

Cottingham Times

Issue 106 – September 2010



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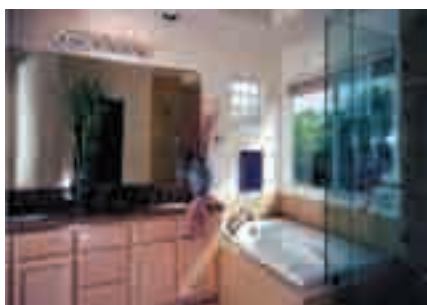
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We also have S.A.L.T. Lunch (Share a Lunch Together) every Tuesday in the Mark Kirby Hall, 12.00 noon to 1.30 pm.

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

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

Age Concern East Riding of Yorkshire

Every Friday 10.00 am to 11.30 am, call in to Cottingham Methodist Church, Hallgate, Cottingham for free information and advice on a wide range of issues. Ask about our befriending service, now available for Cottingham residents and make bookings with our Fix-It-Teams. Tea and Coffee available. Telephone 01482 869181 for further details.

Cottingham Rangers AFC

Are one of the biggest football clubs in the area. We have a mini-soccer academy for 4-8 year olds and run teams for under 8's through to mens, as well as girls teams and now have an Ability Counts Section. Founded in 1972 the club offers sporting opportunities for the local community. Contact Simon Ecclesley, Club Chairman on 01482 840367 or visit our website www.cottinghamrangers.co.uk.

Zion United Church, Hallgate

Every Thursday morning, term time. From 9.30 am to 11.30 am. Tea and Coffee are available and there is a book stall. It all takes place in the Church Hall, situated at the back of the Church, access by a passage at the side of the Church.

Yorkshire Countrywomens Association (Skidby)

Thursday 2nd September - "Victorian Travel and Early 20th Century Cruising", Alan Hopper, in the Skidby Village Hall at 7.30 pm.

Cottingham Men's deLuda Society

Wednesday 8th September, Hazel Barnes - Life and Times of Stanley Holloway, in St. Mary's Church Hall, Cottingham at 2.00 pm.

Cottingham Green Women's Institute

Thursday 9th September, Members Holiday Memories - Photos, Post Cards, etc. Sales Table, jams and preserves, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

U3A

Thursday 9th September, Jim Tunnard - Filmshow, in the hall at the Darby and Joan, Finkle Street, Cottingham at 2.00 pm.

British Sugarcraft Guild

Saturday 11th September, "Shoes and Handbags", Karen Bell, 2.00 pm to 4.00 pm in the Terrace Suite, Cottingham Parks Golf & Leisure Club.

Cottingham Catholic Women's League

Monday 13th September, KIDS, Mrs. Janice Hopkins, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

Front Cover Picture: View down Main Street, Skidby. The photograph was taken and supplied by John Dewing, who can be contacted at 6A Queens Close, Cottingham. Tel. 847140.

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Cottingham Women's Institute

Tuesday 14th September - "By Tide of Humber", Mrs. Gwen Staveley.
Competition Old Photo Memorabilia of Hull, at 10.00 am upstairs at the Civic Hall, Cottingham

Haltemprice Art Group

Tuesday 14th September - Drawing with Both Hands
Tuesday 21st September - Sketching Night - Figure or Still Life
Tuesday 28th September - Workshop with Raymond Greenley (Hands, Feet and Figure Drawing).
For more information contact Mrs. P. Tillotson 01482 352840.

Cottingham Evening Townswomen's Guild

Wednesday 15th September, Roy Benfell, RNLI, at 7.30 pm in the Darby & Joan, Finkle Street.

Diabetes UK

Thursday 16th September, Dr. C. Walton, Consultant Physician (Diabetes), 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.

East Yorkshire Association of the National Trust

Thursday 16th September, AGM followed by talk, Mr. Chris Meade - A Closer Look at Anlaby Park, in the Cottingham Civic Hall, 7.30 pm. Non Members Welcome.

Inland Waterways Association

Friday 17th September - The Safe Anchor Trust, presentation by Les Moss, in the Cottingham Methodist Church Hall, 8.00 pm to 10.00 pm. £2.00 which includes refreshments. Non members welcome. Further details from Roger Bromley 01482 845099.

Skidby Village Hall

Saturday 18th September, Gardners Autumn Mart, sale of plants, shrubs, flowers, tools, bulbs, vegetables, produce, etc. 10.00 am to 1.00 pm. Refreshments and Soup Lunches. Admission Free. Tables cost £10.00 each. Booking forms available from the Secretary, tel. 843446.

Myeloma UK

Sunday 19th September - Afternoon Tea in aid of Myeloma, at the home of Anne and Geoff Land, "Magnolia House", 7 Endyke Lane, Cottingham, 2.30 pm to 4.30 pm. £5.00 per person. If interested please contact Anne and Tony Tordoff 01482 858244.

North Ferriby Gardening Club

Monday 20th September, Cultivation and Propagation of Agapanthus and Tulbaghia (Steve Hickman). Meetings are held in the North Ferriby village hall starting at 7.30 pm.

Cottingham Men's deLuda Society

Wednesday 22nd September, John Scotney - Works of Hull Civic Society, in St. Mary's Church Hall, Cottingham at 2.00 pm.

Wednesday Social Club

Wednesday 22nd September - Margaret Rant - Cheeses, Demo and Tasting, in the Darby and Joan Hall, at 2.00 pm.

Multiple Sclerosis Society

Saturday 25th September Annual Autumn Fair, in the Civic Hall, Cottingham. 10.30 am to 3.00 pm.

East Riding Flower Club

Monday 27th September - Patti Dawson & Kate Russell (Cheshire) "High Society". Plant stall, in the Civic Hall, Cottingham at 2.00 pm. Visitors £3.00.

Cottingham Men's deLuda Society

Wednesday 29th September, Geoff Bell - Hull Fair, in St. Mary's Church Hall, Cottingham at 2.00 pm.

Beverley Brass Band

Friday 22nd October - An evening of varied music, in the Cottingham Methodist Church, Hallgate. 7.30 pm. Tickets on the door £4.00 or from John Ford, Hallgate.

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Watercolour Painting Classes begin at the Methodist Church Hall, Hallgate on Monday September 20th

Watercolour classes start in the Methodist Hall, Hallgate, Cottingham on Monday September 20th 10am-12 noon and Wednesday September 22nd 10am- 12 noon and 1-15pm - 3.15pm in the afternoon.

Run by the WEA, courses cost £60 for 10 weeks in two hourly sessions (Concessions for those on Benefits). The classes follow a step by step procedure, with lots of demonstrations, advice and useful tips to help you improve or start you off, if you are less experienced.

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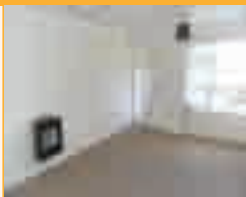


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'Race Online 2012' the digital highway

The Government's latest tack to get us all on the digital highway is 'Race Online 2012' Fronted by Martha Lane Fox, one of the co-founders of lastminute.com, it is aiming to assist or maybe persuade the 10 million citizens reckoned not to use, or have access to the Internet. Not everyone wants to be online of course, and it is interesting to note that such luminaries as John Humphrys and Rory Cellan-Jones of BBC fame, both admit to having been late and somewhat resistant converts to the online lifestyle that reporters enjoy. Let us hope that this latest attempt focuses our leaders on sensible technological developments and not huge money-wasting IT projects...we shall see.

By contrast a new report by Ofcom suggests that 'The average Briton spends almost half of their waking life using media and communications, often multi-tasking'. This includes exposure to TV, radio, printed media, telephones and computers. There are differing reports over whether this lifestyle makes us less intelligent, or in fact sharpens the brain and makes it develop even further. 20 years ago multi-tasking would probably have been watching the TV whilst reading the paper and drinking a cup of tea!

Should you have a few minutes to idle away during your busy multi-tasking lifestyle, take a look at this website: www.1000awesomethings.com. This quirky little site lists all those (1,000) things that make you smile. Like: finding money in your pocket; getting out of the car after a really long drive; or No.440 - Correctly guessing an old password you haven't used in a while!

There are so many ways to communicate nowadays, texting, instant messaging, mobiles, in fact with the younger generation, (doh! I must be getting old), email is almost old hat. As I heard a couple passing in the street the other day, say: 'I'll message you on Facebook'.

Some time ago I mentioned a telephone scam where customers receive a call telling them that their PC is infected and for a fairly hefty fee the problem can be fixed remotely. Anyone falling for this and giving out their card details would then find further funds being siphoned from their account. This has surfaced again recently and seems to originate from a call centre/s in India. They have even used the line that Microsoft has passed on information from all those error reports that we all see on our computer from time to time. Do not be bamboozled by this. There is no way some unknown company can tell what your computer is doing, and Microsoft certainly does not release details of those error reports (and anyway all that information is collected completely anonymously). The Police do have a file on this, so if you are contacted, pass on the details to them.

In the old days of motoring, if you were a member of the AA or RAC and you were going on a long journey you could send off for a detailed route plan from those organisations. Now of course it's all available online. Just go to the respective website and click on route planner, enter the postcodes or cities you are travelling between and voila up comes the route all ready to print out. You can also click reverse to print it for your homeward journey. This is a useful addition to a map, and even to the SatNav so you don't just blindly follow the spoken instructions and end up on a muddy track or in a stream!

A good tip for searching online is that with the latest versions of all the browsers, Internet Explorer, Chrome & Firefox etc., you can just type a search into the address bar. In other words where you normally would type for instance: www.bbc.co.uk/weather - just type BBC weather and then click on one of the search results. That way you don't have to go back to Google or another search engine first.

Incidentally, if you like to regularly check the weather on the BBC site, another idea is to enter your postcode in the box provided (or any major town or city worldwide). Then you can click to make it your default location, so it comes up every time you visit the page.

Want to check if you've won the Lottery? Just go to www.national-lottery.co.uk and see the results of all the draws. There is even a list of all the unclaimed prizes. Any contributions gratefully accepted...!

There is talk in the IT Industry about using simplified language when conversing with, or selling to customers. This really follows on from lots of the big high street names becoming more involved in the supply of technology products. Plain English is something I have always been a supporter of in my day to day work. I know it is a fact that so many people become alienated by sales people full of 'techno-babble'. Change would be a good thing for everyone.

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Afternoon Tea in aid of Myeloma UK on the 19th September at Magnolia House

An Afternoon Tea in aid of Myeloma UK will take place at the home of Anne and Geoff Land, on the 19th September at "Magnolia House", 7 Endyke Lane, Cottingham HU16 4QD. The tea takes place between 2.30 pm and 4.30 pm, with tickets £5.00 per person.

If you are interested in taking part, please contact Anne and Tony Tordoff on 01482 858244.

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September 2010

Summer is now nearly behind us now and for many of you, it is time to think of winter sun and where you wish to wander next year around the world.

Lynne and I have been having a crazy time visiting ships. This month we have both enjoyed Holland America Lines Maasdam. Lynne has been aboard Azamara Journey whilst I have been aboard Silver Cloud and Hapag Lloyds Columbus.

Hapag Lloyd is a German Line that offers selected bi-lingual cruises. The standards are high and if you ever had the pleasure of cruising with Peter Deilmann along Europe's Rivers, then this is a very similar experience but on the open seas. Of course, the cruise I have experienced was all German speaking; everyone was very pleasant and I was able to expand my German vocabulary too! The reason for visiting this ship was the special itineraries that are available next September on the Great Lakes of North America. Just ask for more details or come along to our event on 25th September 2010.

Dubrovnik, Sicily & Real Spain itineraries have now been released for next year flying direct from Humberstone. Sicily is such an interesting place and a couple of the hotels really appeal to me. Croatia and its capital Dubrovnik are also an area I like too. If you are looking for a change ask for details now. The old favourites Italy's Lake Garda & Sorrento are also now on sale.

Christmas Markets: have you ever fancied something a bit different? Well we have one for you. Friday 10th December - we are sailing from Hull to Rotterdam after our working day. On Saturday we will enjoy the day in Valkenburg, they have a wonderful market in the underground caves! Tonight we have dinner (included) at our hotel. Sunday - after a leisurely breakfast we will visit one of Germany's biggest markets in the city of Aachen before our journey back to Rotterdam for our ferry home. Arriving back into Hull just in time to go to work on Monday morning. Why not join us, soak up the fabulous continental festive atmosphere and pick up some unusual gifts. Twin just share £159 pp.

India: I do not often get any winter sun but I am really looking forward to enjoying the heat with my group - see details below.

We look forward to seeing many of you at our forthcoming event or even sooner, why not call for your ticket today?

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Hotels in Delhi, Agra & Jaipur are on a bed & breakfast basis, whilst on Safari it is full board.

A bigger group on this tour would spoil the overall guided experience.

Book your place today deposit £200 pp

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Itinerary

Fri 10 Dec: depart Marion Owen Travel 5pm to meet 6pm at King George Dock.

Sat 11 Dec: on arrival in Rotterdam we have a short drive to Valkenberg, allowing plenty of time to explore the indoor (Velvet Caves) and outdoor markets.

Overnight at the Hotel Post Liege arriving in time for dinner.

Sun 12 Dec: after a leisurely buffet breakfast we head for Germany's famous Aachen markets, arriving back at Rotterdam in time for our ferry home.

Mon 13 Dec: Arrive back to Hull at 8am in time for work.

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Great Lakes



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Wordsearch - Build It

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

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

Find the words in the letters above:

Abode, Annex, Apartment, Architecture, Attic, Balcony, Basement, Blueprint, Building, Bungalow, Cabin, Castle, Ceiling, Condominium, Construction, Cottage, Decor, Design, Development, Doors, Duplex, Dwelling, Edifice, Electrics, Extension, Foundation, Framework, Garage, Gazebo, Heating, House, Lighting, Lodge, Loft, Mansion, Mezzanine, Palace, Plans, Plumbing, Residence, Roofing, Rooms, Walls, Wing.

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 45 -

This is an easy challenge this month

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

Staff Reunion for workers of the Danish Bacon Company (Imports) Ltd., Cottingham employed from March 1963 to its closure

A reunion of staff who worked at the above company is being held at the Tickton Grange Hotel, Beverley, on the evening of Saturday 2nd October 2010. There will be a buffet and music to dance to.

Tickets are expected to be about £25 per head. All ex-employees and partners are welcome.

Contact Doug James on 01482 840250 or Geoff Tungate on 07980 588164.



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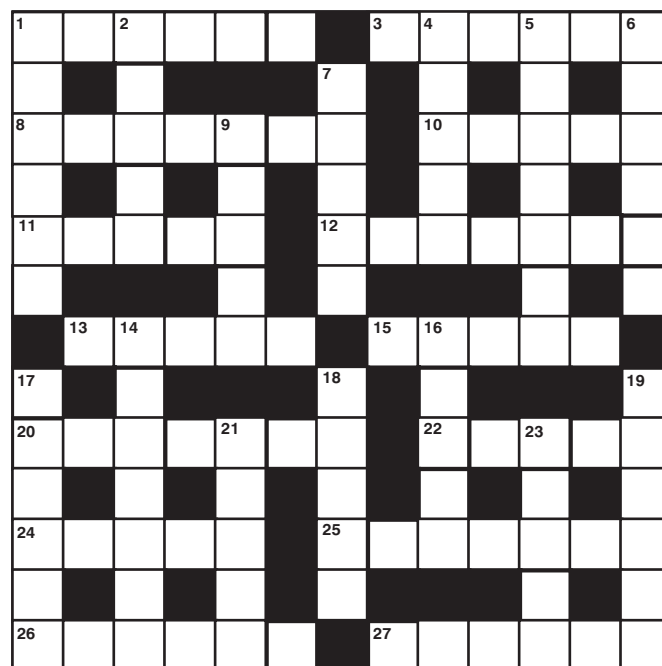
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Crossword - Solution on page 46



Across

1. Knowledgeable person in a particular field (6)
3. Receive something offered (6)
8. Circuitous (7)
10. Luxury craft (5)
11. Prominent (5)
12. Out of the ordinary (7)
13. In front (5)
15. Felt pain (5)
20. Frequent patron (7)
22. Mindful (5)
24. Once more (5)
25. Imbue (7)
26. Firstborn (6)
27. Request for a sum of money (6)

Down

1. Oar (6)
2. Not at any time (5)
4. Aquatic South American rodent (5)
5. Leave out (7)
6. Aggregates (6)
7. Progeny (5)
9. Last letter of the Greek alphabet (5)
14. Emaciated (7)
16. Item of furniture (5)
17. Colonnade (6)
18. Juicy fruit (5)
19. Breakfast food (6)
21. Parts of a chain (5)
23. Die away (5)

Crossword courtesy of www.puzzlechoice.com

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In the Kitchen



Ingredient of the Month - The Tomato

The tomato's progress from wild vine to popular fruit was not easy. A member of the same family as the potato and deadly nightshade, its relation to nightshade convinced many that it was poisonous. The courageous Italians and Spanish used the tomato as food to their---and the world's---culinary benefit. By the middle of the 18th century, most Europeans had discovered that the little "pome dei Moro" (Spanish), "pomme d'amour" (French) or "poma d'oro" (Italian) was tasty and versatile.

The French introduced it in their colony at New Orleans and Thomas Jefferson grew tomatoes at Monticello. The tender vine was still viewed as poisonous by the less worldly inhabitants of New England who grew it as an annual ornamental. As legend has it, the myth of the poisonous fruit was finally dispelled in 1820 by one Colonel Robert Gibbon Johnson who proposed to eat a bushel of tomatoes on the steps of the Boston courthouse.

The crowd that turned out to watch him die in agony was no doubt disappointed. Recipes for tomatoes flooded cookbooks thereafter and by 1880, the myth was an "old wives' tale." Today, thousands of acres in hundreds of countries grow the tomato, providing a source of vitamins C and A. Research has also established that the lycopene in tomatoes may help fight certain cancers.

Misconceptions

Botanically, the tomato is a fruit---it flowers and contains seeds. An American, however, added to the mythology by attempting to have the tomato classified as such to avoid the tariff on imported vegetables. The U.S. Supreme Court, in *Nix v. Hedden* (1893), officially ruled the fruit a vegetable leading to confusion that persists to this day.



Ratatouille

Ingredients

- 2 Large Aubergines, (eggplant)
- 2 large Courgettes
- Salt and Pepper
- 120ml/4 fl.oz. Olive Oil
- 2 Large Onions, thinly sliced
- 3 tbsp Tomato Puree
- 3 Garlic Cloves, chopped
- 2 Large Capsicums, (sweet peppers) cut into thick strips
- 4 Tomatoes, skinned and chopped
- 1/2 tbsp Freshly chopped Coriander
- A pinch of cinnamon
- 1 teasp Freshly chopped Basil

Instructions

1. Cut the halved aubergines (eggplant) and courgettes (zucchini) across in slices about 2.5cm/1 inch thick and arrange in layers in a colander, sprinkling each layer with salt. Top with a weighted plate and leave to drain for one hour.
2. Heat the oil in a pan, add the onions and gently fry for 5-8 minutes until soft and transparent. Stir in the tomato puree and cook for a further 3 minutes, stirring occasionally.
3. Rinse the aubergines and courgettes under running cold water then dry on kitchen paper. Add to the onions together with the garlic and peppers. Cover and simmer for 20 minutes.
4. Add the tomatoes, coriander, cinnamon, basil, salt and pepper. Mix well then cover and leave to cook for a further 40 minutes. Remove the lid for the final 5-7 minutes to allow the sauce to reduce if necessary. Serve hot.



Tomato Sauce

Ingredients

1 Onion, finely chopped
450g/1lb Tomatoes, peeled and chopped
175g/7 oz Butter
1 tbsp Fresh Thyme
1 tbsp Fresh Tarragon
1 Clove of Garlic
2 tbsp Tomato Purée
110ml/4 fl.oz Fresh Vegetable Stock
Salt and Pepper

Instructions

1. Put the onions, tomatoes, butter, herbs garlic and tomato purée into a blender and process until smooth.
2. Bring the stock to the boil, then lower the heat and gradually add the puréed mixture whisking continuously. Do not allow to boil. Continue to cook for 15 minutes.
3. Season with salt and pepper. Serve hot.
Serve with savoury pancakes, fish, pasta, vegetables, lamb, beef or poultry.

Lamb Provencal

Ingredients

1 tbsp Olive Oil
4 Lamb Chops
2 Garlic Cloves, sliced
1 tbsp Fresh Rosemary, chopped
1 Onion, chopped
75g/3oz Mushrooms, sliced
450g/1lb Tomatoes, sliced
1 tbsp Tomato Paste
Salt and Black Pepper

Instructions

1. Heat the oil in a frying pan, add the lamb and brown on both sides. Remove from the pan and set aside. Stir in the garlic, rosemary and onion and cook for a minute.
2. Add the mushrooms and cook for a further minute, add the tomatoes, tomato puree and seasoning and stir well.
3. Return the lamb to the pan, cover and simmer for 12-15 minutes.(or when lamb is cooked through) Serve hot.



Pork and Tomato Hash

Ingredients

Butter for greasing
450g/1lb Cooked (leftover) Pork or Boiled Ham, chopped
2 Large Potatoes, peeled and diced
4 Medium Under-ripe Tomatoes, diced
1 Medium Onion, chopped
Salt and Black Pepper

Instructions

1. Preheat the oven to 170C, 325F, Gas Mark 3 and grease an ovenproof casserole dish with the butter.
2. Place the remaining ingredients in a large mixing bowl, mix well then transfer the mixture to the greased dish, cover and bake for 1 hour.

Herby Tomato Bruschetta

Ingredients

450g/1lb Ripe Tomatoes, chopped
1 tbsp freshly chopped Basil Leaves
1 tbsp freshly chopped Marjoram
1 tbsp freshly chopped Parsley
2 Garlic Cloves, finely chopped
1 tbsp Balsamic Vinegar
1 tbsp Olive Oil
1 teasp Lime or Lemon Juice
Salt and Black Pepper
8 x 2.5cm/1-inch thick slices of Baguette, toasted

Instructions

1. Place the tomatoes, herbs and vinegar, oil and lime juice in a large mixing bowl, season with salt and pepper and mix well.
2. To serve – Place the toasted bread on a serving platter and spoon the tomato mixture over the top. Serve at room temperature.





Cat Crisis at the Hull Branch of the RSPCA, Clough Road, Hull

The RSPCA Hull & East Riding Branch based on Clough Road, Hull have rescued and accommodated a huge number of cats this year and are having to prioritise the cats now being admitted to only the most vulnerable, those which are sick, injured or those which are victims of cruelty. This is to ensure that those cats that are most in need receive the care that they require. The downside is that these cats require extensive veterinary care before they can be re-homed and this is presenting a huge strain on the centres financial resources.

Many of the cats being rescued are having to be boarded at local veterinary surgeries as the animal centre is so overcrowded, or fostered by members of staff and volunteers on a temporary basis within their own homes.

Due to the national monetary crisis adoptions are down this year when compared to previous years as people have to reassess their expenditure. Rescue cats make great pets and if anyone is interested in adopting a cat please visit the animal centre Tuesday – Friday 11.00 – 4.00, Saturday – Sunday 11.00 – 3.30, no appointment is necessary. We currently have in excess of 80 cats and kittens awaiting new loving homes.

The Hull & East Riding Branch is affiliated to the national society, however, we are required to raise our money within the local community to continue our work in the local area, which includes Hull and most of the East Riding. This Branch has been carrying out its core work of animal welfare in the community since 1903.



One of the many ways you can help us is to sponsor an animal pen (these make a great alternative gift) for a small amount each month your sponsorship will help to provide veterinary care and food for the animal housed within the sponsored pen.

Over the months you may find that we change the animal, this is because the animal is one of the lucky ones finding a new home and a new one will take its place. By sponsoring an area within animal centre you will have the satisfaction of knowing that you are helping the animals and providing them with a safe haven. Full details are available on our website www.rspca-hull.org.uk

The one thing all of our cats have in common is that they are all looking for a new loving home. Guy has been with us since November 2009 and is now our longest feline resident, he is full of character and due to being confined to a cattery existence is now getting very plump in size and would now love a garden to exercise and play in. A home without young children is desirable as Guy can be a little rough at times when he plays. Guy was originally admitted to the animal centre as a stray as he had developed a medical problem, which required treatment that was quickly resolved. He is now fit and ready for a new home that can meet his daily needs.

Every cat in our care deserves an equal chance of a new home based on their personality and temperament however black cats and black and white cats are often overlooked in favour of the greys, tabby's and tortishell's. Many years ago this was due to superstition as they were associated as being witches cats. Black cats do have wonderful personalities and the only spell they cast is to find the right person to lavish love and affection onto them.

Please consider adopting a cat from one of the many local animal welfare organisations, as rescue animals really do deserve a second chance.





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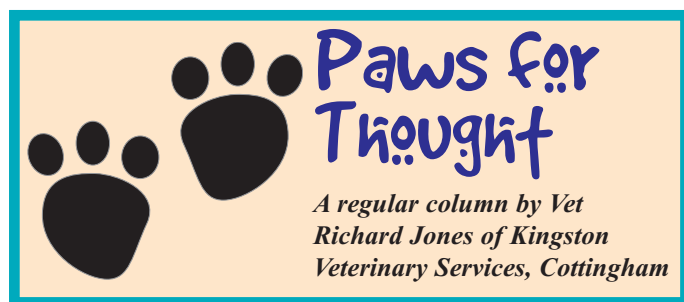
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Summer . . . the silly season

As summer draws to a close (it's raining as I write this in the middle of august), I think of the summer only problems we have seen this year.

People think of fleas as being the main summer problem, but this year I have seen an unusually large number of harvest mite larva (*Trombicula autumnalis*) infestations especially around Cottingham. The usual presentation is of the poor cat or dog itching its feet, biting them until the skin is broken.

If you part the hair carefully you can just make out the minute orange larvae of the harvest mites. Treatment involves killing the mites, the only way we appear to manage that is to spray the feet or soak them in fipronil (frontline spray), the spot on flea treatments do not appear to be effective on the extremities. Despite killing the mites the intense itching still carries on so a short course of steroids is often needed to relieve the scratching. (See pic top right column)

Summer is BBQ time but the BBQ can be a hazardous times for your dog. If your dogs are like mine they think the BBQ is just for them, but you need to keep an eye on the dogs. Every year we spend many happy hours removing discarded BBQ food from dogs' intestines. So far this year the number one offending BBQ left over has been the corn on the cob or should I say the cob without the corn. The left over cob fits perfectly in a dog's small intestine to cause a blockage.



The small orange harvest mites larvae on a cat's ear.

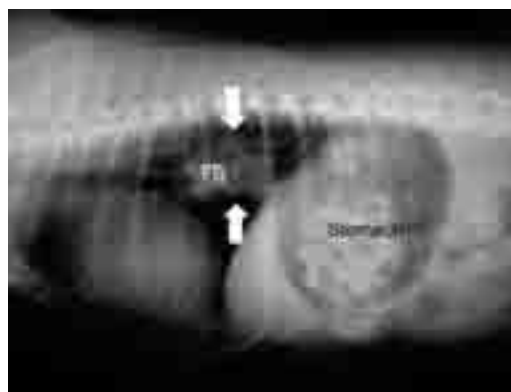


The dog will usually present a couple of days after the BBQ vomiting, not keeping any fluids down and very depressed. We will x ray the dog looking for a foreign body but the corn can be difficult to see on X ray.

The only way to remove the offending object is abdominal surgery to remove the corn.

The most amazing foreign body in a dog this year has been the spaniel which swallowed a mango stone! Not only did the dog manage to swallow the stone but the stone passed out of the dog's stomach into the small intestine, incredible considering the stone was four times wider than the diameter of the intestine. Peach stones are another favourite found inside dogs.

More dangerous than these are the rib bones that we leave behind and while our backs are turned the dogs will steal. Rib bones have an unfortunate ability to get stuck in the dogs' oesophagus causing choking and retching. The bones can only be removed via endoscope and large pair of forceps, but the oesophagus is a very sensitive part of the digestive tract and can be easily scarred leading to permanent damage.



An oesophageal foreign body (FB)

The last scourge of the summer is the dreaded grass seed. These innocuous little things get everywhere and cause endless trouble. Soon after July the spaniels come into the surgery shaking their heads vigorously and there nestling against the ear drum is a grass seed. It's not just ears though, the grass seeds burrow themselves into dogs' feet causing large penetrating wounds and the grass seed can take some hours of surgery to locate, only this week I removed a grass seed from inside a dogs pelvic canal following a 2.5 cm tract from just in front of its vulva.



Grass seeds removed from a dog's paw.

My advice for hairy dogs such as spaniels is have the fur around the ears and feet cut short so the grass seeds can be seen easily before they work their way into the dogs ears and skin.

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Further Investments for Ricci Concept Motor Company

A Hull motor company has invested heavily into a state-of-the-art tyre fitting bay – to bring another service under one roof.

After extensive research, Ricci Concept Motor Company on Hedon Road, has invested in the Beissbarth tyre fitting machine. The machinery is designed to cope with the latest tyre technology such as Continental SSR (self-supporting run flat tyre) and Michelin ZP (Zero Pressure) run flat tyres.

The tyre machine carries approvals from renowned manufacturers Continental and Michelin.

Audi, Volkswagen, Seat, Skoda and Porsche specialists Ricci Concept, which was one of the first garages in the region to purchase a Rolling Road and four-wheel alignment equipment, is delighted to now be able to offer this new tyre fitting service.

Nick Sanderson, owner, said: "To keep pace with today's highly efficient and sophisticated cars, we wanted to be able to offer the best tyre fitting service to our customers. We are able to fit tyres up to 26" in diameter and extra wide wheel rim widths of up to 14" that are used in racing.

"We always strive to offer our customers the best and this is just another example of our investment into our business that will benefit our customers."

To complement the tyre fitting machine the Beissbarth micro-processor controlled wheel balancer offers precision balancing with an electronic helper arm for accurate fitment of balance weights. Ricci Concept can offer customers tyres from manufacturers including Continental, Michelin, Bridgestone, Pirelli, Goodyear and Firestone.

If you would like to find out more please contact Ricci Concept on 01482 322446 for advice and costs.

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"The Tooth and Nothing but The Tooth"

by
**Chris 'Dr. Smile Maker'
Branfield**

Life Changing Dentistry - A Revolution in Cosmetic Dentistry

Hello how are you doing? I hope that you have had a great summer. We have certainly had a better one than last year. Let's hope that it hangs on into September. I survived pulling a caravan to France and back. I was nervous to start but after a while it was fine. I absolutely loved it.

I have gone back to basics for a couple of months but I really must write about something that I am really excited about. I have researched a technique of adult tooth straightening for a couple of years now and have been on the course to be an accredited practitioner. I think it is the future for cosmetic dentistry.

So What Is All The Fuss And Why Am I Excited

Well, crooked teeth, conventionally, could only be sorted out either with a fairly prolonged course of orthodontics (braces up to two years) or by camouflage with veneers and/or crowns. The braces could either

be fixed train track type or clear tray type. Veneers usually mean some tooth grinding, often quite a lot of grinding. Crowns definitely mean quite a lot of grinding. Obviously there is the biological cost of tooth grinding as well as the financial cost. More often than not adults are not prepared to have a brace on, especially for extended periods.

Well there is now an alternative. The Inman Aligner is a removable brace that exerts a steady small force on the teeth that makes the teeth move more quickly in a very safe manner. This means that treatment times are from as little as six weeks and up to sixteen weeks only. This can remove the need for veneers, reducing the biological and financial cost. Also veneers can leave in-standing teeth thick and bulky.

How about that? Often it is necessary to some very minor enamel stripping and re-contouring where the teeth touch to make a bit of space but this very minor indeed and is a fraction of a millimetre. The appliance was initially invented in the US but the technique has been developed here in the UK and is now spreading like wild fire across Europe and the rest of the world.

Eat What You Want And Kiss Who You Want

Because the brace is removable you do not have to avoid the food that you love that may break a fixed brace. Also for those times that you could really do without a brace in your mouth you can take it out (as long as you remember to put it back in so it does its job). Tooth cleaning is also a doddle because you can take it out. Now there are limitations with what the Inman Aligner can do but there have been lots of cases that I have seen over the last seventeen and a half years that it would have been perfect for.



Before



After only six weeks



Before

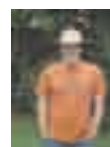


After Inman Aligner with
Whitening and Bonding

Celebrities Love It

This technique is really taking off with stars of stage, screen and the wireless. Am I showing my age now? It has been reported that Cheryl Cole had it done. If it's good enough for Cheryl. As you can see it can be used in conjunction with whitening and simple bonding to give a really great result with no or very, very minimal tooth grinding. How cool is that? The great thing, as well, is that it is a really cost effective treatment when compared to other treatment options.

I really hope that this has been of interest to you. I'm really blown away with it.



Later this month I'm off to Morocco on a dental adventure. I'm off with a group of dentists on a charity trip to do some much needed dental treatment for the Berber tribe. We'll be doing a bit off trekking and cycling through the hills to get there so I need to get fit. I've got a new hat already though.

My daughter starts the new football season this month. I do hope that they can win a league game this season. Good luck to them and Hull City. Until next month.

Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. www.castlepark-dental.co.uk

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So, what are the advantages of instructing a firm of solicitors and what key things should you look out for?

All firms of solicitors are required to be registered and regulated by the Solicitors Regulatory Authority ("SRA"). Regulation means that solicitor firms must abide by a Code of Conduct which should ensure that they provide a high level of care to their clients. Solicitor's firms must provide advisors who are properly trained to offer the specific legal advice requested. They must also have appropriate insurance in place for the work that they are carrying out. Should any problems arise, you will have reassurance that the SRA will be able to help you.

Solicitors are required to be upfront and clear about costs. There should not be any hidden surprises along the way. When contacting a firm of solicitors, we recommend that you should always ask for details of cost in advance.

You would advise you to ensure your solicitor is a specialist in Private Client law – not all solicitors prepare Wills regularly. Look out for specialist qualifications such as membership with the Society of Trust and Estate Practitioners (STEP) and members of the Chartered Institute of Taxation (CTA). When arranging an appointment, don't be afraid to ask about the experience of the individual you will be seeing and for details of their supervisor, if appropriate.

Flaws in your Will may only come to light when you are not here to correct the problem. For peace of mind, we would advise you to always check:

- * the experience and qualifications of your advisor
- * whether they are regulated by a professional body
- * what insurance they hold
- * that you receive a clear estimate of charges in advance

Solicitors not only provide legal advice on individual, family and financial situations, but they are also equipped to provide advice on other issues such as powers of attorney, creation of trusts and care home fee assessments that may arise whilst discussing your Will.

For further details, please do not hesitate to contact Leanne Labrom or Caroline Hepworth on 01482 325242.

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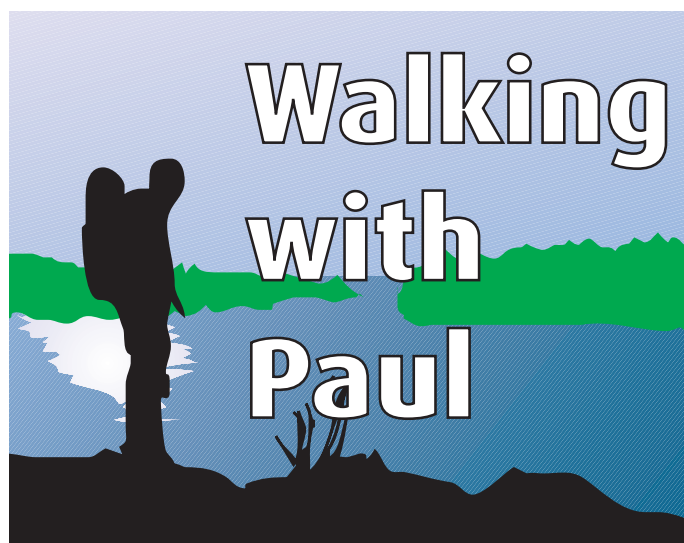
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Here is Paul's latest walk in his series of monthly rambles. This month his destination is **Market Weighton**

Maps:- EXPLORER 294

Start at GR. 878440

Towthorpe Picnic Lay-by on A614.

Distance 7 Miles.

Leave the lay-by at the northern entrance and cross the A614 then follow the Wolds Way footpath signs. Continue along the farm road until reaching

a stile on the left. Cross the stile into a field and follow the path to cross The Lake by a footbridge and continue in the same direction eventually swinging left, then heading in a southerly direction to meet a country road.

Turn left on reaching the road and follow the road for a short distance and then turn right at a Wolds Way signpost and follow the track/path through Towthorpe Grange Farm to again meet the A614. Cross the road and follow the track and path to meet the road on the outskirts of Market Weighton.

On reaching the road turn left and head into Market Weighton. Turn left and cross the car park and on emerging on the road turn left and follow this road for a short while and then turn right into a small housing estate to pick up the course of the old railway track.

Follow this railway track and where the Goodmanham road crosses the track (about 1.5 miles after Market Weighton), turn left and head into Goodmanham. On reaching the church, turn right and continue straight ahead.

This road shortly becomes a track and passes under an old railway track, continue ahead and shortly swing to the left, follow this track (ignore a footpath sign on the right) which eventually turns right and leads back to the lay-by and the end of the walk.

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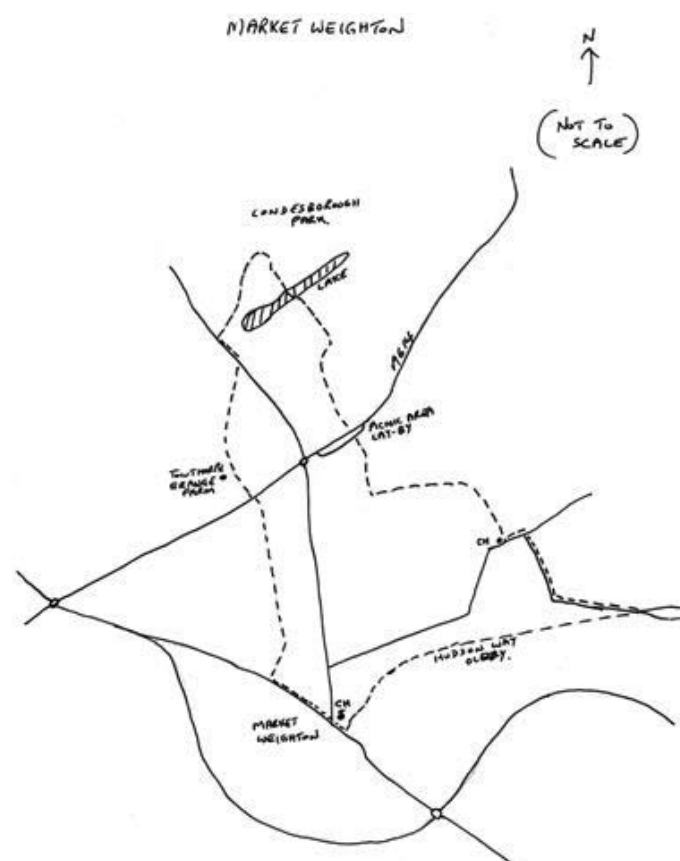
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Residents warned to take care with Doorstep Traders

Residents are being asked to beware of companies selling security and fire alarms by using high pressure sales techniques


It has been brought to the attention of East Riding of Yorkshire Council's trading standards service that a company from the north west of England - which can not be named due to ongoing legal proceedings - has been targeting elderly and vulnerable East Riding residents in the hope of supplying burglar or fire alarms at inflated prices.

Although the firm may offer to supply and install the alarms free of charge, the amount of money charged for monitoring and maintenance can run into thousands of pounds.

Colin Briggs, trading standards service manager, said: "When consumers are visited at home and agree a contract with the salesperson present, they should receive a notice of their cancellation rights.

"However, the vulnerable people targeted by these unscrupulous security firms have been encouraged to sign a declaration allowing work to begin straight away. This means that the work has been done and payment made before the consumers have had time to think about the cost."

Councillor Jane Evison, portfolio holder for cultural services, housing and public protection, said: "Unfortunately disreputable firms often target older and more vulnerable residents by making unsolicited visits or telephone calls. Residents should be aware of this and treat all uninvited callers with caution."



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In the Garden



September is generally a cooler, gustier month than August and the days are noticeably shorter. While there's not as much to do in the ornamental garden at this time of the year, if you have a fruit or vegetable patch, you'll be busy reaping the rewards of harvest. It's also time to get out and start planting spring-flowering bulbs for next year. Make the most of the remaining warmth while you can!

Sowing and planting

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 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.

Cutting back, pruning and dividing

Don't neglect hanging basket maintenance - a little dead-heading, watering and feeding can keep them going until mid-autumn. Once they are past their best, re-plant as winter/spring hanging baskets with spring-flowering bulbs, winter heathers, trailing ivies and spring-flowering plants as above.

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 alpines and herbaceous perennials such as crocosmias. This will invigorate them, and improve flowering and overall shape, for next year.



Propagation

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

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

General maintenance

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.

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. Plant spring flowering bulbs



Some tall late-flowering perennials, such as asters, may still need staking to stop them being blown over in the wind.

Most perennial weeds are vulnerable to weedkiller in early autumn. Applying a product containing glyphosate will ensure that the roots, as well as the top growth, are killed. Treasured plants must be protected with plastic sheeting.

Planning ahead

Buy spring-flowering bedding plants and buy or order spring-flowering bulbs.

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*

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(glory of the snow), *Scilla*, *Ipheion* and crocuses are all possibilities among many others.

Don't neglect hanging basket maintenance - a little deadheading, watering and feeding can keep them going until mid-autumn. Once they are past their best, re-plant as winter/spring hanging baskets with spring-flowering bulbs, winter heathers, trailing ivies and spring-flowering plants as above.

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*-*mias*. 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.

Some tall late-flowering perennials, such as asters, may still need staking to stop them being blown over in the wind.



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Your Stars for September 2010 - By Kay Gower

Aries - (Mar. 21- April 20)

The best is yet to come. This isn't optimism - it's the truth. And while you're waiting, enjoy yourself.

Taurus - (Apr. 21- may 21)

No matter how well developed your confidence may be, there will always be a window for doubt to sneak in. So, let it. A small amount of uncertainty keeps you honest, balanced and likeable.

Gemini - (May 22-June 21)

The only easy way out is not to go in, in the first place. Consider this before you jump into a new venture or make a big purchase, especially before the 15th.

Cancer - (June 22-July 22)

You're fast becoming comfortable in a stale situation. Don't stagnate in a scene that's far below your abilities. Look for bigger opportunities.

LEO - (July 23-Aug 22)

You need to get away from your daily routine for perhaps a short period, in order to get a perspective on your life. A sense of freedom is extremely important to you this month. Try to manage at least one day off to simply do the things that you enjoy doing.

Virgo - (Aug 22 - Sept. 23)

You'll be a part of a situation that require negotiation this month. You can command the moment without issuing an actual command. Your silent, strong presence will say it all.

Libra - (Sept. 24 -Oct. 23)

You are still dancing with an idea. You're not ready to commit, but you are willing to move two steps forward, one step sideways. There's still another week, and then you really must decide.

Scorpio - (Oct. 24 - Nov. 22)

A sparkling opportunity to indulge your creativity emerges mid month. Others will be more receptive to your ideas and are likely to seek you out.

Sagittarius - (Nov. 23 -Dec. 21)

You're cutting out what's irrelevant. But don't be too hasty. Place things in an imaginary holding bin, this includes relationships. Wait and see how you feel next month.

Capricorn - (Dec 22.- Jan. 20)

If something stays too long in one place, it creates what the Chinese call stale chi. Move your life around. Take up something new. Don't wait for a storm to come along and do it for you.

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

Keep it light and caring, especially around the 20th, and if someone gets personal or resorts to adolescent ways of dealing with others, you'll stand for maturity and grace. You are quick witted enough to be able to turn any situation to your advantage this month.

Pisces - (Feb. 20-Mar. 20)

It feels nice to be included, especially by people you find interesting. So be outgoing. You'll have to make an effort around the beginning of the month, but soon you'll find that you fit right in.

Gentle Exercises for the Over 50's

Older people in the Cottingham area are being invited to two free exercise sessions.

Age Concern East Riding has teamed up with the East Riding of Yorkshire Council to offer the sessions, which will include gentle exercises such as chair aerobics and bowls.

The sessions will take place at Cottingham Methodist Church in Hallgate, on Thursday September 16 and Thursday September 23, both starting at 2pm. They are both free of charge and are an opportunity for participants to try out some new gentle fitness activities which are suitable for people over the age of 50.

The sessions are being funded with the help of the National Lottery 'Fit as a Fiddle' project.

Alison Morris, community co-ordinator for Age Concern East Riding, said: "We hope that people will come along and join us for one or both of these sessions. There will be a variety of activities on offer, and it is an opportunity to keep fit and make new friends."

Anyone wanting more information can ring her at Age Concern East Riding, tel 01482 869181, or just turn up on the day.

Beverley Junior Brass Band seeks new members

The Beverley Junior Brass Band is currently recruiting new members. We take anyone aged 8+ and of any standard..

The Band meets at the St. John's Ambulance Hall, Morton Lane, Beverley (just down from Tesco) from Wednesday 15th September, 6.30 pm to 7.40 pm. For further information please feel free to contact Mark Lynch on 01482 865428.



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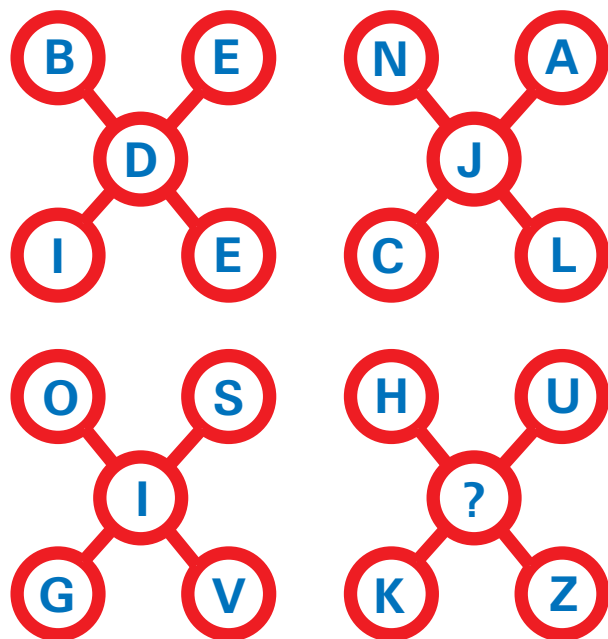
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Answer on page 46.



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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Welcome back readers to this month's fishing news. Firstly this month sees some unfortunate bad news regarding one of our local waters; disease has hit the popular fishing venue Risby Park. Everything is being done to rectify this problem, both by Anthony and the Environment Agency. The one thing I want to request on this matter is **LETS ALL HELP BY STOPPING THE SPREAD OF DISEASE BY DOING SIMPLE THINGS!**

Firstly; all keep nets and landing nets must be air dried thoroughly. If you use a stink bag, once you get home please hang them out to dry; all aquatic diseases die when dry.

Secondly; even if rubbish bins are provided at venues, it is still important **TO TAKE ALL RUBBISH HOME!** Our litter as a general rule contains food items which in turn attracts the rats and other vermin, all of which carry their own diseases.

On a brighter note, how has your fishing gone lately? Good we hope. I have been receiving news of good results being produced by both still waters and the rivers. The River Hull has seen good numbers of fish as far down as Ennerdale Bridge. Barbel weighing an impressive 8lb, reported with photographic evidence, from the Kingswood Bridges and good shoals of



perch from the shipyard in Beverley. The upper stretches have also been producing good mixed bags, with summer Pike being caught at Hempholme.

Lots of club matches on venues such as; Fitlin (Westfields), Albrough (Lambwith Lakes), Westlands and Foss Hill have been producing big bags on the 'method'.

I will try to explain how this works: firstly there are two types of method feeder; flat and triangular, both come in either elasticated or inline versions. This enables you to fish a free running tactic or bolt rig style. For the flat method choose a groundbait such as swimstim or any fine method mix. When mixing your groundbait you must add just enough water so it sticks together when squeezed. For the specimen feeder choose a heavier method mix containing more particles, these groundbaits tend to be stickier, but again don't add too much water, you can add more but you cannot take it out.

When your ground bait is ready the same principles apply to both the flat and triangular feeder; take a handful of the mix and squeeze onto the feeder, but not too much at this stage. Then with your short hook length around 4"-5" place your hook bait onto the feeder, now you can add a second handful of groundbait over the first, then mould with your hands into an aerodynamic shape for better casting and bait presentation. The second handful that you placed over your hook length explodes first, this exposes your desired hook bait on top of a pile of goodies. Any queries on the above pop in and I will happily explain these methods in more detail.

Finally we are pleased to inform you that our newly extended shop is open, the shop floor has doubled in its size. We would like to invite you to come and browse all of our new stock such as: Preston Innovations, Korum, Sonu Baits, Browning, Maver and the new bait sweeping across the UK, Marukyu from Japan.

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For the Easy Connect option, there is an initial charge of £49 for the base unit & then a monthly charge of £13.68. To find out more or to arrange a no obligation demonstration in your own home, contact Age Concern East Riding on 01482 861065.



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Hallgate Schools - continued

The Year 1924

by Peter Railton (Author and Local Historian)

Both, new Headteachers got off to a flying start in 1924 judging from the reports of the H.M.I. Mr. Vigrass in the January.

In the girls' school -

"The School is directed with marked earnestness, and a spirit of conscientious endeavour permeates the teaching. Much good work is "being done and the general atmosphere is very buoyant. The activities of the school are expanding and the study of teaching methods is being undertaken with some degree of enthusiasm. The results of these developments are seen in the increasing interest and intelligence displayed by the children, especially in the upper classes."

In the boys' school -

"There are signs of renewed vitality here which auger well for the future. The Headmaster is animated by zeal and his vigorous efforts to raise the standard of teaching are meeting with a satisfactory measure of success. The general activities of the school both in and out of the classrooms are much wider, methods are more varied and some of the teachers display very creditable skill."

Back to the girls' department. Mumps became a real threat to attendance in January and February and numbers dropped to 80%, On Friday 12th of February nearly 60 girls were away and the M.O.H. ordered the school to close for two weeks; when it reopened only 68% of girls were present, the rest still away with mumps and now the 'flu, then came snow and hard frosts depleting numbers still further, including some staff.

Teaching Practice

The students from the Training College finished their teaching experience and were sorry to leave; Hallgate School always has been a popular venue for student teachers - I remember them as a pupil there and I did my first teaching practice there in the boys' department when Mr Hassam was Headmaster, in 1967.

Back to the '20's. Some girls were going to be involved in the Dance section of Hull Music Festival that year and Miss Wolstenholme called to arrange the dances to be taught to the girls in the Country Dance section.

On Saturday 22nd March, 30 girls were taken to see 'A Tale of Two Cities' performed by the Dickens Fellowship in Hull. This was an interesting group of Dickens performers, a relatively small number of amateur actors who gave plays, or excerpts from plays to invited audiences. They had the costumes and props and scenery and were certainly still active in the 1960's, though much reduced in numbers by then and mainly confined to quiz - nights and social evenings among themselves in the Hull Church Institute in Albion Street.

Honours Board

An 'Honours Board' was put up in the Hall. "This will be a great encouragement to the girls to be diligent in their studies," Miss Brimelow recorded in the log book. Upon the Honours Board were inscribed the names of pupils who had passed scholarships for secondary schools. There was one on the back wall of the boys' Hall too - I remember it well, it was certainly there in the 1960's but has since curiously disappeared and I can not find any trace of it - no one seems to know anything about it - like the school bell that was taken down from the belfry above the infant's Hall in the 1970 's - that too has vanished!

Many Outings

Another outing was enjoyed on the 29th of March when the scholarship class plus the St.VII girls were taken to see 'A Midsummer Night's Dream' at the Grand Theatre in Hull. The usual Empire Day obligations were carried out in the schools and were followed, by a concert in the girls' hall. In mid-June a party of 29 girls went to

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London to see the Wembley Exhibition and to 'visit other places of interest! This must have been an exciting venture and shows just how much the concept of a wider education had come in a few short years. A shorter trip was made in July to Bridlington and - 'many girls were sick the next day! - too many chips and ice cream perhaps.

The Staff for the following school year were to be - St. ex-VII + scholarship class Miss Cleator; St.VII Miss Brimelow; St.VI+V Miss Buttery; St. IV Miss Wrigglesworth; St. III Miss Dixon; St. II Miss Wright; St.I Mrs. Tether.

Nine girls were successful in obtaining scholarships to Beverley High School for girls that year. In October a Circus was held on the Rectory field for two afternoons at which all the children of the schools attended in turn; the Rectory field was where the Adult Education Centre is, plus part of the new Primary building and car parks and was to be the site of mobile classrooms in more recent times.

New Technology

In the Spring of 1924, technology came a step closer to the Boys' department - a new 'optical lantern' was used for the first time and operated by Mr. Gore, Head of Hymers College who gave a lecture on clouds using the new visual aid. He remarked on the 'splendid piece of equipment that the school was fortunate enough to possess' - even if they had no slides of their own! Several dignitaries were present at what was at the time a milestone in group teaching - I wonder what they would have made of today's class technology? It was used again a few weeks later when Mr. Tom Sheppard of Hull Museums brought his slides along of 'The Evolution of Yorkshire Man' depicting life in the Iron and Bronze Ages and 'up to the present day!

Music Festivals

On the 9th of May, Mr. Brookes, Mr. Haggard, and Miss White took a party of pupils to take part in the York Music Festival; the choral group got a second class certificate and the team of eight boys who performed the 'Haxby Sword Dance' got a first. There was a great enthusiasm for competitions of all kinds in schools in the 1920's and all entered into for the glory of the school and the satisfaction of pupils and staff alike.

Proud Record

Hallgate, has a justifiably-proud record, in competitions of many kinds and these were actively encouraged by the Heads who tapped the strengths and interests of their staff to train-up the youngsters who willingly practiced during lunch time and after school. More successes followed when Miss Steel took a junior choir to Hull Music Festival and came third out of thirty one other schools.

Stephen Tennison and Kenneth Ashton fell in the playground in separate incidents - one cut his knee and the other sprained his wrist. These incidents were recorded in the log book because they needed medical attention.

Woods Lane Sports Ground

On the 24th of June, the Holderness Sports were held in Cottingham - the likely venue was the old Ellermans Ground down 'Woods Lane', since become better known as a training ground for Hull City players. The weather was excellent and the proceedings went on until 8.00 pm. The Heads of the participating schools were there, plus the usual dignitaries and County Councillor Mrs. Alice Holtby (mother of local author Winifred) presented the cups, bowls, shields etc. to the winners.

More sports days, more outings, more competitions here and in other parts of the East Riding followed - both Mr. Brookes and Miss Brimelow were 'go-getters' in their day and aimed, for the best for their pupils.

Mrs. Moorby Retires

A final link with the past took place that autumn with the retirement of Mrs. Moorby as Head of the infant school in the village for 38 years; she was presented with a 'wireless set' and a cheque for £12.12s. The next Head of the infants was Miss M. E. Sowerby.

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

The Good Lord Gives with One Hand and Takes with the Other

Storm made it. She let go of all her fears and accepted being ridden again happily. Bless her, this little horse from the Welsh mountains even took to the Skidby roads with all the traffic, dog walkers and all the other alien comings and goings. She loved being ridden up the road and away! Her natural inquisitiveness coming to the fore!

Storm proved to have the heart of a lion. John and Lorna came back up from Port Talbot during the third week. They were very moved at the huge breakthrough we had made and were delighted to watch their wish list be answered. We could get on from the ground by putting a foot in a stirrup and jumping up. We taught her to stand at a mounting block quietly and be mounted. We could get both on and off from both sides of her without reaction.

Other things on their wish list were being able to wash her down with a hose pipe and apply fly spray without a hissy fit and decrease her dominant attitude in her stable.....all answered. Little Storm was a whole new, happy and accepting person....if you see what I mean!

The next three days were all about teaching John all the groundwork techniques needed for him to be able to carry on back home. With one or two hick ups, John managed to master this new ethos and ride his little horse again. He loved being



able ride her in just the rope halter and no bit! He thought the ability to halt her by touching the Balance rein round her neck was a miracle! The lovely thing about my life is how I can teach people who are masters in the "OLD WAYS" this whole new approach to horse training via natural / psychological training. John, a hill farmer from Wales, who has worked with horses all his life became a student again. The results were wonderful. They teamed up and became one again.

When they all left, they left a gap in our lives. Such lovely, enthusiastic and talkative people made our yard feel rather empty and bereft without them! They had become involved in all that we did on the yard with all the other horses, participated, commented and lent a helping hand. It was strangely quiet when they drove away!

Back home in Wales, John carried on with all he had learnt. We had regular reports of their progress and accomplishments. John rode her away back up those mountainsides and all was doing well....until she stumbled coming back down a steep, stony farm track.

She fell on those tenderly healed knees, gouging out a large hole in the old scar tissue. John fell off over her head and was filled with dread at the possible re enactment of panic and flight. Storm went nowhere. She stood quietly while John picked himself up, dusted himself off and examined the damage. She lead quietly back home and the vet came to attend.

This set back is a blow to all involved. Scar tissue is notoriously hard to re heal...however heal it will. Storm has changed. She is no longer the volatile and reactive horse that she was before she came to us.

Her attitude in all ways is steadier and calmer. To deal with on the ground, to cope with the fall, to cope with more pain, to tolerate the vet and the daily nursing...everything is different now. She has amazed her owners and the vet with her tolerance, acceptance and manners now.

Poor John, I am so sorry for this set back. All the worries of getting back on will be flying round his head again. I realise that it will be harder than ever for him but not so for Storm. She will be far more open minded now and so long as John follows the training procedures he has learnt there will not be a problem.....but he has to believe that completely. If He puts a grey area in there then it will remain so.

I will go down to help him get back on when the time is right, just to make it all go smoothly. They will have to give me a bed for the night and feed me!!!!

Visit Melanies website: www.instinctivehorsetraining.co.uk and her facebook page www.facebook.com/pages/Melanie-S-Watson/152554798549

Dagger Lane Operatic Society invite would-be members to come and see them - all range of voices welcome

Dagger Lane Operatic Society is a Gilbert and Sullivan group who have put on one show a year for the last 27 years and also concerts, and also lots of social activities.

We are a very friendly group and would like to invite anyone who would like to come and join us at the start of our new season on Monday the 6th September 2010 at St Mathews Church Hall, The Bouvard, Hull. 8pm. All ranges of voices will be made welcome. If you require more information please ring Ben on 01482 352691.

Hope to see you there for lots of good singing, fun and friendship.

Free Electric Blanket Safety Checks

Members of the public are being urged to book a place now if they want to take advantage of free electric blanket safety checks.

The checks will be carried out during the week beginning Monday, 13th September 2010, by East Riding of Yorkshire Council and Humberside Fire and Rescue Service.

Councillor Jane Evison, portfolio holder for cultural services, housing and public protection, said: "I urge East Riding residents to take advantage of the free electric blanket safety checks being offered as the statistics regarding dangerous blankets are quite shocking."

Last year more than 429 electric blankets were tested as part of the council's continuing programme of electric blanket safety checks.

In total 38 per cent of the blankets failed the safety test and were found to be dangerous to use.

National statistics show that old and unsafe electric blankets cause more than 5,000 fires each year. More than half of all electric blankets tested nationally are found to be unsafe.

Electric blankets which are over 10 years old do not have the safety features of modern blankets. Serious defects can also develop when blankets are not used in accordance with the instructions.

Colin Briggs, trading standards manager for East Riding of Yorkshire Council said: "Electric blankets are often used by older or vulnerable people so it is important to ensure they are safe. Older

residents may be using dated or even dangerous blankets without realising it."

Appointments must be made for any blankets which will be brought to the event, and are available on a first-come first-served basis. It takes six minutes to check each blanket.

Those who arrive without an appointment for a blanket will be disappointed as there will not be time to take extra blankets.

On Thursday, 16th September a testing session will be held at Beverley Fire Station.

Anyone who would like to have their electric blankets checked must ensure that an appointment is made for each blanket they intend to bring.

People wishing to make appointments to have their electric blankets tested should telephone East Riding of Yorkshire Council on 08457 887700, (01482) 393939, or through Consumer Direct on 08454 040506.



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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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Fitter by the Dozen

Cottingham Fitmums and Friends, a running and walking club set up just over a year ago to encourage women (and men) to get into exercise, is now celebrating becoming affiliated to UK Athletics.

With over 130 members, the club has gone from a few mates running round Cottingham to an exercise sensation. Every Monday, Wednesday and Friday scores of pink-vested Fitmums can be seen pounding the streets. An increasing number of men are joining their ranks, too, and a walking group has been set up for those in search of a gentler workout.

Fitmums founder Sam Barlow is bowled over by the club's success. "Being accepted as an affiliated athletics club is fantastic and we've also been accredited by East Riding Council. I think our system of shepherding, which supports all runners and means no-one feels left behind, has helped people to progress at their own pace and it's amazing how much some have come on.

"We've got people who started running less than a year ago and are now training as run leaders. Our walking group is expanding rapidly and there is a range of distances on offer, so there really is something for everyone, no matter what your fitness level. We've got volunteers who want to train as 'walking leaders' so we can offer the same level of support as the runners get.

"There's a lot of variety so that Fitmums can stretch themselves and try out different things: we do a hill session once a month to build stamina, track sessions and speed work. These are all suitable for beginners and more experienced runners as everything is geared to your own pace.

"The Monday daytime sessions, in conjunction with Blue Kangaroo nursery, mean that parents with small children can still find time for themselves and these have proved really popular.

"Lots of our members are achieving and then surpassing their personal goals, entering races including the Humber Half Marathon, the Jane Tomlinson 10K and the London Marathon. I just can't believe we've gone from five people on my drive to a UK Athletics club in less than a year and a half; it's beyond my wildest hopes."

Fitmums membership costs just £15 per year, including the trademark pink vest (blue for the chaps). To find out more, go to www.fitmums.org.uk.

Pensioners Urged to Contact Council's Benefit Help Team

The council's pensioner benefit help team (part of the Benefit and Money Advice Service) is urging pensioners who pay council tax to contact them. The team provides a home visiting service for customers aged 60 or over to help them claim council tax/housing benefit and other welfare benefits.

The pensioner benefit help team has since 2006 helped over 2,500 pensioners claim more than £5 million in benefits. If you pay council tax and either receive Pension Credit Guaranteed Credit or have savings or investments that are worth less than £16,000, and are resident in East Riding, then you should call the pensioner benefit help team.

Those with savings of more than £16,000 would not qualify for council tax/housing benefit but may still be entitled to Pension Credit or one of a range of benefits and entitlements designed to help older people.

In these difficult times, everyone is feeling the strain of rising prices and household bills and the team is urging pensioners to check they are receiving all benefits to which they are entitled.

People can contact the Benefit and Money Advice Service free on telephone 0800 91 50 381. You won't have any complicated forms to fill in and the team will visit you in your own home.

The team also offer a range of other advice to customers including money management advice and would urge customers to contact us to discuss how we can help.

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Recycling Leaflet created and designed by Lewis Scott aged 11 and Sam Wilson aged 11 as part of their Lifestyle Project 2010

The above illustration is the front cover of the leaflet created and designed by Lewis Scott aged 11 and Sam Wilson also aged 11, whose team name for the Lifestyle Project 2010 is "Green Warriors".

Did You Know?

- One recycled tin can, can save enough energy to power a television for three hours.
- One recycled glass bottle can save enough energy to power a computer for 25 minutes.
- One recycled plastic bottle can save enough energy to power a 60 watt lightbulb for three hours.
- 70% less energy is required to recycle paper, compared with making it from raw materials.

Some interesting facts:-

- Up to 60% of the rubbish that ends up in the dustbin, can be recycled.
- The unreleased energy contained in the average dustbin each year, could power a television for 5,000 hours.

The interesting facts above are taken from the eight page leaflet that has been researched and produced by Lewis and Sam during their project.

Editors Note: Well done Lewis and Sam for the hard work you have obviously put in during your project.

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THE GREEN, COTTINGHAM



Yorkshire Day Celebrated in Australia with a Cottingham connection

A series of chance conversations allowed a white rose to be hand-delivered to Australia for Yorkshire Day.

When Sydney's Town Crier, Graham Keating responded to the invitation to a World Town Crier Tournament for 2012 in Yorkshire, he did not expect a hand-delivered greeting in reply.

East Yorkshire's Town Crier Michael Wood is organising a World Town Crier Tournament for 2012 in Yorkshire and in late July sent invitations across the globe. An enthusiastic response came from Sydney where five-times world champion Graham Keating is official crier. This colourful character is known to ride his horse across the tarmac at Sydney airport to cry a welcome to visitors.

Cottingham's Councillor Ros Jump was already scheduled to arrive in Sydney on 1st August, Yorkshire Day, and heard of Graham in a

chance conversation with friend and fellow Cottingham councillor, Geraldine Mathieson. Through another chance conversation a few months earlier, Geraldine discovered a common interest in historic daily crafts with Michael and is now helping him to arrange an exciting themed programme for the 2012 Tournament.

Our own three-times world champion Town Crier, Michael Wood presented the white Yorkshire rose to Ros, outside East Yorkshire's County Hall in Beverley on the last Tuesday of July. After a long journey she presented it to Graham Keating at the picturesque Campbells' Cove, near the foot of Sydney Harbour Bridge, and thanks to the time zones, Ros's Monday morning in Sydney was still our Sunday, Yorkshire Day, here.

The courier for this antipodean journey could not have a more appropriate name, as Ros is short for Rosamund meaning 'Rose of the World'.

(L to R) Mrs Geraldine Mathieson, Mr Michael Wood and Miss Ros Jump outside County Hall in Beverley, East Yorkshire, England, holding the Yorkshire flag and the presentation rose. *(picture courtesy of Michael Wood)*

Ros and Sydney's Town Crier Graham Keating with the rose, and with Sydney Opera House in the background. *(picture courtesy of Ros Jump)*





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Sugar 'n' Spice celebrate their first anniversary in Cottingham

Sugar 'n' Spice the creator of Quality Cakes at Affordable prices are celebrating their first anniversary of trading in 175 Hallgate, Cottingham. They opened on the 12th September 2009 with a staff of three which has no increased to a staff of five and a further six volunteers.

Judy Newlove the owner of Sugar 'n' Spice began working from home and soon found she no longer had to space to cater for her increasing workload, and found the premises on Hallgate were ideal for her requirements.

All the cakes are handmade and baked on the premises the 'old fashioned way' using fresh ingredients. There is a marvellous selection of Wedding Cakes, Birthday Cakes, Christenings Cakes and cakes for every occasion. Cakes can selected from existing designs, or you can bring a photo of your idea for a cake and they will create it for you.

They are always busy, so it is best to book your cake requirements in good time. They also hold well attended Cake Decorating Classes in the Methodist Church Hall for both children and adults alike.

So if you require a cake for any occasion, Sugar 'n' Spice has a goldmine of choices available for you. They also have a marvellous selection of cake decorations to make your own into a work of art.

Below: Answer to Sudoku problem No. 44 from the August issue.

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

News from Cottingham Little Theatre

90th Anniversary Production - "A Christmas Carol" by Charles Dickens

Well the summer has almost gone (did it ever arrive I wonder??) and we start the build up to "A Christmas Carol" with rehearsals starting very soon. So we have dragged the old publicity machine out of hibernation in preparation for the work ahead. The next two months will be particularly busy in this area of our operations and we hope to give you all the information you need to know about the show. **WATCH THIS SPACE.**

Social Events

Our day out at Ladies Day at Beverley Races was enjoyed by 17 members and guests and some of us enjoyed a meal afterwards with our winnings!! In spite of weather forecasts to the contrary, the day was fine and sunny during the actual race meeting and the ladies outfits matched the occasion as usual.

Play Readings

We re-start our monthly Play Readings in September and the next one will be on Monday 6th September, 2010 at 7.30 pm on in the Old Brewery Bar at the King Billy in Hallgate, Cottingham. Everyone is welcome to come to these Open Sessions and join in or just learn more about us. For more information give Sue a ring on 01482 842250.

Director's Evening

One of the key roles in Dramatic Societies is of course the Director of our productions. We are extremely fortunate to have Brian Hossack as a member and he has directed most of our plays and shows in recent years.

With an eye on the future we have invited our all of our members to try their hands at becoming the Directors of the future and, to this end, we have arranged a Director's Evening when those Members who fancy having a try at becoming a Director, will direct a short play to the other Members so that they can find out for themselves whether or not they have the aptitude for this exacting role.

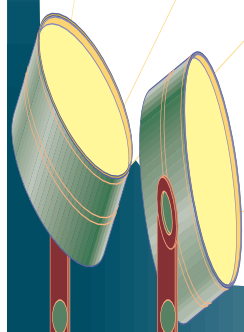
The Directors Evening will be held on Sunday 5th September and we wish all those who have put themselves in the firing line all the very best.

Friends of Cottingham Little Theatre

We are lucky to enjoy the support of many regular patrons to our shows, none more so than that of our "Friends of Cottingham Little Theatre". Their support to an amateur society like ours is invaluable. Indeed most professional theatres have a Friends Group of one sort or another There are advantages in becoming a Friend, for example, in return for an annual subscription, which does includes a number of tickets, our Friends receive advance notice of our productions, reserved seating at our shows and invitations to our social events. We like them to feel a part of our Society and welcome their comments about what we do. So if you would like more information about how to become a Friend, please contact Bob on tel. No. 842270.

New Members and Friends

If you fancy joining us, either as a Member or as a Friend, have a look at our website www.cottinghamlittletheatre.co.uk where you can find out lots more about us. Or e-mail us at clt1920@hotmail.co.uk or you can contact our Secretary, Val, on Tel. No. 01482 440588.



**Act, Direct, Produce,
Stage Manage,
Do Lighting,
Do Sound Effects, Prompt,
Do Props, Do Costumes,
Do Front of House, Make
Refreshments,
Be a Gofa**

Walk under the Midnight Stars for Sue Ryder Care

Sue Ryder Care is calling all women to gather their female friends and relatives and join in the women's only Midnight Walk, in either Ilkley or at Harewood House, to raise vital funds to care for people with complex life threatening conditions.

The Ilkley sponsored Midnight Walk on 11th September is a 10 mile course starting at the Ilkley Lido. The route goes through Ben Rhydding, traces the river Wharfe to Burley in Wharfedale then heads back to the Lido. The Harewood House sponsored Midnight Walk on 25th September is a 10km walk through the grounds of the stately home, through the deer park and passes round the house itself.

Participants at each walk will enjoy a fun warm up before the countdown to midnight. At the finish walkers will receive special Midnight Walk goodies, a medal and well earned breakfast. The walks will raise money for Sue Ryder Care Wheatfield's Hospice in Headingley.

Joseph Bland at Sue Ryder Care, said: "These are two spectacular venues for Midnight walks and will certainly be nights out with a difference. By supporting Sue Ryder Care you really can make a difference to the lives of local people with complex life threatening conditions."

The Harewood House Walk is being supported by Ecclesiastical Insurance and the Ilkley Walk is being sponsored by U dentistry, The Malt and Wharfedale & Airedale Observer. Joseph said, "Their support means that all the sponsorship raised will go towards supporting people, their families and friends affected by conditions including Cancer, Stroke, Brain injury, Multiple Sclerosis, Dementia, Huntington's disease, Parkinson's disease and Motor Neurone disease".

Sue Ryder Care is one of the leading providers in specialist long-term and end-of-life care, with 13 care centres all over the country, six of which are hospices. The sponsorship money raised will help Sue Ryder Care to continue its much-needed work in this area.

Entry is £15 and all participants must pre-register to take part. You can register online at www.suerydercare.org/midnightwalks or contact the York Fundraising Team on 01904 426 920 or york@suerydercare.org.

Two for one Exercise Offer at Beverley Leisure Complex

Until 19th September, Beverley Leisure Complex is giving everybody the opportunity to work-out with a friend at a heavily discounted rate.

Coby Kemp, senior assistant facility manager at the leisure complex, said: "This offer is to encourage people to make exercise part of their daily routine. Mild to moderate physical activity is, for most people, the best way to improve their health. People need to find some form of exercise they can enjoy doing or something they can at least

put up with - or they won't stick at it. So if you can start to exercise with a friend and enjoy the social aspects of exercise, along with the health benefits, then hopefully we will have changed people's opinions about exercise and they will now see it as something that just fits into their daily routine."

Bring a friend along to any of these classes:

Monday	6pm - 6.45pm	Spin
Tuesday	12.15pm - 1pm	Spin
Wednesday	6.45pm - 7.30pm	Body Pump
Wednesday	8pm - 9pm	Spin
Thursday	2pm - 2.30pm	Aqua Aerobics
Friday	2pm - 2.45pm	Salsa Aerobics

Pay for yourself and your friend goes free. The offer also applies to any customer on a membership who can bring a friend to any of these classes free. Only one friend allowed per full paying customer or member. Please ring reception to book a place for yourself and your friend (01482 395231) or log onto www.beverleyleisurecomplex.co.uk for more information and the offer's terms and conditions.

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KGV Pavilion officially opened by Councillor David Rudd, Chairman of the East Riding of Yorkshire Council on Thursday 12th August

The Friends and Trustees of KGV Cottingham would like to thank all those who attended the Family Fun Day on 12th August, although a torrential downpour just before two o'clock put paid to the event we are sure the kids and parents alike were enjoying the day. Over three hundred people turned out to enjoy the bouncy castles, hook a duck and archery, with sports and activities aplenty the children certainly seemed to be having great fun.

The Bouncy Pupil Sticks seemed to be every child's favourite with queues to scramble up onto the jousting pads and beat each other with the canvass sticks until one fell off, of course the protective wear and

bouncy nature of the game meant no one was hurt but everyone laughed. Family Fun Day will return next August as an annual event when hopefully the weather will be a little more kind to us.

Shortly after 12.30 pm the newly refurbished pavilion was officially opened by the Chairman of the East Riding of Yorkshire Council Councillor David Rudd and Gary Cooper the Chairman of the KGV Cottingham Community Trust along with Darren Stevens the Head of Culture and Information. Parish Councillors, Friends Group members, Trustees and many of those involved in the refurbishment attended the ceremony. "This is a tribute to all the hours put in by volunteers, officers and all those associated with achieving this dream of re-opening an improved pavilion", said Gary Cooper who thanked the planning officers and the contractors, Stubbs, for their hard work and dedication to the cause.

The pavilion re-opens for business on September 1st under the control of the ERYC with the Trustees shadowing and gaining valuable experience and training before the facility moves into Community Trust ownership in April 2011, in the meantime during the school holidays the kitchen hatch will be open during the day serving hot and cold drinks and snacks to all facility users.

Please check the notice board in the kiddies play park, the Parish Council website www.cottinghamparishcouncil.org.uk or of course the *Cottingham Times* for more information on future events such as the Spooky Haloweien Trail and Kiddies Christmas party at KGV Cottingham.

Pictured above: Left, Gary Cooper, Chairman of the KGV Cottingham Community Trust and right, Chairman of the East Riding of Yorkshire Council Councillor David Rudd at the official opening of the KGV Pavilion.

East Riding Club

Accreditation Scheme

Congratulations to the sports clubs which have achieved the East Riding Club Accreditation Scheme (Ercas) award recently.

Beverley Albion FC, **Cottingham Fit Mums and Friends (Athletics)**, Bridlington Club for Young People, Leconfield Bowls Club, Market Weighton Lawn Tennis Club, Hullensians RUFC and Wolfreton Park Bowling Club have all achieved level one accreditation.

Congratulations also go to Beverley Unbeatables Swimming Club, Driffild Disabled Swimming Club, Goole Splashers and Haltemprice Dolphins (all members of the East Riding of Yorkshire Disabled Swimming Association), Leconfield Senior and Junior Badminton Clubs, Beverley Braves RFL Club, Pocklington RUFC, Welton Sailing Club, Parkside Raiders JFC and Wolds Archers (Adults) who have renewed their level one accreditation, Stamford Bridge Cricket Club and Meridian Gymnastics Club who have successfully renewed their level two accreditation and Hull and District Canoe Club who have renewed their level three accreditation.

The scheme works as a partnership between the East Riding Council for Voluntary Youth Services (Erycvs) who co-ordinate Ercas level one and the East Riding Sport and Play Development Service who administer Ercas levels two and three.

The aim of the scheme is to promote a quality club infrastructure focusing on key areas such as child protection and implementing health and safety measures. A further requirement for all junior clubs is to have qualified coaches and CRB police cleared volunteers.

Achieving the ERCAS standards is mandatory for all voluntary sports clubs who use East Riding school or leisure centre facilities, deliver taster/ holiday sessions in schools, hire school facilities through the Directed Community Use of School Team (DCU), apply for Rate Relief or hand out any publicity material to local school children.

For further information on the accredited clubs please visit www.eastridingsportandplay.org and click on 'club development' then 'accreditation' or for information on the Ercas scheme please contact Adam Toes, community recreation officer, on (01482) 392524 or email adam.toes@eastriding.gov.uk.

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The Traditional Chinese method of Acupuncture treats the whole person, body and mind, and not just the symptoms

Traditional Chinese Medicine (TCM) has existed for over 4000 years and is a comprehensive medical system with its own principles, diagnostic methods and therapies.

TCM views the body as an organic whole with a network of meridians connecting and co-ordinating the internal organs, Qi ('vital energy'), blood, body fluids, muscles, bones, tendons and the skin.

TCM also holds as its central belief that health in all parts of the body is due to the relative balance of Yin and Yang. Yin-Yang theory forms the basis of TCM's holistic approach to health and disease and also offers practical guidance in the prevention and management of diseases.

TCM has two basic components - Chinese Herbal Therapy and Acupuncture.

The aim of Chinese Herbal Medicine and Acupuncture is to regulate the meridians or channels of the body to unblock the stagnation of Qi, as it believes that the disease is caused by the energy blockages within the body.

The channels are related to the internal organs, which if out of balance is another important factor in the cause of disease. Chinese Herbal Medicine and Acupuncture are used to correct this imbalance.

Chinese Medicine is therefore a truly holistic form of medicine, aiming at treatment of the whole body rather than just the symptoms.

Problems and Diseases commonly treated by TCM

Dermatological:

Eczema, Herpes, Psoriasis, Acne, Hair Loss, Itching, Athlete's Foot, and other Fungal Infections, etc.



Muscular, Neurological, Skeletal and Vascular:

Arthritis, Sciatica, Back Pain, Lumbago (lower back pain), Frozen Shoulder, Tennis Elbow, Gonitis, M.E., Stiff Neck, Hemiplegia, Neuralgia, Facial Pain, Stroke, Sprain, Sports Injury etc.

Internal:

High Blood Pressure, Palpitation, Obeseness, Asthma, Bronchitis, Headache, Dizziness, Migraine, Nausea, Vomiting, Gastritis, Colitis, Indigestion, Peptic Ulcers, IBS, Diarrhoea, Edema, Diabetes, Constipation, Haemorrhoids, Cold, Flu etc.

Men's Problems:

Ejaculation Praecox, Low Sperm Count, Impotence, Prostatitis, Sex Drive Problems.

Women's Problems:

Irregular Periods, Infertility, Habitual Abortion, Anaemia, Menopausal Syndromes, Premenstrual Tension, Discharges, Fibroids, Cysts, Endometriosis, Morning Sickness, etc.

Ears, Eyes, Nose and Throat:

Otitis, Tinnitus, Sore Throat, Hay Fever, Pharyngitis, Rhinitis, Sinusitis, etc.

Cancer and Tumour:

Herbal therapy can build up your immune system to support any other medical treatment for more serious medical conditions.

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

Anxiety, Depression, Stress, Panic Attack, Insomnia, Dementia, etc.

Herbgarden have been situated in Butcher Row, Beverley, for the past six years and are a very respected medical centre in the area, with many satisfied customers over the years. There are customer recommendations displayed in the windows of the clinic and many more are available to see if you wish.

For further information and appointments, telephone 01482 888152 or call in at the Herb Garden, 28 Butcher Row, Beverley.



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Running Shoes with Extra Power

Healthcare charity Sue Ryder Care is calling runners across Yorkshire and the North East to join its running team. The charity offers a personalised running service to all runners across Yorkshire and the North East who have secured their own place at one of the most popular half-marathon races - the Great North Run - and would like extra help to make sure the day will be an unforgettable one.

Lucy Nalton, Fundraiser at Sue Ryder Care, commented: "The race is fast approaching - it takes place on Sunday 19 September - and if you have not thought about running for a charity, there is still plenty of time to join our running team. We are here to help you with training advice and tips, all runners also receive a running vest. On the day we will be there to support you all the way through the race with our fantastic 'cheering team' and after the race with our in-house physiotherapists to soothe those aching muscles".

Sue Ryder Care has a dedicated running support team and look after its runners from the sign-up to the finishing line. David Procter, who took place in last year's event, added: "I wanted to take on the challenge of the Great North Run and see how far I could get. I have run it in the past, but I never thought of running the race for a charity.

To be part of the Sue Ryder Care team was a great experience. I was unsure about raising money as I have always imagined it was difficult and time consuming. But it was quite easy and definitely good fun. I ended up involving work colleagues, family and friends and we all had a great time organising fundraising events whenever we had some spare time. The support I received from the Sue Ryder Care team was fantastic and it was the main reason I had gone from 'never again' to 'I can't wait for next year'. I will recommend to anyone who has a place at the race to get in touch with the running team at Sue Ryder Care, it makes the experience a very special one"

All money raised through sponsorship helps the charity continue to provide quality care for people living with end of life and long-term conditions including Cancer, Stroke, Brain Injury, Multiple Sclerosis, Dementia, Huntington's Disease, Parkinson's Disease and Motor

Neurone Disease through its day care, respite, residential and community based services. Locally Sue Ryder Care provides the care centre Holme Hall in Holme-on-Spalding-Moor.

Sue Ryder Care has a partnership with www.virginmoneygiving.com so runners can create their own online fundraising page, making it easy for friends and family to sponsor them.

If you would like to receive more information or simply have an initial chat about how you could help, please contact Lucy Nalton on 01904 426 920 or email lucy.nalton@sue Rydercare.org.

For further information about Sue Ryder Care visit www.sue Rydercare.org

A Huge "Thank You" to the Doctors and Nursing staff at Ward 18, Castle Hill and to the staff and carers at MHA Willersley House, Willerby

I would like to give a huge "Thank You" to the Doctors and Nursing Staff at Ward 18, Castle Hill, who cared for my father aged 95, during his short time there until his death in late July.

I would also like to thank the staff and carers at MHA Willersley House, Main Street, Willerby, where my father spent the last few weeks of his life. Although only there a short time, he soon considered Willersley House his home where he was superbly cared for by everyone and also made new friends.

If anyone has an aged relative who needs that "bit of extra help" or are themselves considering moving to a Residential Care Home, I can highly recommend that they consider the MHA Willersley House, 85 Main Street, Willerby, where they have superb facilities and caring staff to look after you or your relative.

Editor

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Karl Worby, PGA Golf Professional



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Mind Over Matter Solution from page 29

The letters A-Z are valued 1-26. In each set, the difference between the top and bottom values on the left, plus the difference between the top and bottom values on the right, equals the middle value, so the mystery letter is F (6).

Crossword Solution from page 14

1	P	U	N	D	I	T		3	A	C	C	5	E	P	6	T	
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	D		R		K		E					T					A
26	E	L	D	E	S	T			27	A	P	P	E	A	L		



The Life & Fork Healthy Eating Option

There is a company called Life & Fork that we have recently found in Skidby they are committed to providing healthy tasty food direct to your door. Their team comprises of a nutritionist and a team of development chefs and between them love spending their time in the kitchen creating new and exciting dishes that deliver optimum nutrition.

Most people want to maintain a healthy diet for a number of reasons but the time required to do so is not something we can always commit too. They are there to make life that little bit easier and give you one less thing to worry about. By ordering their food direct from them, you are ensuring you maintain a healthy diet without the hassle of having to plan and cook meals for yourself. Instead you are having your food cooked personally for you by a professional chef.

You will save time and if you find yourself throwing out fresh produce from the bottom of your fridge each week, you will also be saving money as well as inspiring yourself to vary your diet whilst keeping it healthy and nutritious.

All of their food is low in the bad fats and contains a good balance of protein and slow releasing carbohydrates. This means that the dishes are broken down in the body at a moderate pace, preventing sudden surges in blood sugar, which can be responsible for symptoms such as weight gain, mood swings and lack of energy.

All the ingredients are fresh and all the dishes are made on the premises, ensuring they are full of essential vitamins and minerals. The dishes are changed seasonally and wherever possible, food is sourced locally.

Whilst an overall balanced diet is ideal, we all have different reasons for wanting to eat well and they can divert our diet towards those goals. They have devised their menus around the three most popular reasons that people usually give for wanting to eat well. Train Programme, Slim Programme and Energy Programme.

We have sampled the food and can highly recommend them. For a busy lifestyle it is ideal. They can also provide party food and conference buffet facilities. They will deliver to your home or workplace or you can collect it yourself.

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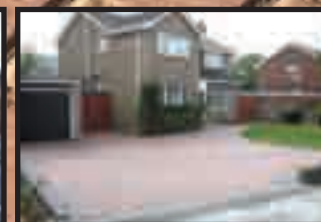
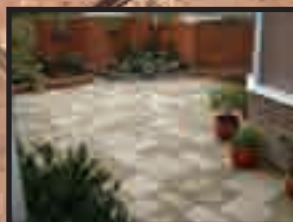
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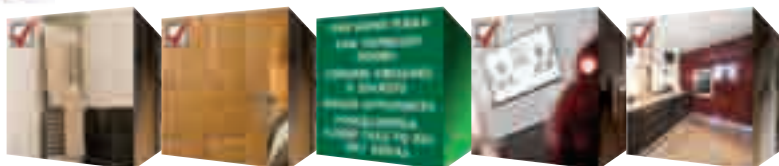
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