



FLEMINGATE LADIES DAY - THE SOCIAL EVENT OF THE YEAR

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- Nut Job 2: Nutty By Nature and Parkway Cinema Tickets



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Letter from the Editors



I do like the summer - the excitement of looking forward to the holidays; the freedom the children have; the families getting together for those occasional BBQ's. Like all parents we have the worry of how to keep our children entertained before those famous words are spoken - "I am bored" - when you are only in week two!

Our What's On guide in the magazine and on the web-site keeps you in tune with events. In the hot weather, why not get away from the sun and watch a film in the fully air-conditioned Parkway Cinema? Beverley Racecourse has many varied themed race meetings and other functions going on which everyone can get involved with. If you fancy a change, whether it be golf, cycling or polo, Beverley caters for everyone. If it's a day trip away, then you can explore the Wolds or the seaside from Beverley with relative ease.

If you have an event planned, an amusing story or funny photographs, send them in by e-mailing info@justbeverley.co.uk. We will use them on one of our platforms. You are very welcome to post as a visitor on our Facebook page, too. Let everyone share your good news!

Happy summer - and remember keep covered.
Julian.



It's August already - where does the time go? Traditionally a time for most families to have a break together and recharge their batteries. But it's an extra busy for farmers bringing in their harvests, cutting the hay to make silage and, at the end of August, weaning lambs and calves from their mothers.

So, when you get held up by a tractor on the road, do remember that the driver might not have had holiday and indeed, might not get their annual break until November.

Another group of people not necessarily getting a holiday when they would wish it are those serving in our Armed Forces or in the Merchant Service. My father was in the Merchant Navy and I can only recall 2 summer holidays with my father when I was growing up. Family life can be difficult for our serving personnel, especially when unplanned tragedy hits, which is why SSAFA is such an important charity. Please support Mingus Menzies as he aims to raise funds for it - see our article on page 4.

Any day can be difficult for a person living with sight-impairment - but sighted people can help, not just with fund-raising for Guide Dogs, but by being a My Guide! Read all about this new initiative on page 18 and how your spare time could be invaluable to a blind person.

Whoever you are and however you spend your August, be happy!
Linda.

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Errata

We apologise for the error in Ian Richardson's walk last month - there is, of course, a school in Sigglesthorpe! It's a C of E Primary Academy with a 'Good' rating from SIAMS, the Statutory Inspection of Anglican and Methodist Schools. The school is now on summer holiday while Head Teacher Mrs Grant, her staff, volunteers and pupils all recharge their batteries ready for the busy autumn term.

Competition Terms and Conditions

Competition answers should be emailed to info@justbeverley.co.uk before the closing date with the competition title in the subject field. Include your name, address and daytime contact telephone number along with your answer. Winners will be notified within 1 week of the closing date and MUST be available for publicity purposes for **Just Beverley** magazine, website and Facebook page and the prize provider. Photographs are usually taken the weekend after the prize-winners have been notified. The judge's decision is final. No cash alternative is offered. Details may be used for marketing purposes by **Just Beverley** and the prize provider and for website analytics by **Just Beverley**.

CONTRIBUTORS

Julian Minshall, Linda Johnson, Aaron Gilpin, Richard Manville, Carfan, Jane Dale, John Fewings, Ian Richardson, Sam Walton, Colin Raynor, Will Bundy, Helen Watson, Rich Hayes, Annie Drew.

You can pick up the magazine from:

Beverley Parkway Cinema, Beverley Tourist Information, Beverley Library/Treasure House, Tesco, Morrisons, East Riding Leisure Beverley, Browns café, Beverley News, Boyes, Tesco café, Cherry Tree Community Centre, Colette and Tyson Garden Centre, Beverley Garden Centre, Cherry Tree Garden Centre, Mace News in Saturday Market and Lincoln Way, Tickton News, Costcutter in Walkington, Molescroft News, Grovehill Convenience Store, Maple News, Leconfield PO, Poundland, Halfords, East Riding Community Hospital, Bishop Burton PO, The Altisidora, Cherry Burton PO, Monks Walk, Hayride, Health Centres, Churches, cafés, hairdressers and more!

Mingus Menzie-Baird celebrates his birthday for SSAFA, the Armed Forces Charity

Never one to shirk a challenge, Mingus will set out on January 20th, 2018, as he reaches his 56th year, to complete the SAS selection test march, known as the 'Fan Dance'. The march is named after Pen y Fan, a 2907ft mountain in the Brecon Beacons which 'Fan Dancers' must climb. The total length of the march is 24km - which also includes climbing a very steep path known as 'Jacob's Ladder' - must be completed within 6 hours. And marchers must carry a load of 25lb in their back-packs, too!



Why is Mingus undertaking this challenge? The charity which Mingus Chairs - the North-East Region of the Soldier, Sailor, Airmen and Families Association (SSAFA) - is in need of funds to ensure the increasing work-load it is called on to perform can be met. Formed in 1885, SSAFA is the original military charity which helps anyone in need if they have had or currently have a role in one of our armed forces; it also helps their families and merchant seaman and their families if they were on ships used in the Atlantic convoys in WW2. In this area alone, requests for help total more than £100,000/annum and volunteers undertake over 200 case visits a month. Our armed forces make many sacrifices in serving our country and deserve all the help we can give them. Unfortunately, the need is increasing and funds are dwindling, so Mingus aims to raise £2.5million by January along with his training partner, Chris Gibson, from EYMS.

Mingus is training by walking around Beverley carrying just 12lb in weight. If you see him, wave him down and add weight to his back-pack in the form of a cash donation - you'll be helping him achieve his training goal and the charity with the money!

Mingus has set up a Just Giving page for sponsorship. If you could help, please head to www.justgiving.com/fundraising/michael-menzies-baird1 and make your pledge. Thankyou!

Beverley's newest bar and restaurant opened its doors in flaming flamboyant style

FIREPIT Smokehouse & Sports Bar put on a stunning display for guests as they arrived to discover its cool, quirky Americana theme and see chefs create signature dishes from the Deep South-inspired menu.

The venue has transformed a single storey at Flemingate, adding a vibrant US look and flavour with a unique combination of bespoke décor, smokehouse specialities and sports bar features including two full-sized shuffleboard tables, foosball, pool and beer pong tables.

The 180+ seater restaurant and bar has its own in-house smoker and wood-burning grill allowing it to create US favourites such as burgers, ribs, pulled pork and brisket and homemade mac and cheese.

Tasters of all those dishes were served up, with an open-theatre kitchen allowing partygoers to watch their food go from prep to smoker to plate.

"FIREPIT has lots of features that people won't have come across before and there are plenty of attractions even if you're not a sports fan.

"If you don't want to play on the tables, or watch a live game on the big screen, but just want to come for dinner or a drink, it's a really cool fun environment - all the meats, the ribs and chicken,

are smoked in-house and we have a children's menu too so we're catering for all the family."

David Donkin, property director of Wykeland Group, the company behind Flemingate retail and leisure development, said they were delighted to welcome a Yorkshire born and bred concept to the centre.



"FIREPIT Smokehouse & Sports Bar has a distinctive and unique offer that will complement and enhance the existing dining line up."



Lifestylers 'Method in Madness' think big!



Walkington used to have a youth club which operated from the primary school but which ceased several years ago. However, a group of enthusiastic Lifestylers want to get a new Youth Club up and running.

Lucy Hepworth, Matthew Bestley and Julia Sharpe, otherwise known as 'Method in Madness' have taken on the challenge of raising money for a new much-needed Youth Club for 9-13 year-olds in Walkington. As three children who love to socialise, they want to be able to meet in a safe and secure way, to make a difference to young people so they have someone to talk to and people who will listen.

The Lifestylers have approached the Methodist Church and their newly-appointed Children and Family Worker who are delighted to welcome their fundraising efforts and have agreed to home and help run the club. The Lifestylers are aiming to raise £500 at a coffee morning on Saturday 26 August 10am - 1pm to put towards equipment

and refreshments for the Youth Club. The children, who are musically-talented, will be entertaining with live music with piano recitals and flute solos and duets and singing. Refreshments will be served and there will be a raffle and tombola. To help disabled people get to the coffee morning, they are looking to book a Beverley Community Lift bus, too!

Lifestyle is a project that was set up in 1989 to challenge young people to get involved with their communities, using their spare time to make a real difference.

This is not just about diverting young people from getting involved in crime and antisocial behaviour, it's about inspiring them to make positive choices and want to help others.

Lucy Hepworth said: "We think there are lots of young people who would enjoy a Youth Club so we hope we will get plenty of support in our attempts to make a difference to our local community. Do come along to the coffee morning - it will be fun!"

'It's Different for Girls' - a new musical inspired by 1960's Hull girl-band Mandy & The Girlfriends'

Mandy and the Girlfriends were a real band. Practicing in a garden shed, the girls, all aged 16 & 17, gigged around Hull and toured US air-bases in Germany. They were even invited onto Opportunity Knocks, but decided to stay in Germany and play live.

They recorded tracks at Fairview Studios in Willerby (still unreleased) and an album in a front room lined with egg-boxes! Their story, published as 'It's Different for Girls' is the inspiration for this new musical devised by East Riding Theatre's own resident company, She Productions, who present it during the month of September.

Through original songs, dancing and a witty script, She Productions will transport you back to the 1960's to celebrate five women who made their mark on the Hull music scene. It's a tale of female empowerment across the generations which came into being after She Productions met some of the original members of Mandy & The Girlfriends. In some ways, there are some extraordinary parallels between She Productions and Mandy & The Girlfriends.

She Productions have had to learn to play new instruments, overcome artistic challenge and to write drama inspired by history;

The Girlfriends had to learn to play instruments and battle against a male-dominated industry to find their moment in the spotlight. Although the musical follows the narrative of a fictional band, the essence is that of the challenges of the 1960s - both bands practice in a garden shed...

Artistic Director of East Riding Theatre, Adrian Rawlins comments, "These are not easy times for any emerging theatre company, so here at ERT we are



very proud to be able to support She Productions. They are a great asset to ERT. Their creativity, enthusiasm and commitment is infectious and they continue to inspire and attract young performers and audience to the theatre. Their last show MissCast had me in stitches for virtually two hours and now they are taking us back to 1960s Hull. It's going to be a cracking show... can't wait!

Directed by Becky Hope-Palmer with musical supervision from Paul Frankish and choreography by Jon Beney (Hull Truck), the cast includes Rachel Barnes, Abey Bradbury, Sophie Coward, Annie Kirkman and Alice Rose Palmer.

The show is supported by Arts Council England and runs from Wednesday September 6th to Saturday September 23rd.

Book via the ERT website www.eastridingtheatre.co.uk or call 01482 874050

35th Beverley Folk festival future looks bright



With a limited number of Early Bird tickets now on sale at £80 for the weekend (Friday to Sunday) at a huge £40 saving and acts already being booked, plans for 2018 are already creating excitement.

Festival Programmer, Kelly Foley told **Just Beverley**: "The Early Bird offer is a fantastic deal which not only saves you money but helps you support the festival as it reaches its landmark 35th year! Already booked by popular request are Lucy Ward (the youngest person ever to be nominated for BBC radio 2 Folk Singer of the Year) and double BBC Radio 2 Folk Award winners Greg Russell & Ciaran Algar and we are looking forward to Welsh band Calan, coming for the first time."

2017 saw more young festival-goers than ever before as people of all ages celebrate the tradition of folk music as it embraces the future. With more artists to be announced over the coming months, the 35th anniversary is shaping up to be a party to remember! Tickets are available from www.beverleyfestival.com

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Mandy & The Girlfriends



EVERY THURSDAY AT 10.30am
(doors open 9.45am)

Join us for a free brew and a natter and enjoy some great films on Beverley Parkway's Big Screen. Only £4 with drink and biscuits included. Aimed at 55s and over. Films subject to change.

Thursday 3rd August -
Another Mother's Son (12a)

Director: Christopher Menaul
Cast: Jenny Seagrove, John Hannah
Dough (15)
Director: John Goldschmidt
Cast: onathan Pryce, Jerome Holder

Thursday 10th August -
Dough (15)

Director: John Goldschmidt
Cast: Jonathan Pryce, Jerome Holder
Unforgettable (15)
Director: Denise Di Novi
Cast: Rosario Dawson, Katherine Heigl

Thursday 17th August -
Unforgettable (15)

Director: Denise Di Novi
Cast: Rosario Dawson, Katherine Heigl
Going In Style (12a)
Director: Zach Braff
Cast: Morgan Freeman, Michael Caine

Thursday 24th August -
Going In Style (12a)

Director: Zach Braff
Cast: Morgan Freeman, Michael Caine
Sense of an Ending (15)
Director: Ritesh Batra
Cast: Jim Broadbent, Charlotte Rampling

Thursday 31st August -
Sense of an Ending (15)

Director: Ritesh Batra
Cast: Jim Broadbent, Charlotte Rampling
Snatched (15)
Director: Jonathan Levine
Cast: Amy Schumer, Goldie Hawn

PARKWAY PENGUIN PARTIES

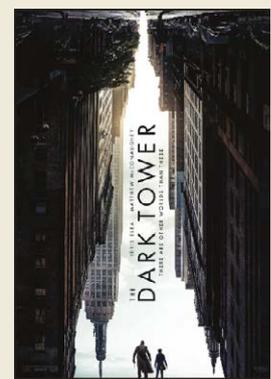
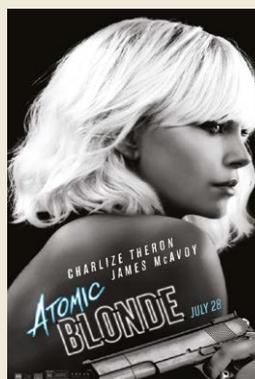
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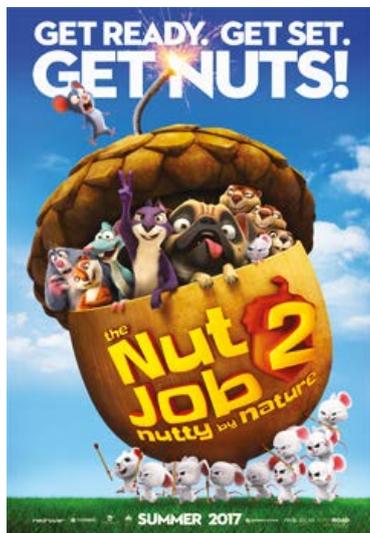


For more information contact the Box Office or come in store and speak to a member of staff

*These are the films scheduled to open in August all are subject to change.
Check out up-to-date cinema listings at www.justbeverley.co.uk/cinema-times*



YOUR NEW INDEPENDENT CINEMA



Competition

To celebrate the release of 'The Nut Job 2: Nutty By Nature' in cinemas on August 18th, Warner Bros. Pictures and Parkway Beverley Cinema offer you the chance to win the following 'Nut Job 2'-branded goodies and a pair of cinema tickets-

T-shirt

Bag

Table-tennis bats and ball

CD

Yo-yo

Frisbee



The film The Nut Job 2: Nutty by Nature is a family animation following on from The Nut Job – yes, Surley Squirrel and the gang are back! We are once again in Oakton but when the evil mayor decides to tear down Liberty Park and build an amusement park in its place, Surly, Buddy, Andie and the rest of the animals are suddenly homeless! Surly tries to fight back, but realizes it's not going to be easy!

The Nut Job 2 also features the voice talent of Katherine Heigl, Jackie Chan, Peter Stormare, Bobby Cannavale, Isabela Moner and Maya Rudolph.

To win the goodies and tickets, all you have to do is answer the following question:
Surly the Squirrel is voiced by the same comedy actor who also recently voiced LEGO Batman. Name this actor?

Send your answer by e-mail to info@justbeverley.co.uk by August 16th. Include your name, address and daytime telephone number. Put 'Nut Job 2 Competition' in the subject box.

Winners must be available for publicity purposes for Just Beverley and Parkway Cinema! Good luck!

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Competition Winner

Congratulations to Catherine Green who won the Minions goodies and cinema tickets.
Well done!



Event cinema offers something a little different to mainstream films. Live and pre-recorded shows beamed in via satellite from all over the world. Here are the latest live streams that you can enjoy on the big screen at Parkway Beverley.

TICKETS NOW ON SALE:

Thursday 3rd August at 6pm -
GLYNDEBORNE - LA CLEMENZA DI TITO

Wednesday 9th August at 7pm -
RSC LIVE: TITUS ANDRONICUS

Friday 11th August at 7:15pm -
AL GORE IN CONVERSATION & INCONVENIENT SEQUEL (PG)

Thursday 31st August at 7pm -
NT LIVE: YERMA (15)

Thursday 7th September at 7.45pm -
JOHN LE CARRE - AN EVENING WITH GEORGE SMILEY

Wednesday 13th September at 7.30pm -
DAVID GILMOUR LIVE AT POMPEII

Thursday 14th September at 7.15pm -
CARMEN ON THE LAKE

Wednesday 20th September at 7.15pm -
ROH: THE MAGIC FLUTE

Thursday 28th September at 8pm -
BLACK SABBATH - THE END OF THE END

Tuesday 3rd October at 7.15pm -
ROH: LA BOHEME

Wednesday 11th October at 7pm -
RSC LIVE: CORIOLANUS

Sunday 22nd October at 4pm -
BOLSHOI - LE CORSAIRE

Monday 23rd October at 7.15pm -
ROYAL BALLET: ALICE'S ADVENTURES IN WONDERLAND

Sunday 12th November at 3pm -
BOLSHOI - THE TAMING OF THE SHREW

TUESDAY 5TH DECEMBER at 7.15pm -
ROYAL BALLET: THE NUTCRACKER

For full programme of the Event Cinema, please visit www.parkwaycinemas.co.uk

Create your own style with the help of Lee Wardell from Verb

Struggling to coordinate your wardrobe? Looking for ideas to freshen up your wardrobe? Throughout my years of retail experience, one of the most common colours which has held a place in men's wardrobes is the colour navy. Men see this as a 'go-to' colour possibly due to the popularity of jeans as a men's staple.

Following on from this, any shade of blue, as it is such a neutral back drop, can be given an accent of colour: oranges, pinks, and browns all work well. As mentioned in last month's edition, belts and shoes in tan, coordinate well with navy also.

Men gravitate towards safer colours whereas partners may well encourage a little bit of brightness. What has got to be remembered is it is a balance between the wearer and the viewer and also a balance between comfort and style. A happy medium is always needed.

Following on from Navy, one very popular colour palette is one which denotes the country landscape: the blue sky, burnt orange sun, green hedgerows, brown fields and the red berry's. Recreate these colours, with a sky-blue shirt, green check jacket, brown shoes and belt, blue jeans and then add a touch of colour in a berry red tie/cravat or silk square, with the alternative of burnt orange waistcoat or accessories.

Obviously black or midnight blue is a very dressy look and can be contrasted with white,



red or grey and that can give a formal look.

Whilst coordinating these colours, consideration should be given to eye colour, hair colour and skin complexion. Most men will be aware of colours which wash them out or clash with their eye or hair colour. This is another reason why it is essential to try on in natural daylight and visit your local independent retailer for a trusted honest opinion.

Finally, making sure you wear the correct fit. Trousers length should break once on the shoe with a straight rear seam which lands half way between the top of the shoe and the top of the heel. Pockets should not bulge - this is caused by too tight a fit on the seat /glutes. Belts should always be worn if

belt loops are provided. Shirts should always be tested for practicality - sit down to make sure there are no puckering of the buttons.

Jackets should always fit the shoulder well and all other areas of a jacket including sleeves, waist and body length can be altered by a good tailor. For any further guidance, pop into the store so that you can try on and get the best colour and fit for you.

Check out our webpage or follow us on social media for more ideas.

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Transform your community with Destination Beverley and Spacehive

Destination Beverley, the new partnership dedicated to promoting all that is best about the town, has teamed up with funding platform Spacehive to enhance your community.

Spacehive is a funding platform for projects that make local places better, by allowing anyone to create and fund public projects online.

Our partnership will make Beverley an even better place to live, do business and visit and we want the people of Beverley to get involved in making that happen.

Why crowdfunding?

Spacehive's crowdfunding platform works by providing tools that help people develop their ideas, get noticed by crowds of people, companies, councils, the media, in order to attract funding to make great projects happen.

Since its launch in 2012, Spacehive has helped fund over 250 projects across the UK worth over £6m - from public wi-fi in Mansfield to an urban farm in London.

We already have great projects put forward by the local community in Beverley. Please find out about those projects, back the ones you love or put forward your own!

Find out how you can get involved at:
www.spacehive.com/movement/destination-beverley



destination
beverley



www.destinationbeverley.co.uk

Follow us on Twitter @DestinationBev and like us on Facebook.com/Destination Beverley

The Social Event of the Year - Flemingate Ladies' Day, August 16th

For Beverley Racecourse, it's the biggest day in their racecourse calendar. Up to 12,000 people enjoying the racing, facilities, entertainment, ambience and social interaction, dressed to impress in their finery; it's the day to see to be seen!

This year, one of the oldest prestige brands in Beverley is working with one of Beverley's newest prestige brands to make Ladies' Day 2017 the best yet! With up to 8 races, hospitality, pampering and the Most Stylish Lady and Gent competitions (which anyone can enter) Flemingate Ladies' Day reaches the relaxed level of sophistication which anyone can enjoy!

With a new partner comes significant change. Three interlinked marquees in the Course Enclosure will host The Retreat Pamper Tent in association with Debenhams and Xandria Hair; The Flemingate Most Stylish Competition hosted by Jo-Jo Kelly from Capital Radio and the Secret Garden Gin Bar sponsored by Sloemotion.

The Retreat will be a drink-free zone where ladies can have their hair and make-up retouched. No appointment necessary. There will be comfy sofas on which to rest tired legs whilst waiting, which is sure to make the venue very popular! The Most Stylish Competition Marquee features a stage with a backdrop and a photographer. Unlike previous years, anyone is invited to have their photograph taken to enter for a chance of winning.

The Judges, who include a fashion journalist plus stylists from Debenhams and Outfit, will watch and encourage and choose a short-list of 8-10 ladies and men from the photographs, who will then compete later in the day on the catwalk for the top prize. The Judges will focus on classic, timeless elegance as the Most Stylish Lady will go forward to Go Racing in Yorkshire's Grand Final at Doncaster On October 28th as well as winning a holiday to Costa Blanca courtesy Humberside Airport and a holiday suitcase which includes clothes and make-up from Debenhams. The Most Stylish Man will win a fabulous watch from Guest and Philips.

The Secret Garden Gin Bar will be decorated to reflect the hedgerows where Sloemotion harvest their botanicals - their signature gin is called 'Hedgerow'! Award-winning Gin makers Sloemotion are based near Castle Howard and celebrated 10 years of 'life on the hedge' last year. There will be a picket-fenced area outside the Marquee for race-goers to sit and savour Sloemotion's delicious gins and liqueurs.



The new marquees aren't the only changes! This year, the Pavilion Exclusive Hospitality Marquee has been expanded to accommodate up to 800 people. Tickets include an 'access all areas' Premier Enclosure Badge; a reserved table in the marquee which is situated right at the heart of the course; a VIP drinks reception with the Lovettes; a waitress-served gourmet 3-course lunch; a delicious afternoon tea; private bar; private betting and viewing lawn; reserved rest rooms and entertainment from Ruth Getz.

At the time of going to press, tickets for the Pavilion were still available - contact Sara on **01482 867488** for enquiries. However, although private boxes and the restaurants are sold out, there are plenty of catering outfits available on the day such as wagyu beef, gourmet burgers, churros, Pimms and prosecco bars.

Kate McKee, Marketing Manager at Beverley Racecourse told **Just Beverley**: "It's really exciting to be working with Flemingate to bring Ladies' Day back to Beverley. Beverley has a certain kudos which we are building on and Flemingate is the perfect partner. We now have water available in all of the bars and are linking up with Blue Keld to hand out free water to race-goers, are working with Yorkshire Cancer Research to increase sun-damage awareness and have our Racecourse



Chaplains to keep race-goers safe. This year, there will be an after-racing party with The Lovettes, a 3-piece 60's girl-band so Ladies' Day will be a much more relaxed affair. Afterwards we hope people will then head off towards Flemingate to continue enjoying their day."

The Flemingate sponsorship of Beverley Ladies' Day is for 3 years; we can't wait to see where it will go! Beverley Racecourse is located on York Road. Gates open 11.30am, first race 2.10pm. Find out more at www.beverley-racecourse.co.uk



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If you need family law advice, early support can be essential. **Stowe Family Law** can help.

For further information or to arrange an appointment call 01482 755385 or email enquiries@stowefamilylaw.co.uk

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stowe
Family Law LLP

Stowe Family law opens in Beverley



The UK's largest specialist family law firm has come to Beverley.

Stowe Family Law's new office on Trinity Lane is the firm's 11th. With a national reputation for expertise in divorce, disputes concerning children, and other family matters, the firm believed it could contribute to community life in Beverley and bring value to the whole of East Yorkshire.

Stowe Family Law already has well-established offices in London, Leeds, Harrogate, St Albans, Winchester, Hale, Wilmslow, Wetherby, Ilkley and Tunbridge Wells - all staffed by a handpicked national team of over 100.

The Beverley office can be found on the first floor of 22 Trinity Lane, a small street just two minutes away from the railway station and a short walk from the town centre. The team will take on cases not only from local residents but also from Hull, Hessle, Brough, Cottingham, Market Weighton - in fact from across the whole East Riding.

Partner Chris Birch will manage the Beverley branch. A football fan and golfer, Chris lives locally and graduated in law from the University of Hull.

Chris joined Stowe Family Law in 2013 and was based in the firm's Harrogate office before going on to launch its then new branch in Ilkley in 2015.

Chris said: "Beverley and the East Riding of Yorkshire is a growth area for us and we have already seen a very high level of demand from the town and nearby region for the services that we offer. On a personal level as a resident of the East Riding, living close to Beverley, I am excited about the prospect of expanding the presence of Stowe Family Law into Beverley and the surrounding areas!"

The Stowe Family Law Beverley office will be open from 9am to 5pm, Monday to Friday.
First Floor, 22 Trinity Lane, Beverley HU17 0DY.
Telephone: **01482 755385.**



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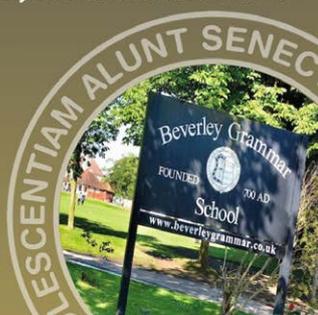


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I've Been Thinking... by Colin Raynor

I have been thinking, in this month of August, about teachers. I have never subscribed to the view that teachers have an easy life. I would suggest that the teachers of our young people are working in one of the most demanding environments in our current society. Whilst the results of their endeavours can be rewarding for themselves and their pupils, they have, I believe, one of the most difficult and at times, dangerous of jobs.



I write this because recently I heard that a teacher of mine had died after a long illness. Whilst I was sad to hear this news I was honest with myself when I recalled why I could so easily bring this person to mind. I remembered this man for two reasons. He was our English (Literature) teacher and he was one of the best teachers in the school.

If I have a love of books, poetry, theatre etc. it is because he made the written word come alive. Dickens, Shakespeare and Tennyson were no longer just words in a book. When "Jock" took classes (every teacher I ever knew had a nickname!) the words of our greatest writers became real and I shared the emotions as this teacher led us through the rich prose.

You will see above that there were two reasons why I remembered this teacher. The second reason is that, like most school children I would often say of Jock "I don't like that teacher" and usually, as in my case, it wasn't because of his ability as a teacher. Jock was, to our young minds, not a very nice person. It wasn't just that he was a disciplinarian - he had to be with our rowdy lot! In modern parlance we would say "he took no prisoners."

His view was "you are here to learn and I am here to teach so lets' get on with it". If you hadn't done your homework, if you didn't understand "iambic pentameter" and all that, tough, you'd better find out before next lesson or else!

On reflection, we were a group of youngsters who had come from the comfort of home life with mothers and fathers who had in most cases cared for us with love and compassion and who gave us praise for just about everything we did. From this teacher, all we got was harsh words and reprimands and in those days often a piece of chalk (or blackboard duster) flying past our heads.

I have never forgotten 'Jock' and his death made me reflect once again on the fact that the people who make an impression on our lives are not always those who we like initially, or indeed ever. But if we are honest, the vibrancy of learning they implant in us usually far outweighs the poor image we have held of them as people. The Christian church has a leader who is at times called Teacher. He was known as a man of love but He also spoke harsh words and indeed said "My way is the only way - no man comes to know the Father but through me".

History records that many people have accepted those words as a way to a fuller and more satisfying life.



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How do other people perceive you? You could be surprised!

Your reputation is based on what others think of you. A good reputation can be lost very rapidly if the behaviour you exhibit is deemed as negative or harmful, which is why there are companies which manage the reputations of senior managers and politicians! In this day and age, reputations can be lost at the click of a mouse as bad news travels fast along the grapevine or by social media. So, what is the best way of ensuring people perceive you in the way you want to be perceived?

Having worked in senior management in some very large companies, having a personal 'brand' was as important as having a brand identity for the company and the products it sold. Every year we underwent what is known as '360 degree' feedback from superiors and reports to ensure that behaviours meant to demonstrate positivity weren't interpreted negatively.

For example, not responding to a question with an immediate acknowledgement was seen as rude or disinterested (whereas the people doing that said they were just thinking about an

appropriate response) but people answering directly and to the point were seen as blunt and uncaring (whereas they thought they were being transparent and honest).

One of the best things I learnt from 'brand' management was that people who said 'yes' to everything were seen as a soft touch, even though they thought they were trying to be helpful. It's impossible to be all things to all men, so saying 'no' to things which aren't within your skill-set or which you really don't want to do - or which you don't have the capacity to do - is a strength. Being over-committed leads to tiredness, too much pressure leads to stress and too much stress makes you ill. And then your reputation suffers accordingly because you are perceived as being unreliable.

The most important person in your life is you. It is your responsibility to ensure you enjoy what you do and that other people appreciate the choices you have made. If there are negative perceptions about you and you want to put them right then you can - but often the negative is just a positive



from a different perspective. If you are satisfied and confident that the perspective you give to the world is the right one for you, then shrug off your detractors and achieve what you want to achieve.

And above all, be happy!

Linda.

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Ask Mike

Mike Robinson is the Manager of Independent Mobility's Beverley store. He can help you through the mobility maze! If you have any questions about equipment or gadgets which can make your life easier, why not give him a call? Here are some of the most frequently-asked questions with Mike's answers.



Q) Mike, I have had my mobility scooter for a while now and am noticing that it won't travel as fast or as far as it once did: is it time to change it?

A) No, not at all! Chances are that the batteries are coming to the end of their useful life. You should have them fully tested and replaced, if necessary. Call me on **01482 862015** to arrange a free battery test.

Q) Mike, I have lived in my current home for nearly 40 years and am finding it increasingly difficult to manage the stairs. I don't want to move. Do you have any ideas as to what I could do?

A) There are a number of options available. The most obvious one would be to consider the installation of a stairlift. As this will not only make managing going upstairs effortless, it will also remove the trip, slip and tumble hazards associated with descending the stairs, which, from common experience, is all too common. Independent Mobility can arrange a free, no obligation quotation for a stairlift and discuss other options with you at the same time.

Q) Getting in and out of my bath is getting increasingly difficult. I love a long, hot soak, too! Do you have any suggestions?

A) There are a number of options available from something as simple as a bath step and stool combination to a bath lift which can take all the effort out of using the bath. Or how about a walk-in bath that allows you to step in and out of it simply and easily? Call in the store for a chat or give me a ring on **01482 862015** for more information.

Q) I'm finding it increasingly difficult to get out of my favourite arm-chair; my knees and shoulders are becoming more painful when I try to stand. Do you have any thoughts as to what I can do, Mike?



A) There are a number of options available to you. A popular and simple fix would be to fit some feet to the armchair to elevate it to make getting in and out of it that bit easier. But why not come and have a look at our great range of riser armchairs which are very comfortable and which raise you to a near-standing position at the touch of a button? This would put an end to the struggling you currently have to get up and

out of your chair. Do give me a call on 01482 862015 because Independent Mobility can help!

Independent Mobility is at 4b Belprin park, Swinemoor Lane, Beverley HU17 0LN. You can also e-mail Mike on mike@independentmobility.co.uk



Competition
Winner

Congratulations to Adrian Dixon who won the competition for a Foot Spa, courtesy of Independent Mobility. Congratulations!

Competition

To mark the launch of Independent Mobility and encourage people to visit the new store at Swinemoor Lane, there is a prize draw to WIN a mobility scooter!

For your chance to win, all you have to do is pop along to the store or phone in to register your details and cross your fingers that you are lucky! The closing date is August 16th.

The winning name will be pulled out of the hat after the closing date. The winner must be available for publicity purposes for Just Beverley and Independent Mobility.

Independent Mobility is located at 4b Belprin Park, Swinemoor Lane, Beverley HU17 0LN. The telephone number is 01482 862015

Callers into the store will also be able to take away some discount vouchers which can be used against products from Independent Mobility. **Don't forget to mention Just Beverley! Good luck!**

Email: mike@independentmobility.co.uk

www.independentmobility.co.uk



Beverley is Blooming Lovely!

Beverley continues to show itself off to its very best with Beverley in Bloom initiatives from volunteers and Beverley Town Council.



Beverley was recently visited by the Yorkshire in Bloom judges who were delighted to see Beverley and its bloom initiatives. Yorkshire in Bloom judging is scored within 3 categories: A 1-4 Include plant selection, quality, maintenance and overall impression, B1-3 Include natural environment, hard surfaces and open grass areas and local identity, C1-3 includes communication and awareness, funding and support and year-round activity and ongoing planning.

recognition it deserves. Thanks to the Syntan Preservation Society, Plant Raisers who have sponsored the summer planting as well as all the volunteers!

As part of the Beverley in Bloom summer activities, members have organised a Garden Competition, which is in the process of being judged with the results released in September. Watch this space!

The judges had an enjoyable visit to the town and met many people involved with the Beverley in Bloom initiatives. The results are due on 12th September. Cross your fingers Beverley gets the

National Garden Schemes Open Allotments

NGS isn't all about private gardens - Beverley's allotments also open in aid of charity.

Following an annual tradition, Queensgate and Kitchen Lane allotments opened on July 9th and made an amazing £575 for NGS charities. The lovely, sunny day attracted many visitors who were keen on quizzing allotment-holders on their fruit, vegetable and flower growing.



An inaugural scarecrow competition for the Eric Johnson Sunflower Award proved to be very competitive with Karina Clappison getting the nod from the judges, Mayor of Beverley Councillor Ann Willis, Sandra Johnson and Pauline Johnson. Eric was a much-loved and respected Queensgate allotment representative and friend to many who helped many people on the allotments over the years.

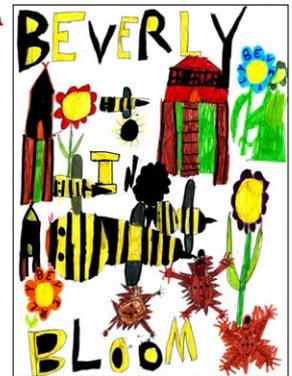
The day raised awareness of how rewarding 'growing your own' can be and was supported by several Town Councillors as well as Alan Titchmarsh, who made a surprise guest appearance.

Keldmarsh School win Yorkshire in Bloom Poster Competition

Local Duke of Edinburgh Award and Beverley High School student, Charlotte Minshall, recently helped organise a Junior School poster competition to raise awareness of 'Bloom' initiatives.

The winning poster was designed by Oakley Elvidge

Runners up Amelie Pitt and Jack M



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Trent Galleries open in Beverley - the first in Yorkshire

This family-run, friendly gallery has opened in a prime position in Butcher Row, showing and selling art and sculptures by some of the most collectible artists in the UK.

Tracey and Stuart Morris have been dealing in art for the last 25 years; the Beverley shop is their 4th after Newark, Oakham and Retford. The link is that the galleries are all in market towns which have a good number of independent retailers rather than being dominated by the usual High Street chains.

Tracey, who is very tactile and chatty told **Just Beverley**: "We have been looking at Beverley for the past year. It's such a beautiful town, which reminds me of Newark. But Beverley is so busy! Even on a Monday there is such a lot of bustle."



Trent Galleries specialise in originals and limited editions. Current favourites are Doug Hyde, the most collectible living artist in the country and Sherree Valentine Davies, a modern impressionist who was commissioned to create a piece for the Queen's 90th birthday. Also showing is Kerry Darlington, the original 3D acrylic resin artist. Her work does not require mounting behind glass - just dusting every now and again! She is so popular that her latest piece sold before it was finished! A window display on Butcher Row is dedicated to award-winning artist Rebecca

Lardner; she's known as 'the modern-day Lowry' with her quirky style which suggests ceaseless activity. The display features paintings and sculptures - and on the day **Just Beverley** visited, was attracting lots of attention! Buying art is very personal and Trent Galleries' customer service is tailored to ensure purchasers are 100% happy with their choice. The walls in the gallery are painted cream and brown to show the pictures and sculptures, rather than the usual gallery red, to best echo the colours which most people use in their homes or offices.

But Tracey and Stuart are more than happy for clients to see what an artwork looks like before they buy, as they will take pieces out to them. They are also happy to visit clients to suggest pieces which would complement their décor.



There is a 'viewing' wall in the gallery which shows off a chosen picture with different lighting intensities to aid choice, too. Painters such as Fabian Perez from Argentina, who uses light and shade to evoke a feeling of sensuality, is often shown in subdued lighting - but in brighter lighting the colours used become more apparent.

As Tracey says, she is not an artist or an art student but she loves talking to people about art and ensuring pieces are displayed to their best.



Pictures can change the ambience of a room and sometimes, just changing a picture can be more exciting than redecorating!

Plans for the future include artist's events, which have become so popular in other Trent Galleries. The gallery is cleared and filled with a chosen artist's work, who is invited to come and talk about it to their fans. Tracey says Doug Hyde is very popular! Events are held on Saturdays or evenings. The Newark Gallery has had 3 such events this year!

Pieces in the Gallery start from under £300 to several thousands of pounds for an original - but should you set your heart on a particular piece, interest-free finance is available and, of course, paintings are couriered free of charge to their final destination.

If Tracey and Stuart are elsewhere, advice is always on hand from Gallery Manager Julia Matson and Tracy Hart, who is training to be an Art Consultant.

Trent Galleries is at **9 Butcher Row, Beverley HU17 0AA**, telephone **01482 874621**, www.trentgalleries.co.uk

New restaurant concept wows Beverley!

In the first 3 weeks of opening, Chamas Rodizio Bar and Grill served over 1000 people with 99% 5* reviews and not a single negative comment! Owners Ali and Nicola Tekce along with their award-winning Brazilian chef Claudio and his staff have created a unique winning formula!

Never before has Beverley seen anything like Chamas! Chamas means 'flames' in Portuguese, rodizio means 'rotation' and 'turnover'. Put the two together and you get an all-you-can-eat, continuous service fixed-price banquet.

Up to 15 cuts of prime meats, cooked over authentic Brazilian churrasceria (barbecue), served on skewers in the traditional Gaucho tradition and served by passadores (meat carvers) at your table! The meats include choice cuts of beef, lamb, chicken and pork prepared in a variety of ways, accompanied by unlimited hot and cold salads from the gourmet salad bar. The menu is a set price - £15.95 at lunch-time (with up to 8 meats) and £27.95 after 5pm (with up to 15 meats); 9-12 years pay £12; 5-8 years pay £7 and under 5's eat free.



The meat is of the highest quality, sourced from a Brazilian supplier - who also supplies the authentic Brazilian beers, wines and spirits to be found in the bar.



Not surprisingly the dessert menu is extremely tempting, so do leave room for one! Desserts are charged extra along with the matched dessert wines, but who can resist a real Brazilian Pudim de Leite (crème caramel) or Marquise de Chocolate, with a thick layer of Argentinian toffee sauce running through it?

Caipirinha is the national drink of Brazil, made using only Cachaça rum with freshly-squeezed lime and sugar - a must-try!



There is a wide range of traditional and Brazilian cocktails, including non-alcohol versions, along with beers, wines and spirits for the most discerning pallet. At the moment there are 2 vegan, 2 vegetarian and 2 fish dishes available as alternatives to the meats. If there is demand, Nicola says they will expand the non-meat offering - but the extensive gourmet salad bar menu features many vegetarian-friendly dishes. The restaurant is very child-friendly and plays Brazilian samba music which all adds to the party atmosphere.

Unlike other restaurants, your starter and first meat is ready as soon as you arrive due to the way in which meats are prepared, cooked and served. When you are ready for your next course, all you do is turn your service card over to green and your passadore will be there with more meats until you can eat no more! It's not surprising that as guests leave, they are rebooking!

Chamas can be found at **9-10, Wednesday Market, Beverley HU17 0DG**, telephone **01482 867897**, www.chamasbeverley.co.uk. Join the 'likes' on the Facebook page and follow @ChamasBeverley on Twitter.

Could you be a My Guide?

Guide Dogs, the charity known more commonly as Guide Dogs for the Blind Association, has traditionally been associated with providing guide dogs for visually-impaired users. But today the charity is very different to the one which was set up in 1934 in that it now also provides additional mobility and rehabilitation services as well as guide dogs, campaigns for the equal rights of people with visual impairment and invests in eye disease research.

Its Head office is based in Reading. It has a Guide Dog breeding centre and four Guide Dog Training Schools but there are 20 Mobility Teams across the country. These Teams are dedicated to helping sight-impaired people get out and about (become more mobile) and one is based in Beverley! 50 years ago, the popular children's television programme teamed up with the Guide Dogs for the Blind Association when trainee Guide Dog Honey was puppy-walked by Valerie Singleton and Christopher Trace until she qualified.



Last year, Blue Peter (yes, it is still running, although only aired on CBBC) did the same thing when Iggy was followed through her puppy-walking and training stages until matched with Callum, who has been blind since birth.

Creating awareness of this charity is vital as it depends on many volunteers. But it is those volunteers who provide so much of the support which improves the well-being and confidence of service-users. One of the initiatives which the Beverley Mobility Team is piloting is that of My Guides - people, not dogs, being the eyes for the visual-impaired.

Although a guide dog can be a huge boon and can get their owner out of the house, dogs are unable to help with shopping, go swimming or round a gym!

My Guide matches a visually-impaired person with a sighted person with similar interests to help them maximise their independence. Lynne Clarkson is a guide dog owner who was desperate to use a gym to maintain her fitness - but being registered blind, using the gym without a helper was difficult and sometimes dangerous. Lynne told **Just Beverley**: "I could change into my gym kit and get Abbie, my guide dogs, to take me to the gym but gyms are full of obstacles - mats, free weights, equipment, people! Setting the machines up and getting on and off them without help is impossible for me. I applied through Guide Dogs and

now have a My Guide who takes me to the gym and ensures I am safe whilst I work out.

"As a carer, she has free gym membership and, if I'm on, say, a rowing machine, she can hop on the one next door and have a bit of a work-out, too. She came along with me to my induction and learnt what I had to do. She ensures I follow my programme. The gym staff are very helpful, too. My Guide gives me peace-of-mind and I can't tell you how much my confidence has improved! I also go tandem cycling with HERIB (Hull and East Riding Institute for the Blind) - the exercise in the gym has improved my ability to cycle, too."



My Guides can help people who are waiting for a guide dog. There are 2 million people registered with sight-impairment in this country with 180,000 socially-isolated. One in 12 people over 60 will encounter a sight problem. But not everyone is suitable for a guide dog and guide dog training takes time so demand outweighs supply, a need which is further exacerbated by the fact that guide dogs retire at age 10, because, after all, they have worked almost all of their lives and, like humans, deserve retirement!

Another 'match' made recently was between an artist who tragically lost his sight very quickly and an art-lover who takes him to the theatre, galleries and art events. He is able to describe the art-works, introduce him to a wider social circle and increase his quality-of-life.

Paul Bush, Community Engagement Officer at Guide Dogs Hull Mobility Team (as the Beverley Team is called, although it covers the whole of East Yorkshire and Lincolnshire and much of North Yorkshire, too!) calls the service they provide, whether through guide dogs or My Guides 'Impairment to Empowerment'. Surveys of service-users have identified gaps which the Mobility Team are trying to fill - and one of those areas is finding younger people as well as older people to become My Guides, or in other volunteer roles.

Paul said: "Guide dogs need a break so every week we have volunteers who take them for a free run in a park or on the beach. The dogs are so well-trained that they will never run off, but they, like us, need down-time. We also welcome approaches from people who will adopt retired guide dogs or even failed dogs and we also need puppy walkers. We now have two Guide Dog Trainers based here in Beverley who are training dogs which have come straight from the puppy walkers rather than going to training school with the intention of reducing training times whilst maintaining the very high standards for all of our partnerships. We also need fund-raisers! There are lots of opportunities for anyone who loves what Guide Dogs can do!"



If you could offer your time in any of these areas, Paul would love to hear from you! As a guide dog owner himself (of Vargo) he understands the value of the charity and the necessity of ensuring sight-impaired people are valued along with the volunteers.

"We never underestimate the change our volunteers are making to the lives of our service users - without them, so many more people would be socially-isolated and unhappy. So, whatever you do or can do for us, here's a big thank you!"

Paul can be contacted on hull@guidedogs.org.uk or 0345 943 0207.

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Many businesses will be carrying out this type of work without realising that there is an enhanced tax relief available to them. Qualifying costs must have been incurred and cannot be of a capital nature. However, revenue costs that have been put to the balance sheet can still be included within the R&D Claim. Capital costs relating to R&D work qualify for capital allowances at 100%.

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In order to claim relief a company must have been engaged in qualifying R&D activity and then satisfy a number of specific conditions, as follows:

- The company must not be in receipt of a notified state aid in respect of the project.
- Expenditure must not be subsidised.
- The company must not have been contracted to carry out the R&D.
- The company must be a going concern.
- Any single R&D project must not receive total aid of more than €7.5m.

To claim relief:

- An R&D report should be submitted along with the company tax return as part of the tax computation.
- It is helpful that the principal activities statement to the accounts should state that R&D work is part of the company's business activities.

Example:

If a company were to spend £25,000 on R & D expenditure, with the R & D enhanced allowance the tax deductible cost becomes £57,500. The additional allowance of £32,500 will give a corporation tax saving of £6,500 (Based on a corporation tax rate of 20%).

If you would like to discuss this in more detail, then please contact Gareth Botterill on 01482 862240 or email gareth@botterillco.co.uk

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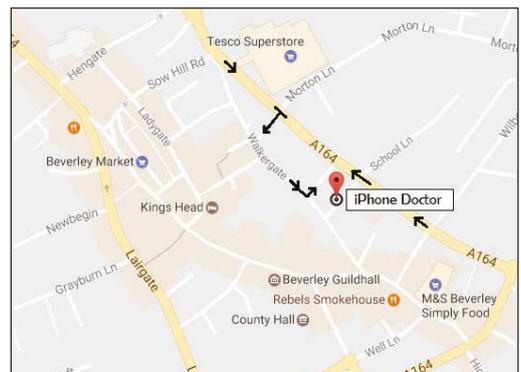
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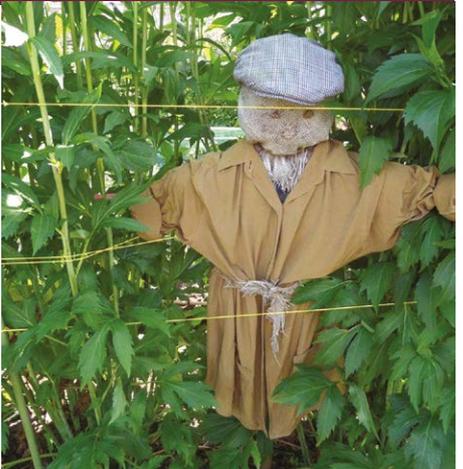


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In the garden... August

August is probably the only summer month that a gardener can take a holiday, with the proviso that they have mown the lawn, watered thoroughly and engaged the help of a friend/ neighbour to pick the fruit and vegetables - and maybe water if necessary. In August the days become noticeably shorter and there is often a chill in the evening and heavy dew. By the end of the month plants are starting to become autumnal, with leaves start to turn colour.

Tasks for August

- Arrange holiday care for your garden if you are going away - to help the 'caretakers', move any containers out of the direct sun and huddle them together to make watering easier.
- Take cuttings of shrubby herbs and tender perennials, such as Verbenas, Argyranthemums, Fuchsias, Salvias and Pelargoniums. Dip the cuttings into a hormone rooting compound before inserting them into small pots of half peat and perlite or peat and silver sand. Water in well and keep the cuttings in a cold frame or even on warm windowsill out of direct sunlight. They should root within eight weeks and can then be potted up in Multi-Purpose compost and overwintered in a heated greenhouse or on a bedroom windowsill.
- Water all containers every day and feed regularly - If you have Camellias, Azaleas or Rhododendrons water them well in dry weather otherwise the flower buds for next year may not develop properly. To boost growth feed them a liquid ericaceous feed.
- Trim hedges and Lavender once the flowers have gone over, however if you want to attract birds to the garden this can wait until later, finches love the seeds on lavender.
- Treat vine weevil with biological control - we rarely see the adults as they are nocturnal and hide during the day (in leaf litter, loose brickwork and woodwork at soil level) and crawl up onto plants at night where they eat irregular holes and notches out of leaves (Rhododendrons and Camellias are favourites). It is the larvae of the vine weevil which causes the greatest damage to plants. They feed on fleshy roots, corms and tubers of many plants - they are particularly troublesome on pot plants grown in houses and greenhouses, but can affect plants grown outdoors in borders. I once had an infestation of grubs on the Heucheras in my border (nice fleshy roots), the first indication was the plants wilted for no apparent reason and when I pulled them out of the ground there were no roots left.
- Pinch out tomato side shoots.
- Prune raspberries and gooseberries when they have finished fruiting.
- Mow the lawn before going on holiday.

And don't forget...

Spring flowering bulbs will start to be stocked in garden centres and nurseries. If you want hyacinths flowering in the house for Christmas, now is the time to buy your prepared hyacinth bulbs. Prepared hyacinths have simply been conned into thinking they have had a 'winter' (by placing them in a cold store) so when you plant them up in bowls they think it is spring and start growing - clever heh!

Happy Holidays, J.

Jane Dale of 'Designed Gardens'
Tel: **07983 392 411**



Show off your talents at this popular village show!

The Leven and Brandesburton Horticultural Society Annual Show is one of the largest in the area, with entries coming from West and North Yorkshire as well as from our own county. This year, the show date is August 19th - plenty of time to ensure your produce could win a prize at this year's event! Just Beverley spoke to Margaret Cundill to find out about the 76th annual show and why it is so popular.

The first thing we learnt was that it's hearsay that a village show is all about growing the biggest vegetables, fruit and flowers! What it is about is quality. It can be quite a serious business, too, as judges from the National Vegetable Society come along to judge some of the classes. And it's also not just about horticulture - it includes showcasing baking, crafts and photography, for children as well as grown-ups.

The baking classes can get quite competitive, too, as the WI come to judge some of those, tasting every entry! But as Margaret said, "Although the judging can be serious, it's important to view the show as fun! It's a day when everyone in the villages can come together to recognise their own talents, admire entries from outside and welcome everyone to enjoy the displayed entries whilst enjoying tea and cake. This year, the classes are so diverse - we really would invite adults and children from anywhere to give even just one of the classes a go!"



Looking through the schedules, we understand why Leven Sports Hall is so busy on show day. The baking classes had our mouths watering as they include making: - a fruit loaf (which is a class which attracts 10-15 entries and is always of very high quality); scones; pies, gingerbread; carrot cake and this year, there is a set recipe of a seed cake from a 1901 edition of a defunct magazine called 'Hull Lady' in recognition of Hull City of Culture.

There's also a decorated cake competition. Then there's classes for wine-making and for fruit spirit, such as sloe gin and damson vodka. Margaret commented: "Someone entered sloe whisky one year and they let me have a taste. I'm not a fan of Scotch or Irish whiskey, but sloe whisky is something else! I hope they enter again!"

The craft, art and photography classes, which include floral art are always popular, although the biggest attraction is probably the horticulture section for fruit, vegetables and flowers. And then there are the children's classes which are split into age groups. There's crafts, photography, baking and handwriting for the under 16's. Margaret said: "The floral art section is not that well supported, even though I know there are lots of Flower Groups in the area. One of the classes this year is to portray 'One Hull of a City' so we're hoping that will get the creative juices flowing and even attract more entries from Hull." If you have green fingers, love to bake or create, do get yourself a full schedule of classes and an entry form for this wonderful show. As they say, you have to be in it to win it! Prizes this year will be presented by Terry Etherington and Vera Caygill, local people who have just retired after 40 years of running Leven Sports Hall, where the show is held.

Schedules are available from shops in Brandesburton and Leven, Hornsea Sports Hall and Garden Centre, Cherry Lane Garden Centre in Tickton and by phoning Margaret on **01964 229881** or **01964 542867**.



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Legal Q's and A's

Every month, Just Beverley asks a team of legal experts to answer a question to which we don't know the answer.

This month the question is about unwarranted personal complaints in the work-force.

Q. A complaint was made about me at work which was shown to be totally untrue. My employers won't give me a copy of the complaint. They say it was dealt with unofficially and if I pursue it, it will go on my record. Surely I have a legal right to see what was said about me?

Coles the Solicitors have provided the following response:

A. Your employer is entitled to protect the identity of the person who made the complaint. If you want to pursue this, you can write to your employer and your letter would be followed up by a meeting. However, these procedures would be logged on your work record and could be used in future for the purposes of disciplinary action or, for example, for supplying a reference. It may be best to let sleeping dogs lie.

If you need advice, why not give Coles a call?

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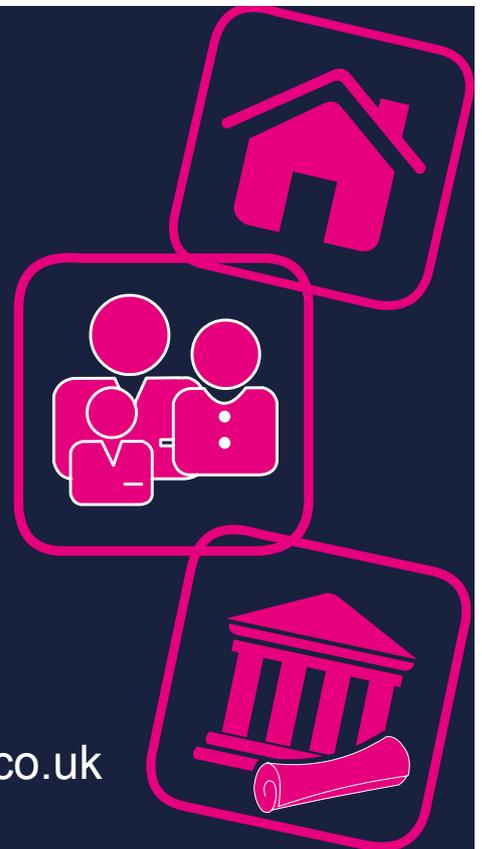
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Countryside Matters with Sam Walton



I suppose we all have a huge amount of Red Tape in whatever profession we are in and of course that applies to agriculture and life on a farm.

I sometimes wonder when we will be told that we must have a cotton wool blanket on the floor when we get out of bed just in case we might hurt ourselves!

Did it all start because of the horrendous suing society we now live in?

You nearly need a spaceman's suit now to climb a ladder and a man standing at the bottom with his foot firmly on the first rung.

There was the report a couple of years ago about a local Church which had to hire a scaffold to change a light bulb and as it cost £500 to do that, the then incumbent rector decided to leave it until five or six bulbs had gone - and then of course the congregation could not see to read!

Those of you who have travelled abroad may well have seen some pretty scary sights which would not be tolerated here - and probably rightly so. What made me think about this was looking through some slides I had taken in Thailand of some of the "interesting" health & safety which does not exist over there!

For instance, repair men walking about on overhead electric cables having climbed there on flimsy ladders and some of the overloaded vehicles from motor bikes to small lorries taking produce to market. But they all seem to survive!

I honestly can't think that anyone would purposely put themselves in a perilous situation, so let's get back to being more normal where common sense can prevail!



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All Hallow's Night by William Bundy

This story is the sixth in an ongoing narrative series that has been previously published in the November, 2016; February, April, May and June 2017 editions of Just Beverley magazine.

I stood facing the witch as she lay the cards before me. At least if felt like standing, as I was keenly aware of the chair now supporting my now amorphous self as it lay floating above a sea of darkness and what felt like contempt, many eyes now staring at me as they awaited my next move.

"Well young man? The cards wait for no-one...", she said, almost cooingly as I examined each card now lain before me, each one making themselves known with keen colours in such gloomy and dark place. I picked up the nearest one which turned out to be The Lovers card. A cold wind blew through the place as the candles shuddered and the vile witch let out a gasp which sounded like a wind blowing the rafters of an old and creaking farmhouse, splinters forming in the air as she croaked out a response.



"You were married... were you not?" I nodded, not wanting to let myself be too much of a target for a response, gulping as I could see her licking her lips in anticipation of whatever salacious gossip about my soul she could plunder for the taking, her treasure chest already full of such things, no doubt. "... was married once, yes."

"Pretty young thing was she?" Her eyes flashing a red flame of surprise and concealed inquiry that seemed to signal a salacious appetite for any details with which to floor and stop me in my tracks.

"She was... yes, the most beautiful girl one could ever imagine... her eyes like silver... her hair, like... like gold in the moonlight, I..." I was lost in remembrance of my long-lost love when it hit me: she was standing right in front of me, just behind the witch. The witch turned back to her, keeping her beady eyes on me as the woman, who I thought I'd long since lost to the fire, now approached me, her long hair being every bit as beautiful and catching as I remembered it, like a wind on a cool summer's night.

"Would that happen to be her, my dear friend?" the witch asked, now digging her claws into whatever was left of my now surprised and shocked, bruised soul.

"My Isabell...", I muttered, not being able to form sentence as she moved to the side of the table and stared in my eyes, her entrancing gaze bewitching me as the witch lay her hand on the table.

"It seems she is not yet dead after all... the fire didn't take her completely, I'll wager." My eyes flashed anger at the witch as I stared at her, red eyes now meeting hers as she grinned in anticipation.

"You know NOTHING of what happened... begone thou foul creature from a thousand depths, and leave me to grieve the death of my beloved!"

I cried out, the emotions now tearing at me as my long-lost wife now stared at me, almost smiling, which it all the harder to bear. The witch now cackled at me with the energy of a thousand echoes as they all pieced my soul, forcing me to cover my ears to drown them out.

"You know nothing about me young sir", she said, now getting up, her horde now circling me, their vulture like claws batting at me as I struggled to comprehend what was now going on, as my wife stood still like a statue in the midst of a growing storm. "We know EVERYTHING about your wife... how you let her die in the fire... let the flames consume her as the fire which you built consumed everything you loved and doomed you to eternal torment... know how your foolish experiments with the dead and all things lightning consumed you... dooming you to eternal damnation as your wife struggled to escape the very thing that consumed you... know how you watched as your house collapsed and your wife failed to make it through the door which we had locked... yes... WE KNOW ALL!"

Their voices were like a cacophony of screams and cackles as I could not contain the storm any longer, screaming and cover my ears as all vanished into eternity, and I was left alone in the darkness once more. Waiting... and praying, for my chance at redemption. Waiting, for her to return to me once more, and lead me to my salvation. I hoped.



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FAREWELL SERGEANT PEPPER by John Fewings



(Another poem to celebrate 50 years since the release of The Beatles' "Sergeant Pepper" album - to be read with a Liverpool accent!)

We're still together after all these years;
Me and the fabulous Billy Shears.
His voice i'n't much - but it never was.
We've stuck together... just because.
We've had others come and others go.
Much of what we do's the original show.
We've had suggestions we should re-mix it
But if it ain't broke, why should we fix it?
Unless it's a hole where the rain gets in
And stops my mind from wandering -
Which it does these days - as I reminisce
And wonder how it's come to this.
Played a village-hall gig but couldn't fill it
So we're back in the bar at the "Crooked Billet".
Strumming and picking and keeping it live
Ensuring the music will survive.

We still sing of lovers and friends of course,
The Hendersons and Mr Kite; Henry the Horse;
Of mornings and daydreams and Liverpool streets;
Of circuses, trampolines; phenomenal feats:
But cheery memories are a thin disguise
As yet another angel flies.
Tired hands applaud their weary devotion
And Sergeant Pepper's nearing promotion
To the ranks of those who've gone before
And are gathered now round Heaven's door.

We're Sergeant Pepper's Lonely Hearts Club band;
We hope you have enjoyed the show.
We're Sergeant Pepper's Lonely Hearts Club band;
Soon be time for us to go.
But there's others we know who will keep it live
So at least the music will survive.

John Fewings is **Just Beverley's** Poet-in-Residence as well as being a member of the Argy-Bargy Poets. He writes poetry for people who don't like poems. Check out www.johnfewings.zone

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The Benefits of Dark Chocolate - even more of an excuse to indulge!

Did you know that dark chocolate (minimum 85% cocoa solids) can help reverse memory loss and improve attention? That it is good for people with sleep deprivation and insomnia? And that can help people lose weight? Want to know more - then read on!



Cocoa contains powerful antioxidants called flavanols which bolster connections between neurons in the brain, particularly in the dentate gyrus in the hippocampus, which is the part of the brain which is involved in long-term memory and in spatial memory which enables us to navigate around.

A study for the Alzheimer's Society in America by Brickman et al in 2014, which was endorsed by the National Institute of Health, showed amazing improvements

in average non-Alzheimer's 50-70-year-olds who were given high doses of cocoa flavanols. The results were so good that they performed as well as the average 30-40 year-old!

This has now been backed up by a recent Italian meta-analysis of all the data involving chocolate and memory by Socci and Ferrara from the University of L'Aquila, who are quoted in The Independent as saying that 'cocoa flavanols could result in immediate cognitive-enhancing effect, sustaining performance particularly in cognitively-demanding conditions including fatigue and sleep-loss.' This would suggest that chocolate is a necessity - not just a treat!

The bad news is that the study subjects in most studies were given extra high doses of cocoa flavanols, up to 900mg, which is the equivalent of eating 17x100g bars of dark chocolate at once!

But the good news is that it would be very difficult to eat that much, as dark chocolate makes you feel full very quickly due to its ability to decrease insulin-resistance (insulin controls the transfer of sugar from the bloodstream to the cells in your body) and lower the levels of ghrelin (high levels of ghrelin increase appetite). Even smelling chocolate can make you feel full!



The other benefit of dark chocolate is that it is a 'sirtfood'; it contains polyphenols which activate proteins called sirtuins, which regulate metabolism, burning fat and promoting muscle-growth. It also contains about 10% protein, which in itself blocks the receptors which tell your body it is hungry. So the message is that a small amount of dark chocolate every day is good for you and it can help control your appetite and that chocolate is food for thought!

With all this in mind, White Rabbit Chocolatiers have been working with local Masterchef Quarter-finalist Mike Williams, to develop a new 4-course chocolate menu! They already bake their own bread, make their own cakes, offer a 2-course lunch (which involves chocolate fondue) and have a Luxury Chocolate Afternoon Tea in planning as well as make the most delicious truffles and chocolates!

Just Beverley visited Amy Fenner at White Rabbit to find out more! Amy said "Opening the café has made such a difference! Our loyal customers love it and new people keep finding us; The White Rabbit trail which includes the famous carving in St Mary's brings new visitors in every week. Mike (Williams) is one of our regulars; he has recommended us to Masterchef and



we are one of the hand-picked businesses where the soon-to-be-launched Masterchef Gift cards can be redeemed. It was really his idea to do a pop-up event with each course inspired by a truffle or single-origin chocolate. We've done a lot of research researching

complimentary tastes but every course will have a chocolate element. The menu will be rich and indulgent and cost around £35/head. We are working with House of Townend to supply a complementary wine for each course, which will be extra. We still haven't finalised the venue but the event will be early September so watch out for details!"



Not only is chocolate good for your health it is good for your social life, too! White Rabbit Chocolatiers and Chocolate Café is located on **16, Dyer Lane, Beverley HU17 8AE**, telephone **01482 679325**, www.whiterabbitchocolatiers.co.uk

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Beverley Polo Club 15th Anniversary Tournament

Beverley Polo Club was established in 2002 and is set in 110 acres of beautiful Yorkshire countryside, at Tickton Hall. The club boasts three outdoor polo grounds, floodlit indoor arena with viewing area and four club houses. It is often a surprise to local Beverley residents that there's a polo club on their doorstep. The club aims to be inclusive and inviting.

Once a year a tournament is hosted where the public are encouraged to come witness one of the world's oldest sports. At just £10 per car, admission is fantastic value, and, although refreshments will be available on-site, visitors and players alike are encouraged to bring a picnic and make a day of the event!

Polo is a fast-paced and exciting sport many of us know little about. Each team has four players who ride on horseback. The players hit a ball with a mallet between two posts to score goals. Some compare it to rugby on horses. It is most popular in Argentina, Britain, the US and Australia but can claim its origins in First-Century Persia.

Many people associate polo with royalty and nobility, however Beverley Polo Club aims to appeal to everyone! The Club offers polo training sessions to the public at all ages and levels - even non-riders are welcome.

Beverley Polo Club can cater and tailor to your corporate events and parties.



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Beverley Polo Club is situated in Tickton, just outside Beverley. It's a short drive from Beverley and the club has ample parking for the 15th Anniversary Tournament crowds. You can even walk, perhaps taking a refreshing drink along the way at the club's own pub, The Crown and Anchor.

Admission: £10 per car per day.

Dates: Saturday 19th - Sunday 20th August. Gates open at 10:30am. :

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Practical Motoring - tips on servicing and maintaining your car

To keep your vehicle in the best possible condition it should typically be serviced every year; however, there are some age and mileage milestones you need to be aware of!

For example, the distance you can cover between oil changes and also the cambelt change intervals. Getting your car serviced each year - and maintaining it between services - is money well spent. Problems are likely to be caught early on when they're cheaper to fix, and your car will have a better resale value and longer life. But oil changes may need to be more frequent if you cover large distances, as may cambelt changes. Your car's service manual is the key to keeping your vehicle in good condition. It has been written by the manufacturer who designed and built your car; it should show:

- How often you'll need to get your car serviced.
- When the car's replaceable parts might need changing.
- How often regular maintenance tasks need to be carried out - for example, oil changes.

To avoid spending money on your car unnecessarily, always follow the schedule in the service manual. Car service centres such as Beverley Motor Works will only ever service a car when it is needed; customers are kept abreast of what is required and the associated costs.

Most cars now have dashboard warning messages which report possible problems with a wide range of issues, including the braking system, engine, oil and coolant levels, tyre pressures and some engine faults. If you see a warning message, always get it checked out straight away. If you are unsure, Beverley Motor Works are only a phone-call away on **01482 881128**; the team will be happy to talk you through the message and book you in, if necessary, to keep you and your car on the road. Acting on warning messages could save you expensive repair costs and even prevent you from being a danger to other motorists. Beverley Motor Works are a 'Which? Trusted trader' with experience of working on all marques.



If you would like advice on your vehicle servicing, do get in touch on **01482 881128** or call in at **Unit D1, Grovehill Industrial Estate, Annie Reed Road, Beverley HU17 0LF**.

Classic Cars with Carfan - the Triumph Herald

For a long time, a tricky quiz question was to ask what car had the best turning circle after the London taxi cab and the answer is the subject this month - the Triumph Herald.

Designed by the Italian Giovanni Michelotti, who we have to thank for over 20 Maseratis and Ferraris, as well as the Triumph Stag and Scimitar SS1, over half a million were produced, ranging from the saloon, convertible and estate to the rare coupe and van. Available new from 1959 to 1971, the Herald could be described as a genuine, if basic, utilitarian British car which has yet to reach so-called Classic status, although it could be argued that it has that by virtue of its age alone.

The performance wouldn't have given Usain Bolt any problems in the early days, but the Vitesse model, with its 6-cylinder engine is certainly nippy enough, should you want to feel the need for speed - the moniker Vitesse is surely appropriate here.

Prices vary tremendously for a Herald. For those sufficiently brave to take it on, a total restoration project can be picked up for a few hundred pounds, while at the other extreme, a fully restored and ready-to-drive convertible can reach the heady heights of sixteen thousand pounds - so the choice is yours. Two features of the car are its general ease of access to the engine as well as the availability of spares, with new interiors still being manufactured and other parts in surprisingly plentiful supply.

The featured car is a 1200c.c. version, produced in 1968. Its proud owner bought it for £350 and spent seven years restoring it, replacing the chassis and respraying it himself. So if you see a Herald executing a neat 3 point turn, don't forget the cheery Carfan wave!



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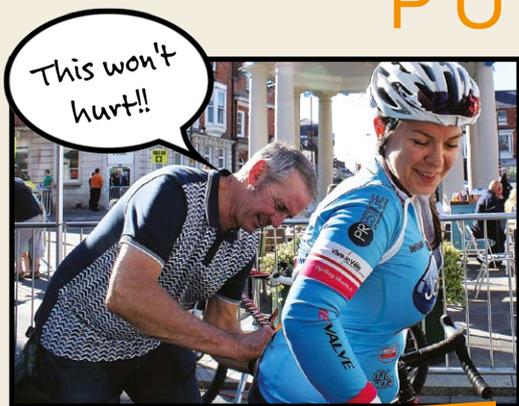
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Funny Things They Say -
The questions you cannot answer!



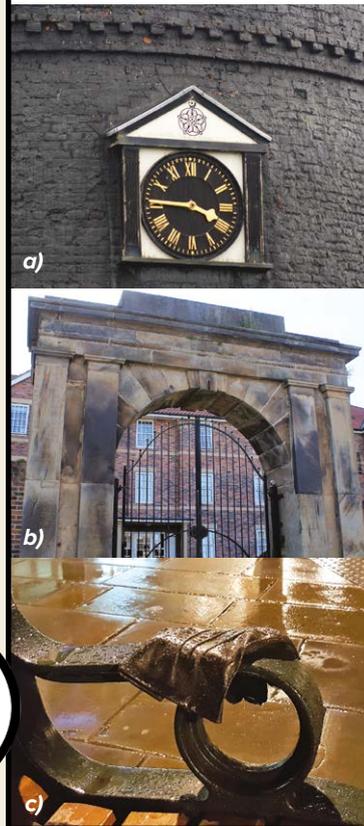
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E D B V D O X H I Y O M C D
U B Y C E L R S N C Q O G T B
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K J W X D F A M I L I E S S B
A I N I T R O P R I A K J P E
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J O Z J X B G S I T X T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

AIRPORT	SAND
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Just for Fun

Where in Beverley would you find these landmarks?
Answers on page 38.



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Wilson's Wheels now stock CUBE Bikes

Team Wanty-Group Gobert (WNTY) made their debut at this year's Tour de France, riding CUBE's Litening C:68 SL. Frequently spotted in break-away groups, the road bike has increased the profile of this German company, so much so that Wilson's Wheels have seen increasing numbers of customers coming in to ask about and purchase the brand.

CUBE is a brand which Wilson's Wheels have been interested in for some time. German brands are perceived very positively as offering great value for money and CUBE live up to that perception!

Dave Shackleton of Wilson's Wheels told **Just Beverley**: "CUBE bikes offer a full range of bikes which are creating huge interest. CUBE is not just about racing bikes! Their women-specific road bikes range from £500 with the entry-level man's road bike selling for £599, which is amazing! Their MTB range (mountain bikes) are lightweight with cutting-edge carbon-fibre technology - the lighter the bike, the faster you can go - but MTBs need to be robust; they have patented some of the construction techniques which increase agility and speed but maintain strength and comfort. They make E-bikes and their kids' range is very impressive. They also come in funky colours!"

"Whatever type of bike you need, whether man, woman or child, Wilson's Wheels will be able to find it for you! CUBE perfectly complements our KTM, Bottecchia, Raleigh, Probike and Python ranges. But we are very excited about the new 2018 CUBE models which are coming in very soon, because they offer customers something very different to other brands. Do come and have a look at them!"

Wilson's Wheels is located at **89, Grovehill Road, Beverley, HU17 0EJ**. Telephone: **01482 882881**.



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Golf with Michael Durcan - The Unseen Side of Pro Golf: Sponsorship Stresses and Sole Struggles

This week, a national newspaper reported on this years Opens' Newest Qualifier, Nick McCarthy. The story detailed some of the personal sacrifices which Nick has been forced to make, to enable him to continue to pursue his career as a professional golfer.

Many non-golfers who read Nick's story will probably have been surprised to learn of the financial struggles which have accompanied him on the path to achieving his dream. However, any pro golfer which read Nick's story will relate to his struggles and sacrifices. I for one certainly did. There exists a public misconception that all pro golfers are affluent and have a jet set lifestyle where they tour the world and stay in 5 star luxury. Unfortunately, this is far from the reality of our day-to-day life. Unless, you rank alongside the small number of players in the world rankings, equivalent to football's premier league, you live a less than glamorous lifestyle. Nick said: 'the level I'm at is like the third division. You pay for everything - food, petrol, accommodation. To get that back you almost have to finish in the top 10 out of 160 at every competition.'

From travel, to accommodation, to the game entry fees, to the kit, most of the time outgoings exceed incoming and, until you are playing and achieve good prize money, you have very little. Every penny you have is used to fund the expenses to attend the next event. Unless, that is, you manage to secure sponsorship the primary solution to any pro golfers financial woes. Securing sponsorship for any professional golfer however, is a challenging task. Many people, outside the golf industry believe that as soon as a pro golfer wins a professional tournament they also receive offers of sponsorship.

Unfortunately, that is far from the case. Our reality is that even after winning events and titles there is no guarantee sponsorship will be provided. In order to attract and secure the interests of investors what's the secret recipe required? Success? Winning? Competing as well as you possibly can?

They are for me what you would expect companies to want when considering potential sponsorship opportunities. Yet, even though I am delivering the aforementioned, it has not as yet been enough for me to receive sponsorship.

Zack Byrd, Dustin Johnson's old college team-mate, is another example of a pro golfer who has struggled to survive in the game due to financial difficulties. For him, the struggle can be likened to gambling every day in life. He said: 'It's a gamble....you gamble on yourself, and you hope to win....'

Byrd, who has just recently managed to secure some minimal sponsorship which will facilitate his next tour, noted: 'It's stressful; it's hard. I can't tell you the last time I woke up and wasn't stressed out. It's constant stress.' Perhaps, if more businesses were aware that in return for sponsoring a pro golfer they often receive benefits for their investment. For example, I offer my sponsors corporate golf day events at which I provide golf lessons to them and their colleagues etc. Also, sponsoring a professional athlete can be a good advertising/pr opportunity with positive coverage and publicity for their business on a local, national and even international level depending on the golfers tour and success.

However, to date businesses remain sceptical and investors remain limited so for now, until I secure sponsorship, I have no alternative but to keep trying to secure sponsorship and scraping by whilst calculating every cost.

Why? you might ask do I continue and persevere with my dream to be a world class professional golfer despite the challenges and hardship. I continue because when I feel like quitting I ask myself why I started and embarked on my dream. I remember my 10 year old self who wanted to take their love and devotion for golf forward into my future career and I remind myself of the tremendous support I have always received from my parents. With that I continue and remain determined.



If getting to the top necessitates me experiencing the lows and travelling a tough road I will continue, ensuring when I achieve the highs I embrace every single second of them.

As for the Open this week, I will of course be supporting McCarthy who, if he plays well, will not have to worry about seeking out sponsorship on his own again. The sponsors will instead approach and be very eager to sign him.

Michael works as assistant pro-golfer at Beverley and East Riding Golf Club

If you are interested in sponsoring Michael please see contact details below:
www.michaeldurcanpga.co.uk/contact

Beverley Town FC and Beverley Whitestar FC merge under Beverley Town FC Banner

Coming together to form one of the largest football teams in the area opens up opportunities for youth and adult football.

Beverley Town FC has always had a thriving open-age (over 18) set-up with a smaller junior section whereas Beverley Whitestar have had a great youth structure but fewer open-age teams.

Beverley Whitestar was beginning to face structural challenges with key personnel moving away from the club. But Claire Willey, whose son plays for Beverley Town, noticed the synergy between the two clubs and that a possible merger could help both clubs progress. Claire introduced Mike Burton, Beverley Whitestar's treasurer and Mark Smith, Chairman of Beverley Town who realised that Claire's idea was a positive way forwards - and the new Beverley Town FC was born.

Mark told **Just Beverley**: "We are thrilled that Beverley Whitestar have entrusted us in this way! We now have 16 junior teams with the possibility of setting up two more, 3 open-age men's teams, a veteran's team and one disability team, with the potential of another joining soon.

"The aim is for players to enjoy football at whatever level they want to play out, which fulfils the ethos of Whitestar. We have restarted the academy at Beverley Leisure, using the same pitch which Whitestar have used in the past.

"We can't thank Claire enough for instigating talks and for joining the admin. team as Welfare Officer - that's a tough role, trying to keep all of the coaches in line!



"But like all organisations, we are looking for more help in relation to the running of the club and fund-raising. I'm Chairman and Gary Proud, who does a fantastic job, is Club Secretary so key roles are covered, but any parents, friends or football lovers who could help us would be so welcome. Just give me a call on **07795 618922** to find out more! I'd like to publicly thank Mike Burton for his 12 years' service to Whitestar, who, along with Rod Hulme and Alan Hemmingway made it into such a great club. But time moves on and we have a great future with lots of exciting plans in the pipeline."



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Tales from the Racecourse - betting is not what it used to be!

It's fast approaching Ladies race day at Beverley and this year is tipped to be one of the best as Sally and her team get ready for an exciting fun filled day. Catering have some great food on offer and are expecting to serve 1000 plus meals in the restaurant as well as 500 bottles of champagne.

There are going to be many top jockeys riding and I have already ordered the hottest day of the year. I've sorted some winners for you too - check the tipster board in the paddock. Beat the Bookie tips are in red; he's red hot right now having had 5 out of 6 winners in one June afternoon! In the past, a race day consisted of 6 races and were sponsored by wealthy individuals or



businesses and you very rarely saw any banners or advertising. Now most race days are 7 or 8 races and sponsored by the big bookmakers.

The traditional tic tac men are a thing of the past as all the betting is computerised, so if someone has a large bet at the bookies then the odds will automatically change everywhere - much quicker than relying on the telephone and the men in white gloves!

Back in the 60s I remember a syndicate of 6 men who planned to back their horse by standing close to 6 bookmakers and at the blow of a whistle place their bets at exactly the same time, ensuring that they all got 33/1, as the bookmakers didn't have time to alter their prices. The plan worked a treat! But due to technology, this wouldn't happen now as the system is so fast and within seconds every bookmaker would know that a large bet had gone on.

In the late 60s, there was a Tipster known as 'The Major' who would walk around the car park at Beverley selling tips in brown envelopes. He would shout out "Follow the Major" and for a shilling you could buy an envelope containing the names of three horses running that afternoon. People thought they were buying the names of winners - most weren't of course, but



eventually the winner would crop up in someone's little brown envelope! And the Major meanwhile had made himself a nice profit! How things have changed!

In my early betting days, I would visit a terraced house at Potter Hill in Beverley where Mr. Wiles ran a betting shop from his front room. There were no such thing as official betting slips then, so bets were scribbled out on a piece of paper or cigarette packet with your name or nickname written on it. You can no longer visit Mr. Wiles in his front room but you can place your bets wherever you are from your tablet or phone and, of course, at the racecourse.

Well that's all for now. I hope you have a great Ladies Day and I'll see you there with the winners!

Colin Stamford
(aka Beat the Bookie)



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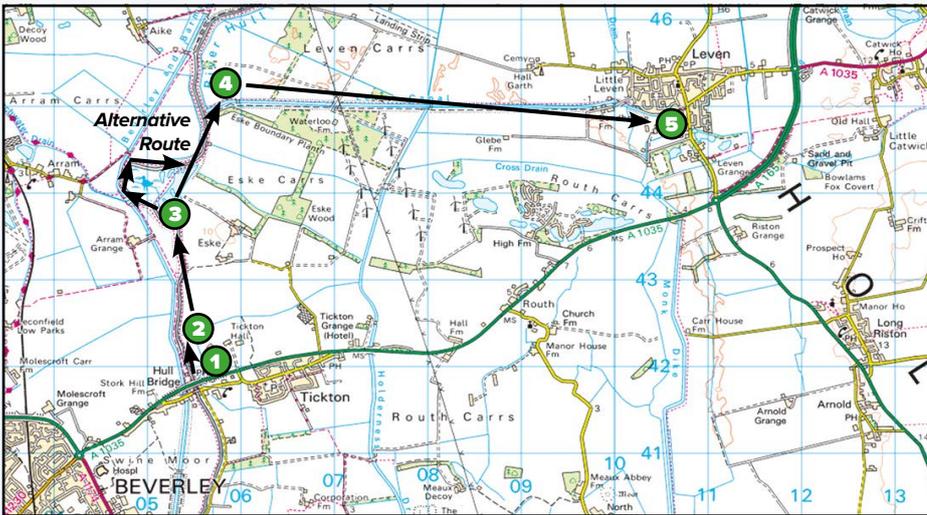
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Walking with Ian Richardson - Leven Linear - 5 Miles



This is an unusual walk for the East Riding as it follows watercourses for the entire length, in a county perhaps better known for its dry valleys and Wolds.

It is best done as a linear route, the only viable way to return on foot is by the way you came. It is ideal for using the good EYMS 246 bus service that serves Leven and Hull Bridge from Beverley and Hornsea. The walk is perfect for a summer's day or evening and being so close to water, the flora and fauna are particularly abundant, I even saw a snake - the first I have spotted in Yorkshire for twenty years.

1 The newly refurbished riverside pub, the Crown and Anchor, is a great place to start any walk. Easily reached in 10 minutes by bus from Sow Hill, or you can walk to it over Swine Moor, which is alive in summer with wild flowers and horses. There is a moving plaque on the footbridge to mark those killed here in an air crash during WW2: we have a tendency these days to take peace for granted, but the historian in me says we never should. There is also something of a mystery in the car park overflow field just behind the fantastic new ice cream parlour. As the photo shows, here is the striking remains of what appears to be a church entrance but my researches and enquiries have so far drawn a blank as to what exactly it is - maybe you could let me know? It is grand to see boats for hire on the river; rowing and motor boats are available just across the bridge.



2 If you can drag yourself from the many refreshment options, you should now head up the River Hull, first passing under the busy road bridge. Within a few minutes you leave the traffic noise behind and enjoy the tranquillity of what is the most northerly chalk stream in England. Route-finding is easy on this walk; just head a mile up-river until you come to a very large lake. Many local people who do not know this impressive half mile stretch of water express surprise that it exists so near to Beverley. There are huge numbers of swans and geese and no doubt more elusive species. I was also pleased to see a large group of teenagers enjoying it when I walked here in late June. Oddly the lake is unnamed on OS maps and again I wonder if any reader knows what it is called.



3 If you take the path along the river bank just before the lake, you reach the nature reserve that is splendidly named Pulfin Bog - a great place for spotting dragonfly and the hobbies that hunt them. The path along the river by the bog rejoins the main track at the north end of the lake, so you can take either route.



4 A further 500 yards up river and you come to the lock that was the entrance to the Leven Canal. This closed in 1932 so it is surprising to see some of the machinery is still there. The path, no doubt the former towpath, runs along the north side of the canal for three lovely miles to the centre of Leven village.

This is easy walking and in early summer the canal is full of striking yellow and white water lilies. Why pay to go to Giverny or even Burnby Hall, when you can see these for free a few miles from Beverley?



The canal which linked Leven to the outside world was opened in 1802. Unusually, it was built by a wealthy local woman Charlotta Bethell; the lock keepers were also women for many years, too. After passing a large pipe, which now sadly cuts the canal in two, and a most pleasant set of holiday homes on the opposite bank, you emerge by the New Inn.



5 Turn left at the pub to enjoy the many fine buildings of this well appointed village. Indeed, there are few places so well favoured outside our local towns; the combined butchers and bakers is a particular favourite. End the walk by the church with the bus stop across the road for those returning to Beverley.



**Next Month - Head for Flamborough
Ian Richardson - ricojosh@msn.com**

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Beverley Art Gallery. Free. Painted in the open air from direct observation in both watercolour and oil.

Until Friday 2nd September

• **Animal Agents Summer Reading Challenge 2017**
Beverley Children's Library. Free. Read 6 library books of your choice, collecting rewards along the way. Booking essential at Beverley Library 01482 392750.

Until Saturday 16th September

• **Morning Campers! The Great British Holiday Camp**
Treasure House, Beverley. Free. The first Holiday Camp appeared in 1894 on the Isle of Man but Billy Butlin popularised the concept after WW2 when his Butlin's Holiday Camps dominated the British holiday scene. Did you go to Butlins Filey or Skegness? Relive your memories of this uniquely British institution!

Until Saturday 9th September

• **Treasure House Children's Trail**

Pop in and take part in this popular children's trail exploring the fascinating treasures in the building. Ask for a trail sheet at the Museum reception. Free.

Monday 31st July - Friday 4th August

• **Creative Club at Creative Lab**

Flemingate, Beverley. Ages 4-5 from 9am - 1pm, £7.50/day/child includes snacks; ages 6-10 and 11+ 8am - 6pm, £15/day/child includes lunch. Book on 01482 874603 or hello@thecreativeclub.space

Tuesday 1st August - Wednesday 30th August

• **Ecce Populus Portrait Exhibition by Geoff Hewitt**

Beverley Minster. Twelve portraits of people who work at The Minster.

Tuesday 1st August

• **Roll Up, Roll Up Raceday**

Beverley Racecourse. First race 2pm. Various process. Mid-summer circus-themed meeting for the whole family with circus-skills workshops run by Greentop Circus of Sheffield and funfair rides, exciting racing and the inaugural Burgess Supadog Bark de Triomphe in aid of Antibiotic Research UK. This new contest sees jockey's dogs go head-to-head in this canine event of the year!

Wednesday 2nd August

• **Melanie Gall presents Edith Piaf and Jacques Brel**

East Riding Theatre Café Bar. 7.30pm. £11/£12. Relive the adventure and inspiration of two lives and their music.

Saturday 5th August

• **Steve Phillips and the Rough Diamonds**

East Riding Theatre. 7.30pm. £14/£12/£10. Ex-Notting Hillbilly member, Steve, with his friends playing blues, country, vintage rock 'n' roll and other rootsy styles.

Monday 7th August

• **Family Fun Mondays Sports Day**

Armstrong Social Club. 1.30pm - 3pm. £3/child includes biscuit and drink. Fun activities, games, music. Age-group 2-10 years. Book on 01482 882999.

Saturday 12th August

• **Dove House Hospice Harry Potter Quiz**

Beverley Minster. 7pm. £15/head includes buffet and entertainment from 01482 785743.

Monday 14th August

• **Family Fun Mondays at the Seaside**

Armstrong Social Club. 1.30pm - 3pm. £3/child includes biscuit and drink. Fun activities, games, music. Age-group 2-10 years. Book on 01482 882999.

Tuesday 15th August

• **Friends of Beverley Minster Coach Tour to Byland Abbey and Newburgh Priory**

£51/person to include morning coffee, lunch and afternoon tea (discounts for Friends of Minster/St Mary's and English Heritage members.) Booking essential on 01482 442221 or friendsbooking@beverleyminster.org.uk

Wednesday 16th August

• **Flemingate Ladies' Day**

Beverley Racecourse. First race 2.10pm. Various prices. The social event of the summer! Live music and after-show party with The Lovettes. Most Stylish Lady competition and a special pampering marquee.

Friday 18th August

• **Rob Barratt**

East Riding Theatre. 7.30pm. £10. Comic poet, humourist and singer Rob brings satire, parody and audience-participation to Beverley!

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Leven Sports Hall, Leven HU17 5NF. Entries for classes by August 17th; exhibits to be staged by 10.30pm. Entry to show from 2pm 75p/free. Afternoon teas, tombola. Presentation of trophies at 3.30pm.

Sunday 20th August

• **Peter Robinson**

East Riding Theatre. 8pm. £12/£10. A return visit for the author of the DCI Banks novels. A chance for you to ask him questions about this popular character (played by Stephen Tompkinson on TV) and hear snippets from his 24th book in the series.

Monday 21st August

• **Family Fun Mondays Happy Holidays**

Armstrong Social Club. 1.30pm - 3pm. £3/child includes biscuit and drink. Fun activities, games, music. Age-group 2-10 years. Book on 01482 882999.

Monday 28th August

• **Bank Holiday Monday Refreshments**

Beverley Minster. Cakes and light refreshments raising funds for the Minster Choir.

Friday August 4th

• **Freedom Five FriYay Movie and Quiz**
Parkway Cinema, Beverley. 11am - 2pm. £6.50 includes popcorn and drink. Children under 12 must be accompanied by an adult. Reserve tickets at <https://www.facebook.com/pg/Freedom-Five-Humberside-Police-Lifestyle-791198934395204>

Friday August 11th

• **Freedom Five FriYay Movie and Quiz**

Parkway Cinema, Beverley. 11am - 2pm. £6.50 includes popcorn and drink. Reserve tickets at <https://www.facebook.com/pg/Freedom-Five-Humberside-Police-Lifestyle-791198934395204>

Friday August 18th

• **Freedom Five FriYay Movie and Quiz**

Parkway Cinema, Beverley. 11am - 2pm. £6.50 includes popcorn and drink. Reserve tickets at <https://www.facebook.com/pg/Freedom-Five-Humberside-Police-Lifestyle-791198934395204>

Friday August 25th

• **Freedom Five FriYay Movie and Quiz**

Parkway Cinema, Beverley. 11am - 2pm. £6.50 includes popcorn and drink. Children under 12 must be accompanied by an adult. Reserve tickets at <https://www.facebook.com/pg/Freedom-Five-Humberside-Police-Lifestyle-791198934395204>

Saturday August 26th

• **Method in Madness Coffee Morning**

Walkington Methodist Church Schoolroom. 10am-1pm. Free. Entertainment. Refreshments, raffle, tombola.

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FUN DAYS IN AUGUST!

1ST AUGUST -
YORKSHIRE DAY

5TH AUGUST -
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NATIONAL TELL A JOKE DAY

23RD AUGUST -
NATIONAL HUG YOUR BOSS DAY

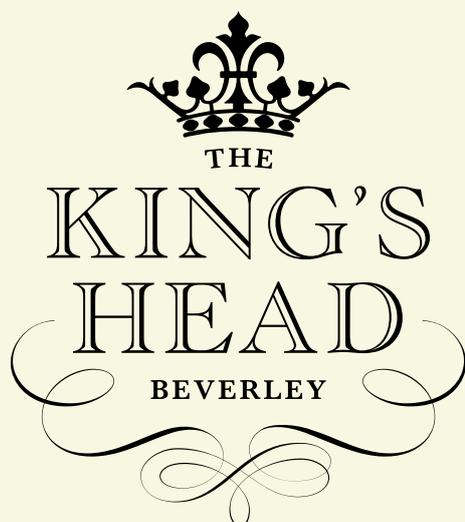
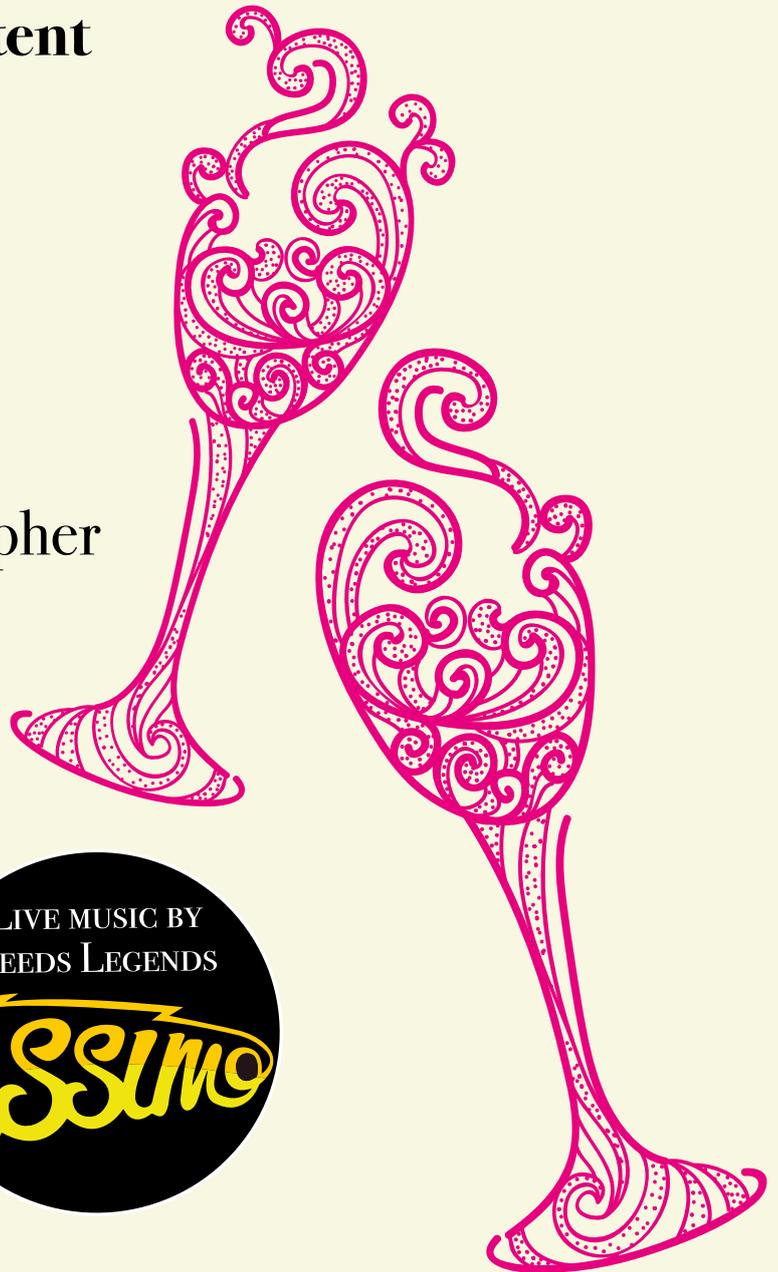
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Bank Holidays: 10am-4pm.

Wednesday 16th August 2017

Ladies Day

- **4 Bars inc** REKORDERLIG tent and New Gin bar
- Late licence
- **Free glass of bubbly for first 150 guests**
- Professional photographer
- **2 DJ's**
- **BBQ**
- **Photobooth**



£5 entry

Strictly over 18's - Doors open at 5pm

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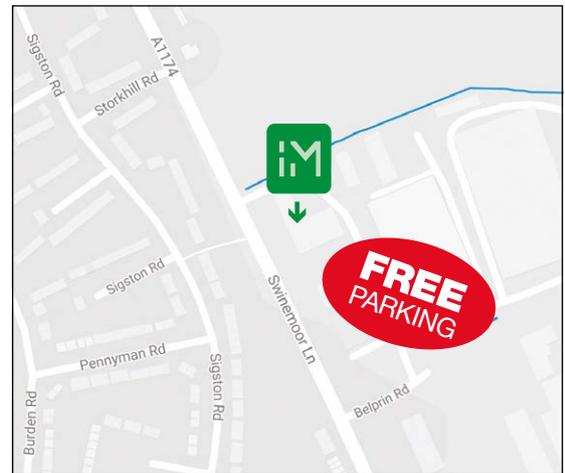
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PART EXCHANGE WELCOME

UPTO £200 OFF
a **New or Used 4 mph SCOOTER**
plus **FREE 12 Months CARE PLAN** ONLY VALID FOR ORDERS PLACED BEFORE 31/7/2017
Only one voucher per customer. Original voucher to be presented at point of order.



PART EXCHANGE WELCOME

Please cut out and bring along the vouchers above when you call in to see us.