

Cottingham Times

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Issue 139 - June 2013

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THE COTTINGHAM TIMES

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In Cottingham and District

St. Mary's Church, Cottingham

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

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

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

Tuesdays and Fridays 10.00 am 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.

Hull and East Riding New Stitches (HENS)

We are a friendly and informal group of embroiders, who meet once a month at the Endsleigh Centre, Beverley Road, Hull at 7.15 pm. This month's meeting is a practical session entitled "Brambles on Cords". Visitors and new members welcome. Contact Nora 01482 854618 or Brenda 01482 708525.

Front cover picture: A view down South Street. Photo by: John Dewing, 6A Queens Close, Cottingham. Telephone: 01482 847140.

AgeUK East Riding

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 other services available. 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 Jon Constable, Club Secretary, telephone 07785 347742, or visit our website www.cottinghamrangers.co.uk.

Zion United Reformed Church, Hallgate

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

Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

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Fitmums & Friends Run, Walk & Buggy Burn Club

The club meets at Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.45am (term time only) and at KGV Pavillion, Cottingham: Wednesdays 7.00 pm; Fridays 6.15 pm & Buggy Burn Thursday 10.00 am. Suitable for men & women of all abilities. www.fitmums.org.uk

Cottingham Bridge Club

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

The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. From 2013 the club will be running four Saturday sides, a Midweek evening league team, an U18 side on Sundays and teams at Under 9, 11, 13, 15 and 17 as well as an all girls team. Training starts in January with Indoor Nets at the new Thomas Ferens Academy for all age groups on a Tuesday evening and at Cottingham High School on Saturday mornings. For more information please contact Rob Rhodes on 842215.

Calligraphy, Quilling and Folk Art classes

Held during term times in Swanland on Wednesday afternoons; in Woodmansey on Thursday evenings and in Hessle on Friday mornings. Contact Jane Jenkins 01482 843721 for details.

Cottingham Methodist Church Hall

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

Hull Alpha Probus Club

The Hull Alpha Probus Club will be meeting at the Pearson Park hotel in Hull on the following dates:-

6th June - Coffee morning

20th June - Lunch

Lunches are from 12.00 p.m. onwards and are followed by a talk from a guest speaker. Coffee mornings are from 10.15 a.m. onwards. If you are retired, live in and around Cottingham and would like to meet new friends, please contact the Club Chairman on 01964 624238 for more information.

Yorkshire Countrywomen's Association (Skidby Branch)

Thursday 6th June - Make a Wish - Mrs. Macmillan. Meetings held in the village hall Skidby on the 1st Thursday in the Month at 7.30 pm.

Little Weighton Village Hall

Thursday 6th June - The Return of the Bad Apple Theatre Company, they are performing "Lights Out, Land Girls", a sequel to 'Land Girls'. World War II is over and the Land Girls are leaving. Tickets £8.50; Box Office 844171 or from the village shop.

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www.cottinghamtimes.co.uk - June 5

Continued from page five

Yorkshire Countrywomen's Association (Dunswell Branch)

Thursday 6th June - Anne Mason will talk about Lavender and its uses. The Association meets on the first Thursday of each month.

East Yorkshire Embroidery Society

Saturday 8th June - Julia Soames - A Stitch in Time - History in the making. In the Darby & Joan at 2.30 pm. Memberships Fees £8 per annum. Meeting fees: Members £1.50; Visitors £2.50.

**The British Sugarcraft Guild
(Hull and Holderness Branch)**

Saturday 8th June - Sugar Craft North Region - Two exhibition pavilions, Harrogate Showground.

Hull Bach Choir

Saturday 8th June - Present Mozart: Mass in C Major K337 and Beethoven: Elegy Op118, at the Banqueting Hall, The Guildhall, HU1 2AA, at 7.30 pm. Tickets at the door Adult £13.00; Students £5.00. Accompanied school-aged children £1.00.

Cottingham Catholic Women's League

Monday 10th June, Liz Shepherd - A talk on the history and work of the Carnegie Heritage Centre, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 11th June - Lowna Dairy - Tom Wallis. Competition: Three Cheese Scones, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Church Photography Club

Tuesday 11th June, 7.30 pm.

Saturday 22nd June - 10.00 to 12 noon, practical workshop for beginners.

Tuesday 25th June - 6.30 pm Outdoor visit, bring your camera; (7.30 pm at Church if wet).

Cottingham Ladies Circle

Wednesday 12th June - A Day Outing.

Cottingham Green Women's Institute Evenings

Thursday 13th June, East Riding Recycling Team. Competition: A thing I can't throw away, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 13th June - Sheila Dixon - The Titanic, at 2.00 pm in the hall at the Darby Joan Hall, Finkle Street, Cottingham.

Beverley Film Society

Friday 14th June - A Useful Life (2010) Director - Federico Veiroj, Cert (PG), Uruguay/Spain, Drama. A projectionist adjusts to a new life after the cinema is forced to shut down. Made in black-and-white, this is an eccentric docu-fictional study of a crumbling cinema in Montevideo. All films start at 7.30pm on the 2nd FRIDAY of the month, (except December). Screenings are in the Masonic Hall, Trinity Lane, Beverley.

Cottingham Evening Townswomen's Guild

Wednesday 19th June - Iris Newbald - The Land Army, at 7.30 pm in the Darby & Joan, Finkle Street.

Friends of Thwaite Gardens

Thursday 20th June - Midsummer Open Evening from 6.00 pm to 9.00 pm.



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Cottingham Parish Council



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 Ann Abel
Deputy Chairman:	Cllr Kevin Casson
Allotments Committee:	Cllrs Abel, Hardwick, Jump and Minors (one vacancy)
Cottingham Day Committee:	Cllrs Abel, Kind, Knight and Wright
Neighbourhood Plan Steering Group:	Cllrs Casson, Cooper, Harness, Jump, Kind, Knight and Minors
Drainage Working Party:	Cllrs Casson, Hardwick, Jump, Knight and Minors
CCTV Working Group:	Cllrs Abel, Cooper and Wright
Emergency Plan Working Party:	Cllrs Abel, Casson, Cooper, Harness, McLaren, Minors and Wright
Council Against Car Parking Charges Group:	Cllrs: Hardwick, Harness, Jump, Kind, Minors and Wright
WWI Project Working Gp:	Cllrs Hardwick, Harness, Kind, Knight and Minors
Cottingham Wild Space Gp:	Cllrs Wright (one vacancy)
KGV Friends Group:	Cllr Cooper
Cottingham KGV Community Trust:	Cllr McLaren
YCCRP:	Cllr Knight
ERNLLCA representatives:	Cllr Knight and Wright
Haltemprice Flood Action Group:	Cllr Knight
Humber Estuary Management Partnership:	Cllr Jump
Darby & Joan Building Trust:	Cllrs Jump and Minors
Cottingham and District Traders:	Cllr Minors

Cottingham Day – Saturday July 6th 2013

Preparations are well in hand for Cottingham Day 2013. Last year the day started with fog but we ended up with wall-to-wall sunshine which brought in a record number of visitors.

We've tried to introduce new attractions and organizations alongside many of the old favourites and hope everyone will find something to enjoy. Our programme is enclosed with this edition of Cottingham Times.

You can listen to music, play golf or climb one of the two walls on the Green. You can admire the birds, or let your young ones paint a plate in the Memorial Gardens. Younger members should find plenty to do on Grandad's Park or on the Green and for dog owners there is the annual Dog Show. There's an opportunity to buy early Christmas presents in the Civic Hall, the Methodist Church and the Darby and Joan Hall.

There's plenty to look at – an Exhibition in St Mary's Church, Classic Cars down Hallgate and stalls everywhere! Or, of course you could sit and enjoy a coffee or have a meal at one of the many outlets.

On the Market Green the Stage is being managed by Africa Studios who are bringing a number of performers, some of whom have been before with music to satisfy the most eclectic of tastes. Included in the line-up are Soul Patrol and The Hillbilly Troupe along with Hot Gospel who sang recently at KC Stadium during the derby match between Hull FC and Hull KR.

We are also pleased that we are able to close part of King Street, as last year, which makes moving around much safer. EYMS have been very supportive and the changes in Bus Routes are listed below and will appear in full on the back of the Cottingham Day programme which will be available both before and during the day itself.

CHANGES TO BUS SERVICES FROM 11am to 6pm

Service 60

Normal route to New Village Road, then continue along Northgate, West End Road, Baynard Avenue, Southwood Road and The Parkway. Return via outward route reversed.

Service 60A

Normal route to Beck Bank, Hallgate, then right into King Street, Northgate, West End Road, Baynard Avenue, Southwood Road and The Parkway. Return via outward route reversed.

Service 64

Normal route to Newgate Street, then South Street, Baynard Avenue, West End Road, Eppleworth Road and normal route to Castle Hill Hospital. Return via outward route reversed.

Service 105

Normal route to Newgate Street, then South Street, Baynard Avenue and West End Road to The Lawns. Return via outward route reversed.

Service 115

Normal route to Newgate Street, then South Street, Southwood Road, The Parkway, Burton Road and normal route to Castle Hill Hospital. Return via outward route reversed.

Service 180

Normal route to Harland Way, then West End Road, Baynard Avenue, Southwood Road, The Parkway, Burton Road and normal route to Hessle. Return via outward route reversed.

All bus stops along the line of routes will be in use, even if the bus stop is not on the usual route of a particular service.

There will be a temporary taxi rank in Finkle Street, opposite the Post Office.

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Getting on-line using different browsers and some useful and handy hints to make surfing pleasureable

“I can’t get online” Some of the most frequent calls I receive are through loss of internet connection. Here are a few tips to help you. If you get the dreaded ‘page cannot be displayed’ message, and you’re using Internet Explorer (the big blue e), first try another browser if you have one on your computer, like Google Chrome or Firefox. If you get online then you know it is not your internet connection that’s down, just Internet Explorer playing up, which is not unusual. If that doesn’t work, look at your router to make sure its switched on, and then check the light marked ‘DSL’ or ADSL’ is green. This signifies the signal coming in from your internet provider, Karoo in this area. If no light or flashing, turn off your router, leave it a few minutes, then switch back on and try again. If you are on a wireless connection and you have tried the above, then disconnect from your wireless network and re-connect with the password if necessary.

Shopping online is a big part of many people’s computer experience. Supermarkets offer ‘you shop, we drop’, and other stores offer very successful ‘click n collect’ services. But experienced shoppers with a more blasé attitude can sometimes let their guard down after a few glasses of wine when buying or selling online, and this a phenomenon known as ‘hic n click!’

Windows 8 is to receive a major update probably in late summer. Originally codenamed *Windows Blue* which some thought was going to be yet another version, it turns out it is to be a *Service Pack*, adding more touch features etc. Rumours abound that Microsoft are being pressured to bring back the Start button to Windows 8, but I can’t see that happening.

Windows XP reaches ‘end of life’ in April 2014. I’ve mentioned this a couple of times now, and many customers have decided to go for a new computer now, whilst Windows 7 is still available. For further advice just give me a call.

‘Please press one to continue...’ don’t you just hate those call centre menus. Now a retired IT manager has set up a website listing quick ways to work through those annoying menus. After much research he discovered over 12,000 call centre phone menu options, and has set up a website called: www.pleasepress1.com/

Yahoo email hacking has been going on for some time now, mostly being carried out in the USA but affecting users worldwide. Now news has broken of a major hack of Yahoo in Japan, with around 22 million user names being stolen. So watch out for more of those junk emails.

Want to try a different and independent way of searching the internet? Try *Duck Duck Go* (yes really!). duckduckgo.com

The IT industry is full of techno-babble, that we all take for granted, so here is an explanation of some of those everyday terms:

Web browser: a piece of software used to get you online and navigate the web. i.e. Internet Explorer, Chrome, Firefox, Safari etc. As mentioned earlier it is always a good idea to have more than one on your computer. They are all free to use, you just download and install.

Email client: This is a program that is installed on your computer and is designed to send and receive emails. i.e. Outlook, Outlook Express, Windows Live Mail, Incredimail etc.

Search engine: online software used to scour the internet and find what you are looking for. Examples include *Google*, *Ask*, *Bing*, etc.

What is ‘pop-based’ email? Karoo uses the pop system, known in full as ‘Post Office Protocol. It delivers mail directly to your computer, and sends it out via a mailbox system.

What is Gmail? Gmail is Google’s own email service. It is web-based so used widely on mobile phones, tablets and other devices as well as on computers.

What is RAM? Random access memory, used to speed up your computer. It does not store anything, it is only used help the processor work faster. So the more your computer has the better!

Q: I use Windows 8, how can I get my Karoo account to work?

A: Download Windows Live Mail from Microsoft Windows Live Essentials.

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

Find the words in the letters above:

Accent, Bass, Beat, Cadence, Chord, Chromatic, Clef,
 Counterpoint, Crescendo, Diatonic, Flat, Harmony, Interval,
 Key, Keynote, Ledger Line, Major, Measure, Melody, Minim,
 Minor, Modulation, Natural, Notation, Note, Octave, Pitch,
 Quaver, Rest, Rhythm, Scale, Semibreve, Sharp, Staff, Tempo,
 Theme, Tone, Tonic, Treble, Triad, Tune.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 78

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

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

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2013 celebrating our **20TH** ANNIVERSARY OF BUSINESS.

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Well here I am again it's update time once more! We have had an exciting May. Our tour to Fort William & the Jacobite Express was simply stunning in the sunshine - blue sky, snow capped mountains and thundering waterfalls. Who would have guessed we were still in the UK.

We have a very special coach joined sister company Euro Cruising's fleet - watch out for the purple Mercedes, you may even find me behind the wheel. You will be amazed at the comfort around you. Having just 32 luxury seats, many of our tours now only have a handful of seats for sale ~ anyway time to crack on.....

Cruising from Hull aboard the Discovery for 2014 is still on the offer of the first person pays the early booking price and the second sharing goes for just half!

This is a fabulous offer, extended until the end of June - cabins are selling fast!

Fred Olsen - we have super late offers for this year sailing from the UK with no flying. Early booking offers for next year are good too, with all inclusive drinks for £6.99; great if you enjoy a G&T and a glass of wine or two! Ask about the new longer itineraries to the Black Sea and USA, not forgetting full or part world cruises.

Egypt - Nile cruises continue to offer excellent value for money and at least you can guarantee your sunshine in this destination. A quality ship, full board and all excursions from around £699 per person.

Madeira - if you don't like it too hot in the summer and need to get away in August, this is a perfect destination - flying from Humberside for 7 nights on 22nd July with a good selection of hotels to suit all budgets from £499.

Warner's holidays just for adults. If you are not wishing to travel far and looking for a quality break; we can book any date for you but we do have a selection of special departures inclusive of travel to your hotel.

River cruising this year is heavily sold. Every day we are searching for availability. On our own special Meuse cruise we have just 2 cabins left. This cruise includes wine, beer and soft drinks with meals - you have a selection of wines to choose from and they just give you the bottle. When its empty you simply choose another!

Departs 15 September via P&O North Sea Ferries, 8 days from just £895.

2014 - our special port rich Rhine cruise. Cruising in the morning; the afternoon and evening is spent in port! Very unusual: we only have 1 superior cabin left; book your cabin now - no flying, via P&O North Sea Ferries (Eurostar also possible).

Hamburg 2013 - the 10 year international garden show is now in full swing. Only a stones throw from the city centre, this is very different to last years Floriade. We have a super departure on 10th August, taking in the Hanseatic port of Lubeck too! Only £459 for 7 days half board.

Thursford Christmas Spectacular - all our 5 departures have limited availability.

India - sunshine in November, see wonderful sights and enjoy a special cultural & wildlife experience whilst you are able to relax and enjoy the most soothing of spa therapies. Why not join me? Return inspired and rejuvenated ready for the winter!

Date for your diary- enjoy either lunch or dinner at our charity event - Tuesday 24th September, register your interest and you will find out more.

Our superb Ireland tour departs 23 June this year, not to be repeated, don't miss out on this treat; ring about joining me today only 6 seats left on our super new coach!

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22 Jul	Alvaston Hall - 5 days half board special	£ 259
29 Jul	Warner's Nidd Hall 4 nights half board	£ 285
01 Aug	Chatsworth House & Gardens for the day	£ 39
10 Aug	Hamburg & Lubeck 6 days half board Optional International Garden Show	£ 459
19 Aug	Edinburgh Tattoo & Zoo 3days B&B	£ 269
26 Aug	Rhine & Moselle land tour 10 days	£ 859
15 Sep	Meuse River Cruise 8 days	£ 895
04 Oct	Blackpool Tower Tea Dance & Lights 2 days	£ 95
08 Oct	Settle to Carlisle just for the day	£ 55
11 Oct	St Albans & Windsor 2 nights half board	£ 129
16 Oct	Wicked Matinee & afternoon tea Manchester	£ 85
21 Oct	Warner's Littlecote 4 nights half board	£ 294
22 Nov	Thursford Xmas Spectacular 3 day	£ 229
2 days!	Thursford - 26 28, 30 Nov & 12 Dec	£ 149
05 Dec	Putting on the Ritz - 2 days half board	£ 85
11 Dec	Chatsworth at Christmas - just for the day	£ 39
13 Dec	Antwerp & Christmas Market weekend	£ 179
12 Jan	Potters World Bowls 2 nights Full board	£ 189
14 Jan	Potters World Bowls special 3 nights	£ 269
24 Jan	London sights & shopping 2 nights HB	£ 129
30 Jan	World of Rhubarb & a 3 course lunch	£ 45
03 Feb	Torquay - the Gleneagles Full board & Bar*	£ 249
04 Apr	Cornwall Flower Show & Gardens 5 nights	£ 399
11 May	Castle of Mey & Orkney 6 nights HB	£ 649
07 Jun	Rhine Cruise - super itinerary 9 nights No night sailing and lots of time in port.	£ 989
22 Jun	Eastbourne 6 nights half board	£ 399
05 Sep	Rhine to Switzerland All inc. cruise 10 nights	£1549

Many more tours and day outings awaiting confirmation - join our mailing list today!

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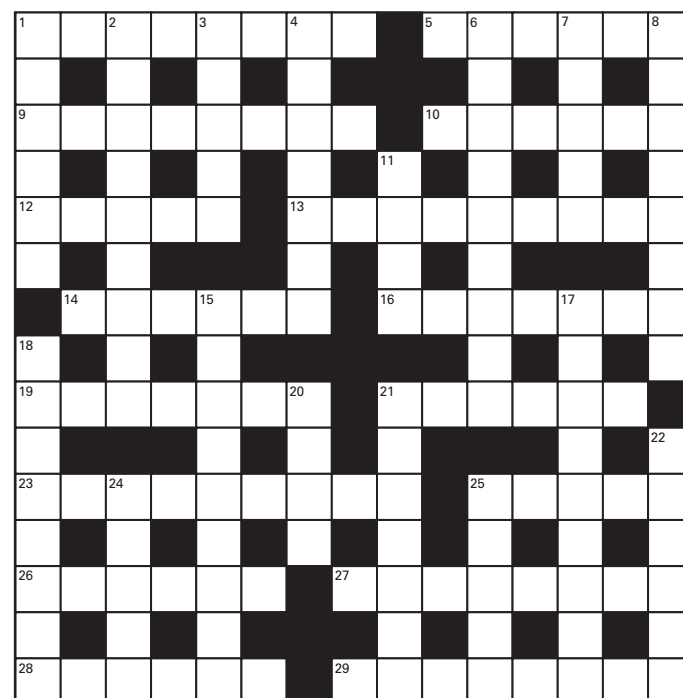
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Crossword – Solution on page 46



Across

1. Law enforcement assistants (8)
5. Evaluate (6)
9. Dimmed (8)
10. Coiffure (6)
12. Draw out (5)
13. Hindrances (9)
14. Main course (6)
16. Saviour (7)
19. When the moon blocks all sunlight (7)
21. Expel (6)
23. Bizarre (9)
25. Forest god (5)
26. An introductory section to a story (2 words) (6)
27. Found on roofs (8)
28. Harm to property (6)
29. Baffle (8)

Down

1. Avoid (6)
2. Employees (9)
3. Not those (5)
4. Something very ugly (7)
6. Swordsman (9)
7. Enlist (5)
8. Financial supporters (8)
11. Utilizer (4)
15. Atoning (9)
17. Fazed (9)
18. Revolted (8)
20. Beige (4)
21. Excavator (7)
22. Found on most pencils (6)
24. Assertion (5)
25. The mountain of the Ten Commandments (5)

Crossword courtesy of www.crosswordpalace.com
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Report by Carl Bevan on his trip to the Everest Base Camp for Cancer Research - Part Two

Day 8 was the hardest day to date with a long slog up to Lobuche. There had been quite a lot of snow overnight and we had a few tricky paths to negotiate. As ever the scenery was breathtaking and I spent far too much time staring at the mountains rather than watching where I was going, rude not too!

Day 9 The big day! Today all 30 of the team slogged it to Everest Base Camp. I grew up reading about Chris Bonington and Doug Scott's trips to the Himalaya and was overcome with emotion when I made it to base camp. It is a soulless unforgiving place. All I could think of was how the hell do these guys spend weeks here. Tough people and my respect for any climber who makes it to the top could not be higher. I was not sure that seeing Everest would make me want to come back one day and get to the roof of the world.

Seeing it in the flesh, I have realised that I am far too much of a coward for that. I was at peace with reaching base camp - my destiny! A number of the group headed into the glacier and came back full of enthusiasm and intrigue with this magical natural phenomena. I should have gone but all I could do was think of my friend - the reason I was here. We headed back to Gorak Shep where we stayed for the night ahead of our 2nd objective, Kala Patthar and the magical views to Everest and the surrounding giants!

Day 10 Whilst all 30 of us got to base camp, the night at 5190 metres took its toll and eight of the group decided that Kala Patthar was a walk too far! The rest of the group very slowly made it to Kala Patthar and were rewarded for their efforts with stunning views.

We spent the next four days retracing our steps and morale was high as the prospect of reduced altitude effects and beer was forthcoming.

I think we had forgotten how demanding some parts of the walk were as I made a note in my diary that the day back from Pangboche to Namche Bazaar was "the hardest day of the trek!". Thank god for yak steak and the Irish Bar! We had a great night celebrating and I have great memories of singing Mumford & Sons at full blast and playing countless games of pool! Namche Bazaar - awesome place!!

We enjoyed ourselves far too much again in Lukla and then had two brilliant days in Kathmandu with a celebratory nine course meal in a luxury hotel in fancy dress!

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I can honestly say on reflection that the whole trip was immense from start to finish and I would go back tomorrow! The food and accommodation was way above what I would have expected and the memories will last forever.

To be in the world's greatest mountains has been a dream for as long as I can remember and the whole experience was magnificent.

A massive thank you to all involved at 360 including the Nepalese support team! A trip of a lifetime!

I am also hugely grateful to all from Skidby and surrounding villages who have supported race nights, quiz nights, raffles! You helped me raise over £4000!!

Time to start planning the next one! That will be back to Africa and Mount Kenya!

Namaste!! Carl



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In the Kitchen



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 grease-proof 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.





The WI's "Bit of a Do" proves very popular!

The event celebrated and showcased the many opportunities available to members of the Women's Institute. Members from the local area were kept busy throughout the event answering questions and discussing their calendars of events with potential new members.

The stand showing members' handicrafts attracted lots of interest and the cake stall was very popular as always. Lovely homemade biscuits and refreshments were served allowing guests time to relax, chat and find out more about the WI.

Thank you to all WI members who helped at the event, baked the buns and cakes and provided the beautiful handicrafts for display. It certainly was a successful "Bit of a Do"!

For further information about the WI in the local area, please contact 01482 860626 or email eyfwi@eyfwi.karoo.co.uk



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Diabetes UK

Diabetics EX
Thursday 20th June - Professor Cleland (Cardiologist), Meetings held in the Boardroom, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 pm - 9.00 pm. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 01430 422064 for further information.

Mveloma UK

Three fundraising events have been arranged during Myeloma Awareness Week (21-28 June) from 10.00 to 4.00 pm
Saturday 22nd June - Outside the Co-operative in Cottingham.
Wednesday 26th June - In the Queen's Centre at Castle Hill Hospital
Saturday/Sunday 29th and 30th June - At Beverley Garden Centre, Woodmansey

East Riding Flower Club

Monday 24th June - Presents the Art of Atmosphere - Floral demonstration by Jonathan Moseley (National Demonstrator). In the Civic Hall, Cottingham at 2.00 pm. Admission by ticket £8.00 (at the door). Enquiries Judy Robinson 01482 876279.

Cottingham Ladies Circle

Wednesday 26th June - AGM and Supper, in the Zion United Reformed Church, Hallgate, at 7.30 pm.

Wednesday Social Club

Wednesday 26th June - Trevis - Facts and Fataisie, in the Darby & Joan Hall, at 2.00 pm.

Cottingham Methodist Church, Hallgate, Cottingham

Free Film Night - Friday 28th June - 6.30pm for 7pm. Popcorn, ices and chocolate on sale.

Willerby Methodist Church

Saturday 6th July at 1.45 pm is the official opening of the Willerby Community Garden performed by Radio Humberside's Blair Jacobs. This leads into the annual summer fete. Entry is free. There will be a bouncy castle, face paintings, lots of stalls, cream teas, games etc. All are welcome.

The Beverley High School Association will be holding its 105th Anniversary Celebration on September 14th with a quality afternoon tea between 2.30 pm and 4.00 pm.

This is a chance to come and meet old friends and have a look around the school.

To apply for tickets for this event which are priced at £10.00 each, please contact Jill Taylor on 01482 871519. Please apply for tickets before the 1st July, 2013.

'Netball Now' sessions for adults starting soon

‘NETBALL NOW’ SESSIONS FOR ADULTS
STARTING Try playing netball with no commitments and no competition just for fun and extra practice during the summer months.

Sessions will last for six weeks at King George V Pavilion, Cottingham, starting from 4 June to 9 July, from 10-11am, £2 per session.

A new 'Back to Netball' adult session has also started on Mondays from 5-6pm, £2 per session at Longcroft School, Beverley.

For more information on either of the above sessions contact Pauline Hardy, netball development officer on 07540 126591.

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Chip today, so your pet is not a stray

“Well that’s another fine mess you have got me into Baxter” I groaned under my breathe. Baxter is my favourite playmate on the field and we meet up with our mums each morning to have a good old frolic around. We have so much fun and exercise, playing hide and seek from each other amongst the long undergrowth, but we especially like hiding from our mums. Sometimes though, this can go horribly wrong as this day had turned out to be.

Baxter was there one minute, then.....with a blink of an eyegone! I ran around looking for him, barking as loud as I could muster, but nothing. I seemed to be going for hours, wasn’t that long really, but enough time to be found by a lovely gentleman who took me to KINGSTON, the nearest Veterinary practice to the field.

“Please not again!” I barked, “I only had a booster done last week!”. We were standing in one of the rooms with the nurse wielding a very strange machine over my neck and shoulders. “I found him wandering in the middle of the road playing chicken with the cars”, the lovely gentleman explained.



Chicken? Chicken? I didn’t see any chickens.....maybe that’s what Baxter was chasing.

“Well it’s ok wearing a collar but with no identity disc attached, it is useless and he certainly isn’t identichipped, I have just checked him with the scanner. I am afraid the dog warden will have to collect him” explained the nurse.

So that is how I have ended up at the stray kennels. The kennels for unwanted dogs....the kennels for street dogs.... the kennels for lost dogs.... I started to whimper.....then cry..... HOWL HOWL!!!!

“I am sorry, mum, dad and even Baxter ... I won’t go running off again, I will stay by your side all the time - I promise!”

As the night drew in, I grew more tired. The coldness of the kennels made my fur stand on end and the intermittent tremble of my body, along with the crying of my fellow ‘in mates’, kept me awake most of the night. The little sleep I did have, I dreamt of back home, lying alongside the roaring fire after having a feast of my favourite tea. The rattling of the outer gates woke me from my slumber....but was saddened to realize it WAS only a dream....I am still here.

Then I heard footsteps ...closer and closer they came.

“No it isn’t him” said the disheartened voice coming from a shadow in the dimly lit corridor. The voice began to cry then fade away along with the footsteps. Hours passed and then more steps....

“It’s him!!!! It’s Brandy!!!! Now then lad, where have you been? We’ve been searching all through the night”. It was dad followed by mum, weeping tears of joy. I couldn’t believe it. Mum and dad had found me ... Yippee!

“As a last resort this morning, I popped into KINGSTON and asked if anyone had handed in a stray dog” Mum began to explain to the dog warden. “They had said a gentleman had brought one in, but with no I.D chip, so they called you”.

“If only owners would have their pets I.D chipped, it would make our jobs a lot easier” the dog warden sighed, “not forgetting the re-homing centres, where the ‘so called strays’ are kept. Sadly they are re-homed to new owners, leaving the grieving ones behind not knowing the outcome of their loved ones. On the odd occasion, the dog IS identichipped but the owners have moved address and forgotten to change the address for the chip, so we are back to square one! My job never ceases to amaze me!”

And now? I really am back home, in front of that roaring fire, having just eaten a dish of my favourite food, but not before making a detour to KINGSTON VETS to have an I.D chip done. It was one injection I didn’t mind having.

As for Baxter? He didn’t have an adventure at all he was found wandering down the road, then taken to another vets for a brief stay until his family turned up. So the chip really does work.

For a small amount, you can have your pet identichipped by a nurse at any of our five surgeries (appointment necessary).

Please ring today, so your pet is not a stray.

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Dizzys of Cottingham celebrate their 12th anniversary

Dizzys Hair Salon is located on King Street, in the busy village of Cottingham and they are about to celebrate their 12th anniversary and we would like to thank all their clients for their support over that time.

Also celebrating this year is one of their senior stylists, Emma Ainsworth, who has been in hairdressing for 30 years.

Emma is an extremely experienced stylist and has the A1 trainers qualification. This enables her to pass on her knowledge to the rest of the Dizzys team.

Dizzys Hair Salon pride themselves on the knowledge and professionalism which has helped to build up their clientele over the years.

Dizzys Hair opened in 2001 with a small three stylist team and has built year-on-year to now having eight team members.

They would like to thank all their clients old and new for their support over the last twelve years.

Dizzys would also like to offer all the *Cottingham Times* readers a birthday gift of £25 for a Cut, Shampoo and Finish throughout June 2013 using the advert opposite.

Local afternoon tea party raises more than £400 for cancer charity

An afternoon tea party at the home of Anne & Geoff Land of Endyke Lane, Cottingham raised £419.00 for Myeloma UK. A pleasant social afternoon was enjoyed by all, and a big "thank you" is extended to those who supported this event, especially to all the helpers and our hosts for the afternoon.

Myeloma Awareness Week (21-28 June) has come round once again, and if you have unwanted CD's or DVD's which you would like to donate for a Myeloma UK charity stall - there are three during the course of the week - please contact Tony Tordoff (01482 858244), White Cottage, Beverley Road, Dunswell (opposite China Red Restaurant).

Young photographer competition in the Cottingham Methodist Church on Saturday 6th July

The Cottingham Methodist Church is holding a Young Photographer Competition culminating in an exhibition on Saturday 6th July. The competition is open to young people aged between 6 and 18 years., resident in the HU16 area or at school in Cottingham.

The title of the competition is "All things bright and beautiful" and the closing date for entries is 10.00 am on Saturday 29th June.

The competition is three groups: Group A) 6 to 10 years; Group b) 11 to 14 years, and Group c) 15 to 18 years.

Entry forms are available from local schools or youth organisations, the photo shop (King St). For further information telephone Mobile 07940 309212, or email photo@cottingham-methodist.org.uk.

Friends of Hallgate Primary School to hold a Nearly New Sale for Baby & Toddler on Sunday 30th June

The Friends of Hallgate Primary School are organising a Nearly New Sale for Baby & Toddler items on Sunday 30th June at Civic Hall in Cottingham, 10.30am - 12 noon. Admission is 50p with under 16's free

There will be good quality buggy's/prams, toys, clothes, books, equipment and everything you could possibly need for children aged 0 to 9 years old.

Refreshments will also be on sale to help raise funds for the school.

If anyone is interested in hiring a table for this or future events, can they please get in touch with Leigh Pullen on leigh@pullen213.karoo.co.uk or 07854 881587.

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"The Tooth and Nothing but The Tooth"

by
Chris 'Dr. Smile Maker'
Bransfield

Getting Long in the Tooth

Hello again. HOORAY! Hull City are in the premiership again. Mind you, it went right down to the wire. It really was nail-biting stuff. People talk about roller coaster rides. Well, that last day of the season was one on its own. It is really good for the area. A positive, feel good thing.

How Much Longer In The Tooth?

I know I have been banging on a bit about getting longer in the tooth and some of the effects of aging on teeth. I was asked to, to be fair and I hope that it is of some use to you.

Last time I mentioned gum recession, exposed roots and dry mouth and how that can lead to decay of the tooth roots that can get a hold and spread quickly. Well, let's try and put an end to this doom and gloom and offer some Dr "Smile Maker" Top Tips to help prevent this from happening.

Top Tip

Try and recreate the balance. A good way to do this is to use a product called **Tooth Mousse** from GC.



Tooth Mousse is a water based, sugar free dental topical crème containing Recaldent™ CPP-ACP (Casein Phosphopeptide - Amorphous Calcium Phosphate). Recaldent™ is derived from the milk protein, casein. For many years it has been known that milk and its derivatives have a tooth protective effect. Recently, research has shown that this activity is due to a part of the casein protein called Casein Phosphopeptide (or CPP), which carries calcium and phosphate ions 'stuck' to it, in the form of Amorphous Calcium Phosphate (or ACP). This complex of CPP-ACP (Recaldent™) is an ideal delivery system for bio-available calcium and phosphate ions.

You just stick it on your tongue and wipe it all over your teeth and mouth. You use along side a toothpaste, NOT instead of one. It is also really good at helping with sensitive teeth. A good all round tooth protector, and, especially good for dry mouth situations.

Dry Mouth Gel

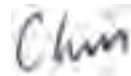
There are a few dry mouth gels about. They help lubricate and ease the discomfort of dry mouth. GC do one as well. The good thing about this one is that it has a neutral pH so that it does not encourage tooth decay. I am not a GC rep, HONEST! It just seems to make sense.



On The Up

My daughter's football team finished third in their league. They were just pipped out of second on the last day of the season. They move up to under 16 next time. How time flies!

I still have a few top tips up my sleeve to share with you.



Until next time. Take care and be good.

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 20 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry.

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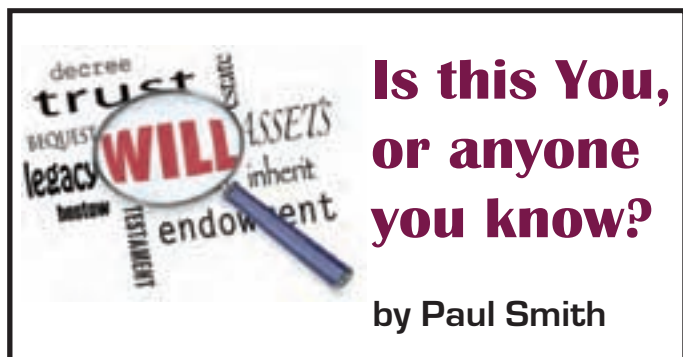
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Chris Branfield



I'm upset.

Whenever people talk to me about my article, the only thing they ever mention is the joke at the end. What does that tell you?

Unintended consequences – the aristocrat

In about 1850 a single English aristocrat aged about 35 carefully made a will leaving all his landed estates to his family. He then went on a round-the-world tour. When he got to Malaysia he had a whirlwind romance with a Malaysian girl and married her. Soon after, he died very unexpectedly. The Malaysian girl then came to England and said the law said his landed estate was now hers. His shocked English family went to the courts and tried everything to disinherit her.

But she was right. They had lost a fortune. The moment you get married, any will written before the marriage instantly becomes invalid. The aristocrat's will leaving his estate to his family became null and void the moment he said "I do". He should have made a new will immediately after the wedding leaving most of his estates to his family. Similarly, if you have been divorced or are a widow or widower, and you are now in your second marriage, you may need to make a new will urgently, especially if you have children from a first marriage. Otherwise they could get nothing.

Remember – the law says marriage cancels your will. If you have friends or relatives who have remarried, mention this to them. They probably don't know the consequences, just like the aristocrat.

Should you get a lasting power of attorney done?

Michael is 74 and lives in Swanland. His wife Andrea is 72 and they are a lovely couple. A year ago Michael mentioned that Andrea was losing her short term memory. I suggested he got a lasting power of attorney (LPA) done, quickly, while she was still of sound mind. This meant that if she did get dementia, he could legally do things on her behalf like signing cheques for her, sign her tax returns, change her investments etc. I saw him again two weeks ago. He hadn't done it. Andrea did get dementia so it's too late now for her to sign an LPA, never mind anything else, and the Court of Protection, not Michael, has taken control over her affairs. Every year he has to send accounts to the Court detailing her income and what he has spent it on, and also has to pay an expensive fee every year to the Court. He is despondent. He already has enough to cope with. It would have been much simpler and cheaper if Andrea had done an LPA.

You download an LPA from the internet. It is 11 pages long, but is not difficult to complete. Go to <http://www.justice.gov.uk/forms/opg/lasting-power-of-attorney> and look for form LPA117. In the example above, three people would have signed it – Andrea, Michael, and an independent person, often a doctor or solicitor, who certifies that Andrea is of sound mind, fully understands what an LPA means, and that she hasn't been pressured into making the LPA.

I have husband and wife clients in Beverley who are aged about 75 and both bright as buttons. They had each been persuaded to get LPAs done by a big Hull firm of solicitors, and had paid £1000 for this. Neither will ever get dementia. I didn't say anything, because it would only have upset them, but for them it was a waste of £1000.

My wife and I haven't bothered with LPAs, even though she tells me I've driven her potty every day since we got married. But if either of us starts to show memory loss, other than the normal forgetting names and faces as you get older, an LPA will be done in a flash.

If you know anyone like Michael and Andrea, or have elderly parents or grandparents who are showing early signs of dementia, mention LPAs to them. Otherwise, I wouldn't bother. Also bear in mind that only one person in 20 over 65 will be affected by Alzheimer's, and only one in five over 80.

A feminist view of men.

Why are 'dumb blonde' jokes always one-liners? So men will understand them.

The joke at the end (because that's the only thing you read).

A prisoner visited the prison doctor. "Listen, you said you were going to help me escape. But all you've done is operate on me – so far, you've taken out my tonsils, spleen, one kidney and my appendix" "I am getting you out of prison," replied the doctor. "Bit by bit."

The above suggestions are intended to be helpful. Opinions are the author's own. Everything is described in very simple terms, so before taking any action you must take appropriate professional advice, and the author and publisher cannot accept liability for any loss incurred as a result of relying on the above.

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

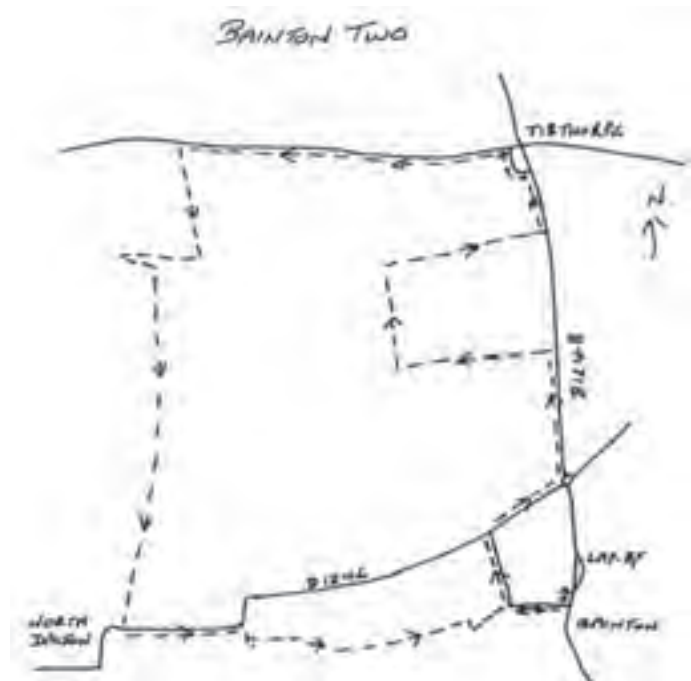
This month his destination is Bainton

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

Map:- EXPLORER 294

Start at GR. SE964525 Lay-By to the North of the village.
Distance 10.0 Miles.

Leave the lay-by and walk towards the village of Bainton, cross the main road (B1248) near the garage and take the lane, known as West End, to the right of the garage. When the lane comes to a sharp right bend, follow the lane round as it becomes Preston Lane and follow this to reach the B1246 and then turn right. On reaching the round about on the B1248, turn left and walk along the grass verge. Immediately past the first



plantation, turn left onto a footpath and walk with the plantation on the left. After about one kilometre, turn right at a footpath sign and walk with the hedge on the left towards a second plantation and on reaching this keep it to the right to reach the north west corner. On reaching this point turn right and continue walking with the plantation to the right to reach the B1248 again and then turn left.

On reaching the village of Tibthorpe, take the first lane on the left and follow this round as it turns sharp right. At the next junction turn left and follow the minor road. After a short distance look out for a very colourful garden on the left. Follow this minor road for about two kilometres and then locate a way marker on the left and take this path keeping the hedge on the left. At the bottom of the shallow dale (known as Deep Dale), turn right to the next hedge and locate a gate on the left. Pass through this gate and double back for about 200 metres then bear right and ascend the short hill to emerge in a field.

Continue straight ahead with a dilapidated fence to the right. Continue in the same direction for about 2.5 kilometres to emerge on the road (B1246) in North Dalton. On reaching the road, turn left and continue to the first sharp left bend. At this point turn right and leave the road, after 100 metres turn left following the Minster Way path towards Bainton.

Cross a farm lane and pass through a metal gate, at the end of the field, turn right and then after about 100 metres pass through a kissing gate on the left and walk across the field heading for houses. Pass through a kissing gate and emerge at the corner of West End and Preston Lane. Follow West Lane back to the B1248 and the Lay-By.

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The Friends of Sydney Scarecrow will be back!

We are just reminding you that the Scarecrows will be returning to Skidby Village over the weekend of 12th, 13th and 14th July. Please book the dates in your diary and we will be delighted to welcome you into Skidby to enjoy our 4th Scarecrow Festival.

This year we have simplified the arrangements and the Festival Theme will be "Anything goes – just scare those crows !" In other words, villagers are creating an amazing variety of specimens that in some way resemble scarecrows. Resident's Registration Forms are available from the Scarecrow Secretary, Kelvin Young, 27, Orchard Road, Skidby, (01482 843446) or visit our website at www.skidbyvillagehall.btik.com.

So as to remove an unhelpful competitive element, there will be no appointed judges. Instead, in keeping with the "Festival atmosphere", the most popular entries will be decided upon by the visiting public. Proceeds from the event will go to the Skidby Village Hall. We all looking forward to a brilliant weekend of entertainment and fun for all the family..



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June is here and the sunshine will hopefully stay out of hiding. The days get longer in June with the 21st been the longest day of the year. With this extra light and warmth comes more weeds and these 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, filling with colour and excitement.

Choosing Sunny or Shade spots for your plants

Just like people, some plants love sun while others flourish in cooler, shadier conditions. Most gardens have a combination of sunny spots and shady corners, so choose your plants carefully to make the most of the different areas in your garden.

Many sun-loving plants have thick, silvery coloured leaves with hairs to reduce water loss. Numerous flowers are well suited to a dry, sunny site, giving you the opportunity to create all kinds of dazzling displays. And don't forget to select a few varieties that release scent for those warm summer evenings.

Similarly, you shouldn't be daunted by shade – it provides a wonderful opportunity to grow many marvellous plants. While some varieties do not flower well in shade, many plants originate from woodland, so you can create fascinating effects with foliage. And if your bed is shaded by overhanging deciduous trees, try using bulbs to create colour in spring before the trees come into leaf.

Whichever plants you choose, making the most of your sunny spots and shady corners is easy and needn't take long – and you'll enjoy seeing all parts of your garden thriving with plants that suit the conditions.



PREPARING THE SITE

It's not hard to create the right conditions for plants to flourish, although obviously it takes a little longer to prepare the ground for a large bed than a tiny corner.

Ideally, soil should be about 60cm deep and loosely packed for plant roots to penetrate.

Whether you're planting in sunny or shady conditions, there are similar rules to follow for ground preparation:

- Weed thoroughly and use a hoe to save time and effort.
- Dig over with a fork, especially if your soil feels heavy, as it needs loosening up before planting.
- To help retain moisture and improve heavy soils, add plenty of organic material, such as well rotted manure, garden compost or planting compost.

26 June - www.cottinghamtimes.co.uk

- Add water-retaining gel granules to very dry soils to help retain moisture.
- To create more light in shady spots, cut back selected branches

SUNNY SPOTS Sun & Shade SUNNY SPOTS SHADY CORNERS

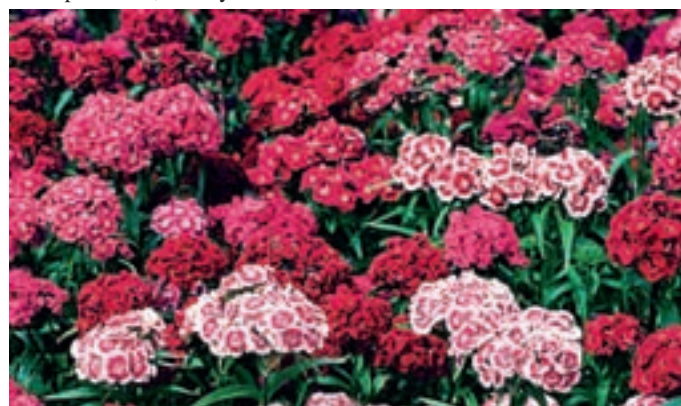
For sunny spots, combine a mixture of shrubs, herbaceous perennials (plants that usually die back in winter and grow again the following year) and bedding plants. Lavenders are perfect for sunny, dry conditions; Oriental poppies add a splash of colour; and annual bedding plants such as begonias, lobelia and alyssum are great for the front of a flowerbed. It's especially easy (not to mention cost effective) to grow plants from seed on a sunny site.

Shady SHADY CORNERS

In shady corners, mix shrubs, herbaceous perennials, ferns and bulbs. Damp shady areas are ideal for ferns and lush woodland plants such as wood anemones, primroses and trilliums. However, shady sites beneath hedges and trees are often dry and more suitable for bulbs such as bluebells and snowdrops, shrubs such as daphne or mahonia, perennials including bergenia or hellebores and woodland plants such as foxgloves and epimediums.

PLANTS FOR SUNNY SPOTS

- Allium (ornamental onion) purple globes in summer followed by seedheads. 1.5m
- Anthemis: aromatic foliage and yellow or white daisy flowers.
- Aster novi-belgii (Michaelmas daisy): late summer. 15cm–1.2m
- Aubrieta: low-growing mats of pink and mauve flowers.
- Caryopteris: small shrubs with many fluffy blue flowers. 1m
- Cistus x purpureus (rock rose): bright rose-pink summer flowers with evergreen foliage. 1.5m
- Dianthus (pink) (pictured): pink, white or red summer flowers, often patterned, silvery leaves. 25–45cm



- Euphorbia characias: evergreen, elegant spikes. 1.5m
- Fritillaria imperialis (crown imperial) orange, red or yellow flowers in early summer. 1.5m
- Genista (broom): small-leaved, yellow-flowered shrub. 60cm
- Helianthemum (rock rose): many colours, evergreen. 10–20cm
- Lavandula (lavender): blue, pink, mauve or white spikes, silvery, aromatic foliage. 45cm

10 Jobs for this month

1. Cut the lawn every week
2. Regularly de-weed your borders and keep on top of weeds
3. It's time to put summer hanging baskets and containers outside
4. Keep a look out for slugs on new plantings. They particularly enjoy hostas.
5. Keep topping up our compost heap. Remember to balance grass clippings with other garden material.
6. Be water wise, use your water butt and keep on top of watering bedding in particular
7. Stake tall or wobbly plants and keep an eye on tying climbers to supporting trellis to guide where you want the plant to grow
8. Plant out all Summer bedding
9. Pinch outside shoots on tomato plants
10. Shade your greenhouse when the sun is intense to prevent scorching of your plants

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- Lavatera 'Barnsley' (mallow): silver-pink flower spikes in Summer, pale evergreen foliage. 1.75m
- Penstemon: blooms all summer in a range of colours. 20–60cm
- Potentilla (cinquefoil) colourful, late-blooming flowers. 15–45cm
- Rosa 'Golden Showers': climber, fragrant flowers all summer, glossy green foliage. 3 x 2.5m

PLANTS FOR DAMP SHADY SITES

- Alchemilla mollis (lady's mantle): leafy perennial with acid-yellow flowers in summer. 5–60cm
- Anemone nemorosa (wood anemone) creeping perennial with white spring flowers. 8–15cm
- Astilbe (false goat's beard): perennial with red, pink or white plumes in summer. 30–60cm
- Athyrium filix-femina (lady fern): finely divided green fronds. 30cm
- Cyclamen coum: compact bulb with white, pink or red flowers in winter/early spring. 5–8cm



- Hosta (plantain lily): perennial with fine foliage and purple/white flower spikes in summer. 15–90cm
- Hydrangea (lace-cap types): shrubs with pink, white or blue flowers in summer. 1.2–1.8m
- Primula: Candelabra and Polyanthus perennial types.
- Trillium (wood lily): springflowering, three-leaved perennials. 13–60cm.

PLANTS FOR DRY SHADY CORNERS

- Bergenia: perennial with pink or white spring flowers and glossy, evergreen leaves. 30cm
- Daphne odora: shrub with purple, pink and white fragrant flowers in Jan–April. 1.5m
- Digitalis (foxglove): flower spikes in various shades. 70cm–1.5m
- Epimedium: dainty spring–summer flowers and fine foliage. 30cm
- Galanthus (snowdrop): bulb, white flowers in early spring.
- Helleborus perennial, long-lasting winter & spring flowers.
- Heuchera (coral flower): perennial with bold foliage and white–pink summer flower spikes. 45–90cm
- Lamium (dead nettle): perennial with decorative foliage. 15–60cm
- Mahonia: evergreen shrub with scented winter flowers. 1–5m
- Pachysandra: low, spreading, bushy evergreen perennial. 20cm
- Pulmonaria (lungwort): perennial with pink, blue or white flowers in spring; green or white-splashed leaves. 30cm
- Sarcococca confusa (Christmas box): winter-flowering evergreen shrub; very fragrant. 90–120cm
- Skimmia japonica: autumn– winter-flowering shrub. 1.5m
- Vinca (periwinkle): low-growing evergreen with purple flowers.

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Your Stars for June 2013

By Kay Gower

Aries (Mar. 21- April 20)

Spend this month working out exactly what you need so that you can focus more on family matters. It may be a good idea to explore again a moneymaking idea that you may have given up on.

Taurus (Apr. 21- may 21)

Don't be surprised if you feel the sudden urge to rearrange the furniture, to repaint a room, or to redecorate all together. You're responding to a need for change on both a physical and soulful level.

Gemini (May 22-June 21)

Talk about what's bothering you with someone close. The insight of a close friend will illuminate the present, and perhaps help you come to a better understanding about the past.

Cancer (June 22-July 22)

With Jupiter the great benefactor entering your sign on the 26th the outlook for work and finance is positive. Your intuition will be strong all month, now is a good time to back all your hunches.

Leo (July 23-Aug 22)

The same is true of lunches and parachutes ...you're better off packing your own. The more self-reliant you can be this month, the better equipped you'll be to create a happy outcome.

Virgo (Aug 22 - Sept. 23)

You want to go where the sun is hot and the sunbathers are cool. But this month there is work to be done. Get busy over the next few weeks and then you'll be able to have your fun.

Libra (Sept. 24 -Oct. 23)

Although changes can be challenging, new opportunities far outweigh the risks, as long as you proceed slowly. This would be a great time to let things take their course and unfold naturally.

Scorpio (Oct. 24 - Nov. 22)

It's only human nature to remember what has been left incomplete. Your mind keeps going back to a certain place, trying to get closure on a particular scene. Tie up as many loose ends as possible mid month, so you can finally move on this summer.

Sagittarius (Nov. 23 -Dec. 21)

Sometimes it seems unfair that someone else gets to pick the fruit from the tree you planted. This month fortune favours you, and you wonder how you got so lucky as to eat the fruit from a tree you didn't plant.

Capricorn (Dec 22.- Jan. 20)

If you have to be around tension, take a deep breath. The biggest threat to you is stress, and that's something you can manage easily if you put your mind to it.

Aquarius (Jan. 21.- Feb. 19)

The 'third eye,' an optical tool that some humans possess to see other levels of reality, which is not readily available to their two other eyeballs. I wonder if there is such a thing as a 'third ear'. Perhaps if you listen through yours, you might hear Brian Adams singing "Everything I do, I do it for you."

Pisces (Feb. 20-Mar. 20)

For most of us, patience can be a difficult lesson to grapple with. Meditation could be helpful. If you find it difficult to sit still for twenty minutes, that's fine... start with just a couple of minutes. With stillness very often comes peace. Look for it this month.

Waitrose through the Grapevine

Tom Greef, Wine Specialist, Waitrose Willerby
*Hello everyone and welcome
to my new monthly column.*



Wine Specialist' is such a great job title. In fact it's a great job full stop! I get to taste some amazing wines, beers and spirits and learn all about them in the process which helps greatly when people want expert advice relating to their choice of alcohol. It doesn't matter whether it's that special bottle of wine for a gift, a wine to match with wild boar... What to do with that leftover Marsala, or even a cocktail made from beer!? I'm the man to answer it!

To do this required a lot of hard work and the qualifications I've gained over the past five years are ones I am very proud of. The first one was the Wine & Spirit Education Trust Intermediate qualification which is a nationally recognised award that all budding Wine Specialists must achieve. From here I then gained the Spirits qualification and sixteen months ago I also attained the Advanced certificate. All of which required a lot of personal time and investment, which was well worth it. I also got to sample a lot of wines as "homework" too!

It's fair to say that Waitrose have matched my enthusiasm, work ethic and determination by their investment and belief in me. Waitrose believe so strongly in their Specialists and the benefits it brings to the customers shopping experience that means you will also find Meat and Fish, Cheese and Deli and most recently Fruit, Veg and Horticulture Specialists in the branch.

Over 1000 Partners across the business who share the title of Specialist are ready to offer their dexterous knowledge and advice, so the next time you visit Waitrose Willerby please feel free to say hello and ask any questions! Now who's up for a beer cocktail?

June is upon us and the sun is here (kind of). With the threat of glorious sunshine around the corner here is a great bottle of white wine to help get you in the mood for Summer.

Waitrose Fairtrade Chenin blanc from South Africa is part of our new own label range which has been developed to help you choose wine with confidence.

Chenin blanc is very versatile. It is mainly grown in the Loire Valley in France and also in South Africa. In the Loire it finds itself used many different ways such as in Anjou where the wine can be dry to medium-dry, or dessert wines from Coteaux du Layon or even Vouvray where an array of styles flourish. In South Africa it accounts for almost 25% of all vineyard plantings and as its popularity grows, so does the quality.

This wine is great value at only £6.99 and has a lovely citrus flavour running through it, topped off by hints of peach and a good crisp finish. Try this with a fresh and vibrant chicken salad.

As many, if not all of you will know, the road works on the A164 between Beverley and Willerby are now completed. I can hear the cheers of joy already!

To celebrate this, Waitrose Willerby has invited some local producers to come to the Branch on Saturday June 8th. They will be there from 11.00 am until 4.00 pm and we will be sampling their goods.

It's a great chance to meet the people behind the products and also to ask them any questions you may have, and I know how much they love interacting with the very people that help grow their brand and their business – you, the customer.

I will also be working that day so please feel free to come along and say hello, and if you're good I might let you try some wine too!

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Sudoku Answer from page 12

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



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

Hello and welcome once again fellow anglers to this month's fishing news. The date is 20th May 2013. Well are we going to have a summer this year or what? I certainly hope so!

Hopefully as you read this article you are just applying your first layer of factor 15 suntan lotion! If that is true don't forget to pack some in your fishing gear, you all know how easy it is to get burnt near water. Plus at this time of year it is a good idea to have some insect repellent with you.

How has your fishing been lately, good I hope. I am receiving fantastic match results in the shop every week. This informs me that at last the fish are back on the feed once again. If the fish have not already spawned at the water you are visiting this week, then they are about too, so don't forget your inside lines later on in the day. This can be a blessing if you have struggled during the day. Feed them quite liberally once every half hour, but do not go over it until late afternoon.

Over the years I have found it is better to wait and gain the confidence of feeding fish in the margins rather than go and attack the margin at the first sign of movement in the edge. The other thing to observe is that the bigger fish will move into the margins later rather than sooner so I advise that you step up your margin gear in preparation.

How many of you have a garden pond? Or have you the facility to look at your neighbour's pond. Have you noticed that many of the fish are up in the water; quite a lot is there not? Guess what, if the fish are up in the water in the garden ponds you can be sure most of the commercial ponds will be the same temperature, therefore the fish will be up in the water at these venues as well. So why not target them?

There are lots of ways to do this from:

- (a) Fishing a polly ball with maggot
- (b) The pellet waggler approach
- (c) Surface floating baits
- (d) Popped up zig rigs
- (e) Good old mid water waggler fishing

Remember try not to stick to fishing the bottom everywhere you go, chop and change, that is the key to a more successful angler. After all Bob Nudd did not become world champion by fishing one method all his life. Give it a go, the signs are there to be seen and if you own a pair of polarised sunglasses you may see them sooner than you normally would.

Here is something that I am often asked. Where can I go night fishing for Carp? Listed below are a few local venues.

- (1) Risby at Walkington, contact Anthony on 07860255981
- (2) Bakers, nearest town Newport, 01430 440799
- (3) Emmotland near Frodingham, Driffeld 01262 488226
- (4) Fosshill near Bransburton, contact Paul on 01964 544357
- (5) Greaves End, Eastrington 01430 410619
- (6) Newbridge, Burstwick, contact Lance or Michell on 07817 058054
- (7) Majestic near Beverly, contact Phil on 07787171918
- (8) Rainbow Lake at Burstwick, contact John on 07867 918976

Please, when you book to fish any of these venues do so at a sensible time of the day as some of these phone numbers are personal and we do not want to wake the kids up do we? Seriously though fellow anglers please ring during daylight hours, as like most people that receive a phone call after a certain time of the day it can mean an emergency.

I will pick on Rainbow Lakes just because it was last on the list to describe what you can expect to get for your money. On the evening you are locked in at the venue so you should be safe and undisturbed. There are very clean toilet facilities here with a combination lock. The pegs are a plenty and all are very comfortable. The setting here is fantastic and the lake is stocked with plenty of Carp pushing up to 30lb in all strains, what more could you wish for? On that point ask to see John's stocking album, you will be very surprised and impressed.

In store Lug worm orders are still being taken for all you beach anglers, and as always we stock plenty of frozen sea baits for you as well.

As like last month new stock is arriving almost daily.

Till next time we the Catchmoore Crew wish you all "tight lines".

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Property News from Martin English of Homelink



Leasehold and Freehold Property

The terms 'freehold' and 'leasehold' refer to the two main different ways in which properties in England and Wales can be owned. This article explores the differences between freehold and leasehold, and provides an outline of some of the main issues surrounding leasehold, the more complex of the two.

Freehold

If your property is freehold, you own it, and the land on which it is built, outright. When you die, it is part of your estate and can be bequeathed to your heirs. Your entitlement to do with it as you please is limited only by planning and other laws. Any necessary repairs are your responsibility, but you can generally choose not to carry them out if you so wish.

For these reasons, freehold properties (or, in the case of a flat, a property with a share of the freehold) are usually more desirable than leasehold ones, and so are often worth more.

Leasehold

Though houses can be leasehold, this type of ownership applies more usually to flats. Under a leasehold agreement, you own your property only for the period stated in the lease. The freeholder (who, as we have seen, owns the property outright) grants you the right to do so, and ownership reverts to him when the lease expires.

The length of a lease, naturally, diminishes over time; its initial term can be up to 999 years. Not surprisingly, the duration of the lease purchased has a direct bearing on a property's value.

In some cases, leaseholders have the right to extend their lease or even buy the freehold.

Because leasehold is, in effect, a form of tenancy, an annual fee (known as ground rent) is payable to the landlord (that is, the freeholder or his managing agent). Ground rent may be a nominal sum. A maintenance (or service) charge is also levied, to cover things like managing the building, external redecoration and repairs, gardening, window cleaning, buildings (though not contents) insurance, and so on. Such charges may rise annually without limit, but they are required by law to be reasonable.

The leaseholder usually owns everything within the walls, including the floorboards and plaster, while the freeholder owns the structure, the land on which it is built, and the common parts (which include communal entrance halls, staircases and so forth). The freeholder may be an individual, a company, a local authority, a housing association or a residents' management committee, under which leaseholders join forces to buy the freehold of their building.

Leasehold's main advantage is that it assigns clear responsibilities for upkeep and repairs, protecting individual leaseholders in the event of, say, a leak from a flat above. On the downside, it can be more difficult to obtain a mortgage on a leasehold property; much will depend on the length of time the lease will have left to run after the end of the mortgage term.

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 01482 875248 or contact through Cottingham Times directly.

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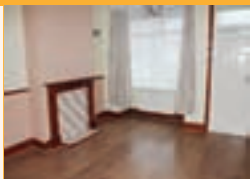


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Yorkshire pictures exhibition at Beverley Art Gallery

Beverley Art Gallery is delighted to be hosting an exhibition of artwork by one of the region's longest standing art groups – the Fylingdales Group of Artists. Yorkshire Pictures runs until Saturday, 6 July.

Twenty of the Fylingdales artists will be exhibiting work in the exhibition which focuses strongly on seascapes and landscapes, featuring lots of favourite Yorkshire destinations in the Dales, North Yorkshire Moors and along the North Yorkshire coast.

The Fylingdales Group of Artists held their first exhibition in Robin Hood's Bay in the summer of 1925 with just seven artists. It is a measure of the commitment of the individual artists that the Fylingdales have continued to develop and exhibit as a group over the past 85 years.

To complement the exhibition there will be two special events at which Fylingdales artists will be working in the gallery and chatting with visitors. On Saturday, 22 June, 12noon-3pm, Christine Pybus will be working in oils. On Thursday, 4 July, 12noon-3pm, David Allen will be working with pastel. They will be sharing tips with visitors about composition, techniques and where to find that all important inspiration. No need to book, just turn up.

Admission to the gallery is free and there is a café and disabled access.

For further information, visit Beverley Art Gallery, in Champney Road, Beverley, or call (01482) 392780,

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**Melanie Watson of
Skidby Livery Stables with the latest
of her monthly articles**
www.instinctivehorsetraining.co.uk

1st International Animal Trainers Conference . . . Twycross Zoo

Last month I was invited to attend this very first conference of its type in the UK. Over three days I sat and listened to some of the world's most respected and skilled Animal trainers.

The majority were highly qualified scientists from Zoo's all over the world talking about their projects and their experiences. Some of the video footage was amazing however the UK itself is doing fantastic work in all sorts of spheres outside as well as inside Zoos.

Animal training and the concepts therein have changed profoundly over the last decade especially. Within zoos now the most dramatic changes have been from giving care, handling and training from inside the cages of Zoo animals to their new procedure of something called "Protected Contact". This is where the enclosed animals are trained by clicker, targeting or stationing techniques from outside of the enclosures. No one enters inside anymore.

A Real Eye Opener

It opened my eyes completely as their world was all new to me. They train every form of animal.....marine mammals, reptiles, mammals, fish, birds etc, herbivore and carnivore alike.....you name it and they do it! These animals are no longer handled inside their enclosures but are trained to perform certain moves and undergo thorough desensitization to certain stimuli (really essential things like needles for blood draws) from outside the mesh. Vets and keepers can examine inside the mouths of Tigers by training them to open the mouth on cue. Elephants will lift a foot onto a platform for treatments, Crocodiles load themselves into crates for transport.....it goes on and on.

Performing Killer whales and sea lions are trained through all their moves through Positive reinforcement techniques.

The term "Enrichment" kept coming up. How do Zoos and Parks enrich the lives of their charges in order to give the animal's better care and a better way of life which is full rather than empty of stimulation?

Preventing animals getting bored

There is a huge amount of effort going into lateral thinking here to prevent stereotypical caged boredom behaviour.....cage walking, weaving, head bobbing, rocking.....we have all seen it and it happens to horses too, especially to racehorses who have been stabled up for 23 out of every 24 hours whilst in their years of training. Providing better designed enclosures with the emphasis on more natural feeding..... hunting for and hence finding food, digging for it, climbing for it, reaching for it, pickling it out of tree trunksso many ideas out there all designed to help recreate a more natural environment which is species orientated. Daily training in its own right helps keep enclosed animals more engaged and proactive, lessening stress and boredom.....enrichment through training.

Whatever people's feelings are over the existence of Zoos and parks there is most definitely more need of them now than ever before. So many animals are appallingly endangered in the wild and so many have totally lost their habitats as we continue to plunder our world for space and resources at the expense of our wildlife. The work going on behind the scenes in Zoos is highly commendable for breeding programs in particular. The public may only ever get to see "wild life" this way and will hopefully become more aware of the effects of us humans ravaging the planet. Education is everything. Enriching the lives of these animals is paramount and the science behind the behaviour of each and every enclosed animal is stunning. My eyes have been opened massively.

The delegates came from many different backgrounds internationally. Here in the UK I met many people making huge differences to both animals as well as people. The work of the Medical Detection Dogs Charity here in the UK where dogs are being trained to detect the scent of cancer and other debilitating diseases within the body of humans was awesome. They literally save lives.

Monkey World

The work of "Monkey World"(an ape rescue centre) where they rescue apes from horrendous lives on Spain's public beaches, the pet trade worldwide, laboratories or the entertainment business and rehabilitate them back into being social group members with cohesion.....amazing work done here and highly commendable.

Graham Hill from our very own "The Deep" highlighting the work and training done there with fish, Rays and sharks to create the cohesive environment found there. Enrichment with training being a main focus so that feeding time is now no longer the free for all, dangerous and stressful situation that it used to be. His work and passion is wonderful.....and on our own door step too! It turns out that fish do not have an 8 second memory after all.....in fact completely the opposite. Hull citizens can be proud of their Marine World.

These were just three in the UK out of so many more. I will write more next time about the work of so many dedicated people worldwide who are making huge differences to animal's lives, their environments and public awareness through education as well as desperately trying to keep wild animals safe in the wild.

What did I get out of it personally with my world of training horses and people? Too much is the answer to that! However there can never be too much knowledge and I gained insight into techniques which are new to me and can be applied into my rehab work. I have already been playing with my little traumatised rescue pony "Toby" using more clearly defined target training in a more identified way. Tomorrow I am having a day's training with a lady I met there who has been out in the USA learning from a trainer of renowned skill.

I would love feedback at any time from readers. My email is melanie@instinctivehorsetraining.co.uk. I am always happy to chat or answer questions. My world of training and education is for sharing.



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Two Pints of Lager and a Tin of Beans please . . .

The Half Moon "Skidby's Village Pub" added another service when its' convenience Shop opened on schedule on Monday 13th May. Open from 8am – 8pm seven days a week, with an over bar service from 8pm until closing time (so if you fancy a quick Pint at 10.30 you can now pop out for a loaf of Bread!!!)

Customers who have visited have been impressed with the selection on the shelves, however with your advice we are building and adjusting our stocks to suit the needs of the Village. The ice cream, ice lollies and sweets are going down very well with the younger population, and we've noticed that Mum's and Dad's are not averse to sneaking a bar of Dairy Milk with the Pasta and Restauranti Pizza's!

We also received a big thank you from a Skidby Canine resident who's Master suddenly remembered, while drinking a pint of Black Sheep, that he'd run out of Dog food. No problem Butch all part of the service.

The Great British Bake-Off

An experienced Pastry Chef, my Daughter in Law Vicky has managed to find the time to bake some great desserts for us to complement the superb food of our head chef Nick. Many of you have sampled her Lemon Tart, Chocolate Brownies and her "to die for" White Chocolate and Raspberry Cheese Cake with some glowing comments, so when you visit next check out our specials boards and keep your fingers crossed there's some left.

English Heritage

(As you may have guessed I've been trying to link this article with TV Programmes, however, this last one is pushing it a bit.) Alongside our cask ales of Wold Top, Black Sheep and Golden Pippin we have introduced a Cask Cider from Somerset, Thatchers' Heritage (see the link!!) a cloudy 4.9% cider which has found favour with a number of customers.

9 O'clock News

In the hope of better weather to come we are busy planting up the tubs in the Beer Garden in readiness for some alfresco dining and barbecues and preparing the hanging baskets to add a splash of summer colour to the front of the Pub. While Nick has prepared our new summer menu we are still waiting for the warmer weather to make the changes.

The Weather Forecast normally follows the News..... I predict a long hot Summer .

A huge thanks to all my Customers and Staff for their continuing support

Cheers Mike

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<p>Wedding Open Day Sunday 30th June 11am-3pm Come along and see the hotel dressed to show our rooms in their full glory. Our team will be on hand to help you plan your special day. Free Entry</p>		<p>Schools Out BBQ Friday 26th July 7pm-1am £20 per person, includes a 2 course BBQ & disco. Celebrate the end of the school term and start the summer holidays here!</p>
	<p>Wedding Fayre Sunday 8th September 11am-3.30pm Over 35 Exhibitors Free Entry with a Glass of Sparkling Wine and Prize Draw.</p>	

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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. Solicitors 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.

We 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.

We believe the information contained in this article to be correct at the time of going to print. While all possible care has been taken in the preparation of the information, no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by the firm or the authors.

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You can contact the club secretary, Pat Tomlinson
on 01482 842415 or via email,
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For more information visit our website at:

www.cottinghammemorialclub.co.uk

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Multi-Centre Holidays are becoming more popular than Summer Holidays to Spain and the rest of Europe. With increasing costs within Europe, Holidays further afield are better value for Money than a traditional 'Bucket & Spade' Holiday. Not only that but people are becoming more adventurous these days and want to see more of the world. Here at Andrew Earle's we have our own ATOL licence and we can tailor make any holiday you can imagine. So if it's a round the world trip, the West Coast of America with a Cruise, or trekking the Far East we can put it together for you, and with prices available up until October 2014, there's plenty of time to get booked and start saving for that dream Holiday.

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Moving Abroad?

A monthly column by Nick Russell

Is Summer here?

Well it finally looks like the weather is starting to change for the better. After quite a wet April, May has started much dryer and sunnier and the temperature is set to keep rising over the next few weeks, hopefully hitting 30C for June.

More friends visiting

We had our friends Pam and Steve here for the last week in April, with their daughter Elle and fortunately it was the best week of the month weather wise. They did plenty of cycling around the area while Elle enjoyed the hot tub and a bit of sun bathing. Although the pool was uncovered I hadn't had a chance to clean it out well enough to use, but I think it would have been a bit too cold for swimming anyway. We hadn't seen Pam and Steve for a few years so it was great to catch up, eat and drink plenty and generally relax around the pool and bar.

We had a day out in Granada meaning the girls could get some retail therapy and so while the girls hit the shops, Steve and I got ourselves settled in a bar to enjoy a couple of beers and some free tapas - far more civilised than shopping. We had travelled to Granada on the bus from our village as it's easier than driving and trying to find a parking space. The bus was bang on time, clean, comfortable and, at under 6 euros return each, very good value. The journey time was an hour and it was nice to relax and look out of the window at the countryside. The bus drops you off right in the centre of the city so you don't have far to walk to shops and bars.

Judging by Steve and Pams comments on Facebook, they really enjoyed their stay and seeing the real Spain. In fact they have already booked to come back in June next year for ten days.

Dance Show

While our friends were here, our grand-daughter Katie was in another dance show in a nearby village, so we all went along to watch. Katie really enjoys the dancing and, although she has been doing it less than a year, she is very confident and is improving every time we see her. As usual, the show was really well attended by the dancers' family and friends, with about 200 people watching the show.



Fiesta Season

The fiesta season starts soon in the local villages and we are going to try and visit as many as possible and will send pictures to *Cottingham Times* for future articles. Fiestas are a great way to see how the Spanish enjoy a good party and get together, even though many are based on religious traditions and beliefs.

Casitas Progress

The downstairs of the casitas is progressing nicely now. The bedrooms, bathroom, dressing room and hallway have all been painted, the floor tiles have been laid and the sanitary ware in the bathroom is now fitted with only the water and waste still to be connected. The septic tank has been delivered and hopefully everything will be fitted and working very soon. The next step is to go out and buy beds, wardrobes and furniture ready for renting out, probably from the start of July on a B&B basis. This will mean we will have two suites of two bedrooms and a bathroom to rent out so if you are interested in coming out for a holiday and would like more details, then email me at nickruss@hotmail.co.uk, quoting *Cott Times*. Also you can now see more pictures and comments on our Facebook page under [Rita Russell](#).

Yet another problem!

We have had a bit of a problem with the mains water supply to the house this month. As you may know, before we moved in over a year ago we had a water storage tank fitted in case of water shortages or supply problems and have had no problems up to now, despite the water meter being 500 metres away down the hill. We discovered the problem late one night after taking our friends back to the airport and on our return couldn't get any water in the house. I checked the pump which was ok and, as it was pitch black outside, decided to leave further investigations till the morning.

The next day I checked the 15000 ltr tank to find it totally empty, with no water coming through the ballcock. After checking the meter, which wasn't turning at all, I rang the water company's emergency number but, as expected, the guy at the other end didn't speak English. As my Spanish wasn't good enough to explain my problem he put his 10 year old son on who spoke English and between us managed to arrange a call out and met at the meter. He disconnected the mains side of the meter and confirmed water was coming to the meter and then tested our side and no water came out. He said the meter was ok so it must be our non return valve that was faulty and if we replaced it then it should be ok. As our builder Charlie was away till the Monday I had to rig up a pipe from our well to fill up the tank and wait for a replacement to be fitted. On the Monday he fitted the new valve but we still had no mains water and the meter wasn't moving but as it's quite a long run decided to leave it for a few days to see if any pressure would build up but after a week we still had no mains water. As we were coming to England for a week, I asked Charlie if he could get hold of the water company and try and get it sorted while we are away so hopefully when we return it we will have mains water back on. On the plus side at least I won't have a water bill to pay this month!!!

Support the advertisers who appear within the Cottingham Times

Celebrating HERIB's Heroes

Local charity HERIB (Hull and East Riding Institute for the Blind) is celebrating the work carried out by volunteers with a special HERIB Heroes Tea Party on Thursday 6th June as part of National Volunteers Week.

"Some of our volunteers have been with us for over 10 years while others are fairly new additions to our team of HERIB Heroes," said Chief Executive, Sandra Ackroyd. "Our volunteers are involved in every aspect of what we do and we simply could not support the thousands of visually impaired people we do without their help. This is our way to show the charity's appreciation of their valuable work."

In the last year volunteers have given over 6,500 hours of their time to support HERIB. Without this help, there is little doubt that some visually impaired people would have faced isolation and exclusion within their local community.

There are many different kinds of volunteering opportunities available at HERIB from administration to fundraising, driving to marketing depending on the time people are able to give and your skills/experience and the charity is always looking for more volunteers to help.

Anyone interested in volunteering is invited to attend a special Open Evening on Thursday 6th June 2013 from 6pm – 7.30pm where there will be a chance to discuss the different opportunities, ask questions and meet some of the charity's staff and existing volunteers. Application packs will also be available on the day.

"We believe that life need not stop because of sight loss and we really do believe that we can make a difference to improve the quality of people's lives," continued Sandra Ackroyd. "With more volunteers we can help even more visually impaired people throughout Hull and East Yorkshire."

To reserve a place on the Volunteer Open Evening please call 01482 342297 or email mail@herib.co.uk.

Anyone who is unable to attend the event but would like more information about volunteering with HERIB should contact the charity on 01482 342297 or by emailing mail@herib.co.uk.

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THE GREEN, COTTINGHAM

A big "Thank You" from Skidby Playing Fields Committee

Easter seems a long time past ! However, we would like to sincerely thank everyone who supported our Grand Easter Prize Draw. With prizes ranging from a two-day holiday with P & O Ferries to an Easter Bunny, the event was a huge success raising over £800 for the maintenance and management of Skidby's Playing Field and Pavilion.

We are particularly grateful to the local businesses and traders who generously offered support, together with the hundreds of people who bought Raffle Tickets. Thank you all very much !

Darby and Joan luncheon club requires cook

The Cottingham Darby & Joan Friday luncheon club requires a cook, as one of their two cooks is leaving to look after an elderly relative. They would be pleased to hear from anyone who is interested in this position.

The hours are 9.00 am to 12 noon every Friday and the position is remunerated.

For details please ring Jean Hodge on 849077.

A day full of marvellous music at the Cottingham Methodist Church on Saturday 22nd June

A day full of marvellous music will be taking place at the Cottingham Methodist Church, Hall, Cottingham on Saturday 22nd June with donations to Cancer Research UK.

Details of the events are as follows:-

10.00 to 12 noon Coffee Morning

Come along and listen to Harp music by Rachel Dent and students

10.30 in the Church (Come and Go as you please)

Demonstration of the Church Organ with Ian Cockerline and a chance to play. Also Chinese Music; Ballads and Blues – Paul Benson

12.30 in the Church - An Informal Event - Come and Go as you please

Special Music for a Summer Afternoon

With Hymers Year Five Choir; Harps – Rachel Dent and students; Cottingham Girls' Choir; Vocal, Instrumental and Piano solos from our Musical Festival; Hand Chimes – Christian Freeman Percussion – Laura Bradford, with an opportunity to play some of the instruments

Entry Free - Donations for Charities and the Church received with thanks.

7.30 Concert dedicated to the memory of Alan Binnington

The Driffeld Male Voice Choir, Musical Director – Ian Cockerline; Accompanist - Janice Summers; Soloist Elaine Dave (Soprano) and Special Guests Hymers' Year Six Choir (Finalists in the 2013 BBC Songs of Praise Junior Choir of the Year Competition)

Entry Free - Donations for Cancer Research UK received with thanks

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Champagne Bonus for one lucky customer

The winner of Hedon Insurance's spring promotion (in conjunction with the *Cottingham Times*) is Peter Jackson of Cottingham. Peter has certainly got good reason to be pleased that he tried the 'Hedon Insurance Experience' having collected a bottle of bubbly and £100 at the beginning of March. Mr Jackson is looking forward to opening the champagne the next time he has something to celebrate and also plans to make good use of the cash prize by spending it around the village.

'It's always nice to win something' smiled Peter 'especially when I'd already saved over £100 on my insurance as well!'

Peter is now a fan of Hedon Insurance, initially being drawn to them for providing a highly personal, face to face service – and especially as they helped him save money on his existing policies too.

'I've always preferred to deal with people 'face to face' and so I was pleased when Hedon Insurance appeared on Hallgate.' Explains Peter.

Paul Welsh, Branch Manager of the Cottingham Office, is delighted with the way that Cottingham has embraced his firm. 'I've been involved with the opening of several offices over the years, for different firms, but I have never seen such warm and enthusiastic support from a district as we have had in Cottingham. It's just over a year since we opened but we are already where we expected to be after two years – which is very pleasing'

Hedon Insurance has four offices in East Yorkshire and has now been trading for 42 years. They are big believers in 'Buy Local' sourcing most of its goods and services locally.

For help and assistance with your insurance, drop in at Hedon Insurance at 195 Hallgate, Cottingham, or Call Paul or Michelle on 707 800.

Pictured above: Mr Peter Jackson, on the right, seen here receiving his free bottle of Taittinger Champagne and £100 from Hedon Insurance's branch manager, Paul Welsh.

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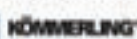
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might be very surprised!!

Ever wondered what the reason is that you do the things you do?

And why sometimes it seems to happen even though you don't want it to?

Ever wondered what effect your name has on your life,

and why some peoples lives change when they change their name or its spelling?

THE SECRETS ARE ABOUT TO BE REVEALED!!

One of Australia's best and most accurate Metaphysical Numerologists & Psychics is travelling to England, and will facilitate a series of six workshop/seminars between Saturday June the 22nd and Sunday July the 27th, at various venues around the Yorkshire area. Geoffrey will also be available to answer questions after each workshop, and for private consultation by arrangement.

GEOFFREY PECKITT is also a Clinical Hypnotherapist, a Counsellor and Interpretational Behaviourist, and has spent the last forty years studying Human Behaviour and Behaviour Patterns, and the effect our Unconscious Mind has on the things we do each day in our lives.

For more information contact: GEOFFREY PECKITT
THE NUMBERS MAN.

Tel: +61459 494 277. or email: thenumbersman@hotmail.com or reclaimingrelationships@hotmail.com

Local Contact for Dates, Times and Prices

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HOLIDAY INN, MARINA HULL. Sun 7th July;
HALLMARK HOTEL, FERRIBY. Sun 14th July;
BEVERLEY ARMS HOTEL. Sun 21st July;
**COTTINGHAM PARKS, COTTINGHAM.
Sat 27th July;**

Each workshop will run from 9am to 5pm, Morning and Afternoon Refreshments and a Meal will be provided during the day.

Geoffrey will assist each participant to compile their own Numerological Profile, Identify their basic Personality at Birth, Plot their Lifepath and energy line since their Birth, Identify the Numerological Energies presently having an effect on their lives, Identify the Energy Profile of their name, and the affect any changes to their name have had; (i:e Marriage, Deed Pole, or Adoption).

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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

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



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Internal:

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

Men's Problems:

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

Women's Problems:

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Page Forty Five.indd 1



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Crossword solution from page 14

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Nutri-Energetics - What is it?

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

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

How does NES work?

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

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

NES therapy takes approximately 2 hours by a qualified practitioner, and simply involves resting your hand on a palm-sized scanner. This is a completely safe procedure - no signal or voltage is emitted. You will remain fully clothed, and will feel nothing. The results are then displayed on a computer screen and your practitioner advises which infoceuticals (drops in water) you need. The infoceuticals are designed to activate your body's natural healing and detoxification processes, helping with your overall wellbeing.

What results can I expect from NES?

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

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

'Information medicine to be the medicine of the future'

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

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

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

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

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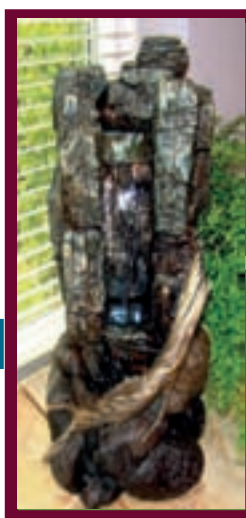
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