

# Cottingham Times

Issue 70 - September 2007



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## COTTINGHAM TIMES

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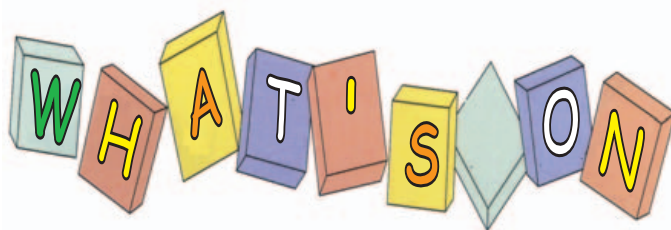
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## In Cottingham and District

### Cottingham British Red Cross

Weekly meetings on Tuesdays in the Methodist Church, Hallgate. New Volunteers and Friends Welcome.

### Cottingham Catholic Women's League

Monday 10th September, "Blood & Guts of History", Chris Clarke.

### Cottingham Women's Institute

Tuesday 11th September, at 10.00 am upstairs at Cottingham Civic Hall.

### East Yorkshire Federation of Women's Institute Cottingham Green

Thursday September 13th, "Postal History as a Hobby", Mrs. Margaret Mossford, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

### U3A

Thursday 13th September, Mike Long, Development Matters Arising with Cottingham U3A Groups, at 2.00 pm in the Darby & Joan Hall, Finkle Street, Cottingham.

### Cottingham Gardening Club

Tuesday 18th September, Dave Parkinson - An Illustrated Talk on Orchids in the Wild and House Plants.

### Cottingham Evening Townswomen's Guild

Wednesday 19th September, at 7.30 in the Darby & Joan, Finkle Street. Works of Jacobs Well - Dr. B. Beynon.

### Cottingham Men's de Luda Society

Wednesday 19th September, Mrs. M. Wilkinson - Kill or Cure, in the St. Mary's Church Hall, at 2.00 pm.

### East Yorkshire Association (The National Trust)

Thursday 20th September, 7.30 pm in the Civic Hall, Market Green, Cottingham. Mr. Ian Mason - Archives of the East Riding.

### P.A.G.E.R.

Thursday 20th September, Outing to Skipton Market.

### Diabetes UK

Thursday 20th September, Dr. E. Masson (Consultant in Diabetes), 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.

### Skidby Village Hall & Institute

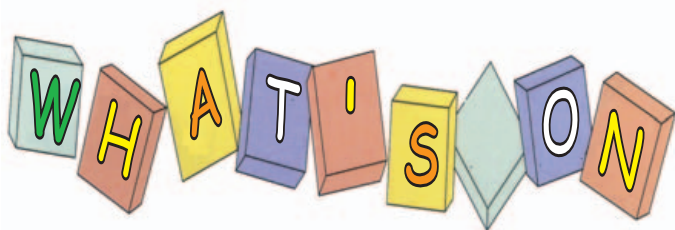
Saturday 22nd September, Trash & Treasure. 10.00 am to 3.00 pm.

### East Riding Flower Club

Monday 24th September, 2.00 pm at the Civic Hall, Cottingham. Catherine Gledhill (National Demonstrator) - "Sumptuous September". Price £5 at the door.

**Front Cover Picture:** This is a view the Unique Hair Salon which has just celebrated its first anniversary of business in Cottingham. The photograph was taken and kindly provided by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.





## In Cottingham and District

### Cottingham Men's de Luda Society

September 24th to October 6th - Elbe Cruise and Eastern European Capitals.

### Wednesday Social Club

Wednesday 26th September, at 2.00 pm in the small Darby & Joan Hall, at the rear of the building, Alison Parks - Nepal.

### Hull and Holderness Branch, British Sugar Guild

Saturday 6th October, 2.00 to 4.00 pm., The Terrace, Cottingham Parks Golf and Country Club, Woodhill Way, Cottingham. Nicky Fuller - "Sugar Boxes with Surprises".

### Cottingham Women's Institute

Tuesday 9th October, at 10.00 am upstairs at Cottingham Civic Hall.

### P.A.G.E.R.

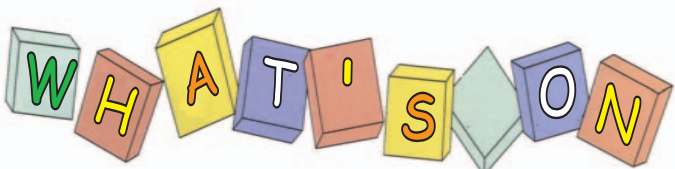
Thursday 4th October, Daphne Kitching, "People, Poetry and Dyslexia".

### P.A.G.E.R.

Sunday 7th October, Whist Drive.

### Cottingham Catholic Women's League

Monday 8th October, Open Meeting



## Music

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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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# Alaska/Canada: To be the 3rd and last escorted trip . . . or so I said!

*By Marion Owen*

**W**ow! What a fantastic trip; 34 guests including ourselves and no one was ready to come home - after 3 weeks!

We arrived in sunshine and after a nights rest in Vancouver we furthered our journey up to Anchorage arriving just in time for the Governors Tea Party on the Park.

The following day was spent under the rays in Anchorage; we took to cycling after a good nosey around the market. We didn't see the moose in town but, T rode past, G froze, and N got a picture right on the nose!

S & P ended up in some local joint where a gun went off when a carrier bag was dropped but don't worry, by the end of the holiday they had also eaten in the most upmarket of restaurants (next issue).

We awoke the next morning to find it raining; my heart sank as I wanted everyone to see Alaska just at its best i.e. in brochure weather. As we travelled along we had mixed weather with the sun peering out when it felt like it! Stopping at the Alaska Wildlife Conservation Centre was a boom - we all petted the moose, enjoyed the bears along with the caribou and everything else they look after.

The sight as we approached Homer at the end of the road was incredible - the sun shone and the scene from our viewpoint was stunning. The spit jutted out into the inlet surrounded by mountains and was absolutely breathtaking - the reason we had made this journey.

Our homes at the end of the spit were just as spectacular with lots of space and fabulous views. The following day a group of us took to the sea: the only way to continue, as the road had ended! We saw wildlife and scenery which will stay in our memories for ever. We ended up in the small town of Seldovia. After a good meal, a walk around town was just the thing - what a quaint place; we could have stayed longer but before we new it, it was time to take to the sea and head back.

We all had feasted very well, most of us over indulging in the halibut, wild salmon & king crab. You have to laugh, but it's a change for my son to eat fish; on returning home I went along to the fish mongers to buy a freezer full and he said "Mum, will you ask if we can freeze it?" Having seen fresh halibut being filleted on the dock side, he assumed ours came the same way - absolutely fresh!

Our journey to the end of the road on the Kenai Peninsula was far too short, but we were privileged to have had the opportunity: it was now time to move on to Whittier to join our cruise southbound to Vancouver.

It hadn't taken me long to realise this was not the 3rd and final visit, although next time has to be equally adventurous; it really is great having a whole load of people accompany you on your adventure - if you want to be in on 2009, you need to register now! Tel:211913.

More to come in the next issue; on another note, are you supporting the big Coffee day on 29th September? If not, pop along to Skidby Village Hall - I will be there helping out: something I have wanted to do for several years.



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## The Hilltop Sports and Social Club undergoes major refurbishment



**T**he New Hilltop Sports and Social Club, off Willerby Low Road - home to Cottingham Tigers Amateur Rugby League FC, Cottingham Cricket Club and Westella and Willerby AFC - has recently undergone a major refurbishment.

The bar area capacity has been increased to more than 100 with seating for about 80 and has significantly improved the facility for its members.

In addition to boasting a spacious function-room which is ideally suitable for private parties and family functions, the club also has excellent catering facilities and a large separate room which can be used as a dining area to support a function or used in isolation as a general meeting-room.

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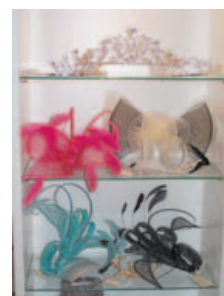
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## Cottingham Scouts and Guides Barn Dance Saturday 29th September at the Civic Hall Cottingham

Cottingham Scout and Guide Building Campaign are holding a Barn Dance at the Cottingham Civic Hall on Saturday 29th September, 7.30 pm until midnight.

Tickets cost £10 for adults and £5 for children, and include a pie and pea supper. For tickets contact Debbie Weston on telephone 845466 or email [Debbie@weston6.karoo.co.uk](mailto:Debbie@weston6.karoo.co.uk)

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# Investing in property abroad

More and more people are adding international investment property to their portfolios. It's changing the way we think about financial planning. Over the past 10 years or so, interest rates and stock market returns have been low. Many investors have started to acknowledge that their home is their highest performing asset. They've started to ask the question:

"What if my portfolio of investments contained more property than just my home? What if it had two, three, four or more properties?"

Many workers are looking at overseas property as an alternative to pensions. With all the UK pension scandals, like miss-selling and shortfalls within the funds, consumers have lost confidence and want more control over their own hard earned savings. The fact the government introduced a tax on pension funds has further highlighted the concerns the public have on pension products.

The key to effective and profitable overseas property investment is to know which property to buy and when to buy it and in what location. An investor should ask themselves - how much would I need to invest, how much return could I get, and how easy will it be to realise the profit when I want it?

As well as choosing the right property in the right location, buying 'off-plan' is a valuable investment option - usually offering significant discounts on built prices. It requires lower short term capital outlay, and offers potential for excellent returns.

Buying 'Off Plan' is a familiar concept to many property investors. It is best described as investing in a property when it is on the drawing board, as opposed to a completed building, often before a brick has been laid. At this stage, final planning and

building permissions will have been granted, but the building work will either not be completed or has not been started. The price of a property at this stage is discounted substantially below the final completed price.

The payment arrangements for buying Off Plan would usually be by a deposit at the point of contract exchange - followed either by staged payments or by a one-off payment at completion. With limited initial capital investment, and typical build times of 12-24 months this can result in impressive financial returns.

Of course everyone has heard horror stories about unwary investors buying abroad - but these are the exception rather than the rule. The wise investor will always take sensible precautions to protect themselves - just as they would when buying in the UK.

Investors should always make sure that their deposit monies are protected by a bank guarantee or similar arrangement - most reliable developers will have these in place. Reliable legal advice is also essential - to check that the contract with the developer is watertight, to conduct rigorous searches on the property, and to ensure that that all necessary planning consents etc are in place.

Obviously Off-Plan properties can experience minor modifications, but it is not unusual for Off-Plan investment property to yield between 30-70% gross returns within an average two year period.

Many investors choose to keep their investment properties once they are built. With lower interest rates often on offer overseas, and income generated through holiday lets (another consideration when choosing the location), a well chosen property will pay for itself. The investor can continue to see their equity grow - and enjoy their own holiday home in the sun!

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## Wordsearch -

Find the "pizza flavours" in the puzzle below

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

Find the words in the letters above:

|           |           |           |
|-----------|-----------|-----------|
| Bacon     | Beef      | Cheese    |
| Chicago   | Crispy    | Crust     |
| Dough     | Garlic    | Ham       |
| Jalapenos | Mushrooms | New York  |
| Onions    | Pan       | Pepperoni |
| Peppers   | Sauce     | Sausage   |
| Tomatoes  |           |           |

## Sudoku No. Nine -

This is a medium challenge

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

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## Rich Reynolds makes outstanding debut for East Riding

**R**ich Reynolds, of Manor Garth, Skidby, made an outstanding debut for East Riding in their Yorkshire Inter-District Union League match against Teesside at Cleveland last month.

The 22-year-old amateur, who is a member of the Beverley and East Riding, where he works for club professional Alex Ashby, won his call-up to the team after showing tremendous form this season in which he made a significant contribution when the Westwood-based club retained their Division Two status in the 36-hole Yorkshire Team Championship at Bradford's Hawksworth course in July.

Officials were disappointed that the East Riding's slim title hopes finally ended when they failed to beat struggling Teesside at Cleveland, but they could not disguise their delight at "rookie" Reynolds' outstanding performances in a match in which the points were shared.

Jeff Lambert, the union president - whose Cottingham-based plumbing and heating engineering company, with headquarters in Inglemire Lane, bears his name - was very impressed with Reynolds' performance at the long and tough Cleveland links course, where the rough was savage, and where neither of his matches went further than the 14th hole.

"He partnered his club colleague Michael Helyard in the four-somes when they took every opportunity to work out a game plan for their singles", said Lambert. "They did not fall into the trap - as inexperienced youngsters often do - of looking to gain an advantage by trying to smash the ball out of sight from the tee. Rich showed a lot of composure, and played every shot after serious appraisal of the situation. an old head on young shoulders", added the official.

Reynolds was also invited to play in the following league match, against champions Bradford at Brandesburton's Hainsworth Park on August 19, but had to decline the invitation because of work commitments while Ashby was on holiday.

But as East Riding continue a re-building programme following the loss of many of their star players to the professional ranks, there is no doubt that the Skidby youngster will add to his representative honours.

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# Flooring Company Expands its Showroom

One of Hull's youngest and most successful carpet businesses has doubled the size of its showroom, offering a spacious and light environment for its customers to browse in.

Chris Lee Domestic Carpets and Flooring is approaching its fifth year and in that time has doubled in size - literally!

As Chris says: "We did have a carpet shop, now we have a showroom. Once I did most of the work, now we have a great team around us.

"The new extension has allowed us to display all of our ranges more effectively, plus we have many new ranges from companies such as Axminster Carpets, Penthouse, John Lanham Watts and Whitestone Weavers.

"We are also leading the way in Karndean. Karndean is fast taking over laminate wood flooring as a durable, hardwearing smooth flooring. Karndean also offers a superb range of designs, from ultra realistic wood effects, to stylish ceramic tile designs."



*The beauty of Karndean*

Chris works with his Partner Annette and between them they have nearly thirty years experience in the carpet trade; working in the showroom they have the evergreen Sheila. Although Sheila has only worked in carpets for two years, she has spent most of her career in sales.

"It's amazing how many people come in and recognize Sheila from her days at the cosmetics counter at Alders

and how many people know her as a regular at all of Hull Kingston Rovers'



*Sheila*

home games. As I support Hull FC there is always some lively banter on the shop floor," says Chris.

The carpet and Karndean fitters they employ are the best around and Chris should know as he spent 20 years as a fitter himself. "I haven't fitted carpets for a year and a half as I needed to concentrate on the running of the business but that is no problem because I know that I have quality professionals who always do a first class job."

As Chris says, "Originally the shop was a chemist's and not much had been done to it since it was built in the 1920's. We had no experience at all of property developing, and with a need to open the shop quickly we put in all the long hours and weekends to make it happen.

"We looked at the photos we had taken while we were pulling the shop apart and it's actually quite frightening



*Traditional quality*

to see the amount of work involved.

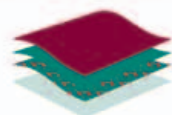
"Considering what little knowledge we had and such a short time in which to do the refurbishment, to see it as it is now with the new extension is quite amazing."

Chris and Annette also own a large unit in the city centre and from here they run the contract side of the business, CLCF Commercial Flooring. This operation was set up last year to look after the company's commercial customers and is proving to be a huge success. This side of the business has even taken Chris as far as Mallorca and Monaco.

Chris Lee Domestic Carpets and Floors can be found at 37 Chanterlands Avenue, opposite Chanterlands upholstery, and offers a first class service at a sensible price.



*Chris & Annette*



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## Crossword - Solution on page 30

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### Across

1. One-twelfth of a year; 6. Trading centre; 10. Irwin, US Open winning golfer; 14. Spud state; 15. Chemical used on trees; 16. Potpourri; 17. One in second, say; 18. Anger; 19. Dreg; 20. Stage play; 21. Prestigious; 23. Mischievous person; 25. Donkey; 26. A great deal; 29. Yearn; 32. Throws; 37. Metal-bearing mineral; 38. Small yeast cake; 39. Capital of Zimbabwe; 40. Boundary; 43. Charge with gas; 44. Dominion; 45. Deity; 46. South American ruminant; 47. Back part of the foot; 48. Charts; 49. Word used to precede a woman's maiden name; 51. Bashful, 53. Guardianship; 58. Efface; 62. Bishop of Rome; 63. Paradise; 64. More pleasant; 65. Helps; 66. Set right; 67. Nostrils; 68. Type of machine found in Las Vegas; 69. Mid-month times; 70. Proficient.

### Down

1. Temperate; 2. Smell of fragrance; 3. American space agency; 4. Short essays; 5. Every sixty minutes; 6. Female horse; 7. Exclamation to express sorrow; 8. Dishevelled; 9. Forest makeup; 10. Actor Ian; 11. Sheltered, nautically; 12. Fibbed; 13. Goddess of dawn in Greek mythology; 22. Elude; 24. Burning gas; 26. Bay window; 28. Earth; 30. Delivery room docs; 31. Mother-of-pearl; 33. Singer Garfunkel; 34. Goatlike antelope; 35. Band; 36. Transmits; 38. Colourless flammable gas; 39. Small mountains; 41. Engine part; 42. Regret; 47. Directed a course; 48. Innumerable; 50. Fragrant resin; 52. Tropical plant used in cosmetics; 53. Labour; 54. High hair style; 55. Trial; 56. Basic unit of heredity; 57. Finishes; 59. Land measure; 60. Ooze; 61. Previously; 62. Step in ballet.

"Crossword provided by BestCrosswords.com

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**Caleb Colton, Cleric and Writer**


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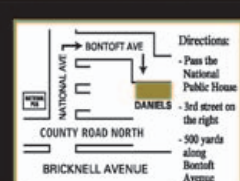
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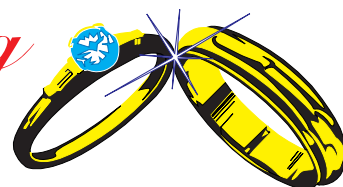
- ◆ Revealing the correct sequence of healing
- ◆ Detecting low vitality and restoring the power the body needs to heal
- ◆ Correcting energy and information distortions that disrupt normal cell and organ Functions
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**Carole Headley, The Healing Hut, 221 Hallgate, Cottingham -**  
**Telephone: 01482 842078.**

# Cottingham village wedding is booked in just one day



**C**ottingham couple Sheena Taylor of Graham Rosen and Graham of Savoury Insurance have booked their January wedding using only Cottingham and District retailers. Sheena explains how she achieved this in just one day.

I live and work in the village, so once I had booked our Honeymoon I decided to work backwards and book the wedding.

It was Saturday afternoon on the 21st of July. I parked in my usual place in the company car park and set off down

Hallgate to see what I could find.

My first stop was R O Florists who gave me advice on the flowers available at the time of the year, styles and colour schemes to match my dress and my bridesmaid's dress.

Jenny gave excellent advice, especially in respect of the sizing of the flowers to suit my young bridesmaid. My deposit was paid and I was on my way.

I passed the Zion Church, had a quick look to see how suitable it was and noted the telephone number to contact them later if this was the church I wanted to book

My next stop was Gillys Balloons, the window display always looks fun and I wanted balloons on all of my tables at the reception. Again, the assistant was very helpful, especially regarding colour schemes, styles and sizes. Not only are they to supply my balloons but also my favours. The containers were fun, elegant or just plain sweet. It was quite hard to choose. The chocolate selection was also very good and I was so far rather pleased with how little I had spent for so much.

A quick run across the road to view the Methodist Church and make a note of the telephone number, so far, this seemed the one for me, but one more to go before I decide.

Back across the road and into Barkers, how easy is this? The stationery is on hangers with invitation cards and table name cards. If its not on show you can order. I bought mine and came out very happy.

Big decision time, the wedding dress. This was going to be hard, or so I thought, as I needed a dual wedding dress. It will be winter here and we are to have a blessing in Australia for the rest of my family and friends, where it will be the middle of summer.

Jacquelines was the shop I needed. Jacqueline found a beautiful two piece in cream for me, I tried it on and knew instantly it was for me, it suited my colouring, my figure, my hair and my age. Knowing I was having the two celebrations, Jacqueline is to have a wrap made for me for the winter wedding in the same material as my outfit but lined with fleece to keep me warm, excellent.

Not only was there a wide selection of wedding dresses, there were prom/bridesmaid dresses, shoes, bags and head-



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dresses. I, of course chose my head-dress whilst there and paid for it all. I still have to choose my shoes but I don't need to do this until nearer the time as my outfit will no doubt need altering at that time too if my weight loss plan works!. After the wedding, my shoes can be dyed to any colour I choose to make them more multi-usable than just a pair of cream shoes only suitable for a wedding. The choosing, trying on and purchasing of a wedding outfit took just under an hour.

I was so pleased with the village, I thought I might as well finish the job. I walked down hallgate to St Mary's, had a look around and again noted down the telephone number to contact them later.

I had already popped into Philip & Guest a couple of weeks before to see what kind of wedding rings were available and decided on a couple of different designs from the same brochure. We have now chosen the rings and will be booking these over the next couple of weeks.

It was time to go home and ring Cottingham Methodist Church to see if the our date was available, it was, and it was booked.

Into the Yellow Pages for Morning Suits and yes, Len Becks on Endyke Lane was close enough for me. I rang him, told him what sort of colour scheme I wanted, what style and the date. Not a problem, I received a quote and have booked the four suits.

The reception was just as easy. We often dine at the Mill House in Skidby and hoped we would be able to book the conservatory for our reception. It was available, so we both went the following day, booked the meal, and paid our deposit.

And lastly - our honeymoon and wedding now booked, we thought it best to get it all insured. Our buildings, contents and cars are insured by Savoury Insurance and now so is the wedding and our holiday.

Time spent - two hours in the village, half an hour on the telephone and one hour at the Skidby Mill sorting out the menu.

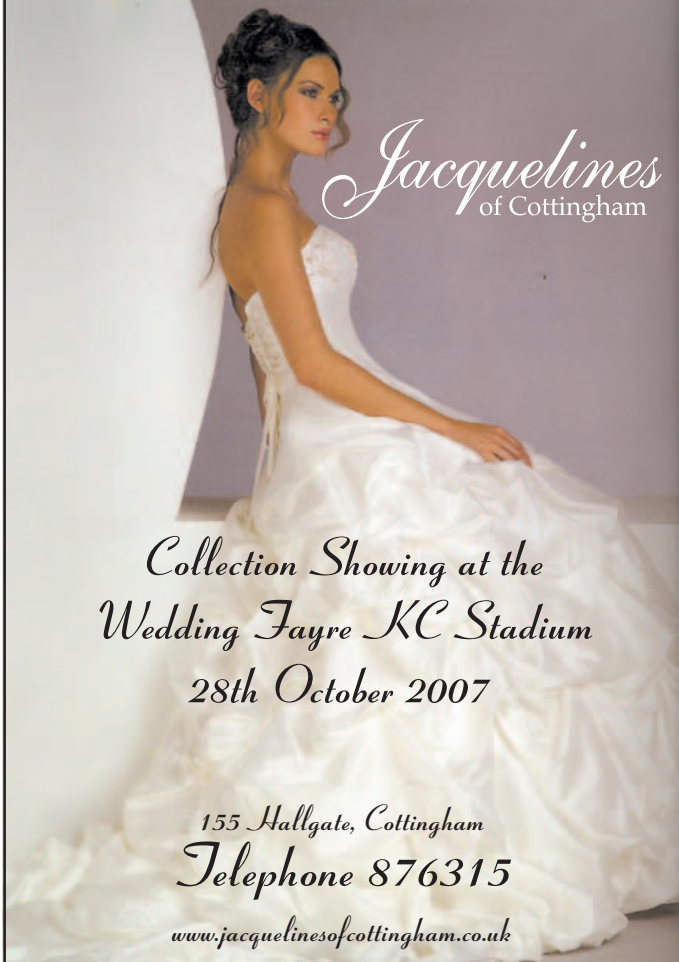
Money spent - not as much as you would think.

Hassle - absolutely none.

If you know what you want, you can pretty much get it all in the village, everyone was so helpful, we deal with this once (or maybe twice) in our lifetime, so it is worth taking the advice of these specialists. They know what is available, whether it will suit you, if you have a budget whether it fits into it or not.

What's left to do?; How do I want my hair?; and what colour do I want on my nails; everything else is sorted. I am making my own cake, I am using a friends antique Jaguar for my wedding car, but again this would also have been available in the village if I needed one.

Sheena Taylor, Cottingham



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# In the Kitchen



## Ingredient of the Month

### Oranges

Oranges belong to the Citrus family which includes other fruit such as lemons, grapefruit, tangerines, mandarins and kumquats. They are popular in many parts of the world both for eating and as an ingredient in recipes, with all parts of the fruit being used in various ways.

#### Origin and History

There are two main types of oranges: Sweet and Bitter. Citrus aurantium the bitter orange, originated in China where it was well documented in writings by 300BC and by 100BC bitter orange seeds had made their way to Europe. The sweet orange, Citrus sinensis, is also believed to have originated in South East Asia (India, China and Indo-China). They had certainly been cultivated in China for centuries although the name "orange" comes from the Sanskrit word "narangah" which means fragrant.

Columbus is credited for taking first seeds to the New World in 1493 and for having established plantings in Hispaniola. The first plantings of sweet orange in what is now the United States were established in Florida between 1513 and 1565.

#### Types and Cultivation

Of the bitter varieties, Seville oranges are possibly the best known and most widely available. These are not really suitable for eating raw and are often used in the making of preserves, in particular marmalade.

Sweet oranges are easily categorised into four groups: round, navel, blood and acidless oranges. There are many varieties of Round orange and these are the ones most of us can buy readily from supermarkets and greengrocers. Navel oranges were so named because of the small secondary fruit embedded in the end of the fruit which often resembles a navel (belly button). Blood oranges are so called because of red colouring in the flesh, the intensity of which varies from a few streaks to almost complete. Acidless oranges are characterised by a sweet, but bland flavour.

Orange trees grow to 7 metres/22 feet in commercial orchards although they can be larger if not pruned. Even though orange trees will often come true from seed, as it takes between 8 and 15 years for the tree to start bearing fruit, the most common practice for commercial growers is by budding or grafting onto desirable rootstocks, which start bearing fruit within three years. Most cultivated varieties are self-pollinating however. Commercially, much of the harvesting is still done manually by hand. Once the fruit have been picked they are sent to packing houses where they are washed and graded before being shipped for market.

Because most of the fruit you buy has come from budded or grafted trees as described above, their seed will probably not produce fruit of the same quality. Therefore if you want to grow oranges at home it's best to buy citrus plants and only grow oranges from seed for ornamental purposes. Orange plants cannot tolerate frosts so unless you live in a frost free area, they will have to be grown indoors preferably in a conservatory or greenhouse.

#### Buying and Storing

Select fruit which are firm, well-coloured and feel heavy. Store oranges at room temperature to keep them at their juiciest. They should keep well for close to two weeks. Alternatively, store unwrapped in the refrigerator. When buying navel oranges, select those with small sized navels as larger navels indicate that they were overripe when picked.

#### Oranges in Cooking

Oranges are a versatile fruit which can be incorporated into sweet and savoury dishes. The flavour goes well with cinnamon, mint, chocolate and almonds as well as many fish, meats and poultry. All parts of the orange are used in cooking: the juice, flesh and rind, altogether or separately.

When using the rind, try to pare it thinly to avoid incorporating the white pith which can sometimes give a slightly bitter taste.

When juicing oranges, more juice can be extracted if the oranges are at room temperature. If they are cold, pierce the skins with a fork in several places then place in the microwave for 20-30 seconds. Alternatively, place in a bowl of boiling water for 30 seconds.



## Pride of England Pie

#### Serve hot or cold

A scrumptious pie using two of England's favourite ingredients: Bangers and Apples.

Don't bother going for an expensive sausage - just your ordinary banger will do - making it very economical too.

Prep and cooking time: 70mins

#### Serves 4 - Ingredients

400g/14oz Shortcrust Pastry  
450g/1lb Ordinary Pork Sausages or sausage meat  
2 teasp Mixed Herbs  
2 Small Dessert Apples, peeled cored and sliced  
Salt and Pepper  
Beaten Egg to glaze

#### Instructions

1. Preheat the oven to 220C, 425F, gas mark 7. Divide the pastry in half and use the first half to line a 20cm/8inch pie plate.
2. Skin the sausages then place in a bowl together with the mixed herbs, salt and pepper and mash well with a fork. Spread half the mixture over the pastry, then add the sliced apples and finally top with the remaining sausage meat.
3. Dampen the edges of the pastry with a little beaten egg then use the remaining pastry to cover the pie. Press the edges together firmly, knock up and flute with your fingers or decorate with a fork.
4. Brush the top with beaten egg to glaze and decorate with pastry leaves if desired. Make a small hole in the centre of the pie then place in the oven for 15 minutes.
5. Reduce the oven temperature to 170C, 325F, gas mark 3 and continue to cook for a further 35-40 minutes.

Serve immediately or leave to cool then refrigerate and serve cold.

*Reproduced by Courtesy of [www.Recipes4us.co.uk](http://www.Recipes4us.co.uk)*

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## Watercolour classes start again in Cottingham on September 17th

The WEA (Workers' Educational Association) are again offering adults three ten-week watercolour courses at Cottingham Methodist Church. The Monday class runs from 10am to 12 starting 17th September.

There are two classes on a Wednesday, from 10am to 12 or from 1.15pm to 3.15pm, starting Wednesday 19 September. You will have the opportunity to learn new methods and techniques and to tackle varied subjects under the instruction of tutor Steve Waller. Classes are taught in a friendly and relaxed atmosphere. For information, please contact Nicole on 01482 610833.



*A sample of the work produced by the students during their course.*




Skidby Village Hall & Institute

## Trash & Treasure

**Saturday 22nd September 2007**  
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**Booking forms (£6 per table) available**  
 from Skidby Post Office or  
 after hours from the  
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## WE ARE ALL UNIQUE

Well summer is nearly over. Did it ever really start?!! Luckily the weather held out for our 1st anniversary bash. I would like to thank all our clients who joined in our celebration. It was truly a fantastic day.

I know you don't want to be reminded but we are only 15 weeks away from Christmas!! Your chosen stylist should already be putting a plan for your hair in place to make sure you're looking stunning for the festive period.

Gorgeous, sensual looking hair is paramount for autumn/winter 2007. We at Unique feel an amazing shine is our priority for your hair. Using the right products and understanding how to style your hair is a key element to achieving this.

Our colour predictions are all about glossy sultry tones, be it seductive brunettes, smokey blondes or desirable reds all tones have one thing in common-rich healthy hair you just want to touch! Whatever your colour needs the multi-talented team at Unique will be happy to advise and carry out a fully personal service for you.

So do read the Unique column next month as there will be some amazing news to tell you! Lastly don't forget it's only 3 hair cuts until Christmas!



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 month's edition of the Cottingham Times for the Unique Hair Guide.

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# GINO'S

## Pizzas :: American Fried Chicken

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

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.

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.



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1 X TUB OF COLESLAW - 1.5 LITRE BOTTLE OF COKE

£11.99



## BMX track construction to start in late September or early October

**G**ary Cooper, vice-chairman of the King George V Friends Group and a Cottingham Parish Councillor, has revealed that the construction of the BMX track and redevelopment of the tennis courts at the village playing fields into a multi-sports arena is expected to get underway in late September or early October.

The "friends" group is also looking to expand the capability and quality of the CCTV system at the Northgate facility, and plan to work with the parish council's Allotments Committee - the allotment plots are adjacent to the northern boundary of the playing fields - in the near future to provide cover of the access to and area of the allotments.

Meanwhile, the East Riding of Yorkshire Council is considering the group's application to form a Community Trust to take over the re-build of the Cottingham Sports Pavilion and the management of the facility, which was severely damaged by fire earlier this year.

The feedback from the ERYC has been both positive and encouraging, said Coun. Cooper, who hopes to release more information in the near future.

## The British Sugar Craft Guild meet regularly at the Cottingham Parks Golf and Country Club

**I**n 1981 the British Sugarcraft Guild was founded by a few enthusiasts in the world of sugar to promote the art and craft of all things sugar, at present there are some 4500 members

nationwide most of whom belong to one of the many branches around the country and many more members internationally who have their own guilds in countries as far flung as Australia to Argentina and countries in between.

The Hull and Holderness branch was formed almost 20 years ago by a group of local tutors and friends, over time the meetings have been held in and around Hull at various venues but currently we meet in the 'Terrace suite' at the Cottingham Golf and Country Club. The monthly meetings are friendly and are attended by people of a wide age range and background but all have one thing in common and that is an interest in sugarcraft, either as a hobby or with a view to start up or maintain a business from home. The committee try whenever possible to engage some of the best known speakers and demonstrators covering wide and varied aspects of the craft and current techniques. The last speaker, Steven Kirby from Staffordshire gave a super demonstration of sugar photocopies and how to use them, something bang up to date with our modern times!

On a wider scale the branch has always endeavoured to be involved with the national and regional scene, by competing in exhibitions against many other branches and submitting a 'branch table' usually with a specified theme. Members have helped to produce all manner of sugar cakes, models and flowers gaining experience and a great deal of success winning many cups and certificates for their efforts, a great achievement by everyone!

Joining the guild not only means receiving a quarterly magazine giving all the latest information on books or legislation regarding food regulations and of course the latest fashions in wedding cake design, but being able to talk to people who can offer advice and friendship.

The next meeting will be held at the 'Terrace suite' Cottingham Golf and Country Club, October 6th at 2pm and the speaker will be Nicky Fuller giving a demonstration of 'Sugar boxes', followed by refreshments and a chat. For more information contact Lesley on 01482 846611 or just turn up and you will receive a warm welcome.

## Announcement

**Low cost Digital Hearing Aids available now from Coates Opticians, Cottingham.**

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# In the Garden



## Fruit and Vegetable Garden

### Apple Fruit

Pick apples and blackberries for use in pies and desserts.

Pick autumn raspberries as they start to ripen.

Cut out fruited canes of summer raspberries and tie in new canes that will fruit next year. Select strong, healthy canes and cut out weak, forked or misplaced ones (such as those growing out into the paths).

Blackcurrants are often pruned commercially this month (straight after harvesting), but it is better for home gardeners to wait until the leaves have fallen, and to prune the plants while dormant during the winter. Valuable time is best saved for more urgent jobs that cannot wait beyond this month.

Water any new strawberry beds planted this season. If you have not yet planted new beds, this is really the last chance to do so, and only then in milder parts of the country. New plants need to establish before the cold sets in.

Lift and pot up rooted strawberry runners from vigorous plants.

New trees can be planted once the autumn sets in and the dry weather is over. The soil will still be quite warm in September even if the weather is cool, and the roots of new plants will benefit from this. This is particularly important for peaches and nectarines. Other fruit trees may have a higher tolerance of cold at the roots, and can be planted later.

### Vegetables

Continue to sow vegetables for overwintering, to mature next spring: turnip, spinach, winter lettuce, Oriental vegetables and seed of overwintering onions, both salad and bulb types.

Plant overwintering onion sets in late September.

Spring cabbages that were sown last month are probably ready for planting out. Cover them with horticultural fleece or netting to stop the pigeons shredding them.

Remaining outdoor tomatoes should be picked by the end of the month and ripened indoors. The whole truss can be cut off to allow the fruits to ripen 'on the vine', perhaps under a cloche or on a windowsill. Any green fruits can be used in chutneys.

Lift onions and shallots once the foliage has started to die back. Do not be tempted to bend over the tops by hand as this can reduce their effective storage time. Allow them to dry on the soil surface if weather permits, otherwise dry in a well-ventilated shed and store in a moisture-free place. Thick-necked onions should be used rather than stored, as they may be prone to rots.



### Flower garden

Sow sweet peas in a cold frame or the greenhouse for early summer blooms next year.

Sow other hardy annuals (e.g. *Consolida*, *Calendula*, *Centaurea*, *Limnanthes* and poppies) in situ. If you have very heavy clay soil, you may get better results by sowing under cover in containers or plug trays, as the seedlings are less likely to rot.

If you sowed any spring-flowering biennials such as *Viola*, *Digitalis* (foxglove) or *Erysimum* (wallflowers), earlier in the summer, they will now need planting out.

This is a good time of year to plant new perennials, especially towards the end of September, as the soil is still warm, but moisture levels are increasing. There is still time for them to establish before the real cold sets in.

Bring inside any tender perennials, such as *Fuchsia*, *Gazania*, *Lantana* and *Abutilon*, before frosts cause damage.

Wait for the first frosts to hit dahlias and cannas before lifting the tubers or rhizomes. In warmer regions, they may be alright left in the ground, but do cover the crowns with a protective layer of straw or bracken.

Buy spring-flowering bedding plants, such as *Bellis*, *Primula*, wallflowers, and violas.

Buy or order spring-flowering bulbs. Try to plant daffodils (*Narcissus*) by mid-September for the best results. Tulips are best left until November. Remember that there are many other bulbs to choose from: *Muscari* (grape hyacinths), *Chionodoxa* (glory of the snow), *Scilla*, *Ipheion* and crocuses are all possibilities among many others.

Continue to deadhead plants such as *Dahlia*, *Delphinium*, *Rosa* and *Penstemon* to prolong the display and give colour well into the month.

Continue cutting back perennials that are fading and dying down.

Now is a good time to divide any overgrown or tired looking clumps of alpine and herbaceous perennials such as *crocus* species. This will invigorate them, and improve flowering and overall shape, for next year.

Continue collecting and storing seed from perennials still forming seed heads.

Take cuttings of tender perennials, such as *Pelargonium* and *Osteospermum*. These plants often do better grown from new cuttings each year, rather than being overwintered in pots as adult plants. If you do not have a greenhouse, then use a light windowsill to grow them on.

### Lawns and meadows

Mow less frequently, and raise the height of cut as the growth rate of the grass slows down. This will help the lawn to withstand the last of the warm, dry weather, and also keep it resistant to treading as the wet weather arrives.

You can now start to think about autumn lawn care, including scarifying, aerating and top dressing.

This is an ideal time of year to create new lawns from turf or seed.

*(Reproduced by kind permission of [www.rhs.org.uk](http://www.rhs.org.uk))*

## Top 10 jobs

1. Divide herbaceous perennials
2. Pick autumn raspberries
3. Collect and sow seed from perennials and hardy annuals
4. Dig up remaining potatoes before slug damage spoils them
5. Net ponds before leaf fall gets underway
6. Keep up with watering of new plants, using rain or grey water if possible
7. Start to reduce the frequency of houseplant watering
8. Clean out cold frames and greenhouses so that they are ready for use in the autumn
9. Cover leafy vegetable crops with bird-proof netting
10. Give evergreen hedges a final trim





## Cottingham Young Slimmer Of The Year -

**Jon Lowe age 14**

**Weight Loss 1st 3 1/2 lbs**

For Jon the final straw was not being able to keep up with his friends when playing football. He also has asthma, which due to his weight had become worse.

As his mum was a member of the Cottingham Slimming World Group, Jon decided to go along too. (children 11-15 come along free of charge with a parent or guardian)

Jon has now lost one stone three and a half pounds, he was overweight for two years. His friends and family are really proud of him. Jon's friends admire his determination with his weight loss and for fulfilling his dream. His favourite meals are homemade beefburgers, syn free chips and peas, or a carvery when eating out.

Because of his weight loss he can play better and more football and walks more.

Jon was embarrassed at first at joining the class, but is now a highly valued member of the group, everyone at the group wants to know what he has done and eaten to lose weight.

Healthy eating is now a way of life for Jon and he has had to adjust his trouser belt down by two holes.

His ambition in life is now to stay fit and healthy and to keep to the Slimming World plans to maintain his weight loss.

## Bob Chambers, Andy Marshall, Steve Kelly and Rich Roantree win John Conlon Charity Golf Tournament

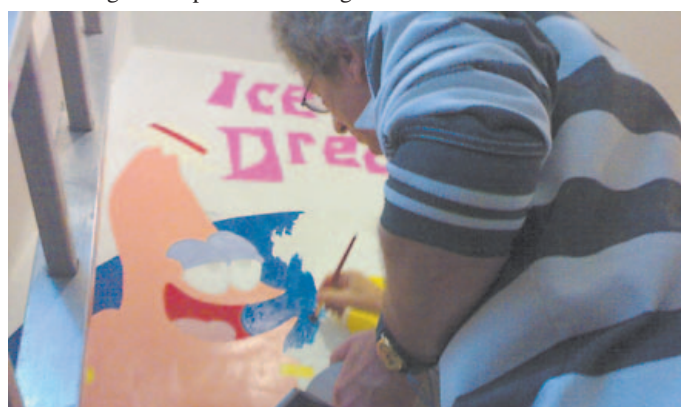
Former Beverley and East Riding captain Bob Chambers and the Driffield trio of Andy Marshall, Steve Kelly and Rich Roantree registered 86 points to win the John Conlon Trophy charity golf tournament - a stableford am-am - after a countback at Cottingham Parks. John Conlon died in 1998, and the trophy has been competed for eight times since 1999, and this year's proceeds of £1,800 for Yorkshire Cancer Research, boosted the total donated to charity to £13,301.

## Be 'Artrageous' with your wall!

Why settle for ordinary when you can now add the wow factor!.

Blondes Coffee Bar have decided to extend their service. Blondes' owner, Willow Boyle, has joined forces with her dad Tom to offer a fantastic range of exclusive wall murals. Tom is well known for his artwork, including published international clients including Warner Bros and DC Comics. His work hangs on several local walls but now he intends painting the wall itself!

The murals in Blondes are a taste of what clients can expect. 'Artrageous' design creates superb murals, each one individually hand-painted to individual requests and tastes. Based on you or your child's favourite theme or character, fairies, Disney, football, superheroes, the only limit is your imagination. Or why not create the illusion of a Mediterranean vista at the end of your room with a Trompe l'Oeil. No stencilling or projections are used, so ideas are transferred directly onto your wall with no scale or size restrictions, so maximum impact is guaranteed. Whether individual, corporate or school nursery, no project is too small or too large. Boring walls are a thing of the past. Be 'Artrageous'!



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# Computers on holiday and some handy hints

By RDM Computers

**F**irst of all apologies to those who looked out for the article in the August issue and found it absent. Normal service is now resumed.

The aftermath of the June floods continues for many of us and has raised host of problems to sort out, not just damaged equipment, furniture and belongings, but the paperwork involved in insurance claims and moving house. One useful site in this regard is [www.royalmail.com/changeofaddress](http://www.royalmail.com/changeofaddress). This free service lets you build a list of organisations to inform of your new or temporary address. You can also arrange for Royal Mail to redirect your mail by completing a form and handing in at the Post office and paying the relevant fee.

If you're travelling around or are away on holiday, sometimes you might want to use a computer to get information or perhaps check your email. This is always possible through an Internet café or even the local Library sometimes. Email is normally quite easy to do, certainly if you have a Hotmail, Yahoo or Gmail address, you can just use any computer to log in to your account as normal (make sure none of the boxes are ticked to do with saving user names or passwords when using public computers). If you have another provider like Orange (was Freeserve), Tiscali etc., you can just go online and go to their homepage and then click on the link for email and again log in as normal, you will then be able to view messages, reply or even send new ones. For Karoo customers, just go to the newly designed homepage at [www.karoo.co.uk](http://www.karoo.co.uk) and click on Webmail, and sign in using your Karoo email address and password. When you return home all the incoming messages will still be downloaded to your own computer via your normal email program; Outlook Express for instance.

Talking of holidays, whilst away recently, we found the hotel lifts a bit unreliable and usually very slow. It got me wondering with today's technology what the fastest lift is like. The answer is that the express lifts inside Taipei 101 (currently the world's tallest building at an impressive 508m), travel at an incredible 37 mph and cost a cool US\$2m each. They are manufactured by Toshiba, better known for their Laptops and other computer equipment. In order not to compete with white-knuckle theme park rides, the lifts are aerodynamically shaped and come complete with acoustic tiles and insulating shrouds and the world's first pressure control system to prevent ear-popping! *Going up...*

Memory sticks, pen drives, USB drives, call them what you will, are the latest way of storing and moving data around conveniently. Instead of a suitcase full of floppy disks, one little stick the size of a key fob does the same job but quicker. Storage capacity is increasing all the time starting at 512kb to at least 2Gb - that equates to thousands of photos, or even music tracks etc. You need Windows XP or Vista to use them, but they just plug in

to any USB socket and are ready to go. They come in a range of colours and even some new fun designs aimed at children and students, and we now keep them in stock.


If you are running Windows Vista just a reminder about the 'ReadyBoost' feature. This lets you increase the available Ram on your PC or laptop just by plugging in a memory stick or even a memory card like SD for instance. When you do, Vista will ask if you want to speed up your system and the check the drive for performance, if it passes, voila your computer will go faster!

**Back to basics tips.** Many people are often confused when starting to use a mouse, about the different clicks i.e. left click, double click and right click. They are in that order because the primary use of course, is the single left click used to launch programs from the Start Menu or changing pages on the Internet etc. Double clicking is used open icons or folders on your Desktop or any other place where they are grouped together like in My Computer or Windows Explorer. The speed of double clicking can be set in Control Panel and Mouse Properties. Finally the right click is only ever single, and is used to open a menu to perform such tasks as to rename a file, copy or delete it. In other words many of the things available on the File or Edit drop down menus at the top of the screen. Once you have opened a menu you only use a single left click to do any of those tasks.

To practice this, click on Start and My Documents and in a suitable empty spot away from the icons, right click and then click New, and Folder and then while it is highlighted in blue, type a name on the keyboard and press Enter. Then right click on that folder and click Rename, and type a new name on the keyboard and press Enter. You could then use this folder to save documents into, or if you decide you don't want it, just right click on it, and this time click Delete. Remember if you delete a folder it will include all the contents, and will go to the Recycle Bin.

And finally, computers have now been around long enough to warrant the opening of a National Museum of Computing. This is to be sited at Bletchley Park, Bucks., home of the Colossus machine that became famous for its decoding work during World War 2. There will be a working model of a Colossus Mk 2 along with mainframe computers from the 1960's, and the start of personal computing in the 1980's. For more info see: [www.ccht.co.uk](http://www.ccht.co.uk)


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My husband's cooking dinner,  
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We're going to have a little wine,  
And then we're going to eat.

He's laid the table beautiful,  
There's coffee in the pot;  
Everything is ready,  
We've to eat it while its hot.

The flavour is quite excellent,  
Though it's not my favourite roast;  
But then I must be grateful,  
I quite like - beans on toast.

*By Patricia Burkitt*

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## Your Stars for September 2007 -

By Kay Gower

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

For some time now you have been focused on doing what you do well, and finally, those in a higher position acknowledge your qualities. But don't ask for a pay raise just yet! This month is the beginning of a period of honing your skills and perfecting your game.

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

Confidence builds through September, and if single, you attract a new love to your side. Together you form a power-couple. Towards the end of September and into early October would be a good time for existing couples to go into business together or make a large joint purchase.

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

No matter how drained you might be feeling, no one could accuse you of being uncaring. Mid September you may confide more than you really should, but don't worry - your kind of sharing opens a two-way path between hearts.

### CANCER (June 22-July 22)

Your success this month will occur when you are working with others or through the assistance of someone else. Generally, this is not the time to do things on your own. Finances start to improve on or around the 20th.

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

Discern the people you should be doing business with from the ones who will waste your time this month. You may find that in some small ways you are being tipped off as to how someone will behave in the future. Heed these signs Leo.

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

If you have been experiencing a long drawn out ordeal that seems to have been endless, then lo and behold, you may find that this month you finally see it reach a closure. If you feel in need of a holiday then September would be the perfect time to escape, and if you have someone to share the time with, all the better.

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

The tone of this month is light, easy, and friendly, relationships with others are likely to be harmonious and stable. Positive connections will be made, and you may meet some new friends.

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

Career and professional issues arise. Whatever it is that you do may become more public this month and available for all to see. Other people may see more of the private side of you ~ whether you want them to or not.

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

You are likely to be in a rather nostalgic frame of mind for most of the month. This is a good time for getting in touch with family, perhaps to reestablish your connection or even resolve a long-standing problem.

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

You will be attending cultural events and taking short trips for pleasure this month. Your health is likely to get a boost now also, and you may become enthused about a new healthy plan or fitness regime, which will be of long term benefit.

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

Team sports and group efforts will appeal to you now. You are fired up about your ideas and can stir others to action at this time.

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

Spending quality time with your family or by yourself at home will be satisfying. This is a time for going within to replenish yourself in order to meet the challenges and the stresses of your usual activities. A quiet month, with the emphasis being on domestic and family matters.

Support the advertisers who appear within the Cottingham Times





## Association of Businesses in Cottingham and District

Just a reminder to members and those wishing to join, that all application forms must be in before September 14th 2007. This is to allow enough time to relay the directory and to get it printed and distributed before Christmas.

Initial response to the membership request has been slow with only half the membership responding as well as several new members and Chairman Nick Russell asked that all those who have not replied do so as soon as possible otherwise they will miss out.

### Late Night Opening December

Most traders in Hallgate, King Street and Finkle Street have now returned their questionnaires regarding the above, with the majority in favour of trying a late night while the lights are on. Tuesday seems to be the favourite night. If any trader has not returned their form please do so ASAP. If not you may not be included in any advertising we may do to advertise the fact. (Traders who normally trade in an evening will automatically be included).

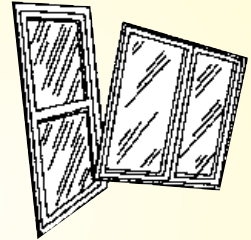
### Next Meeting

The next meeting will be held on Tuesday 16th October in the back bar at the King Billy. Members old and new are always welcome. Meeting starts at 6.00 pm and will finish around 7.30 pm.

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# Hallgate Schools

by Peter Railton

Many people have personal memories of Hallgate Schools but not many go as far back as the Barker brothers, Harold and Albert - both have passed away but both told me some of their memories of the 'lads' department prior to the first world war.

Harold started school at three years old in common with others as described in the July issue. Mrs Moorby was the Head Mistress - "a nice lady, strict but fair - she taught us the sounds of letters like a,b,c,d, and how to make words from them."

## Stone Throwing

Harold was born in 1906 in one of a pair of houses where the Bargains 4U shop is now. He vividly remembered one incident when the new boys only school was being built, between 1911 and 1913. Some boys were throwing rubble at each other despite being given strict instructions to keep away from that area. One boy named Dale threw some at a boy named Stabler and blinded him in one eye. That, plus Mr Moorby's cane, effectively put an end to venturing on to the site.

Harold also felt the weight of Mr Moorby's cane one day. He and some others had 'pinched' some carrots off a cart being loaded in Station Yard. Mr Fisher, who's cart it was, reported them to Mr Moorby who applied the usual deterrent!

Because he favoured the very short 'back and sides' haircut, Harold gained the nick-name 'Gerry' from the Prussian style that was popular at the time.

## On the school roof

Albert was a few years older than his brother. He told me the following story. Apparently, Mr Moorby sometimes went to the Education Department at County Hall in Beverley on a Friday afternoon. On this particular Friday lunch time Albert decided that he would see a lot more of Cottingham if he climbed onto the school roof. So he 'shinned up' a drain pipe and proceeded to make his way to the top; this was close to the little snicket that runs from Hallgate at the back of the school - the old boys' end. He was busy giving an account of what he could see to a group of admiring pals below, when he heard footsteps coming along the snicket beneath - horror f horrors - it was 'Gaffer Moorby.' Clearly, he had not gone to Beverley that afternoon!

Albert's hurried movements above caught the ear and eye of the Headmaster who ordered Albert down immediately and told him to report to his room.

"Now Barker, you know what you are going to get don't you?"

"Yes sir."

"Right - bend over," and Albert received 'six of the best'.

"You know why I have punished you Barker don't you?" enquired Mr Moorby.

"Yes sir - 'cos I climbed on school roof."

"Partly Barker, partly; but not only did you do wrong in going up there, you could have had a nasty accident - you could have fallen - broke an arm or a leg or your neck, you silly lad. Perhaps now you will think about the consequences of your actions before you do anything stupid again."

It was a lesson that Albert never forgot; he was wounded twice in the first world war but he claimed that it was not his fault - the Germans were to blame that time!

## Founder of Barkers

Albert was the founder of Barkers shop in Hallgate and was over 100 years old when he died; in later years he lived down Kirby Drive, close to where he had once ventured on to the school roof to 'get a better view' so many years before.

On 22nd May 1905, 204 boys were present and - "Mr Ness called also Sergeant Martin in reference to some stone throwing in the

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*Originally the girls' entrance from the playground.*

bogs some days ago. I warned all boys against this reprehensible practice."

The 'bogs' was an area of low marshy ground which extended from the end of the footpath at the back of the present Creyke Close up to Station Yard or Road as it is called now. One path branched left to the back of Donkin's Mill, while another went straight across 'bogs' to where a rail goods line ran up an incline parallel with Station Yard. This was the way home for those of us who lived on New Village Road or the Cottingham end of Endike Lane and had been for years. Eventually the area was filled in and the Danish Bacon Company was built there.

"15th June 1905. I had several complaints made against Ernest Grantham who seems absolutely unable to keep his fists away from other boys whenever and wherever he meets them. Hardly a day passes without some complaint made against him for striking, bullying, interfering etc. both on school premises and off."

Mr Moorby again -

"the superabundance of apples this year is giving considerable trouble in school. Boys and apples seem absolutely indissoluble!"

In the girls department most of the pupil teachers had passed their Article 50 and became assistant teachers and Elsie Boothby and Edith Ness were passing their annual pupil teacher exams and gaining confidence and experience. A Miss Mumby from Fountain Road School joined the staff as assistant after having passed her Article 50. Six girls asked permission to take their next Labour Exam for Certificates to give them total exemption from school.

An H.M.I.'s report on 17th August 1906 for the girls department states -

"The order is good and the school maintains its position with the aid of a hard working staff, though some of the work should be better organised in the lower classes and that of Standard 1 taken on broader lines. the room where this class is frequently taught is over the furnace room and becomes close."

In 1906 reference is made to the Rev. Wolstencraft visiting the department on behalf of the Authority; they proposed to start evening classes in the village and possibly hold them in some of the school buildings. Pupils were asked to deliver circulars to every house in their streets.

On the 25th September -

"Rev Minton called in reference to caterpults and stone throwing and window breaking."

Vandalism is nothing new!

By 1907 or 08, the number of children on the rolls was growing quickly and the old National School building on the corner of King Street and Finkle Street was opened up once more to take an overflow of boys who were all ex-standard V11. 'Gerry' Barker remembered going there and playing on Market Green at lunch time at the back of the Reading Rooms and Mortuary on the opposite corner! Consequently the Education Authority began to plan for a new building opposite the School Board building, but of a similar design; this was to house all the boys from seven years old and upwards, while the girls and the infants would be spread among the vacated classrooms.

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## Crossword Solution from page 14

|    |   |    |    |   |    |    |    |    |   |    |    |    |    |    |   |    |    |    |   |
|----|---|----|----|---|----|----|----|----|---|----|----|----|----|----|---|----|----|----|---|
| 1  | M | O  | N  | T | H  |    | 6  | M  | A | R  | T  |    | 10 | H  | A | L  | 13 | E  |   |
| 14 | I | D  | A  | H | O  |    | 15 | A  | L | A  | R  |    | 16 | O  | L | I  | O  |    |   |
| 17 | L | O  | S  | E | R  |    | 18 | R  | A | G  | E  |    | 19 | L  | E | E  | S  |    |   |
| 20 | D | R  | A  | M | A  |    | 21 | E  | S | T  | E  |    | 22 | E  | M | E  | D  |    |   |
|    |   |    | 23 | E | L  | 24 | F  |    |   | 25 | A  | S  | S  |    |   |    |    |    |   |
| 26 | L | O  | T  | S |    | 29 | L  | O  | N | G  |    | 32 | C  | A  | S | T  | S  |    |   |
| 37 | O | R  | E  |   | 38 | B  | A  | B  | A |    | 39 | H  | A  | R  | A | R  | E  |    |   |
| 40 | C | I  | R  | C | U  | M  | S  | C  | R | I  | P  | T  | I  | O  | N |    |    |    |   |
| 43 | A | E  | R  | A | T  | E  |    | 44 | R | U  | L  | E  |    | 45 | G | O  | D  |    |   |
| 46 | L | L  | A  | M | A  |    | 47 | H  | E | E  | L  |    | 48 | M  | A | P  | S  |    |   |
|    |   |    |    |   | 49 | N  | E  | E  |   |    | 51 | S  | H  | Y  |   |    |    |    |   |
|    |   | 53 | T  | U | T  | E  |    | 56 | G | E  |    | 58 | E  | R  | A | 59 | 60 | 61 | E |
| 62 | P | O  | P  | E |    | 63 | E  | D  | E | N  |    | 64 | N  | I  | C | E  | R  |    |   |
| 65 | A | I  | D  | S |    | 66 | M  | E  | N | D  |    | 67 | N  | A  | R | E  | S  |    |   |
| 68 | S | L  | O  | T |    | 69 | I  | D  | E | S  |    | 70 | A  | D  | E | P  | T  |    |   |



## Matt's Monthly Motivation

By Matt Burton

2007 has been a bit of a strange year. Heavy floods and an ever sporadic weather system have resulted in a rather depleted, arguably non-existent summer. With the darker nights rolling in and the increasing unlikelihood of brighter weather many of us have suffered with morale and self-motivation. What a lot of people are unaware of however, is that we may be suffering from a mild form of Seasonal Affective Disorder.

Seasonal Affective Disorder (SAD) is a depression endured by an individual over the winter months. According to the SAD Association ([www.sada.org.uk](http://www.sada.org.uk)), the condition is caused by "a biochemical imbalance due to the shortening of daylight hours and the lack of sunlight in winter". The support group go on to say, 'for many people SAD is a seriously disabling illness, preventing them from functioning normally without continuous medical treatment. For others, it is a mild but debilitating condition causing discomfort but not severe suffering. We call this subsyndromal SAD or winter blues.'

Awareness of this mental condition has existed for more than 150 years, but it was only recognised as a disorder in the early 1980s. Many people with SAD may not be aware that it exists or that help is available.

SAD can be a debilitating condition, preventing sufferers from functioning at their best. It could affect their personal and professional lives, and seriously limit their potential. It is important to learn about the symptoms, and to know that there is treatment to help people with SAD live a productive life year-round.

Unfortunately, SAD can be difficult to diagnose, since many of the symptoms are similar to those of other types of depression or bipolar disorder. Even physical conditions, such as thyroid problems, can look like depression. Generally, symptoms that recur for at least 2 consecutive winters, without any other explanation for the changes in mood and behaviour, indicate the presence of SAD. They may include:

- \* change in appetite, in particular a craving for sweet or starchy foods
- \* weight gain
- \* decreased energy
- \* fatigue
- \* tendency to oversleep
- \* difficulty concentrating
- \* irritability
- \* avoidance of social situations
- \* feelings of anxiety and despair
- \* loss of libido

The symptoms of SAD generally disappear when spring arrives. For some people, this happens suddenly with a short time of heightened activity. For others, the effects of SAD gradually dissipate.

There are ways in which we can combat SAD without seeking professional advice. For example, choosing to work in brighter environments or sitting by a window when inactive should contribute to the reduction in symptoms as should obvious pointers like regular exercise and a healthy well-balanced diet.

The SAD Association state, 'Light therapy has been shown to be effective in up to 85 per cent of diagnosed cases. That is, exposure, for up to four hours per day (average 1-2 hours) to very bright light, at least ten times the intensity of ordinary domestic lighting.' They go on to explain, 'light treatment should be used daily in winter (and dull periods in summer) starting in early autumn when the first symptoms appear. It consists of sitting two to three feet away from a specially designed light box, usually on a table, allowing the light to shine directly through the eyes.'

Light boxes aren't available through the NHS but can be purchased through specialist retailers for approximately £100.

If you suspect you may be suffering from Seasonal Affective Disorder don't despair. Help is at hand at the SAD Association website ([www.sada.org.uk](http://www.sada.org.uk)) or if you have further concerns, consult your GP.

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