

# Cottingham Times

and District

Issue 118 - September 2011



## STEPHEN RICHARDSON

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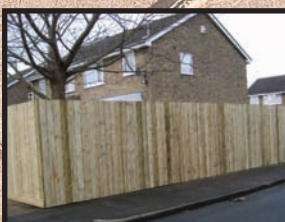
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## In Cottingham and District

### St. Mary's Church, Cottingham

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

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](http://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 Branch)

Thursday 1st September, Sea Travel in Victorian Times, in the Skidby Village Hall at 7.30 pm.

### Scottish Country Dancing Club

Monday 5th September - New term commences, Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Philip on 658247 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham. (Entrance

### Cottingham Ladies Circle

Wednesday 7th September - Miss Yvonne Green, Talk on the Emotional Freedom Technique, in the Zion Church, Hallgate, at 7.30 pm.

### Cottingham Men's De Luda Association

Wednesday 7th September - A Glimpse of China, John Scotney, in St. Mary's Church Hall, 2.00 pm.

### Cottingham Green Women's Institute Evenings

Thursday 8th September, Speaker Margaret O'Neill - Beauty for the Mature Lady. Competition: A favourite piece of jewellery, in The Darby & Joan Small Hall, Finkle Street, at 7.30 pm.

Front Cover Picture: The Trim Trail play area within the grounds of Skidby Mill. Photograph by Paul Lakin, 9 Dixon Court, Cottingham HU16 5BN. Telephone 846804.

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**U3A**

Thursday 8th September - Gail Staveley - Haltemprice a site of High Endeavour. In the hall at the Darby Joan Hall, Finkle Street, Cottingham.

**East Yorkshire Embroidery Society**

Saturday 10th September, Maggie Relph, Big is Beautiful: African Costume and Clothing Traditions, in the Darby and Joan, Finkle Street, 2.15 pm. Members £1.00; Visitors £2.00 including refreshments. Yearly membership £6.00.

**Wold Lacemakers**

Saturday 10th September - Workshop, Needlelace with Maureen Bromley, in the Church Hall, St. John's Newland Parish, 10.00 am to 4.00 pm. Admission: Members £1.50; Non-Members £4.00.

**Cottingham Catholic Women's League**

Monday 12th September, Anne Brittain - A View of Israel, in the Garden Room, Holy Cross RC Church, Carrington Avenue, Cottingham at 7.30 pm.

**Cottingham Women's Institute**

Tuesday 13th September - My Days as a TV Topper - Ann Philips. Competition: A piece of Bling, at 10.00 am upstairs at the Civic Hall, Cottingham. *Lift available.*

**Diabetes UK**

Thursday 15th 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 15th September - AGM followed by talk by Mrs. Gwen Staveley "William Mason (1725 - 1797), a son of Hull, a fame forgotten, in the Civic Hall, Cottingham at 7.30 pm. Non members welcome.

**Inland Waterways**

Friday 16th September - David Peacock will give an illustrated talk called "Morse Code on a Trawler". From 8.00 pm to 10.00 pm at the Cottingham Methodist Church. Admission £2.00 including refreshments.

**Little Weighton Events**

Sunday 18th September - 1.00 pm to 4.00 pm, Family Treasure Hunt around Little Weighton village. £5.00 adults, children free.

**North Ferriby Gardening Club**

Monday 19th September - Summat for Nowt - Gail Summerfield. After a short introduction with slides, Gail demonstrates how to produce plants using low-tech methods, with a webcam we can all see what Gail is doing. Plant Stall. In the Village Hall, North Ferriby at 7.30 pm.

**Hull Folk Dance Club**

Tuesday 20th September - Open Night, 8.00 to 10.00 pm, at the Darby & Joan Hall, Finkle Street, Cottingham. New dancers with or without a partner are very welcome. No experience is necessary. For further information ring Fred Smith 01964 550297.

**Cottingham Evening Townswomen's Guild**

Wednesday 21st September, Marie Plater - Personal Pleasures, at 7.30 pm in the Darby & Joan, Finkle Street.

**Cottingham Ladies Circle**

Wednesday 21st September - Mr. Tom Lee, Talk on Bee Keeping, in the Zion Church, Hallgate, at 7.30 pm.

**Cottingham Men's De Luda Association**

Wednesday 21st September - Public Health Inspector - Roy Kaye, in St. Mary's Church Hall, 2.00 pm.

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# WHAT'S ON

## In Cottingham and District

*Continued from page five*

### Little Weighton Events

Sunday 21st September - The Bad Apple Theatre Group presents "Land Girls", from 7.30 pm in the village hall. Admission £8.00.

### Hearing Dogs for the Deaf

Saturday 24th September - Coffee Morning, 10.00 to 12 noon at the Holy Cross Church, Carrington Avenue, Cottingham. All are invited to support this worthwhile charity. The specially trained dogs provide companionship and a lifeline to the outside world for very deaf people. Home produce and greeting card stalls, coffee/tea/biscuits 80p.

### East Riding Flower Club

Monday 26th September - In the morning at 10.00 am, Lynda Mills will give a workshop called "Wrapped in Style". At 2.00 pm June Borrowdale from Worksop will give a flower demonstration called "Autumn Inspirations". In the Civic Hall. Admission £3.00 each. Tickets at the door. Enquiries Judy Robinson 876279.

### Wednesday Social Club

Wednesday 28th September - Derek Clarke - Bits and Pieces continued, in the Darby and Joan Hall, at 2.00 pm.

### Yorkshire Countrywomens Association (Skidby Branch)

Thursday 6th October - Corn Dollies, in the Skidby Village Hall at 7.30 pm.

## Gardener's Question Time in the Cottingham Methodist Church Hall, 22nd September

Thursday 22nd September - Doug Stewart at 7.30pm in the Cottingham Methodist Church, Hallgate, Cottingham. Doug, who can be heard weekly on Radio Humberside's garden phone in and outdoor features show, will start the evening with one of his newer talks, "Snuffles and Tweets", which considers how to create a garden that is both attractive and friendly to wildlife.

Doug is a lively and entertaining speaker whose enthusiasm for his subject is infectious to gardeners and non-gardeners alike. Following a refreshment break, Doug will respond to your questions. Tickets £5.00 per person including refreshments. For further details, or to order your tickets contact Peter Clark on 01482 876267.



## East Riding Youth Dance recruiting for Autumn term

East Riding Youth Dance is recruiting at a venue near you for the Autumn term.

Co-ordinated by East Riding of Yorkshire Council, the project includes weekly sessions with professional artists working towards performances each term. East Riding Youth Dance also gives young people the opportunity to learn from the country's leading professional dance companies in workshops and live performances.

The youth dance groups are based in 5 areas of the East Riding with sessions for 11 to 13 year olds and 14 – 18 year olds. At the end of every term the 10 groups plus the exclusive County Company come together to perform at the biggest Youth Dance Platform in the area.

### Weekly sessions will be taking place at:

Minster Primary School, Beverley Tuesdays  
All groups start week commencing 19 September 2011  
The cost is £35 per term or £100 for all 3 terms

Auditions to become part of East Riding Youth Dance County Company will be taking place to find young people who will work together for a year, meet regularly to work under the direction of professional dance artists to achieve excellence in dance.

Auditions are to be held on Sunday 2 October 2011 at Woldgate College, Kilnwick Road, Pocklington. The cost to be a member of the County Company is £150 per year. Rehearsals throughout the year take place at Woldgate College on Sundays from 9.30am to 1.30pm

As part of their training they will regularly represent the East Riding at local, regional and national performance events.

For more information or to receive an application pack for County Company please call Michelle McCoy on 01482 392653 or 07795 337492 or visit the website [www.eryd.co.uk](http://www.eryd.co.uk).

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## Humberside Police Officers' Charity Tandem Bike Ride

Six officers from Humberside Police got on their tandem bikes to ride the Coast-to-Coast challenge to raise money for charity.

Officers from Cottingham, Hessle and Goole Incident Resolution Teams tackled the gruelling 225-mile journey in just three days raising more than £2,700 along the way for two charities; HERIB's Beech Holme Tandem Club who provide opportunities for people with sight-loss to ride a tandem in conjunction with a sighted person and also the national charity Help for Heroes.

Sgt Martin Flynn who organised the event is a keen volunteer with the Beech Holme Tandem Club. He and his team overcame several breakdowns and punctures along the route before finally returning home to a heroes welcome by friends and family back at HERIB's centre on Beverley Road, Hull.

Angela Gregory, HERIB Fundraising Manager said: "We would like to thank not only the six riders, but also everyone who supported the ride. The money raised will now be used to help fund the Beech Holme Tandem Club which provides an opportunity for local people with visual impairments to enjoy the pleasures of cycling through the countryside."

For more information about HERIB and its services please call 01482 342297 or visit: [www.herib.co.uk](http://www.herib.co.uk).

## Music Lovers, Make a Note . . .

ELIZABETH ALTMAN, International Concert pianist and great favourite in the East Riding, is making a return visit to Hallgate Methodist Church on Armistice Sunday 13th November for a solo concert comprising major works of Schubert and some excerpts from movements of the most popular piano concertos in the whole repertoire of the great composers.

COME AND BE ENTHRALLED by the superb interpretation which Elizabeth can render to these great works.

Concert starts at 2-30 pm and further details will follow in future issues of the Cottingham Times.

Meanwhile, if you live on the edge of Cottingham or an outlying village and would like to distribute a few leaflets, please contact Richard on 01482 847122 and we shall be extremely grateful, as this would help to promote the occasion to a wider market and help us keep costs down!



## Save the date for Macmillan!

**M**acmillan Cancer Support's flagship event, the World's Biggest Coffee Morning will take place on Friday 30th September 2011 and the charity are encouraging the people in North Yorkshire to help make it the biggest ever!

The World's Biggest Coffee Morning raised over £8 million in 2010 and is celebrating its 21st year in 2011. The money raised from this nationwide and record breaking event will allow Macmillan to continue to improve the lives of people living with cancer.

Elizabeth Fletcher, an intern for the World's Biggest Coffee Morning at Macmillan in York, explains, "The World's Biggest Coffee Morning is all about getting together with other people by holding a coffee morning and making a donation to Macmillan. It is really simple to do and is a lot of fun."

Whilst the official date for holding a coffee morning is Friday 30th September, it can be held at any time. Registration can be done online or by phone and once registered, participants will receive a fundraising pack to help make their event as successful as possible.

"We've had coffee mornings held everywhere, from homes and offices to on the top of mountains!" says Elizabeth. "Some people like to hold traditional coffee mornings with lots of coffee and cake but you can be as creative as you like! Maybe have a themed coffee morning or hold a karaoke night or pub quiz. We offer support to all participants and we love to hear about the new and exciting ways that people raise money for Macmillan."

Macmillan not only helps improve the lives of patients who live with cancer, they also help carers, families and communities. Elizabeth explains, "The current statistic is that 1 in 3 of us will get cancer at some point in our lives. Macmillan guides people through the system and supports them every step of the way. Macmillan provides practical, medical and financial support and pushes for better cancer care. Something as simple as holding a coffee morning allows Macmillan to continue to make a difference and improve the lives of people affected by cancer."

If you would like to register to take part in the World's Biggest Coffee Morning, visit [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee), or call 0845 602 1246.

## Lighting Change will help reduce Carbon Emissions

**E**ast Riding of Yorkshire Council has begun removing old, low-pressure sodium orange lighting and replacing with fluorescent white lights as part of a commitment to reduce carbon emissions.

Following a successful trial last year, on the A1079 Beverley road between Dunswell and Hull, schemes are being rolled out across the East Riding. With Boothferry Road, Hessle, the latest road to be completed and other traffic routes around the Beverley area set to change in the next few weeks.

The switch on Boothferry Road alone has reduced energy consumption by 44 per cent and will save over 19 tonnes of carbon each year.

Residential lighting is also being looked at, with work already underway in the Anlaby area and extensive changes planned for Kirkella, Hessle and Cottingham later this year. Other residential areas will be undertaken in future years.

The schemes will also include the use of LED lights in some areas, which will afford further savings of over 50 per cent.

John Skidmore, head of streetscene services, said: "This is the start of a major project for the council's street lighting team and will hopefully see the removal of all low-pressure sodium lights within the next four to five years.

"Switching the lighting will save the Council on energy consumption and will also help achieve our objective of a 34 per cent carbon reduction before 2020."



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## St. Mary's Church Tower Trips - final dates announced

The final Tower Trips of St. Mary's Church, Cottingham for 2011 are on Saturdays, September 3rd and October 1st. As before places can be booked by phoning Ian Booth on 01482 848041.

Pictured above are the pair of noisy Amazonian Parrots, probably escaped pets, which have been circling the village for several years, and frequently perch on St Mary's church; unfortunately, their claws have removed some of the gold leaf at the top of the clock dials.

*Photo courtesy of Ian Booth.*

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**We are now heading towards National Cruise Week.** The week kicks off with our annual cruise and holiday fayre on Saturday 17th September. This is a free event that you are all welcome to visit. We have a full programme of presentations throughout the day with many new ideas and destinations to whet your appetite.....travelling to somewhere different! Please call for your complimentary entrance ticket soonest; you will then have the days programme at your finger tips. At our exhibition you will have the opportunity to talk to our partner cruising and holiday companies as well as making your booking on the spot - there will be many special offers too! We look forward to seeing you.

**Our new ship to sail from HULL in 2012 - MV Arion, is a little gem.** Myself Connor & Dave flew out to spend a couple of days on her in the Aegean Sea. We were made to feel very much at home; the ship has undergone a big refurbishment. She is spotlessly clean, the food and service was fabulous.....what more do we expect from the happy smiling Phillipinos! The atmosphere afloat is unique; the closest I have experienced to Fred Olsen's departed Black Prince. The bonus is she is sailing right from our very own port to. We look forward to your enquiries or, if you prefer technology, take a look at [www.hullcruising.co.uk](http://www.hullcruising.co.uk), then call us for a chat for the finer details and to book your cabin.

**If you like to tour but not sure about a cruise.....**Then look no further, this is something a little different.....

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**Our escorted Taj & Tigers Tour of India** departing on 24th March has just 2 places left. This is a fabulous small group tour, ideal for single travellers as well as couples. In fact we have 7 single travellers booked - out numbering our couples! I know they will all have a great time, the sights are truly amazing with a new experience around every corner!

I am just about to depart on our Paris tour as I write, how about joining me on our weekend away next month? Leaving Friday night 14th October from King George Dock, you will be able to spend all day Saturday in the sea side resort of Ostend. Saturday evening you have the option of joining our included excursion to the Diksmuide Beer Festival. After a leisurely breakfast the next day we head to Bruges. Here you are free to sample the delights of the city before it is time to catch our ferry home. Arriving back to King George Dock on Monday morning, having experienced a continental weekend with little effort involved. Price from just £169 per person.

**Christmas & New Year** ideas: we have lots of them! Now is the time to seriously get on with booking if you want to get away this year. Whatever you are looking for, at home or abroad, there is a wide range on offer. Single travellers: what about CAB tours to Rosas? I was amazed at the value - £599 for 8 days.

While a few days away twixmas (that time between Christmas and New Year!), for example: Blackpool 4 days, £119 per person twin share.

Lapland - a visit to Santa's home pre Christmas for just a day or a few days, is magical for the little one's in our lives. My son loved the experience; we took him when he was 7 and it's a memory we will not forget.

Christmas markets run the end of November through to December and offer a real warm festive atmosphere. I have been visiting for a several years now and it has become a ritual I must do! Ask for details.

**Need a gift for someone?** Struggling to find just the thing? Then why not purchase a Marion Owen Travel gift voucher? These can be redeemed against any holiday by land sea or air. A great choice for any occasion.

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## Wordsearch - In Your Dreams

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

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

Find the words in the letters above:

Catnap, Daydream, Doze, Dream, Drowsy, Exhausted, Fantasy, Fatigued, Forty Winks, Hibernate, Imagination, Kip, Mirage, Nightmare, Nod Off, Relax, Repose, Rest, Shuteye, Siesta, Sleep, Slumber, Snooze, Stargaze, Tired, Vision, Weary.

Wordsearch courtesy of [www.puzzlechoice.com](http://www.puzzlechoice.com)

## Sudoku No. 57 -

This is an easy challenge this month

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



## Cottingham Red Cross says a big "Thank You"!

Cottingham Red Cross would like to thank all those who supported the event by helping, donating plants, produce and prizes and all those who came to visit, despite the cold wet weather. It was very gratifying that we got such a good response from local people and were able to raise in excess of £600.

Finally, a very big thank you to Lewis who came with his mum and dad and played brilliantly for us all day on his electric organ and charmed everyone with his music and his talent.

## "The Last Night of the Proms" in the North Ferriby Village Hall on Friday 16th September!

The "Last Night of the Proms" concert organised by the Rotary Club of Humberside in the North Ferriby Village Hall has become an annual event in the calendar.

This year, given as usual by the Humberside Police Concert Band, will be held on Friday 16 September starting at 7.45 pm with tickets costing £8.00.

The Chairman of the Rotary Club's Major Events Committee, George Tarbotton, said "We have had two very successful concerts in the village and we are hoping to make it a third.

Previously we have had a great deal of support from people in Cottingham and we hope we shall get similar support again this year for what promises to be another rousing evening.

The Village Hall will be decked out with bunting and there'll be a Union Flag on every chair when people arrive.

Tickets for the event are available from the Post Office in North Ferriby or from the Rotary Club of Humberside - telephone 01482 632315.



## Watercolour Painting Classes begin at the Methodist Church Hall, Hallgate on Monday September 19th

Watercolour classes start in the Methodist Hall, Hallgate, Cottingham on Monday September 19th, 10.00 am - 12 noon and Wednesday September 21st, 10.00 am - 12 noon and 1.15 pm - 3.15 pm 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.

More information is available by ringing Nicole or Lauren on 01482 610833 or the tutor Steve Waller on 01964 626291.

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**Friday 9th September**

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## Theatre Night

**Saturday 10th September**

**"My Brilliant Divorce"**

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This achingly funny and poignant play will touch the hearts of anyone who has ever been loved!

**£19.50 per person**

**includes two course dinner and coffee**

## Murder, Mystery Weekend

**Arrive Friday 7th October and leave on Sunday afternoon after lunch . . .**

The School Reunion, an exciting weekend, but all is not as it seems! Catch up with old friends (or foes), but does someone bear a grudge?

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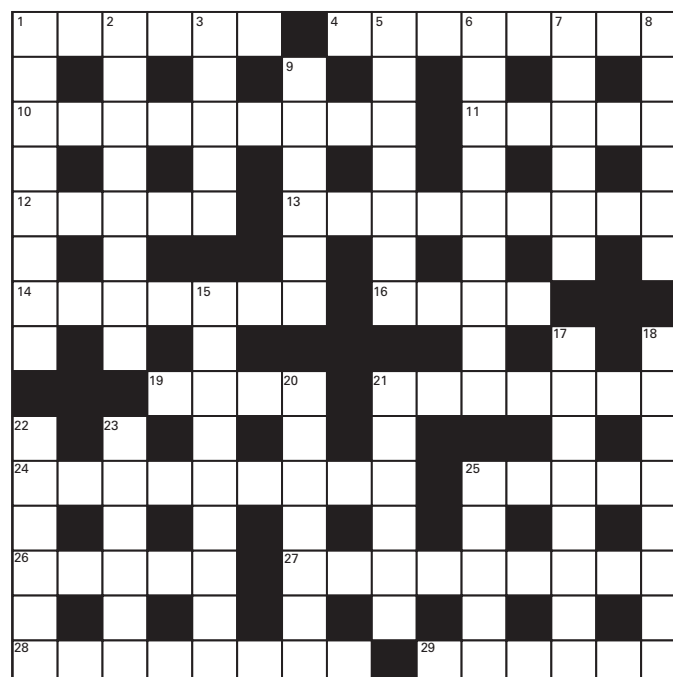
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## Crossword - Solution on page 46



### Across

1. A forceful consequence (6)
4. The rank of a male hereditary ruler (8)
10. Morasses (9)
11. Mistake (5)
12. Model of excellence (5)
13. Depicts in words (9)
14. Act like another (7)
16. Grain storage building (4)
19. Decreases (4)
21. A soft light woolen fabric (7)
24. Pauses (9)
25. Provoke or roar (5)
26. Do without (5)
27. Ready for use (9)
28. Vendors (8)
29. Loves intensely (6)

### Down

1. Asks (8)
2. Quiet (8)
3. Desert animal (5)
5. Asserts (7)
6. Insurgent (9)
7. By means of this (6)
8. Examine (6)
9. Refrigerator (6)
15. Millstone (figurative) (9)
17. Restrain (8)
18. Praises dishonestly (8)
20. Place or locate (7)
21. Involving financial matters (6)
22. Vertical passageways (6)
23. Stellar (6)
25. Governed (5)

Crossword courtesy of [www.crosswordpalace.com](http://www.crosswordpalace.com)



## Wills - why use a solicitor?

Currently, will writing is an unregulated industry in England. This means that you may be charged a fee for the preparation of a Will regardless of training, supervision, insurance and qualifications.

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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# In the Kitchen



## Bread

Breadmakers have become a popular addition to many households. Once thought of as just a fad piece of equipment, many people have now substituted commercially made bread with fresh homemade bread cooked in a domestic breadmaker on a regular basis.

### What are the Benefits of Using Breadmakers?

- Control over the ingredients used including salt or additives
- \* Can save you money especially if you like speciality breads containing more unusual ingredients which are more expensive if shop bought
- \* Flexibility and choice of what type of fresh bread you want and when you want it. Most machines can also be used to just make dough e.g. for pizzas or rolls. Cleaner and often quicker than conventional bread making
- \* A sense of comfort, satisfaction and fun - this may sound odd but most people who use breadmakers will agree that the feeling they get when smelling freshly baked bread and turning out a wonderful home cooked loaf is very satisfying, especially if some experimenting has been done with regards to the ingredients used.

### What Should you look for in a Breadmaker?

Most breadmakers on the market have much the same features. The main differences are in the size and shape of loaf produced and added functions such as alarms and fruit dispensers.

To ensure you make full use of this handy appliance, below are some things that you should consider before making a purchase.

**The Right Size** The size of your family should be considered when determining which breadmaker you buy. Many bread machines are classed at 1lb, 1.5lb or 2lb which loosely refers to the weight of the cooked loaf. The larger machines can make smaller loaves, although some believe the best loaves are obtained when the machine is used at full capacity. If you have a large family, there are models available which bake two loaves at a time however it should be remembered that homemade bread may not last as long as shop bought bread due to the absence of additives or preservatives.

**Type of bread pan** Bread pans come in various shapes and sizes from round to square to rectangular and both horizontal and vertical. A little thought should therefore be given as to what type of bread you want to make. For example, if you will only be making bread for sandwiches, it's best to get a horizontal shape. However if you want to make the light Italian ciabatta types breads, then a vertical pan would probably be better as it allows for more rising. Also consider whether the pan is removable. Removable pans make life a lot easier, for filling, removing the baked loaf and cleaning. Gluten-free bread makers also available.

**Additional Features and Programs** Most breadmakers now offer several choices of programs to provide a combination of mixing, kneading, resting, and rising times suitable for various types of bread. Depending on



what you are planning to bake, below are some programs which you should look out for:

- \* Basic - for most white breads
- \* Rapid bake - enables bread to be made in a fraction of the normal cycle time
- \* Whole wheat - has a longer knead cycle imperative if you'll be using whole grain flours
- \* Italian - excellent for ciabatta types of bread
- \* Raisin - automatically adds fruits, nuts, etc. at the right time to prevent crushing
- \* Dough - just mixes the dough so you can then shape the bread to your liking e.g. croissants, bread cakes, etc.
- \* Keep warm/cool down - these are handy features if you won't be present when the baking cycle has finished
- \* A timer to ensure the bread is ready when you require it. eg. Set it before bedtime to wake up to fresh bread for breakfast.

### How much should you spend on your bread machine?

Although there are some very cheap and very expensive models on the market, always be guided by what you think you will need based on the above criteria, rather than on price. If you are unsure, it's best to pay a little extra and get more functions as once you start using your bread machine, you'll probably want to expand and experiment with different types of breads and flours. After trying unsuccessfully over the years to use bread machines, we bought a Panasonic and have never looked back. Although it works for us it may not be suitable for others so doing your homework ie looking at reviews on the internet etc. is well worth it. Panasonic bread makers are sold locally by Ian Black's in Cottingham, Bonus and Waitrose at Willerby also stock them.

Canadian red spring wheat flour produces a very strong dough with exceptional pliability and texture, due to its superior gluten and protein levels. These characteristics make it highly desirable for both bread and pasta making. Suitable for hand baking and bread machines, it results in bread with exceptional texture, flavour and keeping qualities, very light and our favourite. This is available from Waitrose. The Mill in Skidby also sells very good bread flour, freshly milled and available from the Mill shop.

On a personal note; we always sieve the flour twice, once as it is being weighed and again as we sieve it into the bread pan. This makes the loaf lighter.

Panasonic also have a cookery school see the "Ideas Kitchen" on [www.theideaskitchen.co.uk](http://www.theideaskitchen.co.uk) or telephone 0844 844 3852 for further information. There are also many other seasonal recipes and tips on the site using microwaves/ovens, etc.







## Peaches

**P**eaches (*Prunus persica*) are native to China where they have been cultivated for centuries. Not only have they been mentioned in Chinese writings dating back to the 10th Century BC, they have also been the subject of many Chinese folk tales, including having been consumed by the Immortals for their mystic powers of giving long life. The Persians are believed to have introduced the peach to Europe from China and Spanish explorers took them to the Americas in the 16th century.

Nutritionally, not only does a medium sized peach provide one of your recommended 5-a-day, but medical studies have shown that their content of the antioxidants Lutein and Zeaxanthin helps guard against blindness caused by Age-related Macular Degeneration (AMD) which is now the biggest cause of irreversible blindness or partial loss of sight in the western world, affecting millions of people over the age of 50.

There are many ways to incorporate them into the diet in both savoury and sweet dishes.

### Chicken with Peaches

#### Ingredients

- 50g/2oz Butter
- 4 Boneless Chicken Breasts, skinned
- 1 Large Onion, thinly sliced
- 100g/4oz Cabbage or Spinach, washed and finely shredded
- 240ml/8fl.oz. Fresh Chicken Stock
- Salt and Black Pepper
- 2 peaches, peeled, stoned and cut into 12 wedges

#### Instructions

1. Heat half the butter in a frying pan until hot then add the chicken and cook for 5 minutes on each side until browned. Remove with a slotted spoon and set aside.
2. Reheat the butter then add the onion and sauté for about 5 minutes until softened.
3. Stir in the chicken stock, bring to simmering point then return the chicken to the pan, reduce the heat to medium, cover and cook for 10-15 minutes.
4. Add the greens, season with salt and pepper, mix well then cover and cook for a further 5 minutes.
5. Meanwhile, heat the remaining butter into a frying pan and once melted add the peach slices to the pan. Sauté for a few minutes, turning once until they are heated through and just softened.



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6. To serve - transfer the chicken to a serving platter, arrange the peaches around the meat and pour the sauce over the top. Serve immediately

### Smoothies

#### Breakfast Peach smoothie recipe

##### Ingredients

- 2 Peaches, stoned and cubed
- 50g/2oz Ground Almonds
- 3-4 tbsp Wheatgerm
- 240ml/8fl oz Natural Yoghurt
- 120ml/4fl oz Cranberry or Orange Juice
- 2 tbsp Honey
- A pinch of Ground Allspice

##### Instructions

- Place all of the Ingredients in blender and blend until smooth.

### Strawberry Peach smoothie

##### Ingredients

- 2 Ripe Peaches or Nectarines, stoned and cubed
- 75g/3oz Strawberries
- 240ml/8fl.oz. Natural Yoghurt
- 2 tbsp Maple Syrup, to taste

##### Instructions.

- Place all of the Ingredients in blender and blend until smooth.

### Amaretti Peaches

##### Ingredients

- Butter for Greasing
- 50g/2oz Amaretti Biscuits
- 4 Peaches, halved and stoned
- 1 Egg Yolk
- 25g/1oz Butter
- 25g/1oz Sugar
- 150ml/5fl.oz. White Wine or Sugar Syrup

##### Instructions

1. Preheat the oven to 180C, 350F, Gas Mark 4 and lightly butter a shallow ovenproof dish.
2. Place the biscuits in a medium sized bowl and crush.
3. Remove some of the centre flesh of the peaches, making the hollow a little deeper and add the removed flesh to the crushed biscuits together with the egg yolk, butter and half the sugar. Mix well.
4. Place the hollowed out peach halves in the prepared ovenproof dish and divide the biscuit mixture to each peach, pressing it into the hollows.
5. Sprinkle with the remaining sugar then pour the wine over the top and bake for 25 minutes. Serve hot or cold.

www.cottinghamtimes.co.uk - September 2011 17





**Here is Paul's latest walk in his series of monthly rambles. This month his destination is Hovingham**  
**Map: EXPLORER 300**

**Start near The Malt Shovel GR. 668756.**  
**Distance 7.0 Miles.**

**W**alk through the Malt Shovel car park at the eastern end and cross a small grass paddock and aim for a gap in the hedge on the right side. Pass through this gap into a field and walk with the hedge on the right. After two fields, cross a footbridge and turn left, go to the corner of the field and then turn right.

Continue in this direction to meet a road at Greenacres House. Cross this road and continue in the same direction. Emerge onto the Slingsby to Ness Hall road and turn right.

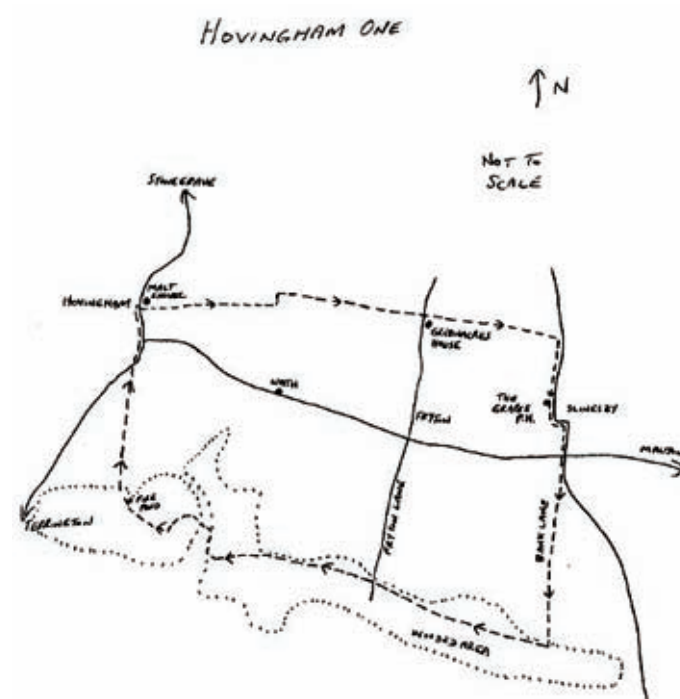
Follow the main road through Slingsby and cross the Malton to Hovingham road. About two hundred metres after the cross roads, and

as the road swings to the left, continue straight ahead on a wide farm track known as Bank Lane. On reaching the end of the lane at Slingsby Heights, pass through a gap in the hedge and turn left and then immediately right heading for Slingsby Bank Woods. Pass through a gate into Slingsby Bank Wood and turn right.

After a while cross over Fryton Lane and continue walking in the same direction to pass through Hollin Hill Plantation. At the end of the wood, cross a stile into a small paddock, walk across this paddock and cross a footbridge to enter South Wood. After crossing the bridge, pass through a wooden gate and turn right.

At a junction of forest tracks, ignore the first track on the left and take the second track (the third track on the right is a private track). This track swings to the left. After about 300 metres, and at a cross road of tracks, turn right and follow this track.

Pass a fire fighting pond on the right and leave the woods. Walk in a northerly direction on a clear track. On reaching the road, turn right and walk into Hovingham and back to the Malt Shovel.



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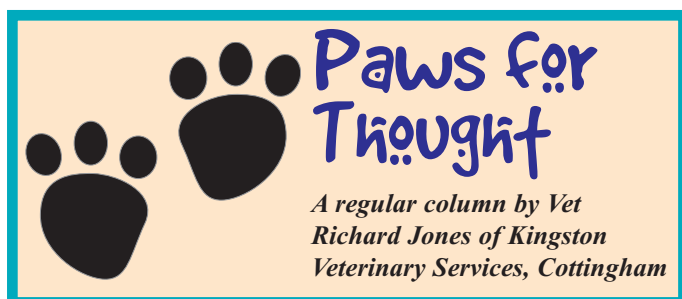
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## Is Your Cat an Undiscovered Genius?

A friend of mine recently adopted a stray cat and according to her he is one of the most intelligent cats she's ever met; a statement backed up by quite an impressive cat IQ score. I obviously laughed along with everyone else when she told us, whilst secretly, I having my own copy of the 'Cat IQ Test', a book given as a Christmas Gift a few years ago, sitting on my shelf at home. My friend suggested we test our cat; we immediately laughed this off. The last thing we wanted was to get into a competition over whose cat is better (especially when we might lose).

So the book sat there on the shelf until last week. With the terrible weather and rubbish TV we decided to give it a go. My hopes weren't high for our cat Wilf. A scruffy stray cat found in Hull bus station, whose survival before being rescued was probably due to his cute face and extremely loud meow, rather than any natural hunting ability. Adding to that his inability to sleep on my lap without falling off, I was not



filled with confidence for the upcoming test.

In the first round the cat's everyday behaviour was scrutinised. Awarding points for things such as: being able to request food when hungry, showing a preference for certain people or objects, enjoying a variety of foods and using different meows for different requests. Wilf was off to a flying start with these – the fact that he constantly demands food and will eat anything he can get his paws on really made the difference. Points were also available for cats that can move in time to music and predict changes in the weather. Unsurprisingly Wilf did not do so well here. Maybe he just didn't feel like it; cats after all can be very temperamental.

The next section awarded scores depending on the cat's response and physical capabilities in a selection of tasks. He was required to chase string, catch balls, get small objects out of jars and at one point we even had to give him a pencil to see what he would do with it (not much it turned out). He powered through this section with enthusiasm and much to our delight the points were racking up.

Section three consisted of a series of additional tasks and questions where Wilf could gain extra points for special abilities but also points could be deducted. Unfortunately points were lost for the previously mentioned falling off objects while asleep thing he's so good at.

After that it was time to tally up the points. Wilf scored an impressive 122 out of a possible 150 points; putting him in the top 2.2% of cats according to the performance tables at the back of the book. Needless to say it was a very proud moment for us, our little cat is a genius and we didn't know a thing about it. The next day at work I gladly told anyone who would listen about our little genius. Other staff were keen to test their own cats and the book is currently being passed around the practice. I'm yet to hear of any beating Wilf's score, I'm sure it will happen, but for now he's the definitely the top cat!

*Amanda Hill*

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## "The Tooth and Nothing but The Tooth"

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

### There's A Distinct Lack Of Moisture In Here

**H**ello again, I hope that you are enjoying your summer. As I write this we are fast approaching the Bank Holiday weekend. Last year I remember it being really windy. We went camping with a group from the girls' football team. Two tents and an awning got wrecked by the wind. I hope that we don't get a repeat this year. We've just lent a tent to some camping virgins so I really hope it turns out OK.

#### Great Feedback

I got some great feedback about last month's writings about the waterflosser. Have you had a go with one yet? They are a bit pricey but they have a two years warranty. I thought that I would say a bit about dry mouth or xerostomia this month.

#### What Causes Xerostomia?

As I said xerostomia is a dry mouth. There are loads of different causes. The simplest cause is just not drinking enough. This is obviously simple to solve by drinking water to rehydrate. I don't know about you, but I find that we keep getting conflicting advice about how much to drink. I

thought that we should be having at least eight cups of water a day (about four pints or two litres, that sort of ballpark). More recently I have read that we should only drink when we get thirsty. Not too long ago I read that if we feel thirsty then we have left it too late and we are already dehydrated. Another cause is stress, most of us will have experienced this when we are nervous but again this is usually temporary. Other causes include salivary gland disease, radiotherapy and medication.

#### Some Big Advances

Radiotherapy is used to treat tumours and one side effect of having radiotherapy in the neck, has been to get a dry mouth as a result of irradiating the salivary glands in this area, even if the tumour was not in the salivary gland. Obviously if the tumour is in the salivary gland then you do want to zap it, and it will not work properly afterwards. At a recent study day about oral cancer we were shown how radiotherapy treatment had become much more focussed and could be carried out with much less collateral damage to cells and tissues not intended to be irradiated. The treatment can be planned using virtual 3D computer software. It is very impressive.

#### Loads Of Drugs

All medication now comes with a list of potential side effects. Dry mouth is quite a common side effect with a whole host of drugs. Some of the most common drugs that cause dry mouth that I see are anti-depressants/muscle relaxants. Amitriptyline is one that springs to mind. Another set of drugs that I have seen cause dry mouth are anti-Parkinson drugs. I have seen this several times. There are loads more as well.

#### It's not much Fun You Know

Even if you don't have a chronic dry mouth but have experienced a dry mouth due to dehydration, you can appreciate that it can be uncomfortable. We need saliva to lubricate the mouth. Without it your lips, tongue and cheeks stick together and can chafe. Saliva helps with chewing and then swallowing. Have you ever tried to eat crackers without having a drink? It's really hard and the more you have the more difficult it is to swallow. I have rambled on before about how a dry mouth can lead to rampant decay of the teeth and the problems that this causes. Now, if you are a denture wearer and have a dry mouth then this can be a real problem. A full upper denture relies on physical forces to keep it up. A close fitting denture that has a thin film of saliva under it can stay up well if other conditions are favourable. If there is little or no saliva then the chances of a full upper denture staying up are reduced by a lot. The lack of lubrication can lead to abrasion and chafing and ulcers.

#### So What Can You Do About It?

It's very difficult sometimes to sort it out. If the salivary glands have packed up then treatment is palliative i.e. not curative but aimed to ease symptoms. I have touched upon how drinking can help especially little and often. Artificial saliva can help. My mother has had Multiple Sclerosis for years and I have put loads of stuff her way to try. At the moment she is using Xerotin that you can get on prescription and she feels that has been the best so far but does taste a bit like antiseptic. If you get a sore mouth then using a toothpaste without the detergent SLS can help. I'll chow on a bit more about this another time.

#### Back To School Time, Allow More Time To Get To Work Time

Well, a lot of us had better get up a few minutes earlier to get to work on time once the roads are full again in a morning. I can't wait. I'm sure that the kids can't wait to get back to school either. It's great in the summer because I can get to work in no time at all. On the 25th September I will off to Morocco as part of a ten strong team of dentists to help some kids get rid of their tooth aches and help with a prevention programme again. We have a bit more backing with some sponsorship from some dental companies. I would really like to take this opportunity to thank all the people who have made donations to help with this endeavour. The money goes directly to gear to help the kids as we self-funded. The longer term aim is to have a make shift, part time clinic in the school to be manned by Moroccan dentists/dental health educators.

*Take care and be good*

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 18 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry.

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# Our Mystery Diners visit the Half Moon, Main Street, Skidby



## Good Food - Huge Portions - Great Value!

Well it's been a long time since I visited this month's venue, probably 18 years, so I have to say, I was looking forward to it. The Half Moon in Skidby is a well established village pub located just on Main Street as you enter the village from Cottingham or Beverley.

It has a reputation for good "pub grub" and a well kept cellar, and has always been a popular destination for pub lovers. It's a typical village pub and has a large carpark at the rear to welcome its visitors. Not having been for a while, we decided to book a table for Sunday lunch just to be on the safe side and our party of four arrived at 1.00 pm, finding the car park relatively empty.

As you enter the pub you get the impression of a cozy village pub with dark wood in abundance. We were shown to our table and handed the Sunday lunch menu and ordered our drinks, which were promptly delivered by our pleasant and helpful waitress. Looking around the tidy dining area, over half the tables were taken with a wide range of age groups all enjoying the food.

The Sunday Lunch menu is fairly limited, with only one starter, Vegetable soup, three roasts, Beef, Pork or Chicken as well as Homemade Steak Pie. All the mains are served with a selection of fresh vegetables, mash and roast potato and of course Yorkshire puddings.

Having seen the size of the main courses coming out we decided to skip the soup, but were told it was delicious, and just ordered the main course. Without discussion we all ordered the Roast Scotch Beef with all the trimmings and they arrived very quickly.

Now at this point I have to say you need to be hungry to eat here, because the plates were overflowing with three thick tender slices of home cooked beef, mash, roasts, cabbage, cauliflower, carrots, Yorkshire pudding and courgettes and a lovely thick gravy. If the other meats are as good as the beef you will not be disappointed.

If I have one criticism it is that the roast potatoes appeared to be of the frozen variety, but that is only a minor concern but with all

the other vegetables being fresh, surely they could be as well. That said none of us left anything on our plates!!

We have eaten Sunday lunch in many pubs in the area and have always felt they never live up to their "home cooked" label. This meal came the closest we have tried and at a price that we feel is very reasonable. Main courses only are £6.25 and if you have a starter it is an extra pound, very good value for the size and quality of the food. If you can find room after the main course, there is also a limited sweet menu to enjoy.

Just a comment on the service which was very attentive, quick but unobtrusive and polite, which is not always the case in some pubs and restaurants. Well done.

By this time the pub had filled up with only one empty table so obviously it is still a very popular place to come to for Sunday lunch.

The total cost was also a nice surprise, coming to just under £34 for four with drinks, so it's not a place that will break the bank.

If you haven't been out for Sunday Lunch for a while, then I think the Half Moon in Skidby would be a great place for you to try either as a couple or a group. You won't be disappointed.

We have already discussed revisiting this pub the next time we have family come to visit and will try the weekday menu next time.



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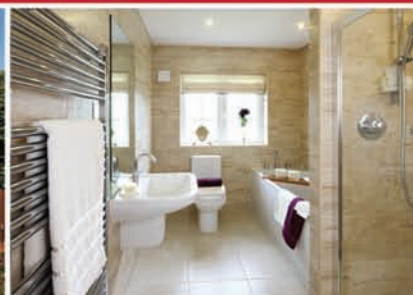
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Prices at Holtby Gardens start from £147,499 for a two-bedroom property.

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"FirstBuy makes buying possible for many who thought the credit squeeze had priced them out of the market. The initially interest free loan is jointly funded by us, the developer, and the Government. It means you can experience the joy of owning 100% of your first home but pay a smaller deposit and have lower monthly mortgage repayments," Patsy explained.

"It could be the difference between buying an older

property that's in need of lots of work and owning your dream home at a price you can afford."

Located in Dunswell Road, Holtby Gardens enjoys a semi-rural setting on the edge of Cottingham.

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"Anyone who's serious about moving home in the Cottingham area should visit Holtby Gardens so that they can appreciate the layout and quality finish of the designs. Those who have already viewed the show homes have been bowled over by them, as our standard specification is streets ahead of most other properties in the area," Patsy added.

The show homes are open daily from 10am to 5.30pm.

For more information, call Redrow on 01482 908 189 or log on to [www.redrow.co.uk/holtby](http://www.redrow.co.uk/holtby).







# In the Garden



**S**eptember 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 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 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*, *Limnantes* 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



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alright left in the ground, but do cover the crowns with a protective layer of straw or bracken.

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

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

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 *crocsmias*. 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 2011 - By Kay Gower

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

When a good thing happens mid month, (around 15th/16th) make sure it's not a one off. Try to discover exactly what it was that you did to attract this lucky fortune ... then repeat it again and get more.

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

You show pluck and initiative and will sparkle in the eyes of potential employers and friends. Some brilliant work you do this month will move you into a better position

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

A social creature, you naturally assume you're in charge of making sure others have fun, which right now would be exhausting for you. Instead, just make sure that you have fun. Everyone around you will follow your lead.

### Cancer - (June 22-July 22)

A super month. Strengthen your faith in the way things are going. You're fine now and you'll be fine if things change. Knowing this deep in your soul, you can take the chances or make the changes that will make you feel vividly alive.

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

You've had your sights set on a goal that has not been as easy to reach as you thought it would be. Any adversity that comes up this month will strengthen you and give you the stamina to journey on.

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

At the beginning of the month you have the gumption to climb unprecedented heights and dive straight into what others are running away from. Career changes favour you for the next six weeks so make the most of it. The end of the month brings a windfall.

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

You're a lover, not a fighter. But when it comes down to it, you'll fight for what you love. Just make sure that there hasn't been some kind of a misunderstanding (possibly around the 20th Sept. give or take a day or two) before you get too feisty.

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

You're an opportunity finder — you see the ones that other people miss. The next seven weeks turn your world upside down. Act on every chance you see to step up your style, bond your relationships and do work that you're proud of. This month the thing you most need to happen happens.

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

Diplomacy has its time and place, but you're back to calling things how you see them. This makes life simple for now. Any hurt feelings during September will mend quickly.

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

Being successful is about timing and this month your most successful quality is just that — fabulous timing. You'll be in the right place at the right time and be seen by the right person. All you have to do is speak up.

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

This is ground control calling you to come back to Earth! Living in a space of infinite possibility does have its advantages, but at some point in time you need to touch your feet to the ground. This is that time.

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

People will surprise you this month by being generous when they don't have to be, or being almost too kind and friendly. Is there some kind of ulterior motive? It's more likely that the world is just responding to your magnetism. A good month, enjoy it.



## AgeUK East Riding to hold tea dance at Skidby Village Hall, Friday October 7th!

**A**ge UK East Riding is holding a tea dance at Skidby Village Hall on Friday October 7th, from 2.00 to 4.00pm.

Music will include sequence and ballroom and admission is just £1. Alison Morris, community co-ordinator for Age UK East Riding, said: "We hope that as many people as possible will join us for a pleasant afternoon. It doesn't matter if you don't dance – just come along and enjoy the music!"

The event is being organised as part of the Big Lottery Fit as a Fiddle project, which helps to fund activities for people over the age of 50.

For further details, please ring 01482 869181.



## Cottingham High School Student takes to the Stage

**C**ottingham High School student Laurence Reynolds has been enjoying a big year, acting in two plays, and taking the title role in one of them.

Laurence, 13, who is a Year 9 student, played the March Hare in 'Alice in Wonderland', a Hull Truck Youth Theatre production at Hymers College over the August Bank Holiday weekend.

At the end of September he will be playing the part of Ronnie Winslow 'The Winslow Boy', in Terence Rattigan's classic drama based on a real life court case. Ronnie is a Naval Cadet who is expelled from his academy after being accused of stealing a postal order. What starts as a trivial matter soon becomes a celebrated battle between Ronnie's family and the establishment. The show, a Hull Playgoers' Society production, will be at NAPA, the Northern Academy of Performing Arts on Anlaby Road, Hull. The show's director, Pam Quick, said "Laurence is very keen and enthusiastic and is putting a lot of effort into his role in this great play."

'The Winslow Boy' is showing on Saturday September 24 and Sunday 25, and also on the following weekend, Friday September 30, Saturday October 1 and Sunday October 2. Further details and tickets are available from David Sandford, of Hull Playgoers' Society, on Hull (01482) 657524, or the NAPA box office on Hull (01482) 310690.

Photograph above shows Laurence Reynolds as cadet Ronnie Winslow in 'The Winslow Boy.'

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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**

**H**ello and welcome anglers to this months fishing news, it is the 17th August. The Catchmoore crew hope you are all having a great season of fishing. Did you check out both Sam Hostics and Tiger Lake? Good venues, are they not?

Today, I would like to start by giving you some advice on preparing your baits in advance, enabling you to have more time on the bank fishing.

**Tip one:** Flavouring baits such as sweet corn and meat etc. With sweet corn drain all the juice out of the tin (this can be reserved to be used in your ground bait), then place corn in a plastic bag, add your choice of flavouring/colouring, and give it a good shake for even coverage. Place the sealed bag in your freezer. Your meat should be chopped to your required size before flavouring; then just follow the same instructions as the sweet corn. Freezing the baits enables a higher capacity of absorption for the flavourings, enhancing the attractant within your bait.

**Tip two:** Pellets, such as your expanders can be prepared the night before and placed within your refrigerator, but remember to cover your pellets with dampened kitchen roll, this is to prevent the refrigerator from drawing water out of the top layer of your pellets, which can in turn make your pellets float.

**Tip three:** Your ground bait can be, as with the above baits, be prepared in advance. Try mixing your ground bait with filtered water; this prevents you from adding lime and chloride by using tap water. Better still if you have a garden pond use some water from your pond. This way there should not be any chemicals in your bait to put the fish off.

In addition all seeds such as hemp, tares, tiger nuts and particle mix, that have been cooked correctly, can all be frozen.

Fishing venue this month, I seriously advise a visit to or River Hull!! The reports I am receiving from our river is fantastic. Anglers coming in to our shop have told us that they have been catching 50 plus fish from places such as Ennerdale and Kingswood twin bridge stretch. Ings lane at Dunswell is producing some good bonus fish; Barbel to 8lb and Bream to 4 ? lb, plus loads of Roach and Perch. Beverly stretch from Beck end to Shipyard and Tickton Bridge to Hull Bridge, are producing good mixed bags and some bonus perch from Beverly stretch.

As I mentioned last month the big River Hull match is on Sunday 16th October. The main reason for this match is to enable the Environment Agency to carry out and in depth survey on our river.

There will be, guaranteed, £2,500 in cash prizes to be won. First prize = £750, 2nd = £500, 3rd = £400, 4th = £300, 5th = £200, 6th = £100 and 7th = £50. A lot more can be won if you enter in to the optional pools. The match itself only costs £2.00 per angler to enter, and if you wish to enter, an additional £10.00 for the optional pools, to be paid on the day. If you wish to enter into the optional pools, in addition to the guaranteed cash prizes, you will be entered in to a section match, section monies for top 3 anglers in every 10 pegs!

If you happen to draw a peg that is not considered to be as good as some other pegs on certain stretches, the section prizes, (due to the match being a Fish Survey) are to encourage you to fish to the end and weigh in. Please do so as it is very important!! The draw is to take place at the Beverly Leisure Centre (HU17 OLT), next to the railway lines near the Minster, from 8.am. Breakfast is available from 7.15am. **Fishing Times:** - 10.00am till 3.30pm. When you have drawn you will be given an envelope containing directions to your peg and parking. It is a good tide, as it is high water at 11am, 1 hour up and 4 1/2 hours down "PERFECT". All tickets are available now from local tackle shops, or contact [Michael.lee@environment-agency.gov.uk](mailto:Michael.lee@environment-agency.gov.uk).

**Catchmoore A.C News:** well he has done it!! Lou has not won the wooden spoon award this season!! The members in the bet will now have to shell out their monies at the forthcoming presentation night. Well done Lou!

That's all for now, please keep the reports coming in so I can share them next month.

*From the Catchmoore Crew "tight lines"*

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## Broadband Trouble-shooting and backing up your data

**Broadband troubleshooting.** There have been a few issues with broadband recently following a bout of stormy weather that seemed to have knocked out part of the Karoo network for a time. Although there is nothing anyone can do about that apart from phone Technical Support (606101), there are other times when it may be a more local problem, so here are a few tips. If you open up your web browser and get the dreaded 'page cannot be displayed' message, first of all look at the address at the top and see what page it is trying to display (ie the www address). Try typing in a different address, in case that particular site is down. If no good, close that and open another web browser, like Firefox or Chrome and see if that gets you online. If it does, then it is a software problem with your normal browser, and may need resetting.

**If you still can't get online,** have a look at your router. That is the box with lights on that connects you to broadband. It may be a black square one with four lights, see if they are all on. If not switch the router off (or unplug it), leave it a few minutes, then turn on again, wait for the lights to come back on and try getting online again. The light on the router that indicates whether you are receiving a broadband signal down your telephone line is the one marked DSL (or ADSL). If that is off or flashing repeatedly, that points to a line problem. This can also be caused by a missing or faulty microfilter, or any new telephone equipment, or even a new Sky TV installation. Basically anything that connects to your phone line through a wall socket has to be filtered to stop it interfering with broadband. If all else fails, then you need to get in contact with Karoo.

**Incidentally if you have an iPhone or iPad you can now download a free Karoo Status app that will show which services are up or down.**

**Email tips:** We all get deluged with email from time to time (or all the time!), and to ensure you don't get in a mess, keep your inbox under control. Delete unwanted messages, or anything that looks suspicious, and don't forget to empty your Deleted Items folder (right click on it and choose empty). All email providers allow you a quota, or limit on the amount to space you can use, and if you exceed that, your messages will stop coming through! If you want to keep your email organized into subjects, you can create folders in your inbox, and then move messages into those folders to keep them filed away. Just right click on the inbox and click create, new folder and give each one a name.

**Google buys Motorola Mobile.** \$12.5bn was the price offered by the search giant for the Motorola phone company. Some say the high price tag was justified by the 17,000 patents held by Motorola (plus over 7,000 pending). The other reason Google wants a hardware manufacturer is to gain greater control of the massive mobile market, and increase its market share of handsets using its *Android* operating system. This is in competition with *Apple's iPhone*, and *Windows Mobile*.

**Back up your data.** No don't panic or yawn! Backing up is one of the most important things you should do with your computer, and as we've discussed before there is a whole array of ways to do this. You can buy external hard drives with sizes up to 2TB now (that's equivalent to around 2 million floppy disks!). Or if you don't have masses of data, just get yourself a memory stick. A back up can be as simple as copy & paste, or right click and send to the external drive, and do this regularly. Or for automated backups there is some very good software that will look after it all for you.

**Function keys:** Not used so much nowadays, but sometimes you may have to press a function key. These are at the top of the keyboard numbered F1 – F12. (F1 normally brings up a help box). On a laptop these (and other) keys usually have a second icon shown, often in blue. This has to be used in conjunction with the Fn key normally in the bottom left of the keyboard. Holding down the Fn key and pressing a key that has a ? on it will adjust the brightness of the screen for instance.

### Questions and answers section:

**Q: My ESET anti virus is expiring soon, what can I do?**

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**Q: My laptop types numbers when I press some of the letter keys**

**A:** To stop this happening just look for the 'Scroll lock' key at the top right of the keyboard and press it once.

**Q: When I type corrections in a document, all the following letters get deleted**

**A:** This is caused by a function called 'overtyping'. You can turn it off (or on) simply by pressing the Insert key.

**Q: Is there a quick way to get to the top or bottom of a document?**

**A:** Yes there is, just press the Page Up or Down keys. Also, the Home button will take you back to the start of a line.

**Q: My computer keeps telling me I need an update for Java, Adobe Reader and Flash Player. Is it safe to do these?**

**A:** Yes it is safe and important. Java & Flash player both help web pages to work properly, and Adobe Reader always seems to be updating! If yours is out of date it can become a security flaw. It takes just a few minutes to do.

**Q: Can I connect my laptop to my TV to display pictures?**

**A:** Yes you can. You can use either a VGA cable if your laptop (and TV) has a blue connector port on it, or much better on newer laptops and TVs is to use an HDMI lead.

**Richard Mills, RDM Computers, Cottingham**

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## Hallgate Schools - continued

**The Year is now 1930**

*by Peter Railton (Author and Local Historian)*

A new decade dawned and a brighter future for all was the hope; education had made great strides forward, as we have seen locally, and more facilities were to be provided and the curriculum widened, the health of the pupils closely monitored and an ever greater emphasis on sport and cultural activities in the departments. Sadly, by the end of the decade greater challenges lay ahead.

In the girls' school, the practice of holding the Christmas parties at the end of January persisted - it may be remembered that severe weather a few years earlier was initially responsible for this; the junior girls' had theirs on the 22nd, and the seniors on the 30th and parents were invited to attend.

Several girls were away with chicken pox that month and Miss Brimelow was absent herself with 'flu at the end of February for two weeks, leaving Miss Buttery in charge. Phyllis Peacock sprained her foot while practicing for the high jump and Dr. Moffat, who was at the school at the time, examined her and sent her home. There was quite a lot of sickness of various sorts in the department in March, nothing too serious it is recorded, just coughs, colds and a minor outbreak of 'flu.

### Commencement of Violin Lessons

On Thursday 27th of March, a violin class commenced with pupils attending between 12.20 and 1.20 pm after a hurried lunch in the classroom, or a quick sprint home for those living close by. This class was conducted by a peripatetic music teacher provided by the L.E.A. Music classes were to become an increasingly important part of the life of the girls' school, especially violin and recorder groups - there are photos of these classes taken some years later which will appear in due course.

On Saturday morning 5th of April, three groups of girls competed at the Hull Music Festival in the Country Dance section and gained 85 marks and were placed second, third and fifth in their classes and were all trained by Miss Buttery - dance and associated movement were always a strong point of the girls' and boys' departments, as we have seen.

The Rev. David Dakin became a regular visitor to the school and his signature appears more frequently on the log books at this time. In early May, nine girls were entered for the scholarship exams. This entailed taking the likely successful ones out of class for extra tuition in arithmetic and English thus missing other lessons; more homework was given as well.

The exams were usually held in the boys' hall on a Saturday and consisted of papers in problems and mental arithmetic, and comprehension and composition in English. Not all passed but those that did went either to Beverley High or Newland High schools. The pupils were ten to eleven years old, and later a separate class - a scholarship class - was established in both girls' and boys' departments, where likely pupils were drilled for several months before the exams.

### Satisfactory report from Her Majesty's School Inspectors

Two H.M.I.'s, Messers Lock and Cheshire, spent a day in the school with the pupils and staff and issued their report in May which was very satisfactory and praised the energy which could be seen in all aspects of school life. The head and staff came in for congratulations and the girls "for their smartness and politeness and attention to their lessons." The speciality in the top classes is remarked, on as being beneficial to the pupils, but more suitable reference and text books were necessary for the deeper kind of study so that the girls could 'follow up' the teacher's work. Stitching and needlework was above average as was drawing and painting, but domestic science could be expanded and a 'practice room' set aside for this and similar activities.

### School Sports Day

On the 19th of June the Holdemess Sports were held and a day's holiday given so that as many pupils as wished to do so could go to the Ellerman's ground to watch and cheer on Hallgate who did very well across all events and tied for first place with Withernsea School. They were to hold the Trophy for six months, then Cottingham for six months, three months in the girls' department and three in the boys! Attendances fell off in July as parents took their children on holiday and the three days of the Great Yorkshire Show accounted for further absences.





*Above: Combined Staffs 1930. Mr. Brooks centre, with Miss Sowerby on his left, the Rev. French then Miss Brimelow on his right, plus many other faces familiar to an older generation.*

#### **Cow Loose in the School Yard**

In the boys' school there was a great excitement at 10.45am on the 15th of January when a cow charged through the open gates, rushed down the yard and knocked several startled boys over; Roy Davies was partly tossed in the air and panic ensued with the boys rushing about all over in their attempt to get out of the animal's way. Three teachers were in the yard at the time, Miss Hardy, Mr North and Mr. Newton and other teachers ran out, some to control the boys while others got a rope from the P.T. kit and tried to restrain the cow which was probably just as scared as everyone else!

Eventually it was captured by Mr. W. Reed of Bently to whom it belonged - what it was doing in Hallgate in the first place, is not recorded. Fortunately there were no serious injuries, but many of the lads were in a state of shock; Roy Davies returned next day with a bruised eye and cheek but otherwise intact.

Navigation Scholarships to Trinity House were obtained by Charles Drewery, Cyril Davies and Norman Stabler. Mrs. Holtby presented a 'Solid Silver House Sports Trophy' to the department to be competed for in teams at the annual sports day held at the Ellerman's ground. Mr. Brookes records in glowing terms -

"the kind generosity and warm encouragement that Mrs. Holtby was ever ready to bestow on the school."

#### **Lantern Lectures**

Lantern lectures were held in the hall in April on 'Lapland' and 'Africa' and on the 22nd of May a fire drill was held and the school 'was cleared in 40 seconds'. Dental and physical examinations were held in the summer term plus the usual academic ones. On the 17th of June a pupil in Miss Hardy's class, George Smith, was struck in the eye by a ruler thrown by another lad who was aiming it at a boy "beyond the unfortunate George". He was taken to Dr. Headman whose surgery was near the school (Dr. Hancocks now)? He advised admission to Hull Royal Infirmary where he was kept in over night. No doubt the guilty lad felt the strong arm and cane of retribution! On the 20th of June Miss D. Brown was knocked down by a car but not seriously hurt, and George Smith returned to school on the 8th of July. Robert Rhodes and Stuart McLaren won scholarships to Beverley Grammar School.

The annual Open Air Sale and Dancing Displays were held on the Ellerman's ground that year and teachers manned the stalls as usual and there was a Fathers versus Boys cricket match which the Fathers won by 52 runs to 27, and the whole event was a great success and £21 was raised for school funds - very good for those days.

#### **'Old Boy' returns as a teacher**

On the 1st of September, Mr. W. L. Wright began duties as a student teacher. He was a former pupil and later attended Beverley Grammar School, then Leeds Training College and returned to the school as a qualified teacher and gave many years service to the school. Hundreds of Cottingham children, boys and girls when the departments combined in the late 60's, benefited from his teaching. My final year at Hallgate was spent in his class - a formative and happy time; he was still there when I did my first teaching practice in 1967 and introduced me in the staffroom as one of his 'old boys'. Mr. G. Bromley is mentioned for the first time on the 16th of October; it is not recorded when he started teaching at the school, but I believe he came from Leeds originally and was at Hallgate for many years.

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## Waning summer

The weather has made us all sit up and think that there is no such thing as a perfect English summer....those long heady days of sunshine and perfect balmy evenings round the BBQ surrounded by friends, have waned. The reality being of rain and chilly winds.....Just for once it would be nice to have had a proper summer especially after the last two years of proper winters! August should be hot and dry and not as it has been!

Depressingly, I always tend to think that Christmas is on its way when the terrible Big Brother and X Factor return to our TV screens. Everything appears to be so inevitable.....

What are never inevitable, are the end results of our work with some of these damaged horses. They come in so complicated and frightened and damaged.

Sometimes we are really not sure where to start. Where we finish is beyond my control. We lay the foundations for trust, acceptance, possible pleasure for the horses and hope. The animal in question however has to have the ability to forgive.

My last article touched briefly on Tom and his mental implode as a result of previous harsh training and actual physical damage and extensive pain. There is no one more disappointed than all members of my team when we find we cannot convert him into being safe and reliable as a riding horse.

Everyone has invested so much time, patience, energy and effort into trying to bring him back from the brink.... however he has crossed a line..... The same line to which a good dog crosses to becoming a savage.....he simply cannot find his way back across.

The end result is that I cannot allow him to leave my care, custody and control. His beauty, height, youth and promise of potential would end up killing or maiming someone. I have to stand by my rules and responsibilities, once I have drawn that line, abhorrent as they are to keep sometimes. Our sympathy must go to his owner.

Perhaps we should stop taking on these terribly difficult horses. For every one we lose/fail with, we do win over 10. The 10 saved don't seem to make up for the one failed.....such a bitter pill for us all to swallow.

I have a choice with these articles to paint an idyllic picture of a life with horses. I choose to tell it as it is....warts and all. The livery side of our work is a delight as those horses have been our care for years and years. We call them our "geriatrics" and we adore them. They have their own field and their own routine. Their owners are so much part of the fabric of life on the yard, which has become a sort of family. Everyone helps everyone else and everyone is equal.

The training horses are our challenge and interest. We all love starting young horses and giving them a fantastic start in life. Each individual poses its own challenge as its past life experiences will affect how well it accepts school life. Some are well handled, some are wild, some are stubborn and some are timid. They are our favourite work.

The remedial horses come with all the variety I frequently describe. Like the moth to the flame, I open my door to them all. Racehorses/Road traffic accident horses/physically and mentally damaged. They test my ability to laterally think as no one way fixes all, that's for sure. My past experiences with past horses give us the tools in my tool box to try to find the way forward with each new one.

There is great pleasure to be had in success, great satisfaction in healing and enormous pleasure in helping owners heal their partnership with their horses. They always keep in touch once home. We still help and advice when needed, give moral support and take great pleasure when they achieve things like competitions etc. That is why we do what we do.



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## Expansion on the Cards for Local Trade Association

James Harris, newly elected Chair of the Association of Businesses in Cottingham and District (ABCD), is looking forward to welcoming members and wants very much to encourage newcomers to join this growing local trade association.

James said: "I'm delighted to take on this role and hope to enlarge the group, bringing together more of the diverse businesses of the region. There's a lot to be gained from supporting each other and ensuring our hardworking business community has a 'voice' in local affairs."

With close ties to the Parish Council, police and other regional bodies, a forum for debate, business referral and mutual support, please come along on Wednesday 7th September at 6.00 pm, meeting at the King William IV pub, 152 Hallgate, Cottingham. If you would like to find out more contact James Harris on 07971 203465.



## Sponsored Hymn Play raises £650 for kitchen equipment at St. Mary's Church, Cottingham

David Bower sends his heartfelt thanks for everyone who sponsored the 43 hymns he played on the organ at St. Mary's Church, Cottingham, during the two hours on Saturday 20th August, and for all who supported him and donated on the day.

It was a happy occasion and the selection of hymns was much enjoyed. The total made was £650.00.

*Pictured above: David Bower at the organ during his sponsored Hymn Play at St. Mary's Church, Cottingham.*

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## Hull Zanshin Karate Club based at the Cottingham Pavilion receives visit from former World Champion Paul Newby

Former World Karate Kumite Champion and Assistant English Karate Federation National Coach Paul Newby made another visit to Wado UK Karate recently, conducting a class for all those members who wished to improve their competitive skills. The day was well attended with around 40 students taking part and the session was every bit as good as the last time!!

The venue for this repeat visit was the Hull Zanshin Karate Club, which is based at the recently refurbished Cottingham Pavilion within the King George V playing fields. This visit from the former world champion Mr. Newby was a fantastic opportunity to promote not only the Zanshin Karate Club, but also help put the Cottingham Pavilion on the map by hosting such a prestigious event successfully.

Paul was asked to split the afternoon into two sections. The first of these was to include those younger and less experienced students and make sure that everyone had the opportunity to learn from the session. This is essential to help nurture and fuel the desire in some of our youngsters who have the passion for competition. The second saw all the senior level students and a few regular competitors from the lower grades stay back and work a little deeper into competitive skills.

The theme for the last training session was focus through fatigue, where all those training were pushed to work hard yet at the same time keep the focus necessary to succeed. The focus on this occasion was stability through strong and stable stances and the three main distance ranges. This of course was coupled with coaching on scoring and defending from these three distances.

In the second session Paul delved a little deeper, with work not only on the stable stance requirements, but on the strength required in the legs for this purpose. This lead onto sweep and takedown scenarios, which then saw everyone being taken down to the ground and scoring techniques attempted. The takedowns were less conventional than those normally employed in competition, so it will be interesting to see if they find their way onto the competition circuit.

Once again and as expected the day was a fantastic success, with everyone enjoying a really beneficial training session. Like last time Paul was kind enough to have photos taken with whoever wanted them and sign whatever they wanted signing. This was not only at the end, but in the small interval between the two sessions. Hopefully in the future Paul will pay us further visits and expand our student's competitive skills even further.

If anyone would be interested in joining a successful Karate group of which Hull Zanshin Karate Club at the Cottingham Pavilion is one, please contact Tony Dent on 07752 897886, or Mr. John Moreton on 01482 712155 for other Wado UK clubs in the Hull area. Alternatively information regarding the Hull Zanshin Club can be seen at [www.hullzanshin.com](http://www.hullzanshin.com), or other Wado UK clubs at [www.wado-uk.com](http://www.wado-uk.com)

Information regarding the Cottingham Pavilion and its activities can be obtained by contacting the Friends of King George V Playing Fields Committee via the Pavilion, on 01482 840290.

*Pictured above left to right are: Ragen Allitt, Paul Newby (former World Champion) and Ellis Miller.*





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

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

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

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

You can now download Gino's Menu from the Cottingham Times website [www.cottingham-times.co.uk](http://www.cottingham-times.co.uk) under Takeaways. Download the menu, make your choice and telephone Gino's and order your meal, and enjoy.





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As well as ticking all the right boxes when it comes to paying for your funeral, the Age UK Guaranteed Funeral Plan is flexible enough to allow you to make your own personal arrangements. Besides offering a choice of three plans to suit a range of needs and budgets, you can add your own special in your own time.

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## The Viewfinder Photographic Society's 4th Annual Exhibition in the Skidby Village Hall on 1st and 2nd October

The Viewfinder Photographic Society will be holding its 4th Annual Photographic Exhibition at Skidby Village Hall on Saturday 1st and Sunday 2nd October, from 10.00 am until 4pm both days.

The exhibition will carry on the highly successful format of previous years by showcasing the work of society members and will feature digital and film images in colour and black & white, covering landscapes, seascapes, flora & fauna, macro, portraits, abstracts, etc. Many of the photographs will be available to purchase at very reasonable prices.

Entry to the exhibition is free and everyone is welcome to come along and see some stunning photographs. As in previous years, visitors will be encouraged to vote for their favourite three images and the one with the most votes over the two days will receive the Visitors Choice Trophy. Many visitors have commented that it is almost impossible to choose three from such a varied selection, and as this will prove to be thirsty work, refreshments will be available throughout both days.

Visitors have also been keen to learn if other voters agree with their own choice enough to make it the winner, and as the count does not commence until the exhibition has closed, this year the Visitors Choice winner will be shown on our website [www.viewfinderphoto.co.uk](http://www.viewfinderphoto.co.uk)

Please come along to view the photographs, meet and chat to members, cast your vote, and have a look at an interesting display of cameras."

## Big Wigs is Back!

Did you watch *The Apprentice* and think, 'I could do better!'?

Well now's your chance. Once again, Sue Ryder is organising the Big Wigs Business Challenge – for local business bods or groups to prove themselves and raise vital funds for people with life-limiting conditions. Running from 1st October this year to 31st January 2012, we'll give you or your team a £50 start up investment, and then the rest is down to you to invest and raise as much money for Sue Ryder – Holme Hall as possible.

Deborah Rack, Area Fundraising Manager for Sue Ryder says, "What a perfect opportunity to promote your business or group positively, raise crucial funds, and all topped off with some healthy competition."

"Our challenge to you is to take the money and, over the challenge period, prove just how good an entrepreneur you are. We are not telling anyone what to do with the money; we just want you to think of ingenious ways to make it grow in aid of Sue Ryder – Holme Hall. At the end of the challenge period we hold a local awards ceremony where we judge teams for various awards such as the most money raised, imaginative fundraising ideas and promoting the work of the charity."

By taking part in this event you will help Sue Ryder – Holme Hall to help more people who need expert care for conditions such as Huntington's Disease, Multiple Sclerosis, brain injury and Stroke.

To help teams out, the Sue Ryder Fundraising team will be on hand to provide fundraising ideas, consultation sessions, attend events or talk to staff. Teams will also be given a fundraising pack to help get their creative juices flowing.

For further information or if you would like to take part in Big Wigs, please contact Deborah on 07810856854; e-mail [york@surry-dercare.org](mailto:york@surry-dercare.org) or visit [www.sueryder.org/bigwigs](http://www.sueryder.org/bigwigs).



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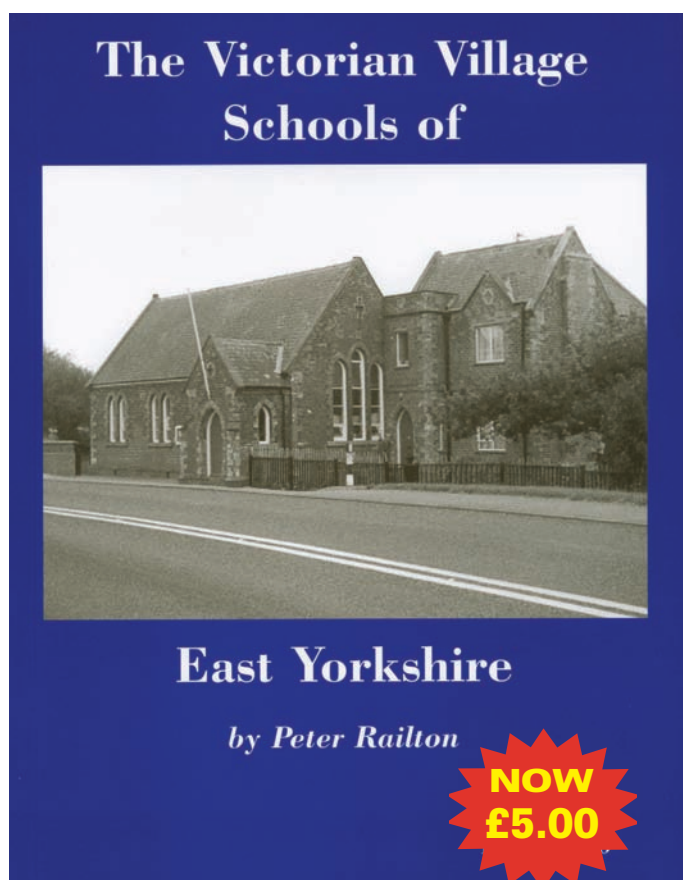
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## Local author and historian Peter Railton's latest book "The Victorian Village Schools of East Yorkshire"

Local author and historian Peter Railton's latest book "The Victorian Village Schools of East Yorkshire". The book takes a general background look at some of the individual village schools and their histories during the Victorian era.

The book is in an A to Z format, beginning with Anlaby and ending with Woodmansey.

The book is now priced at £5.00 and is available from Barkers in Cottingham, W. H. Smiths, Browns Hull, The Book Shop in Toll Gavel, Beverley and Sokell in Driffield.

## Below: Answer to Sudoku problem No. 56 from the August issue.

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

## News from Cottingham Little Theatre

### Next Production - November 2011

As already announced last month, our November production will be "Comic Potential" by Alan Ayckbourn. It is a romantic sci-fi comedy set in a TV studio sometime in the future, when low-cost androids (known as "actoids") have largely replaced actors. Sounds intriguing doesn't it – maybe something for the future of CLT?

It will be directed by Brian Hossack who has chosen the cast of thousands (well 17 actually – again with some new faces and some young faces) but with the backstage crew and the front of house team we will once again be using the talents of the majority of our members.

The performance dates are Thursday 24th November, Friday 25th November and Saturday 26th November, 2011, commencing at 7.30 pm at our home, the Darby & Joan Hall in Finkle Street. Tickets will be at the usual price of £6.00 (Concessions £5.00) and will be available, from the beginning of November, from Barkers, Newsagents, Hallgate, Cottingham and from our Ticket Secretary, Kaye (tel. no. 01482 842270). Please make a note of these dates.

### Social Events

Ladies Day at Beverley Races was held on Wednesday 10th August 2011 and 12 members joined the 13,000 racegoers for this very popular event. In spite of the not very kind weather, everyone seemed to have a good time and the members enjoyed varied degrees of success with their betting. There were one or two winners amongst us, but on the whole the bookies fared the best.

Afterwards we repaired to The Fair Maid in Cottingham for a meal together. Altogether a most enjoyable day out - well done Lynda, our Social Secretary.



At the races



At The Fair Maid

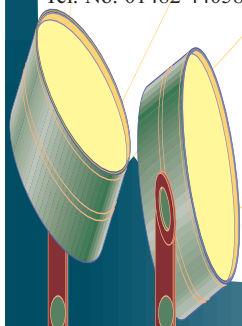
Plans are afoot for a bowling evening during the Autumn, date not yet finalised.

### Play Readings

The date of our next play reading will be Monday 5 September but there will be a change of venue. We will be using the UPSTAIRS ROOM AT THE DUKE OF CUMBERLAND on Market Green this time, commencing at 7.30pm. Look for our posters round the village and our website for more information. Everyone is welcome to come to these Open Sessions and learn more about us. For more information give Margaret a ring on 01482 846796.

### 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](http://www.cottinghamlittletheatre.co.uk) where you can find out lots more about us. Or e-mail us at [clt1920@hotmail.co.uk](mailto:clt1920@hotmail.co.uk) or you can contact our Secretary, Val, on Tel. No. 01482 440588.



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## Neighbourhood Watch Co-ordinators Networking event

**E**ast Riding of Yorkshire Council's Safe Communities, Humberside Police and Humberside Fire and Rescue warmly invite you to a Neighbourhood Watch networking event in the East Riding on Tuesday, 4 October.

The event will take place between 7.00 pm and 8.30 pm in rooms 2 and 3, County Hall, Beverley.

Please contact Safe Communities to confirm if you would like to attend by 12th September on (01482) 396301 or email [safe.communities@eastriding.gcsx.gov.uk](mailto:safe.communities@eastriding.gcsx.gov.uk).



## New season of Swanland Screen begins on Saturday 17th September

**A**nother season of Swanland Screen will be starting at 7.30pm on Saturday 17th September with last year's blockbuster "The King's Speech" which tells the story of King George VI, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it.

We are hoping that, if you missed it at the cinema in town, you will come to see it at Swanland Village Hall - where we now have an improved loop system for those with hearing aids. If you have already seen it, we hope you will want to catch it again and/or tell all your friends and neighbours not to miss this opportunity.

Despite the planned rise in charges at the Village Hall, we are starting this season with tickets at the same price as last year: £3.50 adults and £1.50 accompanied schoolchildren (to include the interval refreshments). If we can attract an audience of 57 then the SVA will break even and be able to keep the prices throughout the season.

Swanland Screen takes place on the third Saturday of each month (except November 2011) when it will be on the fourth.

Make a note now in your diary as the full details are :

- 17 Sep 2011: The King's Speech (12A)
- 15 Oct 2011: Made In Dagenham (15)
- 26 Nov 2011: Coco Before Chanel (13)
- 17 Dec 2011: It's a Wonderful Life (U)
- 21 Jan 2012: Wimbledon (12A)
- 18 Feb 2012: The Visitor (15)
- 17 Mar 2012: Slumdog Millionaire (15)
- 21 Apr 2012 : Once (15)

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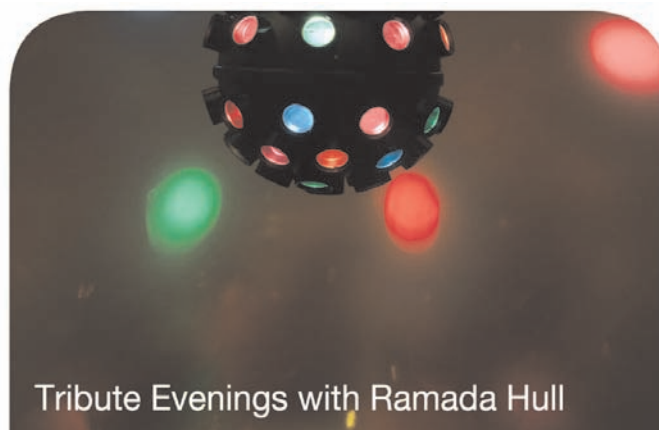
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## Cat Crisis at the Hull Branch of the RSPCA, Clough Road, Hull

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](http://www.rspca-hull.org.uk)

Marvin has been in the care of the RSPCA Hull & East Riding Branch since 15 March 2011 and is currently one of our longest stay residents. He was brought in for rehoming after being rescued by one of our Inspectors. Marvin is a nice natured cat, however, he prefers to be active and playing with his favourite toy mouse rather than curling up like a lap cat. He would make a nice addition to most families and deserves the chance of a loving new home.

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.







## Sugar 'n' Spice celebrate their second anniversary in Cottingham

**S**ugar 'n' Spice the creator of Quality Cakes at Affordable prices are celebrating their second anniversary of trading at 175 Hallgate, Cottingham. They opened on the 12th September 2009 with a staff of three which has now increased to a staff of seven and a further six volunteers.

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, Christening Cakes and cakes for every occasion. Cakes can be selected from existing designs, or you can take a photo of your idea for a cake and take it in to them 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 Training Room, which is behind the recently opened Chocolate Shop, 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.



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Skidby Village Hall & Institute

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**T**raditional 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 seven 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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## Coffee Morning in aid of Hearing Dogs for the Deaf at the Holy Cross Church, Saturday 24th September

A Coffee Morning will be held in the Holy Cross Church, Carrington Avenue, Cottingham, on September 24th in aid of the Hearing Dogs for the Deaf from 10.00 am to 12 noon.

All are invited to support this worthwhile charity. The specially trained dogs provide companionship and a lifeline to the outside world for very deaf people.

Home produce and Greetings card stalls. Coffee/tea/biscuits are available at 80p.

## Duck's Bill Drama Festival at the Duke of Cumberland, Cottingham on the weekend of 23rd September

A village which is already home to one of the area's biggest music festivals is to host a drama event which organisers hope will build a big following of its own. The team behind the Penny Duck Theatre Company will present the Duck's Bill Drama Festival at the Duke of Cumberland pub, Cottingham, on the weekend of 23rd September.

They plan a low-key start with just one stage, but they hope to follow in the footsteps of the huge Springboard music festival and spread the entertainment to other pubs around the village.

Penny Duck was formed three years ago and has delivered a number of successful productions around the area, notably at the Hourne community centre in Hessle and in the Studio Theatre at Hull Truck.

The idea of a festival came from their desire to take theatre to a new audience and to offer an opportunity to writers and performers to put their work on the stage.

"There is a lot of interest in drama but it's not the sort of thing you often see in pubs," said Andy Wilson, who founded Penny Duck with Dan Sirrs.

"So we're offering an entertainment package that is completely different and we are confident it will be very high quality."

Most of the writers and performers are locally based and include poet and playwright Dave Windass and both current and former Cottingham High School students. James Marsters, another member of Penny Duck, has written a play for the event, as has Andy himself.

One of the biggest attractions is expected to be Nicola Wilkinson, a stand-up comic who comes from Hull, is based in London and is a regular at the Edinburgh Festival.

The festival will take place in the upstairs function room at the Duke of Cumberland from 7pm until late on Friday 23rd September, resuming the following day at 4.30pm.

The programme promises a mix of drama, murder mystery and comedy and tickets will be available from 1st September from the venue or by calling the Penny Duck Theatre box office on 07910 686814. Tickets can be bought for £3 per show, £6 for a day's pass or £10 for both Friday and Saturday.

"It's a big challenge and we've found it a bit daunting at times but we're impressed by the quality of the performers who want to work with us and we're sure the audiences will be impressed as well," said Andy.

You can follow Penny Duck Theatre and find out more about the Duck's Bill Drama Festival at [facebook.com/pennyducktheatre](https://facebook.com/pennyducktheatre) or [twitter.com/penny\\_duck](https://twitter.com/penny_duck). To enquire about availability for interview or photography, contact Andy Wilson on 07910 686814 or James Marsters on 07736 034851.

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## New Myeloma Support Group

- New Myeloma-specific group being set up in Hull
- Informal group run by patients and carers for Myeloma patients and their families in East Yorkshire
- If you are interested in a group starting up in the area please contact  
**Tony Tordoff**
  - Email Tony: [jgfdet@jgfdet.karoo.co.uk](mailto:jgfdet@jgfdet.karoo.co.uk)
  - Phone Tony: **01482 858244**



## Local History Book Fair at the Treasure House, Beverley on Saturday 17th September

The annual Local History Book Fair, hosted by East Riding Archives and Local Studies Service, now in its 25th year, will once again be held in the Treasure House on Saturday, 17th September.

The event will be opened by Councillor Chad Chadwick, vice-chairman of the council, accompanied by his wife, Councillor Margaret Chadwick.

Over the years, the book fair has provided a meeting point and focus for local and family history enthusiasts from all walks of life, who have an interest in their heritage.

Approximately 30 organisations will be participating in the event, including East Riding of Yorkshire Archives and Local Studies Service, museums and library services, local history societies, family history societies and other specialist interest organisations relating to the region.

There will also be publishers, booksellers and book binders, helping to encompass the full range of local studies and family history resources available in the area.

The event provides a unique opportunity to buy a wide range of books, old and new, pamphlets, maps and other ephemera produced by these organisations, as well as the chance to mix and mingle with the experts of the region.

The book fair is open, from 10am-4pm, with free admission is and refreshments available upstairs in the Gallery Two Coffee Lounge.



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### Crossword Solution from page 14

1	I	M	P	A	C	T		4	K	I	N	G	S	H	I	P
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26	F	O	R	G	O		27	A	V	A	I	L	A	B	L	E
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## Organic Skin Care

If you are someone who buys organic food, then you are helping yourself and your family to live healthier lives. What you may not know is that organic does not just apply to what you put into your body, but also what you put on the outside of it.

Organic skin care is becoming more and more popular and significant all of the time, as both customers and manufacturers alike, become more conscious and environmentally aware of what ingredients are good and what ingredients are bad for them.

You may have heard of the term "organic skin care" and wonder what it's all about. How is organic skin care equated to natural skin care? The answer is a very simple one. A skin care product that is organic is one where the raw ingredients that make it up such as oils, plant extracts and waxes have not been treated with any type of chemical or pesticide.

This is where organic skin care and organic food are very similar. A series of tests must be conducted to guarantee that a plant is pure. This is necessary for the product to be given organic status from the start of production to the end. The process is rigorous and must meet the high standards that are set for it.

### The Products You Use May be Detrimental to Your Health

It has been estimated that the average individual (this includes both males and females) uses 20 or more skin care, beauty and personal hygiene products in the course of a day (day after day after day). These include such things as soap, deodorant, shampoo, conditioner, hair gel, hair spray, cleanser, toner, moisturizer, body wash, shave gel (or shaving cream), body lotion, cologne or perfume, cosmetics, nail polish, etc.

The products you apply to your face, body and hair are absorbed into your skin.

Some of the chemicals from these products can build up in the body over time. At present it is not entirely clear at what level these chemicals can become toxic to the body. As well, scientists do not know how the chemicals from skin care products will react with DNA and to what extent they can cause health problems to occur. What we do know is that all of those products when used on a steady basis are doing SOMETHING to the body.

When you stop for a minute to think about all of the products you use every day you may feel overwhelmed by it. What this amounts to is that every individual is absorbing an abundant supply of chemicals on a daily basis. The solution to this is to switch to milder and more natural skin care products that are organic and do not cause damage to the skin or to the human body in general.

### Add Organic Skin Care to Your Shopping List

If you take the time to look, you will discover that many stores are stocking their shelves with healthier non-synthetic and non-chemical products. Always read the ingredients listed on the products very carefully. Look for natural products listed as ingredients on the labels. Steer clear of products that list any type of parabens on the ingredients list, such as propylparaben and methylparaben. In the same way, avoid products that contain petrochemicals, sulphates, propylene glycol and urea (such as imidazolidinyl urea).

Look for products that use natural preservatives instead such as tea tree oil. It is also wise to look for products that contain a combination of essential oils such as lavender, lemon, sandalwood, sage, rose and rosemary. Other natural preservatives to look for include honey and grape seed extract.

While organic skin care products do tend to be a little more expensive than other skin care products, they will do your skin and your body good both in the short-term as well as the long-term. Try to use organic where possible and help your body inside and out.

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