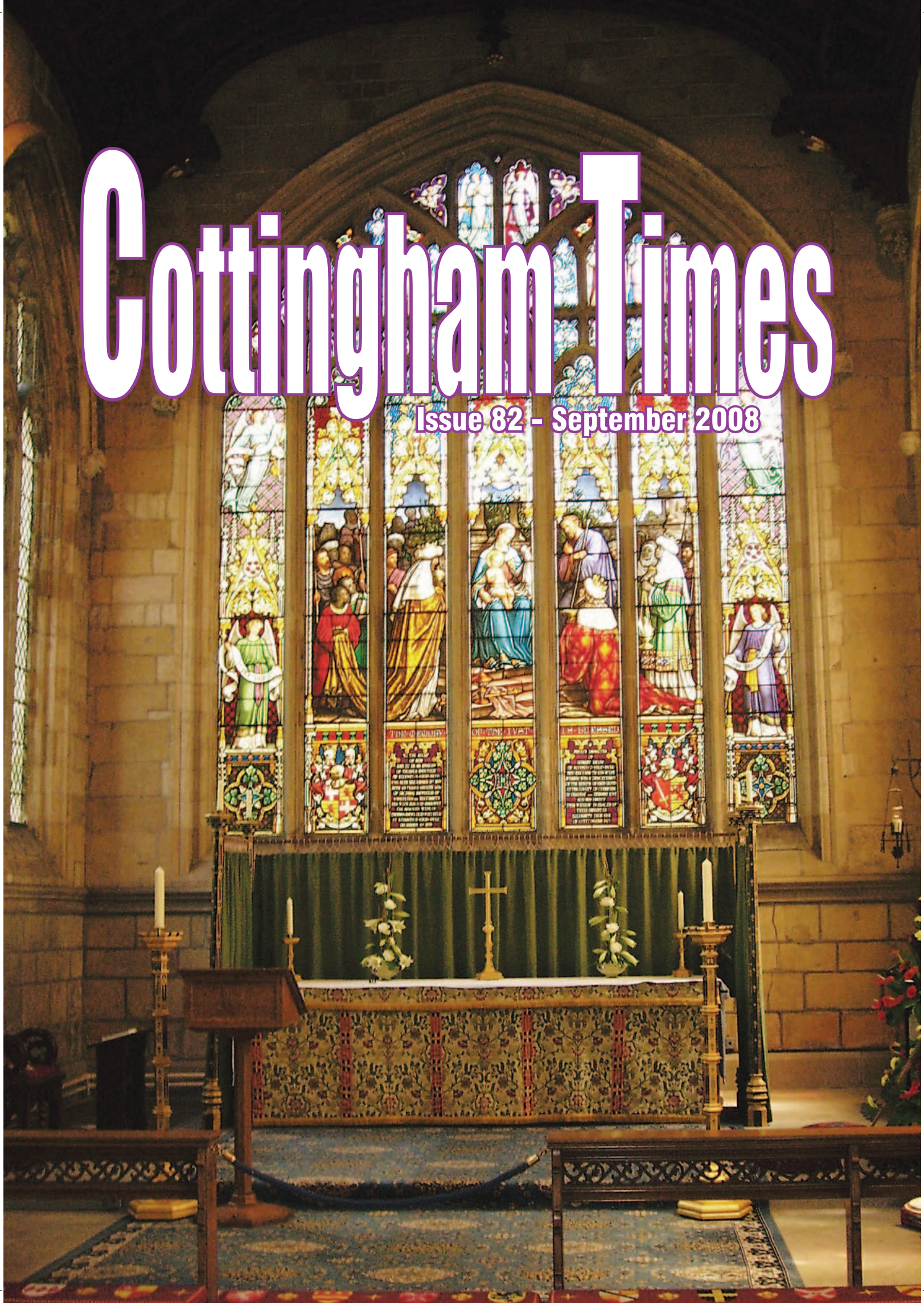


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Issue 82 - September 2008



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Editorial and Contributions

Tel: 01482 840035 - Fax: 01482 840035

Accounts: Tel: 01482 840035 - Fax: 01482 840035

Website: www.cottinghamtimes.co.uk

E-mail: media@cottinghamtimes.co.uk

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Trades Descriptions Act 1968. It is a criminal offence for anyone in the course of a trade or business to falsely describe goods they are offering.

The Sale of Goods Act 1979 and the Supply of Goods and Services Act 1982.

The legislation requires that items offered for sale by private vendors must be "as described". Failure to observe this requirement may allow the purchaser to sue for damages.

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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.

Cottingham Women's Institute

Tuesday 9th September, "Recycling" - Harriet Linfoot ERYC, at 10.00 am upstairs at Cottingham Civic Hall.

U3A

Thursday 11th September, Speaker from Age Concern, 2.00 pm Darby & Joan, Finkle Street.

Cottingham Green Women's Institute

Thursday 11th September, Lowna Dairy Goats, Cheese and Goats, Mr. Tom Wallis, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Skidby Village Hall

Thursday 11th September and Friday 12th in Swanland Village Hall Marriage & Murder, 8.00 pm. £5 pay at the door or ring 862752.

East Yorkshire Embroidery Society

Saturday 13th September, Speaker: Helen Keenan, Textile Artist and Contemporary Quilt Maker, from Malvern. Dipped Toes and Lasting Passions, in the Darby and Joan at 2.15 pm. Members £1.00; Visitors £2.00.

Cottingham Wildlife Watch

Saturday 13th September, Thwaite Gardens - Owl Pellet Dissection, Mini Beast Safari. Build an Insect Hotel for your garden. 10.00 am till noon. Contact Erica 840336, Judy 845440 or Roy and Helen 845665 if you are interested.

Haltemprice Art Group

Tuesday 16th September, Monochrome Painting.

Tuesday 23rd September, The Swinging Sixties.

Tuesday 30th September, Pastel Demonstration - Mrs. Catherine Inglis.

Tuesday 7th October - Sketching, Pat Ellis/Jerry Wilks.

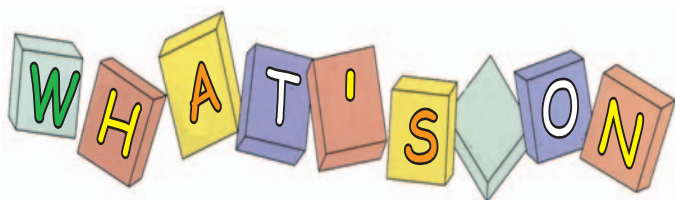
Cottingham Gardening Club

Tuesday 16th September, Chris Wilson talking about flowers of the Yorkshire Coast, in the Garden Room, Holy Cross RC Church, Carrington Avenue at 7.30 pm.

Cottingham Evening Townswomen's Guild

Wednesday 17th September, From Bricks & Mortar to Curds & Whey, Tom Wallis, at 7.30 in the Darby & Joan, Finkle Street. Social Evening.

Front Cover Picture: This is a photograph of the interior of St. Mary's Church, taken during the St. Mary's Flower Festival. 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 17th September - A Spanish Miscellany (Slides), Basil Bulmer, in St. Mary's Church Hall at 2.00 pm.

East Yorkshire National Trust

Thursday 18th September, Pat Raine, Magnificent to Utility: Costumes and Portraits at the Ferens, in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

Diabetes UK

Thursday 18th September, Dr. D. Hepburn (Director of Medical Service - HRI), 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.

Wednesday Social Club

Wednesday 24th September, at 2.00 pm in the small Darby & Joan Hall, at the rear of the building, Mr. and Mrs. Cochrane "My Dear Boy".

Cottingham Wildlife Watch

Saturday 26th September, Bat Watch, King George V Stadium. Meet at the car park, wear warm clothing. 7.30 pm. Contact Erica 840336, Judy 845440 or Roy and Helen 845665 if you are interested.

Guide and Scout Building Fund

Saturday 27th September, Barn Dance - In the Civic Hall, Cottingham at 7.30 pm. Adults £10.00; Children £5.00. For tickets contact Jo Jenkinson on 849846.

East Riding Flower Club

Monday 29th September, Barbara Smith (Nottingham) "Seasonal Delights" and plant stall. In the Civic Hall, Cottingham at 2.00pm.

Sugarcraft Guild

Saturday 4th October at 1.00 pm. 20th Birthday Celebration Luncheon. (Invitation Only). In the Terrace Suite, Cottingham Parks Golf and Country Club, Wood Hill Way, Cottingham.

U3A

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

Cottingham Catholic Women's League

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



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Wednesdays - Johnny Pat & The Aces, £2 at the door with a free raffle.

Thursday - Karaoke

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

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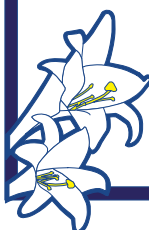
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The Internet has been instrumental in bringing about many changes, and one area that has really evolved is travel; now the whole world is just a click away! The massive growth of budget airlines, hotels and tours online has made us all more independent. Having travelled to the USA recently, I thought it would be worthwhile discussing some of the many things you can do. Price comparison is easy of course, especially using the tabbed browsing feature of Internet Explorer or Firefox, so you can have them all the fares shown on tabs and flick between them. Once you have a reservation, even if you have booked it by phone, printing out itineraries and your own e-ticket is the norm, and some airlines will even let you see the cabin layout and let you book your own seats. But the saving grace has to be directions at your destination. Use Google Maps or Microsoft Live Maps, not only can you print out directions, you can see the actual road layout and even photos of landmarks en route. After a long day's travelling the last thing you want to do is get lost on the road!

Talking of price comparison, it was interesting to look at technology over in the US. We all know that items like cameras & CDs are much cheaper, and some computers and hardware can show a saving but do check the warranty situation. There are always bargains to be had, but there are some items to steer clear of as they won't work when you get home. The TV signal is different in the US (NTSC), so although you are not likely to want to cart home a 50" flat screen, items that connect through like DVD players, and even video cameras and games machines normally only use that same system.

Visiting a huge Apple Mac store in one of the shopping malls, I found it absolutely buzzing with people. There were good savings to be made on the latest generation of iPods and sound systems, but just like here, no iPhones in stock! I couldn't resist the new iPod Touch, (which looks just like the iPhone), but if you just thought they were for playing music through those distinctive white ear-phones, think again. See all the product details at: www.apple.com/uk/ipodtouch/gallery

A good money saving tip if you're travelling around this country, or just for your weekly fill up, check out

www.petrolprices.com to find the cheapest petrol or diesel the area you need. You can sign up for free, and even get email alerts as prices change.

Internet Explorer 8 is now available in beta form. Remember though as it is still being tested, it would not be a good idea to rely on it as your main source of Internet browsing. See it at: www.microsoft.com/ie8

Spam continues to fill many of our email inboxes, as mentioned last month. One of the latest subjects is greetings card, so if you receive one or more of these and you don't know anyone that has sent you one, just delete it. There has also been a spate of bogus anti virus emails, with names like XP or Vista anti virus, which of course there is no such thing.

Laptops sales continue to enjoy a massive growth factor. This has been helped to a large degree by the mini-laptop or sub-notebook, like the EEE PC from Asus and now other manufacturers have brought out similar models.

This also is driving the popularity of mobile broadband. I was asked about this on my Radio Humber side feature recently, and the answer is, yes it is a good idea. For those not familiar with this term, it is basically Broadband Internet access via the mobile phone networks. Sounds expensive? – Not anymore. You can sign up for a contract from only £10 per month and get a free USB modem (also known as a dongle), then you can access the Internet anywhere on a laptop or computer without a telephone line. Obviously the amount of time you spend online or more importantly the amount you download will determine how much you should spend, so do check with the provider first.

Microsoft Office has been reduced in price recently, so it is a good time to buy if you need Word, Excel or PowerPoint. The Home & Student version also allows for up to three computers in one household to run it. Call us for details.

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Tim May hands over his meat cleaver and apron to son Richard

Tim May is handing over his cleaver and apron to son Richard (Richie) and Senior Butcher David Godfrey at his shop on Hallgate, Cottingham. Now 65 Tim has decided to take things a little easier and take a back seat in the day-to-day running of the business. Tim has been a butcher for over 50 years, first starting as a Saturday boy when he was 12.

He started his own business over 21 years ago with five shops including shops on Askew Avenue, Chanterlands Avenue, Priory Road and Cottingham.

Tim intends to enjoy relaxing in his garden more, fishing and enjoying holidays abroad.

The general day-to-day running of the butchers shop will be done by Tim's son Richie and Senior Butcher David Godfrey, assisted by Danny Oldfield, whilst the delicatessen will be supervised by Senior Assistant Claire, who is assisted by Shelley, Dawn, Lynne and Kelly.

Tim May has a superb quality range of Joints of Beef, Lamb, Pork and Turkey, with a marvellous range sausages, etc. They have an excellent range of new lines and including many marinaded dishes.

Tim May also supply many clubs, pubs, restaurants with their outside catering service which is also available for buffets etc.

Richie's Delicatessen next door is perfect for a superb range of fresh hot and cold sandwiches, cooked meats and preservatives.

So if your choice is a joint of meat, or just a quick sandwich, for quality and friendly service, Tim May on Hallgate, Cottingham is the place to be.



Pictured left to right outside his shop on Hallgate, Cottingham is Tim May, Claire, Richie May, Shelley, David Godfrey (Senior Butcher) and Danny Oldfield. Not on the photograph are Dawn, Lynne and Kelly.

ABCD News

Would all existing members of the ABCD in Cottingham please return their membership forms and membership fee by the end of September 2008.

Any businesses in the HU16 area who are not members and would like further information, contact Nick Russell (Chairman), at Spectrum Video and Electrical in Hallgate, telephone 848339.



Tim May

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4 Steak Burgers, 1lb Pork Sausages

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Freezer Topper 5

2lb Pork Roast, 2lb Lamb Roast,
2lb Brisket Beef, 3lb Fresh Chicken,
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Brindisi in Italy

By Marion Owen

Situated at the Southern heel of Italy in the area known as Apulia, what a super little town Brindisi is, amidst a very pretty harbour, this was another port of call we have the pleasure of visiting on my anniversary cruise.

Before arriving, any write up, had shown the port in a very bad light and not the place anyone would wish to visit, other than for the purpose of catching a ferry over to Greece. Our ship docked only a short stroll from the historic centre which has a wonderful flat promenade ideal for anyone with walking difficulties, plus the main street is complete with ramps for wheelchairs on all of the street corners. Betty's Café is a great place to stop for a coffee and an ice cream and watch the world go by.

Having arrived on a Sunday the town is quieter with only a few news stands and craft shops open, a lovely day for a walk as it is not too busy. The streets were spotless for us too as the Pope is due to visit next weekend and it is obvious they have been getting ready for their big event!

Over the centuries Brindisi has been a main port in Europe with major sights depicting the various rulers. We headed off on our own adventure armed with a map. We cut through several little alleys that emerged into small squares – in one we found a lady filling a pail from a Well.

The Roman Columns are the oldest remaining structure. One has lost its top but still towers way above the buildings whilst the other one is not so intact.

The City has old walls running around its original perimeter and a fort to go with it, that is still to this day in use by the military.

There are many churches in the centre, one a Norman church from the Napoleonic times was open and had an exhibition of times gone by and glass panels in the floor showing even older foundations. The Cathedral is an elaborate building both on the inside and outside and built alongside one of the main gates to the old city.

The grand square has a huge memorial depicting sadder times, children where enjoying running around whilst older locals where enjoying passing the time of day on a shady bench. As many citizens seem to live in apartments I am sure this open area is well used throughout the year.

After all the mornings walking, the afternoon was spent strolling along the promenade with many Italians looking at the glamorous yachts and the small fishing boats with fisherman mending their nets.

The afternoon was rounded off with a huge ice cream in Betty's before we sailed out of the harbour with the biggest crowd on the quay turning out for the event, to wave farewell as we sailed off into the distance.

Page & Moy feature this lovely part of Italy and will be exhibiting at our Cruise & Holiday Fayre on 20th September why not call for your free entry ticket today. Tel: 211913.



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Gino's Takeaway Passes the "Food Spy" Test

Gino's Takeaway in Hallgate, Cottingham is recommended as one of the best Takeaways and value for money in Cottingham by the Hull Daily Mail's Food Spy in the August edition of "The Guide".

Gino's was visited by the "Food Spy" as part of their Food and Drink supplement in the Hull Daily Mail.

Gino's has an excellent choice of Pizzas, Burger, Kebabs and Fried Chicken Meals. There is also a Gino's Kid Club Menu. A superb range of Pasta dishes has also been added to the range of food available.

The decision of the "Food Spy" was that this was a Takeaway he or she would definitely visit again.

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Dealing with the Changed Personal Allowance

by Nick Robinson of Yorkshire Accountancy Limited

The announcement by the Chancellor Alistair Darling about the changes to the personal allowance and the basic rate tax band for 2008/09 took HMRC by surprise as much as everyone else. It has taken a few months to work out how to tweak the PAYE system so everyone pays the right amount of tax in 2008/09.

HMRC have now decided not to reissue every single PAYE code. Instead employers will have to add 60 to every PAYE code that has an L suffix. This means code 543L will become 603L. For all other letter suffixes you must wait for a new PAYE code to be issued. L is the most frequently used suffix, so you as an employer are effectively doing HMRC's work, and picking up the costs incurred by the Chancellor's change of mind.

The new codes should be applied from the first payday on or after **7 September 2008**. The PAYE tables, or your payroll computer system, will ensure that monthly paid employees, who are on the basic rate of tax will receive a tax reduction through the payroll of around £60 over the remainder of the tax year. This will normally reduce the employee's total tax deductions for the month, but in rare cases it will create a refund for the employee of tax he has paid earlier in the tax year.

Where a refund of tax is due you should deduct the amount needed to make the refund from the total of PAYE, NICs, CIS and student loans due to be paid over to HMRC for that period. If this total is not large enough to cover the refunds due to your entire workforce, you can ask for funding directly from HMRC.

Do this by contacting the relevant HMRC Accounts Office by post or fax. You also need to inform the HMRC Accounts Office that there is no PAYE payment to make for the period, by telephoning 0845 366 7816 with your payroll details or online at:

http://www.hmrc.gov.uk/howtopay/payee_nil.htm

HMRC are sending out new PAYE tables and guidance to all employers included on an employers' CD-ROM in August. You will also be able to order paper versions of leaflets and forms from the HMRC orderline (08457 646 646) after 12 August. If you have any questions about how to treat new employees, dealing with student employees or related matters do ask us.

August Question and Answer Corner

Q. I have a large collection of music CDs that I built up over twenty years. I am now gradually selling these CDs online and through magazines, as many are rarities. Do I have to report the money I make to the tax office?

A. If your CD collection was purchased for your own enjoyment and not with the aim of selling the individual items, you are not trading as a CD dealer, you are just disposing of some surplus personal property. The money you receive is not subject to income tax as you are not trading, and as long as each CD sells for less than £6,000 there is no capital gains tax to pay.

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Wordsearch - Find the Money

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

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

Find the Money (Currency) in the letters above:

Afghani, Aurar, Baht, Bani, Cent, Centai, Centimes, Dinar, Dirham, Dollar, Dram, Euro, Forint, Franc, Haleru, Jiao, Koruna, Krona, Kroner, Kronur, Lira, Manat, Paise, Para, Peso, Pound, Quindarka, Rand, Ringgit, Riyal, Ruble, Rupee, Rupiah, Santimi, Shekel, Shilling, Stotinki, Taka, Tugrik, Won, Yen, Yuan.

Wordsearch courtesy of www.puzzlechoice.com



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Sudoku No. 21 -

This is a medium challenge

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

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HERIB - Salsa Dancing with Mambo Jambo at Platform 1 on Thursday 11th September

Come and join HERIB for a night of Salsa Dancing with Mambo Jambo and a fabulous tapas buffet to compliment the evening!

There will also be a resident DJ to play through till Midnight with hot sizzling sounds and Latin grooves.

A fantastic opportunity to party with your friends or even make new ones!

The night starts at 7.30pm on Thursday 11th September at Platform 1 on Hedon Road.

Tickets are only £17.50 per person .

A prize for the 'On the spot' couple will be awarded on the night, so come along and show us your best moves!

Contact Jannette or Lisa at HERIB for tickets and more details on 01482 342297 or email lisac@herib.co.uk

Cottingham Floods book to be published in October

The Cottingham Floods of June 2007, a Portrait in Words and Pictures by Cottingham Residents, will be on sale from October 2nd from Barker's in Hallgate.

It has over 400 full-colour photographs, more than two dozen personal stories and a Foreword by Paul Hudson of BBC Look North.

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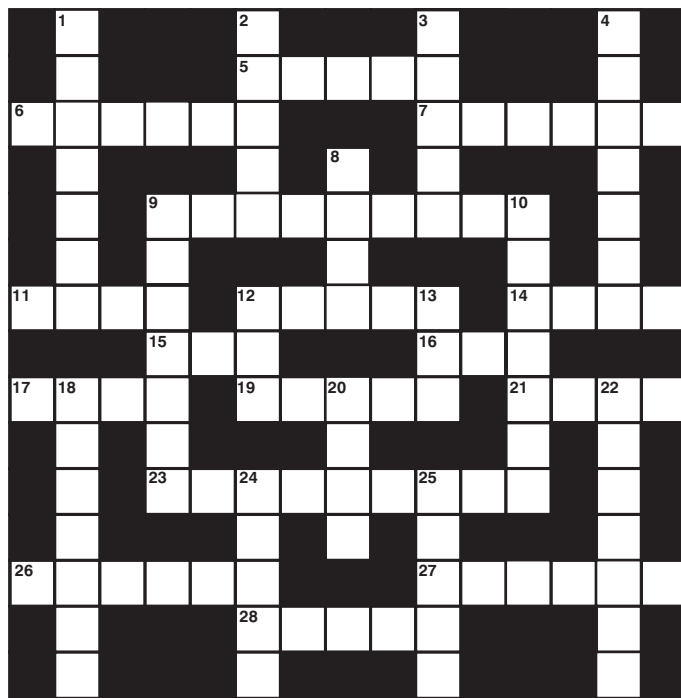
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Crossword - Solution on page 42



Across

5. Somewhere to stay on holiday (5)
6. Formal wear for gents (6)
7. Young Men (6)
9. Something for a girlfriend? (9)
11. It's just not right (4)
12. The Pacific is one, the Atlantic is another (5)
14. Monarch of the . . . (4)
15. Say hello in slang (2)
16. Say yes in French (3)
17. Traditional costume for gents (4)
19. Where to sleep on a ship (5)
21. Something to take down Memory Lane (4)
23. An illuminating seaside resort (9)
26. The love of Romeo's life (6)
27. James - or Lacey's Partner? (6)
28. Phantom of the . . . (5)

Down

1. Lorne or link, it's a meaty treat (7)
2. Counterfeit (5)
3. A river in Glasgow (5)
4. A coach is one these, so is a car (7)
8. Cost of travel insurance on a Glenton Holiday (4)
9. Somewhere to soak, not shower (7)
10. Photography without film? (7)
12. NO CLUE (3)
13. Say No in French (3)
18. Enter without permission (7)
20. How to make a cake (4)
22. The Titanic's downfall (7)
24. A performer in a play (5)
25. Much prized by movie stars (5)

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Fifty years of continuing care!

Castle Park Dental Care

are pleased to announce

NO CHANGE

(Apart from a very small one)

In 1980 Graham Porter, BDS came to work in Hallgate, Cottingham, taking over from Geoff Rooms, BDS, LDS who had opened the practice in 1958. Graham, of course, continues to practice in Cottingham, now from the more modern, relaxed environment of Castle Park Dental Care Centre, 8/9 Castle Green. Tel. 01482 848428.

Some five years ago Graham was joined by Chris Branfield, BChD, formerly of Hessle. Together Graham and Chris wish to announce that, after 50, 30 or 5 (take your pick!) years of continuing care, there will be

NO CHANGE

(Apart from a very small one)

Castle Park Dental Care are equally proud to announce **NO CHANGE** in our faithful support staff - Angie, Sue, Sue, Tracy, Tracy, Charlie, Mel and Vicky. They will all be there to assist with your care and hand holding.

At Castle Park we understand the importance of continuing care and feel a major plank of that care is the essential process of keeping our patients informed of any changes. With that understanding we wish to make this pledge to the people of Cottingham: We have been there for you for fifty, thirty, five years and will continue to be there for you, always keeping you, the patient, informed of any changes you may have to face.

NO CHANGE

(Apart from a small one)

This brings us to the one small change. From October 2008 Chris Branfield becomes the principal dentist at Castle Park and Graham becomes the associate. Graham has no immediate plans to retire and will continue with your care for the foreseeable future. Chris, Graham and the team welcome patients old and new, lapsed and prodigal to a caring, stable and considerate practice.

New patients, Denplan or private welcome at

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In the Kitchen



Ingredient of the Month

Mushrooms

Mushrooms are not a vegetable, but the fruiting body of a fungi, starting life as microscopic spores which are so small that they are not visible to the naked eye. It is believed that they have been in existence on earth for 90 million years, and whilst many ancient cultures used and revered them, particularly for medicinal purposes, it wasn't until the 1650s that they started to be cultivated in limestone caves on the outskirts of Paris and it was to be 200 years later in 1891 that the first book on mushroom growing would be published.

Medicinal Uses

Today mushrooms are eaten worldwide primarily as a culinary food ingredient with most of us having forgotten their medicinal and nutritional value. They have been used for medicinal purposes in oriental medicine for over 7,000 years and the ancient Egyptians recognised their healing powers over 6,500 years ago. They were also acknowledged in the writings of Hippocrates, he of Hippocratic Oath fame, and the herbalists Pliny (Roman), Dioscorides, and Galen (Greek).

Some of the current medicinal drugs derived from fungi include Statins which control cholesterol levels, Cyclosporin which stops rejection in transplant patients and, of course the 40's wonder-drug, penicillin. Recent reports have shown mushrooms to be a "superfood". Varieties are a good source of phosphorus, magnesium, potassium and selenium, three essential B-vitamins: riboflavin, niacin and pantothenic acid and are one of the few natural sources of vitamin D. Mushrooms are the favourite of many chefs and cooks due to their versatility and variety. They are suitable for all methods of cooking including microwaving and larger specimens are excellent when stuffed with the filling of choice then baked.

Most mushrooms do not need to be peeled. Simply trim the stem end if necessary and wipe clean. They can then be cooked whole, cut in halves or quarters, sliced thickly or thinly or chopped before cooking. Larger stems can be separated from the caps before cooking by either twisting off or cutting.

Commonly Cultivated White and Brown Mushrooms

The white *Agaricus bisporus* mushroom, discovered in 1932 by Lewis F Lambert in Pennsylvania, accounts for 95% sales in Britain. It is picked at four stages (grades) of its growing cycle, these are button, closed cup, open cup and large flat.

Baked Garlic Mushrooms

Ingredients

20 Open Cup Mushrooms (about 5cm/2-inches in diameter)
3 tbsp Olive Oil
75g /3oz Butter, softened
3 Garlic Cloves, finely chopped
1 tbsp Freshly Chopped Thyme Leaves
1 tbsp Freshly Chopped Parsley
1 tbsp Lemon Juice
50g/2oz Fresh Breadcrumbs

Instructions

1. Preheat the oven to 200C, 400F, Gas Mark 6. Remove the stalks from the mushrooms and set aside. Heat the oil in a large frying pan until very hot, add the mushroom caps in one layer cap side down and fry for 1 minute only.
2. Remove the caps from the frying pan with a slotted spoon or tongs and



arrange in a shallow ovenproof dish cap side down, in one layer.

3. Chop the mushroom stalks finely then place in a bowl together with the butter, garlic, herbs and lemon juice and mix well.
4. Divide the garlic butter mixture evenly between the mushroom caps, sprinkle over the breadcrumbs, lightly pressing them into the butter then bake for 10 minutes. Serve hot.

Mushroom Quiche

Ingredients

225g/8oz Shortcrust Pastry
2 Shallots, finely chopped
14g/1/2 oz Butter
100g/4oz Button Mushrooms, sliced
1 tbsp Lemon Juice
1 tbsp Freshly chopped Parsley
Salt and Pepper
1 Egg
1 Egg Yolk
180ml/6 fl.oz. Single Cream
3 tsp Freshly Grated Parmesan

Instructions

1. Preheat the oven to 180C, 350F, Gas mark 4. Roll out the pastry to 5mm/1/4inch and use to line a 20cm/8inch flan tin. Line with grease-proof paper and baking beans and bake in the oven for 15 minutes.
2. Melt the butter in a pan and simmer the finely chopped shallots until soft and transparent. Add the mushrooms to the frying-pan with a squeeze of lemon juice. Toss over a moderate heat for a further 3 minutes until slightly softened. Remove from the heat, stir in the finely chopped parsley and season with salt and freshly ground black pepper to taste.
3. In a bowl, put the whole egg and egg yolk with the cream and freshly grated Parmesan cheese beat with a fork until thoroughly blended. Season to taste with salt and freshly ground black pepper.
4. Spread the mushroom mixture over the base of the pastry case. Very gently pour in the cream mixture, being careful not to disturb the mushrooms.
5. Bake the quiche for 25 - 30 minutes or until the filling is well puffed, set and a rich golden colour.

Serve hot or cold.

**Have your say on the future of
your Hospitals at Cottingham
Civic Hall on Friday 3rd
October**

Hull and East Yorkshire Hospitals NHS Trust has announced a series of public events which are to be held as part of its Foundation Trust (FT) public consultation. With the launch of its consultation (14th July to 5th October) the organisation is asking the public and patients to sign up as members of the Trust and have their say on future plans for the hospitals. The Trust, which manages Hull Royal Infirmary, Castle Hill Hospital and The Princess Royal Hospital, needs to attract at least 4,700 public and patient members as part of its Foundation Trust application.

All members of the public are welcome to the meeting at the Cottingham Civic Hall, Market Green, Cottingham on Friday 3rd October between 9.30 am and 11.00 am. This event gives local people to hear from senior members of Trust staff about the Foundation Trust application and the benefits it will bring to local NHS services.

There will also be an opportunity for people to ask questions, give their feedback and sign up as members of the Trust and learn more about what membership means.

Further information is available on the Trust's website www.hey.nhs.uk

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Festival information (01229) 861325*

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At Waitrose Charity Starts at the Checkout

Waitrose Willerby is to donate £1,000 a month to local good causes. Community projects in Willerby are set to benefit from £12,000 of funding this year thanks to a new initiative - 'Community Matters' which was launched on 13 August in the Waitrose Willerby Branch.

Each month, Waitrose Partners will choose three causes to benefit from a share of the supermarket's £1,000 regular donation. The first three causes to benefit from the programme are:

- The Humber Lifeboat
- The Hull Special Care Baby Unit
- The Martin House Hospice for young people

Shoppers at the checkout will each be handed a green token which they can place into one of three labelled boxes at the store exit, allowing them to learn about and vote for the cause they would like to support. The more nominations a cause gets, the greater the share of the donation they will receive.

Shoppers can also join Waitrose Willerby in supporting community projects by nominating causes that are important to them by simply filling in a 'Waitrose Community Matters' leaflet at the Welcome Desk in store. All types of causes such as senior citizen homes, local schools and youth projects are poised to benefit from the scheme.

'Community Matters' is a corporate and social responsibility (CRS) initiative which will see all 190 Waitrose food shops across the UK donate money to local causes every month.

Shopping on-line at Waitrose a delightful experience

This month we tried out the Waitrose on-line shopping and found it much easier than we had imagined.

After checking delivery was available in our area we set about shopping. The site was easy to navigate and there was so much help on types of diet, such as soya free, vegetarian, nut free, egg free, organic, Waitrose own label and many many more. The site is very user friendly and each item can be clicked on for more information on that product.

The special offers were very easy to find and the section on Waitrose recommendations was helpful.

It is possible to have your groceries delivered (very speedily) or pick them up in store. You can order for special occasions as well.

We opted for delivery and found the driver on time, friendly and very helpful, he even offered to carry everything inside. One mistake we made when ordering was, the special offers, when we entered one item (when it was buy one get one free) and we should have entered two even though we were paying for just one, (the computer likes you to do it that way). That was no problem for our friendly driver, he told us to ring the store and within half an hour he was back with the missing items still smiling. The groceries are delivered in bags labelled freezer, storecupboard, fresh etc. which makes putting everything away so much easier. Also the bags are recyclable very impressive!

The shopping experience was much easier than we thought and the site is colourful and helpful throughout. We will definitely be shopping this again.

Some Events Waitrose have provided food and ingredients

Ladies Day at Beverley Racecourse, where they sampled wedding and birthday cakes and a selection of wines.

Dove House Gold Tournament - Waitrose supplied the golfers with refreshments at the Halfway House Food Festival, Hull. Waitrose supplied the ingredients for Ainsley Harriot.

13 September Martin House Hospice Countryside Day - Waitrose will be supplying refreshments at the Martin House Hospice Countryside Day. Attractions include; Falconry, Steam Train, Yorkshire Wildlife Trust, RSPB and refreshments. This is to be held in the Swanland Village Hall and Swanland School field from 10am to 4pm. Adults £1.00; Children under 16 free when accompanied by an adult.



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Waitrose Sponsor the Cottingham Tigers Rugby Team

- Waitrose Willerby have sponsored Cottingham Tigers rugby team who play their matches at Hill Top in Cottingham.
- They were trying to raise money for a new kit and trip to France.

- Waitrose paid for a new kit and post pads.
 - In return Cottingham Tigers now help to raise money for Dove House Hospice, with whom Waitrose work closely. The team have already raised £1000 by staging a triathlon, this event took place at Total Fitness Gym. They let the boys use the facilities free of charge, and waitrose supplied fruit and drinks to keep the boys going.
- Pictured below are the Cottingham Tigers in their new strip.*



Housing Market 'Gloom' ...?

Not at Frank Hill.com's Cottingham Office. Carol and Jodie have been inspired this year to create eye-catching window displays to attract people to view the properties in the window. The current display features 'Super Heroes' and previous themes have included 'Easter Bunnies' and a 'Wimbledon' fortnight window.

The displays have been enjoyed by clients as well as passers-by and undoubtedly they have encouraged house-hunters to look at the properties on display. Carol (Branch Manager and Jodie, Senior Sales Negotiator) have not let the current market conditions dampen their enthusiasm. In fact, they are relishing the challenges of a difficult market. Both Jodie and Carol will endeavour to arrange highly competitive packages for forthcoming sales, moreover, they believe that it is essential to provide first-class advice and direction to prospective clients. Certainly, their sunny, smiley faces, warm personalities and local knowledge are a guarantee that customer satisfaction is of paramount importance.

To arrange your FREE market appraisal call Carol or Jodie on

01482 844211

or email us at: sales-cottingham@frankhill.com
and if you are looking to purchase,
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www.frankhill.com

OCTOBER/NOVEMBER COMPETITION!!!!

Carol and Jodie welcome your ideas for the October/November window display. Ideas can be drawn, painted or in a media of your choice.

All entries should include: your name, age (if under 16 yrs) and a contact telephone number.

Entries to be delivered or posted to the Office at
220 Hallgate, Cottingham HU16 4BQ
Closing date for entries: Friday 17th October 2008

The winning entry will receive £25.00 in 'High Street' vouchers and will be given the opportunity to contribute to the October/November window display.



Pictured left to right: Jodie and Carol in front of their current 'Super Heroes' window display.

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Quote of the Month . . .

**The most important thing
about goals, is having one.**

Geoffrey F. Albert

News from Cottingham Little Theatre

Our Last Show - The Summer Revue "That's Entertainment 2008" was performed three times during July, twice in Cottingham and once in Skidby. The audiences seemed to enjoy the entertainment which included sketches, monologues, songs (old and new - well 1960's) by the CLT Singers and tap dancing from our very own Tap Dancing Troupe (their first public performances). In all 21 of our Members took part actually on stage with five others, and two of our much appreciated volunteers, helping front of house.

Our Next Show

Rehearsals are taking place for our next play, a comedy entitled "Out of Focus" by Peter Gordon. Incidentally he wrote "Murdered to Death" which our audiences enjoyed very much in May last year. Make a note in your diaries of the dates of the performances - Thursday, Friday and Saturday 27, 28 and 29 November, 2008. Watch this space for further details.

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 6 October, 2008. For more information ring Sue on 01482 842250.

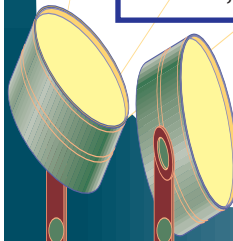
Beverley Races - Ladies Day

As one of our many social events, 16 of our members attended Ladies Day at Beverley Race Course on Wednesday 13th August. We had a splendid time, but the bookies won in the end (of course).

New Members

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.

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The Blue Bell

Inspired by Tom Cruise in the box office hit Cocktail, Andy Cox is shaking up the Blue Bell Inn.

He's also had help from some local celebrities as he bids to bring the buzz back to one of Cottingham's favourite pubs.

Steve Massam organised a reunion for former regulars. Then Terry Leahy, a former landlord, packed the place out for two 65th birthday parties.

"I soon found out that Terry is still a big name round here. Two birthdays puts him right up there with the Queen," said Andy, who recently took over the pub with partner Maria.

Their plan is to offer something different, with a landlord in a tie drawing on the experience of a 15-year career, that took him round the world twice, on luxurious cruise ships and then to the glitz of central London - before someone knocked him off his motorbike. "I was out of action for eight months so came back north to recover from my injuries," said Andy.

"When I was up and about again I worked in Manchester and then Huddersfield but wanted to be closer to home. We came across the Blue Bell and we want to make it the place to be for fine dining, fine wine and fine ales. The tie is important in getting the right message across."

New chef Jacques Burazin brought a passion for food and a hatred of microwaves. A Croatian whose CV includes the original Pepi's on Boothferry Road, Jacques draws on French, Italian and Spanish influences as well as modern British.

The result is a menu that is exciting without being cluttered. Seafood is a speciality with a pasta dish of monkfish, tiger prawns and mussels joining such favourites as haddock and chips and scampi. Jacques is strong on steaks, there are traditional dishes like steak and ale pie, lasagne and Sunday roasts and there is an imaginative approach to vegetarian options and to daily specials.

"Jacques has plenty of ideas from his years in the industry and has good sources - fresh meat, fish, fruit and veg all from local suppliers including Pullan's and Nellist's," said Andy.

The wine list reads like one of Andy's cruise schedules and includes France, Italy, Spain, Australia, New Zealand and Argentina. Beers are Jennings Cumberland and Marston's Pedigree with the promise of more real ales to come. Lagers include Stella Artois and Peroni.

Prices are £3.50 for starters, rising to £11.95 for fillet steak. Children's portions cost less. You won't find chicken nuggets or two-for-a-fiver deals, just excellent food at modest prices.

Music is the background variety, plus live shows every Wednesday, with Sundays coming soon. Sessions are hosted by Frank Johnson, Mike Wright and Bobby Joyce - three top local performers who attract the best of the region's talent.

Whether the entertainment will extend to Tom Cruise impressions remains to be seen. "It's a while since I've done that but we might give it a go. I've priced up rubber matting in case I drop something," said Andy.

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Cottingham Couple Celebrate their Diamond Wedding Anniversary

On the 18th September 1948 William Henry Lowther married Joan Evelyn Christie at St Mary's Church Cottingham. It was a beautiful ceremony followed by a reception at the King Street Rooms.

Joan and Bill set up home together down Priory Road where they brought their two children into the world; David and Carol. Well before school age, though the family moved and settled into a house on Cottingham Green for several years and then into Finkle Street, where they still reside.

Bill was a Taxi proprietor based in Hull and Cottingham for the majority of his working life whilst Joan has been manageress at several local laundries and dry-cleaners and just prior to her retirement she worked part-time at A. Fish, the Fruit and Vegetable shop in Hallgate.

The couple are extremely well-known and respected around the village and in The Cottingham Memorial Club where they are honorary members.

Many congratulations to Joan and Bill who are due to celebrate their Diamond Wedding Anniversary with family and friends. Sixty years of marriage is truly a wonderful accolade and achievement!

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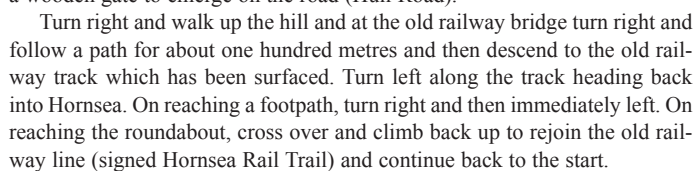
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Cottingham Bowling Club News and Club League Results

Over the last month or so the Club has had some mixed weather to contend with! (Haven't we all?). One internal competition held recently between 'The Ladies v. The Gentlemen' saw the Ladies unfortunately come second.

The highest scoring team for the men were Clive Hunter, Dennis Broadwell and John Dewing (he takes the photographs you see on the cover of the Cottingham Times!). For the Ladies Maureen Smart, Joan Merrikin and Phyll Wilkinson had the highest score.

The Club had the honour of being asked by the Hull & District Bowling Association to stage 'The Tarran Cup.' Teams of ladies from South Cave and Riverview represented their clubs.

The Cup was won by the team from South Cave. The visiting players had nothing but praise for the excellent greens - a comment that has been made throughout the season whenever we have had visiting teams. The Cottingham ladies kept the good number of spectators and players refreshed throughout the match.

It is not too late to come down to the club although the outdoor season will finish in a few weeks. There is still the petanque (Boules) terrain that is open throughout the year (though you might need your coat on in December!). The Indoor section starts in mid-September with daily sessions until next April or May.

If you are interested please be in touch - my number is 01482 - 847303. Brian Devine, *Club Secretary*,

Cottingham Bowling Club League Results (at 16th August).						
	Played	Won	Drawn	Lost	For	Points Against
County A	13	9	0	4	82	48
County B	12	4	0	8	50	70
EBA Triples	14	7	2	5	55	57
HSA Triples	14	6	2	6	70	70
HSA Pairs	16	8	0	8	86	74
Driffield Vets 1.	13	9	0	4	50	28
Driff. Vets 2.	14	10	0	4	61	23
Driff. Vets 3.	14	8	0	6	49	35
Driff. Vets 4.	16	10	0	6	56	40

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In the Garden



Fruit and vegetable garden

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. 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. 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.

Dig up potatoes before slug damage becomes a problem. Regularly pick fast maturing vegetables, such as French beans, runner beans, courgettes, cucumbers, peppers and tomatoes, to prevent them becoming stringy, tough or bitter and to encourage further crops.

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Remaining outdoor tomatoes should be picked by the end of the month and ripened indoors. Harvest sweetcorn as it becomes ripe. Push a fingernail into the kernel when the tassels at the end of the cob start to shrivel and brown. If the liquid looks milky, they are ready.

Marrows, pumpkins and squashes may be ready for harvesting. Leave them in the sun, or in a greenhouse/garage, to let the skins harden and dry off, before storing them in a cool, dry, dark place.

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. 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.

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 water if possible
7. Start to reduce the frequency of houseplant watering
8. Clean out cold frames and greenhouses
9. Cover leafy vegetable crops with bird-proof netting
10. Plant spring flowering bulbs

“The Bowen Technique” of therapy available at Happy Feet from September

From September “The Bowen Technique” of therapy will be available at Happy Feet in King Street, Cottingham. Bowen Therapist Mike Barlow. Mike trained with the European College of Bowen Studies (ECBS) (www.thebowentechnique.co.uk) and qualified in 2002. He is a member of the Bowen Therapists European Register (BTER) (www.bter.org) and is also registered on the NHS Directory of complementary therapies (www.nhsdirectory.org).

The Bowen Technique is a gentle, but powerful hands-on therapy giving effective relief from pain, injury, illness and stress. Bowen can be helpful for: back, neck and shoulder pain, sciatica, arthritis, frozen shoulder, infant colic, asthma/hayfever, sports injuries and much more.

Since qualifying Mike has worked with clients of all ages including babies, children, the elderly and everything in between! He is also experienced at working with pregnant clients and the use of Bowen in labour. As a father of two Mike is consequently well practised at treating babies and children and is able to tailor treatment around play and in a way that is non-threatening to young clients.

Mike’s background as a serious runner with a London Marathon personal best of 2hrs-48mins means he understands the dedication and commitment required to sport and the importance of remaining injury free. His passion for sport means he particularly enjoys helping individuals with sports injuries and also with general body maintenance to prevent injury. His experience with sports people is widespread and includes work with footballers, swimmers, runners, rugby players, ballet performers.

Mike is passionate about his work and enjoys seeing the impact that Bowen has on people’s lives. He welcomes clients old and new to Happy Feet. Call in and see him, or telephone 01482 843923 or 07961 843270.

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Your Stars for September 2008 - By Kay Gower

Aries - (Mar. 21- April 20)

You may go through quite a bit of money this month if you can keep your cool and stay focused, you'll be able to bring in quite a bit too. You can achieve an enormous amount at this time because you'll put your heart and soul into whatever you do.

Taurus - (Apr. 21- may 21)

There could be difficulties with an older friend or relative. Both of you are determined to see things from your own point of view and have no time for anyone else's opinion. Take care - this is bound to cause you problems. Financially the picture is bright, trust your intuition to guide you and you won't go far wrong.

Gemini - (May 22-June 21)

If your tongue has recently got the better of you, this month may be a good time to make a peace offering. The heavens suggest that the 10th September is significant, although I just can't pin down why! Trust your own intuition it's working to your advantage.

Cancer - (June 22-July 22)

Rather than get embroiled in emotional problems, take this month as an opportunity to have some time to yourself to gather your thoughts. There's so much going on in your mind that you need some time to think things through. An aloof approach to love [especially on or around the 25th September] may work wonders!

LEO - (July 23-Aug 22)

It's a bold month for you, one you'll remember well. The next four weeks bring the resolution of old conflicts and the birth of new dreams. You're very attractive and will be asked to make a commitment soon. Only you can decide what will make your life richer.

Virgo - (Aug 22 - Sept. 23)

You're ready to come into your own now, as you step out of the shadows and show others exactly what you're made of. You're able to express yourself clearly and positively, so don't hesitate to speak your mind over anything that concerns you this month.

Libra - (Sept. 24 -Oct. 23)

Over the coming weeks you can achieve great things due to your charm and affection. Don't be reluctant to share your feelings with others. If you need any financial backing especially on or around the 18th September [give or take a day or two] don't think twice about asking for it.

Scorpio - (Oct. 24 - Nov. 22)

Now is a good time to take stock of recent events, and work out where you are going. You've made considerable progress over recent months, and can now take your foot off the pedal and look at what else is going on in your life. September may find you felling reflective.

Sagittarius - (Nov. 23 -Dec. 21)

This month's New Moon on the 28th will highlight any problems in close relationships. Be prepared to meet a partner half-way - compromise is your most successful option right now. On the work front, advance and achieve - retreat, and you'll be watching someone else achieve. Your choice.

Capricorn - (Dec 22.- Jan. 20)

Let your own thoughts play out whatever conflicts they need to do - then make your own decisions. Do not allow another's belief system to have more power over you than your own. This month the stars suggest that you should accept only that which you discover for yourself.

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

Communications are tricky, so take care to put your words across in a way that can't be misunderstood. Someone may be quick to criticise you - don't give them the opportunity. Similarly, just be aware that you may be likely to react out of all proportion especially if you have hold of the wrong end of the stick. Check the facts, especially around the 22nd - 25th September.

Pisces - (Feb. 20-Mar. 20)

You need to focus your attention on work related issues. The good news this month is that your mind is in brilliant form, and you'll come up with some original ideas that could improve your working life considerably. You'll also become aware of your own well-being, trying out a new health regime will lead to a new and healthier you.



Give an “arm full” - Have a Biscuit or two, and Save a Life

Blood is needed for treating a variety of illnesses and conditions - not just for accidents and emergencies. Even for some whose illness has no cure, a blood transfusion can help to improve the quality of their life. The NBS needs to collect up to 7,000 units every day to make sure that patients in hospitals across England and north Wales are able to receive the life saving treatments they require. This means a total of almost two million donations each year are required to meet the ongoing demand for blood.

Each year the NBS requires a staggering 249,000 blood donations across Yorkshire but last year, one in 20 people* who visited a donor centre to give blood, was unable to do so, because the haemoglobin in their blood was too low. Iron from the diet is an essential part of haemoglobin - the substance which carries oxygen in the blood. It is therefore essential at all stages of life for blood to work efficiently. Iron is also required for energy metabolism and is necessary for the normal function of the immune system. If the body's store of iron is low and there is too little iron in the diet to form new red blood cells, the symptoms of iron deficiency anaemia will start to develop.

Eating healthy during the Autumn

The NBS recommend that you embrace the start of autumn by celebrating seasonal foods such as blackberries, plums, apples, pears, pumpkins, leeks, courgettes and parsnips. Lean meats, fish, eggs, nuts, pulses and wholewheat breads are all good sources of iron, as are broccoli, spinach, dried apricots, raisins and avocado. A well-balanced diet will provide you with the nutrition you need to stay healthy this autumn. Sheena Simpson, Communications officer for the NBS says “Eating a diet rich in leafy green vegetables, iron rich proteins and vitamin C means not only better health, but also a greater chance of being able to give a much needed life-saving pint to patients.”

Donors can ring the National Donor Helpline on **0845 7 711711** (open 24hrs) or visit www.blood.co.uk to register details and book an appointment.

If you are aged between 17 – 66 years of age, in general good health and weigh over 7st 12lbs you could support the campaign, just call the Donor Helpline to make your appointment to donate blood and help save someone's life.

* In 2007, approximately 105,000 of whole blood donors (4.7% attendances) could not give blood due to low haemoglobin.

Results for Sessions held at Cottingham Civic Hall 2008

Date	Target	Donations	Low Haemoglobins
30/04/2008	100	120	5
11/06/2008	90	91	3
30/06/2008	100	99	5
22/07/2008	100	99	2

Up and coming Donation Sessions in Cottingham

Date	Time	Location
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WE ARE ALL UNIQUE

We are looking forward to Autumn at unique as it will bring with it a new wave of glamour and drama to fashion. The big screen will influence us, especially with the launch of The Duchess, which stars trendsetter Keira Knightly.

The new season heralds a time for a change and for those who are bored of your washed-out blonde, should be brave and go for a beautiful brunette colour. Brunettes are big on the catwalk at the moment with colours ranging from dark, rich chocolate to multi-tones. The Latte are ideal for those with a warm skin tone, who don't want to go too dark, as you can opt for lighter shades to frame the face and make your eyes sparkle.

Autumn is also all about ravishing reds. Red is always great at this time of year and has been seen on the catwalks a lot lately. For cool skins try a glossy deep mahogany with damson tones. For warmer skins try chestnut and rich coppers but keep the style natural and shiny.

Those who want to keep their hair blonde and flatter your complexion then opt for rich biscuit and caramel tones to break up that sun bleached look.

My two hero products of the moment are System Professional Hypercurl which gives individual structure to every curl, supports wet curls with vibrant bounce and defines curls and waves for dry hair, when used with a finishing product. It also protects the hair against humidity and heated styling equipment.

My other favourite is System Professional Perfect Hair which is for structurally weak and fine hair. It reconstructs and strengthens the hair giving it volume and optimum protection from heat. This is my miracle product as no matter what condition your hair is in this can make it look fabulous again.

We have a fantastic retail offer on in September - for the great price of £19.95 you will receive a System Professional shampoo, conditioner (exc specialist treatments) and styling product and a £5 voucher to use in October on any hair service (except shampoo and finish). This really is a fabulous value for money offer as it is worth £40. If you wish to take advantage of this offer simply call in to the salon and see one of our friendly team members.

Remember it's only 2/3 hair cuts now to Christmas and I know we're getting busy already, so we're recommending our clients to book all the appointments they need.

Have fun
Ben



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

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BMX Track Opens on KGV Playing Fields, Cottingham

Residents of Cottingham are flocking to the King George V playing fields after the completion of two new, state-of-the-art facilities. After several years of dedicated hard work, the 'Friends of KGV', working in partnership with East Riding of Yorkshire Council, are celebrating the opening of a Multi-Use Games Area (MUGA) and a dirt BMX track, as part of the ongoing refurbishment of these popular historic playing fields.

The 36 jump BMX track is the result of several years' continuous hard work from a group of local lads and the 'Friends of KGV.' The track, designed by local enthusiast Graham Taylor, provides a range of challenges for all abilities, incorporating 'Table Tops', 'Gap Jumps' and a number of 'Berms'.

Graham said: "We wanted to create a track which would enable as many people as possible to go out and enjoy the sport. The track has been divided into four areas - expert, highly experienced, novice and junior - with jumps ranging from two metres high to small mounding."

The enclosed space of the MUGA has been specially designed with a non-slip surface to cater for a range of sports including three tennis courts, football, netball and basket ball. Floodlighting has been installed to enable greater usage in the winter months.

Gary Cooper, chairman of the Friends of KGV, said: "We are over the moon to see the completion of this project. The council, Friends and the BMX Group have raised approximately £60,000 to enable the construction of these two projects. In July 2007, we received the news that Biffaward had awarded us a grant of £50,000, along with £10,000 received from the Youth Opportunities Fund. This was the last piece in the financial jigsaw and enabled us to start construction."

Councillor Jane Evison, ERYC portfolio holder for cultural services, said: "The council is delighted to see the completion of this scheme. The new facilities provide a wider range of opportunities for people of all ages and abilities to be more active and to try out new and exciting sports. This project is designed to have long term social and health benefits and is a good example of what the local community and the council can achieve by working together."

The council is also pleased to announce that the old Cottingham Playsport building is currently being redesigned. It is hoped to begin construction in the near future. Precise dates for a start to the work depend on the outcome of discussions with potential funding partners.

Further discussions are also taking place as to the future management of the site. East Riding of Yorkshire Council is keen to work with local groups to establish a management structure to take the facility forward.

Gary Cooper, Chairman of the Friends of KGV, said: "The idea is to put the facility at the heart of the community and establish a management structure with the long-term ability to attract external funding."

"We all hope that in this way we shall be able to continue building on the substantial improvements that have been made at KGV."

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Neighbourhood drop in session at Manna Coffee Shop, King Street on Monday 15th September

The Cottingham Neighbourhood team is to hold a drop in session at the Manna Coffee Shop, King Street, Cottingham between 5.00 pm and 7.30 pm on Monday 15 September 2008.

Other partner agencies present will be Hanwag, Humberside Fire brigade, Crime prevention volunteers, East Riding Council Anti-social behaviour officers, Neighbourhood Action Team members, Local councillors and the Cottingham Churches Together group along with the police who can offer advice and assistance with any matters the public wish to impart on us.

“Communicating Doors” being performed by Hull Playgoers’ Society at Truck Theatre, in Spring Street, Hull

Communicating Doors, the popular comedy by Alan Ayckbourn, is being presented by Hull Playgoers' Society at the Hull Truck Theatre, Spring Street, Hull on between Tuesday October 7th and Saturday October 11th at 7.30 pm each evening.

Tickets now available from the Playgoers' Ticket Secretary on (01482) 701570 or the theatre box office on (01482) 323638, priced £8 full or £7 concessions and groups of eight or more.



Shirley Goodsell to hold an Open Studios event in her studio at 3 Linden Avenue

Local artist Shirley Goodsell is to hold an Open Studios event on the weekends of October 4th and 5th and 11th and 12th in her studios at 3 Linden Avenue, Northgate, Cottingham. Viewing times 10.00 am to 5.00 pm.

Shirley sees the Open Studios event as an exciting venture where she can come into closer contact with the public who regularly buy her work. It also gives an opportunity for people who are not familiar with her paintings to hopefully enjoy seeing them for the first time.

During the weekends there will be displays of original work in oils, watercolours and mixed media and also prints will be available for sale.

Shirley's studio is at 3 Linden Avenue, Northgate, Cottingham, just off Northgate near the railway crossing; quite appropriate seeing as how her latest collection of work features the steam engines at Grosmont, home of the North York Moors Steam Railway!

She was born in East Yorkshire and became a professional artist after retiring from teaching Art in Beverley High School in 1997. She has twice won Visual Arts and Crafts awards to finance two very successful Solo Art exhibitions in Beverley Minster. Further to this Shirley has recently been invited to put on a new solo exhibition in the popular Wolds Gallery in South Cave next August.

Shirley has also participated in joint exhibitions, done demonstrations and tutorials to a wide range of ages and abilities. A further demonstration is in the pipeline for the Hornsea Art Society early next year.

She has produced a lot of work around East Yorkshire, particularly in the areas of Beverley, Spurn and Flamborough but has also explored places as far afield as Provence and Venice.

Shirley has thoroughly enjoyed working in the Grosmont engine sheds where the magnificent steam engines really do come alive! This really inspired her to create her latest collection of work which will be on show in the Open Studios as will her new Odyssey series of paintings which focus on Shirley's travels in Nova Scotia, Egypt, Venice and Provence.

Further examples of Shirley's work can also be seen on her website www.shirleygoodsell.co.uk.



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Watercolour classes start again in Cottingham on the 22nd September

Once again the WEA (Workers' Educational Association) are running watercolour classes at the Cottingham Methodist Church in Hallgate, Cottingham. The classes are on Monday Mornings and all day on Wednesdays.

Classes commence on the 22nd of September and further details of these and other classes available can be obtained by phoning Nicole or Lauren on 01482 610833.

Tutor Steve Waller is on hand to give guided tuition with lots of advice and useful tips, with step-by-step demonstrations on these very popular courses.

Join the World's Biggest Coffee Morning

Everyone can help raise vital funds for people affected by cancer. Macmillan volunteers Richard Spencely and Robin Edwards will both be getting involved in this years World's Biggest Coffee Morning on Friday 26 September.

Richard is a Humber Pilot and will be attending the coffee morning arranged at his work. Throughout the year Richard volunteers for Macmillan regularly donating his time to help deliver flyers and promote events, whilst Robin will be attending his local village event in Hedon. Robin is the Collection box volunteer for Macmillan, helping to distribute collection boxes across the city.

Richards says "It's an easy and fun way of raising money. Just get together with friends, family or colleagues and put the kettle on and you'll really be making a difference to people affected by cancer, we held our first one at work last year and managed to raise over £300! I have witnessed first hand the benefits of Macmillan cancer support and this is an easy way for me to say thank you"

"My wife and I always go along to our local event; it's a good fun morning yet is so worth while - it's vital we support such charities and what a great way to do so- going along and having a coffee and cake!"

Whether you raise £20 to £200 every pound counts. Last year we raised £7.5 million for people affected by cancer. The money helped Macmillan fund more specialist nurses, doctors, health and social care professionals, cancer buildings, improve access to cancer information and provide more financial support for people living with cancer.

To register for your free World's Biggest Coffee Morning pack, call 0845 602 1246 or visit www.macmillan.org.uk/coffee. You can also support the World's Biggest Coffee Morning by cheque or online at www.macmillan.org.uk/coffee or by debit or credit card on 0845 602 1246.

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

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

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

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

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

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

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



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Desperately Wanted - Volunteers for the Darby & Joan Luncheon Club

The Cottingham Darby & Joan Luncheon Club desperately needs volunteers - male or female - to help their mini bus drivers escorting members of the club on Fridays, either morning or afternoon, for about two hours on a rota basis.

Anyone who feels able to help please ring Jennifer Hodge on 01482 849077.

Cottingham Show is Cancelled due to an Equine Virus

“The 2008 Cottingham Show has been cancelled due to an equine virus in the area. As the chairman of the society I would like to thank Tom and Jane Greenall for the use of Browsholme, Harland Way, Cottingham, all the Sponsors and those who help with the show.”

P.A.G.E.R. Action Group Finds New Home

For the past four years, since, April 2004, the Pensioner Action Group East Riding, have been allowed to use the Police Sports Club for their Branch Meetings, free of charge. Neil Bottomley and his staff have been kindness itself to the members and we are sad to say goodbye.

We have found a venue, on a bus route in the centre of Cottingham that we believe will be much easier for people to get to, with a bus stop

on the Green and a very short walk to the Large Hall of the Darby and Joan building (no steps) in Finkle Street.

All This For Just £2

Come along on the 1st Thursday in each month commencing the 2nd October. You might like to start your day with a little shopping in the village (it happens to be market day) before joining us for lunch and a hot drink at 12.30pm.

We have a speaker, this month it will be Dorothy Edwards who will tell us about 'The History of St John's'. We will then draw the Raffle and play six games of bingo, before closing the meeting and saying goodbye, lingering only to remind you that the next meeting will be on the 1st Thursday in November (the 6th) when the lunch will be followed by a Bring and Buy Sale, Raffle and six games of Bingo.

Make a note!


Elizabeth Altman to perform in Cottingham on Sunday November 9th


Concert-goers in the Cottingham and East Yorkshire area will be pleased to learn that Elizabeth Altman, the acclaimed International concert pianist, will be making an eagerly awaited return to the village on Sunday 9th November 2008. The concert will commence at 2.30 pm.

Under the auspices of the Cottingham Methodist Church Music Festival, this will be the second such concert this year by International pianists and is sure to be crowd puller amongst the areas music lovers.

Music included in the programme will include popular works by Chopin, Schubert and Schumann. Tickets will be available from the usual outlets from 6th October and further details will be in the next edition of the Cottingham Times.

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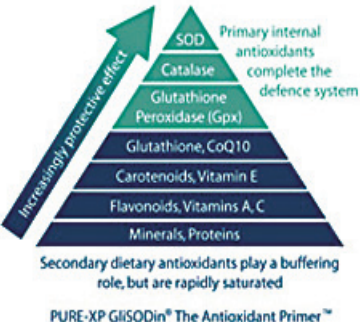


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New website venture launches in Cottingham

myshowhome.co.uk is a new web site that has been launched this month.

Based in Cottingham, the main aim of the new web site is to offer local people an alternative way of selling your home without the need or expense of using an estate agent. It is generally assumed by most people that selling your home through an estate agent is much easier than selling it yourself, but this is not necessarily the case. Even when you are selling through an estate agent you may well be asked if you wouldn't mind providing your own accompanied viewings and end up doing a lot of the sale work yourself anyway!

Whether you are selling through an estate agent or privately, recent new laws have meant that properties marketed for sale from 14 December 2007 in England and Wales need a Home Information Pack. Home Information Packs contain important information that buyers and sellers need to know. These HIP packs have just added additional expense to the already increasing cost of moving house and with the recent gloomy reports surrounding falling property prices people are starting to think very carefully about the costs associated with selling their homes.

Selling your own home is a lot easier than you might think and there are big savings to be made if you are successful. The main advantage to selling your own home is that you won't have to pay any sale commission fees. As an example, if you sold your home for £200,000 you could be parting with around £4000 in commission charges alone based on a typical 2% estate agents fee.

The inspiration behind myshowhome.co.uk was the web site developers own house sale. Frustration with being on the market for over a year through a local agent, receiving little interest, led him to try and promote his own house sale - using his creative background he simply added a few pictures on a web page, placed a For Sale card in his window and placed a couple of classified advertisements in the local press - within a few weeks an offer had been accepted on the house and best of all there were no estate agents commission charges to pay. It was surprising how easy it was.

myshowhome.co.uk lets you sell your own home in exactly the same way. They will take up to ten pictures of your home, create a personal property web page for you and add a link to your property on their web site, they will also provide you with 'For Sale' stickers to display in the corners of your most prominent windows so people will know your house is for sale. The web page they provide you with will feature ten pictures of your home with descriptions, directions and contact numbers, which are straight forward and easy to understand. The pages give people a good impression of your home and make for a perfect first viewing. You can also promote your house 'To Let' on the site too. Even if you are currently with an estate agent you could use the service to help promote your current house sale. myshowhome is a creative service only and not an estate agent so you are not tied to them in any way.

What makes myshowhome.co.uk unique is that the property page supplied is unique to your home. You will be given your own web address that will take people directly to your own web page (eg: www.myshowhome.co.uk/home001), which you could use in less expensive local classified advertisements if you wanted to. You can print the pages out and use them as your own sales leaflet too as well as having a link to your property page on the myshowhome.co.uk. Your property will be available to view online 24 hours a day for a full 12 months or until your it has been sold. With regular local advertising it is hoped that myshowhome.co.uk will become a popular addition to the local property market.

Using an Estate agent is still the best way to sell your house but if your looking for an cost effective alternative myshowhome.co.uk is a great place to start. The only problem you may have is deciding what to do with all the money you save.

The phrase "nothing ventured nothing gained" springs to mind here - more information is available by visiting (you guessed it) <http://www.myshowhome.co.uk>

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Five Generations of one family who have attended Hallgate School, Cottingham

In 1894, soon after the opening of Hallgate Infants School, my maternal grandfather and grandmother, William A Thrussell and Annie Elizabeth Dandy, commenced as pupils, thus starting an unbroken five generations attending the same school.

The next link was my father, Arthur Wilfred Burrell, along with his six brothers and three sisters, the first one attending as the school opened in 1893.

Fred Fairbank Akam, Henry T Borrill 1896, Rosseta Burrell 1898, John Edward Burrell 1901, Ernest L Burrell 1902, Stanley Burrell 1905, Charles Burrell and twin Alice Burrell 1910, Arthur Wilfred Burrell 1912 and Violet Breta Burrell 1914.

At the close of WORLD WAR ONE, my mother, Edith May Thrussell 1917, and her sister Annie Millicent Thrussell 1918 become pupils there.

During World War Two, my two sisters and brother, Audrey, Joyce and Keith and I, Dorothy Burrell attended as pupils. In 1945, after passing what was then called my scholarship, I continued my education at Beverley High School. Audrey stayed on in the capacity of Junior Clerk for the girls school until 1948.

In 1982 after moving to Cottingham my younger son, John M. R. Pearson, transferred from Swanland School until 1984 when he went on to Cottingham High School.

To complete the five generations, in 1983, my grandson, James Ashton, transferred from Liphook School, Hampshire, to

Continued on page 38

Pictured above: Surviving fragment of class photograph circa 1894 with Annie Elizabeth Dandy arrowed bottom left of picture.

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Pictured top in the 1990's: The last generation of my family to attend Hallgate School, are James R. Ashton and his twin sisters.

Pictured above: A later photo of the twins Nicole Genevieve Ashton and Freya Adrienne Ashton.

Continued from page 37

Hallgate and was joined in 1994 by his two twin sisters, Freya and Nicole Ashton, until they also went to Cottingham High School.

The time from my grandfather's admission until that of my grandchildren has spanned over 100 years!

Please Note: This article was published in its complete form in the Cottingham Local History Journal after research at the Treasure House Archives, Beverley, E. Yorks by its author Dorothy Catterick.

**Below: Answer to Sudoku problem No. 20
from the August Edition**

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

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Down Memory Lane

Here are some old photographs of events which took place during the 1950's involving Cottingham People



Above:
The above is picture of some of the happy people on the R.O.A.B. outing to Whitby, in August 1953.

Right:
The cast from Cottingham Girls' School play "Where the Rainbow Ends" taken in January 1954.



Top Left:
This photograph of the Brownies was taken in November 1952.

Top Right:
This photograph from March 1954 is of the Ladies Bridge Club at their Annual Party.



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Property News from Martin English of Homelink Estates



Energy Performance Certificates (EPC) for Rental Property

Time is running out for landlords, if you are not aware already as of the 1st October 2008, if you market an investment property for letting or when a new tenancy is granted after the October deadline all property must have a valid EPC or risk a £200 fine from the Local Trading Standards Officer.

What is an EPC?

An EPC or Energy Performance Certificate is broadly similar to the labels provided with domestic appliances such as fridges and washing machines. They provide a rating of how energy efficient a building is by giving it a rating between A & G, where A is very inefficient. The idea being that tenants can use them to make informed decisions on which property to rent based partly on their likely fuel efficiency.

When do I need one?

The EPC and recommendation report must be made available free of charge by the landlord to any prospective tenant at the earliest opportunity. The government defines these "opportunities" as being when

"Any written information about the building is provided in response to a request for information received from the prospective tenant"

Or

"When a viewing is conducted"

If neither of the above takes place then the EPC must be produced before the letting contract is signed.

Where do I get one?

EPCs are available from one of the approximately 7000 qualified domestic energy assessors (DEA's) that have been recruited to handle the work. If you have a managing agent they may already have their own DEA or have teamed up with one.

How much will it cost?

The government estimate that they should cost around £100.

If a landlord searches they are likely to be quoted prices over and under £100. Some of the low cost EPC on further inspection are not quite as attractive as they may first appear. Many headline rates exclude VAT which will immediately put an extra 17.5% onto the cost. Others offer variable rates for different sized properties. Needless to say the low price only applies to 1 bed properties for example.


The good news

The good news for landlords is that once done the EPC lasts for 10 years.

If you have any comments or suggestions about the column or you have any property related questions that you would like me to cover please feel free to contact me at menglish@home-link.co.uk or telephone 01482 875248 or contact through Cottingham Times directly.

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4 - 12YRS 4.00PM (CHEER) 7 - 12YRS 4.30PM (HSDC)

THURSDAY'S - SWANLAND VILLAGE HALL
12 - 16YRS 5.30PM (CHEER) 6.15PM (HSDC)

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Crossword Solution from page 14

1	S				2	P			3	C			4	V
	A				5	H	O	T	E	L				E
6	T	U	X	E	D	O			7	Y	O	U	T	H
	S				N		8	F		D				I
	A		9	B	O	Y	F	R	I	E	N	10	D	C
	G		A				E					I		L
11	L	E	F	T		12	O	C	E	A	N		14	G
					15	H	I	X				16	O	U
17	K	I	L	T		19	C	A	B	I	N		21	T
	N								A				22	R
													A	C
	T				23	B	L	A	C	K	P	25	O	O
	R					C		E				S		B
26	J	U	L	I	E	T						27	C	A
	D						28	O	P	E	R	A		R
	E							R						G

Alternative Health Matters

by Carole Headley

Stress and Nutrition

This month was hard to decide what to write about so I thought of looking at two items albeit only briefly - stress and nutrition. I hope the men as well as the ladies will learn something from this month's issue and not be shy about trying some of the relaxing treatments available.

STRESS - Studies have shown that long term stress may be linked with more serious health conditions. Physical and emotional trauma can, in some people, cause health conditions - especially if they are not dealt with at the time. Being good at 'time management' can reduce stress levels and trying to find the cause of your stress is also helpful.

When your body is stressed it can sometimes cause your blood sugar levels to drop therefore eating the right foods and getting the right vitamin and minerals from your food or supplements is important. Q10 enzyme is known to reduce blood pressure.

Taking some 'ME' time is essential in our busy lives - something few of us do. Try yoga, tai chi, meditation or a relaxing massage on a regular basis, these all help to de-stress the body. Taking time to be with nature - just going for a walk especially where you will be around trees as they give off energy which is beneficial to the body. Meditation will assist in becoming in tune with your spirituality - something so many have lost. Listen to music, read poetry, walk (especially along a beach or promenade, swim are all beneficial. Just have fun and never forget the child within all of us.

Sometimes I think we manufacture the stress ourselves by the way we deal with a situation -being able to say NO in some cases can be a good thing for you and your body. On his deathbed in 1895 Louis Pasteur said "the pathogen is nothing. The terrain is everything." Food for thought!

NUTRITION - Gillian McKeith is right when she says "We are what we eat". To use the analogy that the body is like your car - if you don't put the right "fuel" in you have a problem. Eating a healthy regime (the word diet conjures up that you are trying to lose weight so I like the word regime better). Eating plenty of fresh fruits and vegetables, some meat (unless you are vegetarian) and fish - the oily kind preferably) is essential for our body to function properly.

We need to get the right amount of vitamins and minerals from our food or it may be necessary to take supplements. Our body will function better on 70% alkaline foods and 30% acidic foods but with our busy lives it can be the other way around - hence some of our problems. There is scientific documentation that there are some people who neither eat or drink - they are called breatharians - they obtain their energy through meditation from prana or sunlight.

Not a regime I would particularly like to practice although it can do our bodies good to have a rest and not eat and drink only water for two days and get plenty of short walks in. (Please do not do this without your doctors permission especially if you are diabetic). Avoid excessive amounts of alcohol - this not only can cause damage to the liver, kidney etc. but also the brain cells. There is an old saying some may have heard A Little of what you fancy does you good!!! The body is affected not only by the food we intake but of toxic chemicals, electromagnetic smog, dioxins, smoking, geopathic stress, heavy metals, environmental toxins. This is where the NutriEnergetics System can be helpful in showing you where the imbalances are and how we can put them right. Stress and Nutrition are intrinsically linked.

There is so much one could write about on both these subjects but space is limited so I trust that you have found the above of some use and should you require any further information or would like to try a de-stressing massage (head, neck and shoulders or full body) please contact - **Carole Headley, The Healing Hut 221 Hallgate, Cottingham Tel: 01482 842078.**

Website www.healinghutcottingham.co.uk

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