

Cottingham Times

Issue 83 - October 2008



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In Cottingham and District

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

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

St. Mary's Church, Cottingham

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

British Red Cross

Eight Hour basic first aid course at the Methodist Church, Tuesday Evenings 4th, 11th, 25th November and 2nd December at 7.30 to 9.30 pm

U3A

Thursday 9th October, Story of Spurn Lighthouse and Community, Roy Benfell, 2.00 pm Darby & Joan, Finkle Street.

Cottingham Green Women's Institute

Thursday 9th October, "Wet Women", Mrs. Patsy Harrison, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Darby & Joan Finkle Street

Saturday 11th October, Jumble Sale, 10.00 am Admission 20p.

East Riding Embroidery Society

Saturday 11th October, Charlotte Linsell, from Caistor, Lincoln, a member of the Grasby Embroidery Club "Travels in Retirement" to be held in the Darby & Joan Hall, Finkle Street, at 2.15 pm. Members £1.00, Visitors £2.00.

Friends of The Hull Young Musicians Association

Saturday 11th October, Craft Fayre, Stalls, Tombola, refreshments, light music during the day. Admission 30p, Children Free. Doors open 10.00 to 4.00 pm

Cottingham Catholic Women's League

Monday 13th October, Open Meeting, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Women's Institute

Tuesday 14th October, Eco Building, Carol Atkinson, at 10.00 am upstairs at Cottingham Civic Hall.

Haltemprice Art Group

Tuesday 14th October, Painting in Oriental Style
Tuesday 21st October, Sporting Theme.
Tuesday 4th November, Preview of Bonfire Night.
Tuesday 11th November, Sketching, Herta Jurevics/Barbara Bauckham
Meetings take place at the Cottingham High School, room T9, Harland Way, Cottingham at 7.00 pm to 9.00 pm

Cottingham Evening Townswomen's Guild

Wednesday 15th October, (50th Birthday) Sylvia Hookem, at 7.30 in the Darby & Joan, Finkle Street. Social Evening.

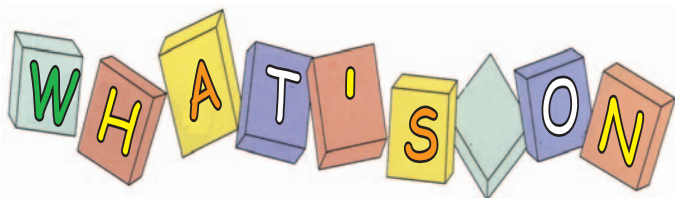
Cottingham Green Women's Institute

Wednesday 15th October, Fashion Show, 10.00 to 3.00 pm Members £16, Non-Members £18.

Cottingham Men's de Luda Society

Wednesday 15th October - Paul Schofield - Ghosts of Beverley, in St. Mary's Church Hall at 2.00 pm.

Front Cover Picture: Beautiful floral decorations at junction of Hallgate and King Street. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.



In Cottingham and District

Cottingham Men's de Luda Society

Wednesday 15th to 19th October - The Isle of Wight.

Skidby Village Hall

Saturday 18th October, 10.00 am to 1.00 pm. 80th Anniversary Morning. Please come and support the activities run by your voluntary village hall committee.

Diabetes UK

Thursday 16th October, Mrs. Kay Goodyear (Pharmacist), 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.

Cottingham Wildlife Watch

Saturday 18th October, South Landing Sculpture Trail and Scavenger Hunt, Picnic Optional. Meet at the car park (GRTA232696), Parking pay and display, 11.00 am - 2.00 pm. Contact Erica 840336, Judy 845440 or Roy and Helen 845665 if you are interested.

Cottingham Gardening Club

Tuesday 21st October, Andy Hardy talking about Fertilisers for the Garden, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Wednesday Social Club

Wednesday 22nd October, at 2.00 pm in the small Darby & Joan Hall, at the rear of the building, Mr. & Mrs. Marshall, Isle of Mull and North Berwick.

Hull & District Cat Protection League

Saturday 25th October, Cat Homing Show, 12 noon to 2.30 pm. Darby & Joan Hall, Finkle Street.

Cottingham Men's de Luda Society

Wednesday 29th October - The Hull Transport System, Philip Miles, in St. Mary's Church Hall at 2.00 pm.

Cottingham Civic Society

Thursday 30th October, "The Haute Route-An Alpine Adventure" an illustrated by Mr. Ray Wallis, dealing with a walk between Zermatt and Chamonix. In the Darby & Joan Hall, Finkle Street, at 7.30 pm.

Darby & Joan Finkle Street

Saturday 1st November, Annual Autumn Fayre, 10.00 am, Admission 30p. Various stalls, raffles, tombola and tea/coffee, in the Darby and Joan Hall, Finkle Street.

East Riding Flower Club

Monday 3rd November, Flower Demonstration by Andrew Mason of Hull, 2.00 pm at the Civic Hall, Cottingham. Visitors £3.00

Cottingham Ladies Circle

Wednesday 5th November, at the Zion United Reformed Church, Hallgate, at 7.30 pm. Mr. Terry Richards, talk "Xmas Nostalgia" with Christmas quiz.

P.A.G.E.R.

Thursday 6th November, Lunch, Bring and Buy Sale, Raffle and Six games of Bingo.

Whist Drives - 1st Sunday in Month, in the Small Hall, at the Darby & Joan Hall, Finkle Street, Cottingham, at 2.00 pm. Total cost including refreshments and a raffle £2.00. All welcome.

Branch Meetings - 1st Thursday in each Month, in the Large Hall in the Darby & Joan Hall, Finkle Street, Cottingham.

What's On - continued on page Seven

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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VAT - Checking the Numbers

by Nick Robinson of Yorkshire Accountancy Limited

Having an invalid VAT number amongst your documentation when the VAT man investigates can be a costly problem. However, there are ways to minimise this risk.

The two danger areas for invalid VAT numbers are:

1. suppliers pretending to be VAT registered; and
2. exports to EU customers (if you have them).

What's the problem with suppliers?

As an unregistered person is not able to issue a proper VAT invoice HMRC will not support your claim to recover input VAT on that invoice, so they may well ask for it back. The most face saving thing you can do is to check a sample of VAT numbers on an annual basis (not just new suppliers) and keep a record of this on file.

For new suppliers ring the VAT National Advice service (on 0845 0109000) and ask if the supplier number is valid and belongs to the address given. Unfortunately HMRC won't tell you any more than this. You should also check out the business address given on the invoice. It is now a legal requirement for any business to declare exactly where it trades from. And check the phone number by using directory enquiries for the business name and address given.

Exports?

You can only zero rate your sales of goods to VAT registered customers in member states providing you...

1. obtain their VAT registration number and quote it in your sales invoices; and

2. have commercial evidence that the goods have been removed from the UK within three months.

Sales to unregistered customers are subject to UK rates. When you ask for a valid VAT number you might not get an immediate answer from your export customers. If this is the case, always keep some form of documentation to satisfy HMRC (if they visit) but do follow up to make sure you get the VAT number.

The above steps prove that you have done your best to establish the validity of VAT numbers given to you. You have acted in "good faith" and your input claim should not therefore be overturned.

September Question & Answer

Q. If I and my business partners meet at a local hotel to discuss future business plans, having a meal whilst there, will the cost of this be tax deductible?

A. Providing you definitely hold a meeting and could produce minutes to prove this, it is not for HMRC to challenge the scale of your "meetings" budget. For the avoidance of doubt add to those minutes that you have chosen to eat in the restaurant to avoid the cost of hiring a room or to enable you to meet in the evening and so not waste the working day. Of course if you meet in a hotel and refreshments are part of the package involving room hire, then the total cost plus travel costs would be allowable.

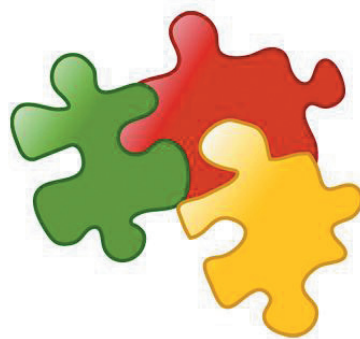
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WHAT'S ON

In Cottingham and District

Continued from page five

Wold Lace Makers

Saturday 8th November, 10.00 am - 4.00 pm. Speaker Martin Tuffnell, Tickets £3.50. Hessle Town Hall, South Street, Hessle. Parking and facilities for the disabled. Bring a packed lunch or food available close by.

Walkington Methodist Church

Saturday and Sunday 8th and 9th November. Art Sale in aid of their disabled access appeal. Opening for viewing 11.00 am to 6pm Saturday; 11.15 am to 6.00 Sunday. Entry fee £1.00. Refreshments will be served. If any artist would like to display their work, please contact Sheila Priestley on 01482 847525.

Cottingham Catholic Women's League

Monday 10th November, "Till the Wind Changes", Mrs. Francis Ramsden, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Green Women's Institute

Thursday 13th November, Ms Liz Maher "My Life in Japan", in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 13th November, Childrens University, Dr. John Butterick, 2.00 pm Darby & Joan, Finkle Street.

Combined Charities

Saturday November 15th, 10.00 am to 4.00 pm. Christmas Fayre, at the Civic Hall, Cottingham. Admission 20p. Refreshments served all day. Father Christmas visiting 11.00 am approx.

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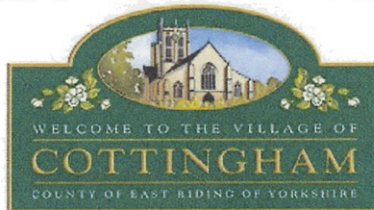
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Cottingham Parish Council



Community Plan Update

A first draft of the Community Plan for Cottingham had been produced by D Hickling and previously circulated to all Councillors.

Once the draft document has been commented on by the Steering Group a draft document will be put out to various organisations for consultation. The organisations should include the ERYC, Primary Care Trust and the Local Police Team as well as community organisations amongst others. The draft can be distributed via the website with paper copies available from the Parish Council office. There is more work required from the consultants on drawing together the recommendations and on illustrations for the finished product.

The Chairman thanked the Steering Group who have worked on a voluntary basis and given up a lot of time; their input had been invaluable and given the plan a definite community lead. The Chairman also thanked Mr Hickling for his input. The Clerk would pass on any comments from Councillors to Mr Hickling.

Concern over beech tree at corner of West End Road and Dene Road

Cllr Hardwick brought Council's attention to the large beech tree on the corner of West End Road and Dene Road which was reported to be diseased.

After discussion Council agreed that Cllr Hardwick and the Clerk should write to ERYC Tree Officer expressing their concern at the state of the tree and to ask what action was to be taken. Concern was expressed that the high winds and storms may affect the tree which is in a residential area.

Continuing problems of vandalism

There were continuing problems with vandalism of the locks on the car park gate to the allotments. There was also a continuing problem with vermin and this was to be discussed at the Allotments Committee meeting.

The Clerk reported that the completed deed for the allotment land and a licence for the car park had now been received.

Drainage Committee Report

Cllr Hardwick said that the Drainage Committee had been put in place exactly one year ago to "support the victims of the recent flooding and to try and protect residents from future flooding".

The Parish Council had collected from residents their accounts of the flooding which had been passed on to ERYC to form part of their overall discussions; the outcome of which had been the Report of the Flood Review Panel published in May 2008.

Additionally, and more importantly, over the past twelve months the Committee had successfully facilitated meetings between the three main agencies responsible for drainage; ie East Riding of Yorkshire Council, Yorkshire Water and the Environment Agency. Together with the local knowledge provided by the three Councillors these meetings had dealt specifically with the problems associated with Cottingham.

Also co-opted a business owner where there are serious drainage problems.

The meetings had been well attended by the agencies which were working together to find solutions to short and long term flooding. The Committee therefore felt that it had completed its task.

In order to make sure that the people of Cottingham's best interests were served the Councillors who made up the Drainage Committee were happy to continue meeting the representatives of the agencies from time to time to ensure progress is maintained towards a long term solution to the flooding problems.

The Committee felt that one of its contributions had been that the agency representatives were using this council as a successful template for other discussions around the East Riding of Yorkshire parishes.

Cllr Hardwick felt that one of the problems with co-ordinating meetings was the legal requirement to advertise Committee meetings and the legal notice period between advertising and actually holding a meeting. It was a complicated enough procedure to get a date at which all parties could attend. That pressure would be relieved as any future meetings would not be subject to those requirements.

It was proposed that the Drainage Committee ceased and that Cllrs Hardwick, Casson and Knight continued to meet with the agencies on an ad hoc basis to monitor progress of the investigations into the long term solutions to the flooding problems in Cottingham.

Parish Council Emergency Plan

Cllr Cooper had spoken to a member of HEPS (Humberside Emergency Planning Service) who would provide help in producing an emergency plan. Cllr Cooper was in the process of completing a draft form which the representative would then look over and comment on the practicality and implementation process. After the consultation the draft document would come back to the Parish Council for discussion.

Working Party to discuss hand over of CCTV System from the ERYC to the Parish Council

Further to discussions with ERYC and the CCTV Group and as agreed by the Parish Council the timetable for the handing over of the CCTV system was due to coincide with the end of a 10 year lease for the equipment in April 2009.

The negotiations for the transfer, which should include maintenance contracts, was likely to be complicated and after discussion it was agreed that a working party be formed to oversee this transaction.

Council asked to support HOSPA

The Parish Council had been asked to write a letter to ERYC in support of HOSPA's bid to have the old Hallgate school as a community facility. The Clerk tabled a draft letter and Councillors agreed that it should be sent.

Ding, Dong Where is the Bell?

Do any readers remember, or know what happened to the Cottingham Hallgate School bell that hung above the original Infants' Hall built in 1892?

It was taken down by the late Gordon Rawlinson, the Cottingham builder, about 20 years ago and was on display in the school for some time. Gordon wanted to have a dedication inscribed on an oak base, attach the bell to it and present it to the school. Gordon's wife Pat would like to carry out his wishes and return it to the new Primary School as this would represent a link with the past and a continuation of education at Hallgate.

But the bell has vanished! Can anyone help - please.

Also, does anyone know anything about what happened to the Old Rocking Horse, which used to stand at the entrance of the Old Infants Hall?

Please contact either the Cottingham Times or Peter Railton on 841851. If you have any information.

Cottingham Singers are "Singing out" for new members

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Our new website is now up and running, www.rdmcomputers.co.uk where you can download and print sample quotes for our own build computers and our most popular Laptop of the moment. We will keep these updated to reflect any specification and price changes. A new feature on the site is our Help Forum where we will be posting a selection of questions and answers (Q&A) from my Radio Humberside computer phone-in feature. Also to make it easy to come along to our office, we have included an interactive map, courtesy of Google maps. Keep an eye on the website for special offers coming soon.

We have also been working on our database, so thanks to those of you who have sent in updated details. Anyone who would like to advise of any change to contact details please email us with the subject line: database update. This will assist in the smooth running of our operation and we will soon be sending out a newsletter with the latest news and offers.

You may have noticed quite a number of ads on TV recently which have been driving the popularity of mobile broadband. As mentioned last month, this is ideally suited to laptops, the new small generation of which are now known as 'Netbooks'. With this in mind, we decided to acquire an Asus EeePC 900, and an impressive piece of kit it is, so I thought a brief product review might be useful. The one I chose was in piano black and the screen hinges up on an almost circular back section, making a robust movement. This shape also incorporates the back of the battery and the power button, and serves to angle the unit. It is well equipped with built-in wireless connectivity, 3 x USB ports, a LAN port, a memory card slot, a VGA output (for attaching to a bigger screen), and usefully for such a portable size, a lock slot.

The 8.9" screen is of good quality, and there is even an integrated 1.3Mp webcam and microphone at the top. The screen is an improvement on the previous 7" model which I always thought looked too much like a toy because of the amount of black plastic down each side of the panel. The keyboard is of a useable size, even for big fingers, and the touchpad almost the same as on a standard laptop. The operating system is Linux (as opposed to Windows), which many people may not be familiar

with. But worry not; it is extremely easy to use, being divided into tabs for Internet, Work, and Play etc. All round impressions are very good, the only downside would be the battery life which I have found generally doesn't exceed one hour. A new 10" model is now available which I understand has a longer battery life. Either the way the charge lead included is quite compact.

It's been big news in the Internet browser department recently. Last month we mentioned a new version of Internet Explorer (version 8) now available in test form. Also Mozilla Firefox is now available as version 3, and Opera version 9.5. But the biggest innovation has been the launch of a new product from that Internet search giant, called Google Chrome. This is a new web browser that has been designed from the ground up with a view to being able to handle complex web pages much better. When you think back, the Internet used to be just static pages of information, now there are flashing banners, video clips and all sorts of other animations going on; it's no wonder that browsers get hung up sometimes!

TIP

If you are having a problem with your internet browser when accessing or viewing a particular site, try using one of the other browsers. They are all available free to download and use, and once installed don't require any other setting up.

We have been very busy recently supplying new computers and laptops, and lots of repairs and upgrades. Memory prices are still the lowest for a long time so now is the time to give your computer a good performance boost. With news of the dreaded credit crunch growing daily, we have noticed recently that component prices are starting to creep up. When you think that virtually all this stuff has to be shipped in from the Far East, and therefore manufacturers and wholesalers have to place orders a long time in advance, the rise in transport costs will only serve to increase prices in the months to come. No time like the present as they say!

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Lempicka Continental Cafe celebrates busy first year at Skidby Mill

The Lempicka Continental Cafe within the grounds of Skidby Mill wish to thank all their customers for their much valued support during their first year of trading.

Even now Aletia and Samantha have found that many people in the area still do not know of the superb facilities available with the Lempicka Continental Cafe.

Samantha Walkington (Manageress) and Aletia Kent (owner) are proud that the Lempicka is open as normal, whilst repairs are undertaken on the Skidby Mill.

Lempicka prides its self on producing quality food, freshly prepared and made on site. There is a comprehensive menu and a superb selection of homemade cakes, scones, etc.

As a big "Thank You" to all their loyal customers Lempicka has some superb offers available during October only.

From 9.00 am to 11.00 am and between 3.00 pm to 4.30 pm a free teacake/scone is available with every hot beverage purchased.



Autumn Appetisers

Quality homemade soup of the day, served with freshly baked bread, olives and crisps only "£3.95"

Also try breakfast Lempicka style - Bacon, egg, tomato and mushroom in a large ciabatta twist bread £3.95 with an Americano coffee or Ceylon tea, served between

9-11.30 am.

The Lempicka is also very child-friendly with a toy area, high chairs, baby changing facilities, and also disabled access.

The Lempicka is closed on Mondays (except Bank Holidays) and is open Tuesday to Sunday from 9.00 am to 5.00 pm.

Come and visit us at Skidby and enjoy fresh food and our October offers and excellent fayre.

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Wordsearch - Little and Large

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

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

Find the words in the letters above:

Astronomical, Atom, Colossal, Dot, Elephantine, Enormous, Galactic, Gargantuan, Giant, Huge, Immense, Infinitesimal, Iota, Isotope, Jot, Jumbo, Large, Little, Massive, Microbe, Microscopic, Miniscule, Minute, Mite, Molecule, Monolithic, Monumental, Neutron, Nucleus, Particle, Pinch, Point, Proton, Scintilla, Small, Smidgen, Speck, Tiny, Tremendous, Vast.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 22 -

This is a medium challenge

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

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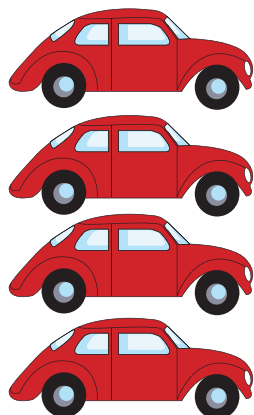


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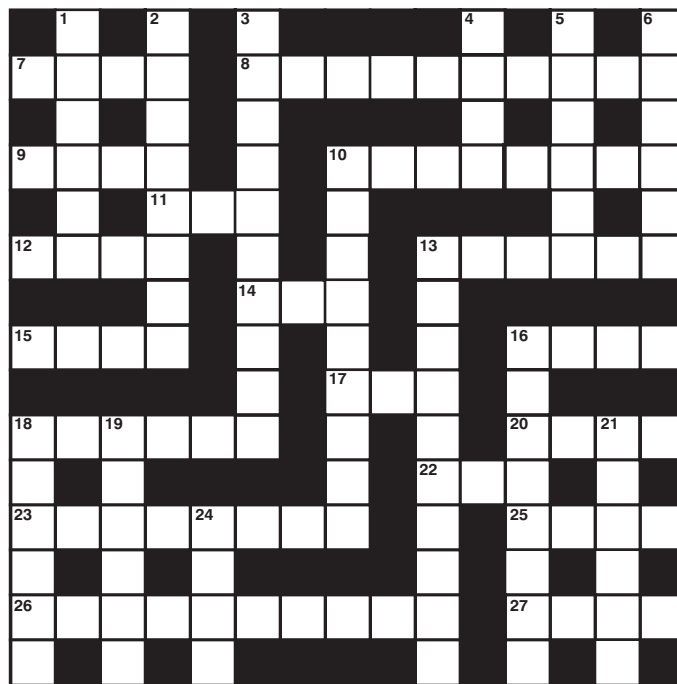
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Crossword - Solution on page 38



Across

7. A Colour or a type of duck (4)
8. Government headquarters (10)
9. Loud feline noise (4)
10. Game played with nets on sticks (8)
11. British music company (inits) (3)
12. Island jumper (4)
13. Used to push home a charge (6)
14. Useful in the garden (3)
15. A pleasant French town (4)
16. God of Thunder (4)
17. Can be in the sky (3)
18. Makes a triangular brew (6)
20. Oil company (4)
22. Disorderly crowd (3)
23. American billiards place (8)
25. A good place for furniture, etc. (4)
26. Vegetable projectile (10)
27. We should eat a good one (4)

Down

1. Used for ugly tracksuits (6)
2. Zebedee's friend (8)
3. Emerald green beetle (10)
4. Blonde (4)
5. A frustrating puzzle (6)
6. Be present at (6)
10. Home of two birds and four musicians (9)
13. 007 actor (10)
16. Scary feathered friends movie (8)
18. Wine waiter gives these (6)
19. A cheerful train (6)
21. Middle Eastern coinage (6)
24. What santa would say if he finished this crossword (4)

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

The 58th Haltemprice Art Exhibition to be held in the Civic Hall, Cottingham from Friday 24th October to Saturday 1st November

The Council holds an art exhibition each year, which is based in the Haltemprice area of the East Riding. The exhibition is on display at the Civic Hall in Cottingham from Friday 24th October to Saturday 1st November 2008 and is open daily from 10am to 4pm. Admission to the exhibition is FREE.

The exhibition is to enable local amateur artists to display and possibly sell some of their work. Entries for the exhibition are invited from all artists who are either resident in the East Riding or attend art classes or clubs in the East Riding.

Receiving date for exhibits is Monday 20th October, 2008 9am to 7.30pm at the Civic Hall, Cottingham. Entry is £1.00 per exhibit.

There is a children's section at the exhibition and in the past the response has been very good with several local schools participating. Trophies are also presented for first prize in the 14 years and under and 15 years and over categories. Receiving date for exhibits in the children's section is Friday 10th October between 10am and 5pm at the Civic Hall, Cottingham.

The Wilburn trophy is presented at the end of the exhibition to the most popular exhibit. A public ballot takes place during the week of the exhibition to decide upon the winner.

Entry forms for the exhibition are available from Christine Lison, Arts Development Worker on 01482 392654, the Beverley Art Gallery or the Customer Service Centre, Cottingham.

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In the Kitchen



Halloween

The history of Halloween can be traced back over 2,000 years and for most of this time, food of some kind or another has been closely associated with it.

The earliest celebrations were among the Celts who not only worshiped a Sun God but also Samhain who was the lord of the dead. They believed that Samhain called up the souls of the dead who would take the forms of animals and roam over the Earth through the night of the 31st October. It was called the Vigil of Samhain.

Many years later All Saints Day or All Hallows Day celebrated by the Roman Catholic faith on 1st November was established as a means of replacing the pagan Vigil of Samhain however with the increased practising of witchcraft, 31st October became known as the Night of the Witch and later All Hallows Even or The Night of the Dead. Through time, the name was shortened firstly to Hallowe'en and eventually to Halloween.

So what do pumpkins have to do with it ?

The hollowed out pumpkin (Jack 'o Lantern) was named after a man called Jack, who was an infamous drunkard and trickster. He tricked Satan into climbing a tree then carved an image of a cross in the tree's trunk, thereby trapping the devil up the tree. He made a pact with the devil that, if the devil would never tempt him to wicked ways again, he would promise to let him down the tree.

However, after Jack died, not only was he denied in to Heaven because of his previous evil ways but was also denied access to Hell because he had tricked the devil. The devil instead gave him a single ember to light his way through the darkness. This was placed inside a hollowed-out turnip to keep it glowing longer. How exactly the pumpkin came to take its place is still a mystery.

So where does "trick or treat" come into all of this?

If you thought trick or treating was a US invention then think again. Its origins can be traced back over 2000 not only to the Celts, but also the Chinese, Egyptians and Aztecs. Still closely tied with the night of the dead, it was believed that spirits required food and drink to placate them and so people would leave out morsels of food for their consumption. Not to do so may encourage them to enter your house, cause havoc and help themselves.

As time went on, people began dressing as spirits and performing antics in exchange for food and drink. It is this practice, called "mumming", which evolved into the present-day trick or treating.

So what can you do with all the pumpkin flesh afterwards?

One of the easiest things is to make soup – very welcome now the nights are drawing in.

Leek, Pumpkin and Sweet Potato Soup

Ingredients

2 tbsp Olive Oil
1 Leek, chopped
1/2 Onion, chopped
1/2 Stick Celery, chopped
1 small Carrot, chopped
1 Sweet Potato, peeled and diced
675g/1-1/2lb Pumpkin flesh, chopped
1 Garlic Clove, crushed
480ml/16fl.oz. Fresh Chicken Stock
120ml/4fl.oz. Double Cream
1 Bay Leaf
1 tsp freshly chopped Sage
A large pinch Ground Cloves
A large pinch Ground Nutmeg
A large pinch Ground Cinnamon
Salt and Black Pepper



Instructions

1. Heat the oil in a large saucepan, add the leeks, onion, celery, carrot, sweet potatoes, pumpkin, and garlic, and sauté until they start to brown.
2. Add the bay leaf, stock, and cream, mix well and bring to the boil stirring constantly.
3. Reduce the heat and simmer for 15-20 minutes or until all the vegetables are tender.
4. Add the sage, cloves, nutmeg, cinnamon, and salt and pepper and continue to cook for a further 5 minutes.
5. Remove the bay leaf and allow to cool slightly then transfer to a food processor or liquidiser and process to a puree.
6. Return to the rinsed out pan and reheat until hot.

Pumpkin Pie

Ingredients:

250g/9oz Shortcrust Pastry
325g/12oz Pumpkin, peeled, deseeded and cubed
2 Eggs, beaten
50g/2oz Soft Brown Sugar
60ml/2fl.oz. Double Cream
Ground Cinnamon



Instructions

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
 2. Roll out the pastry on a lightly floured surface to approximately 6mm/1/4 inch and use to line a fluted flan tin.
 3. Lightly prick the base of the pastry with a fork and line with greaseproof paper and fill with baking beans.
 4. Bake in the oven for 10 minutes. Remove the greaseproof paper and baking beans and return the pastry case to the oven for a further 5 minutes.
 5. Meanwhile, bring a large pan of lightly salted water to the boil, add the pumpkin and cook for 10-15 minutes or until tender.
 6. Drain the pumpkin very very well, transfer to a food processor and process until smooth. Allow to cool.
 7. Place the purée in a mixing bowl together with the eggs, brown sugar, cream and cinnamon and mix thoroughly until well blended.
 8. Spoon the pumpkin mixture into the pastry case and level the surface with a palette knife.
 9. Bake in the preheated oven for 35-40 minutes until the filling is set, firm and golden brown. Serve hot or cold.
- NB** If the pumpkin puree is very wet, place in a dry pan and gently heat until bubbling for 5-10 minutes to evaporate the excess liquid, stirring occasionally. Remove from the heat and allow to cool. Then continue from step 7.

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Lost wallet leads to meeting with Johnny Whiteley, MBE

Ben Thorpe was heartbroken when he lost his wallet with his signed photo of Johnny Whiteley in the days when he was playing for the Great Britain Rugby League Team. Ben 13, a Hull FC supporter, who lives on the Parkway in Cottingham and a regular visitor to Cottingham Library told the librarians of his loss. The librarians at Cottingham Library informed Johnny's daughter Lisa who works at the library in North Ferriby of his loss, and a surprise was set up.

Pictured above is Johnny Whiteley and Ben, with Johnny's MBE awarded to him in 2005, for services to Rugby League and the community of Hull and East Yorkshire.

At the presentation, Ben was presented with a brand new signed photo and an autographed Hull FC Rugby shirt. It has also been arranged for Ben to visit pre-season training and to sit alongside the team at one Hull's matches when the season returns.

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Skidby Church of England Primary School judged as “good” in all areas in latest Ofsted Inspection

Skidby Church of England Primary School has been judged as "good" in all areas of its latest Ofsted inspection with an "outstanding" for the foundation stage.

The inspection took place on 16 and 17 July, two days before the end of the summer term.

The Ofsted report announced that the school has been awarded a level one “outstanding” grade for its foundation stage and a level two grading in all other areas, which equates to an all-round "good" quality of service.

Good School

The inspector stated: “This is a good school, where the majority of pupils make good progress. It has an outstanding foundations stage and provides effective teaching and learning, a high standard of care and an interesting curriculum, which develops all interests and abilities.

Supportive Parents

“Parents are generally supportive and praise many aspects of the school. These include the ‘innovative teaching’ the ‘very approachable headteacher and staff’ and ‘the highly

successful residential visits and regular communication.”

Furthermore, Ofsted noted, recent action has improved standards substantially. Most pupils, including those with learning difficulties have made “good” progress since September 2007. Pupils have clear targets resulting from a rigorous tracking system and as a result standards have risen.

Steve Honey, headteacher, said: “This excellent inspection report has been the result of a team effort by everyone and the inspection has acknowledged the role played by all the adults who work in the school, the children and their parents.”

Mrs Angela Theodorou, chair of governors said: “The successful inspection is a result of all the hard work put into the school continually on a day to day basis, year in year out by both staff and pupils.”



ABCD News

The next meeting of the Association of Businesses in Cottingham and District (ABCD) is to be held on the 14th October 2008, in the King Billy Public House, Hallgate, at 6.00 pm. All current members and any businesses located in the HU16 postcode are welcome to attend.



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Cottingham gets “keyed-up” for latest recital by renowned pianist Elizabeth Altman

Elizabeth Altman (pictured above), the renowned Yorkshire-born international pianist, will return to Cottingham in November, when she will play a programme of popular works by Schubert and Chopin and includes the captivating show piece “Carnaval” by Schumann.

The event is part of the Cottingham Methodist Church Music Festival, being the second such classical concert this year, and will be held in the Hallgate Methodist Church on Sunday 9th November at 2.30 pm.

Ms Altman is extremely well known for her unstinting support and promotion of recitals in the East Riding, and it is anticipated that there will be considerable interest in this, her first visit since April 2007.

After the concert, when refreshments will be provided, there will be, once again, an opportunity to meet and chat informally with Ms Altman.

Tickets (£10.00) and (£5.00 for Students in full time education), include programme and refreshments, are available from Monday 6th October from Gilly's Balloons, Hallgate and The Photo Shop, King Street, or phone 01482 847122 (Richard Barton) and 01482 842347 (Don Maskell) also from whom further details may be obtained.

“Thank You” from Friends of King George V Playing Fields

The Friends of King George V would like to say a big “Thank You” to those who attended their opening event on the 29th August, and a big “Thank You” to all who have supported the BMX and multi-use games area project throughout the three years including the Parish Council.

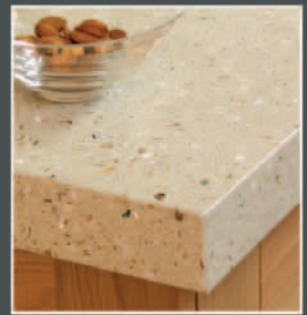
Also the Friends hope to erect a large notice board in the coming weeks to detail future plans for the pavillion and what's happening with regard to the proposals for community ownership.

The Friends Group meets first Monday in every Month at the Parish Council Meeting Room, at 7.30 pm and welcome anyone with an interest or opinion regarding KGV playing fields.

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Fashion show held at The Triton Inn, Brantingham

A fashion show was held at the Triton Inn in Brantingham on 16th September 2008, where clothes were displayed by Sib-blings Childrens Boutique, Crave Boutique, Serenity Underwear, Dizzy's Hair Salon and Beauty at 1B of Kirkella.

They all came together to create a fashion evening to raise money for The Alzheimer's Association. Over £600 was raised from the evening so a big thank you to all that supported us.

The evening was held at the Triton Inn in Brantingham, where Ann and Paul took the Inn over a year ago and have built the business up holding functions for Birthday Parties, Christenings, Weddings and now Charity Fashion Shows.

The evening began with a display Sib-blings children's wear - having 15 young models all under the age of nine, it was quite trying sometimes, however they all looked stunning in the Autumn/Winter collection that had only arrived that afternoon, cutting everything very close.

Bright is in for the kids this season. Sib-blings provides affordable childrens clothes for all occasions and the latest selections can be viewed on their website www.sib-blings.co.uk

The first interval gave everyone a chance to have some excellent food provided by Ann and her staff. Paul, the compare kept the schedule to time.

Crave Boutique of Hessle, showed their new autumn collection. Knitwear with layers was the theme of their show, giving you different ideas what to wear with jeans and leggings. Also letting us know that Black is back. Other dominant colours such as - Blue, Purple and grey were also shown. Finishing their show with the hand bags from Suzy Smith and you can find them at - www.craveboutique.piczo.com

Dizzys Hair salon of Cottingham showed off their artistic flare with new designs for all the catwalk models. Dizzy's has been open for over seven years and delivers the whole package for hair services. As a Wella Premier Salon we have constant training to keep us up to date with the fashions of today, from your weekly Blow-Drys to our Colour specialists Emma and Gemma.

To finish the show we had Serenity Boutique who are based in Hessle. Serenity showed their Autumn/Winter collection of stunning Underwear and Swimwear. It is estimated that upto 80% of woman are in the wrong size bra. Serenity offer a free expert fitting service and offer sizes from 28 to 40 back and A to K cup. Visit their shop on view online at www.serenityboutique.co.uk

All the models were pampered beforehand by Beauty at 1B who are located in Kirkella delivering a wide range of beauty products and services.

We would like to thank you all for your support, we hope to see you all at future fashion shows.

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Walking with Paul

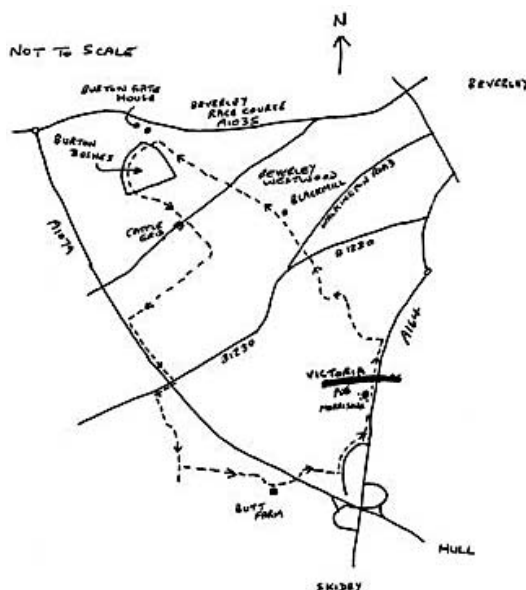


Here is Paul's eighth walk in his monthly column.

This month his destination is Hornsea.

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Leave the car park and on reaching the roundabout walk on the footpath alongside the A164 heading for Beverley and after about 300 metres turn left onto a path. After a short distance, cross a road and continue along the path in the same direction which leads to a playing field. Follow the path round the playing field as it sweeps first right and then left. Pass through a kissing gate and cross a track. Continue walking in the same direction.

Pass through a kissing gate and walk along a wide track with an embankment on the left hiding a quarry. Pass through a kissing gate and enter a grass field. Cross this field to a stile and after crossing this stile head across the Westwood aiming for Blackmill. Cross the B1230 and a minor road. Pass by Blackmill and then heading in the same direction aim for the western corner of the Race Course and Burton Gate House.

Just prior to reaching the road, bear left and enter Burton Bushes through a kissing gate. Walk through Burton Bushes and exit by a kissing gate. Continue walking in a southerly direction with the hedge on your right. Cross a minor road near a cattle grid and continue in the same direction.

On reaching the lowest point of this path, locate a kissing gate on your right, pass through this and then bear slightly left and walk with the hedge on your right along a field boundary.

On approaching the A1079, pass through a kissing gate and turn left and walk along this track to meet the B1230. On reaching this road, cross to the other side and turn right and walk over the A1079. After about 200 metres turn left and follow this track. After about 800 metres and at the lowest point of the field, turn left and head towards Butt Farm keeping a ditch and hedge on the right. Follow the track up towards the farm buildings, pass in front of the farm bearing left and follow the farm road to cross over the bridge over the A1079. Continue along this road to meet the old A164 and turn left and head back to the car park.

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News from Cottingham Little Theatre

Our Next Show

Rehearsals for our next production, "Out of Focus" by Peter Gordon, are going well.

Set in a church hall, where a series of over-bookings have occurred, a wonderful mix of characters from the local community arrive for a variety of activities including a Brownie troop meeting, a badminton match, the vicars' wife's new pantomime and an illustrated talk on steam locomotives. Confusion reigns until everyone finally unites for a common cause, the production of the Village Pantomime.

Over the following weeks of rehearsals, alliances are formed and broken as the cast battle against all the odds as the opening night nears. Events finally culminate backstage after the final performance at the cast party, when everyone receives their just deserts.

Directed by Brian Hossack, this promises to be a very funny Christmas offering. One member, Kay Gower, will be playing her first acting role and we wish her well.

Performances will take place in the Darby & Joan Hall, Finkle Street, Cottingham on Thursday 27th November, Friday 28th November and Saturday 29th November commencing at 7.30pm. Doors will open at 7pm.

Tickets priced at £5.00 (Concessions £4.50) will be available from Barkers, Newsagents, Hallgate, Cottingham, or from our Ticket Secretary, Kaye on 01482 842270, from the beginning of November.

Play Readings

Each month we hold play readings, which are open to anyone to come along and either take part or sit and listen. These are often a breeding ground for our future performances and are held in the Old Brewery of the King Billy Inn in Hallgate, starting at 7.30 pm. The next event will be held on Monday 3rd November and everyone is welcome. If you need more information ring Sue on 01482 842250.

Social Events

As well as putting on plays and shows, we have an active social life. On 6th October, we had a session of 10-pin bowling at AMF on Sutton Fields.

Plans are well advanced for the next few months and our next event is a Christmas Party at the Ferguson Fawcett Arms in Walkington on 5th December.

These social occasions are open to all of our Members and Friends.

New Members and Friends

If you would like to join us in any way, have a look at the sort of things you could do in the panel below. Then give Val, our Secretary, (tel no. 01482 440588) or our Vice Chairman, Margaret, (tel no. 01482 846796) a ring.

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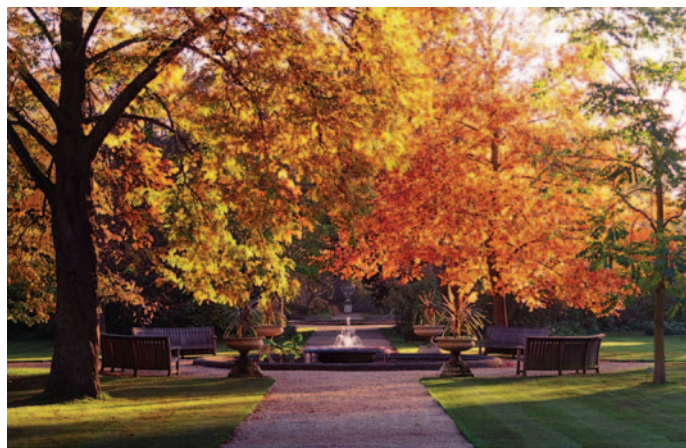
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In the Garden



Fruit Garden

Harvest apples and pears for eating or storing. Only store unblemished fruit to prevent it rotting in storage.

Pick blackberries, hybrid berries and autumn raspberries.

Cut down the fruited canes of blackberries and hybrid berries and tie in new ones. Lift and divide old crowns of rhubarb.

Take hardwood cuttings of currants, gooseberries, figs and grape vines after leaf fall; only use virus-free plants.

Order fruit trees and bushes from mail order catalogues and nurseries, and prepare the ground well before planting.

Vegetables

Continue lifting carrots and beetroot, plus any remaining potatoes still underground in mild areas. Only store healthy, intact roots. Parsnips should be left in, as they taste better once frosted.

Pick the last of the remaining runner beans. Any really late and stringy ones are better composted than eaten.

Sow overwintering broad beans in situ (mild regions only). Covering the trench with fleece or cloches will provide insulation in colder areas, as well as protection from pigeons.

Plant out spring cabbages if not already done. Remember to net them for protection from pigeons.

Finish planting autumn onion sets for a crop in early to mid-summer next year.

Garlic can still be planted in mild areas having free-draining

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soil. Otherwise it can be started in containers or modules, and planted out when more mature.

Radishes, mustard cress, and winter lettuces can be sown in growing-bags under glass or on a windowsill; the ideal temperature is 16°C (61°F). Old, used growing-bags from the previous summer are fine for this, as long as regular liquid feeds are given. After this second use, they can be emptied over the beds as a soil improver. (Don't, however, spread compost used for tomato growing over your potato beds, as these crops can share many pests and diseases).

October is a good time for digging over vacant areas of the vegetable plot, as the approaching cold weather may help to improve the soil structure by breaking down large clumps into crumbly particles. After digging, any vacant ground can be covered with black polythene to prevent re-colonisation by weeds, or smearing of the surface structure by rain-splash (this is known as 'capping').

Flower garden

Cut back faded herbaceous perennials and add to compost heap.

Lift and divide poor flowering or overcrowded herbaceous plants such as Achillea, Artemisia, Aster, Campanula, Crocosmia, and Phlox. This will revive them for next year. Division is also a cheap way of increasing your stock of favourite plants.

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1. Clear up fallen autumn leaves regularly
2. Cut back perennials that have died down
3. Divide herbaceous perennials and rhubarb crowns
4. Move tender plants, including aquatic ones, into the greenhouse
5. Plant out spring cabbages
6. Harvest apples, pears, grapes and nuts
7. Prune climbing roses
8. Order seeds for next year
9. Last chance to mow lawns and trim hedges in mild areas
10. Renovate old lawns or create new grass areas by laying turf

Wait for first frosts to hit dahlias and cannas before lifting the tubers or rhizomes. They may overwinter in the ground in warmer regions if covered with a protective layer of straw or bracken, but flowering may be late and/or poor next year.

Lift tender bulbs; Galtonia and Tigridia bulbs, for example, need lifting and storing over the winter.

Hanging Basket Maintenance

Don't neglect hanging basket maintenance - a little dead-heading, watering and feeding can keep them going until mid-autumn. Once they are past their best, then re-plant with spring-flowering bulbs, winter heathers, trailing ivies and spring bedding plants. Pick over alpines regularly, removing any autumn debris and covering died-back patches with extra grit to encourage their re-growth.

Lily bulbs can be planted up in pots this month. Next year, they can either be brought inside for an early display in spring, or left outside as summer patio plants.

Continue to plant spring-flowering bulbs, but leave tulips until November.

Plant wallflowers, forget-me-not, Bellis, Primula, Viola (including winter pansies) and other spring bedding plants in prepared ground or pots. Keep them well watered if no rain is forecast, using stored rain or recycled water wherever possible.

Now is a good time to plant new herbaceous perennials, as the soil is still warm, but moister than it was during the summer.

In mild areas, it is still just possible to sow hardy annuals outside, to overwinter for a display next year.

Make sure you have finished bringing all tender plants into the heated greenhouse or conservatory for the winter. Abutilon, Gazania and Lantana are all suitable examples.

Half-hardy fuchsias are best given a rest period over the winter, allowing them to dry out slightly and drop their leaves, rather than forcing them into active growth with lots of heat, water and feed. Just keep them alive with gentle heat in the glasshouse, or in a cool room, and they will reward you with strong growth next spring.

Remove stakes and other supports as herbaceous plants die down for the winter.

Check any bulbs being forced in darkness. If they show signs of top growth and have a healthy root system when knocked out of the bowl, bring them into a cool, light room to induce flowering.

Continue collecting and storing seed from perennials still forming seedheads.

Pot up prepared hyacinth bulbs if not done last month. This way you will have them flowering for Christmas or New Year.

Plant up containers with Hippeastrum (amaryllis) bulbs for a New Year display.

Sweet peas can be sown early, in the glasshouse, for next spring.

Remove any shading paint applied earlier in the season, in order to maximise reducing light levels late in the season.

Ventilate Greenhouses

Greenhouses can be insulated using plastic bubble wrap. This will cut down the heating bills for the winter, but do make sure to attach the polythene in such a way as to minimise the amount of light blocked out by strips of tape etc, as the wrap itself will reduce light levels somewhat.

Ventilate greenhouses and conservatories during the remaining warmer days, but reduce ventilation once cooler, gusty autumn weather sets in.

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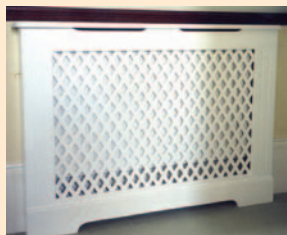
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Your Stars for October 2008 -

By Kay Gower

Aries - (Mar. 21- April 20)

Discipline is the bridge between thought and accomplishment, and it's your gift from the stars during October. You can also be a great help to anyone lacking in that department, too.

Taurus - (Apr. 21- may 21)

You get a distinct feeling that you've been there and done that, and the last thing you want is a refresher course. Heed this feeling, avoid the pitfalls, and make the most of privileges.

Gemini - (May 22-June 21)

You are presented with an impressive array of choices. This is the variety you've been unconsciously wishing for. But now that you see what's out there, deciding might be a bit daunting. This month, it won't hurt to try everything once!

Cancer - (June 22-July 22)

Patterns are comforting. There's security in knowing what's coming next. That's why habits, even ones that you'd rather not have, are so difficult to break. During October, however, it will be easier.

LEO - (July 23-Aug 22)

Stay open to new information. Spend the next few weeks working out exactly what you need so that you can focus more on family matters. It may be a good idea to explore again a money-making idea that you may have given up on.

Virgo - (Aug 22 - Sept. 23)

You have a hard time establishing rapport with some people. If you feel it's not going well, step back instead of pushing forward. Travel/short trips are lucky. It doesn't have to be far, but it does have to be new.

Libra - (Sept. 24 -Oct. 23)

Overnight success is a matter of preparedness. The kind of preparedness that takes years, and not hours, to cultivate. Start now, by doing the work it will take for your 'overnight dream' to come true.

Scorpio - (Oct. 24 - Nov. 22)

A skill you've been keeping under wraps turns out to be very much in demand this month. Your money prospects perk up. Family dynamics and a current relationship will improve by mid November.

Sagittarius - (Nov. 23 -Dec. 21)

Optimism is your secret weapon. Someone may tempt you into letting go of this tool, but your grip is strong. And as you hold fast to your cheerful point of view, it serves you increasingly well.

Capricorn - (Dec 22.- Jan. 20)

With Jupiter the great benefactor in your first house the outlook for work and business is still positive. Your intuition will be strong all month, now is a good time to back all your hunches.

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

Believe in yourself. If you feel yourself start to falter, the people around you can provide the lift you need. As for the one who is trying to pull you down, it could be time to have a few words. One of them may be, "goodbye".

Pisces - (Feb. 20-Mar. 20)

It's harder to expand your vision of what is possible than it is to actually accomplish impossible tasks. When you see someone else with the thing you want, just smile and say to yourself, "And that's for me, too!"



Marie says “Thank You” with her cheque for £1,500

Many thanks to my family, friends and neighbours for helping me to raise funds of £1,500 for my project “Waves II” to purchase a “Vital Signs Monitor” for Castle Hill Hospitals Ward 11 High Dependence.

After my stay in hospital, I felt the need to put something back, for all the care and kindness I had received from the Doctors and Nurses to help me in my recovery.

With thanks and gratitude, Marie Gallagher.

Pictured above Marie presents her cheque for £1,500 to Jeanette Murphy at Castle Hill Hospital.

Below: Answer to Sudoku problem No. 21 from the September Issue.

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

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WE ARE ALL UNIQUE

We're coming up to the busiest time of the year at Unique. At the moment we are busy putting the finishing touches to our winter collection. This will be launched at the end of October at Eschers Restaurant in Albion Street. The night is in aid of the Echoes Foundation for children with special needs.

We are showcasing our work in conjunction with Cry Chic Boutique of Beverley and Sib-blings Childrens Boutique of Kirkella. There are some tickets left so please don't hesitate to contact us if you would like to attend.

We have a Mens offer currently at Unique for £19.95 the man in your life will receive our Spa Method Shampoo, Massage and Scalp Tonic followed by a Gent's Cut and Finish. They will also receive a prescribed Men's SP Shampoo. This would normally cost £34.95. They will also be entered into a Prize Drawer were they could win two tickets to watch Hull City play Manchester City on Sunday 16th November 2008 including lunch in the restaurant.

What do we all think of Victoria Beckhams "POP"? The jurors still out here at Unique, but the great thing about "LA Beckam" is she's promoting a complete change of image.

Now is definitely the time of year to re-look at your current style and colour.

On the technical side of hair work we have been transforming clients looks from dark and visa versa in one session, albeit a long one!! The results have been fantastic.

So if you're thinking of a serious overhaul, pop in for a complimentary consultation with myself, Sharon, Paula or Kirsten, the true experts in colour work.

As I've said before High Glamour is here to stay. All the finished work leaving the salon is BIG, BOLD and BEAUTIFUL. Think Cheryl Cole, Tess Daley, Twiggy and Eva Longaria for your inspiration. My aim to rid the world of GHD. Straightened hair is finally becoming a reality, out with the flat and in with volume!!

It's nearly time to prep for the office party. As soon as your date is confirmed, book firstly for your actual appointment and also for a practise run to ensure you look the most glamorous on the night. We all know this is everyone's aim.

Christmas appointments are rapidly filling up at Unique so ring up soon to avoid disappointment.



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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Team Read Challenge certificates presented at Cottingham Library ceremony

At a presentation ceremony held in the Cottingham Library on the 25th September, 12 children were presented with their certificates for completing the Team Read Challenge, which was to read six books during the Summer holidays.

Above are eleven of the avid readers proudly displaying their certificates, also presented with his certificate was Lewis Scott who is not pictured above.

A total of 42 children were awarded certificates as part of the Team Read Challenge, these other winners were presented with their certificates at ceremonies at their schools.

Pictured above, left to right are: Charlotte Cook, Hannah Willingham, Michael Smith, Ruby Willingham, Olivia Cunningham, William Harrison, Andrew Smith, Isabella Hinchcliffe, Eden Sedman, Toren Sedman and Alexandra Phillips.

Cottingham Cricket Club's Presentation held at Hilltop

The club held their Junior (U13, U11 and U9) Presentation at Hilltop and combined it with their Club BBQ. It was well attended with 200 people being present on the night. Reece Bird the Cricket Development Officer for East Yorkshire very kindly came to present the awards. Everyone that plays for the Club in these age groups is awarded a Trophy and so in total 68 trophies were presented plus the individual awards below.

Rob Rhodes, the Club's Development Officer, welcomed everyone to the Club, introduced Reece and thanked him for coming. Before the awards were given out, mention was given to those lads that had been selected for Representative teams during the season. At the U10 age

Declan Pearson and Irfan Mohammed were selected for the East Yorkshire District team. Jonny Mawson represented East Yorkshire U11's in the Lord Taverners competition whilst in the U13 competition Will Rhodes as Captain, Rich Moy and Jack Cunningham were members of the successful side that won this years Yorkshire competition beating 17 other districts to be crowned Champions. Will also played for the District U13 team and with Jonny Mawson and Byron Parker (U14) were the clubs members that played for the Yorkshire Schools teams.

All those that played in the U9/softball team were then presented with a medallion.

The U11 Manager, Pete Pearson, then said a few words about the season and asked all those that had played to receive a trophy from Reece. Individual trophies for the age group were then awarded. All Rounder awards went to Cameron Furlong and Rizwaan Mohammed with the Batting Award to Jonny Mawson and the Bowling Award to Declan Pearson. The Most Improved Player Trophy was given to Irfan Mohammed and the Player of the Year was Jack Lister. Jez Parker the Under 13 Manager then spoke and the Under 13 awards were given out. Again all those that played were given a trophy and the main awards were the Batting Award – Rob Fish; Bowling Award – Jack Cunningham and the Most Improved Player was Brendan Ward. Player of the Year was James Stephenson

The Chairman of the Club, Mike Gibson, then asked Reece to present an engraved Salver to Jonny Mawson, Will Rhodes and Byron Parker in recognition of their selection for Yorkshire Schools. The last award was to Will Rhodes who received an engraved glass plaque from the Club as acknowledgement of his selection to the North of England U13 squad.

After the Presentation had finished the evening was completed as everyone enjoyed the BBQ that had been laid on.

For further information on the Club and its activities you can contact the Youth Development Officer, Rob Rhodes Tel. No. 842215.

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Cottingham Lawn Tennis Club Chairman's Cup 2008

The unpredictable British climate produced one of the nicest days of the year to make this an event to remember. Despite being held a week later in September than normal the 56 competitors enjoyed a day of blue skies and warm sunshine. Seven teams of eight players battled it out over five hours for the right to lift the trophy. Each team was seeded into four pairs with Paul Cartwright & Alison Olnier just coming out as the top pair in the 1st seeds, Ken Thomas & Barbara McCall in the 2nds, Ben Withers & Diana North in the 3rds and Tony & June Holdsworth in the 4ths.

When the overall scores were added together the team comprising Ian McCall, Diana Ormiston, Paul Cartwright, Alison Olnier, Tony & June Holdsworth, Ben Holtby & 10 year-old Lucy Dai sponsored by Garthwest Creative came out on top. The runners up spot was shared between the Reckitt Benckiser team and the Sangwin team. Proud team captain Ian McCall received the Chairman's Cup for the second year running from Club Chairman James West.

Mini Tennis Green Event


The first Mini Tennis Green Fixture of the Autumn Series held at Cottingham LTC produced some top matches. The Cottingham team comprising Lucy Dai, James Rhodes, Imogen Witty and Jessica Addison came up against tough opposition in the first round in the shape of Swanland but despite top seed Lucy Dai just losing out to a great performance from Sam Clark, the rest of the team rallied with a classy display at 2 from James and tremendous battling tennis at 3 & 4 from Imogen and Jessica. The Play Forward semi-final that followed proved an easier win against the tennis academy but the final proved a step too far, despite a fine win for Jessica and a great doubles' display from Lucy and James, and the team went down 5-1.


Pictured top left, left to right: Chairman's Cup Winning Team, Tony & June Holdsworth, Paul Cartwright, Alison Olnier, Diana Ormiston, Lucy Dai, Ian McCall and Ben Holtby.

Pictured below, left to right: James Rhodes, Imogen Witty, Lucy Dai and Jessica Addison.



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Hallgate Schools (continued)

by Peter Railton

The Schools opened on 5th January 1914 with a full staff and 228 boys in that department, but 'the attendance was only fair' in the girl's school. All departments were very cold, the thermomitors only reached 43F. In many of the classrooms and when Rev. Lowndes called as the school secretary, his attention was drawn to the fact. He must have acted promptly as whatever was wrong with the heating apparatus was quickly put right and the schools warmed up by the end of the week. Rev. Lowdes was rector of St. Mary's church from 1911 to 1923 and his son, a professor of education, wrote a very influential book entitled "The Silent Social Revolution" - a commentary of the changes in education between the wars.

The same month Mr. Moorby recorded that -

"I find that even yet more boys do not seem to understand the flushing of the closets after using them. An ex St. VII boy failed to flush the closet saying he couldn't make it work, though the apparatus was in perfect order and worked perfectly - to his great astonishment!"

Infections common then, unknown today

He had to speak to A.E. Gardham of St. VII regarding notes written to girls in that department!. In February medical examinations were carried out by Dr Readman in the boys' school and by Dr Helen Forbes in the girls' where several mothers were present. Three girls were excluded by Dr Forbes, two with ringworm and one with impetago. These kind of infections were quite common in schools at that time but are virtually unheard of today. Cases of 'flu and scarlet fever' began to break out in the schools plus one case of whooping cough.

Twenty students from the Hull Municipal Training College visited the boys' and girls' schools and were shown round all the classes. Some of them would be attached to the schools for their teaching practice in due course. An interesting note in the log books indicates that two men from the Board of Education called regarding evening classes for boys and girls who had left school, with particular reference to technical subjects.

Windy, Cold and Wet

The period 6th to 13th March was marked by gale force winds which caused some damage in the schools, snatching doors to the playground from the hands of pupils and injuring six slightly and resulted in glass breaking as the doors slammed shut. The gales were accompanied by heavy rain preventing playtime and outdoor P.T. and many children got soaked going to or leaving school, and the buildings grew increasingly cold due to draughts howling along corridors.

In the girls' school Clara Clark passed the labour examination and was therefore exempted from school, as were Bernard Richardson and Francis (Frank) Fairweather in the boys after their attendances were checked over the previous five years.

This practice was to cease in the near future under the terms of the 1914 Education Act which made attendance compulsory up to the age of 14, irrespective of the number of attendances.

Trip to the Theatre

On 30th April about 30 boys drawn from the older classes were taken to see a performance of 'Oliver Twist' by the Hull Shakespeare Society in the Alexandra Theatre in Hull; most of the boys had read the book or had had it read to them in class and all enjoyed the visit enormously. The Alexandra stood on the corner of Charlotte Street and Bourne Street not far from North Bridge, not a long walk from Paragon Railway Station for those who walked wherever they went!

Attendance evidently improved in May due to the good weather that month. Laundry lessons were proving popular in the girls' school as were the cookery lessons and both were extended to include girls from the lower classes and not just the St. VII pupils.

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The Church Choir pictured in 1914 - largely made up of boys from Hallgate School.

On 26th June a day's holiday was given on the occasion of a visit to Hull of King George V and Queen Mary to open the new King George Dock on Hedon Road.

The usual holidays and early closures were given for the various Sunday School feasts conducted by the local churches, and a day's holiday for Cottingham Clubs Feast - this was to be the last one until 1921; after that date the Club Feast never regained its popularity and slowly diminished over the next few years until its only reminder was the annual visit of a fair to Market Green and still referred to as Club Feast Fair by the older Cottingham residents, until it too disappeared. Perhaps we can see the connection with those times in our Cottingham Day festivities in July, with its food stalls and entertainments.

Saving with the Yorkshire Penny Bank

On 2nd July, 43 boys were admitted from the infants' school and a similar number into the girls school. School bank had been introduced as a regular feature for some time and when the bank was closed for that school year i.e. August 1913 to July 1914, in the boys department there had been 2,059 deposits, 149 withdrawals and 50 transfer to 'big' bank books. All the pupils' small bank books balanced with the class book registers which were forwarded to the Yorkshire Penny Bank in Hull. Thrift was encouraged in the pupils and though many parents could not afford to send money for their children, there were those who could, or made sacrifices to do so - the name Yorkshire Penny Bank indicates its purpose, and just one penny a week when ever possible and the possession of a little savings book was a source of pride for a lot of local school children. I remember my little bank book in its blue pouch with elastic thread that my mother made, being hung round my neck on a Monday morning with strict instructions not to open until the teacher asked for "bank books please". Nothing much had changed by the 1970's when I took pupils' bank money on a Monday morning - only the deposits were generally larger!

Problems seemed far away

School closed for the summer holidays on Friday 10th July and reopened on Monday 17th August with 249 boys out of 266 on the role - three days earlier the Great War had begun. For a while no mention is made of it in the log books - probably because it seemed far away at the time as other wars had been, unlike the opening of the second world war in September 1939 when its effects were immediate and recorded by Mr. Moorby's successor Mr Brookes as we will see later. More attention was focused on the recent earthquakes in China and Japan and on an eclipse of the sun witnessed by boys in the upper classes using smoked glass to protect their eyes.

Contingency Plans for poorer households

Towards the end of August the Rev. Wolstenholm, acting as school secretary, called at the schools regarding pupils' fathers who had joined the army; contingency plans were being drawn up to feed their dependents if that became necessary. This gives an insight into the poor conditions of some households in the village at the time.

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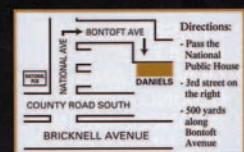
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Where are you heading in 2009?



The world has many exciting places – too many to mention. Hopefully below I can whet your appetite with a few ideas for travelling in 2009!

As you are all too well aware reading my column, I am passionate about cruising: so we will start here!

Big ship cruising to the **Baltic's** – you cannot beat the offers aboard Carnival Liberty, sailing to/from Dover this summer. May & June prices start at £699 pp based on 2 sharing an inside cabin; the price increases for July & August. Free parking is available or coach travel at a small cost.

Alaska & Canada: my favourite spots, so 2009 heralds a return with my fourth group. You can join me on my adventure or I can tailor make to your specific requirements around our fabulous cruise aboard Holland America's Volendam. Prices for this cruise start at just £562 pp for 7 nights aboard this 5 star vessel.

If you ever have fancied Alaska this is the one most definitely for you.

Peter Deilmann river cruising: we have savings of up to £300pp for bookings made on selected cruises before 31 October '08. You will also receive a complimentary excursion each day you are in port.

2009 offers cruising down the Seine or Moselle without flying. Why not join our group Eurostar departure along the Seine on 26th September 2009?

Fred Olsen is offering a cruise through the **Panama Canal flying from Humberside** in February 2010. Plus, a whole host of Caribbean cruise departures from next month during the winter with prices around the £1000 mark. For non flyers we have many departures from various ports in the UK with transport from your front door - year round.

Page & Moy's Ocean Majesty: we are pleased to announce that we can offer travel to & from the ship and also for several of the river cruises aboard the Serenade, flying to Germany from Manchester.

Back on land; **Oberammergau 2010:** we now have two departures up and running with just a few places available. The Passion Play only happens every 10 years and fills up

very quickly. Both of these departures are by coach & sea including time in the Rhine Valley en route and Austria.

The dates are: 17th June or 31st July, both 9 nights from £1079 pp. Please ask re any other date.

Somewhere different? I am sure many of you have experienced Madeira; well how about **Porto Santo** in the Azores? It is now becoming much easier to access with direct flights from Gatwick. I love to visit places before the crowds descend.

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Travelling tips: When travelling outside of Europe you often need 6 months left on your passport; it's a good idea to keep this up to date in case you wish to suddenly have a holiday!

Travelling to the USA? With effect from January the visa waiver has to be completed on line at least 72 hours prior to your departure.

European Health Insurance Card - replaced the E111; your little card may be due to run out soon. Check it and re-apply in good time.

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SCOTTISH POWER (1,333)	★★★★	★★★★	★★★★	★★★★	★★★★	★★★★	49
EON (1,635)	★★★★	★★★★	★★★★	★★★★	★★★★	★★	44
EDF ENERGY (891)	★★	★★★★	★★★★	★★★★★	★★★★	★★	43
BRITISH GAS (1,785)	★★	★	★	★	★★	★	40
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a Insufficient responses - b Scottish and Southern (includes Southern Electric, Atlantic, Swalec and Scottish Hydro)

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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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Crossword Solution from page 14

1	V		2	F		3	S			4	F		5	T		6	A		
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Alternative Health Matters

by Carole Headley

Have you read any good books lately?

Each month I receive a magazine called Today's Therapist (an international trade journal) and this month was pleasantly surprised to see an article about a book I am currently reading called Decoding the Human Body-Field by Peter Fraser, Harry Massey and Joan Parisi Wilcox. It is the new science of information as medicine. I have been fortunate to meet all three and my own book has all their signatures in it.

Both Peter and Harry suffered from Chronic Fatigue syndrome - in fact Harry was bed-ridden for seven years. His search for a 'cure' led to many kinds of healthcare professionals, therapists and scientists but a significant change in his health did not occur until he met Peter Fraser. Their meeting turned out to be a meeting of minds, as Peter had also suffered from Chronic Fatigue Syndrome and while travelling abroad he developed an intense interest in alternative medicine. This was the start of two decades of training in traditional Chinese medicine, Homeopathy and Ayurveda, which led Peter founding and becoming Principle of Melbourne's University College of Chinese Medicine and Acupuncture. But he still had a thirst for a deeper understanding of how the body worked and how it got 'sick'. The result of years of work, experiments and research led to the development of the Nutri-Energetics System.

Critics have hailed the book as a 'Renaissance' in medicine and health, as it explains how the root causes of illness exist at a sub-cellular level, where the environment that surrounds us and even our own thoughts and beliefs, affect our health. This will of course mean that we have the power to influence our own health and well-being.

How do we get 'sick' or 'disease' almost all sickness or disease is caused by physical or emotional shock to the body. This takes us into the realms of META-Medicine - which is a bio-psycho-social system - meaning it integrates what is happening at every level, mind, body, spirit and our interaction with the social environment. Our body's reaction to an event is highly meaningful. IBS, osteoporosis, heart disease, acne, eczema, back pain and all other health problems is a meaningful response to a particular emotion. In Meta-Medicine terms for example the root cause of IBS is an INDIGESTIBLE ANGER:- the inability to digest a 'chunk' of information and holding onto anger about it. All illnesses follow a two-phase pattern. The two-phases represent the body's way of dealing with shock then re-balancing. After a shock we go into the 1st phase - a state of sympathetic stress. When we resolve the anger and digest the event we enter the 2nd phase - a state of parasympathetic regeneration.

While studying Nutri-Energetic System we enter into the realms of Meta-Medicine and I have to confess initially I found it difficult to get my head round it all, but the more I read and studied the subject the more my own health issues began to make sense. It all really helps you to understand your health problems and their cause. The NES system and a thorough consultation will help you and the info-centials recommended will help to resolve the problems.

I hope you have found this months issue interesting and if anyone would like a copy of the book (retail price £12.99) please contact:

**Carole Headley at the Healing Hut, 221 Hallgate, Cottingham.
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