are so chuffed and had a great time meeting up again. The great thing is that we were acknowledged for our self-funded work with some needy kids.

#### More Support Pledged

As an offshoot from winning an award we gained some valuable exposure in the dental community and some large companies within the profession. We have got a pledge of sponsorship regarding some equipment and computers. This is such fantastic news. Having the computers means that we can have a data base and keep an eye on what education and treatment the kids have had. Also, having more kit and resources means that we can move closer to our

ambition to setting up a clinic at the school, or at least in the vicinity, so that the kids can receive continued education, monitoring and perhaps treatment if needed on an on-going basis rather than us lot turning up once a year and trying to do it all in one go, which does not really help in changing attitudes and behaviour in quite the same way. So, a big thank you to the companies that have got on board and I look forward to them helping make a difference.



#### Princess Diana Memorial Fountain, Fancy A Paddle?

No, I have not been trying to do any dentistry in Hyde Park, honest. I just wanted to say that I think that this fountain is great. We walked through Hyde Park and passed it. There were loads of young families having picnics and little children paddling in the water. I was quite taken back by the scene and the appropriateness of it. I mean, the woman would have loved it, it struck me. It did make me smile.

#### Top Tips To Help Eliminate Nasty Niffs

I think that last month I mentioned that BBC Radio Humberside rang up to see if I could go on and talk about the issue of bad breath. I was away on holiday so couldn't do it. I was gutted. Anyway, I thought that could do a bit of rambling about it here. I am not sure if I have touched on it before (senior moment) and if I have I apologise but you're going to get it again. As you may be aware bad breath has a few names including halitosis and even oral malodour.

I really don't know who sits down and thinks up some names for things, there may be a European think tank for making up new names. Anyway I digress. Halitosis or stinky breath has mainly been attributed to volatile sulphur compounds. These compounds are not the only smell forming chemicals though. Hydrogen sulphide is the "eggy" smelling gas. There are some companies selling equipment that give you a reading or measurement of the volatile sulphur compounds in your breath but I think that this is unnecessary. What you really need is an organoleptic test undertaken by someone who is trained in the art of absolute honest opinion. Yes, let an honest person (who has previously agreed to it as you may get into bother otherwise) smell your breath. No need for expensive bits of kit or to pay someone with fancy kit.

#### What causes it?

Bacteria. We all have bacteria in our mouths unless we have been brought up in laboratory conditions like experimental, gnotobiotic rats (rats without bacteria). Now this is a bit gross but if you lick the back of your hand and leave a few minutes, when you go back and have a sneaky sniff it may well niff a bit. That is because of the bacteria in the saliva. If you give the smell-forming bacteria a chance they will go for it. So, an environment in the mouth that causes stagnation, infection or rotting/putrefaction will cause a nasty niff. There is quite a bit of protein knocking about in the mouth and this is where the volatile sulphur compounds come from. Tooth decay is the removal of calcium from the enamel then dentine but as it gets into the dentine the bacteria start to breakdown and tot the protein and hence the possibility for a niff, especially if this is on a large scale. There is a bit more to all this though with several other factors at play. I will discuss this more next time.

#### Let The Mid-Life Crisis Continue

Now that have passed my motorbike test I am looking forward to my trip to Germany at the end of June riding rather than going pillion passenger. I am not going to be a daft lad and aim to get back in one piece. My daughter has last league football match tomorrow night. The will probably end up mid-table which is a good result for them and I've loved watching them, even in Selby on a Tuesday after work in the rain. Until next time.

*Take care and be good.*

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 18 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. [www.castleparkdental.co.uk](http://www.castleparkdental.co.uk)

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## Retail Volunteers Need for the Dove House Hospice

**D**ove House Hospice, a charity caring for people with life limiting illnesses in Hull and the East Riding, is appealing for new volunteers to help make a difference by joining its team of volunteer retail staff.

Dove House is always on the lookout for volunteers with a variety of skill sets. Currently, the local charity is appealing for new volunteers to help in the running of the Cottingham store, helping with sorting donations, serving customers and displaying goods.

Lindsay Mason, Volunteer Services Manager, said: "There are Dove House stores on many high streets and we need the help of local people to operate these outlets. We are extremely flexible with shifts, whether people can offer full days or just the odd morning or afternoon session.

Volunteering is also a great way to add extra experience to your CV and allows you to show you have used your time if you are currently looking for paid employment. Our shops are also a fantastic place to pick up transferable skills such as handling money and customer service"

Dove House Hospice provides specialist palliative care to people with all types of life limiting illnesses. The hospice opened in 1983 and has become a core part of health provision in the region, with the specified aim of helping patients and families live life to the full.

Anyone interested in volunteering with Dove House Hospice can either call Volunteers Services on 01482 784343, email [volunteers@dovehouse.org.uk](mailto:volunteers@dovehouse.org.uk) or visit our website [www.dovehouse.org.uk](http://www.dovehouse.org.uk) for more information.

## A Generous response to St. Michael's Church, Skidby's Gift Day

**T**he generous response towards the cost of the work to renew the East Window raised £2,486.08 of which £2,223.50 was given by Gift Aid. THANK YOU TO EVERYONE.



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

**Map: EXPLORER 300**

**Start at Coneysthorpe Cross roads.  
GR. 708713. Distance 6.0 Miles.**

**L**eave the parking area and take the road sign posted Terrington. Walk along this road for about one mile and as the road bends sharp left, continue straight ahead on a track and walk through the wood in a northerly direction. Enter an open field with a new plantation of young trees on the left. On approaching a fence, turn left and walk with the plantation on your right. On reaching a farm track, turn left. Continue on this track and pass High Baxton Howe farm on the right.

After a short distance, cross a stream and then immediately turn

right to enter a plantation. Follow a somewhat indistinct path climbing through the wood. At the top of the wood, walk through a fence and then walk up the field with the hedge on the right. At the end of this field, pass through a gate into a field which may contain horses. Cross this field on the same line and pass through a second gate and enter a field, again which may contain horses. Leave this second field by a gate and then walk diagonally to the right to a metal gate. Pass through this gate and turn right and then immediately left and walk with the hedge on the right.

On reaching a track, turn right and follow this track to a junction of tracks and then turn left and follow the Ebor Way signs towards Terrington. Continue along this track, ignoring the sign on the right for Terrington, and then emerge onto a main road. Continue in the same direction along this road and when the road sweeps sharp right, turn left and then immediately left again onto a track known as Broats Lane. At the end of this track, pass through a small wooden gate into a field and continue in the same direction with the hedge on the right. Pass across an indistinct farm track and continue walking with a small plantation on the right. Pass a pond on the right and a gate ahead and then cross over an extremely muddy section to the next gate. Pass through this gate and continue ahead across a field. At the corner of the field, pass through a gate and then walk diagonally across the next field to a gate in a wall.

Pass through this gate and climb up a wide track through a wood and on reaching the top of the hill, cross a stile on the right. Walk round the field headland to the left to reach the corner of the field. Cross a wooden foot bridge on the left and pass through a short plantation to reach the road. Turn right on the road and walk back to the car park area.

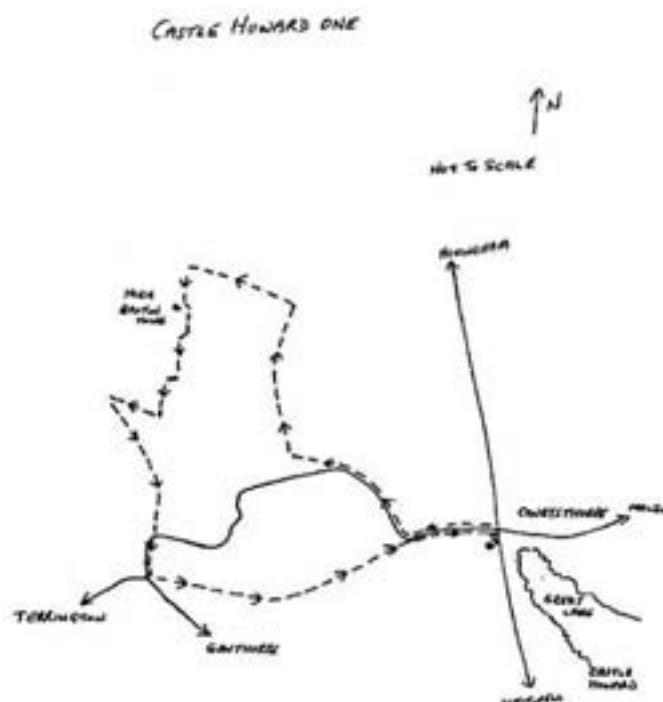
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# MARIONOWENTRAVEL

June 2011

We have a superb collection of our own private tours by coach, not cheap and cheerful but quality and value. On our recent Isle of Wight tour, out of 31 guests, 21 rebooked another holiday whilst away! I accompany all of these tours along with our excellent driver Dave, whose knowledge takes some beating - where does he get his information?!

Mmm...it's our mad time of year now; dashing here, there and everywhere to see new ships and places, which in turn help us to provide you with upto date information and also create new tours.... Myself and Lynne now have 1st hand knowledge of more than 120 ships and many, many destinations around the world; whilst Dave knows Europe inside out whether you are driving yourself, joining one of our tours or taking a city break, his knowledge is invaluable.

Following my last news letter I enjoyed a chaotic weekend in Nice, Cannes & Paris. Cannes is just a fabulous spot; a great place for people watching especially during May when the film festival is on. We have been lucky to secure our tour accommodation just prior to next years festival, so hopefully, we may get a few glimpses of the film stars! Departs 8th May 2012.

Paris is always a wonderful place to visit, there are so many interesting sights, anyone travelling on our departure in August is in for a real treat; I sampled a little of what Dave has in store. He will be giving you a great tour of Paris by day and night plus visits are included to the towns of Versailles & Giverny; the sights are amazing. Departs 25th August 2011.

I have also been exploring ships in Dover, including the Princess Daphne. She is a delightful traditional ship, the food and service received on board was excellent. She has a Christmas & New Year Cruise to the Canaries & Madeira departing from Portsmouth; the price is reasonable and transport is available to/from your door. Departs 20th December.

My next sample will be with Voyages to Antiquity. They offer rich cultural ports in the Mediterranean. It is a small cruising ship and most of the time, single cabins are available without any supplement - music to my ears....I hear some of you saying!

Kayleigh has had a whirlwind tour of Jersey thoroughly enjoying the island; not too far to travel and convenient weekly flights from Humberside.

Talking of Humberside, we are happy to offer **free** parking on holidays to Madeira departing on 1st August this year for 7 nights.

Lynne is aboard NCL's new mega ship - EPIC, I am sure she is thoroughly enjoying all of the singing, dancing & entertainment on board.

Looking ahead to our arts & wine cruise this September, we now have only 5 seats left on our full size coach to Southampton - so hurry if you are thinking of joining us! 9 nights starting at just £790, including travel from your front door too.....this is a real bargain.

Do you fly and like soft adventure? If the answer is yes, then why not join my Vietnam, Laos & Cambodia cruise & tour departing on 16th January 2012? This tour offers a great historical & cultural experience, excursions all included and you will enjoy sailing along the Mekong in 5 star luxury. 18 days £3929 pp - I look forward to you joining me.

Last but not least - cruising from Hull. Our last sailing for this year has now departed. If you wish to travel in 2012, we are hoping to have new itineraries very soon plus departures in June & July too! Register your interest now. Book early for a good price and cabin; those who book after early bookings usually end up paying more.....

Myself, Lynne, Kayleigh & Sarah look forward to being of service. Please call for more information and to book your next escape.....wherever it may be in the world!

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### Marion's Private Tours ...

**16 June: BBC Gardeners World** day out £45

**17 June: North Wales 4 days** half board £235  
Port Meirion & Ffestiniog Railway included.

**27 June: Danube Cruise & Tour** from £1699  
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**25 August: Paris - August Bank Holiday** £329  
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**14 October: Belgium Beer Festival** £169  
A quick weekend out Friday night back Monday morning

**27 September: 9 night Iberia cruise** from £790  
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**Disneyland Paris - 6 days** (3 nights Disney)

**23 October (half term) Family of 4** £1255  
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**05 November : Orient Express Evening** £220.  
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# In the Garden



## Chelsea Gold Winner

The 'Bulldog Forge Garden' has won a Gold medal at Chelsea this year. Mary Payne and Jon Wheatley designed the garden for Bulldog Tools, and Suttons Seeds provided the vegetable plants. The garden has been set in the 1940s and tells the story of a self-sufficient blacksmith making his own tools and growing his own vegetables and flowers, in an era that saw hundreds of similar small enterprises all over the UK, striving to maintain a reasonable quality of life.

The Garden was opened by Rosie Boycott the writer and broadcaster who has been appointed by the Mayor of London, Boris Johnson, to launch the Capital Growth Scheme. The garden was admired by the crème de la crème of the gardening, lifestyle and national press, famous personalities and royalty at Chelsea's special preview day yesterday.

Mary Payne has stated that 'I'm delighted that we have won a gold medal for our exhibit, which has been a perfect partnership between Bulldog Tools and the Stone Barn Team. It is a culmination of seven months of planning and hard work'.

The following is a list of the vegetables used in the garden: Beetroot: Action and Alto; Broad Bean: Listra; Cabbage: Serpentine and Resistafly; Cauliflower: Mayflower and Romancesco; Celery: Golden Self Blanching; Chard: Bright Lights; Florence Fennel: Tauro; French Bean: Algarve; Kale: Black Tuscany, Darkibor and Redbor; Kohl rabi: Kolibri and Lanro; Lettuce: Cos, Lollo Rosso, Nymans, Red Cos and Webb's Wonderful; Pak choi: Red; Pea: Greenshaft; Sweetcorn: Prelude; Turnip: Atlantic.

June 21 is the longest day of the year, and the extra light and warmth encourages the garden to put on an exuberant burst of growth. But this extra light and warmth also means weeds will sprout up from seemingly nowhere. Keep on top of them by hoeing regularly in dry conditions. Herbaceous borders are reaching their early summer peak and the kitchen garden is becoming productive.

## 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

## Sowing and planting

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.

Gaps in herbaceous borders are best filled with annual bedding at this stage in the season. 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*.

Perennials such as *Alcea* (hollyhock), *Delphinium* and *Lupinus* can be sown directly into drills outside once the seed heads have ripened and started to split naturally. If garden space is limited you can sow them into pots and place them in a cold frame or by the base of a sheltered wall in filtered sunlight.

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.



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If you want to grow your own spring bedding for next year, many (including wallflowers, pansies, and *Bellis perennis*) need to be sown between May and July in order to flower next spring.

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 provides the right environment.

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

Tubs can be planted up with summer bedding if not done already.

Hellebore seed can be harvested once the seed heads have ripened (i.e. when squeezing the pod causes it to split and release seeds). Seed needs to be sown immediately, while fresh, and need a winter's cold season in order to break their dormancy in order for germination to occur. Do remember that seed grown plants will differ from the parent plant.

### Vegetable Garden

#### Jobs to do now

- \* Sow seed outdoors of beetroot, carrots, chard, lettuce, radish, peas and spinach. Protect emerging seedlings from frosts with newspaper or horticultural fleece.

- \* Earth up potatoes when the shoots are 23cm (9in) high, in order to prevent the new tubers going green.

- \* Sow sweet corn outside in blocks, at 45cm (18in) spacing, with two seeds per hole. The strongest seedling can be selected later.

- \* Liquid feed fruit trees growing in pots with a balanced feed.

#### Soft fruit

- \* Peg down strawberry runners and remove cloches from outdoor strawberries once cropped.

- \* Move forced strawberries outdoors.

- \* Train in new shoots of blackberries and hybrid berries.

- \* Summer prune red and white currants and gooseberries.

### Grafted Vegetables

So what are Grafted Vegetable Plants and just what makes them so special?

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As Suttons Grafted Vegetable Plants are UK grown, they have a much smaller carbon footprint than those which are grown on the Continent. Also, due to the fact that they can be grown at lower temperatures, costs to the environment and the gardener are lower due to lower energy consumption.

The new Grafted Plant development from Suttons Seeds for 2011 - "Grafted Doubles".

These very interesting plants have been grown with two fruiting stems, virtually doubling the fruit yield from just one plant making them the ideal choice for gardeners who have little available growing space but want high crop yields.

Bulldog Tools are available from Coletta & Tyson, 324 Hull Road, Woodmansey, tel. 01482 865410.

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## Your Stars for June 2011 - By Kay Gower

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

You know that you have much to be grateful for, especially in regards to your relationships. You'll show people indirectly how much they mean to you. Some will need you to spell it out, though.

### Taurus - (Apr. 21- may 21)

You will be looking and feeling fantastic, and making steady progress through the next five weeks. This month you'll meet someone who understands you and can help you develop your talents.

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

The winning frame of mind you start the month with will attract just the people who can help you the most. June brings an advance in your skills, and the money soon follows.

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

You do your best when you're coming from a place of stability. A warm meal and a tidy place to snuggle down in cannot be underestimated. This month give yourself the creature comforts that you crave.

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

You can't change the past. But examining it isn't a futile exercise - it could prepare you to make a new choice, should a similar situation arise this month.

### Virgo - (Aug 22 - Sept. 23)

There's nothing wrong with going against the flow, as you well know. You won't feel like being a follower this month. You'll prefer to make your own fun in your own time rather than have your pleasure dictated to you.

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

Many aspects of your life appear the same, and yet your life is definitely different — happier. You are getting better at knowing what makes you feel good and sticking to it.

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

This is no time to doubt your choices. Once a seed is planted, let it grow! Don't keep digging it up and looking at it, wondering whether you should have planted it in the first place.

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

Mae West once said, "When I'm good, I'm very good, but when I'm bad, I'm even better." Good? Bad? Make your own rules this month and the fun really begins.

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

The coincidences that mark the next five weeks aren't coincidence at all — the stars conspire for your sweet success! You'll be pursued by those who want to be in your inner circle. Past good deeds catch up to you and bring new luck. A lovely month.

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

You really want to please those close to you, but you're better off pleasing yourself, this month. When you follow your own dreams, you end up making others happy, too. Eventually.

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

You do things in a way no one else can. Be confident and you'll be widely accepted, paid well and given even more opportunity to shine.

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## ABCD News -

### New Chairman takes over at the ABCD

The AGM of the ABCD was held on Tuesday 26th April in the Back Bar of the King Billy on Hallgate. The main topics of discussion were the Financial report for the last year and the voting-in of a new chairman. Current chairman Nick Russell had already stated his intention to step down after seven years in the role, so it wasn't a surprise to members.

Two names were put forward for election and both James Harris (Utilities Warehouse) and Graham Atkinson (Cottingham Insurance) put their cases to the members who were present at the meeting and were then asked to leave the room while a vote was taken.

The members voted in favour of James Harris as the new Chairman, with Graham Atkinson as Vice-Chairman. Chris Wright will stay as treasurer but the Committee still needs a secretary to take notes at the meetings and to produce the minutes. If any member has the time to fulfil this role, please advise the new chairman ASAP.

Contact Details: James Harris, Chairman 01482 840977; Graham Atkinson, Vice-Chairman 01482 844551; Chris Wright Treasurer 01482 845212.

### The 38th Annual Skidby Art Exhibition - Saturday/Sunday 4th & 5th June

Skidby Village Hall is proud to be hosting the 38th Annual Art Exhibition which includes the opportunity to buy original works of art. The Exhibition will be open to the public on Saturday 4th June and Sunday 5th June from 11.00 am to 6.00 pm with quality home-baked refreshments available all day.

This very popular exhibition always features a wide variety of work from local artists. Admission will be £1.00 per person. Accompanied Primary School children are admitted free of charge. Artists wishing to exhibit their work should contact the Secretary, Kelvin Young (01482 843446) or visit our website at [www.skidby-villagehall.btik.com](http://www.skidby-villagehall.btik.com) to download a Registration Form and Conditions of Entry document.

We look forward to welcoming you to a genuine village Art Exhibition - we feel sure you'll enjoy your visit.

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

**H**ello and welcome again anglers to this month fishing news; the date is 22nd May.

We at Catchmoore Fishing Tackle hope you are all enjoying the start of the season. Firstly fellow anglers, have you all stepped up your terminal tackle yet? If you have not already done so, now is the time to do so. At this time of the year all the fish should have spawned or nearly finished spawning, in consequence, they should be well on the feed. Personally at this time of year the smallest hook size I use is a size 16 to about a 21/2 lb. hook length, on average I fish with heavier gear than that. It is advisable to check all of your elastications in all of your top kits, you certainly do not want to break off and lose that bonus fish.

**Tackle Tip:** due to experiencing warm sunny weather lately, especially at certain times of the day; a lot of bonus fish have been feeding directly on the surface. To catch these fish use either a bubble float or a controller float. The length of line from your bubble/ controller float should be at least three foot; I have observed some anglers lately that have had their line too short when using this method. The reason for a three foot length of

line, even on a calm flat day, is there will still be movement on the water and with a longer lash the float will not move your bait about quite as much. This in turn helps as the fish will not be spooked as much. Before you cast your own baits out, it is advisable to feed whatever floating baits you wish to use intermittently and wait a fair while. This way the fish become more confident as and when you cast your own bait out. It is important that you cast your bait out beyond the feeding fish and then slowly draw your bait to them. Do not forget to watch your bait not your float! As we all know the carp can be very crafty; have you noticed that if you fire out six loose offerings with your own bait, all the loose offering are eaten except your bait? Frustrating is it not? I have come to the conclusion that on certain waters the carp have become wise.

If they feel resistance such as your line on their dorsal fins, they just investigate the other baits. No more! Gardner tackle has invented what is known as a suspender float. This device is just as crafty as the carp, as it suspends your bait from the float at a 45° degree angle. This ensures that the carp feel no resistance and takes the bait with confidence.

**Pond review:** this week go and check out Lambwath lakes at Albrough. They are situated on the B1242 seaside road. There are five lakes to choose from on this venue, Lambwath, Tench, Carp, Moat and caravan pond, even on match days you should still have two or three lakes to choose from. These lakes are well stocked with carp, tench, roach, perch, ide and bream. There is no specific method of catching fish to be used as every method can work on the day. Please be pleasant to Adrian the bailiff, he is a very nice guy who is always willing to give you good advice.

**Catchmoore A.C news:** we have just had our third match; this was held at Risby Park on Tench Lake. Unfortunately last Sunday the weather was terrible for us. The wind had swung round to westerlies and the temperature dropped by at least 5 degrees. This weather switched off nearly all ponds so no good results came from anywhere that week. Our match was won by Katrina with 21lb 4oz. For those of you that are following the wooden spoon award, Lou did not come last again, neither did Dave! Well done.

**Sea scene:** there is still a lot of skate being reported at loads of our coastal marks. At Spurn inside the Humber stretches lots of schooly bass have been reported to 21/2 lb. – 3 lb. ( please do not take all of the fish home, as the bass are in short supply nowadays and they take a long time to reach 3lb). Best baits used seem to be Mackerel and crab.

**Shop news:** we have arriving daily lots of new stock. The second hand gear keeps coming in, make a visit and grab a bargain. Tips and advice are always available with a friendly smile; we are here to help you not just to sell to you.

*From the Catchmoore Crew "tight lines"*

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## The Good Neighbour Scheme Provides Support in the home for people Over 50 in East Yorkshire

**W**e are looking for Volunteers in this area to visit older people in their homes providing –

- Befriending – to provide a ‘friendly ear’ to share clients’ news and provide day to day support
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- Accompanying clients to appointments, groups or activities – friendly support to help clients attend their regular appointments or to help them begin a new activity in their area
- To run small errands for clients - such as shopping, posting a letter or helping clients with small jobs in the garden or around the home (Please note - volunteers cannot assist clients with cleaning, washing of laundry, changing of beds, general DIY, ironing or personal care)
- To provide assistance with developing clients’ IT Skills or to help them order their groceries via the internet – to help clients keep in touch with family and friends via email or a webcam, to use the internet to find out about what’s going on in their area or about the latest news on their favourite TV programme or to help clients to shop and use the internet safely

To learn more about this service or if you would like to become a volunteer then please contact

Jo Murphy, Good Neighbour Scheme Coordinator  
Age UK East Riding, 16 North Bar Within  
Beverley HU17 8AX Tel. 01482 869181

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\*\*If you call the 0800 number above, you will be contacting your local office; if outside their opening hours you will be directed to Ageas' customers service centre. Age UK Enterprises Limited is a commercial services arm of Age UK (registered charity number 1126267) and donates its net profits to Age UK. Age UK is a registered trademark. The use of the name and logo Age UK is done so under licence agreements between Age UK and Age UK Enterprises Limited. Promoter: Age UK Enterprises Limited (Marketing Department), Linfold House, Ashburton, Newton Abbot TQ13 3 PLP.

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**Wednesday 10th August**

**£105.00 per person**

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## Vegas Night

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**Saturday 10th September**

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**£19.50 per person**

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## 'Blooming Great Tea Party' in aid of Marie Curie Cancer Care in the Zion Church Hall, Saturday 25th June

The Cottingham fundraisers for Marie Curie Cancer Care are holding a 'Blooming Great Tea Party' at the Zion Church Hall, Hallgate, Cottingham on Saturday 25th June from 9.30 - 11.30 am.

There will be live music, a cake stall, tombola and a handcrafted cards stall. Admission is £1 to include a drink and biscuits.

For tickets or more information please ring 849361 or 842991.

## Skidby Fête - Saturday 18th June from 11.00 am to 5.00 pm

The Skidby Fete will take place on the Church Green, between 11.00 am and 5.00 pm. with many events and attractions taking place.

There will be Sales of Mires Beck plants for Gardeners, Home-made and home-grown produce, Lots of games for children and adults, Childrens' plant pot painting and potting up with seeds, Childrens' face painting, SJ Superstars Dance Group (Skidby) to perform, Organ playing and music by our young talented Lewis, the Skidby Recipe Book for sale. Teas. St Michael's Church open to Visitors with a talk on the history of the church. There will also be Cakes for Sale, Tombola prizes and LOTS OF FUN FOR ALL THE FAMILY. Funds to St. Michael's Church and the British Red Cross.



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## Father's Day

### Cake Class for Children

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**Saturday 18th June, 10.00 am to noon  
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*The theme is secret, and only available on request!!*



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## Wills - why use a solicitor?

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

So, what are the advantages of instructing a firm of solicitors and what key things should you look out for?

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

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

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

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

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

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

For further details, please do not hesitate to contact Leanne Labrom or Caroline Hepworth on 01482 325242.

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

## Finn and Jazz

A couple of editions ago I introduced these two horses. Jazz was a pretty little mare who was very frightened of being mounted and set off in a frantic bolt the instant anyone tried. Her fear was profound and deeply held. She turned out to have more tension in the school so we started to play with her in the yard. She felt so safe in the yard with its enclosed walls that this made us stay in there more and more.

She visibly relaxed and eventually came to accept the unacceptable. We were able to get her to stand quietly whilst being mounted, from both sides, and we eventually simply rode out onto the main street and away. Her ears pricked, she relaxed and wanted to be out there.

The next two weeks were then about her having fun being ridden out and working with her owners to give them the time and confidence they needed to be able to take her home as a safe

riding horse. All went well and Jazz accepted them as her new riders with no problems at all....barring initial nerves from the jockey! How hard is it to get back on after the traumas experienced prior. This is where owners have to trust us implicitly....we still control their horses from the ground and they are passengers at first. I think that they feel more like guinea pigs! It is so hard for anyone to face your own personal fears. Remembered pain does not just affect the horse after all. Tarmac is a hard landing strip when you splat from 5 ft up....no argument there!

Anyway, Jazz was fabulous and her owners were brave ....they did it and made it through. Jazz is now home in West Yorkshire and proving to be a bit of a star. They never thought that the day would come when they could take her to a show. A very excited daughter rang me to tell me how they had come home with two first rosettes to boot! Wonderful and heart warming!

### Finn

Finn was the other horse, who had suffered greatly at the hands of several horse dealers. His road with us was a long, steep and rocky one...to which we held no false promise. His fear was all encompassing, his soul was in torment and violence was his answer to survival. His owners worried, we worried and the horse worried. They allowed us the time to turn him round. We thought we had failed on more than one occasion...he was extremely complex. However repetition, patience, bravery on our part and positive reassurance all played the part in his complete rehabilitation. He became so trusting and sure of our care that he came back from the brink.

Again the owners had to face up to the reality of climbing back up there....It was terrifying for them but they did it.

Finn is back home now in Sheffield and is riding out daily all over the place like a real pro! His owners are to be congratulated in keeping the faith and funding his future the way they did. He had a complete mental makeover and is now super confident, even when strangers approach or handle him.

It never ceases to amaze me how horses can come back into the light after so many years in an awful dark emotional hell. Finn is the winner here for he is very special and he humbles me.

*Pictured below is Finn.*



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## Cottingham Cartoonist Ern Shaw artwork to be sold at auction

Cottingham Cartoonist Ern Shaw artwork is to be sold at auction on Saturday 11th June 2011 at Auctioneers - Dee Atkinson & Harrison, The Exchange, Exchange Street, Driffield, East Yorkshire YO25 6LD. Telephone: 01377 253151.

Do not miss this opportunity to buy an original piece of artwork by this very talented artist. Most of the pieces for sale were included in the Ern Shaw exhibition held at The Ferens Art Gallery, Hull in 2010.

The catalogue is available now, with images, at [www.dah-auctions.com](http://www.dah-auctions.com).

Viewing times are: Thursday 9th June 10am-7pm and Friday 10th June 10am-5.00pm. On Saturday the auction day, viewing is from 8.30-9.30am with the sale starting at 9.30am.

## World Tour photographic slide show in aid of Beverley Lions at St. Mary's Parish Hall, Beverley

The Beverley Lions Club have organised a splendid photographic slide show of the world tour by the retired haulage contractor John Cox and Denise Morgan from when they travelled over 106,000 miles and visited 61 different countries in their Toyota 4x4.

This will take place in the St Mary's Parish Hall, Beverley on Thursday 23rd June at 7-30pm for which tickets are £12 each and include a buffet supper and a complimentary glass of wine and can be obtained from Bill Rice on 01482 869937 or by email to [rice67@rice67.karoo.co.uk](mailto:rice67@rice67.karoo.co.uk).



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**Michael Buble** c/o Tom Faulks  
 Friday 23rd September 2011  
**Lady Gaga** c/o Gracie Bowers  
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## Take on the Yorkshire Three Peaks and help raise money for Macmillan Cancer Support

Macmillan Cancer Support is asking walkers to join them on Saturday 9th July 2011 for the Yorkshire Three Peaks Challenge.

Peak three times in 12 hours! This challenge starts in Horton-in-Ribblesdale and scales three mountains. Walkers will climb over 1,600 metres covering 25 miles up Pen-Y-Ghent, followed by Whernside and finishing with Ingleborough. Although this walk is challenging, the sense of achievement whilst crossing the finishing line is wonderfully uplifting. Not only will you gain a fantastic personal challenge, you will also be helping change the lives of those living with cancer.

The walk itself takes in some of the Yorkshire Dales' finest scenery and will be a tremendous achievement for all who take part. The walk is managed and supported by Macmillan staff and a highly experienced team of guides and leaders to help you along the route. Places are limited so, don't delay, register now!

Registration is £15.00 and there is a suggested sponsorship of £191.00 which could fund a Macmillan Nurse for a day.

2011 is Macmillan Cancer Support's centenary. For 100 years Macmillan has been providing medical, emotional, practical and financial support to people affected by cancer. We want to continue to build on our achievements and need the help of supporters to give people the support they so desperately need.

If you would like to take on this challenge, please register on line at [www.macmillan.org.uk/walking](http://www.macmillan.org.uk/walking), alternatively email [y3p@macmillan.org.uk](mailto:y3p@macmillan.org.uk) or call 01925 846740. Groups wanting to register please call this number also. Join us for an amazing experience and help improve the lives of people living with cancer.

*Pictured above is Ingleborough.*

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

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Gino's have not increased their prices despite the increase in VAT in January, so come and enjoy a superb takeaway at really value for money prices.

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.

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.cottingham-times.co.uk](http://www.cottingham-times.co.uk) under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.





# GINO'S

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## Cottingham Lights (West End) Appeal - Please help, we need your financial support

The organising committee of the West End section of Cottingham Lights (from George Street to Memorial Gardens) are trying to raise funds to upgrade the Christmas lights this year. Although the section does receive a grant each year from the Parish Council, this only covers running costs (electricity bill, hire of equipment and very basic maintenance) and does not allow for upgrading or improvements. Each year the section carries out fund raising activities but this is proving more difficult each year.

Committee members and volunteer Nick Russell says "Every year a team of volunteers puts up what is probably the best display of Christmas lights in Yorkshire, along Hallgate and King St. What a lot of people in the village don't realise is that all the work is done by volunteers, who work in all sorts of weather to make sure the display goes on and that it costs a lot of money to maintain and improve the display.

To try and raise funds we are holding a Buffet and Disco at the Back Room ( behind Gillys Balloons ) on Saturday June 18th. Tickets are £20 and we will be holding a raffle on the night as well. Please contact Mike Spivey on 849560 for tickets. The aim is to try and raise at least £800, and then we will be holding a Race Night later in the year. This is just a drop in the ocean though, as we really need around £6,000 to update the lights and the electricity supply this year.

We have also written to all the traders in our section asking for sponsorship or a donation towards the upgrade but without any success. **I CAN'T STRESS ENOUGH HOW IMPORTANT YOUR FINANCIAL SUPPORT IS TO THE CONTINUED SUCCESS OF THE LIGHTS.** Without funds the lights will not be able to continue to the standard we all would like, so please help if you can. Please make any donations to Cottingham Lights (West End) and take them to Hallgate Mens Hairdressers, 223 Hallgate. All contributions will be gratefully received, no matter how much."

**IF YOU WANT THE LIGHTS TO CONTINUE, PLEASE DONATE A.S.A.P!**

## Stalls available for charity organisations at Cottingham's Thursday Market

Stalls are available for Charity and Church Organisations at the Cottingham Thursday Market. Anyone wishing to make use these stalls please telephone 07974 673198 for further details.

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## The Dagger Lane Society raise over £400 for St. Mary's Church, Cottingham

Dagger Lane would like to thank all its members and friends for raising over £400.00 for St Mary's Church in Cottingham at their concert on April the 9th. It was a very successful evening and the tea and homemade cakes we had afterwards went down very well.

Once again, we would like to thank Julian Savory, our out-going musical director, for his dedication, patience and friendship over the last thirty years. However, we would now like to take this opportunity to welcome our new musical director, Heidi Reichel.

If you have been inspired by programmes such as Glee and Last Choir Standing and if you enjoy singing, come and join us at the Unitarian Church, Park Street in Hull on Monday evenings.

For more details contact Helen on 01482 891737 or email [helen.beet@hotmail.co.uk](mailto:helen.beet@hotmail.co.uk) or find us on facebook.

## Anglo-Saxon Fun! Skidby Windmill, Friday 3rd June, 10.30 am - 12.30 pm

Children can come along and create their own Anglo-Saxon 'bling', make their own pottery urn and tunic necklace, as well as other fun activities. And they will even get their own Anglo-Saxon 'silver' coin - struck by our resident Moneyer - to take home too. The workshop is suitable for children aged seven to 11 - children under eight must be accompanied by an adult.

The fee for the workshop, including all materials and admission to the mill, is £6 per child (free for accompanying adults).

To book, please ring the museum service booking line on (01482) 392706/392699, or book online at [www.east-riding.gov.uk/events](http://www.east-riding.gov.uk/events).



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**Below: Answer to Sudoku problem  
No. 53 from the May issue.**

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

## News from Cottingham Little Theatre

### "A SUMMER DOUBLE BILL"

**WEDNESDAY, THURSDAY AND  
SATURDAY, 6, 7 AND 9 JULY, 2011**

**R**ehearsals for our July production are now well underway, with one group of actors rehearsing on Tuesdays and the other group rehearsing on Wednesdays and Thursdays (for different plays).

The first half will be "The Cagebirds", an allegorical play by David Campton and it will be directed by Lynda Danby.

Come along and listen to "The Constant Twittering" or watch the antics of "The Mirror-eyed Gazer". See what happens when "The Wild One" is introduced into the cage. Intrigued, then be sure to book your tickets early.

Then in the second half Gerry Wilson will direct "The Real Inspector Hound", a spoof whodunit/murder/mystery by Tom Stoppard, one of the group of "angry young men" who wrote plays to reflect their disenchantment with the same old dramas and mystery productions of the 1950's and early 1960's. "The Real Inspector Hound came as a breath of fresh air whodunit drama" says Gerry, "to be honest, on my first reading, I didn't find out until the last page. See if you can do any better" he adds.

Tickets will be at the usual prices of £6.00 for adults and £5.00 for concessions and they will be available from early June. As usual, seats are unreserved, except for Patrons of the "Friends of Cottingham Little Theatre" scheme. Have you considered the benefits of becoming a "Friend"? For more information, please ring Bob or Kaye on tel. No. 01482 842270.

#### SOCIAL EVENTS

Our Annual Spring Dinner was held on Friday 27 May at Kavanaghs Restaurant in Beverley when members, friends and guests enjoyed a convivial evening with good food and company.

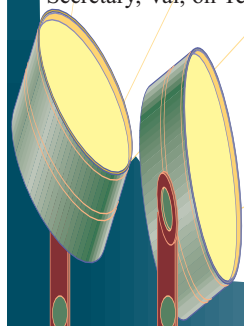
The next social event is our annual visit to Ladies Day at Beverley on Wednesday 10 August.

#### PLAY READINGS

Our monthly Play Readings, which are open evenings for anyone who wishes to come along and either take part or just listen, or to find out more about us, are held in The Old Brewery Bar of the King Billy Inn, Hallgate, Cottingham and they start at 7.30 pm. Because of our July production, our next one will be held in September. If you would like to know more, give Margaret a ring on 01482 846796.

#### NEW MEMBERS AND FRIENDS

If you fancy joining us, either as a Member or as a Friend, and would like to help us as we move towards our 100th Anniversary, please have a look at our website [www.cot-ting-hamlittle-theatre.co.uk](http://www.cot-ting-hamlittle-theatre.co.uk) where you can find out lots more about us. Or e-mail us at [clt1920@hotmail.co.uk](mailto:clt1920@hotmail.co.uk) or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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## East Riding Youth Dance begins its 6th year of funded dance classes

**E**RYD is starting its 6th year this week with the help of ERYC funding. The classes which are run in 6 destinations throughout the county including Beverley and Hessle usually attracts in excess of 150 young people of mixed abilities.

Jodie Turton is again the Artist for our 2 Beverley groups which run on a Tuesday evening at Minster Primary School, while Gemma Barker will be taking the Hessle groups at The town Hall on a Thursday evening. Admission is £30.00 plus £1.50 pp per term of 10 sessions with a platform at the Spa at the end of term.

For further information contact Michelle McCoy, Project Support Worker, East Riding Youth Dance on 01482 392653.

*Above: The older Beverley group at the last platform in April.*

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## Runners Wanted - For BUPA Great North Run!

If you have missed out on a place in this year's BUPA Great North Run, rest assured it isn't too late to take part!

Local charity HERIB has guaranteed places available for runners who will commit to raising a minimum of £200 to support their work with people with sight loss in Hull and the East Riding.

The BUPA Great North Run takes place on Sunday 18th September 2011 and HERIB is hoping to have ten runners taking part raising more than £2,000 in total.

Angela Gregory, Marketing Manager at HERIB says: "The BUPA Great North Run is always a fantastic event with a wonderful atmosphere. It's not too late to take part, challenge yourself and make a difference to local people with sight loss."

If you are interested in running for HERIB please call Angela Gregory on 01482 342297 or email [angelag@herib.co.uk](mailto:angelag@herib.co.uk).

For more information about HERIB and its services please call 01482 342297 or visit: [www.herib.co.uk](http://www.herib.co.uk).

## Cottingham-based artists work on display at the Beverley Art Gallery

Beverley Art Gallery is delighted to be exhibiting the work of well-known Cottingham based artists Barry and Jill Carter this summer. BEING THERE – Paintings and Drawings by Barry and Jill Carter opened on 28th May and runs until 16th July.

Barry and Jill have exhibited widely in the North of England for many years in both solo and group shows. Being There brings together recent works inspired by the places and spaces that are close to their hearts.

Barry is inspired by coastal locations, especially Bridlington, Flamborough and Staithes. The inland waterways and boatyards of North Lincolnshire are also favourite locations. Jill favours domestic interiors - the 'unremarkable' corners of the Edwardian house in Cottingham she has lived in for 40 years - or the East Riding pubs and music venues where jazz musicians perform.

The Gallery is situated in the Treasure House building on Champney road, a five minute walk from the town centre.

For more information call 01482 392780. We are open Monday, Wednesday, Friday 9.30am to 5pm; Tuesday and Thursday 9.30am to 8pm; Saturday 9am to 4pm. Admission is Free.

**MyelomaUK**

**Myeloma Awareness Week**

**21 – 28 June 2011**

Myeloma Awareness Week, now in its 13th year, continues to go from strength to strength. The week focuses on raising awareness of Myeloma in the political, medical and media communities as well as raising awareness through fundraising.

For this Myeloma Awareness Week we are asking supporters to take part in our Orange Bake-a-thon.

By baking and selling as many orange cakes as you can during the week to family, friends, neighbours, colleagues and local businesses, you can help us raise awareness and funds. Myeloma UK will provide all the details you need, including some simple orange cake recipes.

To register for the Orange Bake-a-thon, or for more information about Myeloma Awareness Week 2011, contact us on +44 (0) 131 557 3332 or email [awareness@myeloma.org.uk](mailto:awareness@myeloma.org.uk)

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# Property News from Martin English of Homelink



## Landlords need a will

I must be getting old. Writing a will. Damn does this mean it's all about death and senility. Well not exactly. I've never thought about what happens to my properties should I shuffle pass away. I won't be around so somebody else's problem! However, as a result of my taking stock of my young family and recent marriage, it's an inevitable part of taking up your responsibilities and making sure that you protect the interests of those closest to you.

### Landlords not making a will

Firstly, if you have never made a will, you are not alone. Approximately 7 out of 10 people die intestate without making a will. The result is that the estate is divided between a landlord's spouse and their blood relatives according to the laws laid out by Parliament. Where there are no traceable relatives the estate goes to the crown.

### Why make a will?

Many landlords don't consider themselves rich, because they may feel relatively cash poor. However they are often asset rich which can make them quite a target for 'gold diggers'. You may not be aware that in 1995 the government passed a new measure called the Law Reform Succession Act 1995. This amended the 1975 Inheritance Act which meant that the vast majority of couples living outside wedlock can now seek financial provisions from the estate of a deceased cohabitee. A landlord's ex and their children can still make a claim. This situation potentially makes it open season if a landlord dies suddenly without making a written will.

The result is a potentially a contested will where the only winners are the solicitors!

What you should include in your will:

Things that you should consider including in your will are:

- \* how much money and what property and possessions a landlord has.
- \* who a landlord wants to benefit from their will.
- \* who should look after any children under 18 years of age.
- \* who is going to sort out a landlord's estate and carry out a landlord's wishes after their death - that is your executor.

An executor is the person with the legal responsibility for administering a will. Traditionally it has been a solicitor although anybody can be appointed in the will to do it.

A word of caution. Professionalism doesn't mean financially disinterested! Professional executors are entitled to charge fees relating to the value of the estate, typically 2-4%. Now that might equate to a couple of thousand on a small estate but could easily become a couple of hundred thousand where a landlord has a large portfolio. Where a landlord dies intestate the administration of the estate could run into years or even decades before disputes between the interested parties are resolved resulting in the executors pocketing a small fortune over the years. My advice would be to include a cap on the executors fees in your will.

### Where should landlords go to get a will written?

A lot of people still go to a solicitor to get their will written. A solicitor will normally charge a landlord between £50 - £300 for writing a will depending on the complexity and time taken to draft it, if you decide to go down this route. Normal landlord rules apply. That's shop around to get the best deal.

*In fact one in every five of us actually writes our own will.*

If you decide to go down the non-custom route, there are numerous legal stationers that produce packs instructing a landlord how to go about writing a will.

The other alternative a landlord has is to use one of the burgeoning number of websites that provides an online template for landlords to write their will. Those websites charge slightly more than buying a stationary pack but have the advantage of providing online or telephone support to guide a landlord through the process of writing one.

### Should a landlord write their will themselves?

I don't profess to be an expert on wills and stop short of recommending a method of drawing up your will, however if your finances are simple then you may feel there is no reason to employ a solicitor.

The consumer association Which? says you should certainly use a solicitor if you have:

- \* a complicated estate or the way you wish to pass it on is very detailed.
- \* remarried and have children from a previous marriage
- \* assets outside the UK
- \* a business
- \* assets in excess of the inheritance tax threshold
- \* someone with mental or physical disabilities to look after.

### And finally

Once you have made your will, it is important to keep it in a safe place. Not so safe that you forget where it is! Therefore it's always a good idea to tell your executor or a close friend or relative. If you use a solicitor to write your will they will normally keep the original and send you a copy.

Once the will is made you need to keep it up to date. As your portfolio hopefully grows you might want to change or expand your generosity. Things happen like divorce, children etc, so remember to keep it current and up to date. Any change must be by 'codicil' (an addition, amendment or supplement to a will) or by making a new will.

### And finally after all that.....remember to sign it.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at [menglish@home-link.co.uk](mailto:menglish@home-link.co.uk) 01482 875248 or contact through *Cottingham Times* directly.

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### Cottingham

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### Cottingham

#### Three Bedroom Semi-Detached House

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- Two Bathrooms
- Large Kitchen
- Two Reception Rooms
- Garage & Driveway
- Gardens
- Gas Central Heating
- Double Glazing



£750 pcm

### Hull

#### Three Bedroom Semi-Detached House

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- Double Glazing



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

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

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

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

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

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

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

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

## Problems and Diseases commonly treated by TCM

### Dermatological:

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



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### Crossword Solution from page 14

1	P	R	O	P	O	S	I	T	I	O	N	I	N	G		
9	A	E	A			R	P	N	A							
10	B	A	C	O	N		P	L	A	C	E	M	E	N	T	
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14	S	H	E	D	S			H	E	A	V	I	N	E	S	S
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## Keep Your Summer Glow for longer with Aloe Vera

It is the season when everyone wants their skin to turn to a bronze colour that makes them look like a real beach baby! While a tan is not the healthiest thing for your skin, if you are someone who is addicted to tanning, then to play it as safe as possible and to ensure a longer lasting tan, you need to stock your bathroom shelf with a plentiful supply of Aloe Vera.

Look for a commercial brand that contains authentic ingredients and not a lot of fillers.

If you use aloe vera after the tanning process, and use it to condition and replenish moisture in your skin afterward, your tan will last longer than ever before. You will be surprised and pleased at the results you end up with!

Many people are unaware of what a tan really is and why it occurs. A tan is the result of the production of melanin in the skin. It is the body's way of protecting itself from developing a sunburn and subsequent skin damage. A sunburn occurs when the skin has been excessively exposed to the sun and has not been protected by a sunblock with a high enough SPF (sun protection factor). Look for a wide spectrum sunblock that protects you from both the UVA rays as well as the UVB rays. A SPF of 30 or higher is a wiser choice. A sunburn destroys cells in the outer layer of the skin and over time this can lead to permanent cell damage and the potential for skin cancer.

It is a common misconception that sun tans will only occur after the skin has been burned. This is not correct and it can be a harmful assumption to make for your health. Many individuals also incorrectly assume that if they wear sunscreen they will not tan. If you wear the right type of sunscreen you can still get a nice golden look to your skin minus the pain and discomfort of sunburn.

### The Soothing and Replenishing Side of Aloe Vera:

It is always a good practice to apply a special after sun lotion to your skin following sun exposure. The most important ingredient that the after sun lotion or moisturizer needs to have in it is aloe vera. There are many on the market. If you apply it after you come in from the sun, you will be replenishing the vitamins and minerals that your skin needs and this in turn helps you to retain the golden brown look you are aiming for.

Aloe Vera encourages the skin to heal and it provides the after-sun care that helps your skin to look and feel its best. Aloe Vera calms and heals skin and it goes to work fast to make sure that your skin has not been damaged by the sun's rays.

Even if your skin turns a slightly darker shade of pink from being out in the sun, but is not burnt, aloe vera gel can be of assistance as it is very cooling and soothing to sun sensitive skin. Some people, and in particular those who are blonde and blue eyed, burn very easily and therefore need sunblock the most. They also need to use aloe vera when they tan on a regular basis.

Bear in mind that aloe vera is a healing agent for the skin and can help a tan last as long as possible. Apply aloe vera gel or lotion to your tan every day for optimum effects. This paves the road to a healthy tan.

*N.B. If you are taking any other medication, or are suffering from a medical condition, and/or are at all concerned about any of the advice or ingredients, consult your doctor before using.*



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