



Cottingham Times

Issue 78 - May 2008

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Alternative Health Matters

by Carole Headley

Indian Head Massage

Its proper name is Indian Champissage but is more commonly known as Indian Head Massage and is based on the ancient healing system of Ayurveda, which has been practiced for over one thousand years. Massage has long been an integral part of everyday life in India.

According to Ayurvedic custom, a weekly massage is recommended for men and women to maintain a healthy balance of doshas (three vital energies or forces) and promote soft skin and strong shiny hair. Before a wedding, the bride and groom are massaged with special oils to promote health, beauty and fertility. Women are massaged to help them cope with the physical and emotional strain of labour and for forty days after the birth, new mothers and their babies receive a daily recuperative massage.

(Not such a bad idea really as this will also help with bonding). Indian mothers regard massage as an essential skill and an important means of communicating and bonding with their children, helping to create a secure and caring family atmosphere within the home. From the age of three or four children receive from their mothers a daily or weekly head massage, given with a selection of pungent oils, in a belief that this will help prevent scalp disorders, make their hair grow strong and also boost brain power.

It is a custom that still hold fast, despite the fact that many youngsters, especially boys, rebel against being made to go out to play while they have oil on their heads. It is only when they grow up and realise the benefits of a regular head massage that they appreciate their mother's concern.

Indian head massage was first introduced into the UK by Dr Narendra Mehta, who arrived from India in the 1970's to train as a physiotherapist. However he returned to India to study different family and regional techniques and extended his particular style of scalp massage to include the neck, shoulders, upper back, upper arms and face. His method is widely taught in colleges throughout the world. The massage can be performed without oils if that is what the client prefers.

What are the benefits?

The massage releases tight muscles especially around the shoulders and neck. It assists with the lymphatic drainage to the face. Can increase the blood supply especially to the scalp, can improve conditions such as dandruff, greasy hair, some types of alopecia and promotes the health, strength and condition of the hair. It can also release tension headaches and migraines. Can ease anxiety, increase clarity of thought and promote positive health and well-being.

A treatment will create a feeling of deep relaxation, freedom from aches and pains, a more restful sleep and better concentration. The therapeutic effect of Indian Head Massage will last long after the treatment is over. The short and long-term benefits are individual and carried and cumulative. Some of the benefits relief from eye strain, nasal congestion, jaw-ache and hangovers.

A treatment, following a consultation and providing there are no contraindications will take approximately 30-40 minutes and it is normally recommended to have one treatment per week between 4 and 6 weeks but this can vary. A treatment will create a feeling of deep relaxation, freedom from aches and pains, a more restful sleep and better concentration.

Crossword Solution from page 14

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

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

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

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

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

NEW!!! A superb range of new pasta dishes are now available at Gino's. These dishes consist of variety of pastas including such fillings as King Prawns, minced beef, spinach, garlic, mushrooms, fresh cream. Call in Gino's NOW and enjoy these new superb pastas.

The meals are of excellent size and quality and the Mega Meal at £11.99 is superb value for money.

Gino's is now open from 4pm till midnight every day, and is open till 1.00am Fridays, Saturdays and Bank Holidays to provide his customers with good food for longer.

There is a local delivery charge of £1.00 (subject to change). Visit Gino's soon.

You can now download Gino's Menu from the Cottingham Times website www.cottinghamtimes.co.uk under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.

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The Great Cottingham Push WOW - WOT A WOPPER!

Well we said c'mon it's a push over - and - Cottingham came!! It was all such fun and everyone joined in the spirit of the "PUSH".

24 teams and over 100 walkers started and FINISHED. They came from the Scouts, Guides, Brownies, Cottingham Cricket Club, Seafarers Friends, Mums and Dads and the good people of Cottingham. It did not RAIN!! and was cool enough to provide an incentive to get a move on.

The vehicles were so innovative - ranging from wheelbarrows, beds, tents, a vintage car, a cardboard carriage, miscellaneous garden 'push things' and of course push chairs. One team combined the PUSH with the environment - they came as litter pickers!! Of course they filled the bag very quickly but gallantly pushed it to the finishing line. The worst job of all was to choose the most innovative vehicles - they were all winners!! Sadly choices had to be made - three were chosen but it really was so difficult. Congratulations to everyone - the standard was really great.

The vehicles were only matched by the costumes - these ranged from the sublime to the down right 'certifiable'. Adults and youngsters all turned out in fanciful get ups they will regret when they see the photos!! We were entertained with everything from a Snowman with a troublesome nose, Father Christmas with a helper who could have been either an elf or a St Trinian's truant, through to an elegant Edwardian gentleman. We had Doctors, Nurses, Uniforms of every description, tigers and other assorted animals, not forgetting an Egyptian Lady who appeared to turn into an ice maiden as they lined up for the start.

The organisers were overwhelmed with the enthusiasm of the participants - so grateful thanks to you all, Without the walkers and vehicles from both Charities there would be no event!!

What about the background supporters - well just as an army marches on its stomach - so our PUSH - needed extra supporters who helped so much to bring this to a successful conclusion. Particularly, Mr and Mrs Denis Headley-Green. Village Bathrooms & Kitchens, Arrow Van Hire, Happy Feet, Pullan Butchers and Cottingham Times - not forgetting Ros Jump and Geraldine Matheson. Ros joined the organising sub committee bringing her skills, wisdom and sense of the ridiculous to all our meetings. Thanks also go the Cottingham Parks Golf Club for allowing us to walk on their land.

NOW for the PUNCH LINE - Our walkers have raised over £1200.00 and still have contributions to come in. THANK YOU SO MUCH AND PLEASE CONTINUE TO SUPPORT THE BUILDING FUND SO THAT OUR YOUNGSTERS CAN ENJOY BEING PART OF THE GREAT GUIDE AND SCOUT MOVEMENT - SEE YOU ALL NEXT YEAR!!

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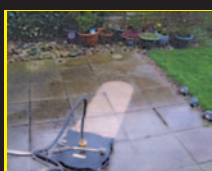
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Cottingham Lawn Tennis Club receives Clubmark Accreditation

Cottingham Lawn Tennis Club became the first club in the Hull area to achieve much sought after Clubmark status.

The Lawn Tennis Association decided to follow most other major sports in Great Britain by introducing Clubmark in the Autumn of 2007.

Club secretary Angela Stones led a small team of committee members putting together information, attending courses and generally organizing how the club is run at all levels. Child Protection formed a cornerstone of junior policy and despite initial feelings that this was proving to be no more than a form filling exercise, everyone became convinced that the whole process has been worthwhile in updating Club Policies and Procedures.

'We were all very daunted by the size of the file we were expected to complete' said Facilities Manager Chris James, 'but by splitting it up into four sections; Management, Coaching, Policies/Procedures and Financial, we all pulled together to make the job less onerous'.

Chris received the Clubmark plaque on behalf of the Club from Yorkshire Tennis Manager and former Cottingham LTC member Paul Bennett. The Yorkshire Lawn Tennis Association had been a great source of help and information, 'We'd like to thank Paul and his team for the backing they gave us in achieving accreditation' said Chris.

'Both new and old members will be confident that the Club is managed and run to the highest standards and the junior members of all ages can enjoy and improve their tennis in a well run and safe environment'.

Regional LTA Award for Cottingham Committee Member

Cottingham LTC Facilities Manager Chris James has been honoured with the Yorkshire LTA Volunteer of the Year Award for 2007. His commitment in both time and effort has been outstanding. From his junior days, helping erect floodlight columns and levelling grass courts, Chris has been at the centre of refurbishing and maintaining the Club. His skills and talents have grown over the years to encompass joinery, roofing, court repairs, electrics, decorating, plastering...the list is endless.

Pictured above is Chris James with his award for Volunteer of the Year award.

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Entrepreneur forging links with local people and businesses

Entrepreneur Lisa Brewer of iCan Run Your Errand is out and about forging new business relations in Skidby, Cottingham and surrounding villages. The local residents of Skidby, find it difficult without the Post Office services that they once had. "We can't always get out, and when we do, we have to travel to Little Weighton or Cottingham".

Lisa popped into the local Village Hall Skidby, where she met Mary of 'Mary's Village Pop-in' who offers refreshments and book swap club and a place where the locals can get together to relax.

Should any people in the community need assistance with small jobs, deliveries or pick-ups, they can collect a leaflet from Mary's Village Pop-in or alternatively contact Lisa at iCan Run Your Errands. email lisabrewer@3mail.com; Mob: 0787 8937366



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Personal errands

Beverley High School Association Celebrates its Centenary

Beverley High School for Girls opened on September 23rd 1908 with just 19 pupils and four full-time staff. Over the past 100 years the school has grown and now caters for over 800 students. During this time, girls from Beverley, as well as girls from outlying areas, including Cottingham, have been educated at the school.

Past students and staff are welcome to attend all, or part, of the Centenary Celebrations organised for the weekend of September 20th and 21st 2008.

The programme of events is shown below. (Some places may still be available for the Sunday Lunch at Tickton Grange).

A weekend of events between the 20th and 21st September 2008 are open to all past students and staff.

Saturday 20th September 2008 - Beverley High School 10.00 am - 5.00 pm

If you wish to bring a picnic lunch, Wine & Soft Drinks will be on sale. There will be Guided Tours, A 'Now & Then' Trail, Archive Display & Film Show. 3.00 pm - Celebration Cake & Wine. Memorabilia available to buy as keepsakes of the event. Quality Raffle. Old Girls and Staff welcome, Entrance Fee £3

Sunday 21st September 2008

Service at St Mary's Church 10.00am. Coffee afterwards in the South Transept followed by Lunch at Tickton Grange 12.30pm for 1.00pm. Hot & Cold Buffet, Dessert, Coffee with Tickton Truffles £20. £10 deposit payable to BHSA required with payment in full by June 2008.

Recollections and Memories of your time at School will be welcome.

For further information contact Avril Armitage Tel: 633300, Gill Taylor Tel: 871519, Sandra Tichias Tel. 869024



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WE ARE ALL UNIQUE

Well we are starting to see the sun at last so remember to look after the condition of your hair at all times. as mentioned in last months issue shine is our focus at the moment.

We are soon to be holding a shine week where all our stylists will be busy advising our clients on how to achieve head-turning shimmering locks. this is achieved by a mixture of translucent glossing, intensive treatments and our award winning system professional luminous product range by wella. so give our stylists a call for a free shine consultation.

In the fashion industry we have a cycle of 20 years, so yes ladies it's a strong nod to the eighties! so think jumpsuits, wide belts and of course shoulder pads. the glamorous full on look is not just on the runways but also in the leading salons.

Don't worry we are not about to start a perm revolution but big hair, voluptuous movement and tighter curls are very current. so dig out the heated rollers and think dress to excess. if you like the 80's feel and have a fab night planned why not book an appointment to have your hair dressed by the unique team. it's a strong move away from the natural, soft look to eye-catching sexy shapes.

We are busy at the moment with numerous events which include major photographic work, charity events and runway shows so keep an eye in all the press for details of uniques hectic calendar. we hope to see you all on cottingham day when members of our team will be creating fantastic makeovers in conjunction with kcfm.

See You Soon - Ben



As a leading salon director and stylist Ben has been involved with major events such as the Wella Roadshow and has trained with the British Hairdressing Team. So make sure you don't miss next months edition of the Cottingham Times for the Unique Hair Guide.

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Your Stars for May 2008 -

By Kay Gower

ARIES - (Mar. 21- April 20)

You're in a tricky situation this month, heading down the field with no one to pass to. Remember what I said last month - "It's all a matter of timing." Aim for the goal just like Beckham. I'm not saying that you'll score - but what a game!

TAURUS - (Apr. 21- May 21)

Stay open to new information. Spend the next few weeks working out exactly what you need so that you can focus on family and personal relationships. Explore again a money-making idea that you may have given up on. This pays off.

GEMINI - (May 22-June 21)

Burn up energy in May and you'll burn out Gemini. Do a slow burn instead. It's much better for the body and the weeks ahead.

CANCER (June 22-July 22)

The planetary positions speak of contentment after a long period of struggle or a feeling of aloneness. Soon you will begin to feel blessed, even if at times the world hasn't always looked favourably upon you. This month you will have plenty of luck and begin to experience joy, pleasure, and optimism.

LEO - (July 23-Aug 22)

The beginning of the month brings a windfall. Mid month introduces sweet but unsentimental romance. But by the end of the month it's the practical and useful things loved ones do for you that make you feel most loved and blessed.

VIRGO - (Aug 22 - Sept. 23)

Moneymaking opportunities come one after another. What you learn through work brings fabulous results in the weeks ahead.

LIBRA - (Sept. 24 -Oct. 23)

Speak up for yourself this month Libra. You say your piece and appear stronger for it. Afterwards you may feel a little shaky, but when you believe in you, everyone else does, too.

SCORPIO - (Oct. 24 - Nov. 22)

With the right attitude, there's no limit to what you can accomplish in May. Give substance and energy to your dreams by staying on course. Keep your resolve high Scorpio. Give your best to attract the best.

SAGITTARIUS - (Nov. 23 -Dec. 21)

Everything is falling into place for you. A family situation is resolved in May. The end of the month is your chance to go where you've always dreamed of going.

CAPRICORN - (Dec 22.- Jan. 20)

You know better than to go food shopping on an empty stomach. Likewise, distinguishing want vs. need over the next few weeks is tricky. Staying well fed on all levels is one way to deal with it.

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

A prize of some sort could very well land on your doorstep this month, the problem is that everyone else wants it too. It's like a football team of 5-year-olds. Luckily your maturity prevails.

PISCES - (Feb. 20-Mar. 20)

Sacrifice is admirable under the right circumstance; all the time, it's pathological. Right now your priority should be caring for yourself. Your body has its own intelligence, and it's deep, ancient and even more intuitive than your mind.

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Surprise for Cottingham ex-pat in Llandudno, North Wales

What a surprise! I received the March & April copies of *Cottingham Times* via my brother-in-law who lives in Dunswell. I now live in Llandudno, North Wales. I lived in Cottingham from 1948 to 1960. When I got the "Times" it brought back so many memories.

The item that attracted most of my attention was the obituary to Tony Fairhurst. My wife Jennifer and I both knew Tony and we were sorry to hear the sad news.

I spoke to Keith and asked if it would be possible to have a section devoted to "memory lane" and contacting old friends.

This is the first article, I hope it will be followed by many more.

Just to remind those who think they remember me a few details. I lived in Finkle Street and attended Beverley Grammar School (1947-1952). Although I was not a religious person I joined the Methodist Youth Club in Hallgate. In those early teens it was the best way to meet girls. For some years I played cricket for Cottingham Cricket Club (2nd XI).

A few names I recall from 50 years ago.

Eric Forth, Ron Whitton (drinking companions) Bob & Ted Minors, John Tranmer, Charlie Morley, ????? Moncaster, Olga Strodder, Judith Curtis, Anne Irving, Pat Fleming, Cynthia Buffey, Malcolm Wiley (We opened the batting on many occasions)

My wife came from Woodmansey and worked for Farmer Advertising in Hull.

If we get a response to this introduction, we are sure many other names will come to jog my aged memory.

I have an E-Mail address:- kdbabbotsford@tiscali.co.uk

Also it would be good to remember how we enjoyed our days in the 40's and 50's. *Keith Bradley.*

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Events in Skidby

Skidby's New "Pop-In" opens in the Village Hall

Last month, Skidby's new twice-weekly Pop-In opened in the small hall of the Village Hall in Main Street. Former Postmistress Mrs Mary Young, felt that the village needed a focal community centre after the closure of Skidby's Post Office.

With the co-operation of the Village Hall Management Committee, a successful Pop-In now operates every Tuesday and Friday from 10am to 4.30pm. with profits being donated to the Village Hall. Teas, coffees, soups and various other hot drinks are available, together with biscuits, snacks and sandwiches. There is also a range of cold drinks and sweets.

A photocopying service is available and cards, postcards and postage stamps are on sale. People of all ages can now call in for refreshments and a chat. Magazines are available and there is a book-loan scheme in operation. The Pop-In welcomes teenagers and children on their way home from school. For further details please "pop-in" at the Village Hall, or call Mary on 843446.

Annual Art Exhibition and Sale to take place Saturday 7th and Sunday 8th June in Skidby Village Hall

The 35th Annual Art Exhibition and Sale will take place in Skidby Village Hall over the weekend of Saturday 7th and Sunday 8th June 2008. The exhibition will be open from 11am to 6pm on both days. Admission is £1 per person, which includes the provision of a catalogue.

A local resident guest artist, Mr David Thomas of Risby Garth, will be at work during Saturday. Refreshments will be on sale throughout both days. Artists wishing to display their work should contact the Village Hall Secretary, Mr Kelvin Young, on 01482 843446 to obtain registration forms.

Skidby Open Gardens Day on Saturday 7th June

During the weekend of the Annual Art Exhibition, St. Michael's Parish Church have organised an Open Gardens Day on Saturday 7th June, which is to be held between 1.00 pm and 5.00 pm.

Gardens open, St. Michael's Church open to visitors, teas in the Village Hall, Stalls on the Village Green - plants, vegetables, tombola, raffle, etc. (next to the Church).

Proceeds to St. Michael's Church and a local childrens' cancer charity. Everyone is welcome to come and enjoy the events in our village - see you on the 7th June!

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National Trust Meeting learns of 'Doctor Lee and his Houses'

Doctor Charles Alfred Lee began his practice at 1 Pryme Street in 1848. Mr Kerr showed slides of its imposing front door with brass plaque, entrance hall, and dispensary. Doctor Lee (born 1825) died in 1912 a bachelor, and left money in his will to build houses to provide accommodation for retired people of reduced circumstances. A Board of eight Trustees was set up to carry out his wishes. A site of six and a half acres on the corner of Pickering Road and Anlaby Road was chosen. A competition for the design was held, won by Hare of Nottingham. By September 1915 the houses were complete and the first residents moved in. The visitor's book at that time was signed by James Reckitt, and other well known names appearing over the years TR Ferens, Wilfred Pickles and Brian Rix. The houses consist of 120 flats, four being taken up for administration leaving 116 to let. They take the form of a rectangle surrounding a very pleasant garden, entered through an imposing archway. The circular porthole windows distinguish the houses from the Trinity Homes close by. There were 1500 applications in the first two years for the flats. Mr Kerr assisted by his projectionist Donald Simpson showed us the slides of the interiors of the flats, the garden with its dovecote lawn and willows. The dovecote no longer contains doves being sealed up, but pigeons still get in! A central community Hall (The Library Hall), provides a social centre with newspapers and books. There is a Museum containing some of Doctor Lee's possessions, the brass plaque from his practice in Pryme Street, a coal scuttle, bird cage, his personal drawings and writings, a very large pipe, and many photographs. The houses had a resident nurse, who's title was changed in the 1990's to welfare worker. In 1897 Doctor Lee had a house built for the Newland Orphan's Homes, and the old Royal Infirmary had a Lee Ward. On his birthday flowers are laid at the statue of charity in the grounds.

The speaker and his assistant were thanked for an interesting, instructive and entertaining talk.

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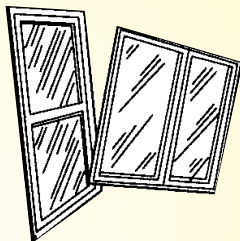
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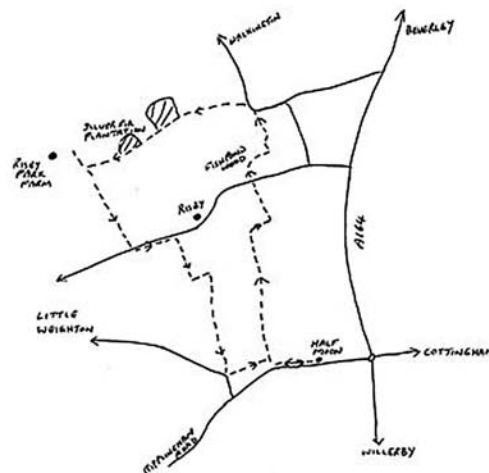
Here is Paul's third walk in his new monthly column. This month his destination is Skidby.

Maps:- EXPLORER 293

Start at GR. 015337 Main street, Skidby.

Distance 5.0 Miles.

NOT TO SCALE



Leave the cars and walk to the village hall and turn right into Church Rise. On reaching a gate pass through the gate into a field crossing this field to a second gate which pass through and then follow a well defined track eventually turning right and then left to follow the field boundaries to reach Risby road.

Cross the road and walk down the side of Fishpond Wood but keeping outside the wood. Follow this round and cross a ditch then walk along a well defined track climbing gently to meet the Bentley to Walkington road. Turn left on reaching the road and then left again through large gates and follow the track eventually keeping the hedge and woods on the left.

After crossing a stile at Silver Fir plantation, follow the track on the left and keep the hedge on your left to reach the road a short distance to the south of Risby Park Farm. Turn left and follow this track/road to reach a gate and emerge onto the Little Weighton/Bentley road.

Turn left on reaching the road and after about 500 metres locate a stile/opening on the right, pass through the hedge and follow the path with the hedge on your right. At the top of the field, turn left and then after about 200 metres cross a stile on the right and follow the path to reach the Skidby/Little Weighton road on a bend. On reaching the road turn left and then immediately left again and walk on a path with fields to the left and houses to the right. Continue on this path to Church Rise, turn right and then turn left at the Village Hall and walk up the main street to the starting point.



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Cottingham Times Readers are Getting Younger

Oliver Middleton, aged 10 months, of Burton Road, Cottingham must be one of our youngest readers yet. It appears he cannot wait to bury his head into the latest issue as it drops through his grandparents letterbox.

We are not sure which are his favourite articles yet, but it certainly seems to keep him quiet for a while. Anyone got a coloured crayon for the crossword please?

(Photos of Oliver courtesy of J. Magson)



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In the Garden



Flower garden

Divide clumps of herbaceous perennials that you want to propagate, those that have outgrown their allotted space, and those that are flowering poorly or have lost their shape. Cutting back clumps of spring-flowering perennials such as Pulmonaria and Doronicum can encourage a fresh flush of foliage, which is more attractive than old, mildew-covered stems.

The plants will also remain more compact and flower better next year.

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

Divide hostas as they come into growth.

Top 10 jobs

1. Watch out for late frosts. Protect tender plants
2. Earth up potatoes, and promptly plant any still remaining
3. Plant out summer bedding at the end of the month (except in cold areas)
4. Collect rainwater and investigate ways to recycle water for irrigation
5. Regularly hoe off weeds
6. Open greenhouse vents and doors on warm days
7. Mow lawns weekly
8. Check for nesting birds before clipping hedges
9. Lift and divide overcrowded clumps of daffodils and other spring-flowering bulbs
10. Watch out for viburnum beetle and lily beetle grubs

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Apply a liquid fertiliser to spring bulbs after they have flowered, to encourage good flowering next year, and help prevent daffodil blindness.

Allow the foliage of daffodils and other spring-flowering bulbs to die down naturally rather than tying in knots. Only remove it or mow it once it has turned brown and floppy.

Lift and divide over crowded clumps of daffodils after they have flowered.

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

Put supports in place for herbaceous plants before they are too tall, or for those - like peonies - that produce heavy blooms. Adding rigid supports afterwards usually looks unattractive and results in bunched stems lacking sufficient ventilation. Criss-crossing strings from hidden or decorative posts work well, allowing stems to grow up in the gaps between strings.

Harden off plants raised from seed and cuttings by leaving them outside for gradually increasing periods of time. Start with only the warmest part of the day, and build up to overnight exposure. Doing this for 10-14 days before planting them outdoors permanently (whenever the risk of frost has passed), will reduce any check to their growth while establishing in their final position.

Plant out cannas and dahlias when danger of frost is past.

Thin out direct sowings of hardy annuals. This is best done in two or three stages at fortnightly intervals. Final spacing should be between 10-20cm (4-8in), using the upper limit for tall or spreading plants, and the lower limit for smaller plants. Prick out indoor sowings when they are large enough to handle without damage.

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

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

Liquid feed plants in containers every two to four weeks.

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Cottingham Band is NOT Disbanding

A report in the April issue of the *Cottingham Times* of a meeting of the Cottingham Parish Council in which a councillor quoted that the Cottingham Band was being disbanded are unfounded.

The chairman of the Cottingham Band Dennis Hill, has issued a statement saying the report is incorrect. The band he says has had a highly successful decade during the 1990's and the early 2000's. In recent years it has had problem in retaining both players and conductors.

Early this year the committee decided to suspend rehearsals temporarily to allow the officers to formulate a scheme to revitalize the band.

The band is financially solvent, has a full set of good instruments and a dedicated following of patrons. When the difficulties are resolved the band will continue to take on bookings and resume its engagement load. Meanwhile it will welcome approaches from possible new members.

Quote of the Month -

If you must speak ill of another, write it in the sand near the waters edge.

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Wireless networking continues to be more and more in demand as many now have more than one computer. A PC and a laptop is the normal scenario, which means being able to access Broadband anywhere in the house. A wireless router provides as many simultaneous connections as required.

AVG anti-virus has recently launched a range of new products. The highlight is that the standard package (that was known as AVG Pro), now includes anti-spyware and other means of protection. The Internet Security version includes a firewall and even more advanced features. All those running the previous version, 7.5, can upgrade to the new one, but have to uninstall the existing and download and install the new version 8.0. AVG will discontinue support for users of computers running Windows 98 & ME at the end of this year.

Tip

We can also offer renewals and upgrades to the new version – please call for details.

We are delighted to have been awarded AVG Gold Reseller status for the third year running. We are proud to have been associated with AVG for many years and will continue to promote their excellent products that have always enjoyed a good customer following.

Microsoft has been busy launching service packs for Windows. Last month I mentioned Service Pack 1 for Vista, and having installed this several times now, it does seem to provide a slight performance gain.

Now XP sees the final release - Service Pack 3. Both these will both be available through the normal update procedure soon, which will be the safest method as there have been some compatibility issues with other software.

Windows XP is now due to be discontinued (for sale) by Microsoft on June 30th. Public pressure originally forced this to be delayed from January of this year. Interestingly, Microsoft has made a concession in permitting XP to continue until 2009 for 'ultra low-cost PCs, like the EEPC mini-laptop (also known as sub-notebooks); so general support is likely to continue until then. For those interested, we can still supply machines, both PC and laptop with XP installed.

If all that is not confusing enough, Windows 7 is the name of the next incarnation of the operating system, which will follow on in 2009. This will apparently include support for touch screens and ultra-mobility. Judging by the huge growth in laptop sales, this will certainly be the way forward.

Finally, we are still finding that some computer manufacturers are selling computers sadly lacking in memory (RAM). This can result in frustration for the user when their new PC is very slow. This is particularly true for those running Vista. We would recommend an absolute minimum of 1Gb of RAM for any Vista machine, preferably more. For XP, 512Mb would be a reasonable amount, with 1Gb for the more advanced user. RAM is the best and most cost effective upgrade for any computer.

Tip

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18 year old called Lew Marrow, a fine singer and guitarist. Lew has had experience working on similar projects. The 'Team Spirit Stage' will be in the upstairs room of Duke of Cumberland and run from 2pm till 7pm on both Saturday 7th and Sunday 8th June.

A Hull band who have done well nationally will be performing a special 'unplugged' set. The Favours featuring their dynamic lead singer Sara Sanchez will be appearing at King William IV on Saturday 7th June. As usual there will be many Cottingham artists featured on the bill including the amazing 'funk' trio Rag N Bone. They have built up a solid live reputation locally and the big time really does beckon for them.

The festival has grown quickly from the first event of two years ago with just 19 acts playing on that day in August 2006 to 130 + for June 2008. The festival has once again had some financial backing from the Arts Council, Cottingham Parish Council and rather unusually a lot of wholesale fish merchants from Hull have helped! Any more support would be appreciated for future festivals, for many years to come. Email Ian, iankj76@iankj76.karoo.co.uk



Pictured above is the American bluesman, Adrian Byron Burns who will be making at least two appearances at this year's festival. Adrian has played with many of the great names of blues and rock.

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Springboard Free Live Music Festival to take place between the 6th and 8th June at Five Venues throughout Cottingham

The Cottingham Springboard Free Live Music Festival 2008 is to take place, the weekend of June Friday 6th, Saturday 7th and Sunday 8th.

The festival has expanded to five venues across the village. These are King William IV, Bluebell Inn, Duke of Cumberland, The 'Backroom' and Elliots Bar. All the venues are free entry.

There will be 130 acts performing over the weekend due to the vast interest from musicians wanting to play this year.

The live music will be a good mixture of acoustic styles as well as indie, rock, blues, jazz and folk. Mostly performed by locally based singer song-writers, the festival has also attracted the interest of artists from other parts of Yorkshire and England.

The whole thing kicks off on Friday 6th June, in King William IV at 3pm, with Duke of Cumberland and Bluebell Inn joining in at 7pm. King William starts with a bang and will feature several top local bands including, Afterglow, The James Dean Syndrome and the Strands.

On Saturday 7th June, Elliots Bar joins in the music and will feature the return of Jay Fraser from Tasmania. Jay played last year and will once again bring his own brand of 'Aussie Accented Folk' with harmonica and guitar.

Saturday also sees American bluesman, Adrian Byron Burns taking to the stage. Adrian will be making at least two appearances at this years festival, including a headlining slot at the Bluebell Inn on Sunday 8th June.

A special 'festival within a festival' will also take place. The 'Teen Spirit Stage' will feature younger bands and musicians mostly between the ages of 14 and 19. This event will be organised by an 18 year old called Lew Marrow, a fine singer and guitarist. Lew has had experience working on similar projects. The 'Team Spirit Stage' will be in the upstairs room of Duke of Cumberland and run from 2pm till 7pm on both Saturday 7th and Sunday 8th June.



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Property News from Martin English of Homelink Estates



Welcome to my first property news column for Cottingham Times. Property prices are a very topical issue for homeowners and those people that are struggling to get onto the property ladder. It has been well documented in the news lately that property sales have slowed nationally, largely due to various economic factors that our country is currently facing.

Despite a slow market the fact still remains and always will do, that people through circumstance, if nothing else, still need to move regardless of the current climate for reasons such as job relocation, illness, growing family sizes and a requirement to get on the property ladder. So there are buyers out there; however, in a slower market if you have your property already on the market or you are thinking about putting it on the market, its more important than ever that your property is presented in the best possible light to attract these would be buyers.

I would strongly recommend that you ask for your agents opinion on how your property is presented; a good agent should be able to give you an honest assessment of your property and advise you of the most cost effective ways to present your home.

The old saying of 'first impressions count' is also very true of your property; I have put together some tips to help ensure that the first impression of your property is a good one.

* Stand across the road from your property, ask yourself how does it compare with other properties in the street, does it let the side down? Are there any repairs that need to be done, such as replacing slipped tiles or slates? Make sure your home looks inviting and that it has 'kerb appeal'.

* If you have a front garden, it should be kept tidy no matter what the time of year, Hedges should be trimmed, plants kept tidy and lawns kept immaculate. Any dead leaves or rubbish should be removed.

* If you have a front gate and fence paint it, if the brickwork to your wall is loose or needs pointing, have this repaired as signs of neglect from the outside will make buyers suspicious of the inside.

* Make sure that any mould or moss is removed from the path. Slippery paths can be dangerous and the last thing you want is someone falling over and a court case for damages.

* Clean windows can make all the difference especially on sunny days, and window frames repainted, if necessary. Peeling paint is unsightly.

* Clean your porch as your visitors who are waiting for you to open the door, may look upwards; the sight of clouds of cobwebs and their builders does not create a favourable impression. Also make sure that light fittings are working and clean.

* Are your next-door neighbours as clean and tidy as you, or does their property have broken down cars in the front garden and an air of neglect? This is the time for some polite and friendly negotiation. If they are unwilling to cooperate, offer to pay for any minor repairs and repainting to areas that are really unsightly. It will make a difference to how your property is rated.

* The next thing to consider is what greets visitors as the front door opens. This is their first look at the property and what they see, hear and smell will colour their opinions for good, so it has to be really special. Stand on your front door step and ring the bell (make sure there is someone else home!). As the door opens what are your first impressions? Is there an air of calm, light, warmth and welcome, or is there a dog barking in the background, the sound of a blaring television, the smell of fried food and a dingy and unattractive decor?

* Communal areas, such as the hall, stairs and landings in a block of flats, can be a real problem. Make sure everyone knows that you are selling and gently remind them to collect their post and help keep the front garden tidy. Make sure all the light bulbs are working and that there are fresh flowers or a leafy plant in the hall

If you have any comments or suggestions about the column or you have any property related questions that you 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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In the Kitchen



Ingredient of the Month

Ginger

Ginger is the common name given to the underground stem (rhizome) of the perennial plant *Zingiber officinale* Roscoe. It is chemically classified as an essential oil with pungent principles, and has been in use as a flavoring agent worldwide for over 20 centuries, as well as for medicinal purposes as an anti-emetic (prevents vomiting in circumstances such as car sickness), anti-inflammatory, analgesic and other properties relating to the well-being of the body.

Usually grown in warmer climates, ginger is often referred to by its country of origin e.g. Jamaican ginger, African ginger, and Cochin ginger (Chinese) and although no-one really knows exactly where it originated from, it has always been a prized commodity: in the middle ages a pound of it had the same value as a whole sheep!

Today it is widely available from food stores and grocers and is a popular ingredient for culinary purposes, especially in oriental cooking. It can be purchased fresh, dried, powdered, crystallized, preserved in syrup (also known as stem or candied ginger) and even ready-grated in jars.

Gingerbread - Makes 1 x 18cm/7 inch square cake

Ingredients:

225g/8oz Plain Flour
1 teasp Bicarbonate of Soda
1 1/2 teasp Ground Ginger
50g/2oz Black Treacle
100g/4oz Golden Syrup
75g/3oz Margarine
50g/2oz Soft Brown Sugar
2 Eggs
2 tbs Milk

Instructions

1. Preheat the oven to 170C, 325F, Gas mark 3 and grease an 18cm/7inch square tin and line the base with greaseproof paper. Sift flour, Bicarbonate of soda and ginger into bowl.

Fun Food Days in May

5th to 11th - National Honey Week

7th to 10th May - National Herb Week

May - Is National Burger Month (*Pop into Gino's*)

26th May to 2nd June - National Barbecue Week
(*Pop to Pullans or Tim Mays for your supplies*)



2. Place the treacle and golden syrup in a saucepan with the margarine and brown sugar and gently heat until melted. In a bowl, beat together eggs and milk.
3. Pour melted ingredients, then beaten eggs into the bowl containing the flour and mix to thick batter, then pour into the lined tin. Bake in centre of oven for 1 hour.

Cidered Chicken 45mins

Ingredients

4 Chicken Quarters
2 tbs Olive Oil
25g/1oz Butter
1 Onion, chopped
1 tbs Plain Flour
1 tbs ground Ginger
1 teasp Paprika
450ml/15fl.oz. Cider
1 tbs Tomato Purée
1/4 teasp Sugar
1 tbs freshly Chopped Parsley
Salt and Black Pepper

Instructions

1. Heat the butter and olive oil in a large frying pan until very hot. Add the chicken pieces and brown on all sides. Remove with a slotted spoon and set aside.
2. Add the onion to the pan and fry until soft and golden. Sprinkle in the flour, ginger, and paprika and cook for 1-2 minutes, stirring.
3. Add the cider a little at a time, mixing well between each addition and cook for 1-2 minutes to make a sauce. Then stir in the tomato purée, sugar and parsley. Season with Salt and pepper.
4. Return the chicken to the pan and baste with the sauce. Cover and simmer for 30 minutes, basting occasionally. Alternatively, cook in the oven at 180C, 350F, Gas Mark 4 for 30 minutes. Serve hot.

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ABCD News

The AGM for the Association was held on Tuesday 22nd April 2008. The meeting started with a review of membership and a financial report for the previous twelve months. The proposals for election of officers was asked for.

Nick Russell (Spectrum Video) was again voted in as Chairman with Gavin Smith (Cottingham MOT) as Vice Chairman. Jo Branagan continues as secretary and Chris Wright as Treasurer. The Sub Committee also stays the same, Mike Spivey, Barry Brotherton, Willow Boyle and Carole Headley.

It was also proposed that subscription for membership will remain the same at £25 for 2009. It was hoped that this may encourage more members to join as it works out less than 50p per week. If any trader or business in the HU16 postcode area is interested in joining, please call Nick Russell on 848339 for more information.

The problem of empty shops, was also discussed, although the problem is not as bad as first imagined or as bad as some other areas around Hull. There are currently only four empty shops in the village centre and hopefully these will be filled in the near future.

Cottingham Day 5 July 2008. The third Cottingham Day takes place on the above date and Chairman Nick Russell is urging all businesses to support this communal event. Nick says "There will be a lot happening in the village that day and many events need sponsorship and prizes. If you feel you would like your business to help, then please contact the co-ordinators Judith or Tina at the Parish Council on 847623 for more information.

Also it is an ideal opportunity for traders in Hallgate to take advantage of the road closure and with Classic Car displays to attract more passing trade into your businesses.

Look out for more information in the near future.

New Members

Chairman Nick Russell is pleased to announce another new business to join as a member of the ABCD. **East Riding Domestic Services**, Rachel Mckenzie. She carries out cleaning and ironing services. References and Police checks are available if required, Rachel can be contacted on **07826 115868**.



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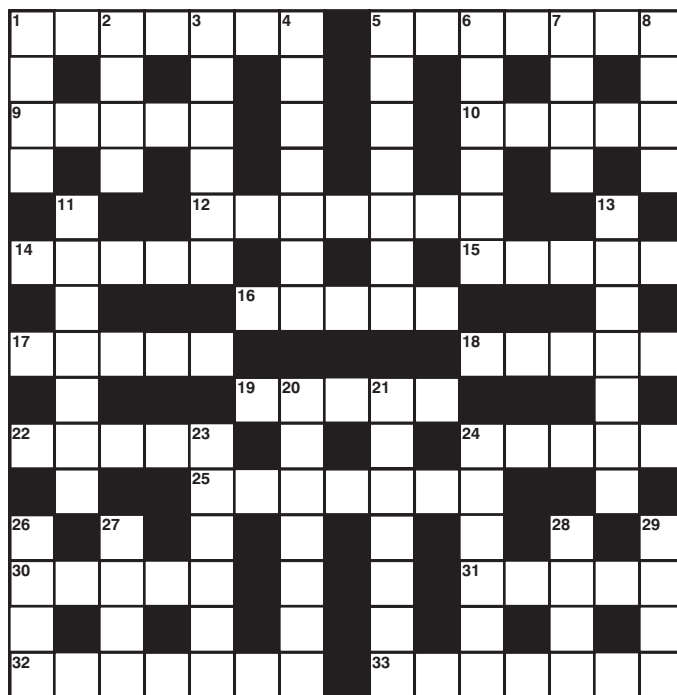
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Crossword - Solution on page 34



Across

- One who surfs or skims? (7)
- Our favourite animals (7)
- Almost green light for gems (5)
- Sedges in the garden borders? (5)
- Peg boat makes a good medium for preserving (4,3)
- Pure? Or just without colour (5)
- Grounded part of the hearth (5)
- Stimulant from P-Peru (5)
- Sounds like a legal term that could be sharp (5)
- One of the 5's favourite treats? (5)
- Initially part of National Defence System (5)
- Reasons for hunger - or cure for it? (5)
- 5's have a good sense of it (5)
- 22 do this (7)
- Colder - in Arctic I erased the memory (5)
- Short French farewell (5)
- Rivers of colour in the garden (7)
- Dangers in growing revolt (7)

Down

- Male sounds like a tedious person (4)
- Spheres initially Owls retire before sunrise (4)
- In trouble, maybe not if you are a young ostrich (6)
- Vespula Rufa - coloured singer (3,4)
- Blackberry or Loganberry (7)
- In old red gems - to clear the river (6)
- Easter ones will not hatch (4)
- Call for help, oh, ok (4)
- Sounds like Tennyson's lady, may make you cry. (7)
- Type of chase started between churches (7)
- Beginnings for Darwin (7)
- Appreciating what 5's do a lot of (7)
- We revs turn suddenly to avoid something (6)
- Not likely in Berkshire - not even at Coppid Beech (sic) (6)
- Starts two in frivolous fight for lovers? (4)
- Type of management - no crossover here (4)
- Eight bits - worse than a bark certainly (4)
- Not old enough to scout (4)

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

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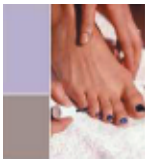
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Wordsearch - Cartoon Characters

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

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

Find the Cartoon Characters in the letters above:

Arthur, Bambi, Barney Rubble, Betty Boop, Bugs Bunny,
Charlie Brown, Daffy Duck, Donald Duck, Dumbo, Eeyore,
Elmer Fudd, Felix the Cat, Fred Flintstone, Garfield, Goofy,
Mickey Mouse, Mighty Mouse, Mr Magoo, Pluto, Popeye, Porky
Pig, Road Runner, Scooby-Doo, Snoopy, Sylvester, The Simpsons,
Tigger, Tom and Jerry, Top Cat, Tweety, Winnie the Pooh.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 17 -

This is a medium challenge

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

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Linden House on Northgate, Cottingham to open gardens to the public on 8th June

Linden House on Northgate, Cottingham is to open its gardens to the public once again this year. This will be the third time the garden at Linden House 16, Northgate has been opened, twice for the red cross, once for NSPCC.

The garden comprises, shrubs, lawn, tubs, aviary and two small ponds. There will be a wood turning demonstration, strawberry teas and refreshments and if any readers would like a craft stall there are spaces available for a small donation.

Flower festival to be held at the Zion United Reformed Church 7th and 8th June

A flower festival will be taking place at the Zion United Reformed Church on Saturday 7th and Sunday 8th June 2008, with a preview evening being held on Friday 6th June at 7.00 pm.

The festival is the first to be held at the Church for over 30 years, and gives a unique opportunity for visitors to appreciate the church and admire the beautiful floral arrangements on display.

Admission to the flower festival on the Saturday and Sunday are £1.50 and children free (Saturday 7th June 10.00 am to 4.00 pm; Sunday 8th June 12 noon to 4.00 pm) is at the door. The Flower Festival Preview Evening tickets are £6.00 which includes Cheese and Wine are available by telephoning 01482 845920.

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Glamorous to hard work

By Marion Owen

Well what a month, I started off living the high life testing out a couple of new cruise ships ending up in a manic office!

MSC Poseia although Italian owned was christened in Dover by the famous Sophia Loren, what a lady and what an event. The Italians although not always running to a perfect time table really know how to throw a party. The naming of the ship did not happen until midnight, prior to the event we had a sumptuous dinner followed by Andrea Botocelli in concert and whilst being entertained by Ronnie Scott's Jazz Band and Peter Grant Sophia did the deed and smashed the champagne against the hull of the ship. It was nice to see Prince & Princess Michael of Kent enjoying the evening too!

We spent the next two days relaxing onboard, catching up on lost sleep before arriving in the scenic port of Cobh in Ireland.

Our weekend away had gone all too quickly but only 10 days later it was time to hop aboard P&O's new Ship Ventura. Helen Mirren was the ship's god mother and with the help of the Royal Marines the champagne exploded. The ship was afloat with many famous faces the girls from the film Calendar Girls, Nicolas Lindhurst, Rowan Atkinson, to name a few. Noddy lives on board permanently and the children's facility on this ship is huge. This is now the largest ship P&O have afloat.

2009/10 cruises have since gone on sale and we are just about on our last legs. We have never done so many advance bookings but then prices have never been so low and regular cruisers are booking up before the prices rise. Just as an example a week's cruise at Whit Week 2009 perfect for the school holidays was selling at just £1,198 for 4 - yes £299.50 per person.

Well we don't have a great deal to shout about in the UK, rising costs and the pound being so weak against the Euro is going to make holidays in the Eurozone somewhat more expensive. Here



are a few tips when considering where you may wish to travel to.

The USA, Canada, Australia & Asia still represent value for money but if you do not want to travel quite so far what is the answer?

Egypt offers good value for money, there are some great offers available. Other areas worth a mention are Bulgaria, Croatia & the Baltic states. Alternatively choose a cruise on a ship where the onboard currency is sterling or US Dollars this way your spending money afloat avoids the down turn in the Euro.

Jersey of course is a duty free Island and we can still use the Pound.

If you are thinking ahead to skiing next winter Switzerland is a good bet for advanced skiers, Bulgaria, Slovenia & Romania for beginners. For the best experience it is worth the trek over to North America I have experienced many resorts in both the USA and Canada, they would always be my first choice.



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Cottingham Parish Council



Local Police Report

PCSOs Scott Foster and Lindsey Sewell attended the Parish Council Meeting and informed the council that the crime statistics were similar to last month. There had been an increase in shed and garage burglaries. The police are asking residents to make sure that everything is locked up securely especially in the lighter nights.

The police also reported that an additional police constable PC Neil Chambers is joining the LPT in Cottingham very soon and a new PCSO should be starting within the next three weeks so the LPT will be up to full strength.

Financial Committee Report

A \$137 grant application has been received from the Cottingham Bowls Club to assist them in purchasing a new photocopier. It was agreed the council should incur the following expenditure and an award of £200 was made available.

Report from the Allotments

At its AGM the Northgate Allotments Association voted against increasing their level of responsibility for the management of the allotment site under the rules of devolvement. The Parish Council had offered to increase the level of responsibility from level 3 to level 2.

Under the current level (3), ownership and management of the allotments remains with the Parish Council. The Allotments Association have two elected representatives who are voting members of the Parish Council Allotments Committee and act as a liaison between the two organisations. Under this level the Allotments Association is able to apply for funding from outside agencies which may not be available to the Parish Council.

If the Association had voted to accept level 2 responsibility it would have given them responsibility for collecting rents; deciding on capital and revenue expenditure, letting of plots, tenants' contracts and application of the termination policy. The ownership of the land would have remained with the Parish Council.

The Drainage Committee

The Parish Council Drainage Committee has met with representatives from the East Riding of Yorkshire Council, the Environment Agency and Yorkshire Water in a bid to aid the effort to prevent further flooding in Cottingham. Another meeting is scheduled to take place early in May to see what progress has been made. Councillors have also met with Nigel Leighton, Director of Infrastructure and Facilities at ERYC to discuss the East Riding Council's responsibilities.

Cottingham Day

The Council are looking forward to the third annual Cottingham Day which this year takes place on Saturday 5 July 2008. The council have amended the Cottingham Day Licence to include the whole of the Market Green on behalf of the Parish Council. There will be no fun fair on the Green this year but in place KCFM are hosting a stage with many fun things happening throughout the day. This year there will be a display of street car vehicles as well as a repeat of last years classic cars down Hallgate.

Hallgate again will be closed on the day from King Street to George Street making it a pedestrianised area. There will be many events happening throughout various venues around the village.

Anyone wishing to donate prizes for the competitions please contact Judith or Tina at the Parish Council Office Tel 847623. Keep an eye open for posters and leaflets around the village.

Yorkshire in Bloom

The judges of the Yorkshire in Bloom competition visited Cottingham on the morning of Wednesday 9 April. They will return for the Summer Judging later in the year - watch this space.

The Community Plan

The Cottingham Community Plan is a vision for the future of Cottingham produced by the people of Cottingham for the people of Cottingham.

An Open Day was held at the Civic Hall on Saturday 3 May which gave the opportunity for the people of Cottingham to have their say and influence the future of their community.

Topics involved were Sport Recreation and Leisure, Youth, Culture Heritage and the Built Environment, Community Wellbeing, Traffic and Transportation, The Natural Environment, Business and the Local Economy and Sustainability. The finished document will be sent to all agencies, eg. ERYC, Primary Care Trust, Local Policing Team, etc., to feed into their forward planning presentations.

Parish Council Website

Plans for a Parish Council website are progressing and a draft outline of topics and information was agreed by Councillors. Priority will be given to information about Cottingham Day, Yorkshire in Bloom and the Cottingham Community Plan and is hoped that these pages will be available to view very soon.

Local Grandfather in Desperate Plea to Help Save Grandson's Sight

Our grandson Joshua is almost eight years old. He has a rare form of eye cancer known as Retinoblastoma. This is a cancer that develops in young children when the retina is growing. Often the only way to ensure the cancer doesn't spread is to remove the eye.

Joshua was diagnosed when he was 15 months old. After two courses of chemotherapy and numerous other treatments he lost his right eye when he was three and a half years old - he now wears a prosthetic eye.

Howver Joshua also has tumours in his left eye. He has had to undergo radiotherapy and two further courses of chemotherapy to stop a resistant tumour within that eye.

The only remaining treatment available in this country would be to remove Joshua's left eye to save his life.

Joshua's story has in the last eight years been well publised in the national press, local TV stations, GMTV and even on the Discovery Channel. He has also advertised for Childhood Eye Cancer Trust.

I am Joshua's grandad and I, along with my wife Lorraine, have helped to support him and my son, daughter-in-law and his elder sister Alice.

We have watched with dismay over the last six and a half years the slow, creeping effects of his cancer. The misery of him losing one eye and the invasion of the other.

The latest and maybe the last throw of the dice to save his sight, started on the 23rd March this year. The N.H.S. Cancer Hospital in Birmingham has arranged to fund a new treatment, unavailable in this country and he started this new treatment in the USA at the Sloane Kettering Hospital in Manhattan, New York.

The problem Joshua's family have is the cost of flights to and from America, hotel and living expenses and loss of earnings.

If you are able to help please contact me on 845451

Many thanks, Gerry Wilson

EYMS re-commence Mystery Trips for the Summer

The East Yorkshire bus company is once again to run its popular Mystery Day Trips from the Hull area, these started on Easter Sunday and will be running every Sunday until 28 September.

These trips which have proved very popular in the past are run with double-deck buses to give many passengers an extra view of the countryside, and this year EYMS will be running two routes, each serving different parts of the city and the surrounding area.

Passengers do not need to book - they simply turn up at the scheduled departure time and pay the driver, and this year the price will be £9 for adults and £7 for children and pensioners. There are also tickets to save money for families - £13 for one adult with up to two children or £18 for two adults travelling with up to four children. The destinations including coast and country vary each Sunday but remain a mystery until the day!

The two routes will leave from the following departure points at the times shown:-

SERVICE 704

Setting Dyke (Ledbury Road)	0935
Cottingham Green (car park side)	0940
Interchange (bay C)	1020

SERVICE 708

Willerby Square (Sainsbury's)	0945
Anlaby (Red Lion)	0950
Hessle Square	1000
Interchange (bay C)	1015

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Claim Back Wages from the Taxman

by Nick Robinson of Yorkshire Accountancy Limited

When your employees become parents they may take some maternity, paternity or adoption leave. If they earn more than the NI threshold (£87 per week for 2007/08) and have worked for you for at least 6 months, you will also be required to pay them at the statutory rate during most of that leave period. These statutory wages (SMP, SPP or SAP) must be paid at a flat weekly rate of £112.75 for 2007/08, although SMP is paid at 90% of a woman's average wage for the first six weeks of the leave period.

All this statutory pay for absent employees can leave you out of pocket, so the good news is you can claim it back from the Taxman. First you need to check whether the Taxman classes you as a 'small' employer or not. Small employers get 100% of the statutory (baby-related) pay back, plus a 4.5% bonus, other employees can only claim back 92% of the statutory pay.

The test of being 'small' depends on how much NIC you were due to pay for the previous tax year. If this was £45,000 or less you qualify as a 'small' employer. Dig out a copy of the form P35 you submitted last year for 2006/07 and check the figures of NI reported on that form, to see if you are under or over the £45,000 threshold. Look at the total NI collected before deducting any amounts used to fund any statutory payments.

You should technically reclaim the statutory pay as you pay it out each month during the tax year. The Taxman wants you to hold back the statutory pay plus the 4.5% compensation, from the other payroll deductions you make each pay period. If you forgot to do that, all is not lost as you can complete a form SP32 to reclaim all the statutory pay paid out over the last few tax years. We can help you with that.

National Minimum Wage for Family Members

Every worker aged 16 or over is entitled to be paid at least the national minimum wage (NMW), although the hourly rates vary according to the person's age.

Members of the family who still live at home and work for an unincorporated business are exempt from the NMW, as are non-relatives that live and work within the home. However, if the business operates as a company this exemption does not apply, and all employees of the company must receive the NMW appropriate to their age.

There is an exemption for the directors or company secretary of a family company who do not have an explicit employment contract with that company. So if you work for your company mainly in your position as a director, you do not have to pay yourself the NMW for the hours you work. However, if you have a written employment contract with your own company you are technically a worker and an employee for the purposes of the NMW legislation, and you must pay yourself at least the NMW for all the hours you work under that contract. Therefore, if you adopt a strategy of low salary around the level of the personal allowance (£5435 for 2008/09) and high dividend to minimise NI costs, whilst still working full time, you should ensure you do not have an explicit employment contract.

Please visit our website for a full summary of the 2008 Budget.

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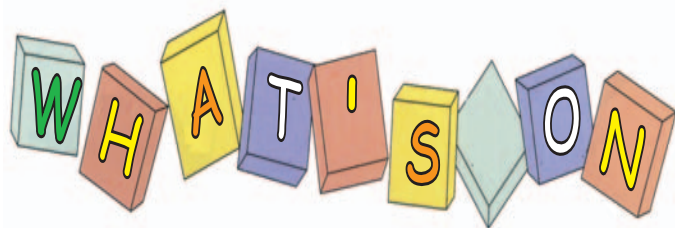
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or at our office on Hallgate, Cottingham

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In Cottingham and District

Wednesday Social Club

Wednesday 28th May, at 2.00 pm in the small Darby & Joan Hall, at the rear of the building, Terry Richards 'Events', Magazines. and books.

Cottingham Green Women's Institute

Thursday 29th May, CGWI Market Stall, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

The Cat Homing Show

Saturday 31st May, 12 noon to 2.30 pm, Darby & Joan Hall, Finkle Street, Cottingham.

Hull and Holderness Branch, British Sugar Guild

Saturday 7th June, 2.00 to 4.00 pm., The Terrace, Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. AGM followed by "Green Orchids" by Leslie Davy.

Cottingham Catholic Women's League

Monday 9th June, "St. Mary's, The High School on Anlaby Road", Miss Shirley Wilson, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Gardening Club

Tuesday 10th June, Evening visit to Dowthorpe Hall (Cost £3.00).

Cottingham Women's Institute

Tuesday 10th June, "Quill to Internet", East Riding Registration Service, K. Bull, at 10.00 am upstairs at Cottingham Civic Hall.

U3A

Thursday 12th June, Inland Waterways - Barry Robins, at 2.00 pm in the Darby & Joan Hall, Finkle Street, Cottingham.



The Railway, Thwaite Street, Cottingham

Sundays - Country & Western with Barry John
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Please send us your Society or Pub's information for the What's On column, and let everyone know what's happening in and around the Cottingham area. If people don't know they won't go.

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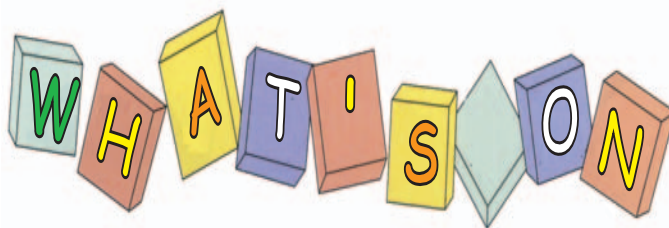
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In Cottingham and District

Combined Charities

Saturday 10th May Fayre 10.00 am to 4.00 pm, at the Civic Hall, Cottingham. Admission 20p. Cafe open all day, Grand Balloon Race, tickets £1.00 each. £50 prize for the furthest flying balloon. Balloon launch 3.00 pm. Tickets available at the Fayre.

East Yorkshire Embroidery Society

Saturday 10th May, Angie Hughes from Ledbury Herts., "Text in Textiles", to be held at the Darby & Joan, Finkle Street, 2.15 pm. Members £1.00, Visitors £2.00.

Hull and Holderness Branch, British Sugar Guild

Saturday 10th May, 2.00 to 4.00 pm., The Terrace, Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. "Gingerbread House", by Diana Ward.

Skidby Village Hall

Saturday 10th May, Gardeners Table Top Sale, 10.00 am to 1.00 pm. in the Skidby Village Hall. Admission free, tables cost £6.00. Refreshments available. Sale of Bedding Plants, Shrubs, Flowers, Tools, Seedlings, Vegetables, Produce etc.

Cottingham Catholic Women's League

Monday 12th May, "Wedding Wonders and Blunders", Mrs. Linda Whitton, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Men's de Luda Society

Monday 14th May - Kill or Cure (Part 2), Mrs. M. Wilkinson, in St. Mary's Church Hall at 2.00 pm.

Diabetes UK

Thursday 15th May, Professor S. L. Atkin (Consultant Diabetes Endocrinology), at the Board Room, Castle Hill Hospital, Entrance 1B, Cottingham. 7.30 - 9.30. (Free Parking). All Diabetics, carers, family and friends are welcome to attend. Please phone 844284 if transport is needed.

Friends of Thwaite Gardens

Sunday 18th May, Annual Open Day, 11.00 am to 4.00 pm, Guided tours, plant stall and refreshments. Admission £1.00; Under 16's and friends members free. Entrance Thwaite Street.

East Riding Flower Club

Monday 19th May, "Garden Visit, George Smith.

Cottingham Gardening Club

Tuesday 20th May, Ron Mawer, giving a practical demonstration on Hanging Baskets, at 7.30 pm in the Garden Room, Holy Cross Community Meeting Room.

Cottingham Little Youth Theatre

Tuesday 20th May and Wednesday 21st May, 7.00 pm, Wyke College, Tickets £3.50 Adults; £2.50 Concessions. Book on 01482 440096.

Cottingham Evening Townswomen's Guild

Wednesday 21st May, at 7.30 in the Darby & Joan, Finkle Street. Lord Nelson - Beryl Whipp.

Front Cover Picture: This is a photograph looking down Thwaite Street from the Railway Crossings. The photograph was taken and kindly supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

THE COTTINGHAM TIMES

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