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Issue 163 - June 2015

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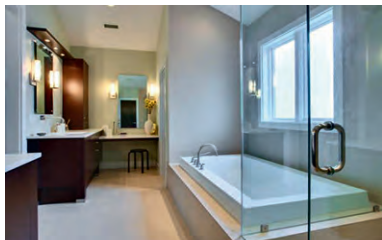
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In Cottingham and District

Cottingham Methodist Church

Thursday 4th June - Musical Memories from 1.45 pm to 3.15 pm. Do you live alone, or do you just fancy an opportunity to sing your favourite songs? We are offering an afternoon where you can come along and sing your old time favourites. Refreshments will be served. Come and join us. All are welcome.

Zion and Newland United Reformed Church, Hallgate, Cottingham

Saturday 6th June - The 70th Anniversary of D-Day. Afternoon tea at 2.00 pm. Tickets £5.00. Proceeds to the Royal British Legion and Zion Church Funds. Tickets available at the door.

Skidby Village Hall

Saturday 6th June and Sunday 7th June - 41st Annual Art Exhibition and Sale, 10.00 am to 5.00 pm. Admission £1.00. Refreshments available. Further details and artists entry forms from the secretary D. E. Chilton, tel. 849128 (after 6.00 pm).

Front cover: One of the many Bridle Paths around Cottingham

Photo by: Paul Lakin

Cottingham Catholic Women's League

Monday 8th June - "Hold The Front Page", speaker Angus Young, journalist on the Hull Daily Mail, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Cottingham Women's Institute

Tuesday 9th June - Humber Rescue - Saving Lives in the Humber Estuary. Competition: Maritime item, at 10.00 am in the Methodist Church Hall, Hallgate, Cottingham.

Cottingham Methodist Photography Group

We meet in Cottingham Methodist Church Hall

Tuesday 9th June at 6.30 pm Outside visit (7.30 pm if wet)

Tuesday 23rd June at 6.30 pm Outside visit (7.30 pm if wet)

Want to learn more using your digital camera? Why not give our friendly group a try? New members welcome. Why come along and give us a try? Contact for further details - John Tel No: 842169 or john@jcmhome.karoo.co.uk

Cottingham Ladies Circle

Wednesday 10th June - Mrs. M. Walker to give a talk a show entitled "I Do Like to be Beside the Seaside", to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Cottingham Green Women's Institute Evenings

Thursday 11th June - Geoff Bell, local historian, a talk on Cottingham and Walk (subject to weather). Meetings held in the Darby and Joan Small Hall, Finkle Street, Cottingham, at 7.30 pm, second Thursday of each month.

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U3A

Thursday 11th June - Marilyn Walker - Growing up in the 1950's, at 2.00 pm in the hall at the Darby and Joan Hall, Finkle Street.

St. Mary's Mother's Union

Thursday 11th June - Dave Thompson from Hearing Dogs for Deaf People, will be paying us a visit with his dog. Come and learn about the marvellous work these special dogs can do, in the Arlington Hall, at 2.15 pm. Refreshments and raffle will follow. All are welcome. Contact Sheila on 01482 840834 for more details.

Beverley Film Society

Friday 12th June – Ilo Ilo (2013)

Cert 12A, Drama (Singapore) Director: Anthony Chen
Award winning portrait of a middle-class Singaporean family's struggle with financial, domestic and personal issues during the economic crisis of the late 1990s. After hiring a Filipino immigrant, as a live-in maid and nanny, a unique bond forms between her and one of the children, but then unforeseen circumstances challenge the new normal yet again. All films start at 7.30pm on the 2nd FRIDAY of the month, (except October). Screenings are in the Masonic Hall, Trinity Lane, Beverley. Membership costs only £30 for the whole season, that's £3 per film for a 10 film season, Sept to June. There is also a bar so it is a perfect meeting place for a drink and a film with friends. Members can join online at www.beverleyfilmsociety.org.uk, on a film night or by contacting the Membership Secretary T: 01482 870751.

East Yorkshire Embroidery Society

Saturday 13th June - Stuart Hillard - Away from the hive . . . the Great British sewing bee and me, to be held at 2.15 pm in the Darby & Joan Hall. Members £1.50; Visitors £2.50. Includes tea/coffee and biscuits. www.eyes-embroidery.co.uk.

Cottingham Branch of the Royal British Legion

Saturday 13th June - The British Legion are having a Summer Sequence Dance at the Darby & Joan Hall, Finkle Street at 6.30 pm till 10.30 pm. Raffle, Spot Prizes, Cakes, Pastries, Tea and Coffee. Tickets £4.00 each. Excellent music. "Do come and enjoy yourselves".

Hull and East Riding New Stitchers (H.E.N.S.)

Tuesday 16th June - Jean Ellis - Shadow Patches. Meetings are held at the Newland Christian Centre, St. Johns Newland Church, Clough Road, Hull. Meeting start at 7.15 pm on Tuesday evenings. New members and visitors are always welcome. Free Parking. Further details from Brenda Tennyson on 01482 708525.

Hull and East Riding Antiques and Fine Arts Society

Tuesday 16th June - Naomi Motley: "The Medieval Country House". At 10.45 a.m. Willerby Manor Hotel (Pavilion Suite). Non-members are welcome to come and experience one or two talks as guests (admission £5.00), before deciding whether to join us. Our Society meets on the third Tuesday morning of every month (except August and December) for illustrated talks by experts on a wide range of antiques, design and fine arts topics. For further details please contact Membership Secretary, Margaret Ashley, tel. 01482 57574.

Cottingham Evening Townswomen's Guild

Wednesday 17th June - Bob Smales - Air Ambulance, at 7.30 pm in the Darby & Joan, Finkle Street.

Continued on page six

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Beverley Decorative and Fine Arts Society

Wednesday 17th June - **Roger Mitchell The Georgian House around the World** - *Studied History at Oxford and Fine at Leeds*. We meet at the Willerby Manor Hotel (just beyond the Waitrose roundabout), on the third Wednesday morning of each month at 10.30 am. Coffee available from 10.00 am.

Hull and East Riding Glaucoma Group

Wednesday 17th June - The next meeting of the Hull and East Riding Glaucoma Group will take place at HERIB on Wednesday 17th June from 2pm till 3pm, when we are very pleased to welcome guest speaker Mr. Burnett, Hull Eye Hospital Glaucoma Consultant. We look forward to seeing you. Entry is £1.50 per person. For more information and to book your place, please call HERIB on 01482 342 297.

Diabetes UK

Thursday 18th June - Heather Whgth (Diabetes Specialist Nurse). 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.

Cottingham High School

Friday 19th June - Fizz and Quiz Night at 7.30 pm at the school. £2.00 per ticket, bar, raffle and snacks. Reserve a ticket at office@cottinghamhigh.net and pay on the door. All monies made in aid of the school.

Cottingham Ladies Circle

Wednesday 24th June - AGM - Refreshments, to be held in the Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Friends of Thwaite Gardens

Wednesday 24th June - Open Evening, Thwaite Gardens, Thwaite Street, 6.00 pm to 9.00 pm. There will be a plant stall and a 'Tree Trail'. Admission £1.00; accompanied children under 16, Free.

Wednesday Social Club

Wednesday 24th June - Quiz, in the Darby & Joan Hall, at 2.00 pm.

Cottingham Methodist Church

Friday 26th June - Free Film Night, 6.40 pm for 7.00 pm. Popcorn, ices and chocolate on sale.

East Riding Flower Club

Monday 29th June - Susan Hall (from Saltburn by the Sea), will give a demonstration called 'Memories', in the Civic Hall at 2.00 pm. Tickets £5.00 each. Visitors and new members always welcome. Contact 876279 Judith Robinson. On Cottingham Day Saturday 4th July the club will be having a table in the Civic Hall, giving people the chance to find out more about the club.

Safe Haven for Donkeys in the Holy Land

Saturday 4th July - Please visit our stall next to the donkey rides at Hallgate Primary School's Summer Fair, 12 noon to 3.00 pm. Hundreds of children's books for all ages from only £1.00.

Cottingham Singers Summer Concert

Wednesday 15th July - The Cottingham Singers will be holding their Summer Concert on Wednesday 15th July at 7.30pm. It will take place at Bricknell Avenue Methodist Church, Bricknell Avenue. Tickets, priced £4.00 adults; £2.00 children (including refreshments) are available on the door or from Janet Burton (Tel: 442894)

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The Cottingham Bowling Club

The Bowling Club meets daily at the Bowling Green, situated on Hull Road, by the Thwaite Street roundabout. Social bowling is held every afternoon from 1.50 pm to 4.00 pm. League matches, club competitions and social gatherings form an important part of the club's activities. New members are always welcome. Further information can be obtained from Trevor Holborn 849647. Email revtrev2@revtrev2.karoo.co.uk

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 60p (including biscuits). Please come and help us with our jigsaw puzzle. A warm welcome ensured.

AgeUK East Riding

Most Fridays 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 Dean Banyard, Club Secretary, telephone 01482 840924, 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.

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.

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. For further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 pm in the Arlington Hall, Cottingham.

Fitmums & Friends Run, Walk

The club meets at the Blue Kangaroo, Finkle Street, Cottingham on Monday's 9.30 am (term time only) and at Cottingham Sports Centre KGV Pavilion, Wednesdays 7.00 pm; Fridays 6.15 pm. 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.

Continued on page 29

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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 Mike Harness
Allotments Committee:	Cllrs Abel, Casson, Hardwick, Jump and Petersen
Personnel Committee:	Cllrs Casson, Kind and Harness
Grievance Committee:	Cllrs Jump, Knight and McLaren
Cottingham Day Committee:	Cllrs Abel, Harness, Jump, Kind and Wright
Co-opted Members of Cottingham Day Committee:	Don Maskell, Kate Moverley, Richard Moverley and Mike Spivey
Neighbourhood Plan Steering Group:	Cllrs Casson, Harness, Jump and Knight
Drainage Working Party:	Cllrs Casson, Hardwick, Harness, Jump, Knight and Wright
CCTV Working Group:	Cllrs Abel, Jump and Wright
Emergency Plan Working Party:	Cllrs Casson, Harness, Kind, McLaren and Wright
Council Against Car Parking Charges Group:	Cllrs: Abel, Hardwick, Harness, Jump, Kind, McLaren and Wright
WWI Project Working Gp:	Cllrs Hardwick, Harness and Knight
Cottingham Wild Space Gp:	Cllrs Petersen and Wright
KGV Friends Group:	Cllr Jump
Cottingham KGV Community Trust:	Cllr Casson
YCCRP:	Cllr Knight
ERNLLCA representatives:	Cllrs Knight and Wright
Haltemprice Flood Action Group:	Cllr Knight
Humber Estuary Management Partnership:	Cllr Jump
Darby & Joan Building Trust:	Cllrs Jump
Cottingham and District Traders:	Cllr Jump
Cottingham Food Festival:	Cllrs Abel, Petersen and Wright
Cottingham Farmer's Market Project:	Cllrs Harness and Wright

Cottingham Day – Saturday July 4th 2015

A date for your diary – 4th July 2015. Yes, Cottingham Day has come around again. Last year, the event attracted over 15,000 people and we hope to attract even more in 2015.

We have slightly extended the road closures this year to help keep our residents safe and to give a little more room for stalls and entertainment. The Market Green will have the main stage as usual but this year there will be an Arena with a variety of attractions to entertain you. Please note that the police will be enforcing the 'no drinking zones' – this includes the Market Green.

Many of the old favourites return this year – the dog show (which starts at 11.00 am), the birds of prey, classic cars and motorcycles with a few new attractions thrown in to entertain all ages.

The local shops, cafes and pubs will be open to welcome visitors and events will be taking place at the Civic Hall, the Darby and Joan Hall and the churches. Make sure you visit the Civic Hall where the

Cottingham Neighbourhood Plan team will be happy to listen to your comments and suggestions on the draft Plan.

The Cycle Race is back and will take place at 7pm – the race starts and finishes outside the Methodist Church Hall, Hallgate. The route is King Street, Northgate, West End Road, Hallgate and consists of 45 minutes plus 5 laps. **Please note that road closures will be in place for the Cycle Race and there will be different changes to bus services from 6.30pm along the race route.**

Good weather has been ordered so please come along and help make this another memorable day for Cottingham.

Changes to bus services from 7am – 7pm on Saturday 4th July

Service 60/60a

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 64

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

Service 103/105

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 New Village Road, then Northgate, West End Road, Baynard Avenue and normal route to Castle Hill Hospital. Return via outward route reversed.

Service X80/180

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

Service 61

Normal route to Priory Road, then Newgate Street, South Street, Baynard Avenue, West End Road and normal route to Beverley. Return via outward route reversed.

Route 110 (Stagecoach Service)

Normal route to Newgate Street, then South Street and continue on normal route. 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 on King Street (marked on the programme which will soon be available).

Cottingham Neighbourhood Plan – Consultation Draft

Notice is hereby given, in accordance with Regulation 14 of the Neighbourhood Planning (General) Regulations 2012 (as amended), that the **Cottingham Neighbourhood Plan: Consultation Draft** will be available for inspection in hard copy at the Parish Council office and East Riding of Yorkshire Council Customer Service Centre, Market Green, Cottingham, during normal office hours, and, in electronic format on the Parish Council's web site: www.cottinghamparishcouncil.org.uk from 29th June to 10th August 2015.

In addition, there will be a **public exhibition** of the draft plan in the Civic Hall, Market Green, Cottingham, on Saturday 4th July (Cott Day) from 9 a.m. to 5 p.m. when representatives of the Parish Council and the Neighbourhood Plan Team will be available for consultation and discussion.

Interested persons are invited to view the Draft Neighbourhood Plan and submit comments to the Parish Council using the forms provided by 5 p.m. on 10th August 2015.

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Controlling who WILL inherit your estate when you die

Samantha Willingham, Assistant Solicitor in the Probate Department at Graham and Rosen Solicitors
www.graham-rosen.co.uk details the benefits of making a will



Do you want to decide who inherits your estate? If your answer is yes then you need to make a Will.

"I don't have time", "I'll think about it when I'm older" and "I don't want to think about dying, it's too morbid!" are some examples of the excuses people give for not making a Will. If you do not have a Will in place then you have no control over who inherits your money, your property and all of your possessions; it is decided based on Statutory guidelines written nearly 100 years ago. This can result in people who you don't wish to inherit, benefiting from your estate.

Dying without a Will can cause difficulties and problems for your loved ones at an already difficult time. It may take them time to establish whether you have a Will, and if there is no Will, they may need to go through the courts to be granted the power to deal with your estate. This would delay the process of gaining access to your assets and may result in your family members having to pay for your funeral and other expenses.

If you have children under 18, then making a Will is essential to ensure that the people who you would want

to look after your children do so in the event of your death. These people are called "guardians" and they can be appointed in your Will. If you do not appoint guardians, then it is the authorities who decide who looks after your children. These may not be the people who you would have chosen and could cause distress for your children and family members.

A Will can be used to establish a trust for your children allowing you to have some control over the money they inherit, how it is used and when they receive it after your death.

If you have an estate that is liable for Inheritance Tax, making a Will can help reduce the Inheritance Tax liability, or even eliminate it altogether. A Will can therefore ensure that there is more money for your loved ones and less for the taxman. A Will can even be used to mitigate payment of care fees.

The simple question is: Do you want to make things as simple as possible for your loved ones and ensure that they are the ones who inherit your estate? If yes, then make a Will!



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Windows 10 and emails - love or hate them

“Once a device is upgraded to Windows 10, we’ll be keeping it current for the supported lifetime of the device,” said Terry Myerson, executive vice president of the Operating Systems Group. “With Windows 10, we think of Windows as a service...the question ‘what version are you running’ will cease to make sense.” Interesting comments from Microsoft regarding the launch of Windows 10 which is scheduled for next month. At the time of writing they still haven’t announced pricing yet after the first ‘free year’ however.

Could this be the last version of Windows as we know it? I predicted a few years back that owing to the dominance of the internet, ultimately a computer will only need a means of starting up and getting online. This has been proved with the launch some time ago now, but perhaps not very well known, of the *Chromebook*. This is a small laptop device that uses the *Chrome* operating system, basically an extended version of Google’s *Chrome* browser. It boots in a matter of seconds, you sign in with your Google account, and it connects to a wireless network and you’re online. Anything you want to store or work on is kept up there ‘in the cloud’. Basically that means Google’s own servers. Tablets are of course a good example of this also, but with added apps, you just pick it up and it works. The future looks interesting....

Vista users should plan to upgrade to a new PC, as although support is quoted as being until 2017, there will be no upgrade options on that system, only available to Windows 7 & 8 computers. Vista was launched 8 years ago now, so many systems will be a bit past their sell by! If you’re looking for a new PC, you know who to call, written quotes available, just call or email.

‘Microsoft telephone scam.’ Police are warning computer users to be vigilant as there has been a rise in the numbers of people reporting being cold-called by someone claiming to work for Microsoft. I have featured this scam in my article several times as I have had customers calling me for advice. These callers (often from bogus call centre in India) aim to take control of your computer remotely, cause all sorts of mayhem and then ask you to pay for their service. Best advice is that if anyone contacts you purporting to work for Microsoft or anything to do with Windows, or saying you have a fault or virus on your computer, tell them quite firmly you are not interested or hang up. If you think you have fallen victim to this, the Police advise to report it to Action Fraud UK on 0300 123 2040. Also contact us to have your computer cleaned and/or security checked.

Email – love it or hate it, it’s part of modern life, and it’s not without problems. Firstly it is estimated that around 80% of the world’s email is junk, so the likelihood is that every time you open your email application, you open the floodgates. But if you never use your email address online to buy things or sign up for newsletters etc., you’re probably safe. The old email adage holds true, if you don’t know the sender, or the subject it looks too good to be true, then delete it. Be particularly careful with emails

purporting to be from banks and other financial institutions, and in recent months there has been a rash of emails with attachments such as ‘remittance advice’ or ‘outstanding invoice’. Don’t fall for any of these, don’t open them and just hit the delete key. Or you could use the Junk setting, by clicking on the email and mark the sender so that in future all email from that address will go into the Junk Mail folder.

Karoo - being our local internet service provider (ISP) also provides a free email service that many people use locally. There are two ways to access your email: either through an application like Windows Live Mail, or Thunderbird, (or a professional product like Outlook, which comes as part of the Microsoft Office paid-for packages), or using what we call webmail. This is where you go online to the Karoo home page (now called HeyToday), and click on Mail and enter your email address and password. This takes you directly to your inbox. The advantage of this method is that you can use it from any computer anywhere, whereas using an application only works in this area. It is worth mentioning here that Karoo has launched a new-look webmail service recently, you will have noticed the difference by now. One important point is that your contacts (address book) won’t be transferred to this new system, so make sure you have a note of them before they shut down the old system.

Windows Live Mail it’s fair to say has not been without issues since launch, but it is widely used as it is provided free by Microsoft. One important thing I have discovered recently is that because of the way Windows Live mail is designed, back up applications like Memeo etc. are unable to back up the mail store. So if you have a lot of important emails stored, you would need an alternative way of backing them up in case of a system crash. Contact us for help with this. The promotion run last month proved there is a need for home computer back-ups!

Gmail, Hotmail and Yahoo Mail are other online alternative email services, and you are probably signed up to one of these if you have a tablet or smart phone. Again you can use these services from any device anywhere.

A camera powered by the light it uses to take pictures has been invented by American scientists. The camera generates power by converting some of the light falling on its sensor into electricity that is then used to take a snap. Theoretically the self-powered device could take a picture every second, forever. Story on the BBC news website.

→ **Top Tip:** Check your computer date & time are correct, if not you won’t get access to secure sites online.

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Wordsearch - Good for You

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

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

Find the words in the letters above:

Apple, Apricot, Artichoke, Asparagus, Aubergine, Banana, Bean Beetroot, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cherry, Cucumber, Date, Eggplant, Fig, Grape, Grapefruit, Leek, Legume, Lemon, Lime, Parsnip, Melon, Mushroom, Okra, Olive, Onion, Orange, Parsnip, Pea, Peach, Pear, Pineapple, Potato, Prune, Pumpkin, Rhubarb, Spinach, Sprout, Squash, Strawberry, Taro, Tomato, Turnip, Yam.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 101

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

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

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Well how exciting to have a new ship in Hull, Lynne & I are looking forward to booking many guests on these itineraries. Don't hesitate to call for more information and let us price you a cabin at a cost you cannot resist.

We have our Ireland tour later this month which I am looking forward to, rooms are now on request but we can try to squeeze you on. Our itinerary is fantastic.

We get many compliments about our tours and what we include. Following our Arran Tour last month this is a testimonial that I would like to share with you.

"Hello Marion - many thanks to you and Dave for our very enjoyable holiday in the Isle of Arran. We had a very good time seeing the beauty of the island and visiting the castles and stately homes on the way there and on Arran - even the bleakness of Lochranza! We liked the friendly atmosphere among the group and were especially grateful to them for the help they gave to me in my "wounded" state. Mrs B. "

Japan, we have a special departure for my big birthday next year. Departing 2nd May for 13 days £2899 per person twin share. An exciting comprehensive tour, accommodation is in 4 star hotels and represents incredible value. We have 12 places available, why not join me? Call for details or visit.

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Efteling, Europe's 3rd largest theme park! Having just returned, I must say what a super place. More pleasing to the eye than Disney set in beautiful grounds with a real fairy tale feel. All of our favourite stories, Snow White, Hansel & Gretel, Tom Thumb to name a few along with a superb talking tree. There are many gentle rides but on the other hand if you are looking for thrilling rollercoasters you will not be disappointed. Extras in the parks shops & cafes are very gentle on your pocket eg dresses for girls starting at just 10 Euros! Why not sample it yourself? We have a departure on 14th July this year via P&O North Sea Ferries, the coach journey on from the port is just over an hour giving you a good day at Efteling. Perfect for families or a short break with the Grandchildren. 2 nights & a day in the Park a Family of 4 £480 and a family of 3 £310, (children up to 14 years old)

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06 Jul	Warner's Alvaston Hall 5 days half board	£ 310
06 Jul	Highgrove & Laskett Gardens 2 full exciting days 5 seats	£ 209
12 Jul	Liquorice Festival just for the day	£ 24
14 Jul	Dutch Dash with a twist - Hollands oldest Town Dordrecht	£ 99
14 Jul	Efteling Theme Park - sail from Hull - family of 4	£ 480
19 Jul	Blackpool Tower Ballroom & Afternoon Tea for the day	£ 49
17 Jul	Warner's Thoresby Hall & Spa 3 night weekend break	£ 279
17 Jul	Thoresby Hall day visit & sumptuous afternoon Tea	£ 39
26 Jul	RHS Tatton & Cheshire Halls & Garden's 3 days HB	£ 279
09 Aug	Edinburgh Tattoo - 2 nights B&B & good seats 4 seats	£ 269
15 Aug	Rhine & Moselle River Cruise, a 9 nights via Hull/Zee	£1199
27 Aug	Barge Hotel Strasbourg & the Alsace Rhine/Marne canal 8 nights via P&O North Sea Ferries - Superb Quality 1 cabin	£2350
16 Oct	WW1 Ypres Salient plus Diksmuide beer festival from	£ 199
27 Oct	NCL's new Mega Cruise ship - 2 days inc. Oxford from	£ 169
02 Nov	Warner's Alvaston Hall Turkey & Tinsel 5 days	£ 289
05 Nov	Gothic Whitby with Art historian Fiona Irwin 1 nt B&B	£ 149
11 Nov	Elf the musical & London 2 days B&B inc top tickets	£ 179
18 Nov	Thursford Christmas Spectacular 2 nights HB & top seats	£ 249
13 Dec	Dutch Christmas Markets Dordrecht & Keukenhoff 4 nights	£ 269
21 Dec	Andre Rieu in concert Sheffield subject to availability from	£ 99
23 Dec	Warner's Alvaston Hall 4 night Christmas Break—full board	£ 699
2016	07 Jan 1st tour Boundary Mills, January Sales just for a day	£ 15
13 Jan	Millstones super day out inc. food, dancing, singing & fun	£ 43
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28 Jan	World of Rhubarb—day outing inc. tour and 3 course lunch	£ 49
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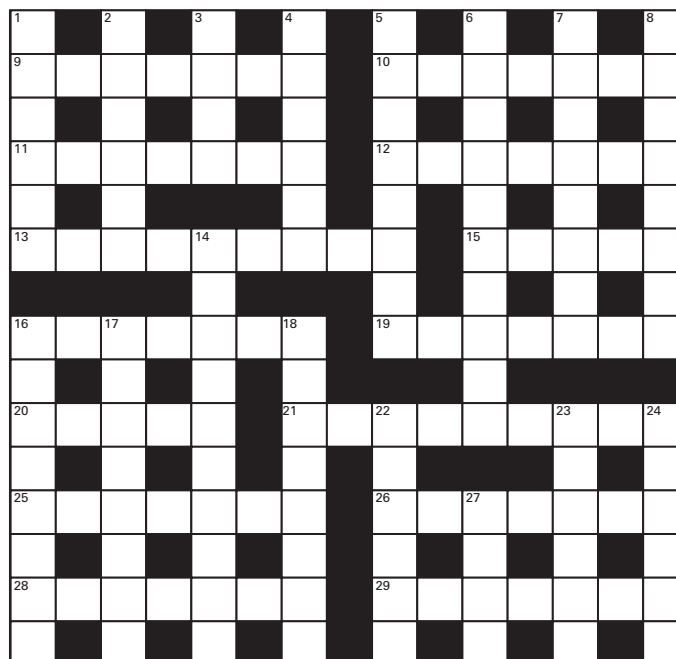
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Crossword – Solution on page 46



Across:

9. Oval (7)
10. Breed of horse (7)
11. A musical interval of eight tones (7)
12. Artist's studio (7)
13. A gradual increase in intensity (9)
15. An attribute of a people or era (5)
16. A chronicle of past events (7)
19. Clothing (7)
20. The golden touch (5)
21. Learn by heart (9)
25. Gracefully slender (7)
26. Spilt (7)
28. Used to spin yarn (7)
29. Utmost (7))

Down:

1. With bravery and valor (6)
2. Carefree (6)
3. Idler (4)
4. A unit of instruction (6)
5. A mathematical curve (8)
6. Wildlife warden (10)
7. One who completes the task (8)
8. Mezzanine (8)
14. Puzzles like these (10)
16. Without shelter (8)
17. Skid (8)
18. Complained whiningly (8)
22. Young ladies (6)
23. Clothes fastener (6)
24. A shifty deceptive person (6)
27. A cereal grass (4)

Crossword courtesy of www.crosswordpalace.com
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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.



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Picnics are a fun and pleasurable way to spend a few hours on a warm summer's day or evening and whether in the back yard, local park, countryside or on the beach, with little effort, they can be as simple or elaborate as you like. Below is all the information you'll ever need for perfect picnics.

Spur of the moment Picnic

Sometimes the reality of a perfect summer's day is all the encouragement one needs to have a picnic, whether it's in the back garden, local park or further afield. Picnics needn't be elaborate affairs. Simply pack up some fresh bread, sliced meats such as salami, ham or prosciutto, some cheese, fresh fruit or yoghurts for dessert plus something to drink and you're ready for the off.

Stuffed Picnic Eggs

Makes 8

Ingredients

8 Hard Boiled Eggs, shelled
90ml/3fl.oz. Mayonnaise
½ tsp Mild Mustard
A few drops of Tabasco sauce
25g/1oz Finely Grated Cheddar Cheese
Salt and Black Pepper

Instructions

1. Cut the eggs in half lengthways and remove the yolks.
2. Place the yolks in a mixing bowl together with the remaining ingredients and mash with a fork until well combined. Sprinkle with paprika.

Variations: Add to or replace the cheese with any of the following ingredients:-

- Chopped Ham
- Finely chopped Onion
- Chopped Chives
- Chopped Olives

Summer Sweetcorn Salad

Serves 4

Ingredients

400g/14oz frozen Sweetcorn Kernels
100g/4oz frozen Whole Green Beans
3 tbsp Cider Vinegar
1 tbsp Olive Oil
1 tbsp freshly chopped Parsley
Salt and Black Pepper
½ Green Capsicum (Sweet Pepper), chopped
50g/2oz Spring Onion, chopped

Instructions

1. Cut the green beans into 12mm/½ inch lengths. Bring a



saucepan of lightly salted water to the boil, add the beans and sweetcorn, bring back to the boil then simmer for 3-4 minutes until just tender. Drain well in a colander and allow to cool.

2. Meanwhile, place the vinegar, olive oil, parsley, salt, and pepper in a serving bowl and whisk together until well blended

3. Add corn kernels, green beans, red pepper, and onion to the dressing in the bowl and mix well. Cover and refrigerate until ready to serve.

Ham and Asparagus Quiche

Serves 4

Ingredients

225g/8oz Shortcrust Pastry
25g/1oz Butter
1 Onion, chopped
100g/4oz Ham, cut into thin strips
75g/3oz Asparagus, cooked
2 Eggs, beaten
150ml/5fl.oz. Single Cream
Salt and Black Pepper

Instructions

1. Preheat the oven to 200C, 400F, Gas Mark 6.
2. Roll out the pastry to 6mm/¼ inch thickness and use to line a 20cm/8 inch flan tin. Prick the base of the pastry with a fork then line with greaseproof paper and fill with baking beans. Place on a baking tray then bake in the oven for 15 minutes.

2. Meanwhile, heat the butter in a pan, add the onion and fry gently until soft and transparent. Cool slightly then spread over the base of the partly cooked pastry case.

3. Arrange the ham and asparagus on top of the onions.

4. In a bowl, beat together the eggs, cream, salt and pepper then pour into the flan case over the onion, ham and asparagus.

5. Return to the oven and bake for 30-35 minutes until set and golden brown. Serve hot or cold.



ON THE GRAPEVINE

WITH ROY WOODCOCK

Wines from the UK

UK wine has long since shaken off its second rate reputation and, believe it or not, can now compete with some of the very best in the world. I'm a huge fan and can count myself in good company, as The Queen always serves English fizz as opposed to French Champagne at Buckingham Palace.

If you love the fresh, hedgerow flavours of New Zealand Sauvignon Blanc, you'll love some of the English white wines, particularly those made from the Bacchus grape, which seems to suit our climate. My only plea is for more of our UK supermarkets to get on board to make it easier for English wines to be discovered.

Waitrose is usually a good bet to track down a bottle or two, as is Marks & Spencer and our specialist outlets, but the rest of the big stores have a lot of catching up to do.

It's certainly not because there is any lack of wine - UK winemakers are toasting a bumper 2014 harvest as production continues to grow, with the country's vineyard area more than doubling in the last seven years.

Producers made 47,433 hectolitres of wine last year, the equivalent of 6.3 million bottles and up 42 per cent in volume terms on the 2013 crop - itself a record-breaker.

Vineyards in the UK now cover more than 2,000 hectares of land, the majority of it planted for sparkling wine production, which has risen by nearly 150 per cent in the past five years.

Chardonnay and Pinot Noir are now the most planted grape varieties - followed by still wine stalwart Bacchus - and total plantings have risen by more than 230 per cent in the last eight years.

Julia Trustram Eve, marketing director for English Wine Producers, said she expects the sector's "steady sales growth" to continue this year. She said the industry in general was in buoyant mood heading into 2015, particularly following a strong 2014 harvest.

Several larger players in the industry, such as Chapel Down and Ridgeview, have said they are working harder to increase exports and a growing number of winemakers are lobbying the Government to ensure that English wine is served in more British embassies around the world, to increase its profile.

Ridgeview's Bloomsbury 2011 was served earlier this year to the Duke and Duchess of Cambridge during their tour of New York and we can only guess their choice to wet baby Charlotte's head following the recent Royal Birth.

Although the South claims the most acres of vines, Yorkshire has its fair share, too. In East Yorkshire, there's the family-owned Laurel Vines at Aike, near Driffeld, and I enjoyed sampling a bottle of their 2013 dry white - the first to be bottled - at a function I attended recently at the KC Stadium in Hull.

Easy drinking in style, this bright light white is only in limited supply at the moment; so, too, their other white choice, called Simply White, and their fruity rose. All have secured protected geographical indication (PGI) status and the family hope, in due course, to increase production. Inquiries and further information is available from their website, www.laurel-vines.co.uk

Also worth checking out is the Little Wold Vineyard at South Cave, which was planted in spring 2012 with 1000 white vines. A further 500 red vines were planted in 2013 and now, this year, they are planning to plant a further 500 vines.

The first harvest was last year and I'm currently still waiting to hear news of their first release of wine. Meanwhile, it is possible to join a tour of the vineyard on selected dates - visit their website, www.marketplacefarm.co.uk, for details.

Further afield one of the most successful Yorkshire vineyards is Leventhorpe, based at Woodlesford, near Leeds, which was established 30 years ago and makes some superb wine. Helmsley Walled Garden Vineyard is also worth checking out.



BEST BUYS

**Nyetimber Classic Cuvee****Where:** Waitrose**When:** June 3 to June 30th

Why: My absolute favourite English fizz and on a par with the best French Champagne. Made by the same method and with the same grape varieties as Champagne, the wine is an international award winner and favoured by Royalty.

£23.99 Was £31.99**Chapel Down Bacchus****Where:** Waitrose**When:** Now

Why: Fresh, crisp and and citrusy English white wine made from the Bacchus grape, often described as England's answer to Sauvignon Blanc. Worth investing in but was recently available (until June 2) in store at just £9.99.

£12.99**Bordière Nord Syrah Grenache 2014****Where:** Majestic**When:** Now

Why: From the Languedoc region of France, this red blend is a delicious partner to most red meat dishes - oven or BBQ'd - as well as casseroles and mature cheeses. The Syrah brings structure and richness to this wine, while the Grenache provides it with its aromatic and spicy fruit character.

£6.99**Parra Alta Malbec****Where:** Tesco**When:** Now until June 23

Why: A bargain Argentinian red that's full bodied in style with intense blackberry and raspberry aromas. Can be drunk now or kept for up to three years. The name Parra Alta refers to a traditional way of growing grapes, where the vines are tied to grow upwards through the canopy of the surrounding trees.

£5.49 Was £10.99

Everything in the (Olive) Garden is Rosy!

There's been a real buzz around Cottingham's Olive Garden bistro since it reopened under new management earlier this year, bringing a touch of city chic to the village we all know and love. And now, it's entering a new phase, with even more reasons to make this a must-visit destination.

Starting this month, head chef Giovanni Calvia is introducing an innovative new menu which will combine customers' favourites from the past three months alongside gastronomic masterpieces reflecting his time spent working in some of the best restaurants across Europe.

The new concept will enable diners to choose dishes as either a starter or main course across the entire menu; not forgetting a range of delicious deserts to round off the meal.

People can, if they choose, pick any number of "starter size" dishes as an alternative to the traditional three-course meal - a variation on the style of eating that's become so popular in tapas restaurants.

"There will be two prices for every dish on the menu; one for the smaller "starter" choice, the other for a main course, which will come with all the side dishes included," Giovanni said.

Examples include scallops with black pudding and beetroot sauce; crispy pork belly with creamy mash and a Guinness reduction; lamb tagine with apricots, quail's egg, cherry tomato and aubergine; and scialatelli spaghetti with langoustines in a rich Napoli sauce.

"The quality and presentation of my food is very important to me," Giovanni said. "First impressions really count as people eat with their eyes first," he said.

Along with owner Ben Bazmi, Giovanni is creating a strong and welcoming team at the Olive Garden. And using the freshest, and best, produce is important. "There's nothing frozen here, I go to the markets first thing every morning because I want to see the produce we will be using and only the best is good enough," said Giovanni.

He came to Cottingham after a spell cooking in a Leeds restaurant. But his culinary skills were honed in some of his native Italy's best restaurants, working as a sous chef at the Michelin-starred Trussardi all Scala in Milan and with the man regarded as one of the world's greatest chefs, Massimo Bottura, who holds three Michelin stars at his restaurant, Osteria Francescana, in Modena.

"Ultimately I want to win acclaim for my cooking in the UK," Giovanni told the *Cottingham Times*. "Eventually, I would love to gain a Michelin star for myself, but right here and now my ambition is to help put the Olive Garden on the map; to make it somewhere people love to visit again and again."

Menus, he says, will change regularly and always reflect the seasons.

Already, the Hallgate venue is popular with diners on Friday and Saturday evenings and booking a table is advised. But the good news is, it is open during the day, every day, and five days a week for evening meals.

With its modern, smart and comfortable interior, the Olive Garden is a popular daytime choice for breakfast, as a place to meet up and chat, or somewhere that can serve as an extension to the office for businessmen on the move.

The range of teas and coffees, wines and beers, sandwiches, light meals and cakes and desserts make this perfect for chilling out and relaxing during the day and, if better weather ever comes, the front outdoor terrace is perfect for soaking up the sun and people watching.

Customer feedback has been good, as a quick look at their online ratings



show: "By far the best meal we have had for a long time. The service was fantastic, the staff very friendly and helpful," said one. "Excellent food and presentation and absolutely lovely friendly staff," another.

With a number of offers and daily specials available, everything in the Olive Garden really is rosy . . .

***The Olive Garden at 218 Hallgate, Cottingham, is open from 9am on Fridays and Saturdays, 10am the rest of the week (including Sundays). It closes at 5pm on Mondays and Tuesdays, 6pm on Sundays and 10pm the rest of the week. Call 01482 876333 for more details or visit The Olive Garden's Facebook page: www.facebook.com/olivegardencottingham**



Head chef: Giovanni Calvia



A selection of the superb cuisine created by Giovanni and served at the Olive Garden.

Above: Steamed prawns with zucchini salad and fresh seasonal herbs .

Bottom left: Fresh smoked lobster with thyme, white gazpacho and crispy fennel

Bottom right: Slow cooked pork belly with cream of potatoes and Guinness reduction





Don't be a Stray . . . Chip today!

Looking out of the window, I am asking myself, has the summer arrived? Today I am not so sure but my two cats, Bisley and Saffie think otherwise. As long as it's not raining, they love to bask outside catching the odd ray of sunshine. Thankfully they stay close by and never stray far but it is the 'FAR' I do worry about. How many of us know really how far our cats explore?

We do hear of the person down the road feeding him/her, just like my cat Bisley used to do, or a sighting in a nearby field but they can go further. A friend of mine moved home from one side of Hull to the other and her cat had great delight on taking a long journey every so often to the 'old' house. This became so frequent that my friends old neighbour looked out for her cat, who then immediately rang her on his sighting to go and collect him. What if her cat didn't get as far as the 'old' house and was collected along the journey by a well intentioned member of the public who thought he was a 'stray'?



Each day I am sadly reminded of this. We have a Hull Animal Welfare Trust rehoming board at the Cottingham surgery featuring many photos of dogs and cats who are looking for new homes. Some are taken there by couples who have sadly 'split up' and regrettably no longer have the time or finances to commit to their beloved pet or sadly their owners have passed away and have no one within the family circle to take them on. These are a minority because there are a vast amount who go in as so called 'strays'. I say 'so called' because really they may belong to someone out there who is frantically looking for them. So how can we help to stop this? **EASY! IDENTICHIP!**

I know it sounds simple but more often than not, this is all it will take. On making an appointment with the nurse, here at KINGSTON, a chip (about the size of a small grain of rice) is placed into the back of the pets neck. This chip holds a number which is unique to that pet and is subsequently registered on the Data Base, via the website, where it is held for reference. If your pet then strays and is taken to any veterinary surgery or rescue centre in this country, it will be scanned for the chip number which will then appear on the hand held scanning device and after a quick search on the data base...pet and owner are reunited. Simple! It can take away most of the trauma caused when we go through the episode of looking for missing pets, by reuniting them sooner. In the event of moving house, the chip address should also be altered by contacting the data base. So many owners forget to do this and therefore, sadly, this is another occasion which finds the pet within a rescue centre.

Identichips are not just on offer to cats but also dogs, rabbits and most surprisingly, tortoises.

FINALLY.....IMPORTANT NEWS.

With effect from 6th April 2016... ALL DOGS MUST BE IDENTICHIPPED and registered to an approved data base by the time they reach 8 weeks of age. Every dog that is not currently micro chipped, the 'keeper' (or owner as they were known) will have until 6th April 2016 to get them chipped and registered. **NO ONE IS EXEMPT!**

Please note, the 'keeper' of a dog which is NOT microchipped AND registered on the data base, a notice may be served requiring them to have their dog chipped within 21 days. If the 'keeper' does not comply with this then a hefty fine will be served.

So there we have it. For one small one-off fee, you have the peace of mind knowing that you and your pet have a greater chance of being reunited...ONE CHIP...that's all it takes...ONE CHIP to help take all the stress away.

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Bluewaters Hydrotherapy
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Tel: 01482 226944



Marie Curie launches Blooming Great Tea Party

Host a Blooming Great Tea Party between 20-29 June 2015

Marie Curie is urging local residents to get together with family and friends and organise a Blooming Great Tea Party between 20-29 June to raise funds for Marie Curie, the charity which provides care and support to people living with a terminal illness.

The funds raised from Blooming Great Tea Party will help Marie Curie Nurses care for more people living with a terminal illness in their own homes in East Yorkshire.

Natalie Atherley, Marie Curie Community Fundraiser, said: "Holding your own Blooming Great Tea Party is really easy to do. Whether you hold it at home, at work or somewhere locally it's a fun way to get together with friends and support your local Marie Curie Nurses and people living with a terminal illness."

Last year across the UK the Blooming Great Tea Party for Marie Curie raised £667,000, which pays for 33,350 hours of vital nursing care.

For more information and to sign up for a free fundraising pack to host your own Blooming Great Tea Party, visit www.mariecurie.org.uk/teatime or call 0845 052 4184.

Cottingham Neighbourhood Plan: Consultation Draft

Notice is hereby given, in accordance with Regulation 14 of the Neighbourhood Planning (General) Regulations 2012 (as amended), that the **Cottingham Neighbourhood Plan: Consultation Draft** will be available for inspection in hard copy at the Parish Council office and East Riding of Yorkshire Council Customer Service Centre, Market Green, Cottingham, during normal office hours, and, in electronic format on the Parish Council's web site: www.cottinghamparishcouncil.org.uk from 29th June to 10th August 2015.

In addition, there will be a **public exhibition** of the draft plan in the Civic Hall, Market Green, Cottingham, on Saturday 4th July (Cott Day) from 9.00 a.m. to 5.00 p.m. when representatives of the Parish Council and the Neighbourhood Plan Team will be available for consultation and discussion.

Interested persons are invited to view the Draft Neighbourhood Plan and submit comments to the Parish Council using the forms provided by 5.00 p.m. on 10th August 2015.

Issued by instruction of Cottingham Parish Council's Neighbourhood Plan Steering Group: May 2015.

Law firm offers Legal Advice Clinics to help people understand changes to Inheritance Rules

Leading law firm Andrew Jackson have been providing legal advice clinics for over 10 years and have seen their popularity build as a trusted, valuable forum for anyone wishing to discuss wills, powers of attorney, probate or family matters. In light of major changes to rules surrounding inheritance, even more clinics are planned across the region.

Associate Deborah Gilpin, who specialises in this area of law, explains: "Family arrangements are becoming increasingly complicated, particularly as the intestacy rules – the rules concerning the estate of a person who dies without a will - changed on 1st October 2014.

People must understand that if they do not make a will, the law decides who will administer their estate and who will inherit. It's a complex picture, with different versions of the rules being applied dependent on a range of factors. There is a lack of awareness of these matters and we want to help.

Legal matters around bereavement can present real challenges for couples and families at an emotional and unsettling time. It's much better to take time to review issues now, when they are much easier to tackle than they could be further down the line. Our friendly, supportive team is keen to guide people through these matters, providing the expertise they need to plan for the future."

Deborah believes that this is a great way for people to take control of their futures and tackle a delicate subject in a supportive environment, "Our clinics are really important as we know how daunting the legal landscape can be. We are very happy to be able to help by discussing their options with them without them worrying about incurring costs."

For more information about the legal advice clinics or to book an appointment, contact: Jo Pearman or Jayne Lowde in confidence on 01482 325242 or email legalclinics@andrewjackson.co.uk

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01482 325242

or email legalclinics@andrewjackson.co.uk

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www.cottinghamtimes.co.uk - June 21



“The Tooth and Nothing but The Tooth”

by
Chris ‘Dr. Smile Maker’
Branfield

Up and Down a Mountain - A Hobbit's Tale

Wow, what a 2 weeks that was. Phew!! I travelled to Morocco with my son, Edward to meet up with fellow Dental Mavericks (Dental Mavericks is a charity that I am a founder member and trustee of). This was my 7th time going over to get children out of pain and the 2nd time in Asni working with Eve Branson Foundation.

As usual there was some bureaucratic and political nonsense to overcome so we lost half a day. BUT, we cracked on and saw



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Edward looking after a little one



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says Elizabeth

Chris "Dr Smilemaker" Branfield GDC 68346

Castle Park Dental Care is a Private Independent Practice and is the trading name of Castle Park Limited Registered in England, company number 06703803

loads of kids. We saw about 340 children, actively treated 170 to get out of pain. That's somewhere in the region of 400 teeth taken out.

Then A Mountain To Climb

As a fund raiser we had decided to do a sponsored Mountain climb, as you do.

This turned out to be the hardest thing I have ever done. We set off in the 40 degrees heat from Imil on a 6 hours steady climb to the Refuge (base camp at 3000m)



The Mavericks At The Start



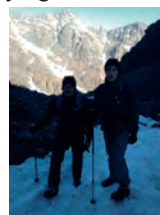
A Berber Drinks Cooler

Before The Crack Of Dawn

We went to bed in a mixed dormitory of bunk beds with no space in between so there approximately 40 people. Oh, we didn't sleep. It was awful. Anyway, up before daylight, head-torch on and crampons on. Yes crampons on!! There was quite a lot of snow. It was a long hard slog and after a time the snow disappeared. I could feel the altitude effects of nausea and headache.

Always Worse Coming Down

I was rubbish coming down. There was a lot of loose scree and I kept losing my feet. I landed right on a rock, OUCH! When we got to the snow again it was softer and slippery, we ended up coming down on our bottoms for a while as it was safer. After up and down the summit it was a steady trek down to Imil, it felt never ending. A 14 hour day all together. Well, the next few days were interesting trying to walk. Edward was fine as he has youth on his side.



Left: I said there was quite a bit of snow. Centre: Edward and I at the top. Right: My Leg A Few Days After

All safe and sound in the end. I went straight to a 3 day dental implant conference in Glasgow, I was so stiff!! That's dedication for you. What an anorak!

Thank You, You're Great

A massive thank you to all who have sponsored us <http://uk.virginmoneygiving.com/castleparkdentalcare> if would like to sponsor us or pop in for cuppa.

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, Castle Villa, 28 Castle Road, Cottingham, telephone 01482 772550. He has been in dental practice for 22 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. And, not only that Chris is founder member and trustee of Dental Mavericks charity- ending the daily dental pain of Moroccan kids. For more patient success stories and Chris's charity work go here now www.castleparkdental.co.uk



Property News from Martin English of Homelink

Should I invest in a buy-to-let pension?

Changes that came into force recently now allow many pensioners to take part of their pension as a tax free lump sum or draw down their capital over time. This potentially enables many of them to raise at least the deposit to go and purchase an investment property for the first time.

Five reasons why pensioners should invest in a buy-to-let pension

1. Buy-to-let can provide a steady income from residential rents and the benefit of potential capital lift over time as hopefully house prices continue to rise above the rate of inflation. The long-term increase above inflation according to the Nationwide has been 2.3%.

2. Landlords buying an investment property can gear their property. That means they can borrow more money than they are able to or are prepared to invest. The upside of this is that should house prices rise then their return on their initial capital will be much greater. For example: a lump sum of £25,000 invested as a deposit for a £100,000 property with a £75,000 loan. Say the net yield on the property was 5% or £5,000 per year. The gross annual return on the initial capital sum (your deposit) would be a massive 20%. If property prices rose a modest £25,000 over 10 years or just 2.5% the return on the investors initial capital would be 100% on the capital alone. These are the types of figures that attract many buy-to-let investors including pensioners to this asset class.

3. The capital value of residential property has a relatively low level of volatility compared to for instance investing in an individual share or the stock market. Prices do fall but historically rarely fall in actual terms particularly over the longer-term. Residential property has an intrinsic value which means that it's value is always protected. This means that pensioners where investing horizons are relatively short are exposed to a relatively low likelihood of a capital loss.

4. Residential property and rents can increase which means that this class of investment and the income derived from it keeps track with inflation and prevents the devaluation of the investment and the subsequent investment stream typically.

5. Buy-to-let is a great little retirement business. You have the control of running your own small business but without the constant demands on your time and energy that running a full time trading business involves. For those of you who want to completely relax away from any hands on approach can place all the hassle and worry of managing your investment in the hands of a reputable letting agent.

Considerations

Whilst there is many compelling reasons to invest in Buy-to-let pensions there are some considerations to ensure that this is the right investment for you

- Retirement means less not added responsibility. Renting out property means added responsibility, and if this is not for you, you would need to employ the services of a reputable agent.
- Both income and capital appreciation from buy-to-let property is taxable. Property investment could add additional tax liability to an investor and you should carefully plan your tax affairs along with any other retirement investments.
- Whilst there is now an opportunity to borrow money following retirement to buy a rental property. There is only a limited number of lenders and rates for borrowers wishing to borrow past their seventies.
- Property investment is a 'lumpy' investment where it is only possible to release capital from it on the sale of the entire investment.

Investing in a property pension conclusions

You can see that there is good and bad reasons why pensioners should consider a property pension. It's not clear cut. However, given that many people are looking to retire at a relatively young age (from their 50s) and that life expectancy is increasing at a breath taking rate. Those in their 50s now may be looking at another 40 years of life and providing for themselves during that time. A buy-to-let property gives pensioners an income producing asset that is ideally aligned to providing during their retirement years. Equally more retirees are looking for a bit of a challenge in their retirement years.

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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Cottingham

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Disney Magic!

Planning on a visit to Florida in 2016?
Walt Disney World Resort is the worlds most popular tourist attraction, with millions of new and repeat customers each year.

It's the sort of holiday that most families dream about, and it can be quite costly. However! If you are planning on a visit in 2016, NOW is the time to book and save a fortune!

Not only are flights available up to the end of 2016, but *Walt Disney World resort* has just launched its biggest offer of the year which can save you and your family £1000's.

If you book a Disney Value resort you and your family will get FREE breakfast!, upgrade to a Moderate resort and receive the FREE Quick Service Dining Plan, or if you love your food then you need to book a Deluxe Disney hotel and get the FREE Disney Dining Plan.

The Quick service dining plan alone can save a family of four up to £1400! Now that's a big saving!

We can also tailor make your holiday with stays on the coast, at Universal Orlando Resort and much more.

Whatever your dream holiday to Florida is, rest assured we will get you the best holiday to suit you, your family and your budget.

Get in touch with a specialist today! There's still time!!



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*terms and conditions apply. Ask for details



June is a great time to be out in the garden. Many plants are in full bloom at this time of year and the weather (should be) warm and sunny. Keep watering your garden to avoid your plants from wilting. A great way of recycling water and saving money is by using a water butt system that will collect rainwater from summer showers. It's only £39.99 for a 210 litre water butt at the Coletta & Tyson Garden Centre and will save you money on your water bill over the hot summer months.

The mild winter has done wonders for crops this year with strawberries benefiting the most. They have thrived over the last few months and with the sun quickly ripening them it's a great time to have grown your own. It's not too late to benefit from this crop.



During the month of June roses begin to open up in fantastic blooms lighting up the garden. It's no wonder we chose them to be our Plant of the Month at the Coletta & Tyson Garden Centre.

Roses are one of the countries favourite plants and can be a great benefit to any garden whether the rose is a fragrant variety, climber or miniature. Roses come in a rainbow of colours and double blooms meaning they'd suit many gardens with a colour scheme. Some say they are moderately difficult to tend but with our tips on growing and caring for roses it can be an easy and rewarding part of gardening.

At the Coletta & Tyson Garden Centre we have a large selection of roses to suit, with assorted roses from £3.99 and David Austin speciality roses starting from £14.99.

26 June - www.cottinghamtimes.co.uk

Planting New Roses

For first time rose growers you can chose to grow your rose in a container or plant it straight into the ground. If you chose to plant your rose in a container the plant will benefit from well draining compost and rose fertilisers through out the year.

When planting your rose you will need to prepare the



soil. The best way to do this is by adding farmyard manure like horse or chicken manure.

Dig a hole roughly twice the size of the roots and the depth of a spade's blade to allow room for the rose. Add a general fertiliser to the hole to help the roots establish and grow further once planted. To aid the rose over the summer and to avoid drought in summer gently tease out the roots so they can grow out once planted.

Place the rose in the hole and fill with compost making sure that the compost covers the roots completely to avoid future dieback. Water thoroughly.



10 Jobs for this month

1. Keep weeds at bay by hoeing your borders and beddings regularly.
2. Maintain the lawn by mowing it once a week.
3. Plant summer bedding.
4. Shade your greenhouse to prevent it getting too hot over the summer.
5. Be careful not to waste water over the dry months. Conserve water by investing in a water butt or using bath and kitchen water that isn't too dirty.
6. Harvest early potatoes, radishes and salad leaves like lettuce.
7. Once the sun has ripened them, strawberries should be perfect for harvesting.
8. Remove rose flowers as they fade to encourage new flowers.
9. Plants like tomatoes, courgettes and celery can be planted outdoors.
10. Tie stems of tall growing plants to supports.

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Aftercare

Over the next two summers you will need to keep the new rose well watered to keep the roots healthy especially over dry spells. Your rose will also benefit from an extra feeding with a general rose fertiliser every spring followed by mulching with bark chips or well rotted manure. Be careful to leave a space around the stem of the rose when you are mulching.

Pruning

It is a good idea to prune back your rose in the first winter after planting, and then in late winter to early spring thereafter. With all roses you will need to remove dead, damaged and weak growths. Pruning then depends on the variety in your garden.

- Climbing or rambling roses need to be pruned back to around 30-40 cm away from the base.
- Large flowered varieties are best pruned back to 10-15cm away from the base of the plant.
- For cluster flowered varieties prune back long stems to about 15cm away from the base.

Avoid pruning the remaining long stems on shrub roses.



Plant of the Month: Roses

The rose is our plant of the month. They are grown for their spectacular and iconic flowers. They are favourite around the world and often used as a token for love. Roses also make excellent gifts for special occasions with variety names like 'Ruby Wedding' and 'Special Anniversary'.

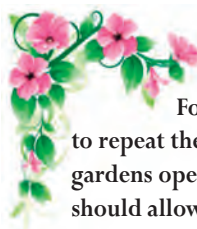
"All the roses will grow well in this area as we have water retentive soil," says John Meikle, the Coletta & Tyson horticultural manager. "If you dig in organic manure and plant the rose with bone meal and rose tree and shrub planting compost, keep well watered and spray regularly for pest and diseases your roses should do very well."

Roses like to be positioned in full sun where they are not competing for root space larger shrubs and trees. Keep them well watered but avoid drenching the leaves to avoid burning in the summer. If they are allowed to dry out the rose becomes more susceptible to disease and pests.

Feed your roses regularly in the growing season from spring to summer with organic fertilisers to help flower production.

If you are still unsure it is always best to ask. The Plant staff at Coletta & Tyson Garden Centre have many years of growing experience combined and are happy to help and give advice. Throughout June we have 10% off all roses. Grab a bargain while you can.

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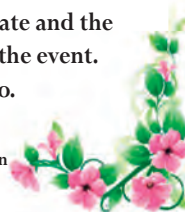
Cottingham Open Gardens 2015

Sunday June 14th and 21st - 10.00 am to 4.00 pm

Following last year's success it has been decided to repeat the event this year, and to date we have twenty gardens opening on two Sundays, an arrangement that should allow people to get round all the gardens, and it is also a form of insurance against the bad weather.

"**OPEN GARDEN PASSPORTS**" will be on sale at the Duke of Cumberland 'on the green', Barkers on Hallgate and the Railway Hotel, during the fortnight preceding the event. All of the gardens will be selling "Passports" too.

Last years event raised over £7,000 for Dove House Hospice and providing the weather is good to us again, we should improve on that figure. Please come along and enjoy the variety of gardens in our village



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Your Stars for June 2015

By Kay Gower

Aries (Mar. 21- April 20)

The present planetary positions bring a high spirited period and a time for making good first impressions. A lovely month with lots of compliments coming down the pipe.

Taurus (Apr. 21- May 21)

The new moon on the 16th brings with it an influx of interesting possibilities. This is the month to be bold leaving others under no misapprehension regarding the path you want to take in life.

Gemini (May 22-June 21)

This month you could easily impress even normally awkward types, and you should be in a position to argue for what you want – though in a charming way.

Cancer (June 22-July 22)

No one knows your nature better than you do, so no matter how much people may try to manipulate you this month it won't work unless you allow it to. However, you could have fun allowing someone to believe they have coerced you, when this really isn't the case.

Leo (July 23-Aug 22)

The planet Venus will be in your sign from the second week of June and it's time for you to show off a little. You have what it takes to shine, and few people fail to notice the fact.

Virgo (Aug 22 – Sept. 23)

Time spent away from the hustle and bustle of life is probably just what you need this month. The time is right for you to seek out the company of those people that you really like and prepare to enjoy yourself quietly.

Libra (Sept. 24 -Oct. 23)

The gap between saying and doing can be very wide. You should consider this when someone's words don't quite ring true.

Scorpio (Oct. 24 - Nov. 22)

If you have some jobs to do that you don't like the look of, get them out of the way as early in the month as you can. There could well be an unexpected treat in store, especially around the 17th so keep your eyes open.

Sagittarius (Nov. 23 -Dec. 21)

The full moon in your zodiac sign on the 2nd June brings with it the potential for a happy and productive month. Be prepared to travel at the drop of a hat. Acting on impulse will bring in some good results.

Capricorn (Dec 22.- Jan. 20)

A somewhat less contentious month is on offer, which is just as well as you don't take too kindly to aggravation these days. The fact is that you are presently immune to people who want to throw a spanner into the works of your life.

Aquarius (Jan. 21.- Feb. 19)

Friends you haven't seen for some time make a reappearance. With them could come memories of a past that perhaps looks more attractive than the actual events proved to be.

Pisces (Feb. 20-Mar. 20)

You have a habit of doubting those who say "trust me". You much prefer to put your faith in those who walk their talk. Stick with this habit.

Continued from page seven

Cottingham Cricket Club

The club provides cricketing activities and games for boys and girls from the age of 7. In 2015 we will be running four Saturday sides, an U18 side on Sundays, an U19, T20 side and team at U9, 11, 13, 15 and 17 and all Girl teams at U11 and U13 and possibly U15. All new players are welcome. Training starts in January with Indoor Nets at Thomas Ferens Academy for all age groups and Seniors on a Tuesday evening 6 till 8pm and at Cottingham High School on Saturday mornings. Summer training for Juniors is on a Friday evening and Seniors is on a Wednesday. 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.

The Cottingham Whist Club

Every Wednesday 2.00 pm to 4.00 pm, in the Darby and Joan Hall, Finkle Street, Cottingham. All welcome. For further information tel. 843253 - 07531 762593 or 473042.

Cottingham Methodist Church Hall

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

The Green Ginger Garland Dancers

Lady folk dancers established over 30 years ago. Thursday practices in the hall behind the Zion Church, Hallgate, Cottingham, between 8.00 pm to 10.00 pm. Every Thursday apart from August. For further information contact: www.greengingergarland.com or team leader Jenny Pittock on 01482 657778.

Writing Circle

A friendly and supportive group of aspiring writers. This is not a teaching class, but we offer gentle critique and bags of encouragement if you want to write a novel, poetry or just flash fiction and personal journalling. No Charge. We meet Mondays 10.00 am, at CC Coffee, King Street, Cottingham. Contact: Lynne 07866 850400.

Hull and East Yorkshire Happiness Group

Everyone could do with a bit extra Happiness in their life. To find out how, join us for lots of laughter, the company of diverse but like-minded people (and cake) at Pearl's Place on Hallgate, Cottingham on the SECOND Thursday each month at 6pm to 8.00 pm. No Charge. Contact: Pam 07966 091513 heyhappinesgroup.weebly.com

English Country Dancing

The fun way to keep fit and make new friends. Every Tuesday at Darby & Joan Hall, Finkle St., Cottingham from 8pm till 10pm. Beginners welcome, no previous experience necessary. Additional sessions for beginners only will be held some afternoons by arrangement. Either come along on any Tuesday or for further information please ring Fred on 01964 550297.

Cottingham Food Bank

The Cottingham Food Bank will be open every Wednesday from 10.30 am to 12.30 pm, and Saturdays from 10.30 am to 12.30 pm, at the Zion and Newland United Reformed Church, Hallgate. Basic foods will be provided for a small donation to people who can demonstrate that they live in the area. Further information can be obtained by telephoning 845920.

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Cottingham Tennis Club

Our new season begins in April with annual fees kept at £140 for adults, with rates for other age-groups equally competitive e.g. £55 for Under-18s and £15 for Under-8s. New members welcome. Access from Hull Road, by drive next to Overland Road. Come along and try our all-weather courts, or ring 847080 for info.

The deadline for entries in the July "What's On" section, is the 18th June.

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for more information and photographs.

Sudoku Answer from page 12

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

www.cottinghamtimes.co.uk - June 29

Fantastic Fashions and Personal Service

Shop 'til we drop . . . we've all been there, done that and got the T-shirt. But sometimes, isn't it nice to escape the hustle, bustle, trials and tribulations that go with megastore meanderings?

Oh for a little personal service, to feel you're special and valued; that the customer really is King (or Queen) for the day!

The answer, of course, is right here at home - Cottingham has a wealth of shops where personal service is something to be celebrated. None more so than in the world of fashion . . .

Two long-established businesses - Finkles, of Cotta Court, and Ann at Elizabeth, of nearby Finkle Street - bring a breath of choice to the world of ladies' fashions that you won't find replicated on the high street.

They pride themselves in stocking clothes for literally every occasion but the great thing is you'll be buying something that is likely to be exclusive to you.

"Personal service is our strength," said Jackie Steel, of Finkles, which has been trading in the village for 29 years, a view echoed by Ann Rhodes, who has run Ann at Elizabeth for 13 years after coming to work for original owner Elizabeth Dick five years before that.

"We believe our shops complement each other, rather than compete, and if you want something a

little different from what you can find in the large department stores, the answer really can be right here on your doorstep," they both said.

Finkles Boutique

Make a point of visiting Finkles in Cotta Court; it really is an Aladdin's Cave of fashions for all ages, with lovely accessories, including fascinators, jewellery and handbags, to complement any outfit. Casual wear is their speciality but new summer fashions, including tops, T-shirts, trousers, skirts, dresses and knitwear, are now in stock and owner Jackie Steele says people are always surprised at the choice on offer when visiting for the first time.

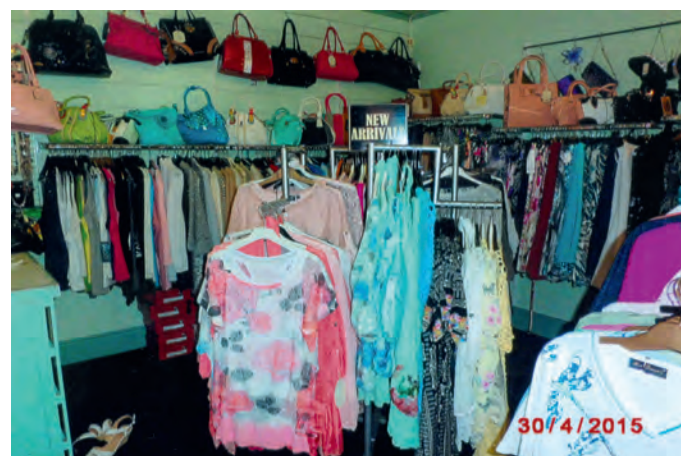
**"Something different
you won't find
elsewhere"**

The great thing about shopping somewhere like Finkles is being able to pick and choose and try things on at leisure; changing rooms are yours for however long it takes and Jackie prides herself on being a personal shopper and stylist rolled into one.

"Customers become friends and because of that I like to think shopping here can be a truly pleasurable experience," Jackie said. "We really do aim to please."

Finkles Boutique
Cotta Court, Cottingham
Fashion at affordable prices
Well worth a visit

KING STREET
HALLGATE **FINKLES** WE ARE HERE FINKLE STREET
COTTA COURT



ADVERTISEMENT FEATURE



Fashions at affordable prices to suit all ages and pockets is the Finkles' mission statement; look more closely and you'll find some real style from names such as Pomodoro, Saloo and many Italian labels.

"Something different you won't find elsewhere," says Jackie

Finkles is at 2 Cotta Court, between Hallgate and Finkle Street in Cottingham, is open six days a week, excluding Sundays, from 10.00 am to 4.30 pm.

It's that feeling that here's a shop where people genuinely care about pleasing the customer and where they have time to listen to you that makes shopping at Ann at Elizabeth so special. "Sometimes people forget just what they have on their own doorstep - Cottingham is a great place to live and shop," said Ann.

"I love meeting people and helping them find just what they're looking for"

Helped by part-time staff Wendy and Maureen, Ann always has time to devote to ensuring customers are made to feel really special. "Here you'll find easy-to-wear smart casual clothes for everyday and holiday and glamorous dresses and two-pieces for that special occasion," she said.

Ann at Elizabeth is at 52 Finkle Street, Cottingham, and open Monday to Saturday, from 9.30am to 4.30pm. Tel. 841246.

Ann at Elizabeth

Classic fashions are the strength of Ann at Elizabeth in Finkle Street, stocking such labels as OscarB, Steilmann, Lebek, Godske and Gollehaug as well as the ever-popular Emreco tops, skirts, trousers, cropped trousers at shorts.

"I love meeting people and helping them find just what they're looking for," said owner Ann Rhodes. "Our friendly staff are always willing to listen and advise and we take great delight in helping ladies choose an outfit appropriate for the occasion and perhaps something a little different from what would normally be chosen."



Ann at Elizabeth

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www.cottinghamtimes.co.uk - June 31



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

This month his destination is Coneysthorpe

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

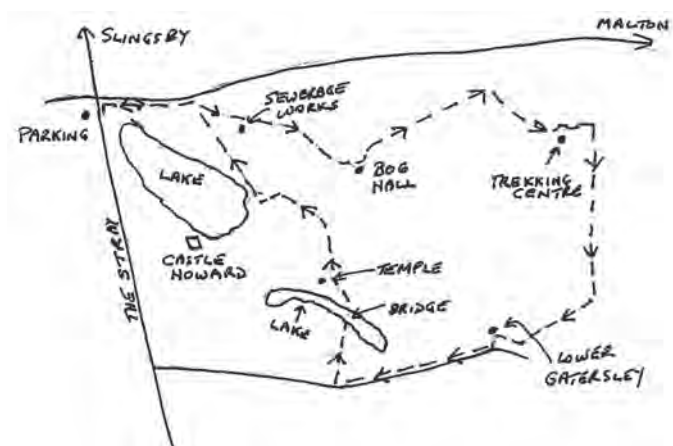
Map: EXPLORER 300

Start at Coneysthorpe Cross roads.

GR. SE708713.

Distance 6.5 Miles.

Leave the parking area and take the road sign posted Coneysthorpe/Malton and walk along this road. Shortly after passing the last house on the right, pass through a substantial wooden gate and bear left. Immediately cross the access road and cross the grass field diagonally aiming for the



sewerage works. Continue past the sewerage works. At the end of the field pass through a kissing gate and bear right and keep the wood to the right.

At the end of this field pass through gates and turn right and then at the end of this field pass through trees to emerge on a farm track and turn left and on reaching Bog Hall turn left again. Continue ahead passing through a small wooded area and on reaching a larger wooded area turn right.

Follow this round the Alamo Trekking Centre to emerge on a track and turn right signed for High Gaterley. Pass through a metal gate and continue straight ahead. At the next junction of paths turn right on the path signed Low Gaterley. At the end of the field pass through a gate and bear slightly left (keeping high) and aim for finger posts at the field boundary.

Pass through a gate and turn right following a stone road. Emerge on the road after passing Low Gaterley and turn right. Follow this road for about $\frac{3}{4}$ miles and then turn right on a wide path to eventually cross over a bridge over the lake (marked on the OS map as New River).

After crossing the bridge aim for the Temple and then follow the wall. Bear left with the wall and pass through a kissing gate and follow the path through an over grown area to emerge on a stoney lane and follow this to reach the substantial gate, pass through this gate and return to the parking area.



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Yorkshire Bulding Society

Announcement

Gary and Louise Naylor (pictured right) are proud to announce their increased commitment to the West Hull Yorkshire Building Society Agency based on Chanterlands Avenue.

A statement from Gary Naylor –

“We first approached the Yorkshire Building Society Agency team in Spring 2010 and asked them if they would like representation in the Avenues area which can also support customers from Cottingham.

We realised that the residents of Cottingham and the surrounding area had historically benefited from a local Yorkshire Building Society presence and that many existing YBS clients had remained loyal.

We also understood that existing and potential customers from Cottingham and the West Hull villages, would rather frequent a Local Agency where it is easier to park the car, without cost, than to travel into Hull City Centre.

As a result we have enjoyed the support of both existing and new investors from the Cottingham area and we continue to market our excellent YBS savings and investment products by advertising in the *Cottingham Times*”

Louise Naylor also adds

“ We have agreed that our offices on Chanterlands Avenue be fully rebranded with the new YBS logo and colours which will include the full outside signage.

This indicates our commitment to both the Yorkshire Building Society and our existing customers. Furthermore, it reconfirms the YBS strategy of supporting their Local Agency Network .

We have an excellent team and all our staff are dedicated to giving a friendly, professional and informative service to both new and existing customers “

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

www.instinctivehorsetraining.co.uk

Total Confidence Live

At the end of April I was invited to go down to the South of England Showground with my amazing little Toby Pony to demonstrate Positive reward training to a live audience in the main arena. TCL was a huge venue run by YOUR HORSE magazine to help owners of horse's country wide to access top horse trainers in every sphere of the horse world.

It was an innovative idea and the first of its kind in the UK. Over two days there were demonstrations in lots of outdoor arenas in every aspect of horse care and horse training. Rescue centres were there showing what they do in rehab of their desperately damaged charges. The Race horse rehabilitation centre from Lancashire were there showing their training methods with their ex Race horses. Natural Horsemanship trainers were there alongside some of our top Competition riders and trainers.

Lessons arranged

There were lessons arranged for people to bring their own horses to for help with Eventing, show jumping and dressage with top industry trainers and lots of retail opportunities for those who love shopping!

This was the very first time "Clicker training" has been



34 June - www.cottinghamtimes.co.uk



given the chance to be shown to the greater audience so I was very pleased to be asked.....and main arena too!

Getting the message across to horse owners that it is possible to train a horse purely by concentrating and marking the moment when something happens which you would like repeating it big stuff. Setting up the training so the horse can succeed is vital, introducing a scary stimulus at a distance which the horse can cope with and positively rewarding a try or a calm emotion etc.

Toby the star

Toby was a star as ever! On the first day there were moments when the sheer size of the audience was a little too much for him so he backed away, which was fine because it was his choice. I work him loose and free in demos. I need him to want to participate, not force him too (which when you have a rope attached is exactly what happens) Give the animal the choice to leave at any time empowers them. Reward the tries, the stays, the behaviours you want and the "moves".

Together we showed the audience that it is possible to have a horse who will accept a worming tube and dose himself. All horses hate being wormed. We always force the tube inside the mouth and we dose them. It's just simply how it is. To have Toby trot across the arena to me and put the tube inside his own mouth made the audience gasp! We played with the umbrella, he put his own bridle on, all sorts of behaviours Toby volunteered to participate in, which in real life would normally frighten horses or which we usually "make" them accept. The audience were charmed by his basketball moves!

It opened some eyes I'm glad to say and gave the audience food for thought re how they approach training their own horses.

Toby made me proud and made the 8 hour journey worth it.

I wonder what the little boy in the audience is thinking watching Toby play with the big ball!

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What to do? - My Cott. Time's article or my VAT return.

Those of you who know me well, will not be surprised in continuing to read this article, my love of paperwork is well known and causes much consternation at my accountants. Why is it that I will find any other job to prioritize above picking up a piece of paper entering the figure and placing it in the file, until I end up with 100 pieces of paper which have to be processed. However with the VAT return date looming I have promised myself that this is the final priority and once this is finished nothing will be prioritized above sorting out the equivalent of a tree growing out of my desk.

Oh good a customer, "can I help you"

So what about the Half Moon, external work is continuing, with the hanging baskets being filled in Judy's greenhouse they should be ready to hang outside by the publication of this article. The tubs in the beer garden patio are being refilled with geraniums, and all the weeds have been treated and dying back fast, creating a great area to sit outside in the glorious summer sunshine with an ice cold drink or two. An area of the paddock has also been levelled and the marquee will be erected as a permanent summer feature for various events in particular Skidby's Scarecrow Festival which returns this year on the 11th July and promises to be better than ever.

Even though we do not have a separate function room we are very fortunate in attracting a number of small functions. Recently we provided a full hot food buffet for the first time which consisted of steak pie, fish pie, chilli, rice, chips and mixed vegetables, instead of our well established finger buffet of hot and cold snacks. Thankfully at our first attempt we got the volumes just right for the number of guests and received some great comments from all who attended. Congratulations to Nick and his team in the Kitchen for a great job, many thanks.

The bar is the focal point of any Village Pub and we are no exception, our regulars are the life blood of the business and are treasured, and no this is not a prelude to a new price increase.

Cheers for now and many thanks to all staff and customers

Mike

The Half Moon, "Skidby's Village Pub" 01482 843403

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Results of the Beverley to London Express Train Survey

In response to our survey, we received 37 replies, all very positive. Some were from residents in Willerby and Skidby who were also keen to use the service if it stopped in Cottingham.

From general conversation, we thought parking might give cause for concern, but our survey showed that 67.6% don't require parking, 27% do require parking and 5.4% didn't reply to that question. Most current early morning rail users catch the train in Hull, with only a few going to Brough, and some even went to York or Doncaster.

From talking to people on the street and reading the additional comments on the survey, we felt that stopping at Cottingham would increase usage due to the convenience factor. The reasons for travel were mainly leisure and family, and this very early train would be helpful in connecting with other country-wide services and Eurostar.

This in turn could increase rail travel usage over the whole network.

We are never going to have large numbers wanting to catch this train, but our survey has demonstrated interest. We're sure a more professional survey would back our findings, but whether the numbers would be high enough to justify stopping in Cottingham is a commercial decision for Hull First Trains.

Geraldine & Ros

The Pirates of Penzance or the Slave of Duty presented by Hull Savoyards at the Civic Hall, Cottingham on Friday 5th June

Hull Savoyards are bringing a band of swashbuckling pirates and a bumbling bunch of hopeless but hilarious policeman to Cottingham at The Civic Hall on 5th June 2015 to present The Pirates of Penzance, a very musical, colourful and witty Gilbert and Sullivan operetta.

This wonderful, jolly romp complete with a brave(ish!) band of swashbuckling pirates, a completely dotty Major-General Stanley, his beautiful unwed daughters and a bumbling bunch of hopeless but hilarious policeman, has all the elements for simply excellent entertainment.

The production will be at the Civic Hall, Market Green, Cottingham on Friday 5th June 2015 commencing at 7.30 pm.

Tickets are £9.00 and £8.50 concessions available on the door or contact 01482 876918.

The production features the Kingston Savoy Orchestra.



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Cottingham Methodist Church - Young Photographer Competition 2015

The Young Photographer Competition organised by the Cottingham Methodist Church is for young people aged between six to 18 years old, who are resident in the HU16 postal area or at school in Cottingham.

The title of this years competition is "Nature" and the closing date for entries is 10.00 am on Saturday 20th June.

The competition is split into three age groups (Group A) - 6 to 10 years; (Group B) - 11 to 14 years; and (Group C) 15 to 18 years. For rules and regulations and entry forms are available from The Photo Shop, King Street, Cottingham, who are sponsoring the competition, and local schools and youth organisations.

For further information contact John on 07940 309212 or email photo@cottingham-methodist.org.uk.

There will be a free exhibition in the Cottingham Methodist Church Hall, Hallgate on Cottingham Day 4th July 2015, between 10.00 am and 4.00 pm.

Exploring the past of East Riding's buildings

The latest exhibition by the volunteer team at Skidby Windmill is now showing a display entitled 'Strange Structures: Follies, Relics and Hidden Buildings in the East Riding', which will run until 7 September.

The exhibition takes a look at some of the less well-known man-made structures in our region and features temples, towers, family tombs, wartime gun batteries, underground bunkers and more.

Dr David Marchant, Museums Registrar at East Riding of Yorkshire Council, said: "Whether down a back street, alongside a main road or tucked away in the woods, there are many relics of the past waiting to be discovered.

"The volunteers have researched a huge variety of fascinating structures for this display, some familiar, and many much less so.

"We have even included map references so you can go and find them for yourselves."

The Mill is open daily from 10am-5pm (last admissions 4.15pm) and reasonable admission charges apply.

For further information please call the Mill reception on (01482) 848405.

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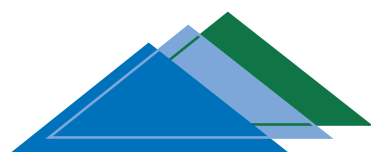
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Successful month of May for the Haltemprice Lions

The month of May has seen two successful fund raising events for the members of Haltemprice Lions. The Annual Golf match took place at Burstwick Golf Club and 80 golfers played for the attractive prizes but at the same time were contributing to the donations to two worthy causes, HERIB (Hull and East Riding Institute for the Blind) and the Marie Curie Fund. After a successful day each charity will benefit by receiving £250.00 donation to their work within the area.

The Flea Market was held shortly after at the Cottingham Civic Hall and all stalls were sold well in advance of the event. Over 300 people attended to pick over the bargains and all stall holders were delighted. At the last minute the Haltemprice Lions decided to donate all admission charges and any other donations received on the day to help the Nepal earthquake disaster.

The International organisation of the Lions was responding to the disaster by supplying fresh water in Nepal - a very necessary requirement at times of such chaos and damage. Consequently £200.00 was sent to the Organisation to add to other donations from Lions Clubs throughout the world.

Did you know that every penny raised by Lions Clubs' fundraising goes directly to the cause, there are no deductions for administration or other costs? Are you interested in the Lions - as a supporter or a member - please contact David Whincup telephone 01482 847367 or email: dwhincup@dwincup.karoo.co.uk

Cottingham Memorial Club - Open Day Classic Motorcycle Display

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We have five full-sized snooker tables, regular in-house snooker competitions and an active Golf Society playing at various local courses.

We serve excellent lunch-time and early evening meals.

The Club is open seven days a week from late morning until evening closing time for members and guests from 18 years of age.

For Membership, contact the Membership Secretary or via e-mail ASEC@CottinghamMemorialClub.co.uk

For more information visit our website

www.cottinghammemorialclub.co.uk or follow us on

Twitter [@CottinghamMemC](https://twitter.com/CottinghamMemC)

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Hull and District Cat Protection to hold cat homing show on Saturday 20th June

The Hull and District Cats Protection will be holding a Cat Homing Show on Saturday 20th June from 11.30 am to 1.30 pm, in the Darby & Joan Hall, Finkle Street, Cottingham.

Come and meet the cats and kittens looking for loving, permanent homes.

Stalls will include cakes, jams, gifts, cat accessories and a tombola. Refreshments available.

For further information about cats available for adoption, please call 01482 790284.

Neutering vouchers are available for those on a low income or benefit by calling 01482 657650.

McCarthy & Stone considers feedback after Cottingham exhibition

Forty residents turned out to view McCarthy & Stone's proposal for high-quality Retirement Living apartments in Cottingham at a public exhibition on Monday 18 May 2015. The exhibition was held at The Railway, Thwaite Street, Cottingham, and provided people an opportunity to view the early plans and discuss them with members of the development team.

Residents and local councillors attended to give their feedback on the early designs. All the feedback will now be considered and, where possible, will be incorporated into the final planning application.

Steve Secker, Regional Managing Director for McCarthy & Stone (Northern Region) said;

"McCarthy & Stone are committed to consulting with the local community regarding our plans for Cottingham and would like to thank everyone who took the time to attend our exhibition and provide the development team with their views. It has been an incredibly helpful exercise and we will now be considering all feedback received before finalising a planning application."

The proposals can be viewed via the dedicated project website, www.mccarthyandstone-consultation.co.uk/cottingham.

For more information please call the project's Freephone information line on 0800 298 7040.

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Cottingham continues successful Open Gardens event

A MAN who has raised thousands of pounds for Dove House Hospice will once again be hosting the Cottingham Open Gardens event for 2015 which will benefit our region's local hospice.

Jim Stansfield raised more than £3,000 for the cause by opening his own garden to the public for the past four years.

Now, he has enlisted the support of 19 other garden enthusiasts to grow the event, which will take place over two Sundays in June.

Jim said: "A good friend died in Dove House Hospice a few years ago and they looked after her magnificently. The garden party was hard work but we thought opening the gardens could spread the work and bring something new to our area. Last

year's event was a fantastic success with over £7,000 raised for Dove House Hospice and we hope, providing the weather is kind to us, that we improve considerably on this figure. When I walk around the village everyone is talking about the Open Gardens."

Everyone involved has worked tirelessly to get their gardens ready for the public, as well as arranging a variety of entertainment and refreshments to raise as much as possible. Each host has brought their own personality and twist to the event with gardens coming in a variety of styles and sizes.

With a Grand Lottery offering prizes such as a P&O Mini Cruise to Amsterdam or Zeebrugge and various donations from local businesses and eateries, the event has something for everyone.

Dan Clipson, Fundraising Coordinator at Dove House Hospice, said: "We are incredibly thankful for the generosity and support of local people towards the Open Gardens. The event was a massive success last year and with even more gardens opening this year we hope it continues to grow."

Cottingham Open Gardens runs from 10.00 am until 4.00 pm on the 14th and 21st June. Everyone is welcome to visit each of the 20 gardens with adults priced at just £3 and accompanied children for free. Entry passports are available from all of them. Dove House Hospice will also provide a minibus service from The Green which will ensure visitors are able to enjoy all of the gardens in time.

Shops, pubs and cafes throughout Cottingham are displaying lists of all the gardens and Dove House Hospice balloons will be used to identify which garden is open for visitors. There will also be signs at Cottingham Village Green with a full list of gardens and the activities planned throughout the day.

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Grateful Thanks

The Cottingham Branch of the Royal British Legion held a coffee morning to commemorate VE day 70th Anniversary in the Memorial Club on 6th May 2015.

The Committee would like to sincerely thank the Memorial Club for the loan of the club etc. to hold the event and the raffle prizes donated.

They would also like to express their gratitude to the Cottingham traders who donated raffle and tombola prizes, Costa Coffee, Turnbells, Best Wishes, Photo shop, John Fords, Kempes, Alterframe, Pullans butchers, Cottingham Butchers, Orange Blossom, Guest & Philips, and Kristoffs which was greatly appreciated, a very thankful enjoyable occasion was celebrated.

Not forgetting our sincere thanks to Iris Newbould for her talk on the Land Army. Most enjoyable!

Swanland Village Hall 10th Anniversary Celebrations

To celebrate the 10 years that the hall has now been open, since it's conversion from the old school, you are all invited to an Open Day from 11.00 am until 4.00 pm on Saturday 20th June.

Swanland WI will be celebrating 100 years of the WI by providing refreshments on the day; Swanland Library will be holding competitions for both adults and children (call them on 01482 634896 for details).

Regular hirers of the hall will be producing performances (and the Wednesday Art Group will have an exhibition) or will have stalls to inform of their activities; Hessle Symphony Orchestra will be entertaining at different times during the day. See www.swanlandvillagehall.info/future-events.htm for updated details.

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Sanctuary Stones

I was recently asked why there is a stone statue with a fence around it just as you leave

Beverley heading towards Hessle on the A164 near to its junction with the A1079? After a little investigation it turns out that this stone is actually the remains of a medieval sanctuary cross which in the 15th century was known as the stone cross of Bentley, or simply as Mile cross.

Further research (courtesy of the internet) revealed that Beverley was one of the major sanctuaries of the Middle Ages and was unusual in that criminals could claim asylum within the whole town not just within the church itself. Legend has it that King Athelstan granted Beverley sanctuary privileges for the otherworldly assistance of St John of Beverley in winning the battle of Brunanburh in 937AD which made Athelstan the first king of all Britain. There was no police force or Social Services and local government didn't exist so the church was all things to all people.

The boundary of the sanctuary or 'peace of St John' extended for a league (the Domesday use of the word implies a mile and a half) from the Minster where St John is laid to rest. The outer limits of the sanctuary were marked with stone crosses; the exact number of crosses is unknown, but may have been five as this would account for the five main roads into Beverley. The penalty for apprehending a criminal who had claimed sanctuary within this boundary was eight pounds and increased in value until at The Frith Stool or stone chair near the altar within the Minster the offence was termed 'bootless' i.e. unpardonable. Two other sanctuary stones, all but unrecognisable as crosses remain.

The Killingwoldgraves Cross beside the York road (A1174). This is set back slightly from the road behind a hedgerow not far from the Killingwoldgraves roundabout. This cross still had a legible Latin inscription in the 18th century: 'Pray for the soul of Master William de Walthon' but it is now covered with lichen with no visible inscription.

The Walkington Cross is beside the B1230 near to the traffic lights and the fourth stone was probably situated in the valley a little beyond the hamlet of Molescroft on the edge of Leconfield Park. The fifth may have been The Spay Cross, later called Stump Cross, where Swinemoor Lane meets the Holderness road to the east.

So, although the remains of these stones may not be particularly important now, if you were a felon fleeing capture in medieval times you would have been glad to see them.

This got me thinking – wouldn't it be lovely if there was a project to restore some if not all of the stones?

Thanks to <https://irlsey.wordpress.com/2012/09/19/sanctuary-crosses-beverley-east-yorkshire/> who have photos and links to other web sites. The web site for Beverley Minster also has a lot more information.

Photo top: Courtesy of Google Street View.

Ros Jump

Cottingham Show Case of Healthy Living, Saturday 20th June at the KGV

The Cottingham Show Case of Healthy Living will take place on Saturday 20 June 2015, from 10.00 am to 2.00 pm, at the KGV Cottingham Sports Centre Northgate Cottingham.

Cottingham's Future Action Group is organising this Health Awareness for Everyone Event for the second year. It will include indoor and outdoor stands featuring many health and sporting activities and specialist health groups who are there to show how sport and information about your wellbeing combined helps to keep every age group fit and healthy.

Admission is free, please attend, it was great fun last year.

Fred's Walkers seek new members

Fred's Walkers is a local walking group. We walk on a Tuesday at 1.30 pm, a Thursday at 10.00 am, and a Saturday at 10.00 am. We would welcome new members. The distance walked is approximately 5 miles with a break for 10 mins in the middle.

For further details please contact Secretary Pat Jones 01482 493152 email uis@uis.karoo.co.uk and we will send you a list of the current walks available.



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If you are interested in becoming a Co-opted Governor at our School, then a written application of no more than 150 words, detailing why you want the position and what skills, attributes and experiences you have that will make you a success, should be submitted to Helen Atkinson, Headteacher at the above address by **10th July 2015**.

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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.

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KGV Playing Fields Friends Group to hold 'Party in the Park' on Saturday 13th June

KGV Playing Fields Friends Group are hosting a 'Party in the Park' on Saturday 13th June, between 2.30 pm and 11.00 pm. Many local bands will be entertaining, and a few spaces are still available..

There will be fun for all the family, with craft stalls available for hire, refreshments will also be available.

Volunteers are needed to help out on the day. Admission is: Adults £2.00; Under 16's £1.00; Under 5's Free. Please contact Jan Tweedale on 07746 454456 for further information.

The Arterian Singers to host "Come and Sing" on Saturday 26th September

The Arterian Singers (Musical Director: Julian Savory) are hosting a "Come and Sing" on Saturday 26th September 2015 at St. Mary's Church, Cottingham. We are singing "Gloria" by Vivaldi and the choral sections from "The Armed Man" by Karl Jenkins.

The rehearsal is from 2 – 4:30 pm and the performance at 7:30 pm. The cost is £7.50 for singers and £5 for the audience. Please bring your own copies.

There will be a limited number of copies on the day, but if you would like to book copies, or for more information, phone 01482 442758. Please bring your own drinks for the afternoon.

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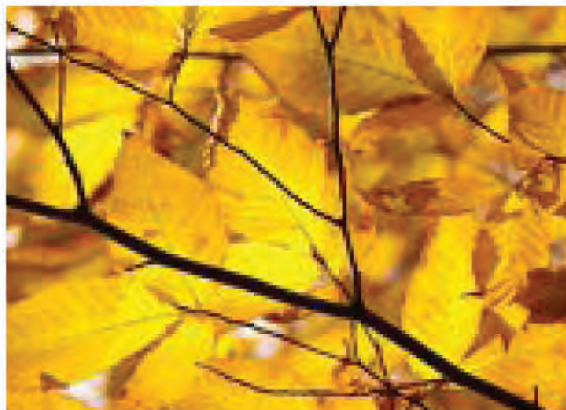
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The Windmill Walkers schedule of walks for the month of June

If you would like to try a walk with us or require further information, please check our web-site www.windmillwalkers.org.uk. At this web address, you will find our 2015 Wednesday walk programme showing the start location of each walk. There is also a link to contact our Secretary if you need further information.

For those without internet access, our schedule of May walks is shown below.

Day/Date	Time	Start Location	Distance	Grid Ref.
Wed 03 June	10:00am	North Frodingham Village Hall Car Park Post Code YO25 8LH	6 miles	TA100 530
Wed 10 June	10:00am	Seaton Ross Village Hall	5 miles	SE782413
Wed 17 June	10:00am	Market Weighton (north) 6 miles Driffeld Lane (A614)		SE878439
Sun 21 June	10:00am	Woodside Lay-by Pocklington Car 10 miles opposite bus station		SE802489
Wed 24 June	10:00am	North Newbald (for Houghton Woods)	6 miles	SE913367



Weekly Classes held at:
Darby & Joan Hall, Finkle Street, Cottingham
Monday 5.30 pm and 7.30 pm
and all Bank Holidays

Also at: Sutton Park, Hull
Tuesday at 9.30 am

For Membership details Ring Theresa on 823032

Crossword solution from page 14

1	H		2	B		3	S		4	L		5	P		6	G		7	F		8	E
9	E	L	L	I	P	S	E					10	A	R	A	B	I	A	N			
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28	S	P	I	N	D	L	E				29	E	X	T	R	E	M	E				
	S		P		S		D					S		S		R		R				



Treat Yourself Like a Professional Athlete with a Sports Massage

If you play sports or are involved in any type of strenuous physical activity then sports massages are something to consider having on a regular basis. Similar to regular massages, these massages are not so much for indulgence but can help your performance on and off the field, track or court.

The type of sport you're involved in whether it be a team sport or otherwise is unimportant. The important thing is that your body remains in the best shape it can be in and the same can be said for your health!

A sports massage is an excellent alternative means of relaxing your body following a workout or a game. It also provides a way for athletes to make their workouts and sports practices more effective. Another advantage of it is that it can support the healing process when an injury does take place. Professional athletes have massages all the time.

A sports massage is an alternative means of supporting an athlete in performing at his or her best. It does not matter whether the massage takes place before a performance, afterwards or even during. This type of massage is beneficial for every athlete but it is particularly worthwhile for one who is in training and also one who is in rehabilitation after suffering from an injury.

One way to think of a sports massage is "a manipulation in a systematic manner of soft tissues that relate to the specific muscle groups used by the athlete." Not only can these types of massages help heal the body but it will also make the person feel calm and very relaxed! It really is a wonderful feeling to receive a massage from a trained and skilled professional.

A sports massage will soothe your body and will also do amazing things for your mind. It will put you into a tranquil state of ease, comfort and peace. It reduces heart rate and blood pressure. It also increases the flow of lymph in the body as well as the rate at which blood travels from one part of the body to other parts.

Having regular sports massages can both increase as well as maintain the level of flexibility in your body. They can also help to reduce the chances that you will hurt yourself. If you are prone to soreness or stiffness as a result of rigorous training then this kind of massage will address this issue as well. After training and/or any competitions a sports massage can do its part to assist your muscles and tendons in recovering as quickly as possible.

A sports massage is designed to help you be the most accomplished athlete that you can be. It can improve your performance and prepare you for the upcoming game. Once your body is primed and ready this will help your mind get into the right place as well. This type of massage focuses in specifically on the muscle groups that play the most essential role in the sport that the athlete is involved in.

Endurance and strength are improved upon due to regular sports massages. A sports massage also promotes coordination and reduces body fatigue. It also eliminates any swelling that has taken place and it reduces tension in the muscles. All those who play sports and even those who don't play sports but who exercise a lot should incorporate sports massages into their busy schedules. You will be glad that you did!

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