



BEVERLEY

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FREE



ISSUE 21

BARRIE BARNES
DOCUMENTING THE
FALLEN IN BEVERLEY

BEVERLEY BLUES
WEEKENDER

BEVERLEY'S
MOLLY THOMPSON
SOCIAL VLOGGER



• CINEMA 'STORKS'
ASSORTED GOODIES

• AFTERNOON TEA
AT LEMPICKA



MICHAEL HAMISH MENZIES-BAIRD
KNOWN AS MINGUS

NEWS, WHAT'S ON, LIFESTYLE, FEATURES, PUZZLES, PHOTOS & MORE



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Letter from the Editors



It's October! Autumn is upon us! I hope you like the pictures in the centre pages which capture the changing of the season, which have been sent in by YOU! The change in light, the change in colours on the trees and the change in times - yes, the clocks go back at the end of October so we get an hour extra in bed on October 30th, or, if you are an early-riser like me, an hour extra to enjoy the morning.

Beverley is constantly changing. New businesses, a new Young Professionals Networking Group, new courses at East Riding College for young and young-at-heart learners, new shows and films at Parkway Cinema, cutting-edge entertainment at East Riding Theatre, new classes at Beverley Leisure - there is such a lot happening in Beverley and beyond that it is a pleasure to live and work here. Remember to keep us up-to-date with what you have planned so we can include it in our What's On Guide on the website and magazine. **Just Beverley's** What's On Guide aims to be THE go-to guide for every event!

Just Beverley is for everyone. Tell us your news, send us your pictures! What doesn't get in the magazine goes onto the website, Twitter feed or Facebook page. Most important though, enjoy October and Halloween because next month we start on the build-up to Christmas!

Julian.



Beverley's growing reputation as a Town of Festivals is enhanced this month by not one but FOUR of my favourite events. The new-look festival of words, Lit/Up, is taking place in so many of Beverley's iconic buildings - there are talks, workshops, films, discussions, dance and music; well-known writers and personalities telling their own story (Terry Waite) and made-up stories (Mark Lawson); local writers (Marion Gamble and Rhoda Baxter for example) and surprises - did you realise we had our own pirate captain in Beverley? Don't miss Captain Crossbones on Saturday 8th!

Then there's the Real Ale and Cider Festival in the Memorial Hall over the first weekend. I hope you haven't missed it if you are reading this after October 1st! Beer and music - what's not to like! This is followed by Beverley's wonderful Food Festival on October 2nd which is, for people who like good food, nirvana. Congratulations to local winners TC Patisserie, Coletta and Tyson, and Beverley Town Council who won Beverley Food Festival awards.

Beverley Blues Weekender is a huge indulgence for lovers of the blues. America's best export is enthralling in its execution, having adapted and moulded into many different genres, most of which can be experienced between 21st and 23rd October. See our article on page 33.

Why not post your pics of your October as a visitor on our Facebook page - we would love to see them! But most important, be happy!

Linda.

If you would like copies for your business to distribute to staff and customers, call Just Beverley on 01482 679947!

Get in touch with us:

Website: justbeverley.co.uk

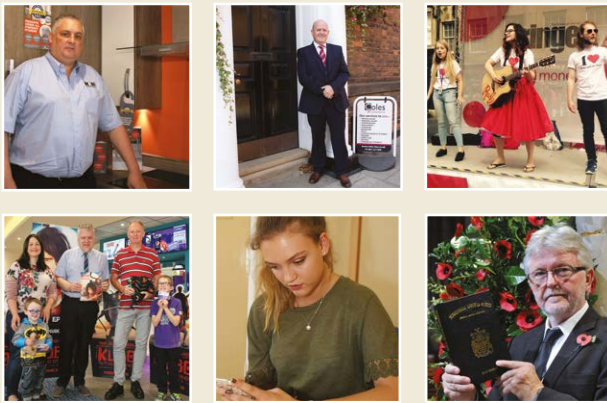
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ERRATA

In Edition 19, we published an article on local photographer Cheryl Murphy, who has taken photographs of dogs for the book 'Home Alone - and Happy' (pictured) by canine behaviourist Kate Mallatratt. The article was written without consulting Kate Mallatratt who has requested that we clarify a couple of the comments made in the article. She kindly provided the following statement: **Kate Mallatratt wishes to clarify that any dog who is destructive when left at home alone should be seen by a professional; a crate is not a solution. Kate does not support any 'pack leader' training protocols, which can cause more harm than good.**



Just Beverley is happy to apologise to Ms Mallatratt for any inconvenience caused by the article. 'Home Alone - and Happy' is available from Waterstones, Hubble and Hattie and Amazon.

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. 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.

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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, 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, Health Centres, cafés, hairdressers and more!

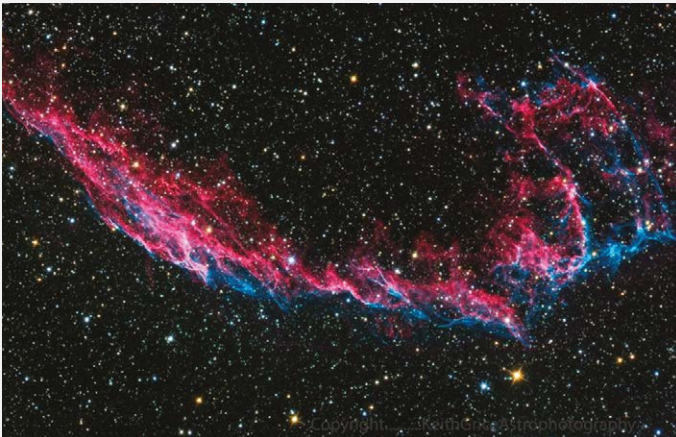
Open invitation to join the East Riding Astronomers in star-spotting at Woodmansey on Friday 21st October

East Riding Astronomers are usually to be found scanning the heavens on the 3rd Monday of the month from the gardens at Friends Meeting House, Quaker Lane, Beverley, but on Friday 21st October, they will be holding a Star Party at Woodmansey Village Hall between 7pm and 10pm.

With telescopes pointing to the heavens, party-goers will be able to see stars, planets and satellites in greater clarity than with the naked eye and learn about the constellations whilst enjoying a warm drink.

If it's cloudy, members will display their telescopes and answer questions about the night skies. Children are very welcome if accompanied by an adult; everyone should wrap up in warm clothing.

East Riding Astronomers members are in the age range of 30-80. They organise frequent dark sky gatherings, away from light pollution, usually on Friday evenings at places such as Bempton Cliffs, Sancton Hill and Kiplingcoates Old Railway Station. But they often head out on the spur-of-the-moment if the skies are clear.



Secretary Peter Clark told **Just Beverley**: "I've been watching the night skies since I was a lad. They are an endless source of fascination to me. I particularly like looking at double stars, such as Rigel in Orion, which is one of the brightest stars in the sky. It has a companion star very close to it which has been described as being on Rigel's shoulder; seeing it through a telescope can be very dramatic.

"You can test the quality of your telescope and correct aberrations with double stars. But nebulas are often seen better with the naked eye than with a telescope! Watching the heavens does not have to be an expensive hobby so we hope lots of people will come along on the 21st to find out more."

Contact Peter at prcclassicff@gmail.com or find out about East Riding Astronomers at www.astrogen.karoo.net/era_index.html

CENTRAL 42

Central 42 is now open!

Beverley's **NEW tapas bar** is open on Saturday Market from breakfast through to late!

9am-11pm Mon-Thurs; 9am - 12midnight Fri-Sat; 10am-11pm Sunday.
Telephone: **01482 888889**. A great friendly atmosphere awaits!

Armstrong Social Club to hold first Fancy Dress Halloween Party on October 26th

If you fancy dressing up in Halloween costume, then here is your opportunity!

Witches should grab their broomsticks and ghouls find a friendly ghost for some games, music and pumpkin carving. Bring a pumpkin to join in the fun! Only £1 entry. It all gets underway at 1pm. Children must be accompanied by an adult.

Instant Messiah to celebrate 125 years of Toll Gavel United Church

Choir members are needed to sing Handel's Messiah on Saturday November 12th!

Join conductor Colin Wright (East Riding County Choir), organist Julian Savoury and local soloists Elaine Dave (Soprano), Berry Lewis (Alto), David Bowden (Tenor) and Kevin Ormond (Bass) in singing the choruses of this classic piece as it is performed in full after only a couple of hours' practice.

Organiser John Turner told **Just Beverley**: "Toll Gavel Church has wonderful acoustics and a long history of putting on concerts such as Messiah. In our 125th year, we wanted to celebrate this musical history by inviting other church- and non-choirs to join us in this magnificent work. We will be singing from the Watkins Shaw version - copies will be available to hire on the day. Practice will take place during the afternoon followed by a buffet tea for the musicians with a public performance at 7pm."

Application forms are available from jeturnerbev@hotmail.com or **01482 867573**. Participation plus buffet tea plus music hire costs £14, which can be submitted with the completed application form.



Lit/UP Festival melds Beverley Literature and Bridlington Poetry into a fabulous festival of words

Poetry, fiction, history, science, comedy, storytelling, workshops and film explore words as they are spoken, presented, watched, played, explored, discussed and questioned.

Toll Gavel United Church, East Riding Theatre, Beverley Minster, Beverley Parkway Cinema, St Mary's Parish Hall, Beverley Library and The Treasure House are venues which feature sessions and events for adults and children. The festival runs from Wednesday 5th October to Saturday 22nd. Tickets from www.litup.org.uk or telephone **01482 392699**. East Riding Theatre event tickets only available from ERT www.eastridingtheatre.co.uk

LitUp

Kitchen Specialist Darren joins MKM

MKM Building Supplies in Beverley are pleased to welcome their new Kitchen Specialist Darren Ransom to the team. Darren brings with him over 20 years of kitchen design experience, working at some of the leading showrooms within East Yorkshire.

MKM Building Supplies has launched its biggest ever kitchen sale in partnership with Symphony Kitchens. Running until 5th December customers will not only receive significant discounts across the Symphony range of kitchens, they are also offering a range of extras and free gifts from wine glasses to a dishwasher. What's more you can have the kitchen you always dreamed of in time for Christmas with deliveries until 23rd December!

Pop into the branch on Swinemoor Lane, Beverley today, be inspired by their kitchen showroom and discuss your requirements with Darren, or call **01482 880088**.



Beverley's Food Festival set to stimulate the taste-buds

With over 110 stalls selling a variety of produce, a cookery theatre marquee featuring 7 top local chefs, street entertainment and music along with the exciting introduction of hot street food, Beverley's annual Food Festival promises a riot of colour, smells and activity!

Officially opened by the Mayor of Beverley, Cllr Rob Beggott, at 10am, the festival also includes entertainment from Britain's Got Talent semi-finalists The Garnett Sisters and Beverley FM commentating live from inside the marquee throughout the day.

BBC Radio Humberside 'Westenders' presenters Jonathan Parker and Chloe Davis are due to host Beverley's own version of 'Ready Steady Cook' in the Food Marquee, starring guest chefs John Robinson from Whites Restaurant and Matthew Barker of The Westwood Restaurant at 12.30pm - kitchen chaos is guaranteed! Following on at 1.30pm, Radio Humberside's Phil White takes to the stage to comper the finals of Hull and East Yorkshire Hospitality Association Copper Saucepan Final between Connor Berney and Victoria Martin.

With demonstrations from James Mackenzie of The Pipe and Glass, Tina Cerutti from Cerutti 2, David Nowell from Hide Restaurant at Tickton Grange, Ben Cox from The Star@Sancton and Thierry Condette of TC Patisserie, you won't want to miss and thing. **Just Beverley** definitely won't!



Spooktacular Beverley Half-term Halloween Treasure Hunt

If you go down into Toll Gavel or Flemingate on Saturday 22nd October you might be in for a few surprises - Stormtroopers, Witches and Wizards and other boo-tiful and spirited Halloween characters will be encouraging you to take part in their frighteningly-good Treasure Hunt.

In return for £5, you, your **ghoul-friends** and family will be given an entry form listing Beverley businesses where you can find **ghostly** letters. Arrange these letters into a well-known word to be in with a chance of winning **fangtastic** prizes!

Post your entry through Beverley Community Lift front door on Corporation Road by the **Witching Hour** of Midnight on October 31st to be in with a **ghost** of a chance of winning - or it might turn into a **pumpkin!** Vanessa's in Saturday Market will have entry forms if you are unable to get one on the 22nd.

Where can you find the letters? Vanessa's; Hair By Rosie; Hunters' Coles; Beverley Building Society; Fox Mobility; Lempicka; Hugh Rice; White Stuff; Costa Coffee in Toll Gavel; Deli No. 1 and Parkway Cinema are joining in the Halloween fun. Just remember to keep your wits about you as you go **haunting** - sorry, hunting!

Don't be **scared** to give it a go! Proceeds go to Beverley Community Lift and Yorkshire Cancer Research.

Tickton Belles, Stars, Harriers and Swifts seek more players

If you are a girl, under 12 years of age who likes football and fancies playing in a team, Dave Hood would like to hear from you!

Tickton Girls' Football Team now has 4 teams playing at Under 12 and Under 10 level in the East Riding Girls' Football League but there is room for more players at all positions. They would also like to hear from you if you are Under 8!

Matches are on Saturdays and everyone who joins is promised a game.

Football is about team-working; developing skills, working together for the benefit of the team and helping each other to succeed.

If you would like more details, give Dave Hood a call on **07910 379660** or email david@leanandagile.com



Fancy a dance?

Fairtrade East Riding Network have organised a ceilidh with The Whitby Woollybacks on Saturday October 22nd in Toll Gavel United Church Hall.

The organisers are keen to reassure participants that no experience is necessary as the steps are 'called' by the band as they teach the dance. The dances require 4 or more people, so having your own dance partner is not necessary as everyone will want to join in when they hear the foot-tapping music!

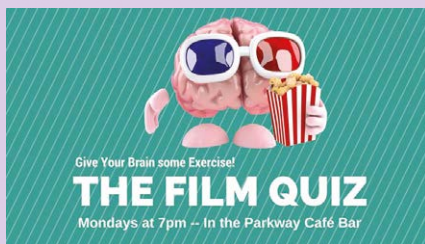
Ceilidhs are very social occasions, great ice-breakers and suitable for all ages. Included in the £10 price (or £25/family) is a buffet supper, provided by BP Sodexo and made with many Fairtrade ingredients. Tickets are available from John Turner on **01482 867573** or Ros Stanley on **01964 550688**.



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. (All films are subject to change).

- Thursday 6th October - **Swallows & Amazons (PG)**
- Absolutely Fabulous (15)**
- Thursday 13th October - **Anthropoid (15)**
- Swallows & Amazons (PG)**
- Thursday 20th October - **The Legend of Tarzan (12a)**
- Anthropoid (15)**
- Thursday 27th October - **The Shallows (15)**
- The Legend of Tarzan (12a)**



Why not test your film knowledge at 7pm before the Mystery Movie Monday? There are free film tickets for the winners!



MONDAYS @ 8.15pm

Over 18s only.
Classic, recent and just darn good tales of the macabre.

Only £4 per person.

Look out for information on our Facebook page and Twitter @parkwaybeverley account



These are the films that will open in October. All films subject to change. Check out up-to-date cinema listings at www.justbeverley.co.uk/cinema-times



30th September



30th September



7th October



14th October



14th October



14th October



21st October



21st October



21st October



28th October



The best of world cinema

Thursday October 6th 7pm
Strangers on a Train (PG) from 1951.

Part of Beverley Literature Festival. Professor of Film Studies and renowned Hitchcock expert, Neil Sinyard, introduces the celebrated film based on Patricia Highsmith's novel

YOUR NEW INDEPENDENT CINEMA



Live On Stage!

'Late Loves' - with Barry Clark and Janet Cowley

Hayward Theatre, Wednesday October 19th at 2pm

It's never too late to fall in love, according to professional singers Barry Clark and Janet Cowley! With a programme of classic songs and duets from some of the great composers - including Noël Coward, Ivor Novello, Stephen Sondheim and Rodgers and Hammerstein - this matinee concert is a new offering from Parkway Cinema which makes full use of it's Hayward Theatre. With a splash of passion and a dash of romance, a touch of charm and a large helping of flirtation, this delightful programme illustrates the fact that, when it comes to love, we never really learn - and love 'at a certain age' can be highly dangerous!

Both singers have starred in 'The Phantom of the Opera', Barry in the original production with Michael Crawford and Janet in the Manchester production with Dave Willetts. Barry has performed in operas, musicals and concerts around the world. Janet too is an experienced performer with a wide variety of companies including the Carl Rosa Opera Company. The duo formed their own production company, Wobby Dog, in 2005 and have performed their 'Late Loves' concert in venues throughout the UK.

Barry and Janet are accompanied by Gordon Balmforth, a well-known accompanist, arranger and composer in the Yorkshire area. In a long and varied career, one of the highlights of his work was as keyboard player for Roy Orbison. Her appearance at the theatre will mark a delightful re-visit to Beverley for Janet who, as a student at Hull University in the 1980's, often used to come to Beverley to enjoy particularly the second-hand bookshops and the Minster!

So, if songs such as 'People will say we're in love', 'We'll gather lilacs' and 'I remember it well' are to your taste, come and join this celebration of affairs and passions - which do not belong exclusively to the young! The concert begins at 2pm. Tickets at £10/£8 from the Box Office **01482 968090**.

LIVE ON STAGE... NOW ON SALE!

Wednesday 19th October at 2pm -
LATE LOVES

Sunday 27th November at 7.30pm -
ALFIE MOORE - GETTING AWAY WITH MURDER

Sunday 13th November at 2pm -
FATHER CHRISTMAS NEEDS A WEE

16th December - 1st January -
THE PARKWAY PANTO - ALADDIN



Storks Competition

Storks is the latest animated film from Sony Pictures Imageworks which stars a host of well-known actors voicing the storks and human characters in the film.

Storks are associated with delivering babies, but in this film, they have moved on to delivering packages for a global internet retail giant. However, when Junior, the top-delivery stork on Stork Mountain accidentally activates the Baby-making Machine which produces an unauthorised, but adorable baby girl, Junior and his human friend Tulip have to make their first-ever baby-delivery before the boss finds out. Junior and Tulip embark on a wild and revealing adventure which could make more than one family whole and restore the storks' true mission in the world. Storks is written, co-directed and produced by English-American filmmaker Nicholas Stoller whose previous credits include Forgetting Sarah Marshall, The Muppets, Neighbors and Neighbors 2.

Warner Brothers have kindly offered a Storks Goody Bag to one lucky winner of this month's competition. The Goody bag includes:

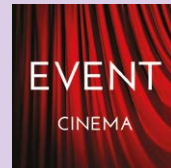
- An activity book
- A magnetic playset
- A notebook
- A lunch box
- A baseball cap
- Post it notes
- An egg shaped beach ball



Parkway Cinema, Beverley is adding a pair of tickets to a film of your choice to this great prize, which you could win by answering the following question:

In Storks, this Golden Globe and Emmy award-winning actress voices the role of Sarah Gardner, a busy real estate agent whose young son Nate wants only one thing in the world - a little brother with ninja skills. Having shot to worldwide attention in the TV phenomenon Friends, this actress has most recently starred in We're the Millers, Mother's Day and Cake, for which she received a Golden Globe nomination. Name this actress.

Send your answer to info@justbeverley.co.uk by October 18th. Include your name, address and daytime telephone number. Full terms and conditions are available on page 3. Oh - and there are 4 pairs of runner-up cinema tickets, too! Good luck!



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:
Sunday 2nd October at 7.30pm -
OASIS: SUPERSONIC - WITH EXCLUSIVE LIVESTREAM Q & A (15)

Tuesday 4th October at 7.30pm -
THE AUSTRALIAN BALLET: SLEEPING BEAUTY

Monday 10th October at 7.30pm -
MY SCIENTOLOGY MOVIE - EXCLUSIVE Q&A WITH LOUIS THEROUX & ADAM BUXTON (15)

Wednesday 12th October at 7pm -
RSC LIVE: KING LEAR

Sunday 16th October at 4pm -
BOLSHOI: THE GOLDEN AGE

Monday 17th October at 6.30pm -
ROH: COSI FAN TUTTE

Thursday 27th October at 7.15pm -
BRANAGH THEATRE LIVE: THE ENTERTAINER

Wednesday 2nd November at 7.15pm -
ROH: ANASTASIA

Sunday 6th November at 3pm -
BOLSHOI: THE BRIGHT STREAM



EVERY SUNDAY AT 5.30pm
Films and documentaries from around the world for those with an independent spirit and inquiring of mind.

Sunday 2nd October -
Things to Come (15)
Sunday 9th October (subject to confirmation) -
The Childhood of a Leader (15)
Sunday 16th October -
The Clan (18)
Sunday 23rd October -
Hell or High Water (15)
Sunday 30th October -
Hunt for the Wilderpeople (15)

Molly Thompson - 43,800 YouTube followers and counting!

We did a round-robin in the Just Beverley office recently to find out where we would go for information on just about anything. Needless-to-say, there was a marked difference in the answers depending on age!

The more mature members amongst us mentioned books, magazines, libraries, the internet. The younger ones said Google and YouTube. It was therefore a real treat for everyone in the office to meet Molly Thompson, who has a YouTube channel with more followers than you can imagine.

Her channel is called **Beauty Spectrum**, which is also accessible via her website <http://molzyolzy.com/>. Some of her videos have had over 250,000 views!

Molly is just 16 years old! What inspired Molly to set up a YouTube channel? Molly told **Just Beverley**: "I've always been interested in photography and filming and especially filming things that it isn't necessary to film! I was initially inspired by people like Zoella and Tanya Barr who do the same sort of thing as me. They cover beauty and fashion, showing girls how to use make-up, create a particular look, do their hair or wear clothes in original ways, and lots of my friends were watching them - so I started watching them too and that was how Beauty Spectrum came into existence.

"At first I started filming on my phone, but when I reached 6,000 subscribers (followers), I bought a DSLR camera and tripod. I also have a small camera. I film myself to create the content and then edit it on a Macbook and upload it to YouTube."

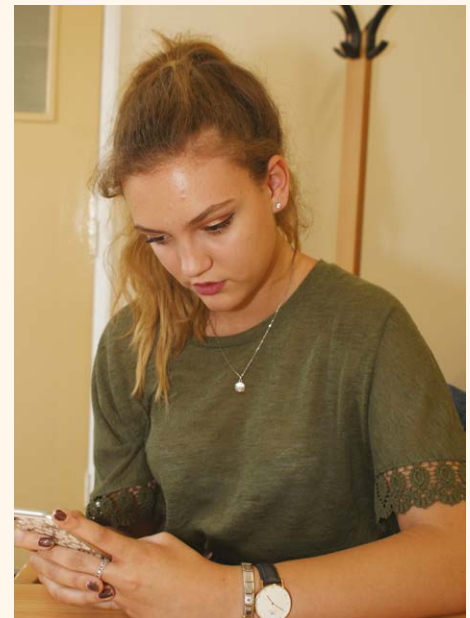
Molly is in Year 12 at Beverley High School, studying media, photography, English Literature and History and would like to go into broadcast journalism as a career. She was brave enough to film herself live opening her GCSE results envelope, which she posted out as a vlog (video log) on her website!

All students are short of money, so Beauty Spectrum does make Molly a little bit of cash. YouTube is financed by companies who choose to place advertisements before particular channels or clips. If an advert is shown before a Beauty Spectrum clip, Molly gets rewarded with a small share of the revenue.

Yorkshire Soap are big at blogging and they recruited Molly to vlog about the contents of a particular hamper which they provided. Bodyshop, Simple, Rimmel, Maybelline and Lush also sponsor creatives. As Molly names the make-up brands she is using whilst demonstrating make-up techniques, this encourages the manufacturers to sponsor her films and vlogs.

Molly encourages subscribers to her channel and website by giving products away; she recently went on holiday and bought candles and fragrances which she gave away - but everything was vlogged! Her main attraction is keeping things real.

She makes most of her films in her bedroom or walking around the locality, ensures her films and vlogs are relatable and is conscious that the majority of people following her have little cash. Which is why most of her followers are of a similar age and why she has a strategy for filming,



depending on the time of year and what's happening in school, media, music and fashion.

Molly is conscious that there is a massive gap in the access to YouTube across the generations, but there really should not be. Molly has inspired **Just Beverley** to set up a YouTube channel to align with our Facebook page and Twitter feed to engage even more people to the brand. Who knows, we might have as many followers as Beauty Spectrum in the not too distant future?

Watch this space - but in the meantime, if you haven't done so already, have a look at Beauty Spectrum and see what you have been missing! www.youtube.com/user/beautyspectrumblog

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Michael Hamish Menzies-Baird, otherwise known as 'Mingus'

Mingus is our front-cover subject this month. He is of Scottish stock, but grew up in Hull, married a Cottingham lass and works in Beverley so definitely qualifies as an East Yorkshireman. In fact, he says the best thing his dad ever did was to export the family out of Glasgow, where he was born!

Mingus is currently Chair and North East Regional Representative for SSAFA, which stands for Soldier, Sailor, Airmen and Families Association. Following our article last month which highlighted the work which SSAFA carries out, we were keen to find out more about the man who spear-heads the charity in this area and what motivates him to work so tirelessly for it.

Mingus lived on the Bilton Grange Estate with his five step-sisters and one step-brother when his Dad remarried after his Mum passed away. By this time, his older, biological brothers had left home but they were still very much in touch. Mingus had no qualifications when he left school at 16, but, being a resourceful young lad, he walked up and down Hedon Road, knocking at every commercial door asking for work. He got as far as Tower Lane where he met Dave Willingham of Willingham's Car Dismantlers who set him on straight away. Mingus clearly remembers his first pay packet - £20.99 in a brown envelope!



After 2 years the stories his older brother had to tell of foreign lands, adventure and excitement in the British Army was creating feelings of jealousy in young Mingus. He applied, and at the age of 18, joined the Royal Engineers. His wish for foreign travel was granted with postings to Belize, Ascension Islands, Germany, Kenya and Cyprus. During his service he volunteered for the Bomb Disposal Unit as he enjoyed dealing with demolitions and booby traps and became a teacher, qualified to train soldiers in PT, canoeing, abseiling, rock-climbing, caving, diving, hill-walking, drill and first aid.

By now, Mingus was a married man with two young children and it was time to return to civvy street; this was when he moved to Beverley. He enrolled at Beverley College, taking a Higher Education Access Course which enabled registration on a BA Honours in Law and Business at Humberside University (now University of Lincoln). He decided to concentrate on law, travelling to the College of Law in York to take their Legal Practice course. He was now qualified but needed to complete articles.

Despite applying for every post he could in the area, he could only find a training post in London. This meant commuting, coming home every weekend to see his family - bar one weekend when he stayed in London, which he regrets to this day. Needless-to-say, when the London practice offered him a permanent job, he declined! However, he joined a practice in York, where he stayed for 10 years, before starting his own practice. Coles then invited him to join them as

Litigation Consultant, which meant he could move back to Beverley. Mingus even lives in the same house he lived in in 1993!

Much of Mingus' spare time is spent volunteering for SSAFA along with 6,500 other people nationally. He realises how incredibly lucky he has been in making his way in the world. He avoided injury when on active service and teaching in the Army; he has a wonderful family and friends and a career which enables him to help people professionally. The attraction of volunteering for SSAFA is that it is the original military charity. Formed in 1885, it provided nurses to the British military during WW1. In the last year, it has given out over £100,000-worth of help in this area to anyone in need who has had or currently has any role in the army, navy or air force, even if only for 1 day. Families are also helped. SSAFA also helps merchant seamen (and their families) if they were on ships used in Atlantic convoys in WW2.



Help includes money, resources, housing, medical and mental health support. Sadly, about 10% of the current prison population is made up of veterans who have offended; SSAFA is able to make a positive difference to many such cases. Volunteers, Mingus included, are trained as case-workers to recognise their client's needs. Case workers made 200 visits in the East Yorkshire area in September alone.

How does SSAFA get to know about cases? Many are made by third parties. Older people are often too proud or unwilling to ask for help which is, thankfully, not the case with younger people. The average age of people seeking help is dropping,



but older people tend to have more complex needs and the cost of helping them is greater. SSAFA works with other charities and agencies to ensure needs are met. Mingus feels that this country lacks the capacity to thank those who have served. Newer charities, such as Help for Heroes (which helps military men and women but only from 1991), have focussed the attention of the younger generation on the sacrifices which service often calls for.

Hence the importance of Armed Forces Day, which creates a medium for recognition across age-groups. SSAFA Vice-chair and Mingus's fellow case worker, Cllr David Elvidge, organises the Beverley Armed Forces Day, which also raises much-needed funds for the charity. Next year's Armed Forces Day promises to be bigger and better than ever - so watch this space and, importantly, dig deep so you can help Mingus to help those who served their country so bravely and deserve our support in return.

You can find out more information about SSAFA, what they do, how you can help by volunteering or fundraising at www.ssafa.org.uk/east-yorkshire. Telephone: **01964 552837**.

Mingus can be contacted at Coles the Solicitors www.coles-law.co.uk/mingus-menzies-baird Telephone: **01482 231300**.

Legal Q's and A's

Every month, Just Beverley invites a local team of legal experts to answer a question to which we don't know the answer. This month, the question involves buying land.

Q. How would I go about adopting some land behind my house? When the council built my house along with my neighbours' several others 40 years ago, they never finished off the landscaping and the project was forgotten. All the houses are now privately owned. My local Councillors think it would be a good idea.

Coles the Solicitors have provided the following response.

A. It sounds as though the land is owned by the local council, so I suggest you approach the planning department to see if they are willing to sell. You would be looking to buy the land, as opposed to adopting it. Adoption is where you take responsibility for land (such as a private road) without actually owning it. If the council has no use for it, they may be willing to sign it over to you for a nominal sum.

If you have a question you need to know the answer to, why not give **Coles the Solicitors** a call?

They are located in the very heart of Beverley at **22, Lairgate, Beverley HU17 8EP**, telephone **01482 231300**. www.coles-law.co.uk

Just Beverley Welcomes Elizabeth Godber

Elizabeth Godber is the latest writer to join the Just Beverley team, after just graduating from the University of Hull with a degree in Creative Writing and English.

Elizabeth, who is East Yorkshire born and raised and now studying for a Masters Degree in Writing at the University of Leeds expressed her excitement over joining **Just Beverley** and working on arts coverage for the local area. This isn't Elizabeth's first experience in publishing; she worked as an editor on the Hullfire Student Newspaper for two years, so she certainly knows about writing to meet a deadline!



Some of you might remember the show 'Ruby and the Vinyl!' which was recently performed at The East Riding Theatre and at The Edinburgh Fringe Festival; this was co-written by Elizabeth. She is a talented lady!

Just Beverley is 'over the moon' to have Elizabeth joining us, and we look forward to reading her articles. This month she has given us some insight into two of the artists taking part in 'Open Studios' - you can read her column on page 35.

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David Mills - Beverley Chess Club

Just Beverley is delighted to be able to expand its sports coverage with a new chess column which starts next month. Chess expert and captain of four local chess teams, David has been playing since he was 11. He has been playing seriously since 1969 and has a record of every single competitive match played!

David told **Just Beverley**: "Players are graded according to ability. I am graded 138 - I have been as high as 150 in the past - but everyone starts at 0 and works their way up, earning ranking points as they play. Beverley Chess Club's best player is graded 180 which isn't that far off Grand Master grading of 260.

"Chess is a game of mental dexterity requiring concentration and strategic thinking. If you would like to brush up your skills or learn to play, Beverley Chess Club is very welcoming. We meet every Wednesday from 6.45 at St Nicholas' Community Centre, Holme Church Lane, Beverley. Just give our club secretary a ring on **01482 865353** for more details.

"There are about 22 members and we play competitively in several leagues - but it doesn't matter if you lose every game when you first start. If you play regularly and get a bit of tuition or coaching, you can improve rapidly. Chess is very popular so there are lots of opportunities to play. There are Chess Congresses happening every weekend somewhere in the country for juniors as well as the more mature!"

Just Beverley is excited to be learning more about the world of chess and getting a few tips to increase our enjoyment in the game. As they say, watch this space!

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Softly softly on cost as well as your skin!

Some phone calls and conversations are concerned with the financial aspects of owning a water softener. It's long been recognised that a home supplied with water from a softener costs less to run, but it's difficult to quantify the exact savings due to the large number of variables.



These include the hardness of the mains water in the area, the volume of water used in the household as well as the layout of the property. The type of boiler and plumbing system are also important factors.

So any quotes are an estimated average, but never the less, they serve as a useful guide. For several years, estimates of savings of £1 per day have been used, based on an average size property in an average hard water area (a hardness of around 300ppm has been considered a useful standard for many years). But since the rise in energy costs, an American report (The Battelle Report) has concluded that a domestic water softener is one of the best energy saving investments we can make in our home.

The main savings can be summarised in three categories:

- Avoiding the costs of plumbing repairs and replacements - things like shower heads, taps, heat exchangers, washing machines, kettles, irons... and the list goes on!
- Supermarket shopping bills - it's clear that softened water households use only a fraction of the detergents, soaps and personal care products that are needed in hard water households.
- Energy costs - in a softened water household, the absence of limescale on domestic hot water heat exchangers ensures they operate at their original efficiency, keeping fuel charges low.



Water softener owners have direct experience of the saving they make, so are in the best position to confirm the reality of the savings. If you have neighbours or friends with a water softener, why not ask their opinion? Most are very happy and some are positively evangelical about the many advantages of switching to softened water.

For specific information and a detailed quote and installation plan, call Dave Parry at Greens so that he can understand your requirements. Greens offer an informative and engaging hour with a water softener expert at no charge - although a cup of coffee to accompany the chat is always welcome!

Contact David Parry at:
Greens Water Services, 647 Anlaby Road, Hull HU3 6SX
Telephone: 01482 351 769
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Flemingate Update

With a host of big retail brands, high-quality independent retailers, a great selection of dining options and a busy programme of events, the Flemingate centre is playing its part in making Beverley a must-visit destination. October looks set to be a very busy month with three new openings!

Retail giant Arcadia's Outfit store - featuring fashion must-haves from Topshop, Topman, Dorothy Perkins, Wallis, Miss Selfridge and Burton - is set to open on Saturday 8th October and will feature a purpose-built footwear space, a personal shopping service and a Topshop nail bar. Health and beauty retailer Superdrug will open mid-October, in addition to Superdrug's other location in Toll Gavel, Beverley, stocking brands such as Makeup Revolution, B., and L'Oreal.

Coffeehouse brand leader, Starbucks, will also open its doors at Flemingate towards the end of October - the first Starbucks branch to open in the town.

Developed and owned by Hull-based regeneration company Wykeland Group, Flemingate has extended and enhanced the town centre and made the historic market town a bigger draw than ever before. David Donkin, Property Director of Wykeland Group, said: "Our new openings are further evidence of Flemingate attracting major, highly-regarded brands to the town that could not otherwise be accommodated. We are now seeing a critical mass of high-quality operators adding to the ever-growing appeal of Flemingate and Beverley as a whole as a retail and leisure destination."

A recent winner of two Yorkshire in Bloom awards, Flemingate is keen to promote its fabulous public space, which has become a magnet for events of all kinds. Graham Tait, Flemingate Centre Manager, said: "We're keen to host events, support local initiatives and open up Flemingate and its facilities to the community. Flemingate hosted many fun-filled activities during the summer school holidays, in particular, the Beverley Bolt: a 100m race down the length of the development's main street inspired by nine-time Olympic gold medallist Usain Bolt. Girls and boys between the ages of six and 15 took part in the race, with a select few proudly taking home the winning title for their age category.

"Youngsters also enjoyed sharing the field with Beverley RUFC in a rugby activity day. Carol Innes, Vice Chairman of Beverley RUFC, praised the event and was enthused by the response to it and the number of kids who joined in. The sport-themed summer did not stop there, either! Over 100 children participated in a tri-golf day (a 'mini' version of golf aimed at young children) with local golf professional, Stewart Fraser of Beverley Golf Club. Over 100 kids had a go, really enjoying themselves!"

Other activities included a fun fair and fairground attractions, which were aimed at and enjoyed by children and their families. Graham told **Just Beverley**: "Flemingate has really come into its own over the summer months and has attracted thousands of people to both the centre itself and Beverley as a whole. Now we're finalising the details for a packed programme of events and activities over the next few months. I'm particularly excited about our plans in the run up to Christmas!"

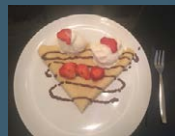


Visiting Flemingate couldn't be easier, with a 500-space car park on site offering three hours parking for just £1 and Beverley Railway Station just a couple of minutes' walk away. The development is broadening retail and leisure opportunities for shoppers and visitors from Beverley, local villages and towns and the wider region and welcoming more visitors as a result.

Beverley is fast-becoming the weekend destination it deserves to be - and Flemingate is playing its part in changing the perception of Beverley to potential visitors.



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13 Wednesday Market, Beverley, HU17 0DH

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All Things Belgian at Lempicka



Lempicka's continental-style brings a special distinctiveness to this lovely café in Wednesday Market. The ambience is enhanced by the dark furniture and chalky, grey-blue colours along with elegant pictures of and by Tamara de Lempicka herself - the original glamour star - inside the cafe and the tables and chairs outside on the pavement.

Lempicka's owner, Nancy Blackburn, lived in Belgium for many years and as her brother is now domiciled there, she is a frequent visitor. She speaks fluent French, one of the official languages of Belgium and loves the Belgian café culture - chocolate, delicious cake, beer, aperitifs, crêpes and waffles. Lempicka opens at 9am serving breakfast Belgian-style. Stacked crêpes and waffles are served along with artisan espresso-based coffee, hot chocolate and a range of teas.

Nancy has an alcohol license and a personal license and has imported a range of Trappist beers from Belgium. Trappist beers in Belgium are served in their own specific glass so Lempicka serves each beer in the correct glass, too! Beers include Westmalle Triple, Kwak, Kriek and Lambik and range from dry to sweet to suit all tastes. Sitting with a beer or sipping Lempicka's signature fizz, Kir Royale from an art deco champagne glass is a great way to people-watch or chat with friends. Indulge yourself further with home-made soups, light bites, home-made cakes or waffles - vegan and vegetarian options are available - or Lempicka's award-winning Continental-style Afternoon Tea, which is a real experience. Every item is made from scratch - so booking is essential. Although Lempicka closes at 5pm, it is available for private bookings in the evening with catering service and alcohol. Just Beverley thinks Lempicka would be a great venue for a Jazz Party!

Nancy has kindly offered Afternoon Tea for 2 to the lucky winner who can answer the following question correctly and is first out of the hat! Send your answer to info@justbeverley.co.uk with your name, address and daytime telephone number by October 18th. Full terms and conditions are on page 3.

The question is:

There is a famous self-portrait of Tamara de Lempicka with a convertible car. There is a print of the picture hanging in Lempicka café. What is the make of the car?

Good luck!



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The classes revolve around a fun theme that captures the children's imaginations, ranging from swashbuckling Pirates to diving under the sea and much more!

Not only are these classes lots of fun, they also help to build the children's confidence and social skills whilst making new friends and memories.

Our Poppets love to perform and there will be regular opportunities for parents to come

and see what their little Poppets have been up to and what fun things they have learnt throughout the term!

Poppets at PQA Beverley run every Saturday morning from 10-11.30am at **Beverley Grammar School, Queensgate, Beverley, East Riding of Yorkshire, HU17 8NF.**

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Pumpkin Curry Recipe

It's Halloween coming up so here's an Indian recipe for all the pumpkins there are around at the moment.

Ingredients:

- 1 small pumpkin, peeled, deseeded* and chopped into small chunks
- ¼ tsp. Fenugreek seeds
- 1 tsp. Cumin seeds
- ½ tsp. Turmeric powder
- ½ tsp. Red chilli powder
- ¼ tsp. Garam masala powder
- 1 tsp. Sugar
- 1 tsp. mango powder
- 2 tbsp. oil
- 250ml water
- Rock salt for seasoning
- Optional coriander and chopped red chilli to taste.
- Poppadum to serve

Method:

Heat the oil in a pan and add the fenugreek and cumin seeds and fry for a minute on a low heat. Add the pumpkin, chilli powder, turmeric, water, salt and sugar. Mix well, cover and cook for 20 minutes until the pumpkin is cooked and starts to turn mushy.

Mash the pumpkin, adding the garam masala and dry mango powder. Allow water to evaporate if too runny. Garnish with coriander and chilli and serve with poppadum!

*Don't throw the seeds away! They can be dried and toasted to add to soups and stews. They are highly nutritious.



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And if what you want is not on show, Alexander Ellis will make it for you! As they say - 'You design, we create!'



The showroom has suites, chairs, corner sofas, sofa-beds and pouffes (with and without storage) for the living room; it has the biggest choice of dining chairs of anywhere in the area in oak, leather and fabric with ladder-backs and roll-backs; there is kitchen furniture, beds and bedroom furniture, cabinets and cupboards.

But the most wonderful surprise is the selection of accessories. The list is almost endless! Mirrors and lamps, clocks, pictures, vases, ornaments, baskets, doorstops, fruit bowls, cutlery, globes - and if the item is to be given as a gift, cards to accompany it.

The photographs of the store do not do it justice! Alexander Ellis is a wonderful place to browse with a complimentary coffee and find just what you are looking for.



Alexander Ellis is at **1-3 Tokenspire Business Park, Hull Road, Woodmansey HU17 0TB.**

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Creations Direct Furniture Repairs

Creations has been operating from Molescroft Grange Farm for a year.

Set up by Simon Barker, who has worked in the furniture industry since he was 16, the business has expanded to include a soft furnishings workroom/showroom where bespoke cushions, curtains, loose covers and Roman blinds are made to ensure your refurbished and repaired furniture is accompanied by that special finishing touch.

Simon is joined in the workshop by Ian Coates, Senior Technician, who spent 30 years making furniture for a well-known high street brand, which is where he met Simon. Ian thought he had retired until Simon made him an offer he couldn't refuse!

Together they ensure repaired furniture looks like new, or better, by recovering, restoring, reupholstering and French polishing.

Chris Corney has had her own, very successful soft furnishing business for many years but has been persuaded to join Creations to extend their offering and increase their ability to fulfil the enquiries, orders and contracts to the high level they aspire to.

Chris is an amazingly-talented seamstress who works in cottons, velvets, chenille, Drayton, flat-weave and tartan checks, complementing Simon and Ian's leather, fabric and woodworking skills. The new showroom means that clients are welcome at any time to discuss

their requirements, choose fabrics and finishes and see work in progress. Simon is very keen to ensure his clients get what they want, which is why there are so many testimonials on the Creations website and Facebook pages!

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Guitar Galleries

Matthew Dunn has opened his new outlet in Beverley, complementing his well-established shop in Scarborough.

Matt is a musician who plays guitar and sings; he's been playing in bands for about 15 years and currently plays in Scarborough rock band, The Deadlight. He has come to Beverley for its rich music scene and musical heritage, which he is keen to get involved in.

As well as a range of guitars (electric and acoustic), ukuleles, banjos and resonators of the most famous makes (Fender, Duesenberg, Godin, Blackstar etc), Guitar Galleries has accessories, amps, strings, capots, P/As and more. If there is a particular guitar which is not in stock, Matt can get it within a week, such is his relationship with the manufacturers.



A big attraction for the Beverley shop is that it includes a dedicated Martin & Co official heritage guitar centre. Martin & Co have been making some of the world's finest guitars for 175 years and are innovators of some of the techniques which are industry standards today, including X bracing, hr 14-fret guitar and the 'dreadnought' body shape. As Matt said: "It is a real coup to have an official Martin and Co heritage centre as there are very few around. So many famous musicians play Martin guitars - everyone from Ed Sheeran and Jake Bugg to David Crosby, Seth Lakeman and Jack Savoretti. Martin make a guitar for everyone!"

Guitar Galleries can be found at **15a Wednesday Market, Beverley, HU17 0DH.** Tel: **01482 863733.** Web: **www.guitar-galleries.co.uk**



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Many Conversations that are had with new members of Gymphobics start in this way...

Q. I've tried lots of gyms and don't like them, why is Gymphobics so different?

A. Aside from the fact it is only 30 minutes (as we know women are always busy) and no men to hog the equipment... Gymphobics is a very friendly and sociable place to be. Our holistic approach to health, fitness, inch and weight loss means you receive the "Whole Package" under one roof for a fraction of the cost.

Q. Can Gymphobics work for anyone?

A. Most definitely, it doesn't matter whether its fitness, toning or just weight loss that you are looking for, here at Gymphobics we write an individual programme for every single member, which includes, their personal desires, their strengths, we even take into consideration any previous exercise regime to ensure the correct programme is prescribed to gain the maximum benefit from our unique air resistance circuit.

Q. Is it safe as I have never used air resistance machines before?

A. Air pressure equipment is smooth and kind on the joints making it safe and easy to use for any female no matter what their age, our members range from girls in their teens to retired ladies in their 80's, and you will always find an instructor with you to ensure the correct procedure and technique is followed.

Q. Is Gymphobics a stepping stone before I move on to a "proper gym"?

A. No, not at all, following your initial induction all individual programmes are reviewed on a monthly basis with full re-assessments taking place every 10/12 weeks, our aim is to maintain a personal progression, we have members with us from when we opened nearly 10 years ago and they still find their programme challenging. It's a fun and happy place to be, an experience not normally associated with gyms..!

Q. Is there lots of jumping and running around?

A. Not at Gymphobics, we do encourage walking to keep the heart healthy but getting hot and sweaty is not our idea of a workout, most of our members wear ordinary everyday clothes.

Q. My concern is that I work full time, have children and am not sure that I can fit it in.

A. A 30 minute session 2 or 3 times a week will see you drop a dress size in weeks rather than months, using resistance equipment is the best form of exercise to burn fat and with our unique 7 day appointment system everyone can get the figure they deserve with the limited time they have available each week.

Q. Can you help me with my diet too?

A. Yes we can, all our instructors attend courses at our Staffordshire based training academy, we cover nutrition, no diet club, LSD (low sugar diet) and we also have available a food app to all our members. We look at cooking real food to lose weight making it easy for all the family.

Q. This all sounds fantastic, I think my mum should join too...!

A. That's great, spending some quality family time together, we have mums, daughters and grandma's who all come to the gym together. For the energetic mums and daughters we have now started evening boot camp classes, we all look forward to seeing you become part of the Gymphobics family today..!



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The Facts About Falls

As we get older the facts are that we are more prone to falls. Falls can have a catastrophic effect on individuals.

After a fall, an older person has a 50% probability of having their mobility seriously impaired. Falls destroy confidence, increase isolation and reduce independence, with around 1 in 10 older people who fall becoming afraid to leave their homes in case they fall again.

Many falls happen in the home, although most people may not believe that they are at risk walking around their own premises. Rugs are frequent culprits at causing trips and falls, although persuading someone to part with or move their favourite rug can be very difficult. There are precautions which can be taken to help prevent falls.

Tips for preventing falls in the home:

- Use non-slip mats or rugs or better still, remove them completely.
- Clean up spillages immediately.
- Declutter to make moving around easier; get rid of furniture which isn't used anymore. Call it downsizing!
- Ensure there are no trailing wires.
- Increase the level of lighting. Insufficient light and poor eye-site = increased risk of falling.
- Wear well-fitting footwear which is in good condition, especially slippers. Don't walk around the house in socks or tights.
- Keep your feet in good condition and see a foot health practitioner regularly.
- Maintain your mobility by exercising regularly, practicing strength and balance exercises to keep you on your feet.



Otago Medical School in New Zealand has conducted extensive research into falls and how older people can maintain their balance and fitness. Researchers identified specific strength and balance exercises which help keep older people more mobile.

They developed a programme, called Otago Exercise Programme which has been shown to reduce the risk of falling by 32% and reduce the risk of a fall injury by 39% in one year, which is highly significant. This programme has been adopted world-wide with practitioners trained to teach the programme to older people.

Jennie Falconer is a qualified Otago Exercise Programme Leader who runs sessions each Tuesday at 11.30AM at St Mary's Church Hall, Beverley. For further details, call Jennie on **01482 868166** or **07834 491242** or take a look at the website: www.fallspreventioneastyorkshire.com

North Bar Tea Room's acoustic nights

North Bar Tea Rooms are hosting regular acoustic nights held on the second Thursday each and every month.

Featuring raw Beverley talent and a night that is truly music to your ears, the last one was a sell out event (featuring Grace Christiansen, Adam Lynch, Stevie Mould and Sam Connolly) and you can expect the same this month. Call **01482 534501** to secure your £10 ticket (which allows exclusive entry, a complimentary drink and food on the night). Limited spaces available.

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For The Body You Deserve

Each month Sarah Evans owner of Gymophobics in Beverley, Hull & Hessle, shares her secrets on diet, health & figure improvement. If you haven't exercised in a long time, are over forty or have an existing medical condition, always consult your Doctor before commencing an exercise regime or diet.

This week I want to explain why isometric exercise will not only help you to slim down but can ensure that you lose inches in all the right places. Isometrics involves contracting and squeezing muscles in turn for seven seconds before relaxing. Repeat this up to twelve times with a short rest between each repetition. When combined with more conventional resistance training, the effect can be incredible. This method works well because our muscles burn most of the calories that we spend so anything that makes our muscles burn more calories is highly beneficial to a slimmer. Our muscles are made up of a large number of fibres which are either 'switched on' or 'switched off' at any time. Isometric muscle squeezing exercises will, if performed regularly, gradually 'switch on' more fibres permanently. 'Switched on' muscles use more calories than 'switched off' muscles. A body builder with lots of muscle can burn more than seven thousand calories every day without performing any cardio activity at all. Using up stored fat by increasing muscle tone helps you lose inches and look mean and lean!



This week's isometric exercise, **Triceps Dips**, is for the back of the upper arms to keep your arms strong and in great shape. Stand with your back to the seat of a solid chair which will not tip over and touch your thumbs together behind your back. Now bend your knees to allow you to place both thumbs on the edge of the seat, keeping your arms straight. Now slowly lower your bottom towards the floor by bending your arms at the elbow keeping both feet firmly in place. Once your thighs are horizontal, stop and hold the position for seven seconds. Then straighten your arms to return to the start position, pause for a few seconds and repeat twelve times. You will soon feel this exercise working your triceps muscles and see your arms tighten and tone up. Perform **Tricep Dips** each day along with the **Tummy Tucks** and **Gluteal Squeeze** exercises which I gave you in previous months and you are well on the way to a better figure!

Email: hull@gymophobics.karoo.co.uk - www.gymophobics.co.uk

Competition Winners



The winner of the Guest and Philips competition to win a Georg Jensen Heart Pendant was Mrs C.A. Skelton.

She collects the magazine from the newsagents by Market Cross, and always looks forward to finding out what is happening locally.



Mark Gillyon of Molescroft, was delighted to have won the Cinema prize, and he looks forward to the magazine coming out, especially the Whats On guide.

Runners Up were Sarah Jackson, pictured here with her boys, Andrew Tyler, Paul Cowell, and Vicky Limerick.

Charity Champions

Eco-Warriors Lifestyle Group
Musical Coffee Morning Raises £530!

Just Beverley loves to celebrate good news! We know there are many un-sung heroes in Beverley who do so much to help others, so here's your chance to let us know about your efforts. Email info@justbeverley.co.uk or call 01482 679947.

10-year-olds Beatrice, Bella, Leah and Lucy, known as The Eco-Warriors, belied their tender years by organising a coffee morning with a difference in aid of Walkington Pre-school's outdoor equipment and provision fund.

Their event, which was held at Walkington Methodist Church, included a raffle and tombola, with prizes from Yorkshire Wildlife Park, The Dog and Duck and Ferguson Fawcitt Arms pubs in Walkington and Jo-Jo's Salon. They appeared on Beverley FM to advertise their event in a live interview, created fliers which they delivered around Walkington and contacted **Just Beverley** to help promote it. They also baked cakes to sell with the tea and coffee!

The musical entertainment was provided by the girls themselves. Lucy played piano and flute pieces, Bella played the piano and Leah played guitar. They chatted to the many people who came to support them, including Bella's sister, Imogen, and raised a total of £530! It just shows that anyone of any age can make a difference in their community. Well done, girls!



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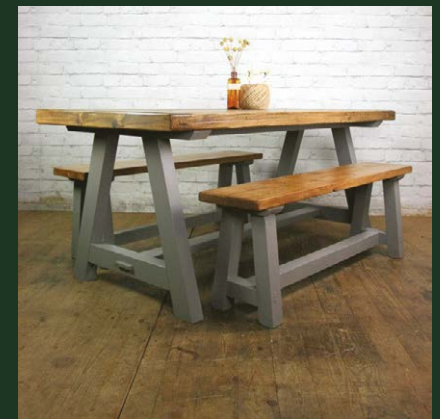
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PUZZLE PAGE

The funny things they say...

Sudoku

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

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

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Do you have any amusing stories, quotes or pictures? Send them to info@justbeverley.co.uk



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At only a seven-hour flight from the UK, Dubai is a fantastic choice for those not only looking for a beach holiday but a city break, too.

The temperature here is excellent year around. With the coldest month of January offering visitors a more-than-comfortable average of 24°C throughout the day, it's an ideal place to break up the cold of the winter months.

It's more than likely the temperature will hit 40°C+ in July and August - although everywhere is air conditioned throughout the year.

The Palm Jumeirah and the Burj Al Arab are two iconic symbols of Dubai - along with the newest (and world's tallest) building, the Burj Khalifa. This incredible structure stands at 830 meters tall - twice the height of the Empire State Building, and almost three times the height of the Eiffel Tower.

A visit to the observation decks on floors 125 and 148 provides fantastic views across the city, including of the Palm Jumeirah, the manmade archipelago 'The World', the glamorous marina and the desert.

At the foot of Burj Khalifa is the Dubai Mall - the world's largest shopping centre complex, home to designer and international clothing and cosmetic brands, an aquarium, an ice rink and food outlets from across the globe. The alternative Mall of the Emirates, the city's other major shopping outlet, offers shopaholics even more choice of luxury and high-end brands.

Jumeirah Beach is an ever-developing area where some of the city's most luxurious hotels can be found. In spite of this, there are some excellent hotels located here available at very reasonable prices - many with stunning rooftop pools and bar areas, offering fantastic views across the yacht-filled marina.

Many choose to stay in this area when visiting Dubai because of its close proximity to the beach - perfect for the chill-out days, but with easy public transport access to the downtown area.



Dubai International Airport is now the world's busiest by passenger traffic, making it a central hub for connecting flights across the globe.

This does mean there are frequent flights from the UK, with direct flights daily from Manchester with Emirates, including some from Newcastle Airport too.



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In the garden...

October 21st is 'Apple Day' in the UK; it was first started in 1990 by Common Ground in Covent Garden as a day to recognise the wealth and variety of apples available in the United Kingdom.

The following year saw it rolled out nationally with some 50 events organised. Today it is seen as an important day in the calendar for many, events are held in Garden Centres, Historic Houses, Community Orchards to name a few. Locally there is the 'Millennium Orchard' at Beverley Parks (on Shepherd Lane, off Long Lane) and the National Trust has events at Benningbrough Hall, Nostell Priory and Nunnington Hall.

There are about 3000 different varieties of apple in the UK - how many can you name?

All apple varieties are grafted onto a rootstock; those most commonly used today include M9, M27, M26, MM106 and MM111. Essentially the rootstock determines how big the tree will grow - for small gardens look for apples on M9 and M26; for patio containers M27 and if you have an orchard MM106 and MM111.

Apples aside, October is the month for autumn colours, look out for rich colours from acers, ornamental grapes, Rhus typhina and Cotinus var. in addition there will be Rose Hips and plenty of other fruits and berries.

Tasks and Tips for October...

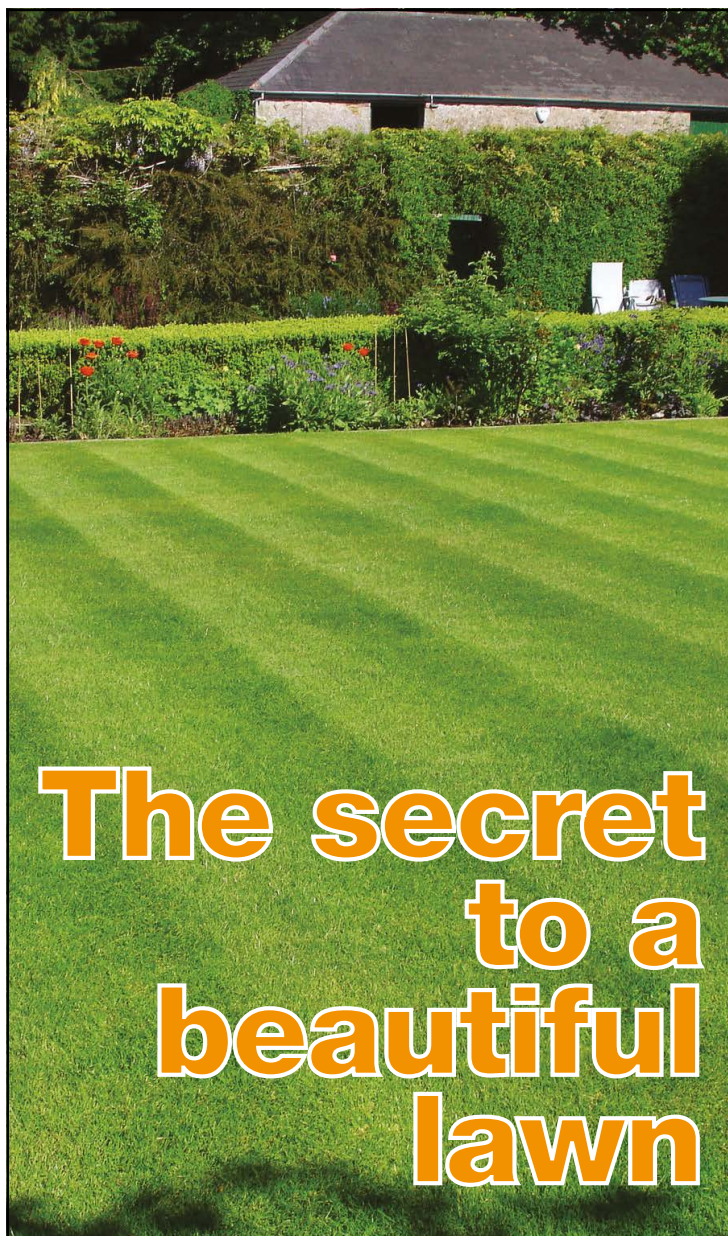
The pace quickens this month - lots to do before the 'clocks change' and we lose our evenings.

- Bring in tender perennials, trim and store in a frost-free place.
- If you have a 'homemade' compost heap - mulch your borders with any compost that is remaining. Then start a new compost heap(s), material for composting is plentiful at this time of year: summer bedding; perennial trimmings and fallen leaves.
- Plant up containers with bulbs and winter bedding.
- Plant bulbs in the garden.
- Put Glue Bands on fruit trees - these set in place a sticky barrier which stops female moths climbing the tree to mate and lay their eggs, and other pests from hibernating in cracks in the bark.
- Harvest apples and pears.
- This is also a good time of year to plant new shrubs and perennials. The warmth in the soil will help them to get quickly established. Be generous with the planting mixture and be sure to water in well in dry weather.
- At the end of the month remove any pumps and filters from the pond, clean them out and store until spring.
- Scarify established lawns with a rake, then aerate with a fork if you haven't done it already.

I wonder what November will bring?

So until then, happy gardening, J.

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Classic Cars with Carfan - The Lamborghini Countach

Let's start with the name of this issue's subject - it's pronounced "koon-tash", although a Yorkshireman would translate that as "cor blimey" from the original guttural Piedmontese dialect.

When the Countach exploded into public view at the 1971 Geneva Motor Show, the world had seen nothing like it before as it replaced the beautiful Miura, much loved by the likes of Rod Stewart and Twiggy and now, itself, being incredibly valuable.

The car in the photographs is a very early and rare Periscope version from the first year of production in 1974, although the unusual way of looking backward was swiftly dropped.

Whilst the Countach was produced until 1990, only just over 2000 were made during this time. Only 23 were produced in 1974, so seeing another will be a rare sight indeed, as most were left-hand drive versions for overseas buyers.

The mid 1970s was a dire time indeed for Italian car production and Lamborghini in particular, with the eponymous founder Ferruccio



Lamborghini selling up to retire and make wine. But fortunately, a succession of owners managed to keep the company afloat.

The Countach's engine was taken from the Miura and over the car's lifespan, was gradually increased through various iterations to 5.2 litres in its final Anniversary edition. Apart from its spectacular looks, it is virtually guaranteed to stop traffic when the "scissor" doors are opened, as they move upwards rather than sideways!



Other supercar companies such as McLaren and Koenigsegg have unusual door-opening mechanisms, but no-one does it quite like Lamborghini.

Running a Lamborghini demands deep pockets indeed, especially if the prodigious power is to be explored when single figure miles per gallon can be expected. This can be tempered somewhat by the knowledge that the original purchase price of £16,314 in 1974 was a rather good investment as its value now, if it ever went to auction is north of £1million, something that would certainly make a Yorkshireman exclaim "Countach"!

Carfan is the pseudonym of **Just Beverley's** Classic Car expert. He's a member of the East Yorkshire Thoroughbred Classic car Club where he shows his Aston Martin DB716 Coupe. Some of you might think you know the identity of Carfan - but we're saying nothing!



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Aron Brown, Dealer Principal at Evans Halshaw Beverley, comments: "We know from our customers that once they step inside and take to the wheel of one of our stylish vehicles that they know it's the new car for them, which is why we wanted to sweeten the experience even further with £500 off.

"Our customers can choose to test out the ADAM, which combines bold design with urban attitude, or the Corsa, which is perfect every day car. Or they could even give both a spin to find out which is for them!

"We encourage anyone who is tempted with a test drive to come and check out our fantastic Corsa and ADAM models now, after

all it could save them £500 on a brand new 66 plate!"

The Vauxhall Test Drive Programme takes place throughout October at Evans Halshaw Beverley. For more details, please visit us, go online to www.evanshalshaw.com/vauxhall. Terms and conditions apply.

*Participating Retailers only. £500 Test Drive offer only available on limited, selected Corsa and ADAM models, excluding Corsa Sting, Corsa Sting R, Free Fuel Event offers and excludes certain other allowances which the Participating Retailers can advise.

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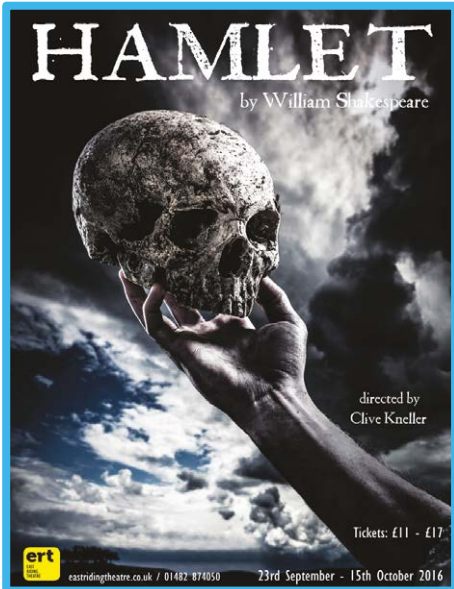
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Friday 30th September - Saturday 1st October

• **Beverley Ale and Cider Festival**

Memorial Hall, Beverley. £8/£5/£3 Real ale and cider, music and food. www.beverley.realalefestivals.co.uk/

Sunday 2nd October

• **Beverley Food Festival**

Market Place. 10am-4pm. More than 110 stalls selling local produce. Theatre marquee featuring demonstrations from 7 top local chefs hosted by BBC Radio Humberside 'Westenders' stars Jonathan Parker and Chloe Davis. Entertainment and music including a special appearance by BGT semi-finalists, The Garnett Sisters. Plus, hot street food!

Monday 3rd October

• **Beverley Flower Club demonstration by Audrey Foster**

Longcroft Lower School, Church Road, Beverley. 7.30pm. 01482 865951. www.facebook.com/beverleyflowerclub

• **The White Horse Folk Club Singers and Musicians Night**

Conservative Club, Wylies Road. £2. 8.30pm.

Wednesday 5th - Saturday 22nd October

• **Lit/Up East Riding (Beverley Literature Festival/Bridlington Poetry Festival)**

Various venues and prices, including combined tickets, discounts for under 16s and over 60s and free tickets for accompanying adults for children's events. Also includes workshops.

Tickets from 01482 392699 or in person from Beverley Library. Tickets for ERT events from East Riding Theatre. www.litup.org.uk

Saturday 8th and Sunday 9th October

• **East Yorkshire Open Studios**

Annual showcase of the region's best talent in the visual arts. Original work for sale or commission. Tea and cake often available, too! www.openhouseart.co.uk/art-trail/east-yorkshire-open-studios. See Twitter @eyopenstudios and Facebook.

Sunday 9th October

• **ArtERY Live/Beverley Arts Trust present Panta Rei Dance Theatre 'I Wish Her Well'**

St Mary's Church Parish Hall, Beverley. 7pm. £8. Tickets from Beverley Tourist Information 01482 391672 or Beverley Arts Trust 01482 870751. callybarker@barker05.karoo.co.uk

Monday 10th October

• **Norwood Nites Community Cinema**

Norwood Methodist Church Schoolroom. 7pm. Free. Raffle and refreshments. A chance to see a film again or one you may have missed. Contact victoria@cookies1.karoo.co.uk

• **White Horse Folk Club Theme Night '70s**

Conservative Club, Wylies Road. 8.30pm

Thursday 13th October

• **East Riding Concert Series presents saxophonist Tom Thorp**

Toll Gavel United Church, Beverley. 7.30pm. £15/£13/Under 14s Free with paying adult or £5. Award-winning musician and composer Tom is joined by internationally-renowned pianist Martyn Parkes. Music includes work by Bach, Ravel, Debussy, Glazunov, Andy Scott and Yoshimatsu. Tickets from 01482 395320 or www.events.eastriding.gov.uk

Friday 14th October

• **Beverley Christmas Lights Appeal Group present An Evening with Sean Finch plus Disco**
Conservative Club, Wylies Road, Beverley. £5. 7.30pm. Raffle. Tickets from Adeli in Wednesday Market, Shirleys on Lairgate and Collections in Angel Square.

Saturday 15th and Sunday 16th October

• **East Yorkshire Open Studios**

Annual showcase of the region's best talent in the visual arts. Original work for sale or commission. Tea and cake often available, too! www.openhouseart.co.uk/art-trail/east-yorkshire-open-studios. See Twitter @eyopenstudios and Facebook.

Monday 17th October

• **The White Horse Folk Club presents The Rheingans Sisters**

Conservative Club, Wylies Road, Beverley. 8.30pm. www.whfolk.co.uk

Tuesday 18th October

• **Friends of Beverley Art Gallery present 'The Refurbishment of York Art Gallery'**

Exhibition Room, Beverley Art Gallery. £5. 3pm. Talk by Laura Turner, curator of York Art Gallery. Tickets available from Gallery Desk.

• **Beverley Naturalists' Society and Beverley Photographic Club present 'Fifty Shades of Blue'**

St Mary's Parish Hall, Beverley. 7.30pm. £6/£5 includes refreshments. The Annual Tom Upton Memorial Evening presents celebrated international underwater cameraman Michael Pitts talking about his time working on The Blue Planet with Sir David Attenborough.



Wednesday 19th October

• **Live on Stage 'Late Loves' concert with Barry Clark and Janet Cowley**

Hayward Theatre, Parkway Cinema, Beverley. £10/£8. 2pm. Listen to classic songs and duets from great composers such as Noel Coward, Ivor Novello, Stephen Sondheim and Rodgers and Hammerstein which explore the passion and romance of love - and that love at a certain age can be highly dangerous! Tickets from 01482 968090 or www.beverley.parkwaycinemas.co.uk

Saturday 22nd October

• **Fairtrade East Riding Network Ceilidh with The Whitby Woollybacks**

Toll Gavel United Church Hall. 7pm. £10/£25 family. Buffet supper included. Tickets 01482 867573.

• **Kiki Dee and Carmelo Luggeri - An Acoustic Journey**

East Riding Theatre. 7.30pm. £18.50/£17/£15 www.eastridingtheatre.co.uk

Friday 21st - Sunday 23rd October

• **Beverley Blues Weekender**

The Sun Inn. Free. Donations to Nordoff Robbins

Music Therapy. Acts include Chord-on-Blues; Dogfinger Steve; Rivers Johansson; Julian Sacha; Freddy James; Steve Fulsham; Crosscut Saw; Chequered past; Brian Williams; Jon Lawson; Chicago Bound; Soft Shie Sam; Chris Martin. www.beverleyblues.com

Friday 21st October

• East Riding Astronomers invite you to 'An Evening Under the Stars'

Woodmansey Village Hall. Free. Tea and coffee available. If cloudy, telescopes will be on display inside and astronomers available to answer questions. Warm clothing essential. Children must be accompanied. prcclassicff@gmail.com

• Beverley Folk and Roots present Harpeth Rising plus support

Armstrong Social Club. 7.30pm £10.

Saturday 22nd October

• Beverley Blues Weekender presents Tom Attah and the Bad Man Clan plus support

Parkway Cinema, Beverley. £9. Doors open 7pm. Tickets 01482 968090.

www.beverley.parkwaycinemas.co.uk

• Halloween Treasure Hunt

Beverley Town and Flemingate. From 10am meet Stormtroopers and Halloween characters

launching Beverley Community Lift and Yorkshire Cancer Research's Treasure Hunt around Beverley businesses. £5 entry. Closing date Midnight 31st October. Spooktacular prizes!

Monday 24th October

• White Horse Folk Club presents Singers and Musicians Night

Conservative Club, Wylie's Road, Beverley. £2. 8.30pm. www.whfolk.co.uk

Friday 28th - Saturday 29th October

• Charlie Bickell - No Angel Uncensored 2016

East Riding Theatre. 7.30pm. £15/£14/£13.50. With Louise Innes. Artistic Director Vincent Regan. www.eastridingtheatre.co.uk

Saturday 29th October

• Beverley Chamber Choir present 'Hail Bright Cecilia'

St Mary's Church, Beverley. 7.30pm £12/£8/£5. Beverley Tourist Information 01482 391672 or www.beverleychamberchoir.org

• Cherry Burton Arts present Chris While and Julie Matthews with support, Edwina Hayes

Cherry Burton Village Hall. 7.30pm. £12 Tickets from 01964 551145 or www.wegotickets.com/event/354930

Monday 31st October

• SHE Productions present 'The Lightless Pumpkin - a Halloween Promenade'

East Riding Theatre Bar. 3-4pm and 5-6pm. £6/£5/£4.50. Interactive Halloween fun for the family including a lantern procession through the streets of Beverley with The BanSHes and scary story-telling, mummy-making and other frightful delights. Dust off your magic wands and adorn your ghostliest garments! www.eastridingtheatre.co.uk

• White Horse Folk Club presents Singers and Musicians Night

Conservative Club, Wylies Road, Beverley. £2. 8.30pm

Tuesday 1st - Saturday 5th November

• Brief Lives

East Riding Theatre. 7.30pm. £11/£10/£9. Old John Aubrey regales with tales of his contemporaries - Oliver Cromwell, Charles II, Nell Gwyn - and stories from his childhood. Once he starts speaking, you cannot choose but to listen. www.eastridingtheatre.co.uk

Monday 7th November

• White Horse Folk Club presents The Wilsons

Conservative Club, Wylies Road, Beverley. £9. 8.30pm. www.whfolk.co.uk

Beverley Blues Weekender - October 21st - 23rd

If you are a blues fan you won't want to miss Beverley's annual Blues Weekender! Based in the town centre (at The Sun and Parkway Cinema) you will be entertained in comfort and warmth and as both venues are licensed, you can enjoy a drink at the same time - non-alcoholic drinks are also available!

What's more, there is no charge to listen to the artists at The Sun - there's just a collection box with proceeds going to Nordoff Robbins Music Transforming Lives Charity, so the organisers hope that visitors will dig deep and make an appropriate contribution to show their appreciation.

There is a charge for the headline gig on Saturday 22nd with Tom Attah and the Bad Man Clan and two support acts at Parkway Cinema but at just £9 (with concessions available) it is amazing value.

If you would like to hear more blues, above and beyond the Sunday Blues nights on the last Sunday of the month at The Sun Inn, then this weekend will allow you to meet that desire!

There's country-blues, folk-blues, British blues, blues-rock and many more different genres within the blues idiom for you to get into, all put together by the organising team of Steve Swales, John Wardill, Graham Hyde, Chris Saunders and Stephen Hartley (aka Harry). In fact, it was John Wardill who started it all off! He wanted to celebrate his birthday by putting together a town-centre music event for Beverley people - the others he roped in to help him!

The team are all volunteers; the Weekender gets no funding at all. Previous funding from Beverley Town Council dried up over 2 years ago which means there is no money to book overseas artists. But if the gig at Beverley Parkway sells out, then costs will have been covered and maybe next year they can be more adventurous.

The Beverley Parkway theatre holds 250 people, is structured so that the bands can be ready to play without having to leave gaps for setting up and has great acoustics, so do buy a ticket!

Most of the artists will be playing originals, although there will be some covers or interpretations of well-known blues standards.

Some of the performers will be local favourites (Dogfinger Steve and Rivers Johansson for example) while others will be from further afield (Chord-on-Blues from North Lincolnshire, Crosscut Saw from Leeds). You can find the full listing at www.beverleyblues.com

Steve Swales told **Just Beverley**: "It would be great to see a full pub and packed theatre!"

Our 'home' is The Sun but we will be at Parkway Cinema for the first time as it really offers something which other local venues can't - comfortable seats, purpose-built staging and lighting and an amazing sound system which will showcase our headline act perfectly.

"And you can take your drink in with you! We are hoping this will encourage even more people to come along to the Beverley Blues Weekend - they won't be disappointed."

Tickets for Tom Attah and the Bad Man Clan are available from www.beverley.parkwaycinemas.co.uk

Telephone **01482 968090** or **Beverley Tourist Information**.

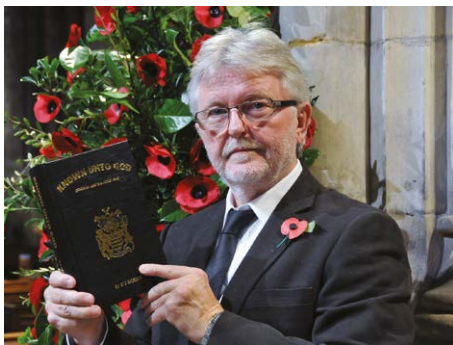


Barrie Barnes and his interest in Beverley's Fallen

Graveyards and memorial gardens are a source of fascination to many people. The names inscribed on tombs and memorials often cause one to contemplate who the people were and how they died. What was their story? What was it like to be called up to fight? Who survived them?

Barrie Barnes has been researching such stories for many years. His fifth book was a study of Beverley during and after World War I "Known unto God. A History of Beverley Town, East Yorkshire, during the Great War and its aftermath. 1914 - 1924" published by Sentinel Press 2014.

This has now been complemented with his sixth book, which is record of the brave men and women of Beverley who died during World War II, "The Infinite Debt (Beverley War Dead of World War Two)" published by Sentinel Press 2016.



Barrie was brought up by his grandparents in North Hull. His Grandfather motivated him to learn and, despite having left school at 15 with no qualifications, he always read extensively, mainly art, history and philosophy. His Grandfather always talked to Barrie about the First World War, in which he served and which he survived, although he had been injured.

Barrie remembers playing with his Grandfather's war medals and being told numerous stories and anecdotes, many of which he didn't understand at the time. So, instead of following his Grandfather into the Brigham and Cowan Shipyard as he was expected to do, he joined the army, where he spent 18 years.

After his military service, he took a variety of jobs before being convinced by a friend that he should go to night school to study to get some formal qualifications.

Barrie said: "I didn't think I was clever enough to study for O and A-levels. But I now have a BA (Hons) in Fine Arts and the History of Arts, a Masters in Educational History and a Masters in Philosophy. I became a teacher in the early 1980's, ending my teaching career at Longcroft School here in Beverley. But all the time, I have been interviewing people, learning about social history, putting pieces into the jigsaw of information from my Grandfather. In fact, after he died in 1968, he used to appear to me in dreams. I knew he meant for me to find out more about that period.

"Grandfather rarely spoke to anyone else but me about his WWI experiences, so Grandmother was unable to give me any detail. Grandfather had the unusual surname of Weasensham, which is why I was able to find out where he had served - in the Tradesman's Battalion of the Hull Pals (2nd Hull). He never referred to his unit as the Hull Pals, only as the 11th Battalion East Yorkshire Regiment, which it became.

"He was injured at a place called Oppy Wood in 1917 - but when I wrote to the Army Records Office, all I received was this bare outline. I just had to find out more! So my first book was all about the Hull Pals. I advertised for photographs, artefacts, letters, documents, anecdotes and information.

"All of it is catalogued and in the Local History Library in Hull. Since that book was published, Grandfather has never appeared to me again."



Barrie has been researching Beverley's ancestry for years, inspired by the memorials. He discovered that the people of Beverley came off very badly after the First World War, when 435 people were killed and more than three times that many wounded.

Survivors came back to massive unemployment and an influenza epidemic called 'Spanish Flu' which, between them, killed off more people than had survived the war. The working class were treated like serfs with the equivalent of zero-hours contracts prevalent; Post-Traumatic Stress Disorder (PTSD or 'Shell Shock' as it was called then) was not recognised, so men and their families were left to suffer.

The War Memorial cost £4,000, which would have been better spent on housing, but the then Mayor, Harry Wray, vetoed any discussion to use the money to help the poor. Even so, 28 names were missing from the memorial, which have now been added. It's not surprising that with so much information, Barrie's book on Beverley in WWI is almost 1000 pages long.

Beverley did not suffer such deprivation after World War II, when such deference to perceived authority had almost disappeared.

But Barrie was fascinated by the fact that the names on the WW2 memorial were the same as the surnames on the Great War memorial.



He discovered the other WW2 memorials which are dotted around the town at St Mary's Church, Beverley Minster, County Hall, Norwood, George Street as well as in the Memorial Gardens and researched the archives in Beverley's Treasure House, The Guardian and the Grammar School. Green's Almanac was the source for information on a father and son called Bell who both died in 1940 whilst at sea on different ships.

There is one name on the WW2 memorial which probably shouldn't be there! The name Eric Du Moultent is untraceable despite extensive research through commonwealth as well as more local records, except for a small card in the British legion records in the Treasure House. Seemingly it was 'Mother' who recorded his dates of service, home address (3, Turner Road, Mill Lane Estate) and date of death so no doubt, she loves and misses him dearly! As Barrie discovered, there were jokers around in those war years!

Another funny, if rather macabre story came from a Leonard White, who, when clearing up after a battle, burying the dead, picked up a leg and asked the Padre what to do with it. The Padre told him to 'put it in that grave with that chap.' Leonard smiled to himself and thought 'when he gets dug up in 1000 years' time, people will think he came from the Isle of Man!'



Barrie has just finished a book on the 50th Northumbrian Division which recruited in this area during WW2 and is now writing a history of Hornsea month-by-month during WW1. He is very keen to do talks and lectures to groups and societies not only to impart information but also to collect even more information for future books! Barrie can be contacted by email bs_barnes@btinternet.com or on **07835 946040**.

Copies of his books can be ordered through his website: www.barriebarnes.com.

Artists Open Studios in Beverley

On the 8th, 9th, 15th and 16th of October, artists across Beverley and East Yorkshire will open their studios to the public, allowing unprecedented accesses to their artistic spaces and work.

It is such a great initiative, that really gets the community involved with local artists, and it is growing every year. Amy Hutson, who studied painting and printmaking at Glasgow School of Art, is one artist who is opening her studio this year. She specializes in lithography, a process of printing using oil and water, and creates her prints on limestone. She explains how she got involved with open studios through just seeing it advertised last year.



"I didn't have a studio at that point. Through going to other open studios and talking to artists who have been involved in previous years, I figured out what I needed to do for the open studios and what other art groups in the area I could get involved in."

Certainly, after having just returned from studying at the Tamarind Institute in New Mexico, Amy will

undeniably have some amazing work for people to view at her studio event.

The Open Studios event offers young, up-and-coming artists the chance to meet and connect with other more established artists in their local area.



This is certainly something that Anna Walker, who specialises in East Yorkshire wildlife-inspired watercolour paintings and cards and has just graduated from The University of Exeter, is hoping to do. She cannot wait to attend the Open Studios event. She said: "It is a really great way to meet and connect with local artists", she explained, 'as well as get inspired!' Indeed, Anna is already looking into how she can be involved with the Open Studios next year, "but I might need a proper studio" she laughs. Perhaps by next year, she will.

To find out more about the Open Studios event or either artists, just search:
www.eastyorkshireopenstudios.com
www.amyhutson.com
www.etsy.com/uk/shop/AnnaWalkerDesigns

Culture:Music creates opportunities for making music

Since recently returning back to their roots of Hull and the East Riding, Daniel Thompson and Charlotte Coggin aim to bring creative and contemporary music and tuition to the heart of the city and surrounding areas. Exciting meetings with all kinds of people, including Just Beverley have given rise to lots of new musical ideas!

Qualified teachers, Daniel and Charlotte have known one another for many years going right back to their early teenage years spent in the East Riding Youth Orchestra. Moving back to the area, they both quickly realised that there was a gap in the cultural market for good quality, qualified and creative music and tuition.



Daniel works as a freelance Saxophone, flute and clarinet specialist and also plays the Double Bass whilst Charlotte's vocal talent as well as saxophone and clarinet playing make for a duet with a wide spectrum of experience covering orchestral, classical, big band, pop, rock, jazz and contemporary idioms.

Daniel told Just Beverley: "Our 'tag-line' for Culture:Music is Teach.Inspire.Perform; this forms the very ethos and backbone of our approach to teaching and learning and we aspire to bring creative and contemporary teaching methods to the forefront of performance in Hull and East Yorkshire and make music accessible to everyone."

The first Culture:Music Studio is located on Alfred Gelder Street above Kardomah 94 Hull but Daniel

and Charlotte are already looking to expand. Culture:Music are currently looking to start some new ensembles in the Beverley area and is searching for a space in which to get these up and running.

They said: "We would love to hear from ANY musicians in Beverley and the surrounding areas from ANY musical background. You may be a recorder player or trumpet player, an operatic star, a percussionist, a string player or someone who just enjoys singing and would like to be involved with a community choir. You might be an early music lover or contemporary music nut! We want to hear from ALL OF YOU!

"We understand there may be a large number of musicians who have outgrown their county ensembles or haven't played for a number of years and would like to do so! Perhaps they are rusty or shy - that's where we come in, getting you back into playing or extending and enhancing your skills! We would love to hear from you and begin to grow our own brand new orchestras, groups and bands. Some groups require Grade 5 standard and above but by no means all of them.

"Culture:Music also has plans to move into music for video art, a growing area which will create opportunities for many more performers."

Culture:Music are currently running Culture:Sax; Culture:Sings - A brand new community choir; Culture:Clarinets; Culture:Voces - an eight part chamber choir; Culture:Jazz; Culture:Orchestra, Culture:Symphonic Winds; Culture:Neo - a contemporary take on early music!

Daniel and Charlotte can be contacted directly by email: culturemusicull@gmail.com or check out their other social media outlets:
Facebook: Culture:Music Hull
Twitter: Culturemusicu1
Instagram: Culturemusicull

SPORTSWEAR by John Fewings



I visited a "Sports shop"

*At least that's what they're called
 Though, looking at the stuff they sell,
 Frankly I'm appalled.*

*Trainers that will never train;
 Shorts like Oxford bags -
 With a specially shaped pocket
 Where you can keep your fags.*

*Football shirts that will never play soccer,
 Nor come home covered in muck;
 Rugby shirts that will never scrum down
 Or huddle in a ruck.*

*Jogging bottoms that will never jog
 Nor even break out in a sweat;
 Running vests that will never run:
 On that you can safely bet.*

*Tops with brand-names blazoned,
 Like Sprint and Dash and Flying,
 Though Stagger and Stumble would be more apt,
 Considering the folks that are buying.*

*But I searched through piles and stacks of stuff,
 'Til at last, in spite of the tedium,
 I found what I wanted so asked the assistant,
 "I don't suppose you've got these in medium?"*

*"I'll 'ave to go and see," she said,
 But I thought she was playing a joke.
 It was eleven minutes before she returned
 Unmistakably reeking of smoke.*

*"We've lots of other tracksuits
 But if you wanted one of these -
 We don't do them in Medium;
 We only do them in Obese."*

*But I'd searched for so long
 It was going for a song
 Now I'd found it I just had to cling to it
 I'll keep hold of my prize*

And hope that one day I'll grow into it.

John Fewings is Just Beverley's Poet-in-Residence as well as a member of The Argy-Bargy Poets.

Find out more about John on his website:
www.johnfewings.zone

Golf with Stewart Fraser

It's the time of year at Beverley Golf Club when we run our trial membership package to introduce new people to the game of golf.

At this time, I am often asked for my thoughts and recommendations for people new to the game of golf which will get them to a level where they will feel more confident and competent.

At this stage it is essential to keep things as simple as possible, from setting up to the ball correctly to the club you choose for the shot at hand.

• Take aim

Not just your clubface and feet, but also knees, hips and shoulders. Perfect alignment doesn't guarantee a well-directed shot but it certainly increases the chances of one. Keep an eye on your alignment every practice session for the rest of your life!

• Create a solid stance

Make sure your stance is wide, solid, stable and balanced. A good golf swing is built from the ground up.

• Develop perfect posture

Focus on posture by tilting at your hips and not arching your back.

• A good Grip, the most important thing you will ever learn

Practice holding the club correctly, even when you are not playing golf. Have a club around the house and every time you walk past it or are watching your favourite soap practice your hold and soon the perfect grip will become comfortable and second nature.



• Learn your trade on the range

It is easier and more efficient to perfect your skills on the range instead of the golf course. Each range session should include around 50 balls with two practice swings before every shot, making sure your practice is purposeful. But remember not to be scared to get on that golf course one third practice to 2 thirds play.

• Use plenty of loft

Practice with a short, lofted club, this encourages better posture and cleaner ball striking. Confidence grows from seeing a nice high ball flight, using a club with too little loft on it at first can encourage a



destructive scooping motion in an attempt to get the ball airborne.

• Try a par 3 course

Par 3 courses are perfect to develop key course management skills and increasing your understanding of the game. Less time will be spent trying to find your ball and it's a great place to start honing those all-important short game skills, these will be the key to your future success in the game of golf.

If you would like to come along to the club to give golf a go, give me a call on **01482 868757**.





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Tel: 01482 868757 or 07773380012



Tales from the Racecourse - And They're Off!

Have you ever watched the start of a race? The public can come and see all the goings on at close hand if they wish. Depending on the number of horses running in the race, there would normally be two sets of starting stalls and quite a lot of people ensuring the horses get into those starting stalls!

Most important is the race Starter, many of whom are ex-jockeys; for example, Hugh Barclay is a former National Hunt jockey, brother to the famous Sandy Barclay who rode many winners at Beverley. Then there is the Starter's Assistant and the Starting Stalls Team, which consists of around 12 'stall handlers' (many of whom are also ex-jockeys or ex-stable lads). Completing the line-up there is a vet, a doctor, a farrier, and ambulance and the all-important Flag Lady (more about her later!).



Starting stalls were first used in Newmarket in July 1966. Blinkered horses are always put into the stalls first, followed by odd numbers then even numbers, although a trainer can request to have their horse put in first if it is being temperamental.

The Starter's Assistant checks all the horses are correctly in the stalls and makes sure their girths are secure.



The Starting Stalls Team are a professional team from a company called Racetech who travel around different racecourses. They check the stalls to ensure each one opens at exactly the same time, because if one opens even a second late, it will be deemed a false start.

If this happens, the Starter waves a flag at the Flag Lady, who is stood several yards in front of the stalls. She waves her flag at the riders to let them know the race will have to be restarted. Sometimes there is quite a lot of flag-waving going on!

Years ago, I did the job of counting the horses as they arrived, keeping in touch with the Judge and Scales by walkie-talkie; now this is all done by the Starter.

Once the horses are loaded into their stalls, the Starter stands on his rostrum, pushes a button and they're off!



I hope you have found my Tales from the Racecourse interesting.



If you haven't made it to Beverley Races in 2016, then maybe I will see you in 2017 - do come down to the start line and do try to Beat the Bookie!

Colin Stamford

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beverley-racecourse.co.uk

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