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Issue 129 - August 2012



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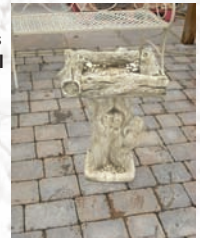


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Mary's Village Pop In - The small hall at the Village Hall, Skidby
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AgeUK East Riding

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Zion United Reformed Church, Hallgate

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

Viewfinder Photographic Society

Meets Monday evening every week in the Skidby Village Hall. Secretary: Mr. Peter Smith, 149 Grovehill Road, Beverley. Tel. 01482 867450.

Scottish Country Dancing Club

Every Monday - Beginners (for 1st hour), and experienced dancers of all ages welcome. National Associations, fully qualified teacher. Further further information just turn up, or telephone Gordon Campbell on 849387 or Joyce 871790. 7.30 pm to 10.00 in the Zion United Reformed Church Hall, Hallgate, Cottingham.

Fitmums and Friends Running and Walking Club

The club meets at the Pavilion, King George V Playing Fields Wednesdays at 7.00 pm; Fridays 6.15 pm. Buggy Run: Thursdays 1.00 pm. Mondays at the Blue Kangaroo, Finkle Street, Cottingham at 9.45 am. Suitable for men and women of all ages (over 18) and fitness levels.

Play Badminton

On Tuesday and/or Thursday evenings at Cottingham High School, 8.00 pm until 9.30 pm during term time. £2.00 per evening. For more information telephone Dave 01482 842855.

Front Cover Picture: One of the many wonderful Scarecrows on display during the Skidby Scarecrow Festival held during July.
Photo: Paul Lakin, 9 Dixon Court, Cottingham. Tel. 846804.

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Cottingham Bridge Club

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The Alzheimers Society

Hold a memory café for people with dementia and their carers, family and friends at the Holy Cross Church, Carrington Ave in Cottingham. It is held on the second Tuesday of the month at 1.30 pm to 3.00 pm. For any further information please contact The Hull and East Riding Alzheimers Society on Tel 01482 211255.

Holderness Alpha Probus Club

Thursday 2nd August - Coffee morning - 10.15 a.m. at The Railway Inn, Thwaite Street, Cottingham. The Club meets fortnightly for alternate lunches from midday onwards and coffee mornings from 10.15 a.m. onwards. The three course lunches are followed by a talk from a local speaker.

If you are retired and would like to meet new friends contact the Club Secretary on 01964 624238 for information as to the dates of the Club's events.

Wednesday Social Club

Wednesday 22nd August - Liz Pacey - Reading, Writing, and absolutely no Arithmetic, in the Darby and Joan Hall, at 2.00 pm.

Cottingham – ‘the fastest growing branch ever’

Moving into the village appears to have paid off for Hedon Insurance – as their Cottingham office is proving to be ‘the fastest growing branch ever’ thanks to the support of Cottingham residents.

Hedon Insurance's Managing Director, Anne Walters, is amazed with the office's progress since it opened in February 'It is quite extraordinary. The level of interest that we are seeing from the villagers in Cottingham is fantastic'.

And for those curious enough to venture into the office, their curiosity is being rewarded, handsomely, with some significant savings on their insurance premiums. 'We secured some good rates prior to opening the office' according to office manager Paul Welsh 'if I don't save someone £100 on their annual premium, it's unusual – sometimes it's been as much as £300!'

The firm pride themselves on using old fashioned values – providing a personal, face to face service, in local offices – teamed up with the latest technology to provide a powerful proposition that compares favourably with most online insurers and direct companies. As the company says in its advertising : 'we're online - so you don't have to be'

The level of interest in the new office has caused some headaches, however, as the initial plan to run with manager, Paul Welsh, as the manager and sole insurance adviser initially has had to be hastily re-thought as a result of a constant stream of customers through the door of the Hallgate office.

'Paul had been on the front desk of our very busy Hull branch – I think he thought that the Cottingham post would be a little quieter – but that hasn't quite proved to be the case!' explains Anne Walters, who has been quick to bring in reinforcements 'We have acted quickly as I am aware that a number of people had been walking in and not been able to get to see Paul - as he was busy with other customers. If anybody has been inconvenienced, I sincerely apologise and I can confirm that we will have another experienced insurance adviser in the branch by the middle of August.'

You can get more information on Hedon Insurance at www.hedoninsurance.co.uk. You can also follow them on facebook and twitter. If you favour traditional communication methods, you can try dialling 707 800 (taking option 3 should put you in touch directly with Paul).

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Creative pupils at Skidby CE Primary School unveil commemorative mosaic

Creative pupils at Skidby CE Primary School have unveiled a commemorative mosaic featuring every child and celebrating the Queen's Diamond Jubilee.

The joint project was led by retired teacher Erica Burt following a brief from headteacher Steve Honey who asked for a work which highlighted the church aspect of the school and featured elements from the surrounding area.

The finished mosaic includes self-portraits by all 66 pupils arranged in a cross shape, Skidby Windmill, St Michael's Church and the Humber Bridge, all surrounded by fields. It measures 2m tall by 1.8m wide and has been put up on the wall outside the school reception.

Mr Honey said: "Erica has done an excellent job with the mosaic, which looks wonderful and captures the essence of our school brilliantly."

"The children love the fact that all their self-portraits are featured – through this mosaic they will be part of the school for many years to come."

Erica, who lives in Stamford, Lincolnshire, said: "It is always good to have artworks around the school to brighten the place up and let everyone know what the school stands for."

"I would like to thank the school for allowing me to be part of a wonderful shared creative experience."

The work came about after Erica, whose daughter, Hannah Booth, is chair of the school's parents and friends association, created multimedia montages depicting a series of six nursery rhymes with the reception year.

The mosaic was created using tiles donated by Topps Tiles, some of which were broken up for the mosaic, with the pupils drawing their portraits on others, which were then baked to fix the ink. The drawing of the bridge was done the same way.

Much of the work was carried out in the school hall so children could watch as the work came together.

The number of children in the school was just enough to create a cross and leave one tile spare to mention the year and the diamond jubilee.

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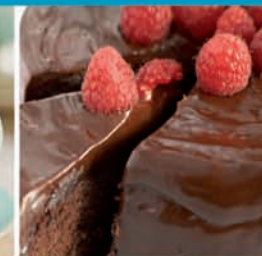


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Property News from Martin English of Homelink



Rental period confusion

One of the most confusing aspects of letting out a property is calculating the final rent payment. What on the face of it seems a pretty straight forward matter is complicated by the fact that we are still adhering largely to a Roman system of measuring time e.g. the Roman calendar. This quaint system means that we have a series of months of varying lengths from 28 day to 31 days and then just to confuse things even more we even have one month that doesn't know whether it is 28 or 29 days long!

Given that most tenancies are monthly it is theoretically possible to start a tenancy on the 31st, the last day of the month for 5 months of the year. This can instigate a whole load of confusion given that should the tenant move out at the end of the 6 month tenancy, there is a good chance that the month in which the tenancy comes to an end will have less than the 31 days.

So what should you do in this situation?

Final rent payment – law & practice

Whilst the above scenario is not likely to be that common, this confusion is useful in that it helps to highlight the law. Legally most Assured Shorthold Tenancies relate to a calendar month. Therefore in the scenario set out above, legally the tenancy comes to an end on the last day of the month.

At times this may leave your tenant feeling aggrieved that they have to pay an extra days rent. This situation is exacerbated if the tenancy comes to an end in February where they could lose out by two further days. Legally as already highlighted, the tenant has not lost out as the tenancy rent is per calendar month, you can argue that it is just unfortunate, however some landlords feel uncomfortable with this apparent inequity. Not wishing to be viewed as money grabbing property owning capitalists they sometimes adopt a different system to generate residual rent amounts. This namely involves calculating the final period in terms of days.

In adopting this system there is the added advantage of being consistent regardless of the tenancy dates. For instance, in the scenario outlined above where the tenancy commenced on the 31st but then ended on the 28th February. The final rent payment is calculated by measuring the length of the last rental period, which starts on the 31st and finishes on the 28th; a period of 28 days. It is then just a case of calculating the total rent payment for the year and then dividing this by 365 to give you a daily rental amount and then multiplying it by the final rental period i.e. 28 days to give the final rent due.

Interestingly, this method of calculation for the final month rental payment, is the method that should be used for returning any apportionment of rent to a tenant regardless of when it is for. It is common for Landlords and tenants to apportion a payment as a fraction of that particular month, however technically to be correct, in order to calculate the value of a single day, the yearly rent should be calculated and divided by 365 to establish a daily rental figure if this is ever required.

Now the more pedantic amongst you will point out what about the time of the day, should I include the day that the tenant moves in and moves out?

Time the tenancy starts

I have already made the point that legally a six month tenancy is a six month tenancy. This means that if the tenant moves in at 11am on the 11th of January, their tenancy finishes at 11am on the 11th of June. If the tenants are not out by then you can charge them an extra days rent. However, most landlords with an ounce of humanity would not charge their tenants a whole days rent if they were a couple of hours late, particularly when the property was going to be empty anyway. But to be clear, legally you could.

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

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THE GREEN, COTTINGHAM



Primary Schools Rotary Youth Speaks Competition

Westfield School, Cottingham was the venue for this new Public Speaking Competition organised by the Rotary Club of Holderness on Tuesday 26th June. Eleven speakers from six of the schools in the Cottingham Cluster took part, each speaking for between three and four minutes. All were pupils from year 5 or 6. Three judges, all with teaching experience, had the very difficult task of selecting the winners.

In some of the larger schools so many pupils had wanted to take part, that an elimination round had to be held to determine who should represent the school. Peter Bonavia from the Rotary Club told the audience of parents, relatives and teachers, that although there would be winners, the competition was really more about taking part and that it was an important learning experience for the participants.

The speakers chose their own subjects, and all spoke with enthusiasm, and sometimes with passion about their choice of subject. It was not possible to separate second and third, so jointly in second place were Charlotte Duffus from Westfield School, who spoke about 'Hamsters', and Kesiah Dean from Croxby School who spoke about 'Happy and Sad'. The winner Mabon Sherer from Skidby School, had chosen a subject which was appropriate for this Jubilee Year, 'If I were King for a Day'.

The Rotary Club congratulate all those who took part, and look forward to making this an annual event.

Hallgate Primary School Fair

The Friends of Hallgate School we would like to extend a massive THANK YOU to everyone who contributed to our Fair this year by helping out, donating cakes & prizes and of course attending the event. Our biggest thanks has to go to all our volunteers who gave up their time to man the stalls – without them the fair simply would not happen.

After the rain on Friday it was a huge relief for all of us to see the sun shining on the day. The good weather certainly brought out the crowds and helped to make this year's Fair another fantastic success.

We raised a record amount of funds this year – a brilliant achievement for all concerned! This will be used to benefit all the pupils at Hallgate Primary School and enhance their learning experience.

We would also like to thank all participants from Hull Gymnastics Academy, Fierce Dance & Performing Arts, and The Space Dance Studio for providing some great entertainment during the day, and to the Cottingham Times for publicising the event.

The Friends of Hallgate School

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New President for Haltemprice Lions Club

The members, friends and guests of Haltemprice Lions gathered on a very sunny afternoon (yes, there was one - one of the few to date) to welcome their President for 2012/2013. He is Neel Kamal, a consultant paediatrician who works with the NHS in Hull and East Yorkshire.

Neel lives in Skidby with his wife, Jamaila who is a local G.P. working from her surgery in West Hull. Neel has been a member of the Haltemprice Lions for many years and is particularly interested in attracting younger members to the Lions' Organisation and developing assistance and support to worthy causes on a local, national and international basis. Neel serves in his position to next July.

Above: Haltemprice Lions Past President, Godfrey Burley handing over the tankard of good cheer to incoming President, Neel Kamal.

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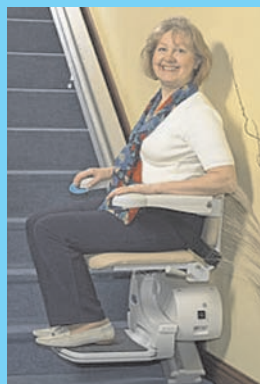
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N	E	I	E	P	E	Z	A	G	R	A	T	S	G	Y	V	K	J	J
V	A	A	T	S	E	I	S	V	G	E	Q	G	S	V	J	I	G	Z
L	R	J	V	J	R	J	H	C	X	J	I	W	E	V	T	A	N	M
K	Y	E	A	O	R	V	Q	H	I	I	O	M	W	P	V	I	P	A
E	E	I	R	E	R	E	L	A	X	R	H	A	J	N	W	X	I	H
R	D	A	Y	D	R	E	A	M	D	R	F	A	N	T	A	S	Y	D
K	O	M	G	N	T	N	Z	R	T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

Find the words in the letters above:

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

Wordsearch courtesy of www.puzzlechoice.com

Sudoku No. 68 -

This is an easy challenge this month - Answer page 29

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

MARION OWEN TRAVEL

Life has been very interesting and varied in our office this past month everything from holidays in the UK and simple package bookings to exotic and adventurous tailor made holidays that we can really enjoy getting our teeth into! No two days are ever the same.

Since my last jottings I have had the pleasure of our day outing from Settle to Carlisle. The weather was acceptable but the day out was superb. It was an ideal day for anyone wishing to enjoy wonderful scenery with very little effort. Having driven through the Yorkshire Dales we had free time in Settle before taking the train to Carlisle. Everyone connected with the train could not have done more for us. Our guide on board the train loved our small group of 16 as it gave him chance to speak to everyone easily as he informed us of every twist and turn as we travelled along the rails. We have 2 further dates planned 9th October & 9th April, these are both Tuesdays when it is market day in Settle. We have picked these new dates as the foliage will be less and views from the train should be even better! Why not join me?

Warners historic hotels just for adults are super. If you are looking for a quality escape without the children I can really recommend Thoresby Hall. A super countryside location with great opportunities to enjoy walking around the glorious estate. The hall is a stunning piece of architecture from the past although you do have a choice of staying in either modern or historic bedrooms and suites. You also have a choice of 3 dining venues. There is plenty of action to join in with should you wish alternatively if you are like me you can just enjoy the peace quiet and tranquillity, the Spa, Great Hall and Library. Very soon we will be offering a selection of dates for 2013 including travel from our area but if you wish to go under your own steam we can book you a Warners holiday year round.

We aim with our own exclusive tours to allow you time to yourselves each day to relax or enjoy sights - now we are working with Journeys of Distinction who have a programme to far flung places by air offering tours with free time too! Also they are single traveller friendly and aim to offer at least one departure to each destination without a supplement plus the option of a shared room! Ask Kayleigh for more information on their super destinations.

Do you enjoy trailing around car boot sales, charity shops and antique fairs? Then the Lille Braderie Market is just up your street—62 miles long, you could come home with allsorts. Just 4 places left for this once a year event departing 30 August for 5 days.

Hot news Fred Olsen cruise departures from 06 April 2013 will be all inclusive - yes no bar bills... This is a complimentary package for the first 100 cabins to be booked on each cruise. Coupled with the option of transport from your door it makes for a perfect care-free holiday. Hurry call for details today!

Summerball aboard Ocean Countess 8th September - welcome drinks, 4 course dinner with wine, excellent show overnight accommodation & breakfast from £89 - do join us.

I read in the Sunday paper today someone had written in saying they wished to visit Oporto and where baffled by the choice of hotels! Could the editor help narrow these down? What, what, what I ask - why play at being a travel agent, that's what we are here for. Not only has someone in our team visited the destination you are looking to travel to plus also we have many guests that have. We always talk to anyone how returns from a holiday to ask their views too all of this experience helps to point you in the right direction.

Flying from Humberside is very convenient, often we can secure departures for many cruises river & ocean via Amsterdam. This saves you money and time - but is rarely offered by reservation staff outside of our area who are not aware of our strategic location or distances we incur travelling to many airports. We will always offer you this option when ever possible without you asking!

Emailing, why would you wish to send a one line email asking for a holiday when you are looking to spend your hard earned cash? In order to ensure that you are getting your exact requirements we need to talk. A quick conversation can save time all round, get you booked hence allowing you to move on to the next thing on your "to do" list.

We look forward to sending you on your travels or even joining me on one of our own tours. We have destinations and prices to suit everyone and book all tour operators - (we do not add a surcharge for this service) including Titan, Great Rail, Rivera Travel, Newmarket, Travelsphere etc., past passenger offers are honoured too!

Also if you are looking for a gift why not give a Marion Owen Travel voucher or holiday, everyone likes to enjoy a change of scenery whether it be even for the day. Myself, Lynne, Kayleigh & Sarah look forward to being of service. Please call for more information and to book your next escape.....

.....wherever it may be in the world!

Marion



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16 Sep Floriade 4 days inc. 2 day ticket £295

09 Oct Settle to Carlisle railway day out £55

12 Oct Blackpool Lights weekend half board £169

19 Oct Ypres, Antwerp & Beer Festival £169

29 Oct. Autumn in Oban 5 days half board £229

13 Nov Chatsworth House at Christmas £35

16 Nov Thursford 3 days half board, top seats £215

25 Nov Manchester at Christmas 2 days HB £79

28 Nov Chester & Sound of Music 2 days HB £85

29 Nov BBC Good Food Show £49

30 Nov Cologne Weekend £169

02 Dec BBC Good Food Show £49

2013 departures on sale, the list is still growing!

30 Jan Singing in the Rain London 2 days £129

06 Feb Dolly Parton's 9 to 5 (York Matinee) £45

09 Apr Settle to Carlisle Railway day out £55

15 Apr Torquay fab. hotel full board & drinks £295

24 Apr Isle of Man 6 days half board £445

03 May Weekend Away singles no sup 4 days £235

Inc. Heights of Abraham, Chatsworth, West Mids Safari Park +

19 May Isle of Wight 6 days quality half board £425

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Thursford 2013 advance bookings now being taken!

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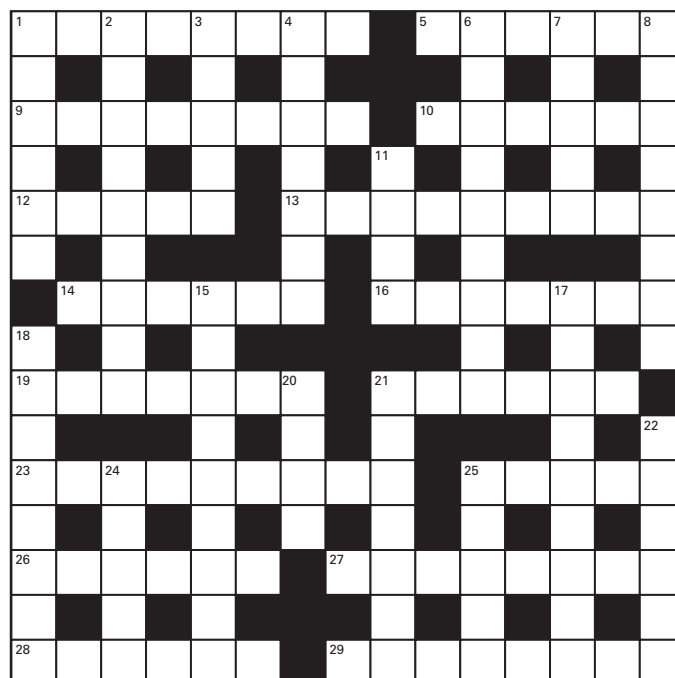
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which stops a 100 yards from Croft Park"*

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Crossword - Solution on page 46



Across

1. Keepsake (8)
5. Anew (6)
9. Penetrating (8)
10. Panther (6)
12. Snares (5)
13. Well-kept (9)
14. Notable initial occurrences (6)
16. Blueprint (British spelling) (7)
19. Lend honor to (7)
21. Change for the better (6)
23. Snarls (9)
25. A glowing piece of coal (5)
26. Have as a logical consequence (6)
27. Deactivates (8)
28. Candies (6)
29. Feelings of ardent love (8)

Down

1. Garments of the torso (6)
2. Never stopping (9)
3. S S S S (5)
4. Buys into shares or bonds (7)
6. Flagpole (9)
7. Mediterranean herbs (5)
8. Reaps (8)
11. Decorate with gold leaf (4)
15. Laboratory researcher (9)
17. A loose high-necked blouse (9)
18. Inactivity (8)
20. Shout (4)
21. Breathe (7)
22. Came up (6)
24. What a book is called (5)
25. Muse of lyric poetry (5)

Crossword courtesy of www.crosswordpalace.com



The Mikron Theatre comes to Cottingham

The East Yorkshire Branch of the Inland Waterways Association has arranged for the Mikron Theatre Company to come and perform in the Darby & Joan Hall, Finkle Street on September 15th at 7.30pm. Mikron was formed in 1963 and wrote their first play for the waterways in 1972.

In 1975 they started touring the waterways in a 1936 built Narrowboat called Tyseley and carry on doing so to this day.

Two plays are written each year and Mikron move around the country from April to October performing in pubs, clubs, halls and even fields.

In Cottingham they will perform *'Losing the Plot'* a story about love, life and allotments.

Witty dialogue mixed with songs and old Music Hall tunes mean we can look forward to a fabulous evening's entertainment.

Tickets cost £10 or £8 for over 60's and can be obtained by contacting Roger Bromley on 01482 845099 or roger.bromley@waterways.org.uk or from the Mikron website www.mikron.org.uk.

Myeloma UK and Myeloma Awareness Week 2012

Myeloma Awareness week (21st - 28th June) brought to an end the fundraising for 2011-2012. Our four local events during this week raised £870.00p, and a considerable proportion of this came from the sale of the books, CD's and DVD's which were generously donated by members of the public.

Further CD's and DVD's would be much appreciated to top up or depleted stock. Our fundraising activities are not simply restricted to Myeloma Awareness Week but continue throughout the year, and since July last year until the end of June this year, a total of £2,160.00p was collected.

Many sincere thanks to all those who have supported us during the last year. MYELOMA UK is the only organisation in the UK dealing exclusively with Myeloma and its related disorders and relies almost entirely on fundraising activities and voluntary donations like yours.

For further information please contact Tony & Anne Tordoff, Dunswell (01482 858244).

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Good things happening in 2012 at Mercure Hull Grange Park Hotel.

Welcome to the Mercure Hull Grange Park Hotel, your local hotel. We are so much more than just a place to stay. Mercure Hull Grange Park is a place to meet, eat, drink and have fun, and the great thing is, we're just up the road. We have a variety of events that take place at the hotel with something to suit everyone, so why not take a look and see what takes your fancy.

70's/80's Disco Saturday 15th September 7.30 pm till 1 am £18.50 per person Dig out your platforms and get footloose and fancy free with a 2 course buffet, disco	Wedding Fayre Sunday 9th September 11 am till 3.30 pm Over 35 professional exhibitors. FREE entry with a glass of sparkling wine and prize draw	Haunting Halloween Saturday 27th October £19.50 per person 7.30 pm till 1 am Halloween is not just for kids get creative and dress to fright. 2 course buffet & disco
Blues Brothers Saturday 17th November £22.50 per person 7.30 pm till 1 am Back by popular demand, enjoy a 2 course buffet, live entertainment & disco		

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In the Kitchen



Ingredient of the Month - Cumin

Cumin has been in use since ancient times. Originally cultivated in Iran and Mediterranean region. The ancient Greeks kept cumin at the dining table in its own container (much as pepper is frequently kept today), and this practice continues in Morocco. Cumin was also used heavily in ancient Roman cuisine. During the Middle Ages, Cumin seeds are used as a spice for their distinctive flavour and aroma. It is globally popular and an essential flavouring in many cuisines: Bangladeshi, Nepalese, Indian, Pakistani, North African, Middle Eastern, Sri Lankan, Cuban, northern Mexican cuisines, central Asian Uzbek cuisine, western Chinese cuisines of Sichuan & Xinjiang and Indonesia. Cumin can be found in some Dutch cheeses, such as Leyden cheese, and in some traditional breads from France. It is commonly used in traditional Brazilian cuisine. Cumin can be an ingredient in chili powder (often Texan or Mexican-style), and is found in curry powder, and bahaarat.

Barbeque Food

Hot Lamb Beef Kebabs

Ingredients

Marinade

100g/4oz Onion, finely chopped

2 tbsp freshly chopped Parsley

120ml/4fl.oz. Olive Oil

1 teasp Salt

Black Pepper

1 Garlic Clove, crushed

1 teasp Ground Coriander

1/2 teasp Cumin Seeds

Other ingredients

450g/1lb Lean Beef or Lamb, cut into 2.5cm/1 inch cubes

225g/8oz Solid Beef Suet, cut into 12mm/ 1/2 inch cubes



Instructions

1. Place the marinade ingredients in a small dish, mix well then add the meat and suet mix to coat. Cover and allow to marinate for 2-6 hours.
2. Thread the beef and suet alternately onto skewers.
3. Cook over hot coals for 15-20 minutes, turning from time to time and basting occasionally with the marinade. Alternatively, cook under a hot grill as above. Serve hot.

Hot Honeyed Chicken

Ingredients

120ml/4fl.oz. Honey

1 tbsp Hot Red Pepper Sauce

4 Chicken Breasts

Instructions

1. In a small bowl, combine the honey and hot pepper sauce and mix well.
2. Make 3 or 4 diagonal cuts in the chicken breasts, about 1cm/1/2 inch deep then spread the sauce over each chicken breast, making sure the sauce penetrates the cuts.
3. Grill over hot coals for 15 minutes, basting occasionally, or until the chicken is cooked through. Serve hot and use any remaining sauce as a dip.

Cheese Burgers (8 small burgers)

Ingredients

1 small Onion, finely chopped or grated

450g/1lb Minced Beef

1 tbsp Tomato Paste

Salt and Black Pepper

A little Oil

8 thin slices of Hard Cheese

Instructions

1. Place all the ingredients in a large mixing bowl and mix until well blended, squidding the mixture together with your hands.
2. Shape the mixture into 8 small burgers, brush with a little oil then place oiled side down on the grill and cook over medium hot coals and cook each side thoroughly.
3. Just before your burgers are ready, place a slice of cheese on top of each and finishing cooking. The cheese will slightly melt.

Lamb Chops with Mustard Butter*Ingredients:*

- 8 Lamb Chops
- For the Marinade
- 2 tbsp Olive Oil
- 2 tbsp Lemon Juice
- 2 Garlic Cloves, crushed
- Salt and Black Pepper
- For the Mustard Butter
- 100g/4oz Softened Butter
- 1/2 teasp Lemon Juice
- 1 Garlic Clove, crushed
- 1 tbsp Dijon Mustard

Instructions

1. In a small bowl, mix together the marinade ingredients. Place the chops in a shallow dish and pour the marinade over them. Turn to coat well then set aside for 2 hours.
2. Meanwhile, in another small bowl, mix together the mustard butter ingredients until well blended. Set aside but do not refrigerate as it must be served at room temperature.
3. After the marinating time, grill the chops over hot coals on each side until cooked thoroughly.
4. To serve - transfer to plates, place a knob of the mustard butter on each chop and serve the remainder of the butter on the side.

**BBQ Tropical Fruit Skewers***Ingredients*

- 1 Large Mango
- 2 Large Bananas
- 1/2 a Fresh Pineapple
- 1 Ripe Papaya
- The Juice of 1/2 a Lime
- 4 tbsp Rum
- 2 tbsp Brown Sugar

Instructions

1. Prepare all the fruit and cut into chunks about 2.5cm/1-inch pieces.
2. Place the fruit in a large mixing bowl together with the lime juice, rum and sugar, mix well then thread onto skewers.
3. Cook over hot barbecue coals for 3-4 minutes on each side, basting with any remaining juices in the bowl.

Cranberry Mustard Sausages*Ingredients*

- 450g/1lb Cumberland Sausages
- 1-2 tbsp Dijon Mustard
- 3 tbsp Cranberry Sauce
- 1 teasp Sugar
- 1 teasp Red wine Vinegar

Instructions

1. Cook the sausages over medium hot coals or under a medium grill for about 15 minutes, turning from time to time or until cooked.
2. Meanwhile, mix together the remaining ingredients in a bowl until well combined.
3. Baste with a little of the mustard mixture on the sausages for the last five minutes of cooking. Serve the sausages with the remaining mustard sauce on the side.



Windows 8 and Office 2013 released on October 26th

Microsoft has revealed that they will release Office 2013 at the same time as Windows 8, probably on October 26th. This new version will feature touch screen capability; have Skype integrated into it for immediate contact of contacts in Word documents etc. It will be cloud based, meaning it can be installed on demand using a subscription service, and all documents will be backed up online. There will also be the traditional installation. Pricing is yet to be announced.

Windows 8 for £14.99...just a reminder. If you if you buy a qualifying Windows 7 PC or Laptop, you will be able to register for a £14.99 upgrade version to Windows 8 as soon as it becomes available. www.windowsupgradeoffer.com.

By the time you read this Google will have its own tablet (computer) on retail sale. The Nexus is a 7" tablet priced from just £159 and runs the Android operating system, like many smart phones. It can be used for Internet, email, playing games and as an e-book reader. It is expected that Amazon will release its own Kindle Fire tablet in the UK soon too, which has been on sale in the USA for some months.

If you're confused about all these different types of technology, here's a rough guide! A Tablet is a hand held (computer) device, the first of which was developed by Apple and called the iPad. It has a touch screen, sized normally between 7" & 10" and performs most computer functions as described above. A Laptop, as most will know, is a screen and keyboard combined, a Netbook is a smaller screen version, & an Ultra Book is a high performance Laptop. The humble PC (the original beige box) has been with us for many years, and of course is the forerunner of all this gadgetry, a tower unit that needs a screen keyboard and mouse plugged into it. Whereas an 'all-in-one PC', is a big screen with all the computer gubbins shoe-horned into the back of it, and is usually touch screen too!

Tip: The Windows key on your keyboard can be used for all sorts of things. Like bringing up the Start menu; or if you want to view the contents of a drive or USB stick or memory card on your computer and nothing comes up when you plug it in. Just hold it down then press letter E to open an explorer window.

Texting has overtaken talking (on the phone) as the preferred means of communication according to an OFT survey. Based on 2011 figures, the increase is not surprisingly being led by the 16-24 year age group.

Skype is a great way of keeping in contact with family and friends over the Internet for free. (www.skype.com) But recently a new scam has emerged. A few users have reported hearing a voice saying that their computer is not protected and that additional security is required. If this happens, ignore it and do not follow any links to a website. In Skype click on Help, and Support and search for 'scam' to get advice on how to report this and prevent it from happening.

Tip: If you want to print something, and you can't see a Print icon; on your keyboard press 'Ctrl' and 'P' to bring up a print dialogue box.

Holiday photos are great for sharing but they'll probably be much too big to email. So how do you get them online for your friends and family to see? If you're on Facebook you probably know how to upload them; but do remember to check your privacy settings if you don't want the whole world looking at your photos. If you have a Hotmail account (or Live ID) you can upload them to a thing called SkyDrive, which is an online storage space that you can use for free. You can create a new album and once the pictures are uploaded you can invite people by email to share them. See: <https://skydrive.live.com/>

Tip: If you just want a quick way of emailing a photo or document, just find it and then right click on it and click Send To / Email Recipient, and Windows will resize it for you (if required) and attach it to an email ready to send. Note, you have to use an email program on your computer like Outlook/Express/LiveMail for this to work.

Compensation scam. Yes another devious scam is doing the rounds, this time in the form of a telephone call on behalf of a 'Government Dept. or Agency' advising people that they have been awarded compensation, but they need to pay a 10% deposit in order for the cheque to be released. They are advised to go and purchase Ukash vouchers (actually a legitimate means of paying bills etc), but unsurprisingly their money then disappears.

Google's Street View has been getting some new treatment recently including mapping Antarctica, complete with a 3D view of Scott's hut. Plus businesses can now have their premises photographed so that customers can do a virtual walk-in and tour before they decide to visit.

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Cottingham Park Golf Club members present cheque to Yorkshire Cancer for £5,257.05p

At a ceremony held recently at the Cottingham Parks Golf Club, a cheque for £5,257.05p was presented to Yorkshire Cancer by Liz Shuttleworth (Ladies Captain 2011 and Barry Boyd (Captain 2012)).

The money was raised by Raffles, Quizes, Bottle on the Bar and a two-day charity golf AM-AM.

Pictured above left to right: Liz Shuttleworth, Dorothy Cooper (Hon. Treasurer), Aileen Scarborough (Secretary) and Barry Boyd.

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Slugs, Foxes and Vodka!

Don't you think it's funny how thoughts drift from one thing to another and never end how you intended? Well that is how this month's article came about.

Firstly, I would like to apologise for a typing error which I made in last month's *Cottingham Times*. For all the caring cat owners who thought they may have a massively obese cat at 9lbs 7ozs, I apologise. If I was to say it should have read 9.5kgs, you can see why Jaffa was enormous and in need of a very strict diet. We were so ashamed to see on an early morning TV programme, a cat of what the presenter called obese at 8kgs! If only!! Anyway, as I typed in error again, his final weight at 5lbs instead of 5kgs, you can see how pleased we were with his progress.

I'm often asked where I get my ideas for the articles. They usually come to me very early in the morning or extremely late at night (as was the July edition) so you can see by the time I have written and e.mailed it through, it can be, much to the amusement of Keith the Editor, 3.00 am ...hence the typing error. It's surprising what you hear, apart from the clicking of keyboard keys, so early in the morning. Fox cubs playing or a vixen calling her cubs make the most astounding squawking noise... a bit like a peacock. Foxes! Most owners let their cats out during the day but how many of us let them out at night? I used to until I saw the foxes in my garden. Some say it's a myth that they



prey on cats and only go for chickens but now they are becoming increasingly more urban and are no longer afraid of humans, can we be absolutely sure?

Danger to our pets come in all sorts of guises. Take for instance pesticides. It's the time of year to enjoy our gardens (weather permitting), planting new shrubs, bedding plants and ... laying bait for the little critters who intend on eating what is available... SLUGS. Slug bait is highly toxic and yes I found that out at an early stage with Teal whilst I was on holiday one year. She ate enough to have killed her within hours but it was the quick thinking of the friend who was looking after her that saved her life.

Rushed through to our Park Street surgery where the duty vet and nurse were waiting, she was given the expert knowledge, care and attention which was needed to save her life. We at KINGSTON have our very own 'Out Of Hours' service which provide our own vets and nurses, all the medical records for each pet plus a 24hour hospital. We never close! There are many dangers that can be avoided like storing the slug bait out of reach and the clear labelling of intentionally lethal items.

Did you know that flea treatment for dogs can be highly toxic in cats? A sad case I came across a few years ago confirmed this. A lady accidentally applied dog treatment to 2 of her cats after inadvertently placing them in the wrong packets. Sadly, one of the cats died within hours. Miraculously, the other survived but not until after going through a distressing spate of convulsions plus a lot of intense treatment and aftercare (thank goodness for Pet Insurance).

It's not the time of year for anti-freeze but I am sure we all store the odd can or two in the garage as a dog admitted to our Park Street surgery, discovered. Rushed in by her panic stricken owners who were unsure of how much she had drank, the team got to work straight away, knowing that time was not on their side. She was taken immediately into theatre where the vets and nurses made her vomit which then was inspected, along with her coat, under ultra violet light to see if the anti freeze was visible.

On contacting the Poisons Unit in London, imagine our amazement when one of the main antidotes is VODKA! This was not to be given intravenously (straight into the vein) but a specific measured amount was to be mixed in with her food numerous times during the day. (Please be aware it can only be given under strict medical supervision). This was going to be one very happy dog! Over the next few days whilst in intensive care, samples of her blood were taken and tested to see if the antifreeze had started to progress into her internal organs. Happily, after 3 days at KINGSTON, dog and owner were reunited. With the patient's taste in fluids having changed, the Vodka will hopefully be out of reach.

*Have a happy and safe summer holiday.
See you next month.*

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THE BEST TRAVEL AGENT IN COTTINGHAM IS NOW IN BROUGH!



For the past 26 years, Louise Haughey has been delivering the best possible service to her loyal clients at the Travelplan, Going Places and then Thomas Cook Travel Agency in Cottingham. However due to the recent closure of Thomas Cook and Co-op Travel stores in the area and further changes likely, Louise has taken the decision to work at pastures new and she has now taken up her role at Andrew Earle's World of Travel in Brough after taking an offer of voluntary redundancy from Thomas Cook.

Now in its 20th year, Andrew Earle's World of Travel also has branches in Hull City Centre, Anlaby Common and Brough. Andrew Earle says "I am delighted that Louise has been able to join us. Well experienced travel staff are hard to come by and Louise has one of the most extensive lists of destinations she has travelled to I have seen in recent times and I am delighted to add her knowledge and experience to our team at the Brough Store. Cottingham is just six miles away from Brough and with quiet roads and ample free parking outside the store, booking a holiday in Brough for residents of Cottingham offers a great alternative that shopping for a holiday in Hull"

Louise will be delighted to see her old customers at her new place of work and is very excited at the thought that she now has complete access to all Tour Operators. As well as having the ability to source holidays that she previously was not able to using Andrew Earle's World of Travel ATOL facility. Louise says "I always have offered my customers the highest level of service and I can offer them even more choice to ensure once and for all that my customers cannot get a better deal locally. I am delighted to be joining a local company with a great reputation and will be really happy if my customers come and find me in my new place of work"

Louise joins Andrew Earle's at an exciting time as they have just launched a website that customers can use to book their travel arrangements online. Andrew says "our website is already used by customers for information and checking out our special offers, but this new additional facility lets people browse in their own time to check out holidays they would like and then go ahead and book. Of course, there are still more options available in store and our advice will always help ensure that things .

Andrew says "I am always been asked if people still need a travel agency when everything can be booked online and its cheaper. I respond to that by advising them that we are specialists at finding the right holiday for them and as a good travel agent, we should be able to find them a very similar priced deal without the risk".

Andrew continues "The more people spend on their holiday, the more the need to get it absolutely right. Travel plans are becoming more and more complex and combining more than one destination with another or several or even adding a cruise or tour to arrangements is becoming more and more popular. You simply cannot do this online and this is providing us with our specialist niche and we are very good at making apparently complex itineraries simple".

Andrew Earle's Brough office is located on the Welton Retail Park next to Morrison's supermarket. Take advantage of our free parking and with not much in the way of traffic, the branch is really easy to access for those wishing to plan and make all of their travel arrangements with an experienced travel expert. All arrangements of which are fully protected by ATOL and ABTA for your security and peace of mind.

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"The Tooth and Nothing but The Tooth"

by

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

The One Visit "Smile To Go" With Componeers

Uh up, how are you doing? I hope that you are well. As I sit and write this morning the sun is shining, hooray! Ha Ha, I had to mention the weather, sorry but just can't help it. I hope we can keep a bit of sunshine for a bit. I'm off with the caravan to Germany in a couple of days so I hope that it stays fine there.

All Buzzed Up

Well, Branfield is all buzzed up again. In my pursuit of New Life Changing dental offerings I have been on yet another course to consolidate my knowledge. Now, I have been doing bonding with composite to teeth for years. This is a fantastic way to improve the appearance of teeth with little or no grinding. I have also been doing porcelain veneers, these need 2 visits and have an extra cost to pay the technician.

So, what if we could somehow make composite veneers that could be modified from "of the shelf" and placed on the teeth in ONE VISIT? Well it is here with the Componeer. Oh dear, I'm a poet. It costs less as well!

I have researched this over the last couple of years as it has developed as there had been 2 companies competing. I'm glad that I waited because this one is the best I reckon.

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It is a shell facing like a veneer that is preformed made out of a nano-hybrid composite resin that has been heat and pressure treated to remove all porosity so that it give a really smooth surface that is hard and quite strong. They are great to hide discoloured fillings on front teeth

Componeers



Same Day Smile Or "Smile To Go"

Now I am not suggesting that people can walk in "cold" and have it done there and then, there is an element of planning involved, there has to be with anything of quality. But, once planned and arranged this can be done in a couple of hours or so. If the aim is to build in some characterisation then it might take a bit longer just because there is a bit more to do. Pretty good eh?

In Training For Teenage Cancer Trust



Here is the Motley Crew but one. Still need some extra miles in those legs before 7th September. Hope to get some cycling done in Germany.

<http://www.justgiving.com/Coast-2-Coast-challenge>

Until next time. Take care and be good.

Chris

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 772550. He has been in dental practice for 19 years and has a special interest in life changing, pain free dentistry with dental implants, rapid teeth straightening and cosmetic dentistry. www.castleparkdental.co.uk.

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Chris

Chris "Dr Smilemaker" Branfield



Cottingham Tigers say thank you to their sponsor

Cottingham Tigers Coach Rich Firth presents Anne Walters of Hedon Insurance with a specially commissioned poster as a 'thank you' for the firm's sponsorship.

Also pictured are Carron Painter, and players George Painter (left) and Dominic Hepworth (right).

Cottingham Tigers provide facilities at their Hilltop Base for around 200 children to enjoy the rough and tumble of Rugby League each week and run teams from cubs right through to senior sides. The club is always looking for suitably qualified helpers, fund raisers and players. If you would like to get involved go to their website www.cottinghamtigers.net

As reported in a recent issue of the *Cottingham Times*, local Insurance Broker, Hedon Insurance, has recently agreed a sponsorship deal with the club to provide funds for the development of the under 8's and under 9's teams.

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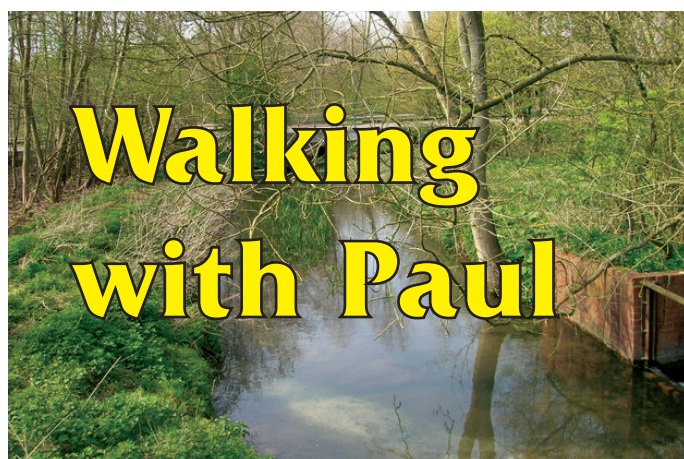




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Here is Paul's latest walk in his series of monthly rambles.

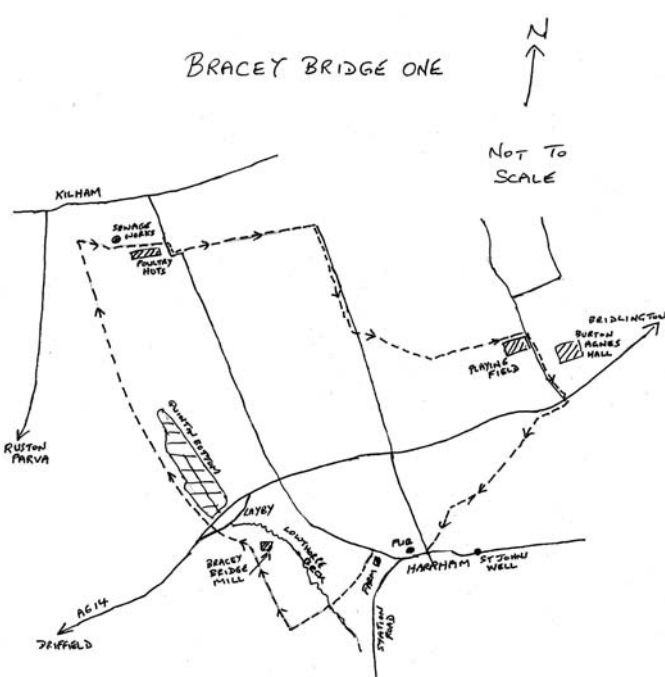
This month his destination is Bracey Bridge.

The map is for a guide only, please use an Ordnance Survey Map or similar if possible when walking.

Map:- EXPLORER 295

**Start at GR. 077620 Bracey Bridge Lay-by.
Distance 7.0 Miles.**

Leave the picnic area in a northerly direction and cross the A614 with care. After crossing the road continue walking in the same direction with the plantation on the left. After about 0.25 miles, continue in the same direction leaving the plantation about 100 metres to the right. Cross four field boundaries and then bear slightly to the left and converge on the hedge on the right. When this hedge turns hard left, continue ahead slightly to the left of power cable posts. Cross a further



five field boundaries and, at the sixth, cross a stile, drop down a small bank, turn right and cross a further stile. Continue walking with the beck (Old Gypsel) on the left and a hedge on the right. Pass the sewage works and continue walking with the hedge on the left. At the end of the field continue ahead passing the poultry huts on the right.

On reaching the road, turn right and then follow the road to the left. When the road turns hard right, continue ahead on the Green Lane.

Follow this Green Lane as it turns hard right and becomes a surfaced lane. After about 0.5 miles from the corner, turn left and pass through a gate. Walk diagonally across the field, pass through a hedge and walk diagonally through the next field to pass through the hedge. On passing through this hedge, bear left and then pass through a second hedge.

Continue in the same direction aiming for the left corner of the playing field. Continue to the road and turn right into Burton Agnes. On reaching the main road, turn right and walk to the western outskirts of the village. Locate a way marker on the left and walk diagonally across the field to a stile, cross the stile and turn right to cross a second stile and plank footbridge. Cross the next field diagonally aiming for Harpham Church. Cross the next stile and turn right. After about 200 metres bear left and head towards a single tree, cross a stile to the left of this tree and continue across the field to a stile.

Cross the stile and walk down a short path with the old chapel on the right. Cross a stile and emerge on the road. Turn left and then at the cross roads turn right. Pass the St. Quintin Arms Inn on the right and Station Road on the left. After passing a farm on the left, turn left onto a farm road and pass the buildings on the left. Eventually cross a bridge over Lowthorpe Beck. Immediately before a small plantation turn right and pass through a gate, cross a field to pass over a stile eventually passing Bracey Bridge Mill on the right. Cross a stile and continue down the farm road to the lay-by.

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In the Garden



Summer is the new Spring

Well what a Summer it has been so far. The amount of rain has been unbelievable. But remember it's not all negative for your garden; you may have noticed your lawn is looking green and luscious due to the mass rainfall. With the soil being so moist this means that there is plenty of time to keep planting and adding colour to your garden. For example usually at this time of year the soil would be too dry to plant shrubs but with all this rain the soil conditions are perfect. Add colour to your garden with delicious geraniums or beautiful dahlias, all flowering until the first frosts. We currently have a wonderful variety of Dahlias in 5 Litre pots at £5.99 Buy one get one Free. All grown on our own.

Top Tip- Remember not all plants need the same soil, please ask our staff if you are unsure for example Azaleas require ericaceous.

How to plant a summer container by Elaine- Horticultural supervisor

Although you can still plant Summer bedding such as geraniums, dahlias and cosmos in planted containers, I prefer to move onto specimen plants. These can either be flowering or foliage, your decision should be based on the surroundings that your container will be placed. Great flowering specimens for containers include hydrangeas, patio roses and hardy fuschias. Ideal foliage plants for containers include Topiary including box, ilex, conifer, cordyline, acers, phormiums and photinia red robin. For plants that are a bit different from the norm why not try tree ferns, bamboos and grasses to add an edge to your container.

When choosing your container make sure it is the appropriate size for the plant, choose a colour to compliment and make sure you get the right compost to suit the plant. Our staff can happily advise you on any of these. It is not necessary but you can add pot feet to your container to lift the pot off the floor for good air circulation.

When you have your pot and chosen plant or maybe plants add pebbles or crocks in the bottom to help drainage. Place enough compost in so that the base of the plant is level with the top of the pot. Sprinkle a small amount of bonemeal to encourage root growth. Fill in around the plant with compost and firm down.

26 August 2012 - www.cottinghamtimes.co.uk

Top Ten Tips

1. Prune shrubs after flowering and feed
2. Mow lawn weekly
3. Feed lawn to ensure it stays green and healthy
4. Protect ripening fruit from the birds with netting
5. Sow bedding plant seeds for Autumn and Winter
6. Houseplants need more water
7. Hoe or use a weed killer on those pesky weeds
8. Dead head flowers from your summer bedding to encourage more flowers
9. In hotter weather pests and bugs thrive be prepared with a pesticide
10. Keep on top of algae, moss & lichen on your patios and drives

I encourage people to use pot toppings not only for decoration but they also help with weed control, deter slugs and help to retain moisture. I would recommend checking the container every day to ensure it doesn't dry out. Remember that even if it has rained it doesn't always get into the pot where it's needed.



However some pests love the rain and you may have noticed more slugs and snails than usual eating your plants, to keep them at bay invest in a good product such as Erazo slug and snail killer which is 5 x more effective than other products plus it is shower proof. At this time of year patios, driveways and paving can get covered in algae, moss & lichen. Our recommended product to use is HERO power cleaner. It is easy to use, no scrubbing or rinsing is required, it also has added disinfectant. This product provides protection for up to 9 months and is now half price at Coletta & Tyson garden centre was £9.99 now £4.99. Continue to water containers and hanging baskets daily, feeding every two weeks.

Top Tip- If you love Foxgloves and have them in your garden but want more, lay down the finished flower stalks in the place you want the new Foxgloves to grow. An easy and cheap way of adding more colour to your garden.

Plant of the month

• August's plant of the month is the beautiful Rudbeckia. This beautiful species are commonly called coneflowers or black-eyed-susans. Many people love them for their showy yellow or gold flower

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heads. From midsummer to early autumn, stems bear daisy-like flowerheads 10-12cm (4-5in) across, with bright yellow ray-florets and high, conical centres of green disc-florets, becoming yellowish brown with age. This plant is best grown in moderately fertile, well-drained soil that does not dry out, in full sun or partial shade. The lovely shades of yellow and orange compliment wonderfully with blues and purples such as Veronica 'inspire blue' and Sedum 'Autumn joy'. A bonus for these plants is they make great cut flowers.

Our gardens have become an extra room to our homes. So it is no wonder that we are spending more time in our gardens and adding wonderful features to them. A very popular addition to the garden is a water feature. They really do add elegance and beauty. They really inspire a tranquil and relaxing atmosphere. They need little maintenance and once plugged in are usually ready to go. It is advisable to run a water feature safe algae treatment through it to keep it looking its best and to cover or move inside in winter to prevent any damage. We currently have a water feature sale on with great savings available. The Blagdon affinity half-moon patio pond is perfect for an instant pop up pond. You can even keep fish in it. It's the perfect starters feature. Was £379.99 **Now £319.99. Saving £60**

Or how about a self-contained waterfeature the beautiful Bermuda Mirror Falls Was £279.99 **Now £229.99. saving £50**

Or the intriguing Bermuda Istanbul self-contained water feature Was £279.99 **Now £224.99 – saving £55.**

Events at Coletta's

Chris Channon, a Royal Horticultural Society (RHS) gold medallist, will be holding an Orchid weekend and giving expert advice on caring for your orchid including a repotting demonstration and orchid clinic. This really is an event that shouldn't be missed.

Bring in your own Orchid and Chris will give it a **FREE MOT.**

On Sat 18th and Sun 19th of August, Chris will host an 'Orchids for Beginners' talk at 11.00 am. He will also do a re-potting demonstration at 2.00 pm. He will be here between 10am-4pm both days.



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Your Stars for August 2012 -

By Kay Gower

Aries - (Mar. 21- April 20)

A change you've been wanting will happen quickly now. Decision-making will be a more intuition-based process. You know when your path is right because it feels comfortable to you. You'll feel deeply romantic this month.

Taurus - (Apr. 21- may 21)

If it's worth having, then it's worth working for. Yet those who are doing the work are not always the same ones who are doing the "having." Mid month, you'll rectify an unfair situation.

Gemini - (May 22-June 21)

Things unfold in an interesting fashion this month. It's not what you expected. But you're better equipped than you think. If you can improvise, you'll turn this into a fantastically lucky time.

Cancer - (June 22-July 22)

Take time to observe and assess your relationships. Look at the people you keep close to you. They are your assets; these are the people you can deeply appreciate. When you show your appreciation, be as generous as you can be. This paves the way for Venus' grand entrance into your sign on the 8th.

LEO - (July 23-Aug 22)

You'll act on an impulsive idea. If it's successful, all well and good. If not, then it will lead you back to where you were. Either way, you win. Hard to see, perhaps, but you have.

Virgo - (Aug 22 - Sept. 23)

You are usually the first to strike a balance, create a compromise and negotiate a plan that everyone is more or less happy with. But not this month - or even next. It will be important that 'things' happens your way, and you won't back down.

Libra - (Sept. 24 -Oct. 23)

You'll be doing what you do best this month; your actions radiate style, etiquette and excellent manners. You're a class act.

Scorpio - (Oct. 24 - Nov. 22)

You will never suffer from buried anger — it's right on the surface where you can effectively do something about it. Channel any angry feelings into exercise, and you'll get a wonderful workout this month.

Sagittarius - (Nov. 23 -Dec. 21)

There are many times when those close to you don't really want materialistic things. They just want your attention. Remain kind and loving. Listen closely to what others are saying. This is the most precious gift you can give.

Capricorn - (Dec 22.- Jan. 20)

You enjoy a good jigsaw puzzle, just as long as you have all the pieces. There will be a puzzle for you to work out this month. It may take some figuring out. Before you start, make sure the end result will be worthwhile.

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

You will be in good spirits for most of this month. Mix and mingle through the next six weeks. You'll increase your number of connections and decrease the obstacles to furthering your interests.

Pisces - (Feb. 20-Mar. 20)

Your imagination is so powerful that it can conjure vivid mental pictures, both terrible and fabulous. To stay on the bright side this month, surround yourself with happy people and positive thoughts.

Come walkies for Hearing Dogs and take the Chalkland Challenge Walk

This year Hearing Dogs for Deaf People are celebrating 30 years of excellence in training dogs to alert deaf people to specific sounds. To mark this occasion we are asking people to "Come Walkies" and take on the 30, 16 or 3 mile Chalkland Challenge Walk on Saturday 8 September 2012 to raise vital funds.

Part of a series of Come Walkies sponsored walks happening across the country the Chalkland Challenge Walk takes you through the varied and tranquil countryside of the mid Yorkshire Wolds passing through the pretty villages of Great Givendale, Bishop Wilton, Thixendale and Millington. And should 30 miles be a step too far for you there is also a 16 mile and 3 mile route to choose from all starting and finishing at Pocklington Scout Hut, East Yorkshire.

If you are not able to take part perhaps you could come along and help on the day? We are looking for people to marshal the route, serve refreshments and to cheer on our walkers so if you can help please get in touch.

Hearing dogs provide deaf people with independence, confidence and companionship, which helps relieve the stress, isolation, loneliness and depression that deafness can bring.

With no government funding, we rely on people raising funds on our behalf. Every penny raised in sponsorship through the Chalkland Challenge Walk will help us to provide more life changing partnerships.

The charity trains hearing dogs to alert deaf people to important household sounds and danger signals. These include alarm clocks, doorbells, smoke alarms and fire bells in the home, the work place and also in public buildings. There are currently around 750 working hearing dogs assisting the lives of severely and profoundly deaf people across the UK.

Lucy Nalton, Community Fundraising Manager says 'Please Come Walkies for Hearing Dogs, with the three difference routes to choose from there is a challenge for everyone'.

For more information or to register to take part in the Chalkland Challenge Walk please contact Lucy on 01759 322255 or lucy.nalton@hearingdogs.org.uk or visit www.hearingdogs.org.uk.

Sudoku Answer from page 12

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

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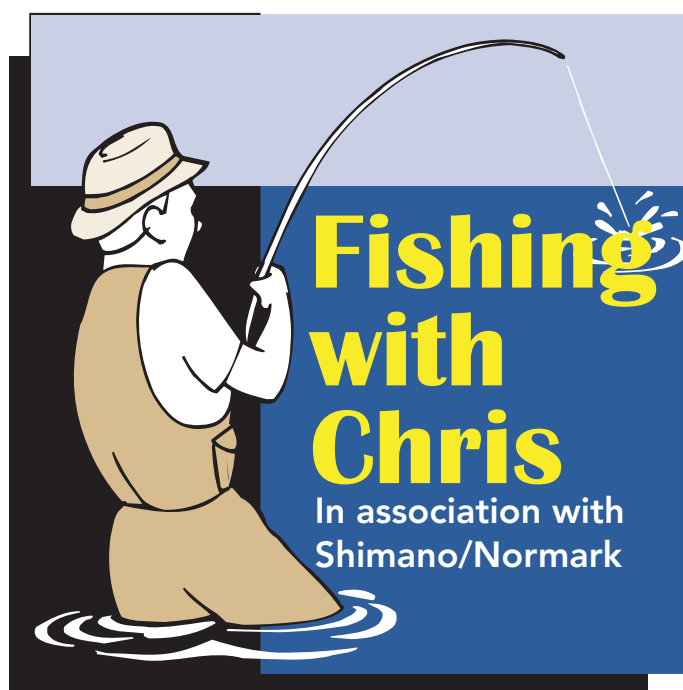
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Here is the latest article from Chris who will be reporting monthly with news and tips from the world of fishing

Hello and welcome again fellow anglers to this month's fishing news. How is the weather where you are? I am asking because today is Sunday 15th as I write this, and it is sunny! It feels like the first day of summer, Hurray!

Anyway, at long last it seems that the fish have spawned and are now bang on the feed. The Match results are fantastic from all over our region and the pleasure anglers are having a great time.

In this article I am going to tell you about cheaper alternative baits for you to use as I did when I was a kid. I know I maybe shooting myself in the foot as we own a tackle shop, but I would sooner you all go fishing than do nothing, and in this economic climate all I hear is that it is too expensive to go fishing. Firstly bread: it can be used as crumb, slop, flake, punch and paste.

It is as cheap as chips, plus I have often noticed in the supermarkets at the end of the day on the whoopsie shelves it selling for 10p a loaf! Have a look at alternative meats such as a tin of Hot Dogs from as little as 50p per tin, great value. Garlic sausage is great bait and that costs from a £1 in most

shops. If you need any help or advice on how to use any of these baits effectively just pop in shop and I will be happy help to you. As well as the alternative baits don't forget there are quite a few free fishing venues around our local area as well, with no day ticket to pay for. Such as the brilliant River hull, Barmby Drain, Holderness Drain, Yorkshire Water plus free ponds at Broomfleet. You will not need a day ticket but you do need to have a Fishing Licence! So go give it a go, there are lots of fish to be caught and fun to be had throughout the summer holidays.

I was approached by the owners of Halsham Fisheries for a little help the other week. They enquired if something could be done to help remove some fish out of the first lake and place them in the second lake. The Environment Agency advised this course of action as they considered lake one to be overstocked. Anyway the Catchmoore Crew and some others came to the rescue.

We reckoned it would be a great idea to have a charity match on lake one and transfer all the fish that were caught on the day. This was done very successfully. Everyone involved had a good day and we raised £100 for Castle Hill Hospital, Cancer Ward. So may I take this opportunity once again to say Thank You to everyone.

The owner of Halsham Fisheries was very impressed and asked if we could possibly make it an annual event for charity. I obviously said of course we can, so nearer the time, about a month prior to the next charity match, I will give you all the details and anyone wishing to do their bit and join in the match can do so.

Sea scene: once again I cannot believe it, yep that's right there are still Cod getting caught on our coast. Only last week I heard of three different areas, Dimlington, East Newton and Cowden. Don't get me wrong there are not a lot of them, but other species such as Doggies, Smoothound and Thornback Rags are making up the catch rate on most tides. The best baits at the moment are Lugworm, tipped off with peeler crab.

The Humber near Chalky point is still producing flatty's and small Schoolie Bass. They are being caught on fairly large night tides. On the subject of fresh Lugworm, if you keep ordering my digger will keep providing them week after week, we do try to carry spares but please book to avoid disappointment. Plus don't forget there is a large selection of frozen baits available too.

Till next time we at Catchmoore wish you all "tight lines". Take care and see you soon, and thank you for keeping the reports coming in.

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Anne Ford

Anne Ford, a well known citizen of Cottingham, died recently in Gloucestershire after a short illness. Anne was born the daughter of Albert Barker and his wife who founded a toy and sweet shop in Hallgate, which still exists in name today.

Anne enjoyed a full and useful life being, for a number of years a very active local councillor on the old Beverley Borough Council. Her close friend and council colleague Denise Wright became Mayor of Beverley and invited Anne to be her Mayoress. They enjoyed a very active and successful year of office, the highlight of which was an invitation to attend one of the Queen's Garden parties at Buckingham Palace.

Anne and her husband Ron ran the family business in Hallgate for many years after her parents retired. She met Ron when he served as a policeman in Cottingham in the early 1950s and they were married on a Thursday afternoon in 1956 – Half Day Closing!

Following Ron's death a few years ago, Anne moved to Painswick in Gloucestershire to be near her children Richard and Liz. A funeral service was held in Painswick last month and a memorial service to celebrate her life was held at St. Mary's in Cottingham on 26th July.

Graham Stroud.

Sad death of well-known Cottingham personality Mrs. Anne Ford

Anne Ford, who will have been well known to many in Cottingham, has died after a short illness in Painswick, Gloucestershire at the age of 79.

A long-time resident in Cottingham, Anne was the only child of Albert and Dorothy (Dot) Barker. Anne had an idyllic childhood being part of a village community whose friends included Mary Brocklesby and Vera Buttery. Anne attended the village school and when older would cycle to St Marys Convent on Inglemire Lane in Hull. As children Mum often told us stories of having to avoid the craters on the roads that had appeared overnight from the wartime bombing raids.

Anne met her husband Ron in the 1950s when as a young police officer he was posted to Cottingham. They were married in 1956 and took over a grocery store in South Cave expanding the business by offering a delivery service to their customers. When Anne's parents retired from Barker's shop in Cottingham in 1958, Ron and Anne were the natural successors to takeover the reins of the business and develop it into a flourishing and high quality enterprise.

Always active in local life, her community commitment led Anne to become an elected member of Beverley Borough Council where she served for many years as a keen and conscientious Councillor. Although elected on a political platform as a member of the Conservative party she was always at pains to represent the interests of everyone in her ward, regardless of their persuasion. In due course she became an Honorary Alderman of Beverley and was Lady Mayoress for a year.

After retirement Ron and Anne moved to Painswick in the Cotswolds where they enjoyed exploring the area, gardening and taking in the beautiful scenery with their dog. Both of them settled into their new surroundings and welcomed friends who would visit from Yorkshire.

Ron died in 2004 but Anne continued to lead an active life joining a wide range of pursuits and clubs in Painswick. Anne was always up for a challenge and although not good at it would take part in skittling events at WI functions just for the fun of it. Anne continued her love of travel and liked nothing better than to visit new places and meet new people.

Anne leaves behind a daughter Liz and son Richard and five grandchildren. She will be missed by them all.

Liz Wilcock

Holderness Alpha Probus Club moves to The Railway Inn, Cottingham

Following the closure of the Pearson Park Hotel in Hull, the Holderness Alpha Probus Club has now moved to the Railway Inn in Cottingham for its lunches and coffee mornings.

The Club meets fortnightly for alternate lunches from midday onwards and coffee mornings from 10.15 a.m. onwards. The 3 course lunches are followed by a talk from a local speaker.

If you are retired and would like to meet new friends contact the Club Secretary on 01964 624238 for information as to the dates of the Club's events.

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Sidney Scarecrow says "Thank You"

On behalf of the Skidby Village Hall Management Committee, Sidney Scarecrow wishes to express his sincere thanks to everyone who was involved in the 3rd Skidby Scarecrow Festival last month.

It would be impossible to list everyone by name, but we particularly would like to thank the local businesses and trades, together with the many people who donated raffle prizes. The biggest "thank you" must go to the wonderful people of Skidby who gave their time and talents to create those truly amazing Scarecrows.

We also gratefully acknowledge the kind tolerance of local residents and farmers over the very busy weekend. The weather helped everyone enjoy a magnificent weekend, providing entertainment for around 3,500 visitors.

Finally, our special thanks to the many visitors who came Scarecrow viewing. We hope you had a wonderful day and we look forward to seeing you again next year.

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Cottingham Community Litter Pick

The local community turned out in force on Saturday 23rd June to do some serious litter picking around the village including the station area. I'd like to express my thanks to Churches Together, Cottingham Wild Spaces and the many individuals who turned out under dubious weather conditions to help spruce up the village. We even had one volunteer who decided to tackle the graffiti – brave man.

Up until the last few months these litter picks have been organised by East Riding Council but due to departmental reorganisations this was no longer possible. However with the equipment still being available it seemed silly to let this community event wither and die. So I decided to give it a go and see what happened.

Approximately twenty volunteers turned up and we generated almost twenty bags of rubbish, half of this was due to the team down at the railway station area. If you know of an area, in the middle of the village, that needs litter picking please let me know and I'll do my best to put it on the list.

If anything is too big for us then I'll rope in The Council. In the meantime a big 'thank you' to all concerned, and as the say 'watch this space' for the next date.

Free Legal Advice Clinics

Following the success of our Wills Clinics, held monthly at the Civic Hall in Cottingham, our Family Law Specialists will now be available to offer legal advice on Family issues.

When you are thinking of separating from your partner, or your relationship has already broken down, it can be an extremely difficult and painful time in your life. You will no doubt have concerns about what to do next and where to turn. There may well be issues relating to your children or finances to address. You may also be worried about how to resolve matters and how much it will cost to do so.

Options™ is a new scheme which has been launched by our nationally regarded family law team, where we offer a free half hour discussion with one of our lawyers, all of whom have many years' experience of working with couples and families in this highly sensitive area of law.

During your discussion, we will talk through the options available for resolving your particular issue. These might include discussions with your former partner through negotiation involving one of our lawyers, through mediation, collaborative law or perhaps the court process.

We can help you decide which route is best for you and your particular circumstances and then guide you through that process to ensure re-assurance for you, and a settled future, as swiftly as possible.

Contact Jayne Andrews on 01482 325242 now to book your FREE Options™ appointment at our Cottingham Legal Clinic.

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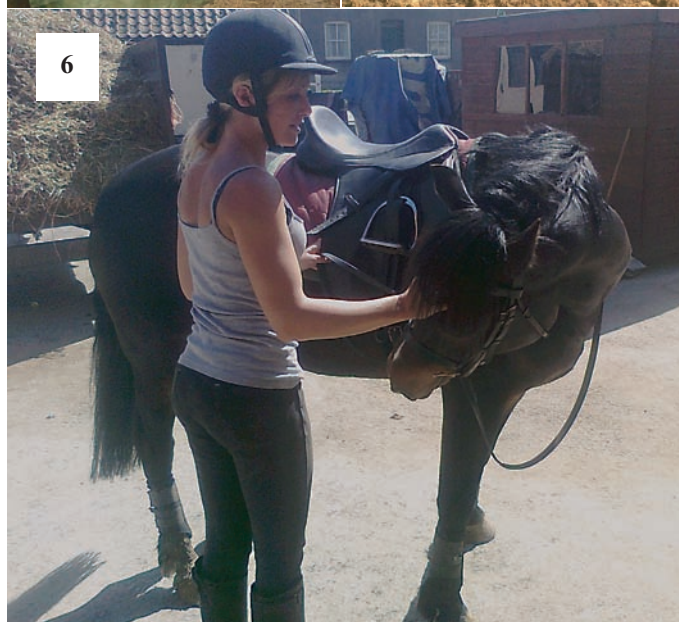
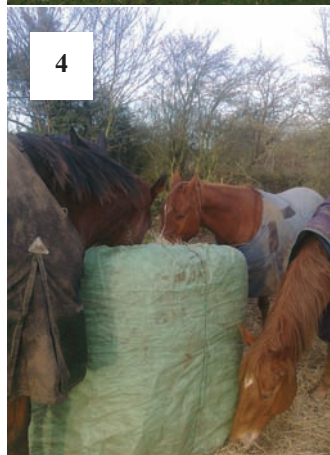


**Melanie Watson of
Skidby Livery Stables
with the latest of her monthly articles**

www.instinctivehorsetraining.co.uk

Due to the pressure of work and it being the haymaking time, Melanie has not had the time to write her article as normal. She has sent a collection of photographs of horses she has helped over the years. She will be back with us for the September issue. (Editor).

- 1 Ruby wearing a dummy rider to help her accept a rider behind the eye line
- 2 Dougal, the very first horse I ever sold back in 1987, aged 32. He is still owned by the same family and has looked after 3 generations of children.
- 3 Sophie, she came as a wild 5 year old with a head collar grown into her face. She was untouchable and wild as the wind. 10 weeks later she became so soft and happy. She is now a show jumper in Northamptonshire.
- 4 Wintering out horses of mine all happily guzzling hay from my bale buddy....we sell them by the way!!! J
- 5 Training a very stressy ex race horse how to relax, chill and take life easy!
- 6 Asking for neck flextions in a bolting pony. Softness and suppleness changes the tension into relaxation and acceptance.
- 7 Tom...I re-met Tom after 17 years! He was my most notifiable successful rescue horse. It took me 3 years to stop his fear and panic and I turned him an eventer. He became world class representing the UK with a junior rider at Advanced level, winning Bramham as well as Burghley in 2001. He is now 29 years young !



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Full details are available online at www.ageuk.org.uk/insuranceterms

^AIf you call the 0800 number you may be transferred to an Age UK office or to Ageas Insurance Limited. Age UK Enterprises Limited is a commercial services arm of Age UK (registered charity number 1128267) and donates its net profits to Age UK. Age UK is a registered trademark. The use of the name and logo "Age UK" is done so under licence agreement between Age UK and Age UK Enterprises Limited. Promoter: Age UK Enterprises Limited, Tavistock House, 1-6 Tavistock Square, London WC1H 9NA.

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Winning chefs to battle it out

by Roy Woodcock

TWO of East Yorkshire's top young chefs will now go head to head at this year's Beverley Food Festival to be named as the county's Apprentice Chef Of The Year after triumphing in the semi-final stage of the 2012 Copper Saucepan Competition.

Michael Flower, of the Hallmark Hotel, North Ferriby, and Luke Underwood, of The Star, Sancton, were among 10 chefs cooking a three-course meal for judges in the competition organised by the Hull & East Yorkshire Hospitality Association.

"It was a hugely impressive effort by all those taking part; there were some outstanding dishes and the standard overall was better than ever," said association chairman Paul Vinsen after the cook-off at Hull College.

Luke and Michael, who has only been working as a chef for six months, will now compete before an audience of 300 in the food theatre at this year's Beverley Food Festival, which takes place on October 7.



They will have half an hour to produce a main course and dessert. The winner will receive the Copper Saucepan trophy, a cheque for £200 and the chance to spend a day in the kitchens of the award-winning Winterringham Fields restaurant, owned by Colin McGurran, a recent winner in the Great British Chef contest on TV.

The runner-up will receive £100 and also get the chance to cook at Winterringham Fields.

Luke's winning dishes at the Hull College cook-off were: Loin of rabbit with Yorkshire chorizo, baby honey-soused vegetables, leaves and horseradish; followed by turbot with a cauliflower and vanilla veloute, broad beans and smoked bacon; and a sweet of dark chocolate parfait and fresh raspberries.

*"It was a hugely impressive effort
by all those taking part;
there were some outstanding dishes
and the standard overall
was better than ever"*

Michael produced a starter of sautéed wild pigeon breast with quail eggs cooked two ways, garden beets and pancetta; followed by slow-roasted belly pork with scallops, pea puree, black pudding and boulangerie potatoes; and an Olympic chocolate trio as the sweet, comprising a bitter chocolate brownie, white chocolate cup and a hazelnut creme brûlée.

Others competing were: Gavin Lane, of the Light Dragoon, Etton; Jane Branton, Holiday Inn, Hull Marina; Damien Ross, The Hallmark, North Ferriby; Dan Bennett, Yorkshire Garden Centre; Jessica Marshall, Asda; Josh Gedney, Pipe & Glass, South Dalton; Matthew Lee, Pipe & Glass; and Richard Halsall, Cave Castle.

Pictured top left: Luke Underwood (left) and Michael Flower receive their certificates as winners of the cook-off.



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He has won the coveted Fast Food Guide Quality Award for Excellence in 2010 and now 2011. He also has the Outstanding Achievement Award for Distinction for Excellence in maintaining High Standards of Quality and Customer Service, by The Good Food Guide 2005.



Gino's have not increased their prices despite the increase in VAT in January, so come and enjoy a superb takeaway at really value for money prices.

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

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

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

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

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

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



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The Skidby Scarecrow Festival 2012

Pictured is a small selection of the Scarecrows on display during this years festival, held on the 13th, 14th and 15th July. There were approximately 3,500 visitors over the three days, who thoroughly enjoyed the time and effort put in by all the entrants to make the Scarecrow Festival a marvellous success.

There was a wonderful community spirit which was enjoyed by everyone, as they toured the village, people chatted to each other, as they went from Scarecrow to Scarecrow.

We can only display a small number of these wonderful creations as space is limited, and we apologise to anyone whose Scarecrow is not displayed on these pages.



Pictured in the box are the best in category, and at the top the best overall Scarecrow selected by visitors during the Festival weekend



Moving Abroad?

A monthly column by Nick Russell

New Home in the Sun

It is now the middle of July and, having moved into our new home in Spain 3 months ago, we still have about 30 boxes to unpack!! We have, however, made a lot of progress around the house and garden since we have been here, but nothing in Spain is a '5 minute job'. Local shops open 10 – 2 then 5 – 8 so if you run out of anything you can be a bit stuck. Also nobody opens on a Sunday, which took a bit of getting used to. Certainly the Spanish word 'manana' is well suited to the pace of life around here.

In the house, the old kitchen has been ripped out and replaced with a modern white kitchen from Ikea and black granite work tops from a local supplier it looks great but after 5 weeks we are still waiting for the tiles to arrive to finish the job. Maybe manana (tomorrow). All of the internal painting was done for our arrival so we decided to paint all the windows and external doors inside and out, just to smarten them up. We chose to go a darker shade and two coats were needed but they look much better now. The two rooms that need the most work now are the bathrooms, both are usable but need new suites and re tiling to give them a more modern feel.

We have managed to complete the first 2 guest bedrooms, one double and one twin, which are situated in the main house just off the dining room. They share one of the bathrooms which has yet to be updated, and have already had our first visitors. My daughter, Nicola and her partner Andy brought our 2 year old grandson Jack out at the end of May for a week. We had a really nice time, the weather was great, Andy helped with a few jobs around the house and It was great to see little Jack, although he did come out in chicken pox the day after he got here!! A week after they returned home our friends, Dawn and Steve came out for 8 days, a period that involved plenty of eating and drinking as well as watching England in the Euros. I think they all enjoyed themselves as they are all coming out

again in September. Next guests are Adels parents, Keith and Sheila, who will have been and gone by the time by the time you are reading this.

Work on the main guest accommodation, which will be a 70sq.m two bed casitas which is separate from our house and totally self contained, will hopefully start in October, subject to planning permission. We hope to complete that early in 2013 ready for renting out on a self catering basis to anyone who fancies a holiday in rural Spain. It will sleep 4/5 and will be very rustic with great views across the olives to the Sierra Nevada mountains. More on that nearer completion.

All the other bedrooms now have fitted wardrobes which meant we could all finally unpack our cases and sort our clothes, all our English winter clothes however went into the loft!! The house has a satellite dish on the outside so after a couple of weeks I thought I would try my sky box and TV and hey presto it worked. It meant my wife and daughter in law could watch the soaps but more importantly we could watch the football.

The grandchildren have settled in really well and both started at a Spanish school in the next village and seemed to integrate really well, considering they could not speak any of the language at all. They have both made friends, been invited to birthday parties and been generally accepted. The school hours are 9am till 2pm, so they are both home and in the pool for 2.30pm and then do about an hour's homework.

To help with their Spanish we asked at the school if anyone would do private tuition at our house. The headmasters daughter said she would do it and now she comes over for two hours a week and teaches them both together and they love it. They broke up on the 22nd June for 11 weeks summer holiday but at least the weather should mean they will be outside and not stuck indoors because of the rain.

Having gone as far as we can inside the house (until the tiles arrive) we decided to do some work in the garden area so my son Tom painted the bar and the whole area around the pool. It now looks clean and fresh and is getting well used. It's been kitted out with sun beds, chairs, settees, tables, pool and football tables, our old Jacuzzi, gazebos for shade and a couple of fridges which are well stocked with liquid refreshments. When the temperature in the shade reaches 40 degrees (106) then cold drinks are a must. We also have a music system and TV up there as well as the barbecue, so it's a great area to relax in.

The swimming pool water is warming up nicely, When we got here in April it was 16 degrees in the water but it has now reached 28 so it's lovely to cool off in and it should get even warmer.



One of the main reasons for moving to Spain was the weather (as well as the food, wine, people and way of life!!!) and it hasn't disappointed. When we first arrived the temperature was about 25 degrees and in the first couple of weeks we had five days of rain fall, which was much needed. Since then, we haven't seen a drop (think you have had it all in the UK) and the temperature is now constantly in the high 30's. It has touched the low 40's a few times during June but it is forecast to get hotter for July and August.

While Tom was sorting the bar out, I decided to start on the garden and the fish pond. We have managed to get the fish pond filled up and all it needs now is topping up once a week from the well. The fish seemed to have doubled in numbers and I estimate we now have around 50, from about 6" long to 15". They get fed twice a day, on dog biscuits would you believe, because fish food over here is hard to find and very expensive. The banks of the pond are one half plants and one half rocks but unfortunately most of the plants had died off and many of the rocks were missing. My grandson Aiden and I decided to sort the rocks out and rebuild the bank. It took us a couple of days and about 20 wheel barrows full of rocks to complete the job but it looks much better. Next job will be to buy 40 plants and dig them in around the rest of the bank and they should put a bit of colour back around the pond.

The orchard has been planted with a dozen young fruit trees which seem to be growing nicely. They get watered every day and hopefully they will produce some nice fruit next year. We planted apple, orange, lemon, lime, avocado and mango but may well plant more next year. At the other end of the orchard, we are going to plant salad produce and vegetables but that will



probably happen next year. I have been trying to prepare the ground but it is so hard to dig I had to buy a petrol rotivator which is a great help. I have now managed to rotivate all the allotment area and between the fruit trees as well. Even with the rotivator it is hard work and it took me about 4 days to complete. Having said that, it is an area of about 6000 sq. ft. of hard, rocky soil so I don't think I did too badly. It will need doing a few more times before we start planting but should give us some nice fresh salad and veg next year – can't wait.

The other area which has so far defeated me is the lawn. No matter how much I water it, it just won't come back, although I am getting plenty of weeds coming up. It's such a big area (about 10,000 sq. ft.) that it may have to wait until the autumn when it gets a bit cooler.

Next issue: Meeting the locals, rats, snakes, kittens and more water problems.

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Bag-Packing for the Panthers!!

In the beautiful sunshine Cottingham was blessed with on the 7th July, the Cottingham Panthers U10s Football players were learning how to pack shopping bags..

With a huge thank you to the Local Cottingham Supermarket The Co-operative and the friendly shoppers the boys volunteered their time to pack bags at the supermarket. All customers were fantastic and generous, and all raised funds will go towards the boys winter training facilities.

The boys did fantastic and represented themselves and their team excellently and should be proud, they were polite, sensible and even entertained the ladies on the checkout when they had quite times. Parents were made redundant and have now got some keen helpers who know NOT to pack eggs and bread at the bottom of the bags and under heavy Vegetables!!!

Thank you again to all those customers and staff who supported the boys and especially the Cottingham Panthers workers who gave up their day for a few hours each, Harry M-S, Harry M, Kye, J-M, Luke W, William H, William B, Edward K, Nathan S, Adam B and Lewis R.

For local businesses willing to sponsor the U10 Panthers this coming season and beyond, we would love to speak to you about trophy sponsorship, winter kit and event programme sponsorship. Please contact Suzanna at cottinghamrangers@yahoo.com or call on 07775836196.





Sainsbury's Local and its customers raise £2,300 for Marie Curie Cancer Care

Sainsbury's local in Cottingham has been supporting Marie Curie Cancer Care for the last 2 years, and has raised over £2300. Members of staff joined forces with local Marie Curie fundraisers and held a barn dance, race night, tombolas, raffles and cake stalls.

Many thanks to everyone who supported the events and to Sainsbury's customers for donating their loose change.

The money raised will be used locally to fund free nursing care for terminally ill patients who wish to remain in their own homes.

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CHARITY FAMILY FUN DAY

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Beat the Bank Holiday blues and come down to the Cross Keys Inn Cottingham on Saturday 25th August for some fun for all the family

From 12 - 6pm, Family activities including Bouncy Castles, Penalty Shootouts, Coconut shy's, Face Painting, Lucky Dips and much more!

Plus... BBQ, Cakes and Cupcake stalls and Sweet stalls...

From 7.30 - Close (Adults only), Karaoke (Top prizes for Best and Worst singers)

Also we have a raffle, with tickets available now and on the day inside the Cross Keys Inn, with donated prizes from local businesses such as Signed Hull City and Hull F.C. shirt, Hull F.C. Match tickets, Rounds of Golf, Meals at local restaurants and much, much more!!!

The prize list is not completed and donations are still welcomed until Friday 24th August, and the list will be updated and on show behind the bar at Cross Keys, or on our Facebook page, www.facebook.com/crosskeyscottinghamfc

Please join in your community events and help us raise for Meningitis.

COME AND JOIN IN THE FUN

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

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

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

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

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

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

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

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

Problems and Diseases commonly treated by TCM

Dermatological:

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



Muscular, Neurological, Skeletal and Vascular:

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

Internal:

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

Men's Problems:

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

Women's Problems:

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

Ears, Eyes, Nose and Throat:

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

Cancer and Tumour:

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

Addictions:

Tobacco, Drugs, Alcohol, Reduce Weight etc.

Mental and Emotional:

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

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

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



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Cottingham Rangers football weekend a fantastic success

Cottingham Rangers hosted a fantastic weekend of football in June which took place at Cottingham High School. The clubs parents and volunteers worked hard to run the event smoothly and the successful weekend is a credit to them and the teams involved. The hard work of volunteers in sport gives the opportunity for the boys and girls involved to play at every age group and I know they would like to say a huge thank you to their team coaches and managers.

The U9's Cottingham Panthers and Sharks of which involve 25 boys played in the Hull College U9's sponsored tournament where one team made the semi final, and went through to the final due to successful and nail biting penalties. They unfortunately got beat in extra time in the final. They are now training hard over summer as they feel they have a chance to add to the skills of the England squad – penalties at every training session!!



The end of year presentation which celebrated the players participation as well as rewarded the Players Player, Most Improved, and Clubman all picked by the boys as well as Managers Player of the year. Was a huge success and the boys celebrated everyone's success.

We would like to invite anyone who would like to sponsor next year's tournament, a trophy or any other additional kit for the U10s team from September to contact the team for further information. cottinghampanthers@yahoo.com.

A big thank you to the players who make the hard work worthwhile and many thanks for all the Cottingham Panthers supporters this year. We look forwards to a successful 2012/13 season.

Support the advertisers who appear within the Cottingham Times



Cottingham Calendars with photographs by John Dewing on sale at Barkers of Cottingham

John Dewing who has taken many of the excellent photographs featured on the cover of the *Cottingham Times* over the past six years, has produced an A3 full colour calendar for 2013 with a marvellous selection of Cottingham views.

The calendar will be on sale at Barkers, Hallgate, Cottingham, early in September.

New charity service proves to be a lifeline – In its first week!

A new cleaning service launched by Age UK East Riding has proved to be a lifeline for one elderly couple just days after it was launched.

The Beverley-based charity launched the new Spic and Span service in June, to provide a trusted domestic cleaning service for older and vulnerable residents.

Just days after its launch, Julie Preston, one of the team of cleaners, arrived at the home of an elderly couple in Beverley to find the door locked and no apparent sign of life.

She alerted the couple's daughter and with the help of a neighbour, who held a key, went into the house to find the elderly woman lying helpless after a fall and her husband, who was confused, unable to move to raise the alarm.

Julie and the neighbour were able to help and reassure the couple until their daughter arrived.

Julie said: "When I got to the house the doors were locked and the curtains were closed. The neighbour had a spare key so we went in and shouted upstairs.

"The man was sitting on the bed in his pyjamas and his wife was lying on the floor in front of him. She said she was not hurt but could not get herself up.

"The neighbour and I helped her onto the chair, and I made them a cup of tea and some biscuits until their daughter arrived."

Age UK East Riding has launched its new Spic and Span cleaning service in the Beverley area but is aiming to roll it out across the East Riding in the next few months.

The charity employs its own team of cleaners to help older people with jobs such as vacuuming, changing bedding and ironing. The cleaners are all CRB.

Chris Dixon, the charity's Business Services Co-ordinator, said: "We launched Spic and Span because people told us that there was a need for a cleaning service to help older people to continue to live independently in their own homes.

"Our cleaners will also be a friendly face that the clients know they can trust and can look forward to their visits. In this instance the contact with a regular cleaner meant that Julie was able to help in a potentially distressing situation with no harm done."

For more information about the Spic and Span service, please ring Chris Dixon on (01482) 867383, email info@ageukeastriding.org.uk, or visit www.ageuk.org.uk/eastriding or call in at Age UK East Riding, 16 North Bar Within, Beverley, HU17 8AX.

Teenagers travel for less during the school holidays

Local bus company EYMS is allowing teenagers to travel for less on its buses during the school holidays.

The current child fare (usually half the adult fare) is available up to a person's sixteenth birthday but young people who are 16, 17 or 18 years old can travel for child fare on any East Yorkshire or Scarborough & District bus during the school holidays (21 July – 2 September).

That means cheaper fares to the beach, the cinema, to meet friends or to go shopping.

Teenagers in this age group do not need to apply for a special card or ticket in advance – they just get on the bus and ask for a child ticket. They should remember to bring ID, such as a passport, citizen card or driving licence, to prove they are not older than 18 as it will often be impossible for a bus driver to distinguish between an 18 year-old and a 19 year-old.

EYMS are offering the discount after meeting with Hull Youth Council, who raised the issue of teenagers' travel costs.

EYMS chairman and chief executive Peter Shipp said: "We are keen to encourage young people to travel by bus and we know it can be relatively expensive for them especially if they are still at school or college and not earning. We have therefore decided to give this scheme a trial run during the school holiday. We will be very interested to see how many youngsters take advantage of it and if any problems arise through the need to prove that they are within the age limit"

More information on the offer, including its conditions, plus ideas for days out, are available at www.eyms.co.uk or by ringing BusCall on 01482 22 22 22.



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Crossword Solution from page 14

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Improving your Health and Productivity with a much needed break

It's summer and people are taking time off. Take some time off? What is that?

If you have to ask then it has been too long for you!

Taking time off can increase your productivity and clear your head. It is not for lazy people or well off individuals but for all people, regardless of the type of work they do or how they spend their days. In fact taking time off from your job to relax and refresh and leaving the daily grind and work pressures behind is an essential element of health and well-being. We have all heard the expression, "Taking time to recharge your batteries." This should be taken to heart instead of being ignored!

If sunny skies and the lure of the beach does not entice you to want to take a few days off and you would rather roll up your sleeves, sit back down in front of your computer then maybe it has been too long since you said "so long" to your work responsibilities.

Isn't it about time you started taking care of this often neglected aspect of health and wellness? Rest and relaxation has become a much maligned activity which is a shame.

Perhaps you are one of those people who shun time off because you think it makes you look like a slacker? This is a rather large group you are in that is growing all of the time.

If you think holidays are only for those looking for life balance or for those with the luxury of stepping away from their desks, then think again. Everyone, regardless of the kind of occupation they are in needs time to refuel, recharge and unclutter their minds.

Working too much and too long without a break can actually contribute to lower productivity levels, less job satisfaction, and a loss of effectiveness at work. It can also lead to unhappiness and total life burnout! And of course health problems such as high blood pressure and heart issues.

If you have goals and want to achieve them then you need to learn when to turn off your computer and cell phone and fall off the grid for a little while. Don't worry, modern technology will still be there as and when you return!

To refuel and refresh you need to schedule time off. You schedule other things such as meetings, exercise time, personal appointments, house cleaning and grocery shopping so why not time to rejuvenate, relax and not work?

Let others know that you will be taking time off and ask others to respect that. Whether you take three or four days off or a week or two you may be amazed at how others are willing to be understanding of your rejuvenation time.

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